



# Nomads News

[www.hitchin-nomads.net](http://www.hitchin-nomads.net)

The news letter of the Hitchin Nomads Cycling Club

## Editorial

Part of the function of the News is to record the results of open events, last season it was fairly simple to find the results on the CTT web site by just trawling through the events looking for club members who had ridden events, but now that they have revamped their web site and you need to know if a member has ridden an event to get the full list of finishers

Congratulations to Michael Levet in setting a good time in his second time trial and also well done to Charlie Bexfield on improving his ten time by 44 seconds in just two weeks.

Last Tuesday's evening ten was the 402<sup>nd</sup> time trial for David Ledgerton

The turn out for the Alan Porter 30 was rather disappointing with only two Nomads and two riders from other clubs riding on what was an ideal day for time trialing. I noted on my way out to the start that the club run was up to full strength with about 14 riders.

We need to fine tune the training now for the Interclub 25 at the end month, it would be good if we can recover some of the ground we lost to the other two clubs in the 10.

## Race Results

### Briercliffe 10

**Tuesday 21<sup>st</sup>**

Oli Groom	25:02
Andy Saunders	25:49
James Spence	26:03
Jason Stuart	27:03
David Ledgerton	27:17
James Gomm	29:23
David Summerell	29:50
Michael Levet (J)	31:49
Charlie Bexfield (J)	32:41

Non Nomads

Rik Palmer (API Metro)	24:57
Sam Hayes (Beds Road CC)	25:00
Matt Chudley (Beds Road CC)	26:39
Lyndon Lewis (Beds Road CC)	27:40

Timekeeper: Frank Turner

Pushing Off: Tony Furby

### Alan Porter 30

**Sunday 26<sup>th</sup>**

Nick Senechal	1:23:46
David Summerell	1:29:54

Non Nomads

Andy Herbert (Stevenage CC) 1:12:19

Tim Davies (Icknield RC) 1:16:12

Timekeeper: David Ledgerton

Pushing Off: Clive Collins

### Briercliffe 10

**Tuesday 28<sup>th</sup>**

Oli Groom	24:53
James Spence	25:49
Neil JJ Fraser	25:51
David Ledgerton	26:53
Neil R Fraser	28:42
Tim Wallis	28:44
Michael Levet	30:27
Peter Hanlon	32:10
Charlie Bexfield	32:13

Non Nomads

Sam Hayes (Beds Road CC) 23:58

Rik Palmer (API-Metro) 24:58

Timekeeper: Frank Turner

Pushing Off: Tony Furby

## May Club Runs

<b>May 3<sup>rd</sup></b>	Saffron Walden
<b>May 10<sup>th</sup></b>	Panshanger Aerodrome
<b>May 17<sup>th</sup></b>	Lassiters Cafe Harpenden
<b>May 23<sup>rd</sup></b>	Afternoon Family Ride
<b>May 24<sup>th</sup></b>	Woburn
<b>May 31<sup>st</sup></b>	Van Hage Garden Centre Great Amwell

## CTT Reminder

Event	Course	Date
Bossards Wheelers CC	F12/10	9/5/09
Shaftesbury CC	E2/10	9/5/09
Norlond TT Combine	F1/30	10/5/09

VTTA (Lon & Home Conty) F12/10 13/5/09  
 Lampard RC F12/10 16/5/09  
 Norlond TT Combine F1/50 17/5/09  
 North Road CC (25TT) F14/12 23/5/09  
 Herts Wheelers F20/30 24/5/09  
 Lea Valley E2/50C 30/5/09  
 Maldon & District E21/50 31/5/09  
 Hitchin Nomads CC F1/25 7/6/09  
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**Racing in May**

May 17 <sup>th</sup>	<b>Club 50</b> <b>Norlond TT Combine</b> <b>Course F1</b>
May 31 <sup>st</sup>	<b>Interclub 25</b> <b>HNCC Club Course</b>

**New Kids on the Block!**



**Michael making a Rocket Start**



**Charlie on the start  
to beat his first ride by 44secs**

**Down Hill Flyers**



**Media Watch**

**The Ultimate Time Trial**

**Progress so far**

Cyclist James Bowthorpe started off from Hyde Park on the 29<sup>th</sup> March to attack the round the world cycling record set by Mark Beaumont last year.

30<sup>th</sup> April: James has completed 33 days of his record attempt with 3245 miles under his belt and is approaching Tabriz which according to my Boys Own Atlas of the World is in Northern Iran, but he is a little behind his schedule, had he been on his stated schedule he would have covered 3960 miles.

His schedule has another 136 days to go.

His web site is:

[www.whereintheworldisjames.com](http://www.whereintheworldisjames.com)