



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

Membership of the Nomads for me is like wearing a good quality but comfortable sports jacket; it ticks all the boxes, sociable riding at my pace whatever that may be at the time, plus the challenge of testing myself against the clock, but also with my membership comes the responsibility that when the club needs support then I should make myself available to help out.

So if you can ride or help out at the Interclub 25 on the 31st May please let Richard know.

As a precursor to the events at the end of the month Richard has been sitting on the A1 checking traffic so that the club can run evening tens on the F1. We have received approval from London North to run these events. This is somewhat a bit of a coup on Richard's part because last season the CTT national committee dismissed the request to run the events out of hand and it was only Richard who made his view known in no uncertain terms that we are able to run these events this year.

Please note that we have the annual summer Barbeque and Time Trial at Guilden Morden on the 13th June. Just a month away but it will soon be with us.

Clive

New Members

We welcome Rob Lampard and Chris Knight to Hitchin Nomads.

You are both very welcome and we hope that you enjoy many hours and miles of cycling with the club.

Help Required

The Interclub 25
on the 31st May

is rapidly approaching and as well as a good turn out of riders I need a few helpers as it

will be difficult for me: to organise the event, put out the warning and direction signs, push off, time-keep at the start, time-keep at the finish, number spot and mark up the results board on my own.

Regarding the riders, every week a fast group on the club run ride off dropping a trail of not so fast riders, well come on lets see what you can do for the club and drop those Icknield and Beds road riders, there'll be one of each in front of you to catch and one of each behind you trying to catch you, show them! Contact Neil Fraser who will be co-ordinating our team.

Regarding helpers: a Start (or Finish) time keeper and a pusher off are needed and at the finish a number spotter is essential, at least two or three marshals and someone to mark up the board would be a luxury.

Then, lo and behold while you are all still in the helping mood you can have the opportunity to help again just one week later in the Hitchin Nomads open 25 miles Time Trial on the 7th June for this we really do need a supreme helping effort, I anticipate a full field of 120 riders.

This event has been adopted by Ian Cammish and the Planet X team management as one in their series of "Old Skool" events, where those wishing to, can see just how well they could perform without all the technical innovation of recent years and see if the riders of today are any better than those of a few years ago, pre aero-bars, head fairings, disc and deep section wheels etc. etc.

To make it even easier for those who like doing the club-run to be able to help with the event, on the 7th June the club-run will start at 10:00 from Tempsford village hall and go to Moggerhanger hall.

Please contact me with your offers of help either by email to richard.bland1@tesco.net or phone 01480 405126.

Richard

Game On Fast 10 Club Events

Many of you may remember that last year I did a number of traffic counts on the A1 and prepared a justification for us to run some 10 mile time trials using the F1b/10 course, the stretch of the A1 from Tempsford to the Biggleswade north roundabout and back. My application through the CTT London North District Committee was forwarded to the CTT National Committee where it was soundly dismissed. Believing I had nothing to lose I responded critically to the committee's decision and they had the good grace to review that decision and proposed that it should be decided upon by the LNDC in view of their local knowledge, unfortunately by then it was too late for the 2008 season.

During February, March and April with clipboard in hand I sat in a couple of different lay-bys between Tempsford and Biggleswade at the times of our proposed events and counted the cars as they went past, ten minutes Southbound then ten minutes Northbound, riveting stuff!

What I discovered was that the traffic levels this year are significantly down on the levels last year which were acceptable then even. On the last Thursday evening prior to the LNDC meeting I rode the course at the time that the proposed events would take place. I was slowed as a single car crossed my path as I headed south at the Sandy roundabout, I crossed to the outside lane at Biggleswade roundabout and made the turn without any problem and at Sandy heading North I rode over the roundabout unimpeded, throughout the ten miles I was totally comfortable with the traffic.

I put this reduction in traffic down to the economic downturn as I know my own travelling to North London each day has become much easier, as they say, "every cloud has a silver lining".

I wrote to the LNDC and at the meeting our application to hold the events was accepted and so the following dates on our calendar for F1b/10 events are confirmed for 18th June, 25th June and 2nd July.

Sign on will be at 8:00pm for an 8:11pm first rider off; the field being limited to twenty riders; preference to HNCC riders, please don't be late, I'm sure if other clubs hear of this they will all be wanting a ride. (It is a fast

course when I rode it to see what it was going to be like I was on my hack bike with mudguards, lights etc and did a 32, I'd only managed a 31 in the Icknield's Interclub 10 about a week earlier and I had really tried).

We will not take any risks of losing this hard won event so if there are any problems with weather, road works etc we will cancel.

All I can ask now is that up to twenty of you will be there supporting it for each of the three weeks and at the same time get yourself some good 10 times!

More details later or upon request.

Richard Bland

Results Briercliffe 10 Tuesday 5th

Pontus Axelsson	25:30
Neil R Fraser	28:23
James Gomm	29:30
Clive Collins	30:27
David Summerell	30:49
Julian Sedlecki	31:15

Non-Nomads	
Sam Hayes (Beds Rd CC)	23:52
Andre Dyson (PCA Ciclos Uno)	24:07
Rik Palmer (API Metro)	24:58
Jon Gilham (Stevenage CC)	25:21
Lyndon Lewis (Beds Rd CC)	27:49
Chris Yuill (Stevenage CC)	32:14
Matt Chudly (Beds Rd CC)	DNF

Timekeeper: David Ledgerton
Pushing Off: Tony Furby

Briercliffe 10 Tuesday 12th

Neil JJ Fraser	25:54
Andrew Saunders	26:06
James Spence	26:06
David Ledgerton	27:09
James Gomm	29:06
Tim Wallis	29:50
Clive Collins	30:20
Michael Levet (J)	31:26
David Rossall	32:22

Non-Nomads	
Rik Palmer (API Metro)	24:55
Penny Wylie (FVS Tri)	32:41
Rider went off course.	

Timekeeper: Frank Turner
Pushing Off: Tony Furby

Open Results
Beds Road CC 25
Sunday 19th April

James Spence 1:07:15
David Ledgerton 1:11:20

Cambridge CC 10
Saturday 2nd May

David Ledgerton 25:02
Richard Bland 29:05

Bossard Wheelers 10
Saturday 9th May

David Ledgerton 24:54

These results are the result my trawl around the CTT web site. If I have missed your result I am sorry.

June Club runs

7 th June	Moggerhanger (Please note below)
14 th June	Rose Café Hertford
21 st June	Silver Ball Reed
28 th June	Frost Garden Centre Wavendon

Club Run June 7th

June 7th this year is the date of the HNCC Interclub 25. As usual marshals are required, please contact Richard if you can help. It is an early start, but a club cannot run without everyone doing their bit to help.

On Sunday 7th the club run will **start** at 10.00am from Tempsford Village Hall. This means you can either marshal, or come along and support your club, and still join the club run. The run will go to Moggerhanger Hall and the route is on the link below:

<http://www.gmap-pedometer.com/?r=2821244>

See you there

Keith

Barbeque and Time Trial

Saturday 13th June is fast approaching, so it's time to pencil it in your diaries!

There will be the usual 12 mile time trial, using the F14/12 course. This is an ideal

opportunity to have a go if you haven't tried one before, or an excuse to enjoy the barbeque afterwards without any guilt.

Friends and families are of course welcome, perhaps you might persuade some to come along and support your efforts with the promise of food and drink

We are planning to have a children's race in the field, this will be run under strict UCI rules, but no aero helmets will be allowed!!

To avoid a "cock up on the catering front" it really would be appreciated if you could either call, or email me if you are intending to come.

Keith Rapley

email: rapley@bigfoot.com

tel: (01767) 681200

Saturday 13th June
From 2.00pm at
Guilden Morden Village Hall

12 Mile Time Trial
Sign on 2.30pm
Start 3.00pm
Free Barbeque
Friends and Family Welcome

Media Watch

The Ultimate Time Trial
Progress so far

Cyclist James Bowthorpe started off from Hyde Park on the 29th March to attack the round the world cycling record set by Mark Beaumont last year. James has set a schedule of a 120 miles a day to cover the 18,000 miles in five a half months and is due back in Hyde Park on the 13th September. If he returns on the 13th, he will have reduced the record by three weeks.

15th May.

James has completed forty eight days of his record attempt with 5975 miles under his belt; he is 20 miles west of Asansol West Bengal.

His schedule has another 121 days to go. He is now ahead of his schedule of 120 miles a day.

I wonder if they have a cure for saddle sores in Asansol?

His web site is:

www.whereintheworldisjames.com