



Founded 1889

# DE LAUNE CYCLING CLUB

FOUNDED 1889

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The De Laune were represented at Le Tour by the Devil & his Mate

# DE LAUNES NEWS

**August 2005**

No. 878 -76th Year

[www.delaunec.org](http://www.delaunec.org)

OFFICIALS

<b>PRESIDENT</b> ROY SAVERY Fairwinds Goatsfield Road Tatsfield TN16 2BU 01959 577745	<b>SECRETARY</b> PETE HARRIS 91 Ashbourne Road Ealing London W5 3DH 020 8997 7852	<b>TREASURER</b> DON WHITE 12 Willowbank Gardens Tadworth Surrey KT20 5DS 01737 217565	<b>CLUB NIGHT</b> First Thursday of each month <b>British Legion</b> <b>97 Barry Road</b> <b>East Dulwich SE22</b>
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## THE PRESIDENTS REPORTS

Wow What a month. One minute we are high and the next we are low. Great Britain won the Olympic bid and we were all rejoicing. It was great to see it on the TV and I felt what a wonderful opportunity for our country and the East End of London to be rejuvenated.

It will look really great over there at Hackney Marshes. Then the day after - what a change, we have all seen the horrible pictures on the telly. Our thoughts and prayers go out to the victims and their families and close friends.

Then along came the Tour De France. What A Show from beginning to end. I was enthralled. For a couple of days after it ended I was still on a high after watching the Tour for three weeks on Euro sport. Lance Armstrong, he is something else, possibly one of the greatest sportsman of all time. I read a quote from him recently. "When I was sick, I didn't want to die. When I race I don't want to lose. Dying and losing, it's the same thing."

We won't see the likes of him again on a bike. I don't think it will be the last time we will see him. I believe he will make a great manager of the Discovery Team.

Finally something to make you think. Sowing and Reaping. Just think of this. God has the tough end of the deal. What if instead of planting the seed you had to make the tree? That would keep you up late at night trying to figure it out.

Speak to you next month. Don't forget, this weekend, the Fred Peachy Memorial Open 25.

Roy Savery

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## LONDON 2012 - EASTWAY

London 2012 - Proud of plans to sustain Olympic cycle sport in London when Eastway closes

Eastway is to close as early as 2007 for Olympic Park development. Next season will be the last on the 53 acre site that offers a mile of closed road circuit and some great off-road riding.

The London Development Agency based its 2012 bid on taking London's most flexible facility devoted to cycle sport. The site is designated Metropolitan Open Land for its value as a sporting venue. Use for development is absolutely exceptional. Eastway Users Group achieved planning conditions on continued provision for cycle sport and its return to the site after the Games. The Group's mission statement remains;-

- To campaign for the New Eastway to have improved facilities for all disciplines of cycle-sport (including infrastructure such as club and changing rooms, car parks etc) without any facilities being lost during the construction phases.

The developers have had ample opportunity to let us know where the replacement facilities are to be. We have been in negotiation with the LDA since December 2003. It has not even let us know when it will tell us about replacement facilities and it seems reluctant to set a date for a meeting. We have to conclude that cycle sport is not the LDA's priority, despite promises its executive director made to smooth the planning approval from local boroughs.

The Olympic bid was made on the strength of its sporting and cultural legacy for Londoners. London desperately needs to solve its transport problems. Assembly members claim the intention of engaging more young people in sporting endeavour. Cycling is the most popular outdoor activity for adults and children alike (source: Sport England surveys 2003 & 2004). Youth sport riders cannot compete on the roads and they cannot even ride for fun in public parks. So far, the Games simply amount to a loss for cycling in London.

We know the Olympic disciplines of road and cross-country mountain bike will no longer have the use of a premium facility so close to London. The 2012 venues are not available after the Games either, so no legacy for cycle sport will follow. £22m plans for a so-called VeloPark, have been withdrawn and were only ever inadequate at best. Herne Hill Velodrome, an earlier Olympic legacy is closed. Other London facilities and are under permanent threat of even more restricted use for sport. Do you want a public meeting? - [info@londonccyclesport.com](mailto:info@londonccyclesport.com)

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More from Le Tour – Let's line them up. (Kav & Stax)  
Was it the Race or the Beer they went for?

### O.M.A. E-MAILS & NEWS

The July DLN was certainly a bumper edition and I must say that the mention of frame maker Percy Barnard and Evelyn Hamilton brought back many happy memories of cycling life in the late 40s and 50s when living in London.

Referring to page 25 is Ken Joy the same person who dominated time trials in the fifties alongside his team mate Peter Beardsmore who were members of the Medway Wheelers? I well remember going out early one weekday morning to marshal in Stockwell when Ken attacked the London to Brighton and Back record. He started at the railway bridge at Coulsdon and rode to Hyde Park Corner first to avoid heavy traffic in London before going on to Brighton and then back to the starting point at Coulsdon.

Whilst writing I would like to make a request to the Trustees of The Club Memorial Fund to consider spending part of the annual income on updating the Club Handbook. My copy is full of amendments to the information and it would be nice to have all the pages reprinted.

*(Committee please take note Ed.) And yes Arthur the same Ken Joy.*

With best wishes,  
Arthur How

Herts Wheelers "10" - 6 <sup>th</sup> July			
1	Duncan Alexander	API Metro Heritage of Brentwood	00:19:38
45	<b>Jim Evans</b>	<b>De Laune CC</b>	00:22.03
Verulam CC 25 - 17 <sup>th</sup> July			
1	Steve Hunt	Icknield Rc	00:51:11
17	<b>Jim Evans</b>	<b>De Laune CC</b>	00:55:46
68	<b>Peter Jenn</b>	<b>De Laune CC</b>	01:01:48

### OCTOBER 1949

Private & ConfidentialRESULT SHEETKENT CYCLING ASSOCIATION

25 miles H'cap., Scratch & Scratch Team Time Trial  
 Sunday, 9th October, 1949. Under R.T.T.C. Regulations

Timekeepers:  
 A.J.Hill, Gravesend C.C.  
 J.Ashenden, " "  
 F.Martin, San Fairy Ann G.C.

Handicapper & Event Secretary:  
 W.T.Coleman, Southboro' Wh.

<u>FASTEST</u>	F. Randell	Thanet R.C.	h. m. s	
<u>2nd:</u>	P. McFarlane	Medway R.C.	1. 2.25	
<u>3rd:</u>	P. Whitehouse	Medway R.C.	1. 3.13	
			1. 3.25	
<u>1st H'CAP:</u>	T. Morris	Catford C.C.	1. 8.19	less 9m
<u>2nd:</u>	F. Beattie	Medway R.C.	1. 6.10	" 6½m
<u>3rd:</u>	D. Chiltern	Kentish Wh.	1. 6.43	" 7m
<u>TEAM:</u>	Medway R.C.	F. McFarlane	1. 3.13	
		P. Whitehouse	1. 3.25	
		D. Ward	1. 4. 6	
			<u>3.10.44</u>	

No.	Name	Club	H'cap		Time
			min	h. m. s	
1	L. Blackman	Dartford Wheelers	6	1.10.47	
2	G. Bolwell	West Kent R.C.	3½	D.N.S.	
3	J. Clifford	Thanet R.C.	5	1.17.27	
4	T. Agg	Kent R.C.	6	D.N.S.	
5	R. Sutton	Dartford Wheelers	3	D.N.S.	
6	R. Adams	Hastings & St. L.	5	D.N.S.	
7	D. Stewart	Cambrian C.C.	6	1.11.52	
8	C. Cann	Thanet R.C.	7	D.N.S.	
9	J. Blythe	Mercury C.C.	8	D.N.S.	
10	J. Harrison	Gravesend C.C.	2¾	1. 6.53	
11	P. Sladden	Deal R.C.	4	D.N.S.	
12	R. Ashmeade	Dartford Wheelers	4¼	D.N.F.	
13	T. Williams	Gravesend C.C.	5	D.N.S.	
14	B. Tayler	Eltham Paragon	6	D.N.S.	
15	R. Bull	Dover C.C.	6½	D.N.S.	
16	A. Moorhouse	Hastings & St. L.	7	D.N.S.	
17	D. Cook	Thanet R.C.	7½	D.N.S.	
18	S. Cooper	Kent R.C.	8	1.13.54	
19	K. Hensman	Hastings & St. L.	8½	1.15.45	
20	P. Whitehouse	Medway R.C.	Scr	1. 3.25	
21	R. Belmore	Gravesend C.C.	3¼	D.N.S.	
22	A. Jarrett	Deal R.C.	4¼	D.N.S.	
23	E. Knott	Kent R.C.	4½	1. 5.34	
24	P. Hoffman	Kentish Wheelers	5	1. 9.48	
25	T. Taylor	Gravesend C.C.	5½	1. 8. 0	
26	R. Crumbley	Addiscombe C.C.	6	1.10. 7	
27	F. Beattie	Medway R.C.	6½	1. 6.10	
28	D. French	Gravesend C.C.	7½	1. 8.50	
29	A. Thompson	Thanet R.C.	8	D.N.S.	
30	G. Hewson	Gravesend C.C.	2½	1. 6.42	
31	D. Dalby	Bromley R.C.	3¼	D.N.F.	
32	N. Hodges	Thanet R.C.	4	1. 8.20	
33	H. Wiltshire	Kent R.C.	5	1. 7.22	
34	W. King	San Fairy Ann C.C.	6	D.N.F.	
35	L. Danby	De Laune C.C.	6	D.N.S.	
36	J. Trenowden	Addiscombe C.C.	6½	1.10.43	
37	R. Eastes	Hastings & St. L.	7	1.10.34	
38	P. Lee	Catford C.C.	8½	1.14.54	
39	M. Duffield	De Laune C.C.	9	1.11.39	



No.	Name	Club	H'cap Time	
			min	h. m. s
40	F. Hessenthaler	West Kent R.C.	1½	1. 6.19
41	J. Southerden	Hastings & St. L.	4½	1. 7.50
42	A. Luto	Catford C.C.	4½	1. 5.14
43	J. Walker	Woolwich Poly.	5	1. 7.19
44	B. Peckham	Gravesend C.C.	6	1. 8.30
45	R. Sanders	Kent R.C.	6½	1.13.15
46	L. Green	Kentish Wheelers	7	1. 8.41
47	H. Thomas	De Laune C.C.	7	1.11.15
48	H. Bonser	Etham Paragon	8½	1.10.35
49	W. Gorham	San Fairy Ann C.C.	9	1. 9.36
50	D. Whittaker	Canterbury C.C.	1½	D.N.F.
51	R. Sidders	Gravesend C.C.	4½	D.N.S.
52	A. Evans	Dartford Wheelers	5	D.N.S.
53	R. Montgomery	Kent R.C.	6	D.N.S.
54	P. House	Gravesend C.C.	7	D.N.S.
55	K. Varvell	Dartford Wheelers	2¼	1. 6.46
56	H. Foster	Gravesend C.C.	3½	1. 7.14
57	D. Banham	De Laune C.C.	4½	1.10.16
58	R. Scott	Gravesend C.C.	5	1. 7.57
59	R. Rice	Dartford Wheelers	6	1. 9.40
60	F. Randell	Thanet R.C.	Scr	1. 2.25
61	J. Watts	Addiscombe C.C.	2¾	D.N.F.
62	A. Bond	Canterbury C.C.	5	D.N.S.
63	D. Martin	Thanet R.C.	6	D.N.F.
64	P. Langton	Dartford Wheelers	8½	1.12.20
65	A. Sheather	Canterbury C.C.	2¾	1. 5.32
66	L. Day	Woolwich Poly.	5½	1. 7.18
67	K. O'Connor	Gravesend C.C.	6	1.12.24
68	L. Ambrose	Medway R.C.	7	1. 9.34
69	J. Butler	Mercury C.C.	9	1.14. 2
70	G. A. Wright	Medway R.C.	1¼	D.N.S.
71	V. Crooks	Gravesend C.C.	6½	1.10.28
72	F. Courtnall	Dartford Wheelers	7	D.N.S.
73	W. Tree	Medway R.C.	8½	D.N.S.
74	H. Turk	Gravesend C.C.	9	1. 6.15
75	J. Robinson	Medway R.C.	10½	D.N.S.
76	J. Tagg	Bromley R.C.	7	1.11. 5
77	R. Powell	Hastings & St. L.	7	D.N.F.
78	J. Slinn	Dartford Wheelers	9	1.10.36
79	A. Harrison	Medway R.C. (Trike)	13	D.N.S.
80	R. May	West Kent R.C.	1	1. 6.50
81	W. T. Fraser	De Laune C.C.	3	1. 7. 5
82	P. Avis	San Fairy Ann C.C.	7	1.10.55
83	J. Bridgland	Hastings & St. L.	9	D.N.S.
84	P. Harris	Gravesend C.C.	10	1.10.49
85	J. R. Watt	Southboro' Wheelers	2	1. 6.38
86	H. Daniels	Canterbury C.C.	2½	1. 9.41
87	J. Fisher	San Fairy Ann C.C.	3½	1. 8.45
88	W. Boslem	Catford C.C.	5½	1.16.23
89	D. Chilton	Kentish Wheelers	7	1. 6.43
90	P. Macfarlane	Medway R.C.	1	1. 3.13
91	J. Elvidge	Canterbury C.C.	3	1. 4.42
92	R. Overton	San Fairy Ann C.C.	3¾	1. 8.17
93	R. Taylor	Dartford Wheelers	6	D.N.F.
94	C. Bridger	Gravesend C.C.	9	D.N.S.
95	R. Enfield	Gravesend C.C. *	2	D.N.S.
96	R. Denton	Thanet R.C.	3¼	D.N.S.
97	D. Cherry	Cambrian Wheelers	4½	1. 8.29
98	F. Barnard	Medway R.C.	6	D.N.S.
99	S. Sheppard	Mercury C.C.	10	D.N.S.

No.	Name	Club	H'cap	Time
100	D. Griggs	Canterbury C.C.	Scr	D.N.F.
101	R. Joyce	Woolwich C.C.	3 $\frac{1}{2}$	1.13.4
102	H. Prior	Kent R.C.	4 $\frac{1}{2}$	1.7.44
103	R. Buck	Eltham Paragon	7 $\frac{1}{2}$	D.N.S.
104	B. Bedwell	Cambrian Wheelers	11	D.N.F.
105	R. Allen	Thanet R.C.	2 $\frac{1}{2}$	1.16.47
106	J. Llewellyn	Eltham Paragon	3 $\frac{1}{2}$	1.7.36
107	H. Smith	Addiscombe C.C.	4 $\frac{1}{2}$	D.N.F.
108	W. Burke	Medway R.C.	5	1.8.49
109	C. Tappenden	Woolwich Poly.	6	D.N.F.
110	B. Kember	Canterbury C.C.	1 $\frac{1}{4}$	1.3.58
111	K. Ray	Gravesend C.C.	3	1.6.53
112	P. Calkin	Medway R.C.	4	1.8.18
113	A. Ring	San Fairy Ann C.C.	6	1.9.44
114	A. Jeffree	Bromley R.C.	11	1.9.19
115	D. Bingham	Southboro' Wheelers	2 $\frac{1}{4}$	D.N.S.
116	A. Croft	San Fairy Ann C.C.	2 $\frac{1}{2}$	1.5.48
117	A. Roling	Medway R.C.	3 $\frac{1}{2}$	1.6.37
118	A. Gilham	Southboro' Wheelers	5 $\frac{1}{2}$	1.9.56
119	P. Colbert	Faversham C.C.	6	D.N.S.
120	G. J. Wright	Medway R.C.	3 $\frac{1}{4}$	D.N.S.
121	W. Beadle	Dartford Wheelers	3 $\frac{1}{4}$	D.N.S.
122	R. Wickens	Southboro' Wheelers	4 $\frac{1}{4}$	1.9.44
123	F. Ford	Medway R.C.	5	1.8.4
124	C. Bird	Sittingbourne C.C.	6	D.N.S.
125	R. Diplock	San Fairy Ann C.C.	1 $\frac{3}{4}$	D.N.S.
126	N. Anderson	Sittingbourne C.C.	2 $\frac{1}{4}$	1.5.54
127	W. Fagg	Canterbury C.C.	3 $\frac{1}{2}$	1.7.6
128	D. Cobb	Medway R.C.	4 $\frac{1}{4}$	1.8.53
129	C. Gibb	Southboro' Wheelers	6	D.N.S.
130	R. Williams	Deal R.C.	1 $\frac{1}{2}$	1.6.38
131	D. Benjamin	Medway R.C.	3	1.8.52
132	E. Law	Canterbury C.C.	3 $\frac{3}{4}$	1.7.33
133	Maurice Weaver	Faversham C.C.	5	D.N.F.
134	E. Hall	Sittingbourne C.C.	6	D.N.S.
135	A. Wright	Canterbury C.C.	2 $\frac{1}{2}$	D.N.F.
136	S. Spence	Woolwich C.C.	3 $\frac{1}{2}$	1.7.3
137	F. Baker	Sittingbourne C.C.	3	1.11.6
138	K. Peters	Southboro' Wheelers	4 $\frac{1}{4}$	D.N.S.
139	G. Ely	Faversham C.C.	4 $\frac{1}{2}$	D.N.F.
140	D. Ward	Medway R.C.	3 $\frac{1}{4}$	1.4.6
141	F. Figgett	Southboro' Wheelers	3	D.N.S.
142	D. Harpum	Gravesend C.C.	4 $\frac{1}{4}$	1.7.50
143	Malcolm Weaver	Faversham C.C.	6 $\frac{1}{2}$	1.11.19
144	W. Johnson	San Fairy Ann C.C.	15	1.21.39
145	G. A. Grant	Medway R.C.	3	D.N.S.
146	C. Patmore	Gravesend C.C.	3 $\frac{1}{2}$	1.5.41
147	H. Evans	Cambrian Wheelers	4	D.N.S.
148	A. Fish	Dartford Wheelers	3 $\frac{1}{4}$	1.5.28
149	R. King	Kent R.C.	3	1.6.54
150	T. Morris	Catford C.C.	9	1.8.19

\* Second Claim.

Late starts: No.130 - 15s. No.38 - 5m.

The Kent Cycling Association Committee wish to thank riders for their support and the Medway R.C., San Fairy Ann C.C. and Southborough Wheelers for marshalling the event.

W. T. Coleman, T.T. Secretary.  
14, Oakmead Road, Tonbridge.

Thought this result sheet might be of interest. Frank Randell (the winner) gave it to me. Frank is still very active at the age of 74. He meets up with us at the café most Tuesdays he still pedals with a very high cadence and is still at his racing weight of around seven and a half stone.

He tells me it was a very hard morning and I am sure that more than half the field in our open 25 next Sunday (56 years on) will not beat his winning time over a revised version of the Chilham course.

Len and Harry, no doubt, will be interested to know that some of the riders are still knocking around in Kent. (as Harry does not receive the DLN I will get a copy of the result sheet out to him)

No. 3 John (Scotty) Clifford. Still riding daily (very slowly) but gets in plenty of miles.

Nos 82 and 92 Pete Avis and Rod Overton are still members of the Fairies but to Tony Peachey's knowledge not on bikes.

No. 100 Doug Griggs fit and well lives a mile away from me and I am in contact with him, no longer rides a bike.

No 101 Ron Joyce ( still with the Woolwich) was racing up to last year but I have not seen him about recently.

No 111. Keith Ray packed up racing a couple of years ago but is out on his bike most days.

No. 117 Arthur (Slash) Roling also packed up racing a couple of years ago I think he is still riding but I have not seen him around this year.

No 135 Arthur Wright no longer rides his bike but gets to the Kent Vets annual dinner.

I personally knew No 8 Cyril Cann.. No. 65 Aubrey Sheather No 68 Les Ambrose. (he used to timekeep for me when I promoted the Fred Peachey memorial 25 in the 90s) and No. 123 Frank Ford . Sadly they are no longer with us.

No 36 Jim Trenowden I lost touch with some thirty years ago, I don't know if he is still around.

No 2 Geoff Bolwell joined the Thanet RC in the 80's but has not been seen in the last few years but around somewhere in Ramsgate..

No 32 Neville Hodges a vice president of the Thanet RC passed away last year.

It should be noted that No 35 was a DNS. Mr Danby, SIR!! Was your excuse that you were serving your King?

Malcolm Adams

## ENTERING TIME TRIALS

This is a message to all newcomers to cycling and in particular to time trialling. Once you have ridden club events and/or evening tans, which can be found out about by asking some club members, you may feel ready to enter an open event.

Now the system is slightly different with open events as fields can be of a maximum of 120 riders, and because of this there is a lot of cost going into promoting such an event, for instance apart from the Cycling Time Trials (CTT) levies there is the printing costs for the start sheets and result sheets, hiring of some hall or facility as headquarters for riders to change, get a cup of tea and to have a general chinwag around the result board seeing how well they have done this week against Pete Fitness, so all this cost has to be distributed among the competing riders through entry fees which these days amounts to something like £5 or £7 for 10ml and 25ml and some 50ml events.

Both Club and Open events are run under the Rules and Regulations of Cycling Time Trials (CTT), Club events are arranged by clubs for their own Members. Part of the entry fee covers the CTT Levy for each rider, this provides 3rd Party Insurance whilst competing. Only members of a registered CTT clubs can compete in time trials. Once you have sorted out an event by scanning through the CTT handbook, which can be bought for £5.50, which gives you a list of all the Time Trials, including Team Time Trials and Hill Climbs throughout the year all over England and Wales also contained in the CTT handbook are details the CTT Rules and Regulations. You need to read these, because when you sign the entry form, you are in-fact stating that you have done so.

The CTT Handbook can be ordered from their Web site along with the entry forms. CTT web site is; [www.ctt.org.uk](http://www.ctt.org.uk) Then you have to fill in a entry form which can be printed off the CTT web site. This form asks you to state your fastest times at all distances for the last three years, and if you are 40yrs or older there are details to enter for Vets, once this form is completed and signed in ink you send the form off to the organiser to arrive 13 days before the date of the event, if it dose not then expect to get it returned and no ride for you, OH! And include a cheque or postal order for the entry fee.

Filling all this information may seem a bit pointless, but the information is very important to the event organiser, when setting the field out. The order of start in Time Trial fields is based on rider's performances so that grouping is avoided as much as possible. To ensure you have all the information required on the entry form, I suggest you keep a 'note-book' with details of each event completed. Record the following information; - promoting clubs name -



event date – your time – course key – winners name and time. I also keep a note of weather conditions and how I felt so when I look back I can make comparisons when I next ride that course.

Many of the older club members could benefit from reading these points. This has all been brought about because Val has had some problems with Novice, or relatively new riders, not properly completing the entry form for the Clubs Open 25. Well that's it for now just to wish you all a good and safe riding, always be aware of traffic coming up from behind especially at roundabouts, signal your intention well in advance and watch all entries that you can see at junctions and roundabouts, and wear your hard shell helmet. Arrive an hour before your start time giving yourself time to prepare yourself and the bike ready to go for a 15/20 min. warm up. Good luck to you all for the rest of the season.

Time Trial Manager Alan Rowe

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## ALL THE RACING RESULTS & NEWS

Brixton Cycles/Torq Beastway MTB, week 6 held on June 29 and hosted by De Laune CC

### Youth

Shaun Hurrell (Maldon & District CC) led at first, but he soon had to give way to the charging Michael Butler (VC Deal/Hammonds/Activ) who went onto to win. Hurrell took 2nd although his advantage was cut by debutante Sam Fensterheim (De Laune CC) who took a few laps to get into the swing of things as he raced to 3rd.

1	Michael Butler VC Deal/Hammonds/Activ	00:46:17
2	Shaun Hurrell Maldon & District CC	00:46:55
3	<b>Sam Fensterheim</b> De Laune CC	00:48:44
4	Kurt Warner Team Darenth	00:50:09

### Brixton Cycles/Torq Beastway MTB - Results for week 7 held on July 6 and hosted by Gravesend CC

1	Steve Hambling	VC Deal/Activ Folkestone	01:03:29
38	<b>Clifford , Steele</b>	De Laune/Evans/Specialized	01:13:52

### Held on Wednesday, July 6 on the streets of Guildford. Sponsored by Evans Cycles

1	Andrew Griffiths	Lee Valley Youth CC
2	Dominic Schils	Interbike RT
3	Louis Charity	Sutton CC/De Ver Cycles U16
4	<b>Sam Fensterheim</b>	De Laune CC/Evans Cycles U16

### Crystal Palace Circuit Races The 11th night of racing on July 12

#### 3/4/W/J

1	Mr Anne Boorsma	Dulwich Paragon
2	Max McCalla	VC Londres s/t
3	Sam Fensterheim	De Laune CC s/t

(I am some what confused by the name of the person who came first. **Ed.**)

### Southern XC Series - rankings after 4 races

#### Master Men

1	Allen Krutz	Herts Fire & Recue	45 44 43 39	171
2	Stefano De Tomaso	Beyond Mountainbikes/W.Drayton MBC	41 42 42 43	168
50	<b>Ross Fryer</b>	De Laune CC/Evans/Specialized	31 31	50

#### Super Master Men

1	Simon Willats Ride Cycleworks	60 49 60 60	229	
2	Simon Turner	Ellsworth/Freeborn Bikes/Torq Bar	45 44 52 49	190
20	<b>James Lett</b>	De Laune/Specialized/Evans	42 42 20	104



**Veteran Men**

1	Mark Chadbourne	Ride Cycleworks	60 60 60 60	240
2	Roland Tilley	Ride Cycleworks	56 52 47 56	211
26	<b>William Wright</b>	De Laune CC/Evans	25 30 55 26	136

**Youth Men**

1	Calum Chamberlain	Mountain Trax	40 45 56 45	186
2	Matthew Hill	Primera/Bournemouth Arrows	60 60 60	180
9	<b>Sam Fensterheim</b>	De Laune CC/Evans/Specialized	33 44 77	154

**The 2005 Saab-Salomon Mountain Mayhem 24hr Mountain Bike Race 24/25 June 2005**

For the 7th year running, De Laune had managed to get a coveted place in the worlds biggest 24hr mountain bike event, a race so popular that it sells out within a couple of days of entries opening. The race was held at Eastnor Park in Herefordshire on the weekend of 24th-25th June, the weekend closest to the summer solstice.

The De Laune team was made up of James' Lyon and Peckham, Ross Fryer and Cliff Steele although this year we'd failed to bribe/blackmail anyone into being our pit helper. However we're all experienced 24hr racers and everyone pitched in to help out. JP and I turned up late on Friday, Ross and Cliff made the drive down early on Saturday and our campsite was in good order very quickly. We'd picked a prime spot right by the racecourse in order to cheer (or heckle) passing riders. Cliff had volunteered to

do the Le Mans style run at the start and, with nearly 400 teams present, there were almost 1000 riders gathered on the start line (and about £1million worth of bikes lined up) but Cliff put in an excellent run (all that triathlon training paying off) to get out onto the course well up with the leaders.

Eastnor hadn't suffered quite as badly as Glastonbury in the previous week's torrential downpour but the course was still a quagmire in places and a lot of the singletrack on the 10.4-mile course was so slippery as to be unrideable initially. The start lap was also very congested but Cliff turned in a fantastic time of 1.23.18 (which



includes the half mile run) and handed over to me. I'd elected to use my old fully rigid titanium bike with narrow mud tires, figuring that on a course as muddy as this, I'd gain no advantage from having suspension which would just clog up with the glutinous mud. By the time we'd all done our first laps, the course was drying out rapidly and lines began to appear where the riders had worn grooves through the mud to the hard-packed surface underneath. I switched back to my full suspension team bike and we all settled down into a good rhythm. I was last person out before darkness fell completely; by the time I handed over to JP it was nearly 9.30pm. As I was walking back through the arena to our campsite, I was greeted by the surreal sight of the London Philharmonic Orchestra playing on the huge soundstage. I took in this cultural oddity for a few minutes and then the evening was rounded out nicely by a big fireworks and laser show on the hillside above the main arena. It's just part of the huge bike festival weekend that Mountain Mayhem has now become.

The night laps were pretty uneventful. The weather was still quite warm due to the cloud cover but by this point in a 24hr race, you're living on willpower, caffeine and energy gels. I finished a lap at 2.30am, had a quick shower and a bite to eat then fell asleep until 5.30am when I was kicked out of bed by Ross and warned to get ready for the next lap after Cliff came back in. JP had been rewarded by a spectacular sunrise on his lap and Sunday was a bright, sunny and hot day, a contrast to the grey overcast weather of Saturday and the course became drier and almost

dusty in places. Lap times were getting quicker as a result of this and with the end in sight, a lot of teams were really nailing it. Competition amongst the Elite Men's teams was red hot and both Nick Craig and Barrie Clarke (both former British National Champions) came tearing past me at a rate of knots. Oli Beckinsale (British Olympic rider) was there too along with several other big names from the world of mountain biking, proof of how big and international this event is. I completed my final lap in a shade over 1hr and with time ticking rapidly away, handed

over to JP. Unfortunately, he was held up by the amount of traffic on the singletrack in the final section and just failed to get in before to 2pm finish time (which at least saved Ross from doing another lap). All told we'd ridden 19 laps (197.6 miles) in a time of 24:00:54, which placed us a creditable 28th place out of nearly 300 Sport teams. Each lap had nearly 1600ft of climbing, which meant a total height gain for the team of about 30000ft (higher than Mt Everest).

James Lyon

This was my first year back at Mountain Mayhem for a couple and what a great trip. Decided to make the effort to go on the Friday, should have taken ear-plugs (getting old)! But it worked out well with a relaxed morning and plenty of eating time. The site selected was perfect for the course and provided an excellent spectator vantage point between laps. The single speed boys next door provided the entertainment.

Well I was 3rd off so it was 2.5hrs before the go. The Friday night rain had really bogged up the course and I have to say Cliff did a great job on that first lap, including the run. My MTB skills proved to be rather poor on that first lap (too much road racing!). My 2nd and 3rd laps were both run off in the dark, which made for fun, I like night riding. The 3rd was the best as I followed American MTB legend Tinker Juarez around the course. What was frightening was that he was riding the event solo!



By the time of the 4th lap the course was getting really fast and you began to realise why they had designed it that way. It was a real shame a puncture slowed down what would have been a quick lap. By the time of our last laps each the course was fully rideable and quick, really quick. Well James Lyon went for his usual last lap flyer and hit a 1hr 5min (only 10min slower than Nick Craig's quickest!). My last lap was due to finish within a bare fraction of the available time and it was hoped that Ross could get out for another lap before the cut-off but time ran short as I got held up by the amount of traffic through the singletrack and I came in just after the horn had sounded to mark the end of the 24hrs of racing.

The whole weekend was excellent. The team rode really well, all of us had some problems but we all plugged away and rode consistently well. 28th may not have been our best result but I have to say the quality of the other teams was very high (we are not getting younger as well!). What amazed me was the quality of the set-up, a real family affair, I may even take mine next year. There again the weekend is a nice rest!

James Peckham

Lap	Number	Rider	Time	Speed
1	1083	Cliff Steele	01:23:18	7.56 mph / 12.17 km/h
2	1080	James Lyon	01:09:08	9.11 mph / 14.67 km/h
3	1081	James Peckham	01:11:06	8.86 mph / 14.26 km/h
4	1082	Ross Fryer	01:11:18	8.84 mph / 14.22 km/h
5	1083	Cliff Steele	01:20:10	7.86 mph / 12.65 km/h
6	1080	James Lyon	01:10:44	8.91 mph / 14.33 km/h
7	1081	James Peckham	01:17:52	8.09 mph / 13.02 km/h
8	1082	Ross Fryer	01:18:33	8.02 mph / 12.91 km/h
9	1083	Cliff Steele	01:36:32	6.53 mph / 10.50 km/h
10	1080	James Lyon	01:24:16	7.48 mph / 12.03 km/h
11	1081	James Peckham	01:15:55	8.30 mph / 13.36 km/h
12	1082	Ross Fryer	01:15:06	8.39 mph / 13.50 km/h
13	1083	Cliff Steele	01:17:56	8.08 mph / 13.01 km/h
14	1080	James Lyon	01:14:08	8.50 mph / 13.68 km/h
15	1081	James Peckham	01:13:22	8.59 mph / 13.82 km/h
16	1082	Ross Fryer	01:07:55	9.28 mph / 14.93 km/h
17	1083	Cliff Steele	01:11:46	8.78 mph / 14.13 km/h
18	1080	James Lyon	01:05:03	9.68 mph / 15.59 km/h
19	1081	James Peckham	01:16:46	8.21 mph / 13.21 km/h

Rider	Laps	Best	Average	Worst
Cliff Steele	5	01:11:46 (8.78 mph / 14.13 km/h)	01:21:56 (7.69 mph / 12.37 km/h)	01:36:32 (6.53 mph / 10.50 km/h)
James Lyon	5	01:05:03 (9.68 mph / 15.59 km/h)	01:12:39 (8.67 mph / 13.95 km/h)	01:24:16 (7.48 mph / 12.03 km/h)
James Peckham	5	01:11:06 (8.86 mph / 14.26 km/h)	01:15:00 (8.40 mph / 13.52 km/h)	01:17:52 (8.09 mph / 13.02 km/h)
Ross Fryer	4	01:07:55 (9.28 mph / 14.93 km/h)	01:13:13 (8.60 mph / 13.85 km/h)	01:18:33 (8.02 mph / 12.91 km/h)

Event Results by [Singletrack Magazine](#)

Photo credits to the following:

Jools Dymond @ [www.singletrackworld.com](http://www.singletrackworld.com)  
[www.bikemagic.com](http://www.bikemagic.com)



### Merida 100k MTB Marathon – Rhyader 29 May 2005

Cliff and myself decided to race the third Merida event of the year held at Rhyader on a course that featured 2200m of climbing and a dispiriting 20km loop at the end that you had to complete twice. As with all these events, if the weather is good they are just hard but if the weather is bad then they turn into pure torture. Luckily, the week before had been largely dry so the course was dusty and fast.

ROSS FRYER – 47<sup>th</sup> – 5hrs 50mins

CLIFF STEELE – 84<sup>th</sup> – 6hrs 16mins  
 (Positions are out of a field of 160)

### 2005 Southern XC Series R4 Checkendon 10 July 2005

A hot and hard days racing in the 4<sup>th</sup> round of the Southern XC Series saw three De Laune riders taking part and I think that we all found the going tough on a hard, unrelenting course.

#### Youth

SAM FENSTERHEIM - 7<sup>th</sup>

#### Master

ROSS FRYER – 20<sup>th</sup>

#### Veteran

WILLIAM WRIGHT – 21<sup>st</sup>

### National MTB Marathon Champs – 100k Open Race – Margam 17 July 2005

The National MTB Marathon Champs are a new event this year and I decided to enter the companion 100k Open race at Margam Park in South Wales. The weather was far too hot for this type of event, peaking at 86F, so it was going to be vital to pace yourself properly and drink almost constantly. The Open race was set off 1 minute after the very fast people and I managed to line up on the front of the grid to avoid the inevitable bottlenecks as the 110 competitors all tried to enter the opening sections of singletrack. The course consisted of four 25k laps of an absolutely fantastic course which had everything including loads of great singletrack, technical climbs, frighteningly fast fireroad descents and a very welcome river crossing but with 560m of climbing per lap it was going to be a long, hard and hot day.

I managed to get a good start and settled into a comfortable pace but it was very difficult to tell where you were as we soon caught up with the backmarkers from the Championship race. The second lap was very busy as we were constantly going past lapped riders from the other shorter races that had set off after us (over 700 people doing 25K and 50K rides) but they were great about getting out of the way and I wasn't held up at all. I was sticking to my usual feeding schedule for these long events by having a gel at every 50 minutes, drinking water and sipping an electrolyte replacement drink as much as possible. I stopped at the feed zone at 40k and pocketed a couple of fig



rolls but that was about it for the ride.

I suffered a bit on the third lap and found myself riding alone but when I started the last lap I had my final gel, ate a Powerbar and put my head down to concentrate and try not to lose any places. I managed to get around the last lap, pushing hard for the final 15k or so but suffering from really bad pains in my feet for some reason (probably my feet had swollen in the heat).

I managed to finish in 5hrs 30mins to place 8<sup>th</sup> in the Open race (out of 110) riders. Only 41 people managed to finish the 100k event so the course and the heat had definitely taken their toll. My result would have placed me 25<sup>th</sup> in the National Championship race so I'll definitely enter that next year. Overall, it was the best race I've done this year, a superb course, great atmosphere and a result that I'm really happy with.

Hopefully below you can see the readout from my heart rate monitor for the event which shows the climbs as well as my heart rate. 2215m of climbing and an average HR of 172 for 5hrs and 30mins shows just how tough the event was!

Ross Fryer

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### News from BC; Herne Hill To Re-Open on August 5

The Dulwich Estate and British Cycling announce that Herne Hill Velodrome will be re-opened on the 5th of August after negotiating an interim licence for 3 years. This is to ensure that the track can now be re-opened immediately for cycling and British Cycling will be working with local clubs to establish, in the longer term, a thriving community club at the heart of Herne Hill as well as ensuring that the Olympic Talent Team squads, from which the UK's 2012 podium athletes are beginning to emerge, can get essential access to the track for training and events. Over the coming months, British Cycling will be urgently working on a solution to ensure the regeneration of the cycling facilities on the site to an appropriate level and this will play a key role both in the development of the athletes for the 2012 London Olympics as well as increasing participation in cycling at a local and regional level.

The Dulwich Estate will be working together with parties on a scheme which will see the development of the facilities required by cyclists, together with a leisure/sports complex which it is hoped will complement cycling on the site. John Major Chief Executive The Dulwich Estate & Peter King BC Glyn Durrant said of the news; Herne Hill is a vibrant popular year-round venue for cycle sport in the South East region, hosting National and International level events. As a World Class centre for cycle sport linked to Sport England,s youth World Class Start programme, working with both specialist sports colleges and schools across London.

Herne Hill has a significant role in British Cycling,s South East Region training and race programme and British Cycling acknowledges the Velodrome to be a future regional centre for cycling.

I am very pleased that a solution has been found to open Herne Hill again in the very near future. There is going to be a great deal of hard work being done over the next few months by British Cycling and South East Cycling to make sure that Herne Hill stays open and a regeneration plan is put in place.

South East Cycling Competition Administrator From Friends of Herne Hill Velodrome - 19/7 Following a hard fought campaign by the London Velodrome Trust to end a damaging six month lock out, The Dulwich Estate has finally been persuaded to allow the gates of the Herne Hill Velodrome to re open on Friday 5th August. The deal, brokered by British Cycling, gives it a 3 year licence to keep Herne Hill open, and the Dulwich Estate retains the ability to continue to work with its chosen developer Citygrove Properties plc, who has yet to sign its deal for a yet to be disclosed commercial development on the site. Graeme Geddes the Chair of the London Velodrome Trust, said. "This is great news for London cycling – an important first step in realising our vision of a secure cycling-led future for this world famous track.

Public support for Herne Hill in London has been fantastic, and I'm confident that now we have the active involvement of British Cycling at national level, and community support in South London, that the materials to build a viable long-term future for Herne Hill are all in place. I hope also that the Dulwich Estate might now realise that trying to make as much money as possible from this important facility is not in the interest of Londoners and won't get their support" The Velo Club de Londres - the largest cycling club at Herne Hill today, with a highly successful youth development programme – is considering taking centre stage by running an exciting new programme of club and community cycling events, when the gates re-open to the public in three weeks time.

Graeme Geddes Friends of Herne Hill Velodrome

[www.HerneHillVelodrome.org](http://www.HerneHillVelodrome.org)

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**MARK'S BUREAU of INVESTIGATION**



Barnards Cycle Shop Cont.

Mark

Thank you very much for your e-mail.

The most interesting thing to me was the 1934 advertisement. I had no knowledge of my grandfather's business before the WWII. This showed me:

- 1) My father and grandfather were in business together by 1934.
- 2) They were in the shop at 65 Station Road by that date.
- 3) My grandfather's experience of cycle repairs goes back to 1905 - a century ago.

I have received a letter from Eddie Wingrave. Amongst many other things, he told me that he had (until recently) a Barnard tandem built by my grandfather in 1927. He speaks of it with great fondness and says that it was the best tandem ever built.

My mother has sent me a press-cutting (probably about 1960) which mentions that my grandfather had held the national quarter mile record. This would presumably be at Crystal Palace or Catford before WWII have, so far, not been able to find any further details.

My father was in the Thames River Fire Service during the War. Do you know if my grandfather continued running the business during that time?

I have not heard from any of the people you mentioned in DLN who had Barnard bikes.

My mother has been absolutely delighted with all the information that I have been able to glean about the shop.

Regards Alan Barnard

Alan mentions Catford Cycle Track see details:-

This was a 3.5 laps to the mile cinder running track inside a banked cement 3 laps to the mile cycle track. It opened on 18th May 1895 but went out of use by the early 1900s. There was a grandstand at the track and was used as a warehouse after the track was lost until about the mid 1990s when it was demolished. There was also a temporary grass track at the nearby Private Banks Cricket and Athletic Club Grounds which was used for meetings from at least 1911 and was the base of Blackheath Harriers.

**Percy Barnard**

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---

**P. BARNARD & SON,**  
**65, Station Road, Brixton, S.W.9**

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This advert is taken from the clubs 1934 handbook.

## NOTICE BOARD

**CLUB RUN**

I will be doing a club run on Sunday the 4th September at Richmond Park Roehampton gate entrance at 8:45am leave at 9am going anti clockwise around the park. I would hope to see some of our club riders their in their club jerseys the reason I asking riders to turn up is to get a club run going again, I know everybody is busy but its just one Sunday. I have turned up and marshalled a few races this year when asked and I think their is a Gorrick MTB race that Sunday I would love to do but we need to get the club run going again just over winter season. I will be bringing some new members with me it's not going to be a hard ride just a steady social ride if we want new members to join and stay with the club we need a club run. It will be just over the winter season there is a cafe in Richmond where we can stop for a break at the end if anyone wants. It's a few months away so I given plenty of notice so put it in your calendar and if you turn up I will give you extra food on Belgium night which my wife will be helping out on and she is not even a member so please turn up your club run needs you.

CLIFF STEELE

New e- mail address for:- [nick.butler@cwt-uk.com](mailto:nick.butler@cwt-uk.com)

<a href="#">Diary Social/Club for 2005</a>	
<b>Fri 28th October</b>	<b>Belgium Night/OMA</b>

[Diary of Club & Inter-Club Events for 2005](#)

Sun	31st July	Open - Fred Peachey Includes Club 25 Championships & Novices	25m	Q25/8	7:00
Sat	10th September	OMA	10m	Q10/22	7:00
Sun	11th September	Club Track Meeting Herne Hill			14:00
Sun	18th September	Club - Autumn	25m	<a href="#">G25/53</a>	7:25
Sun	2nd October	Downhill		Tillburstow Hill, Godstone	11:00
Sun	9th October	Hill Climb		GH31 Titsey	11.00

THE LAST DAY FOR COPY TO BE  
INCLUDED IN THE NEXT ISSUE IS  
WEDNESDAY 31 August 2005

THIS SHOULD BE SENT TO:  
MARK BALLAMY  
41 MAYES CLOSE  
WARLINGHAM  
SURREY CR6 9LB

Phone & Fax 01883 627809 . e-mail  
[mark.ballamy@virgin.net](mailto:mark.ballamy@virgin.net)

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[TOP](#) 



# De Laune Cycling Club



Questions, comments, suggestions?... then please Email the [Webmaster](#). Site designed and maintained by [robin-web.co.uk](http://robin-web.co.uk)

