



# Nomads News

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

The news letter of the Hitchin Nomads Cycling Club

## Editorial

We are almost halfway through the year with new members joining wholesale, welcome all to the Nomads.

I felt that the interclub 25 was a good club effort with us closing down the Icknield by 28 points, and as Neil states in his article with team support we could catch the Icknield for second place.

This coming Tuesday is the closing date for the Icknield RC 12 hour. So you mile eaters get your entries in ASAP and support your captain who will be riding. Your scribe is keeping his powder dry till next season when hopefully he will get close to his 2008 mileage of 217.

We have the first of the fast evening 10s starting this coming Thursday, please note Richard's article and be aware that we do not want to lose this event. Richard has put a lot of hours into setting up these events for the club.

My thanks to Nigel for his article; hopefully you will be able to support his charity

The letter from British Cycling who are looking for Ride Leaders, this is possibly something we as a club could be interested in, but as always do individuals have the time to take on this task?

Clive

## New Members

We welcome Dan Hardy, Ian Hamilton, Mark Desborough and Su Collins and family to Hitchin Nomads.

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

## Race Results

### VTTA National Championship 10 Saturday 30<sup>th</sup> May

David Ledgerton	24:06
Richard Bland	29:04

## Interclub 25

### Sunday 31<sup>st</sup> May

	Time	Points
Neil JJ Fraser	1:05:12	34
James Cornell	1:06:07	30
David Ledgerton	1:08:07	25
James Spence	1:08:10	24
Rob Lampard	1:08:53	23
Jason Stuart	1:11:22	20
Nick Senechal	1:12:11	18
Paul Riley	1:13:14	17
Dan Hardy	1:15:23	14
James Gomm	1:15:31	12

### Non-Scoring Riders

Clive Collins	1:16:42	9
Julian Siedlecki	1:18:16	6
David Summerell	1:32:12	3
David's time includes a 6' 50" late start		

## Points Table after two rounds

		10	25
1 <sup>st</sup>	<b>Beds Roads CC</b>	<b>336</b>	<b>372=708</b>
2 <sup>nd</sup>	<b>Icknield RC</b>	<b>326</b>	<b>189=515</b>
3 <sup>rd</sup>	<b>Hitchin Nomads CC</b>	<b>185</b>	<b>217=402</b>

## A Captain's Message

Just a short passage guys to say a BIG thank you to all who took part in the Inter Club 25 a couple of Sundays ago.

Although we were soundly beaten by the Beds Road CC we did manage to claw back a bit of a deficit against the Icknield CC and are now only around 100 points behind them so to carry this enthusiasm forward to the next event and beyond may well see us in runner up spot at the end of the season.

Thanks also to the marshalls and the girls providing the best cakes in the Three Counties!

Once again a big thanks to you all!!

Keep those miles up!

Your loving captain.

Neil

## Dave Gudgin 25 Tuesday 2<sup>nd</sup> June

	Time	Handicap
James Cornell	1:04:28	44:45
James Spence	1:05:57	45:18
David Ledgerton	1:07:05	45:44
Nick Senechal	1:08:28	42:09
Dan Hardy	1:12:53	44:30
Clive Collins	1:15:21	46:26
James Gomm	1:15:45	46:33
David Summerell	1:15:49	45:25
Anthony Perkins	1:18:07	46:12

### Non-Nomads

Sam Hayes (Beds R CC)	0:59:54
Rik Palmer (API Metro)	1:04:28
Michael Webb (Stevenage CC)	1:07:25
Steve Cotton (Cambridge CC)	1:08:44
	Plus 4 mins Late Start
Helen Shulver (Stevenage CC)	1:11:22
Penny Wylie (FVS Tri)	1:16:08
Steve Adams (WDAC)	DNF
Ian Hamilton (CTC)	DNF

Timekeeper: Frank Turner  
Pushing Off: Tony Furby  
Timekeeper's Assistants:  
Charlie Bexfield  
Michael Levet

## Briercliffe 10 Tuesday 9<sup>th</sup> June

David Ledgerton	26:59
Roy & Steve Robinson (Tandem)	27:00
James Spence	27:06
Michael Levet (J)	29:33
Clive Collins	30:13
David Summerell	30:19
Charlie Bexfield (J)	31:11
Steve Makowski	33:31

### Non-Nomads

Rik Palmer (API Metro)	25:08
Michael Webb (Stevenage CC)	26:06

Timekeeper: Frank Turner  
Pushing Off: Tony Furby  
Timekeeper's Assistants: Thom & Oliver Hill

When I look at the result of a club event at this point in the season, it is interesting to see who is going well and who has made progress through the season.

When you compare David Ledgerton's times between the above result and his time in the VTTA event it proves what is generally

accepted that our course is three minutes slower than an open event.

James Spence is having a good season and I think we are going to see more progress, possibly under the hour before the end of the season James?

Our two juniors are making superb progress with Michael beating 30 minutes for the ten miles and improving 2 mins 16 secs after five rides. Charlie is also making steady progress with his latest time giving him a 1min 46 secs improvement over four rides.

David Summerell is as usual recording steady and consistent times, but I think the star of the night has to be Steve Makowski who turned up on a fixed wheel bike, nothing unusual in that you may think, but he was riding a 69 inch gear and he had mudguards on, also it was his first time trial so I think 33:31 is very respectable.

## Finsbury Park CC 50 (Club 50 Competition)

Sunday 14<sup>th</sup> June

David Ledgerton	2:07:37
Richard Bland	2:32:10

## Race Report Club 50 Competition

Just two Nomads contested the Club's 50 for which we used the Finsbury Park CC 50 event on the 14<sup>th</sup> June.

Both David Ledgerton and Richard Bland had good rides and made significant "Last Three Season" improvements, David improved his time by 5min 45 to 2:07:37 while Richard improved by 10min 34 to 2:32:10 (unofficially, expecting to take 2<sup>nd</sup> best improvement award)

David was clearly the scratch winner but the superb handicapping by David put Richard in First Handicap position with his time of 1:33:36 against David's 1:36:26.

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## Club Events

18 <sup>th</sup> June	Fast 10 on course F1B
25 <sup>th</sup> June	Fast 10 on course F1B

## Club "Fast 10" Events

Just to remind everyone for the next three Thursday evenings we will be running club 10s using the F1b/10 course between Tempsford and Biggleswade, the road has

been proved to be very quiet after 8:00 pm. It will be your chance to be able to show a good time on your entry forms and may make the difference as to you getting in an event or not.

Please be there to sign on no later than 8:00pm. Preference will be given to HNCC PAID UP Members and there is a maximum of just 20 riders, other clubs may be interested in this event.

We will need to have at least one marshal at the turn, we have a volunteer for the first event but more volunteers will be needed over the three weeks.

If weather conditions are bad the event will not be run, since it is nearly twenty miles from the Hitchin area and the conditions could be different call me on 07531699325, this number will only available on the day.

START on B1043, approx. 300 yards north of Tempsford flyover, 195 yards north of lamp-post 21 and 5 yards north of the 7th drain north of lamp-post 21. [This is the 3rd drain south of gateway and 100 yards south of kerb start.] (GR163527)

Proceed south, straight on at 1st mini-RAB to join A1 (care) and continue over Sandy RAB to:-

TURN (5.16 miles) at North Biggleswade RAB (Warden Lane), retrace A1 northbound, continue over Sandy RAB to:-

FINISH at clearway sign on A1 at Blunham Road, 200 yards before (i.e.. south of) Tempsford flyover. (GR163523)

Please note: RIDERS STAY ON THE A1 FOR THE FINISH FOR THIS COURSE

To get to the start from the A1 and heading from the south.

Come off the A1 a few hundred yards past the Shell Petrol Station which is North of Sandy turn immediately right and go up the hill towards Tempsford at the roundabout turn right and go over the A1 and at the next roundabout turn left the start is a few hundred yards down the road. There is a wide verge where you can park near the start.

Richard

### June Clubruns

<b>21<sup>st</sup> June</b>	<b>Silver Ball Reed</b>
<b>28<sup>th</sup> June</b>	<b>Frost Garden Centre Wavendon</b>

### July Clubruns

<b>5<sup>th</sup> July</b>	<b>Stanborough Lakes Welwyn</b>
<b>12<sup>th</sup> July</b>	<b>Grafham Water</b>
<b>19<sup>th</sup> July</b>	<b>London Gliding Club</b>
<b>26<sup>th</sup> July</b>	<b>Wimpole Hall</b>

### CTT Reminder

Date	Event	Distance	Course
27/6	Herts Wheelers	10	F20/10
28/6	North Mids & Herts	50	F1/50
4/7	Shaftesbury CC	25	E2/25
4/7	Peterborough CC	15	N1/15
<b>5/7</b>	<b>Icknield RC</b>	<b>12hour</b>	<b>F1/12HR</b>
11/7	Team Economic Energy	10	E2/10
11/7	Beds Road CC	10	F1B/10
18/7	Northampton	10	NC14
19/7	North Mids & Herts	100	F1/100
19/7	Essex Roads CC	25	E9/25
22/7	VTTA (Lon & H Cties)	10	F12/10
25/7	Cambridge Unity CC	25	E2/25
26/7	Verulam CC	25	F1/25
1/8	Team Cambridge	10	E2/10
1/8	Hemel Hempstead CC	10	F12/10

### A Grand Day Out

Further to the CTT reminder list, I had a chat with Gordon Hart at Tempsford after our open 25. He said that if they do not get the entries this year for the 12 hour then it could be the last one.

So if you are in the mood and fancy a grand day out on the bike then get your entry in as soon as possible. Closing date 23<sup>rd</sup> June.

And then the following Saturday you have, again if you fancy it, two tens that you can enter on the same day, Beds Road 10 in the morning and then the Team Economic Energy 10 in the afternoon.

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### Back in Action (Medical Research)

Four years ago today (13.06.09) I was lying flat on a hospital bed with a fractured vertebra, bruised ribs and a wrist in plaster. I would not be allowed to move until the results of further tests were known. This gave me a couple of days to reflect.

How was this going to affect my family?

Why me?

How bad was the damage?

Would I ever be mobile again, let alone ride a bike?

Would my working life be affected?

Why didn't the guy that drove into me on a roundabout take a bit more care?

From an accident I'd had some years before, I knew that the answer to the last one was to let it go. Forgive him. It was evident that he hadn't meant to do it from his reaction afterwards. This wasn't some noble act on my part, rather a case of how do I make the quickest recovery. By forgiving him I saved myself a year of festering and wanting revenge.

I got the all clear to move from my hospital bed when club stalwart John Houghton was paying me a visit. I'm not suggesting John has special healing powers but his and the support of other Nomads aided my recovery, proving to me the value of such a club network.

At first the prospect of spending the summer reading in the garden drinking Adnams every day seemed like a good deal. Wendy's support at home was fantastic but I had to progress. Months of work with a Dutch NHS physiotherapist who understood cycling followed as I got used to my new "S" shaped spine – that is when viewed front to back, not just the side – super slinky. My physio once said "You're not sick, you are recovering from a serious back injury and part of that recovery is cycling." That was something of a contrast to one GP I saw who said "Has this made you think you should stop cycling?"

One benefit of the accident was that a specialist identified I had the early stages of osteoporosis in my spine which would never have been picked up otherwise. Since starting treatment for this my bone density has increased and I've discovered this disease doesn't just affect post-menopausal women. One in 5 men over the age of 50 will have a fracture mainly as a result of the condition. It's a safe bet that several Noddies have osteoporosis and don't even know it.

Fast forward 3 years, I'm about to hit the age of 50 so how do I celebrate and show I'm recovered? By riding London to Paris of course in aid of Action Medical Research from 22 to 25 July 2009. Over 4 days I will

cover 300 miles. The training started in earnest at Christmas (3 hours on an i-magic turbo trainer climbing in the French Alps when it's snowing in the real world anyone?).

My route is Kingston to Dover (90 miles), Dieppe to Lisieux (90 miles), Lisieux to Vernon (60 miles) and the final 60 miles to Paris on the final day finishing with a bunch ride up the Champs Elysees the day before the Tour arrives with about 500 fellow riders. I have to make it as Wendy and my daughters Amy and Sarah will be there to greet me!

Action Medical Research fund projects looking into a wide range of medical conditions affecting the neonatal through to the elderly, including osteoporosis. The charity has been in existence for 60 years and for example has funded breakthrough research into the polio vaccine, hip replacement and ultrasound in pregnancy.

The training has been going pretty well with only the odd saddle sore and touch of tendonitis to get in the way. Assos chamois cream you are my salvation! Slap it on everywhere I say.

There was a bizarre time in my training schedule just before Easter. One day in March I was riding near Cottered and 2 days later a leg in a bag was found there. A couple of rides later I was spinning along through Wheathampstead. Shortly afterwards a severed arm was found there. I was beginning to have doubts about what I'd been up to! Imagine my elation when the head was found in Leicestershire, somewhere I'd never been cycling.

I aim to raise at least £1,200 for the charity and am well on the way. I invite you to sponsor me and this link <http://www.action.org.uk/sponsor/nigel50> will enable you to do this on line. If you would like to use the paper method, ring me on 01462 442140.

I will let you know how I get on and hope to provide pictures – no, not of saddle sores but of iconic French scenery.

Nigel Tooke

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Dear Nicholas Senechal,

This summer British Cycling is teaming up with Sky, to develop a new and exciting recreational cycling programme that hopes to get more people out enjoying themselves on two wheels. This initiative is all part of our goal to get one million more people regularly out on their bikes by 2012. To help us with this we are looking to recruit and train new Ride Leaders to assist with the programme.

To become a Ride Leader you could be a qualified Coach, Bikeability Instructor or simply a member of your club with experience of leading within the club environment. As some of the rides will be on the public highway, riders should regularly ride on the road and be confident riding in traffic.

Ride Leaders can look forward to a free one-day training course prior to the event, where they will be given tips while we ensure that skills are in tip top condition and give pointers on how to lead the rides. They can also expect a branded jersey and payment for each event. If a Ride Leader is not already a British Cycling member, we will also give them a year's free Everyday Cycling membership!

Between July 1st and October 31st there will be a number of led rides taking place in London, Leicester, Manchester, Glasgow and Preston and the surrounding areas for riders of all abilities. Ride Leaders can play an important role in helping riders gain more confidence, whether they are a new rider in the park or an experienced rider looking to ride to work in traffic.

If this fantastic opportunity to become a Ride Leader sounds like something your club members would enjoy, we kindly urge you to direct them to the link below or to call 0161 274 2063 for further details.

[http://www.britishcycling.org.uk/web/site/BC/bcf/News2009/20090527\\_led\\_rides.asp](http://www.britishcycling.org.uk/web/site/BC/bcf/News2009/20090527_led_rides.asp)

We hope your cycling year is going well and we would like to take this opportunity to thank you for your hard work and continued support in increasing the number of people enjoying cycling. We look forward to continuing to work with you in the future.

Kind regards  
British Cycling Team

## **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. James has set a schedule of 120 miles a day to cover the 18,000 miles in five and a half months and is due back in Hyde Park on the 13<sup>th</sup> September. If he returns on the 13<sup>th</sup>, he will have reduced the record by three weeks.  
28<sup>th</sup> May.

James has completed seventy nine days of his record attempt with 7441 miles under his belt; he is 250 miles west of Port Lincoln South Australia.

His schedule has another 90 days to go. He has increased his average from 89.5 to 94.1 as he is crossing Australia. The halfway point will be 85 days when to be on schedule he will have to have covered 9000 miles.

His web site is:

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

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