



Nomads News

www.hitchin-nomads.net

The news letter of the Hitchin Nomads Cycling Club

Editorial

It seems that although we failed as a club in the interclub competition, but our members have had a vintage year on a personal basis with PBs at several distances.

My thanks to Jamie for sending me the National Hill Climb result sheet from 1969 where the Nomads were third team and also thanks to Dave Renney for giving us the background information to the Nomads riders in the event.

Clive

Icknield Road Club Lunch

We have been invited to join the Icknield at their lunch and prize presentation at the Putteridgebury Centre, Hitchin Road Stopsley on Saturday 21st November at 12:00 noon.

Over the years we have had some very enjoyable get-togethers with the Icknield riders, usually as the butt of their speaker's jokes but definitely all in good fun.

Tickets are £21, if you would like to go contact me and I will act as the liaison with the organiser but unfortunately this year Ann and I will be unable to attend.

Richard Bland

Hitchin Nomads CC Annual General Meeting

Notice is hereby given that the Annual General Meeting of the Hitchin Nomads CC will be held in the Garden Room, The Settlement, Nevells Road, Letchworth at 20:15 promptly on Wednesday 9th December 2009.

Items for the Agenda should be received by the General Secretary before Wednesday 25th November 2009.

Richard Bland
General Secretary

Racing Results

Autumn Hilly Sunday 18th October

Andy Saunders	49:51
Pete Hanlon	1:02:40
David Summerell	1:03:13
Jason Stuart	DNF

Timekeeper: David Ledgerton

Pushing Off: Clive Collins

Congratulations to Andy on winning the event, and also to Pete on proving that new bikes really do give hope of going faster, and to Jason for his enthusiasm in having a go.

Jason had flown in from Dubai over night from holiday and rushed to the start. On the first circuit he was in second place and came galloping over the hill and then eased up, David and I were shouting to him that he had another circuit to go but he turned round in the road and came back to where David and I were standing put down his bike then collapsed on the grass with chest still heaving with the effort and said "I thought it was only one circuit!"

Club Hill Climb Sunday 25th October

Andy Saunders	1:12:4
Neil Fraser	1:13:9
James Gomm	1:17:4
Daniel Wood	1:21:8
Jason Stuart	1:22:6
Nick Freaks	1:27:5
Michael Levet (Junior)	1:40:3
Andrew Stevenson	1:42:4
Oran Fraser (Junior)	1:56:7
Mike Kitchen	2:12:1
David Lickford (Junior)	2:23:1
Steve Makowski	2:36:5

Timekeepers: Richard Bland & David Ledgerton

Pushin Off: Tony Furby



Andy turning on the power to win

The top three finishers are the same as last year. A year older and you would think that they would slow down but not a bit of it all three improved their times from last year. Andy improved by 6 tenths of a second, Neil improved by 2.3 seconds and James improved by a massive 6.8 seconds, well done all of you! Well done also to our newest member David Lickford who I think was on a steep learning curve, and finally well done to Steve for keeping on going, from where I was standing on the hill it was touch and go whether he would make it to the top

Clive

Forty years ago on the 26th October 1969 the Nomads were placed third in the in the National Hill Climb. Here is a synopsis of the result sheet. I have only listed the team members of the placed teams, all of the Nomads and any rider who has been mentioned by either Dave Renney or Jamie Tomlin.

The full result sheet can be viewed on the CTT web site.

Result Sheet

26th National Hill Climb Championship

Promoted by

South Wales District Council

Sunday October 26th 1969

Course

LLYWEL HILL, near TRECATTLE, A40
BRECONSHIRE

Length 1,200 yards, Average Gradient 1 in 7½
Steepest Gradient 1 in 4½

Fastest Time

G. Sydney (Sen) Huddersfield Star Whs 3:19:8
RTTC Championship Trophy and
Medallion and Prize value £5.5.0

Team Champions

Huddersfield Star Wheelers 10:33.0

G. Sydney (Sen), G. Sydney (Jun) D. Potrykus

2nd Team
East Bradford CC 10:39:2

3rd Team
Nomads (Hitchin) CC 10:57:8

4th Team
Redhill CC 12:04:2

5th Team
Beeston RC 12:12:0

Rider	Club	Time
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1 G. Sydney	(Huddersfield Star Whs)	3:19:8
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2 C.R. Kearley	(Whitewebbs CC)	3:22:6
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4 M. Pendleton	(Luton Whs)	3:23:0
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4 P. Wildsmith	(E Bradford CC)	3:23:0
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6 S. Holdsworth	(E Bradford CC)	3:28:0
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7 P. Gannon	(Leeds St Christophers CCC)	3:30:2
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11 G. Sydney(J)	(Huddersfield StarWhs)	3:33:2
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12 C. Summerfield	(Nomads (Hitchin) CC)	3:33:8
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15 D. Carter	(Nomads (Hitchin) CC)	3:37:2
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18 K. R. Stokes	(Redhill CC)	3:39:8
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19 D. Potrykus	(Huddersfield Star Whs)	3:40:0
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24 D.M. Hayton	(E Bradford CC)	3:48:2
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31 M.J. Bradbury	(Beeston RC)	3:57:0
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34 S.E. Foster	(Redhill CC)	4:02:2
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36 G.T. Nash	(Nomads (Hitchin) CC)	4:03:2
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42 M. Donnelly	(Beeston RC)	4:07:2
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43 C.M. Mottram	(Beeston RC)	4:07:8
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45 C.J. Lowe	(Hemel Hempstead CC)	4:12:2
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49 K.S. Bateman	(Redhill CC)	4:22:2
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Memories of the 1969 National Hill Climb from our Vice-President Dave Renney

Good to see a blast from the past!

I must admit this particular event is not that clear in the memory, but I do remember the Nomads finishing third fastest team in a National Hill Climb Championship. The best I can do is give you a brief history of Nomads hill climbing from this era.

Regarding this event the winner Granville Sydney was the top climber from this era, winning or medalling for a few years. The Huddersfield Star Wheelers were also the number one team

with Granville's brother Graham usually featuring. Pete Gannon was another previous winner.

Regarding the Nomad or ex Nomad riders - Colin Summerfield or Charlie as he was known, was one of the best all round riders the Nomads has produced. Not only was he a natural hill climber he was also a top class first cat roadman. He won a number or was placed in many Road Races. I remember I was up in the Peak District one week-end and was having a drink in a village pub garden with a couple of friends, when who should turn up completely out of the blue was Colin Summerfield fresh from winning a Road Race near Derby and being presented with the winners cup by Brian Clough no less! Colin like most of the hill climb boys was also a regular down at Welwyn Track every Wednesday evening during the summer months.

Next on the list finishing in 15th position was Don Carter who was recruited from the Aylesbury CC to bolster the Hill Climb team. I believe Don stayed about 3 seasons and joined with Chris Lowe who was also from Aylesbury and if you notice was riding for the Hemel Hempstead team in this event.

The other riders from the Nomads in the event were basically back up riders. Tony Bond was again recruited for hill climbs and only stopped with the club for a couple of seasons. Gary Kemp and Graham Nash were up and coming younger riders who again mixed their riding between hill climbs, road races, time trials and track. I have lost track of Gary, but he did marry a girl from the Nomads called Jean and at one time had his own Graphic Design business along Walsworth Road in Hitchin. Sadly Graham passed away about 3 to 4 years ago after an illness.

Lastly and by no means least another ex Nomad who finished fourth – Max Pendleton, the father of a girl who collects Gold medals in World Championships and Olympic Games. Max was a brilliant hill climber, he rode previous National Championships for the Nomads and won many local Hill Climbs including the famous Catford which was the unofficial Southern Hill Climb Championship. He was also pictured on the front cover of Cycling Weekly when winning this event.

As you can see from the above info the Nomads were a hill climb force to consider with during the 60's. They also had good vocal support and encouragement and coaches were hired to take the tifosi to National Championships and prestige events like the Catford and Bec. Also many other

Nomad riders rode hill climbs and I remember the West Suffolk Wheelers hill climb where Nomads filled up a third of the field. But where you get a stretch of tarmac in Suffolk that constitutes a hill I cannot remember.

David Renney

Memories from Jamie Tomlin

Five Nomads in the national hill climb – brilliant. Third team – even better. The fourth place team was over a minute slower than HNCC.

I actually recall racing against C Kearley, second above, in a road race in 1983 (?), the main reason being he beat me in a sprint finish that was uphill. I never knew his pedigree for hills back then.

Jamie Tomlin

Catford Hill Climb 2009

Max Pendleton

2:53:3

Result Sheet Report

Filling the honoured position as last rider off 64 year old Max Pendleton former record holder and 8 times winner of the Catford Hill Climb was cheered on by a vast crowd. Coming a creditable 53rd from a start list of 83, he commented - "I was very apprehensive because the last time I rode the 'Catford' was in 2000 when I found it hard but this time I really suffered. I used to be sprinting over the finish line and feeling great, but not today"

November Clubruns

1st November	Waresley Garden Centre
8th November	Panshanger Aerodrome
15th November	Moggerhanger Hall
22nd November	Reed
29th November	Wavendon

Club Captain's Seasonal Review

Hello lads `n` lassies just a short note from your loving captain, a sort of end of season appraisal if you like of the clubs runners and riders.

From David Ledgerton's insanely early season start in February with the Hard Riders event through to last Sundays Charlton Hill Climb it has been an eventful year for the club with most Sundays (some Saturdays too) seeing a Nomads CC jersey being worn in competition here and abroad. Whether it has been a Time Trial or a Sportive our riders have given a good account of themselves and can talk proudly of their

achievements to anyone who will care to listen on these long winter nights.

And not forgetting Neil's 12 hour ride where he broke the club record. Clive

Jamie Tomlin and myself tried our best to keep up with the trackies and were grateful to hang on to a wheel to the finish of each event and even then this was not possible at times due to the crazy speed that was set.

Our juniors too have been riding circuit races and have been placed in their first races which is not a walk in the park believe me!

Congratulations to Richard Bland for organising the fast 10s on the A1, and to those who rode I believe a lot of PBs were accomplished, some times were set that had not been seen since the rider had not long left school! Ah yes, the ability to ride your bike with no cares or responsibilities and something called time on your hands... I digress, sorry.

The interclub events were a bit hit and miss but congrats to Beds RC for a sound victory, watch out next year you lot, the Nomads are on the march!!

I've got to wind it up now as my beloved is calling for her cuppa, don't she know where the kettle is! On a serious note a big thanks to our other half's - or bike widows - for putting up with our endless time on the bike just to get the miles in and just never bloody being there!

Next 'event' the Boxing day 10, a well attended and good natured TT - just the hangover cure we all need at that time of year. Keep fit and keep the miles up!

For fun training in the winter months get your road bike down to the Welwyn track mid week for road bikes on track training sessions, I'll certainly try to get down as it's a cracking way of riding at this time of year. Please check out their website for more details. If anybody is interested in riding Saturdays as I know a couple of you already do, the Stevenage lads do a good pace for 60 plus miles leaving Pin Green at 9am sharp, see their web page too for more details. Anyway enough of promoting other clubs our Sunday runs are the best!

The kettle has boiled so I'm off, see you all soon and in the words of a Saturday dance show on TV keeeeeep Riding.....

Your Loving Captain

Neil.

Winter Training at Welwyn Track

An Invite from Sophie Bruton Of Team Welwyn

I wondered whether any of the members of the Nomads might be interested in Team Welwyn's Road Bikes on the Track training sessions, which are open to all and take place every Tuesday evening from October to April, Gosling Sports Park, 8.00 - 9.30pm.

You just need to turn up with your road bike, winter bike or one or two hardy souls on MTB's for an hour and a half of winter conditioning training under floodlights and without the danger of being 'not seen' by a motorist. However, on the subject of 'motors' this winter we have the addition of a Derny pacing bike to keep the line at a constant pace (winding up towards the end) and mitigate the effect of the wind.

As riders become accustomed to riding with the Derny bike we would be able to do interval efforts, using the bike to help riders increase pace and leg speed. It's a good training session with qualified first aid and coaches in attendance who can also help with queries about gearing, bike position etc. on request. Sessions cost £5 per person per week for over 16 years or £3 for U16.

If fit (or wanting to be fit) riders want to bring along less fit /social riding partners or children there is the potential for a slower group (possibly using the running track for safety reasons) who could get in a mid-week ride without the training objectives of the main group.

The session is open to all and no track experience is needed as instructions are given, although riders wanting to join the main group do need to be able to ride on a wheel. Riders sign on at the first session they attend and U18's need a parent or guardian to sign them on the first time they attend.

Sophie Bruton

<p>For Sale Handlebars Profile Air wing 3TTT Aluminium Stem Shimano Aero Brake Levers 40cm wide Black £10</p> <p>Specialized Turbo 3 Slick Folding Tyre 27' x 1' £3</p> <p>Contact: David Summerell</p>
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