



# Nomads News

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

The news letter of the Hitchin Nomads Cycling Club

## Editorial

What a superb day Sunday 5<sup>th</sup> July turned out to be. Mr Neil JJ Fraser managed to break the 12 hour record which has stood since 1986. Congratulations Neil on a superb ride, for me it was pure poetry, just watching you ride, just gives me inspiration!

I think the email from James who supported Neil on the day puts into context how close Neil was to failure after 12 hours of riding.

We are revisiting the thorny subject of club runs again in this edition. I endorse what Keith has written, all it needs is for riders to decide at the start of the ride which group they are going to ride with, and be very clear of their riding ability.

If you haven't contacted Nigel yet offering sponsorship for his London to Paris ride next week (starts 22<sup>nd</sup>) then please do. Its not too late to send your pledges, either contact him direct or reply to the News email and I will forward your email to Nigel.

Congratulations to those riders who have ridden PBs over the past couple of weeks.

**Marshals are still required for the North Middlesex and Herts 100 event on Sunday. Please contact Richard Bland if you are available.**

## Racing Results

There are two tens and the final result of the Dave Gudgin series to publish. I will publish these results in the August edition of the News.

### Fast 10 on Course F1B 2<sup>nd</sup> July

Andy Saunders	22:52 PB
James Spence	23:16 PB
Nick Senechal	24:36
Anthony Perkins	26:26

### Non-Nomads

Richard O'Rourke (fitchcycles.com)	20:02
Stuart Tarry (Sanjan Design)	21:01
Andy Bright (Sanjan Design)	23:28
Alan Crane (Beds Road CC)	23:49
Ian Cammish (planet-x-bikes.com)	DNS

## Beds Road 10

11<sup>th</sup> July

David Ledgerton	22:59 PB
Richard Bland	27:37

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## Icknield 12 Hour

5<sup>th</sup> July

Neil JJ Fraser	248:65 PB
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**This is a new club record**



**Neil in Action**

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## The 12 hour

This year's 12 hour time trial promoted by the Icknield RC saw an increase in numbers participating on last year's rather dismal showing and with luck it will encourage Gordon Hart and the Icknield RC to continue to organise it in future years.

It must be remembered that we, Hitchin Nomads have for the last two years played a significant part in the events continuation by taking on a big chunk of the feeding responsibility that was formerly an extra burden for the Icknield. This included preparing a breakfast start feed for all riders comprising of egg sandwiches, malt loaf and honey sandwich and tomatoes. Then on the Wimpole circuit we fed the riders as they made several circuits for about three hours and fed them with; rice and raisins, bananas, grapes, cereal bars and fruit and custard plus lots of tea and orange juice. All this and handing up wet sponges.

This year at very short notice we were asked to provide an additional feed of bananas and orange juice near Tadlow, which we coped with admirably.

The particularly hot weather meant riders were taking many more drinks and feed than they usually seem to which kept everybody pretty busy but again we coped admirably. I was proud to be a Nomad for the support we gave to the 12 hour event, long may they continue!

My sincere thanks to the team of Nomads that responded to the call to help with the event; Ann Bland who spent hours preparing the feeds, for handing up, to Peter Hanlon, Clive Collins, Tony Furby, Charlie Bexfield, Michael Levet, John Houghton, David Rossall, Jeremy Prodger and finally but by no means least David Ledgerton, who had also placed lots of signs around the course and then had to pick them all up again,

I am sure that Icknield's appreciation will be expressed on the results sheet.

I want to mention the excellent performance of our lone Nomad rider Neil JJ Fraser who came fifth in the event and also rode to a new club 12 record. He set a new distance of 248.65.

Well done Neil.

Richard

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### **It's a Man Thing**

Hi Clive

I have just checked and the previous record on the website is 248.626 miles which if correct and assuming that Neil did 248.65 miles as published on the Cycling Time Trials website (I haven't seen the formal final results sheet) the record has been broken by 42 yards or 39 metres. Or 0.024 of a mile

Couldn't have been much closer

Just had another thought actually - 39 metres represents about 4.1 seconds at the average speed

Neil was travelling. How amazing is that over 12 hours.

A couple of extra shakes when he stopped for a pee and he wouldn't have made it!

Cheers

James

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### **Interclub 30**

**12<sup>th</sup> July**

Neil JJ Fraser	1:21:45
James Cornell	1:24:17
James Spence	1:25:49
Chris Knight	1:28:22
Jeremy Prodger	1:30:17
James Gomm	1:38:25
Clive Collins	1:39:07
Richard Bland	1:46:47

There isn't an official result sheet for the Interclub 30 yet, I have taken the times off the board and worked out the scores and although the Beds Road put out a strong field, I feel we did well. I worked out the scores to be:

Beds Road 133: Hitchin Nomads 96: Icknield 30

If these scores are confirmed then the running totals with just the hill climb to come are: Beds Road 1071: Icknield RC 709: Hitchin Nomads 603

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### **Hitchin Nomads F1b Fast 10!**

Well, the series of the three events is now over, I think that perhaps with the exception of just one or two, most Nomads achieved all time personal best times and so perhaps that was enough to have made all the effort of setting the series up worth while. I was a little despondent that the take of interest in riding had been so low and was thinking that it was really just not worth it, however after the appreciative comments by both our riders and the Team Sanjan Design riders who had participated, I probably will do the traffic counts again and submit the request to hold the events in 2010, unless the club tells me not to bother.

The reason that it is necessary to justify using the F1 is because of course restrictions where it clearly states in the CTT Handbook that no events, mid week Monday to Friday are allowed. Unlike other club events that are just applied for and after

scrutiny by the District Committee once accepted are generally allowed for ever more unless some major change to the course that might make it less safe.

Using the F1b required a lot more to be done in the interests of safety than is normally necessary for a club events such as placing Cycle Event warning signs and having marshals. I would particularly like to thank the very willing band of people who marshalled at the Biggleswade / Warden Lane roundabout; they were Scott Edwards, Keith Rapley, Sue Robinson and Roy Robinson. Also to thank Clive Collins for pushing off and number spotting on the second event.

The final event attracted a couple of really fast riders, not sure how they found out about us, they were Ian Cammish and Richard O'Rourke, who must have come all the way from the middle of Essex to ride, unfortunately Ian, after having signed on discovered his car had a flat tyre and thought the priority was to change the wheel rather than ride. Richard did an amazing 20:02 ride. Our own Andy Saunders did a very impressive personal best time of 22:52

All you Nomads who now have good times to put on your entry form should now just do that and get into some events and win some team prizes and improve the club's prestige!

Richard Bland

### **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 19<sup>th</sup> 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

## **July Clubruns**

<b>19<sup>th</sup> July</b>	<b>London Gliding Club</b>
<b>26<sup>th</sup> July</b>	<b>Wimpole Hall</b>

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### **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

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## **August Events**

<b>August 2<sup>nd</sup></b>	<b>Hitchin Nomads Open HQ Tempsford Village Hall</b>
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### **Club Run August 2<sup>nd</sup>**

August 2<sup>nd</sup> this year is the date of the Middle markers. As usual marshals are required; please contact David if you can help.

On Sunday 2<sup>nd</sup> 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

## **Club Runs**

### **A message from your leader**

*"There go my people, I must find out where they are going so I can lead them."*

**Well leading from the back can be difficult!!!**

Over the past few months the club run routes have been published in advance. The consensus is that this has worked quite well, and we all seem to have ended up at the same place at about the same time.

A disappointment for me is that the groups have not really established, or stayed together for very long at all. We often seem to have everyone riding at their own pace dropping riders one or two at a time. "Slower" riders setting off earlier to avoid being dropped, sometimes not to be seen again.

I found this description of a Club run on the HNCC website.

*"By and large the pace is gentle, although sometimes faster and steadier groups evolve, but the objective is for all to meet up at the designated cafe stop".*

I would add to that, and hope that we could all try and stay together a bit more. If the faster riders find themselves ahead, fine, but either do an extra loop or wait a minute or so for the slower riders to catch up. Being dropped is hardly encouraging for newer members, and some of us would benefit from a tow!

Leading from the back can be difficult, but if you are leading from the front remember to look behind you every now and again!

All the best  
Keith

### August Clubruns

August 2 <sup>nd</sup>	From Tempsford to Moggerhanger 10 am start
August 9 <sup>th</sup>	Poplars Garden centre Toddington
August 16 <sup>th</sup>	Van Hage Garden Centre Great Amwell
August 23 <sup>rd</sup>	Country Garden Centre Melbourn
August 30 <sup>th</sup>	Richard & Ann's Charity Breakfast St Neots

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### CTT Reminder

1/8	Team Cambridge 10	E2/10
1/8	Hemel Hempstead CC 10	F12/10
2/8	Hitchin Nomads 25	F1/25
9/8	Finsbury Park 25	F1/25
16/8	Beds Road 25	F1/25

22/8	Sajan Design 10	F2A/10
23/8	North Midds & Herts 25	F1/25
29/8	Peterborough CC 10	N1/10R
5/9	Norlond TT Combine 25	F14/12

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Hi Clive

Though you would be interested in this.

Regards,

Mike

<http://www.bartape.net/>

### 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.

15<sup>th</sup> July.

James has completed one hundred and nine days of his record attempt with 11931 miles under his belt; he is 20 miles south of Auckland, having flown from Brisbane, Australia to Dunedin South Island New Zealand and ridden up from there.

His schedule has another 60 days to go. He has increased his average daily mileage from 95.8 to 109.4 as he has crossed Australia and New Zealand. On his current schedule he will need to do 101.1 miles per day to return to Hyde Park by the 13<sup>th</sup> September.

His web site is:

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

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### I am now on the Web

Hello,

Although you most likely never heard of my *cycling effort*, far back in the past, to promote Human-Power by actually "riding" from the Bahamas to Florida in 1981, and also crossing the Western English Channel in 1985, I nonetheless invite you to take a look at my recently opened website.

In spite of the fact that this episode of my life belongs to yesteryear, I believe that the effort & achievement are still relevant today. For that reason, I feel confident that the visit I suggest might be of interest to you; considering particularly your involvement within the Cycling Community.

Therefore, if interested, my URL reads as follows: <http://yvonnelecaer.com>

Should you feel that such a visit could also be of interest to others, please feel free to transmit aforesaid access information. Thank you.

Yours truly,  
Yvon Le Caer  
Fort Lauderdale, Florida