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DE LAUNE CYCLING CLUB

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I think this is
Howard Coulson



DELAUNE NEWS

July 2004

No. 865 -75th Year

www.delaunec.org

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THE PRESIDENTS REPORTS

What a week I have had and a week I do not want to go through again. Let me explain. First I was worried about my old mate Alan Rowe who was stuck in a French hospital with a fractured skull. Secondly, I had the club 25 coming up and, at the time, not many of marshals (nine roundabouts on this course!).

To make matters worse I had lost the Presidents chain of office. Things could only get better and they did.

Malcolm Adams and I gave Alan a visit in the Calais general hospital. He was out of the intensive care unit and in the general ward. He was talking or moaning about the nurses pulling him around the bed. (Nice nurses Alan!) When we first saw Alan the week before in the intensive care unit he was out cold with more tubes in him than London underground! This time he looked his old self. Lets have you home soon.

The next thing we had to do was find his bike and this we did. We found a big house with the correct door number but only after going up and down the same road about a dozen times.

Next the club 25. Oh Yee of little faith! The lads did not let me down. It was a great morning on the A24 Worthing road. First we had John Wood who I have not seen for years who said he could only give me half an hour as he had to go to work so he did the pushing off. Bill Wright turned up to do the time keeping (and I did not ask him to come out) I will mention a few more of my hero's Stax, John Dods, Brian Waller, Mike Peel, Bert Collins, Terry Deeley and not forgetting Titch Shambrook who came all the way from Colchester, Essex. Thanks Guys.

Things got better. We had 10 riders. (I hope Mark will have the full result in this edition of the DLN.) Harry Corbett our triathlon manager said he thought he could get a few of his lads to ride and he did. Thank you Harry. Dave Haggart is our new 25 mile champion who did a 1.01.55 and the novice award went to Rupert Walsh with a 1.06.36. Not bad for his second 25. Another rider of note was John O'Brian who came second with a 1.04.48 and he came all the way from the West Country. Nice to see you John.

Howard Coulson introduced his friend to the club who rode the full 25 miles but went around each roundabout twice to make sure he did not go wrong. His name is Tops Kemal I am not sure but I think he is from Turkey. A big strong man with a good sense of humour. Well he has to with our lot!

Talking about having a sense of humour. Pete Jenn did a private 25 about one and half hours before

our event just to get the miles in. He started our event but did not finish due to a puncture. I have my doubts as he punctured just out side of the changing rooms!!!

After the event we all piled into the Tesco's restaurant for breakfast. We wanted Dave Haggart to stand up and give us speech but he said that everyone in the restaurant was looking at him. (And he thought someone might pinch his sausage!).

The Presidents Chain of Office. I found it. For security, I hid it in the house but forgot where. Thank heavens I found it.

Kav.

p.s. We had a good AGM with a lot of old faces turning up. I was pleased to confirm seven new life members, Brian Dacey, Bert Collins, Roy Chittleborough, Arthur How, Brian Saxton, Geoff Sinnett and John Darroch. All with over 50 years service in the club. Well-done lads, Mark Ballamy made some super scrolls to give to our lifers! Which should have been in De Laune blue but due to the printer playing up again they got them in yellow!!

p.p.s. Alan is on the mend and is back in this country. Jean must be so pleased. He is in the Darenth Valley Hospital Dartford. He is now made to do physiotherapy to get his limbs up and running. I was told he did one leg exercise with a pedalling action. He was not the fastest in the ward but he did get the age standard!

Hi Kav and Mark,

By sheer coincidence I pulled up the De Laune Website to see how it looked these days and to my dismay I saw the banner stating that Alan Rowe had been involved in a serious accident in France and was still in hospital.

I want to say that it was very decent of Malcolm Adams and Kav to go over to Calais and visit Alan and try to cheer him up. May I, through the pages of the De Laune news, say how sorry I am to learn of Alan's accident and may I wish him a full and speedy recovery back to health.

"Grit your teeth Alan and get well soon"

Sincere Best Wishes,
John Darroch.

FRED PEACHEY MEMORIAL "25"

1st August

Course Code	Distance	Course Description	HQ Area	Covered Changing
Q25/8	25	Molash-Canterbury-Ashford	Chilham	
Start on A252 east of Molash at corner post of Northdown House at lane entrance. (TR 032521). Proceed on A252 and A28 to Thannington RAB (6.726 miles), Turn and retrace A289 via Cilham fork to Spearpoint RAB (17.126 miles). Retrace to Chilham fork, where left to rejoin A252. Proceed westwards to finish at TP482, 500 yards past Chilham Castle entrance. (TR 061531).				

Well the open 25 is almost upon us and entries are starting to arrive. So far I have 2 De Laune riders and a promise of a third, and believe it or not, offers of help for which I am extremely pleased to see. Believe me, everyone will be allocated a worthwhile task on the day.

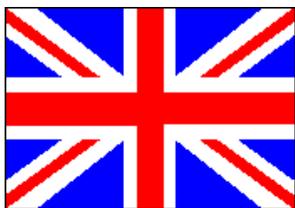
All I need now is good weather on the day to make the picture complete, but that is in the lap of 'im upstairs, so please get your prayer mats out.

The time of start is 7 am - I know its early but on the positive side, at least all concerned will be home early.

There will only be one more DLN before 1st August, by that time I will be able to let you know the number of riders and, of course, if any 'stars' have entered.

Val the Peach

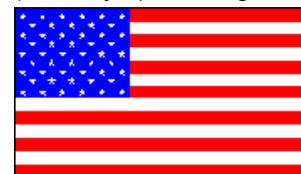
HOW THEY DO IT IN NEW YORK



Just to let you know that the package of shorts & vest arrived just in time for the 42 mile "bike New York" and I was able to complete the course looking a lot more professional than I felt!!

I have not seen the total number of entrants but with 1200 volunteer marshals, I believe it was well in excess of 10 000. It was not a race but a gentle jaunt and with so many riders, the start took almost an hour with everyone staggered – about one thousand per block up at the start of Broadway – my start point was immediately next to the world trade centre site, about a mile from the starting flag. It went up 6th Avenue (Avenue of the Americas), past the Plaza Hotel and into Central Park, on through Harlem and into the Bronx over the Queensborough Bridge (59th Street Bridge for those who remember Simon & Garfunkle); through Queens and Brooklyn, finishing after riding over the Verrazano Bridge into Staten Island. There were about 5 well attended parks to stop at en route for the needy with water, juice, bananas, and bike help etc and a festival at the end – before getting on the Staten Island ferry back to Manhattan & riding home. Light rain some of the time but a nice day all round – I'll email the odd photo. No hills to speak of but some of the up ramps onto bridges were a bit steep & at one a black evangelist was exhorting everyone to pray to God as we would need to when we started going up – at another (in the Bronx) a more enterprising chap was selling cold Bud (weisser) at \$2 a can!

It was meant to be a warm up for the 140 mile ride from Manhattan to Montauk (the very tip of Long Island) but I have to admit that an 11 hour day in an arbitration against a union employee the day before made me forego the 5.00am start. – Next year! Would you let Brian Saxton know that I do not need the excess funds I sent to be used for gear, consider it a donation and I'll pay for any other equipment I would like separately.



Thank for everything –I do hope to make it over a few times in the coming year so hope to meet

Kind regards
Peter Jaques

Hi Kav, Monday 21st June 2004.

My long time friends and business colleagues, Bill & Laura Boxer, who live in New York State, north of New York City, have a son Dan, I think he is about 30 years of age now.

Dan and his lady friend Katie have just set out on a "Round the World bicycle ride" they plan to take about two to three years to accomplish this epic trip. If you go to their Web site, it sets out what they have in mind at www.roundearthride.com

When I first heard about this a year ago, I was a little skeptical, especially with all the trouble spots in the World. However having read what they have in mind I think it is "do-able" Three months back when I knew the firm date that they were leaving, I discussed this with son John my idea to sponsor them. I then wrote to Bill & Laura, Dan and Katie and told them that Apollo Sprayers Inc. will act as the main sponsor for Dan and Katie on this trip.

I don't know how strong their will/tenacity is, or whether they will see it through to the end, this is a pretty formidable adventure, only time will tell.

It has occurred to me that some of their adventures might make interesting reading in the DLN, what do you think? To let you know a little more; here is the first of their adventures detailing events as they unfold, please see attachment.

I was also wondering if Dan & Katie could be made "special honary members of the De Laune CC" for the duration of their stay in England? I will pay any costs and subscriptions associated with this.

That's it for now,

John Darroch

From: round earth [<mailto:roundearthride@yahoo.com>] Sent: Saturday, June 19, 2004 1:48 PM

Hi y'all,

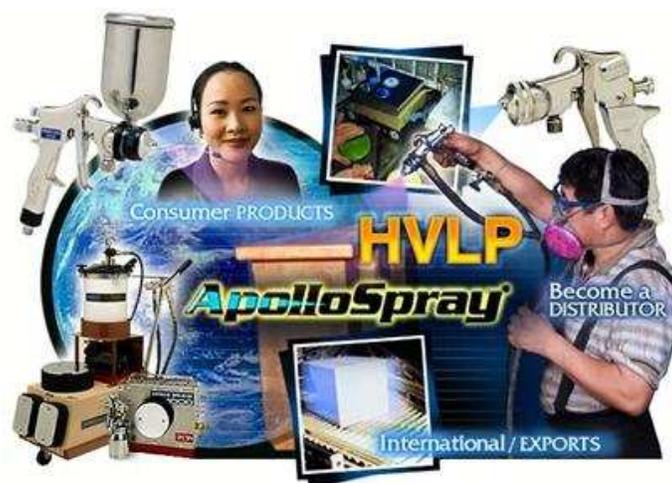
It's been a long week so far, and we're not even on the road seven days yet! We began our ride Saturday, June 12 and have made it about halfway across Washington State.

The public library terminals in Okanogan do not allow us to access Geocities to update our site, so as soon as we figure out a solution to that, we'll stop sending posts to your email address'.

Anyhow, we're spending a little 'recuperation' evening in a small motel in Okanogan. The weather is very HOT and dry. The townsfolk are friendly. We were invited to visit with a couple tomorrow night; George approached us in the grocery store after seeing our bikes outside, and we chatted a bit. After a little getting to know us, he asked if we'd like to spend the night at his place and he offered to show us a way to avoid riding over Sherman Pass, the last and highest mountain pass in WA state. This alternate route will take us briefly over the border into B.C. then back south to Kettle Falls. We'll reconnect with the Adventure Cycling route there, and on into Idaho. It's exciting and strange how some people are so friendly and courteous toward travelers.

First night, we rode to Deception Pass and camped there with our pal Joe Parieti [write us and tell us of your ride home! We hope you made it home OK]. Sunday, we rode to Rockport and stayed in a gorgeous old growth forest campsite. It was super rainy, but we were loving just being there. Monday, we rode to Colonial Creek Campground, situated on Diablo Lake - Highly recommended for the campsites and little man made jetty out on the lake. Stunning views of the surrounding peaks and our first taste of full on sunshine for a few days. Tuesday, up and over Rainy and Washington Passes with more breathtaking views of snowy peaks, blue skies, sun sun and more sun. Then down the east side, whooping and hollering the whole way to the Early Winters Campground. Our campsite was right next to Early Winters Creek. Hot and dry in the morning. Wednesday, we rode to the top of Loup Loup Pass, where we camped and Katie got a little TLC for her left achillies tendon, which began to bother her on the climb up the pass. This morning, we rode down the pass into Okanogan, where we've spent a lazy day in and out of the sun finding R&R however we can. The manager of the U & I Motel, Nancy Woodall, didn't have any rooms available when we rode up, but offered to let us pitch our tent behind the motel, next to the river. She also offered the use of her shower and freshly cleaned towels. After a few hours kicking about in town and acquainting ourselves with the local bike shop proprietors [The Bike Shop, family owned in Okanogan for 26 years!], we headed to the grocery for dinner and breakfast stuff and had our little interaction with George. When we returned to the motel we ate a full pint of Ben & Jerry's ice cream [thanks Pete R. for the coupon!] and I began to set up the tent for the evening. Nancy came out mid way and informed us that she had a cancellation and offered us a room for a measly sum! Very generous and unexpected.

That's all for now. We'll get that website updated soon, with photos too! Love to you all. We hope all is well in your parts of the world. Katie and Dan



P.S. It is a day later, we rode up a beautiful side road out of Tanasket to the homes of Gearge and Penny Baumgarden. They have been up here for 30 years. They have built three beautiful homes to create their own community, make their own wine, grow vegetables, process their own meat, and have a wonderful life here, while also working in the towns at forest service and various other jobs. They are our first taste into the life of the sustainable country living. They have done a lot of cycle touring in Europe and are bike heads like us. They have hooked us up with an awesome back roads route to get from here to Sandpoint. No more mountain passes til Fourth of July pass in Idaho!

On the logistics side of things the cell phone we are carrying won't get reception until Sandpoint Idaho, and then no reception until North Dakota or some such nonsense. We will work on that and keep you posted.

For the curious: We have sent home a total of twenty pounds of gear, between the two of us!! We started with a lot of spares of things, and too much clothing. Little odds and ends as well. It all adds up. Maybe we are still carrying too much but we are our own traveling house.

Katie and Dan.

If you would like me to keep you up to date on the above ride let me know Ed.

ALL THE RACING RESULTS

Brixton Cycles Beastway MTB - held on May 26

hosted by Oscar Bravo CC

180 starters - 168 finishers.

Overall placings (*Expert, Master, Veteran, Sport, Grand Vet, Junior etc*).

1 Steve Hambling	Activ Folkestone	01:00:58	6 laps
2 Phil Rayner	Halfords Bikehut	01:01:02	6 laps
3 Paul Beales	Cyclone	01:02:19	6 laps
4 James Lett	De Laune/Evans/Spec	01:01:22	6 laps
129 Howard Coulson ,	De Laune Spec/Evans	01:07:40	5 laps

Master As ever the Masters gave us a great race. James Lett (De Laune Evans/Specialized Mick Bell (Corridori) and Julian Chamberlayne, went wheel to wheel, until Lett gained time on the last lap to win. Bell taking 2nd as Chamberlayne fell a little off the pace.

Brixton Cycles Beastway MTB - held on June 2

hosted by Mosquito Bikes

176 starters - 162 finishers

Overall placings (*Expert, Master, Veteran, Sport, Grand Vet, Junior etc*).

1 Matt Holmes	Arctic RT/Shorter Rochford/Orbea	55:07	5 laps
2 Rob Purcell	Team Torq Bar	55:09	5 laps
3 Jonathan Webb		55:18	5 laps
9 James Lett	De Laune/Evans/Specialized	56:51	5 laps
15 Ross Fryer	De Laune/Evans/Specialized	59:18	5 laps
72 Clifford Steele		01:07:50	5 laps
125 Howard Coulson	De Laune Spec/Evans	58:13	4 laps

Brixton Cycles Beastway MTB - on June 16

hosted by [Cyclone Cycles](#)

1 Matt Holmes	Arctic RT/Shorter Rochford/Orbea	55:57	5 laps
2 Jonathan Webb		56:18	5 laps
3 Marcos Schier	www.foska.com	56:23	5 laps
8 James Lett	De Laune/Evans/Specialized	57:58	5 laps
60 Clifford Steele		01:09:00	5 laps
118 Howard Coulson	De Laune	59:34	4 laps

Master

Mick Bell (Corridori) led the masters in close quarters on lap one, but the next time they came through it he showed signs of a fall and was sitting on the back of the group.

Throughout the top 4 was always in doubt until on the last lap Richard John (Trek UK) was able to pull

out a slight lead to win. James Lett (De Laune/Evans/Specialized) in turn gained time over Mick Bell (Corridori) and Mike Jackson (CC Luton/Gary Fisher).

Brixton Cycles Beastway MTB - June 23

hosted by [London Dynamo/Cyclefit](#)

1	Matt Holmes	Arctic RT/Shorter Rochford/Orbea	52:39 , 5 laps
2	Paul Byatt	Cyclone Cycles	52:41 , 5 laps
3	Marcos Schier	www.foska.com	53:59 , 5 laps
7	James Lett	De Laune/Evans/Specialized	55:03 , 5 laps

OVERALL SERIES POSTIONS

Master Men after 6 races

1	James Lett	De Laune/ Evans/ Specialized	143pts
2	Mick Bell	Corridori	143pts
3	Julian Chamberlayne	Unattached	142pts
34	Ross Fryer	De Laune/ Evans/ Specialized	26pts
72	Clifford Steele		3pts

Veteran Men

1	Sam Phillips	Beyond Mountain Bikes	179pts
26	Howerd Coulson	De Laune/Evans?Specialized	44pts

PrestigeVC.Com/Viner Surrey League held at Cutmill on 31st May

E/1/2/3 107km in 2 hrs 43 mins

1	Robin Sharman	Recycling.co.uk
2	Tom Hemmant	London Dynamo
3	Duncan Urquhart	PrestigeVC.com/viner
18	James Lett	De Laune CC

Ciclos Uno Crits

Bank Holiday Monday racing held at Eastway Cycle Circuit, London on May 31.

Veterans 1

1	Sid Lovatt	Finsbury PK CC	1.14.23.3
2	Brian Dacey	De Laune CC	1.14.23.4
3	Phil Cooper		1.14.23.9

League of Veteran Racing Cyclists Regional champs held at Eastway on June 6

Cats E/F/G

1	John Duckworth	VC Deal	E	1.10.52.8
2	Brian Dacey	De Laune CC	F	1.11.18.1
3	Arnie Russell	Whitwebbs CC	F	1.11.58.2

Brixton Cycles Open Track Meet held on May 29th at Herne Hill Velodrome

B Devil

1	Simon Lewis	VCL
2	P. Churchill	
3	B. Dacey	DeLaune CC

A Devil

1	B. Taylor	VCL
2	R. Williams	GB Cycles
3	D. Rudd	Team Edwardes

Monday/Wednesday Comp series held at Herne Hill, south London on Wednesday June 9**A/B cat unknown distance**

1	Phillip Riley	Southborough
2	Brian Dacey	De Laune CC
3	Eric Martin	Velo Club Londres

Redmon track meeting held on Saturday, June 19 at**Herne Hill, Velodrome****Veteran omnium devil**

1	Steve White	VC Londres
2	Colin Berry	Chequers
3	Brian Dacey	De Laune CC

Senior omnium 2 lap sprint - final

1	Bryan Taylor	VC Londres	12.98
2	Dan Rudd	Edwardes	

Senior omnium 12 lap points race

1	Bryan Taylor	VC Londres	28
2	Vince Halpern	Twickenham CC	14
5	Dan Rudd	Edwardes	9

20k scratch race

1	Bryan Taylor	VC Londres
2	Dan Rudd	Edwardes

Senior omnium final rankings

1	Bryan Taylor	VC Londres	18
2	Keith Coffey	Bec CC	13
5	Dan Rudd	Edwardes	

Veteran omnium final rankings

1	Steve White	VC Londres	17
2	Colin Berry	Chequers	10
5	Brian Dacey	De Laune CC	6

Catford CC 25**6th June**

Pos	Rider	Club	Time	Notes
1	A PROFFITT	Arctic Shorter Rochford	00:55:11	S
2	P BULL	GEMINI BC	00:56:23	V
3	G BANFIELD	SAN FAIRY ANN CC	00:56:55	S
35	M ADAMS	DE LAUNE C.C.	01:11:59	V

CLUB MID – SUMMER 25

Results below. I think we decided at committee to include the Novice 25 in with this event. Can someone confirm this, and what the novice rules are: is it anyone who has won a club event, or placed in a club event, or in any event.

I expect Rupert Walsh would be the winner of this - I presume that Dave Haggart has won a club event before?

Regards, Bill.

Event run on G25/53 (Broadbridge Heath) starting

at 8.26 on Sunday June 13th 2004

1 st	Dave Haggart	1.01:55
2 nd	John O'Brien	1.04:48
3 rd	Rupert Walsh	1.06:36
4 th	Howard Coulson	1.09:29
5 th	Sam Baxendale	1.13:59
6 th	Ted Wixon	1.15:09 (Worthing Exelsior)
7 th	Geoff Heaton	1.18:49
8 th	Harry Corbett	1.23:19
9 th	Tops Kemal	1.27:49
DNF	Pete Jenn	(puncture)

Worth recording that Pete had already ridden a 25 this morning with his 2nd-claim club, Redmon CC, in 1.03 something, on a 90" fixed, on the same course. Don't suppose that can count technically - though it probably should!

Thanet Road Club 25

20th June

1	Andy Proffitt	Arctic Shorter Rochford RT	00:55:01	
2	Phil Bull	Gemini BC	00:56:06	+13-58
3	Garry Banfield	San Fairy Ann CC	00:56:45	
33	Malcolm Adams	De Laune CC	01:12:15	+07-15

GS Invicta 10

26th June

1	Andy Profitt	Arctic Shorter Rochford RT	00:21:06	M
2	Ray Hughes	Clarence Wheelers	00:21:18	MV40
3	Reg Smith	Team Chevin Cycles	00:21:27	MV51
25	Malcolm Adams	De Laune CC	00:27:48	MV61

The Merida 100 MTB Marathon, Rhayader, 30/5/04 - JAMES LYON



Riders line up for the Merida 100 at Rhayader (Pic: Matt Skinner/What Mountain Bike)

Formerly known as the Kona 100 and before that, the Schwinn 100, what used to be a once-a-year event is now a 5-event series, 3 rounds in Wales, one in Scotland and one in Austria (!) to tie in with the World MTB Marathon Championships.

The first round of the 2004 series returned to the scenic town of Rhayader, tucked away in the mid-Wales hills.



Andrew King had planned on doing it too but problems with his bike (like a cracked frame...) put paid to that. The only other De Laune member there was Cliff.

The weather on Saturday was superb; I was hoping for more of the same on Sunday but was woken up at 4am by the rain drumming on my tent. However, by the start of the ride at 10am the clouds had disappeared and the sun was shining once again. I got a fairly slow start (not wanting to go racing off and then die a death later) so I was tucked in to the top 50 or so out of the bunch of almost 1000 mountain bikers as we followed the lead car up the first 10km of tarmac towards the off-road. That was the last I saw of Cliff as he vanished into the throng behind me. The road climbed, gently at first, then more steeply, spreading out the mass of riders as we approached the forest. Fireroad climbs and some superb technical descents on narrow singletrack seemed to be the order of the day here and the rain the previous night had served to dampen down the dust nicely. I was ticking along at a reasonable pace; I wasn't particularly trying to beat my time from last year. The course had some of the same bits as in the previous year but in different orders and, in a couple of cases, we rode the tracks in the opposite direction too. On one section of fireroad along a ridgeline, there was a sign pointing off to the left saying "Danger, extremely steep descent, expert riders only. Easy route round (1km further), straight on." Talk about red rag to a bull. I was straight off down the technical route, very tight switchbacks through the tightly-packed pine trees, off-camber roots but all amazingly dry...the thick pine forest had stopped the track getting wet. I cleared the descent without even putting a foot down which kept a smile on my face for another few km.

Out of the forest after 50km and there was a 20km loop to be done twice to make up the full distance. By this time my back was really beginning to hurt, a combination of a recently pulled muscle and the fact that I'd been doing a lot of crit racing recently. Halfway round the 20km loop for the first time and several things happened all at once...the course was unbelievably dull and boring with a lot of fireroad climbing, it began to rain and my back had gone from being 'uncomfortable' to 'bloody painful'. The rain, although light and short-lived, was just enough to coat the fireroad with a layer of liquid mud, which then sprayed up all over me and the bike. I got to the end of the loop, rode past the feed station and turned right, back down towards Rhayader, instead of left to do the loop again. Twenty minutes later I was back at the campsite and my name was put down for the 75km loop rather than the full 100km. A lot of other riders were already home, some of the fast boys had completed the 100km in the time it had taken me to do 75, most of the rest were fun riders on the short 50km option.

I still had a great time and I'm actually quite glad I hadn't done the full distance as it would have turned an enjoyable event into something approaching purgatory. My back was still slightly stiff two days later.

I came over the line in 4.18.40 to put me in 5th place in the Open category (out of the 200 or so who had done the 75km option).

Cliff meanwhile had hung on in there and done the full 100km, coming into the finish in 5.59.43 (beautifully timed there Cliff!) and placing 138th overall and 65th in the Masters category.

The De Laune Northern Contingent Race Reports, June 2004

By James Lyon (JL) and James Peckham (JP)

Preston Crit, 27/5/04 (by JL)

Preston Sports Arena hosts a Thursday night league similar to Eastway, which I have been attending on a semi regular basis. James Peckham (JP) and I made the trip down for this one, a 34-lap race around the 1-mile virtually flat circuit. The 3/4/J/W field had about 40 riders in it and the pace was fast from the off, with several early digs being put in by different riders in an attempt to establish a break. Eventually 2 riders went clear, followed by a break of 6 including me. In the bunch behind, JP was doing a sterling bit of teamwork, blocking for me while the break got going. I spent the remaining 18 laps working through-and off with the other five riders while JP spent that time working like a man possessed, chasing down anything that moved in the main bunch, which eventually finished 30seconds behind us. I came in 7th overall after totally mistiming my sprint and getting my arse kicked, JP got 3rd in the bunch sprint to give him 11th overall.

34 miles, max spd 32mph, avg 25.9mph. Max HR 181, avg 169

Salt Ayre Crit, 1/6/04 (by JL)

JP and I both headed down to the pan-flat Salt Ayre circuit for the regular Tuesday night training races, all categories thrown in together. My legs were feeling a tad stiff to say the least after my 100km off-road ride on the previous Sunday so I stayed in the bunch for the first few laps then managed to get into a break with a 1st cat rider and another guy (the eventual winner of the race). The break lasted about 4 laps before being pulled back by a determined bunch...the pace was high and they weren't letting anything get away. I sat at the back for a few more laps to recover; meanwhile JP was looking fairly comfortable in the middle of the bunch. Half way through the race there was a sudden clash of bikes and riders hitting the deck...a rider had come off bringing JP down with him. I stopped to help him out then jumped back into the race but by then the pace was ferociously fast as a break of 4 had used to confusion to get clear. From there the gap built up rapidly with a disorganised bunch splitting then regrouping then splitting again. JP had rejoined the fray, I sat at the back for a few more laps before pulling out; my tired legs simply had nothing left to give. JP came in at the back of the bunch in the sprint finish, then discovered that he'd knocked his Ksyrium rear wheel slightly out of true and it was rubbing on the brakes making pedalling very difficult. He said he thought it had been hard going!

Salt Ayre Crit, 8/6/04 (by JL)

Another fast one, with nothing managing to get away. I was on my own for this, JP having decided his leg was still too painful after last weeks crash. With half a lap to go, I was in an excellent position, but coming round the final 180° bend, I suddenly ended up at the back of the bunch, I've no idea how. No amount of sprinting could compensate for this cock-up and I tailed in towards the back of the bunch. I live and learn...

32 miles, max spd 34mph, avg 25.9mph. Max HR 178, avg 164

Salt Ayre Crit, 15/6/04 (by JL)

On my own again, JP continuing his run of bad luck and suffering from severe flu. The race organisers had been planning on running this race clockwise instead of the regular anti-clockwise but there was a mass protest by the riders and it was run the normal way. Obviously all a bunch of closet trackies and therefore lacking the ability to turn right...

There was a strong breeze blowing awkwardly across the circuit and this allowed a break of 4 to go clear about 1/3rd of the way through the race. No one would do any work and as soon as anyone attempted to bridge the gap, one of the teammates would be on the wheel, blocking for the guys in the break. All attempts to organise a chasing group failed and no one wanted to be exposed to the wind for any length of time. In spite of this, the pace was still relatively high but I contented myself with sitting in the bunch in the top 15 or so and waiting for the sprint finish. This time I was in a good position right the way round the bend and managed to get 10th in the bunch sprint, weaving a course through all the riders who decided to sit up in the final 200m.

28 miles, max spd 35.7mph, avg 25.8mph. No idea of heart rate, my monitor stopped working...

Salt Ayre Crit, 29/6/04 (by JL)

Both JP and I attended this one, a grey overcast evening with a fair wind blowing. Very stop/start this time round as the local club (Lune CC) had turned up in force and as soon as any break went, the Lune boys would be on the front blocking. I was trying my best to hold wheels and stay with it but having done a 24hr MTB race the previous weekend, my legs were feeling somewhat dead. In spite of the impressive teamwork by the Lune CC, nothing managed to get away and it was looking like being a chaotic bunch sprint, there was already jostling for position with 5 laps to go. The bunch was tightly packed and try as I might I couldn't find a way through, JP was already near the front in what looked like an excellent position. At last the pace picked up and I threaded my way through but JP found himself boxed in as the bunch streamed by either side of him. There was a near disaster on the final 180° bend as one of the Lune boys swung wide which in turn forced JP onto the grass. This also affected me coming through but I hung on in there and got 14th in the bunch sprint, JP was just behind in about 17th spot.

29 miles, max spd 34.3mph, avg 25.0mph. Max HR 177, avg 156

TRIATHLON NEWS

Results for Thames Turbo

Whit Monday Monday 31 May 2004

Event: Open Race	Swim	Cycle	Run	Total	Overall	Sex/ Age	
Name	Time	Time	Time	Time	Place	Group	Club
Gavin Smith	0:06:10	0:33:13	0:16:55	0:56:18	1	MV	Optima Racing Team
Mark Bayliss	0:06:11	0:33:02	0:17:09	0:56:22	2	MV	Addiscombe Cycling Club
Tom Langley	0:06:15	0:33:34	0:18:21	0:58:10	3	MV	Thames Turbo Triathlon
Rupert Walsh	0:09:34	0:41:18	0:26:18	1:17:10	112	MX	De Laune CC
S Baxandale	0:14:29	0:42:24	0:22:41	1:19:34	137	MV	De Laune CC
Jonathan Corbett	0:14:21	0:45:59	0:22:15	1:22:35	157	MX	De Laune CC

We thought we had better do this event the 3rd of the 4 in the series because at the end of August we will come back to do this for the De Laune Triathlon Championship.

Rupert would have been quicker but he took a wrong turn at a roundabout and as a consequence cycled an extra 1 mile. Sam shows great promise and we are all looking forward to August 1st! I think I will be doing lots of secret training! AQUATHON 11th June Guildford Lido – Swim 500 Mts – Run 5km

	SWIM	RUN	TOTAL
R. WALSH	10:36	21:45	32:21
S.BAXANDALE	14:46	20:02	34.48
H. CORBETT	14:56	19:04	34:00

Beautiful sunny Friday evening with the weekend and De Laune club "25" on the Sunday to look forward to, the pool is an old fashioned 50 Mts, Lido and the run an undulating 5k. We won't to come back next year and improve as well as have 5 De Laune competitors and not 3.

"Harry" Corbett

TRACK NEWS

Unfortunately, I felt it necessary to call off the Open Track Meeting on Saturday 26 June; the rain had been falling steadily from 10.30 and after an hour it showed no signs of easing off, with it being Wimbledon fortnight and the depressing weather forecast, I think I had no choice.

I am unable to re-schedule the meeting this year, as the track is booked solidly until the end of the season.

The Herne Hill promoters have agreed to run the Ken Hill Memorial Open Scratch Race in their finale meeting on 18 September, although this is not an open meeting and only riders registered for the Monday/Wednesday Comps are eligible to enter.

The date for the Club Track Championships, which are being held with Bec CC and Addiscombe CC at Herne Hill, has not been finalised yet, but I will let you know next month (yes, I know I said this last month).

The National Masters Championships are taking place at Herne Hill between 9th and 11th July, Brian Dacey and Peter Jenn are racing so please come along and give them a cheer.

Look forward to seeing you at the track.

Jeremy White

DATES TO REMEMBER

Diary Social/Club for 2004	
Sun 25th July	Max Dods Memorial & BBQ
Fri 5th November	Belgium Night/OMA

Diary of Club & Inter-Club Events for 2004					
Sun	1st August	Open - Fred Peachey	25m	Q25/8	?
Mon	30th August	Triathlon Champs		Hampton Pool	
Sat	11th September	OMA	10m	Q10/22	12:00
Sun	19th September	Club - Autumn	25m	G25/53	07:34
Sun	3rd October	Downhill		Tillburstow Hill, Godstone	11:00
Thurs	7th October	Roller Competition			
Sun	10th October	Hill Climb		GH31 Titsey	11.00

THE LAST DAY FOR COPY TO BE
INCLUDED IN THE NEXT ISSUE IS
WEDNESDAY 26 July 2004

THIS SHOULD BE SENT TO:
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De Laune Cycling Club



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