



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

The month of July is going to be a very busy month for the club. Neil will be wanting riders for the interclub 30 on Sunday 12th and the club have marshalling duties on Sunday 5th and 19th July. Please check your diaries for your availability on these dates, the more volunteers we have for marshalling the easier it will be for all. Contact details below.

Unfortunately we as a club didn't get our act together for the interclub 15, but well done to those riders who were able to cover the event at short notice.

I thought when the fast 10 course was proposed that we would be overwhelmed with riders wanting to put a fast 10 on their entry forms. Clearly this isn't the case with only four of our riders wanting to ride; interestingly the two riders who were asking for a fast 10 course in the first place haven't taken advantage of the opportunity to ride the F1B.

Please volunteer your services for marshalling the North Midds & Herts hundred on the 19th July only because I would like to see how 'our born again biker' Richard gets on if he rides it. I think he could better my time from last year when I grovelled to 5:14:22.

On the same day Frank, Nick and I will be riding the Essex Roads Classic bikes 25 were I will be wheeling out my Falcon which I bought second hand in 1983 and which still holds my 25 PB from April 1984.

I have to concur with Peter on the issue of the things that might come in useful, like Peter I have a problem with throwing things away. There are two instances were I was forced to throw cycle items away. The first was some years ago when I got a puncture at Preston and when I removed the inner tube and David Ledgerton saw that the inner tube had more ten patches on it he took the decision to throw it away. I have to say that I had withdrawal symptoms and thought I might go back and retrieve the inner tube but I never did.

The second instance was this year when I was riding with my 40+ mates Frank and Norman. I was having one of those rides where you think it would have been better if I had stayed at home and not bothered. On the third puncture Norman and Frank decided that I would need to find a bike shop and buy a new tyre. Now this is where 'it might come useful' hits the jackpot. I had been carrying a folding tyre in my small saddle bag for weeks!

Clive

Racing Results

Dave Gudgin 25

Tuesday 16th June

	Time	Handicap
James Cornell	1:03:27	45:15
Pontus Axelsson	1:05:07	
James Spence	1:05:14	45:39
Mark Desborough	1:09:17	
Paul Riley	1:10:33	
Clive Collins	1:14:43	46:22
Dave Summerell	1:15:43	46:56
Dan Hardy (Puncture)	DNF	

Non Nomads

Sam Hayes (Beds Road)	1:00:02
Steve Cotton(Cambridge CC)	1:00:43
Graham Laming (Beds Road)	1:04:10
Helen Shulver(Stevenage CC)	1:11:59
Daren Greene (FVS Tri)	1:12:39
Dil Wetherill (FVS Tri)	1:12:46
Jonathan Ward (Retrobike)	DNF

Timekeeper: David Ledgerton

Pushing Off: Charlie Bexfield

Michael Levet

Fast 10 Series

Thursday 18th June

Pontus Axelsson	24:03
David Ledgerton	24:05
James Spence	24:07
James Gomm	28:18
Non.Nomads	

Stuart Tarry (Team Sajan Design) 21:58
 Andy Bright (Team Sajan Design) 24:17
 Alan Crane (Team Sajan Design) 24:56
 Nick Pitt (Team Sajan Design) DNF

Timekeeper & Pushing Off: Richard Bland
 Bottom Turn Marshal: Scott Edwards

Thursday 25th June

Andy Saunders 23:06
 David Ledgerton 23:16
 Pontus Axelsson 23:35

Non Nomads

André Dyson (PCA Cicos Uno) 21:29
 Stuart Tarry (Team Sajan Design) 21:35
 Nick Pitt (Team Sajan Design) 22:03
 Andy Bright (Team Sajan Design) 23:17
 Alan Crane (Team Sajan Design) 24:20

Timekeeper: Richard Bland
 Pushing Off: Clive Collins
 Bottom Turn Marshals: Sue & Roy Robinson
 plus Scott Edwards

Final Fast 10 on F1B course Thursday 2nd

Two Down just One to go!

If you are looking for a 10 miles PB then next Thursday might be your last chance for this year! The series of three ten miles time trials using the F1B/10 course are now two thirds through and though the take up by riders has been a bit disappointing the results that they have been achieving have been very rewarding both for them and for me.

Thursday 18th June

The first week saw, what was almost an interclub event between Team Sanjan Design and Hitchin Nomads CC, with four riders from each club competing. If it had been a competition, it would have bucked the recent trend in Interclub events as we would have won!

Pontus, James Spence and James Gomm all recorded PBs

Thanks to Scott Edwards and Keith Rapley who marshalled the turn.

Thursday 25th June

In the second event PBs were achieved again by Pontus and this time also by David, though not a best ever result for Andy his was a very good result. Again the turnout by Nomads was a bit disappointing

Thanks to Sue and Roy Robinson and Scott Edwards for coming out to marshal the turn

and to Clive Collins for Pushing off and number spotting.

It would be good to know we had some helpers for the final event next week, please contact me.

Richard

Interclub 15 Sunday 21st June

	Time	Points
James Spence	39:04	27
Neil JJ Fraser	39:25	26
David Ledgerton	40:44	18
Nick Senechal	41:25	16
James Gomm	43:58	12
Richard Bland	48:02	6

Points Table

Club	10	25	15	Total
Beds Road CC	345	372	221	938
Icknield RC	317	189	173	679
Hitchin Nomads	185	217	105	507

A Message from Our Captain

First of all I'd like to give my apologies to Jason Stuart for completely forgetting to put him in for the Inter Club 15. I remember now having made a verbal agreement with Jason on the previous Sunday club run. However now being at a time of my life if agreements are not in the written form I have a tendency to let slip and forget, just ask my wife! So once again apologies to you Jason.

Now that's the grovelling out of the way I'd like to say a big thanks to all those that rode the event and put in a super effort on what was a grand morning for time-trialing with only a slight headwind on the return effort. I am afraid though that because of our severe depletion in numbers it was not possible to make up any ground on the Icknield RC and the Beds boys well they are just out of sight I'm afraid. ALL IS NOT LOST!

A good showing for the next event on July 12th - IC 30 could see us close the gap on Icknield RC so get your fingers out and make an effort to enter this event please. Contact me and I'll get your name down, Honest!

I'd like to go off on a small tangent here and say a couple of words of praise to our two junior members Charlie and Michael.

Having ridden the 15 I rode over to Reed to catch up with the club run and did the return

leg with the two boys and some others via Ashwell, Dunton and Langford, I was very impressed with their strength and style and to be honest their back wheels got me home after a near 100 mls ride that day, however Michael may I say whistling a merry tune while two senior members are on the front is not appreciated!!

Hope to see you all at the IC 30 12th July!?

Regards your loving Capitano

Neil.....

Now where did I put my bike?.....

Briercliffe 10 Tuesday 23rd June

Pontus Axelsson	25:29
James Spence	25:41
David Ledgerton	26:04
Mark Desborough	26:20
Nick Senechal	27:49
Neil R Fraser	27:56
Michael Levet (J)	28:54
Clive Collins	29:55
David Summerell	30:33
David Rossall	31:44
Steve Makowski	32:01
Richard Bland	32:12

Non Nomads

Sam Hayes (Beds Road)	23:56
Rik Palmer (API Metro)	24:09
Graham Laming (Beds Road)	25:08
Jon Gillham (Stevenage CC)	25:55
Penny Wylie (FVS Tri)	29:14

Timekeeper: Frank Turner

Pushing Off: George Waterhouse

Born again Biker

After a half a working life in the Merchant Navy, propping up the Officers Bar and then working overseas, not the best start to a sporting life, I settled down and took up cycling quite by chance at the age of forty.

I have been entering Time Trials now for about 20 years and I have scattered my Start and Results Sheets in various drawers and piles throughout three houses in that time and while I know of quite a few events I have ridden and have no paperwork to show for it I have now filed, all in the same place, the Start and Results Sheets I have and these below are the totals of open events I have records of having ridden in throughout that time.

10 Miles	21
25 Miles	34
50 miles	22
100 Miles	7
12 Hour	7
Odd Distances	5

including 30 miles TTs,

Isle of Man Mountain TTs etc

My "best" years seems to have been around 1989, soon after I began cycling, whether beginners luck or freshman enthusiasm I don't know but on my Raleigh bike with 531 tubing, pedals with straps, aero-bar-less and riding with tubs I did my best ever 10, 25 and 50 times. Throughout the 90s my fortunes were very much up and down but mostly down as I dabbled in events never having done much in the way of training, though 1995 saw my best 12 hour with a 213 miles ride. Around 2000 things briefly picked up for me, I was doing a lot of miles (for me anyway) in preparation for my Millennium celebration Lands End to John 'o' Groats ride when I covered the 871 miles of my route in seven days. The upturn of 2000 was very short lived and finally embarrassed by my slow sub-events times I vowed that my open event Time Trialling days were over.

Well I'm dabbling again and enjoying it, I no longer care that I am never out of the bottom few, I don't think I've ever been out of the bottom ten anyway, perhaps getting old helps too, I am, for the first time in my cycling life getting a Plus for my Vets Standard so that is giving me a target to aim for along with just seeing my personal improvements. I'm really looking forward to my birthday in a few days when I gain another 14 seconds advantage for a Vets + in a 10!

So come on all you lapsed and new Time Trialists give it a go, you may, like me also enjoy them. Let's see if we can get teams in events and if the weather is bad and there are lots DNSs we may win Team Prizes!

The club has lots of Trophies for open event competitions which are either not awarded because nobody contests them or they are handed over to the only person who goes in for the competitions, I know I've won so many over the years with embarrassingly slow times.

Richard

Feeding Time on Sunday 5th July

Again we have the privilege of being able to

assist with the running of the greatest Time Trialling event in the calendar,
the Icknield 12 hour!

We are asked on the 5th July, to feed on the Orwell Circuit, as we did last year but due to an alteration in the course it will be a little later at about 11 o'clock.

We will be handing up Tea and Juice; Fruit and Custard; and Rice Pudding etc. then giving the riders the opportunity to wipe themselves down with a wet sponge.

Unfortunately this all requires the help of a few willing helpers please put yourself forward by emailing or telephoning me soon at richard.bland1@tesco.net or 01480 405126 respectively.

You will also have the opportunity to encourage our lone Nomad rider, Neil Fraser and fill him up so he breaks that, far too long standing, Club 12 hour record!

Richard

And One Week Later we have the North Middlesex and Herts CA 100

As a member club of the HM&H CA we are committed to promote or assist with an event every year, this year we are required to provide some helpers for the association's 100 miles time trial on the 19th July.

Please contact me with your offers of help so I can give the organiser your details, I'm aware of at least one Nomad who I'm sure would appreciate your support as he rides past your position.

The sooner you could let me know your availability the better, if there are enough of you I may even have a go myself, I can't seem to be able to get in any 25s because I'm too slow but I'm sure I'll get in this if I don't have to marshal!

Richard

Nigel Tooke's London to Paris Ride

"I'm celebrating reaching the age of 50 and showing that I've recovered from my accident of 4 years ago by riding London to Paris in aid of Action Medical Research from 22 to 25 July 2009." etc. Over 4 days I will cover 300 miles.

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.

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.

Nigel

Waste Not Want Not

I have never thought of myself as a hoarder; it's just I never throw anything away. This causes a few problems since we haven't got a lot of space to store many things, so these days my stash of useful of oddities is limited by the size of the shed. As a result, and like any good shed, it's a work of organisational art ferreting away little bits and bobs here, there and everywhere.

Obviously DIY knick knacks rule the roost. I've got rawlplugs in every conceivable size, shape and colour, nuts without bolts, and more flat pack furniture alan keys than you can shake a stick at. I keep all these knowing more than hoping, that one day they'll come in useful. My latest re-use of which I'm particularly happy is the cutlery basket from our old dishwasher, which I now use as a beer holder, to ferry up to 8 beers from the shed to the fridge (warm), or fridge to patio (cold). Anyone who can remember their last time in a nightclub will know what I'm talking about.

Over the last couple of years it's my cycling collection that's grown the most though, and even though I'm a beginner by most people in the clubs standards, I've already amassed an enviable collection.

At the last count I had 7 spare cycle pumps. Spare that is. I already have one on each bike

(4 bikes). 4 spare saddles. A surprising 5 sets of spare peddles (2 clipless (SPD), 1 cage, 1 flattie BMX and 1 normal). 11 Inner tubes, OK these aren't strictly spare, I will throw a tube away once I've patched it more than 10 times, and with 4 bikes plus kids it's probably only 2 or 3 in each size. (See there I go justifying it). Before Christmas though I was able to help an old friend out who was getting his first clipless shoes as a present. Out came the spare pair of shoes, cleats, pedals, a pump. "what's that, you don't find you saddle comfortable?, take your pick..!", so I was right all along to keep them.

Far from being a hindrance, my growing collection means I'm able to use my DIY spares to help store it all! One of my bikes hangs from the ceiling on hooks made out of some thick wire from a wardrobe, wrapped in foam from the sleeves that my wheels came in, (after strengthening the roof with some battens left over from a previous job). But the 'piece de resistance' in re-use, is a pair of habitat beech veneer CD holders about 2" by 4" together, in a grid formation designed to hold say 6 or 7 CD's. I salvaged them after my wife decided they 'didn't go' anymore after we decorated. These little beauties are perfect for storing all of my kit. Each grid is just big enough to stuff a few useful items in. I have my overshoes in one (2 pairs), gloves in another (4 pairs –winter, normal, fingerless x 2), lights, tubes, tools, lubes etc fill the others. It actually does a better of job that it ever did with CD's.

I'm sure many of you reading this have been able to relate to this, perhaps you can share a few tips. If you've never tried it, come on in, you don't know what you're missing. Next time you see that old broom handle leaning against the dustbin for collection, put it away in safe place, you never know when it might come in handy...

P.S. that reminds me of the time I had to move a metal shed from one end of the garden to the other, I had two broom handles I'd been saving for years, so I lifted the shed up and put them underneath and rolled it down the garden... happy days...

Peter

July Clubruns

5th July	Stanborough Lakes Welwyn
12th July	Grafham Water
19th July	London Gliding Club
26th July	Wimpole Hall

CTT Reminder

18/7 Northampton 10 NC14
19/7 North Mids & Herts 100 F1/100

19/7	Essex Roads CC 25	E9/25
	Classic Bikes	

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

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 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 13th September. If he returns on the 13th, he will have reduced the record by three weeks.

28th June.

James has completed ninety two days of his record attempt with 8821 miles under his belt; he is 250 miles south of Canberra riding on the A1 road between Genoa and Timbillica in Victoria state passing the Maramingo Creek Flora Reserve.

His schedule has another 77 days to go. He has increased his average daily mileage from 94.1 to 95.8 as he has crossed Australia. On his current schedule he will be 1803 miles short of his target on the 13th September and will need to average 85.8 miles a day to beat the record.

His web site is:

www.whereintheworldisjames.com
