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DE LAUNE CYCLING CLUB

FOUNDED 1889

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James Lyon

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DE LAUNE NEWS

June 2004

No. 863 -75th Year

www.delaunec.org

OFFICIALS			
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THE PRESIDENTS REPORTS

Sunday the 23rd May, another good do at Brighton for the OMA lunch, which was organised, by Dot Fuller and Pat Burns. Thank you ladies, what would we do without you. I know Dot or Pat will be giving a full report in this issue so I will say no more except, thanks to George Wood for paying for the wine. No wonder he has got to keep on working if only to pay for the wine!

Sunday the 9th May, was the club 25-mile championship held on the Dorking road. If I remember correctly, in the old days you would get a field of perhaps 10 to 15 riders but could not get the marshals. This time we had 8 marshals and only one rider and that was the organiser Alan Rowe. As you know, you need three riders to have an event and so we had to cancel. What a shame.

Even then we had 5 marshals who just wanted to turn up so we could go for a drink in the pub afterwards. That is what you call club spirit! I know some of our club riders never ride time trials, that would be the triathlon boys and the Red Bull down hillers but Alan informs me he hopes to have a few riders from these groups to ride the club mid-summer 25 on the 13th June at Horsham. This event will now include the club 25 mile championship.

Mark Ballamy and I keep getting these e-mails from Len Danby. I think they are in a special code and he is trying to tell us something. We think he has been kidnapped by terrorists but has managed to get hold of a computer and is telling us where he is. Keep sending us the e-mails Len we will get to you soon!

Reading the exploits of Mike Peel, in the London Marathon, brings back so many memories of the first three London Marathons that we ran in 1981/2/ and 3. That was Stax, Roy Savery, Johnny Geoghegan, Mike Peel, John Dods and I. We all got inside the three-hour barrier (take note Harry) but could not walk the week after. Mike Peel will run the London each year for sheer pleasure and to be the person who has run the most London marathons. Did you ever see that film 'They shoot horses don't they?'

We had a good running team, especially with Johnny Geoghegan up front. Each year we would go to Boulogne to run against the French. Well I say run - it was get sloshed at the reception on the Saturday night and get round the 20k course the best you could the next day. On the stage at the reception the Mayor of Boulogne was giving sashes to the local beauty queens and of course giving them the kiss on each cheek. Just behind the Mayor was Stax who was also giving the girls a kiss on each cheek. The contestants thought he was with the Mayor.

If I remember they put us into grotty digs. You know, the type of room that is wall papered all over the place, including the ceiling, and the built in wardrobes. There was a knock on the door and someone said they had got one of our members in their bedroom and can they put him in with us, as he was sloshed and has been sick all over his mattress! Yes it was my old mate Brian Saxton. Happy days!

On the 26th June the De Laune will be running the open track meeting at Herne Hill so I know that Jeremy White will need a lot of help. Please turn up in the morning and give a hand.

Also do not forget the AGM at Herne Hill on the 17th June. One proposition, which is most important, will be the recommendations your committee has put forward for monies from the sale of our clubroom. Please be there.

All the best

Kav.

PS: I understand that Bill Miles is on a cruise and hopes to pull!

De Laune Cycling Club

Presents its

OPEN TRACK MEETING
(under the technical regulations of British Cycling)

Saturday 26th JUNE 2004 at 14.00 hrs

HERNE HILL VELODROME
Burbage Road London SE24 9HE

BC National Junior Omnium League

"Ken Hill Memorial" Open Scratch Race

Sprint, Devil, Scratch, Course de Primes,
Youth - Women & Vets Omnium

Kids Races

Entry Fees:

Seniors/Ladies/Vets £12 (EOL £14 close at 13.00hrs) U16 £3

Entries to Jeremy White, 101 Manor Park, SE13 5RQ. Tel : 020 8244
4768

FRED PEACHEY MEMORIAL 25 MILE TIME TRIAL 1st August, 2004

Missed last month's magazine deadline - holidays got in the way. Now we are back to reality I shall outline the scenic course to be used this year. In fact it is exactly the same as the one used in 2003, but to make life a little more interesting I detail the attractions, just in case I can tempt a few new faces out. Access to the course by road is excellent, via M20 or M2 which makes the run on a Sunday morning very quick and easy, full details will be supplied to all helpers and riders with the start sheet.

The start will be found at the top of Challock Hill. As the riders leave the start they are greeted with a wonderful swoopy start, for about a mile initially through a beautiful wooded area which later opens out to rolling Kentish countryside. Passed Chilham Castle which unfortunately cannot be viewed from the

roadway, only the entrance to the grounds. The course then winds its way alongside the River Stour to the turn at Thannington. a small village just short of the historical city of Canterbury. The return journey to Chilham fork is fairly uneventful however as the riders bear left at Chilham they are met with a slight incline towards Godmersham. Once over the hill the course meanders along towards Ashford, the fastest growing town in Kent, with the arrival of the Eurostar station. The turn is just short of the town itself, thus missing the hundreds of traffic lights and it's infamous one way gyratory system. Once the riders reach the Chilham fork the finish greets them at the bottom of Challock Hill. That's the good news, the bad news is that they have to climb the hill to get back to the HQ, but at least they can do that at a leisurely pace.

At the moment I have identified my two timekeepers, I need two helpers to run/assist the tea bar. a signing on/number steward, a pusher off and a minimum of 7 marshals, so any offers of help will be greatly appreciated. We should remember that risk assessment is a necessary requirement for all events from 2004. should insufficient helpers become evident on the day the whole event could be cancelled - that is not a situation I wish to find myself or the club subjected to. We have plenty of time to get our act together, it just needs club members to come forward and ensure the flag is flown high.

It would also be nice to have some De Laune riders, in past years we have run away with the team award on a regular basis. I understand that the Club 25 championship had to be cancelled through lack of entries, I suggested to Kav that we could use the Club Open as the Championship counter, both for the senior cup and the novices 25. It is unlikely that I will get a full field of 120 entrants therefore everyone who enters will get a ride.

That's it for this month, I have a list by the telephone, waiting for your call, ready to enter your name for one of the many posts just waiting to be filled - my telephone number is 01622 727649.



Val the

MEMBERSHIP

"The past season has seen the absurd position of a complete breakdown in the club- run programme on account of the general lack of support – and prospective members enjoined to "come along to the "Windmill" have obviously been somewhat taken aback to find no run to join or perhaps just the odd body.

The result has been a drop in new members from the usual 20/30 to only six – compared with over 50 old members who have drifted away since last season and been struck off the books."

No, we are not referring to 2003, but to 1951. The above article was published in DLN 273, September 1951. 53 years on and the old club is still bumbling along. The more active members who are trying to get club and training runs up and running take heart!

One of the members from around the time of the above-mentioned article was Alf Wason (there is a photograph of Alf on page 211 of the Club History). Alf recently contacted us requesting a copy of the History and whilst making a note of his address at Wareham in Dorset, I remarked that the great Sydney Wooderson also lives in the same town. I mentioned that I was a member of Sydney's club, Blackheath Harriers and Alf said he knew Sydney lived in Wareham as he used a picture-framing shop in the town that on one occasion had displayed a framed photograph of Sydney in the window. Alf enquired of the owner why Sydney's photograph was on display and was advised that Sydney was his father-in-law. Small world. Incidentally, with the 50th anniversary of the breaking of the four-minute mile barrier by Roger Bannister in May this year, it is interesting to note that within athletic circles it is assumed Sydney would have been the most likely athlete to have achieved that record had it not been for the intervention of the Second World War. On the 28th August 1937 Sydney broke the world record when he ran at Motspur Park in a time of 4 minutes 6.4 seconds. He is now the oldest surviving world mile record holder

and will be 90 years of age on the 30th August this year, although he is now in quite poor health. If any member would like a copy of the book on his athletics career ("Sydney Wooderson – Forgotten Champion"), I can obtain copies for £4.95.

Returning to our own Club History, I don't know how many were originally printed but we now only have 38 copies left in stock (including three paperback copies). Sadly the majority of the paperback copies had to be disposed of as they had been stored in the clubroom at Peckham in the cupboard above the surplus bike equipment store and had been stacked alongside the damp flank wall, with the result that they had become contaminated with mildew. Hardback copies have been given to all new members who have joined the club since 1999 and also numerous copies have been sold to general enquirers, contributing to our now very low stock levels. I have recently been in contact with the author, Mike Rabbetts, who would be prepared to bring the History up to date, which may be a lot easier this time round with the aid of computers and photographs on CDs.

Just to bring things a little more up to date, whilst compiling the club membership list, I realise I forgot to mention that Len Danby, Terry Deeley and John Dods also made donations to club funds. This is not because they were late payers, far from it – just my inefficiency in previously including their names.

Some members may have noticed that Danny Rudd has not been riding under the club colours this year; however he is joining Simon Cope and Paul Mill (who you may remember was winner of the Fred Peachey '25' in 2000 and 2003) in having a season riding for Team Edwardes. Of course, Danny remains a club member. Chris Gordon-Coker has got his new racing licence, club vest and bibshorts and has returned to South Africa for a short working visit; he intends including a couple of races whilst he is there.

It was reported in last month's DLN that the road circuit at Crystal Palace is now back in commission, apparently after a three-year battle with Bromley Borough Council. These circuit events are organised by the BCF (South-East London Management Committee), which includes our Michael Moore together with Derek Percival, Bill Rowney, Brian Laughton, Ed Wingrave, Ronnie King and Graham Bristow. The De Laune has been allocated the evening of the 22nd June to supply marshals. Mike Peel usually organises this - if he is in the country - and then takes us down to the local hostelry to buy us all a well-earned drink or two!

The front cover of February's DLN shows a photograph of Brian Dacey receiving his World Championship award but there was no caption to the photograph; in fact the young lady to his left is Leotien Zjzaard van Moorsel (multi-Olympic and World Champion) and the gentleman on his right is Pat McQuaid (UCI committee member).

You will find, together with your copy of the DLN, a questionnaire that has been compiled by Nigel Scales. Nigel has spent a lot of time putting together this questionnaire. Please therefore give him the courtesy of completing and returning it in the envelope provided.

Brian Saxton

O.M.A.NEWS

What a great day we all had on Sunday 23rd May, even the sun shone on us in Patricia's garden, where quite a crowd of us met for coffee etc., as usual the chatting soon got underway, and it was soon time to drive the short distance to the Golf Club, well – it was short this year as I think most of us went by the direct, route this year! It is a very welcome start to our day out. And good of Pat to invite us all to her lovely house & garden - thanks again Patricia.

At the clubhouse more D.L. friends were already indulging in pre – lunch liquid refreshments. Doris and Tom Bewsey and friends, Val and Tony Peachey, Tony having ridden a 50 in Essex only a few hours before, so he was starving by lunch - time. Deb and Mick Valentine arrived in their H. P. Lotus; I think they need to purchase a couple of De Laune caps from Stack to wear in it, save the hair from blowing in the wind! 52 of us sat down to a very nice lunch and wine (courtesy of George). Nicely set out dining room with round tables round which are always nice and cosy. President KAV welcomed us all then cross – toasting commenced – this quick-fire to start with, then fizzled out as eating commenced! Kav gave a great speech at the end of the lunch – and as always we had a great laugh at his jokes – (well we have to keep him happy don't we!) then some serious notes re-our Club and the changes taking

place.

Our World Champion was duly cheered and congratulated – and rightly so – ‘good on ya Brian’ (Dacey of course). After the speech it was ‘mingling time’, whilst everyone was busy catching up on the mates they hadn’t seen since last year or even longer than that in some cases. ‘Stack’ had his market stall going – with D.L. caps and vests etc. I see that Tony Purser had a cap on; he will be wearing it on his rides in Richmond Park – so as to be recognised by other De Launees.

I’m sure a great day was enjoyed by all, lots of memories recalled, I heard Ken Geoff Sinnett And Tony Purser recalling when they rode as the only London Team in the Telegraph & Argus (Yorkshire) 3 day stage race, their Team Manager – on his H.P. Motorbike, was none other than our Editor – Mark Ballamy – remember Mark!! *(Yes Dot I remember it well, I also will never forget another time at Theal when I had you on the back with your arms wrapped round me how could one ever forget these times Ed.)* Sorry you and Marjorie were unable to attend the lunch to reminisce it – maybe next year.

There are a few more dates when you can all meet up again most important one being the AGM Thursday 17th June at Herne Hill this is a must to all members interested in their Club – seriously, do make a big effort to attend, it is your Club, help to make it a full house, it always used to be (Maureen and I remember the queues for the tees and delightful cakes!!) be there.

Next date is - Herne Bay - Max Dods Memorial Run & BBQ – 25th July always a good day at Lyn and Malc’s place, and they arrange good weather – (I shouldn’t have said that!! - we also have a walk to the coast for the non-bikers, in all we have a great day.

Next and last of the year – now known as the Belgian Night & O.M. Supper (don’t let the title O.M. put you off – there’s always lots of young members there as well). Friday 29th October Phone KAV or DOT to reserve your places.

All for now folks! See you on the above dates all of them

DOT

PS. We all missed our ‘oldest’ member BILL MILES – who was on a ‘CRUISE’ bet he enjoyed the Tea Dances and “crumpet” as KAV described it. See you at the next ‘do’ Bill. Hope you enjoyed the trip.

TRACK NEWS

The track season is underway with the Monday and Wednesday Competition started and regular Saturday open afternoon meetings. Matt Baker and Bryan Dacey have been riding but I have not seen any other De Laune vests on the track, although Peter Jenn is planning his come back for the Masters.

Russell Williams has returned for the summer from Australia and is taking the Saturday morning coaching sessions.

For those who have not ridden the track, please attend one of the novice sessions on Saturday mornings and then you can join in the training sessions where you are guaranteed an exhilarating and enjoyable morning.

There is also the Derny Session on Thursday evenings.

The keyholders for our container at Herne Hill are Bill Wright and I.

Please come along on Saturday 26 June to support the Club’s Open Meeting, which includes a round of the National Junior Omnium and the Ken Hill Memorial Open Scratch Race. Any De Laune riders wishing to compete will be allowed free entry. We already have one member, Cliff Pendleton, who has kindly agreed to sponsor one of the races and I would welcome further contributions towards the prizes and primes.

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.

Look forward to seeing you at the track.

Jeremy White

ALL THE RACING RESULTS

Surrey League/Old Portlians at Crowhurst on May 2

2/3/4/J - 60 miles

1	Stephen Skuse	Kingsnorth International	2:47:00
2	Julian Cann	Gemini BC	@ 0:04
3	Ian Field	San Fairy Ann CC	@ 0:23
14=	James Lett	De Laune CC	
disq	Pete Mallin-Jones	De Laune CC	

ECCA Festival : 4/5/04

1	Gary Baker	Angliasport RT	1.17.25.1
2	Chaz Hollisi	Gemini BC	1.17.25.8
3	Phillip Hetzel	IBC	1.17.25.9
8	Dan Rudd	Edwardes	1.18.16.2

The start of the Eastway Supporters Thursday League on the 6th of May, had 58 riders take to the start line on a dry sunny evening.

A cats

1	Martin Meades	Api	59.00.6
2	Matt Rugman	Kingsnorth RT	59.00.7
3	Dave Wright	Finsbury Pk CC	59.01.1
17	Dan Rudd	Edwardes	59.09.0



Danny Rudd in his Edwards strip

The 2nd race of the Eastway Supporters Thursday League held on May 13.

Thank goodness for the Lynx Foto Finish Camera, as it ended in a big bunch sprint, with **Danny Rudd (Team Edwards Cycles & De Laune)** taking the winners laurels from Martin Meades (API Resprays RT) with third place going to Mark Daley (Team Darent) by the width of a tyre.

A Cats

1	Dan Rudd	Edwardes & De Laune	1.11.28.0
2	Martin Meades	Api	1.11.28.4
3	Mark Daly	Team Darent	1.11.28.5

National Circuit Champs held at Hillingdon, on May 23.

National Elite Men's Championship

1.	Colin Roshier	Team Quest	1:52:11
----	---------------	------------	---------

- | | | |
|-----|--------------------|-----------------------------------|
| 2. | Greg Sandy | Alcan Bianchi st |
| 3. | Rob Enslin | Prestige VC st |
| 25. | Daniel Rudd | Team Edwardes cycles @1.04 |

The debut meeting of the Monday/Wednesday Comp series at Herne Hill was cancelled because of rain on May 8, but racing got underway on Monday May 10.

A/B cat 10 lap Hare & Hounds

B cat

- | | | |
|---|----------------------|--------------------|
| 1 | Simon Lewis | VC Londres (youth) |
| 2 | Jim McManus | Interbike RT |
| 3 | Simon Pamplin | Gemini BC |
| 6 | Nathan Palmer | De Laune |

B cat 10 lap points race

- | | | | |
|---|----------------------|-----------------|----------|
| 1 | Nicholas Cheetham | Dulwich Paragon | 10 |
| 2 | Jim McManus | Interbike RT | 10 |
| 3 | Simon Pamplin | Gemini BC | 8 |
| 6 | Nathan Palmer | De Laune | 4 |

A cat 10 lap points race

- | | | | |
|---|--------------------|--------------------|----------|
| 1 | Bryan Taylor | VC Londres | 20 |
| 2 | Russell Williams | GB Bikes | 16 |
| 3 | Keith Coffey | BC Bec | 12 |
| 4 | Brian Dacey | De Laune CC | 4 |

B cat scratch elimination race

- | | | |
|---|-------------------|--------------------|
| 1 | Simon Pamplin | Gemini BC |
| 2 | Simon Lewis VC | Londres (youth) |
| 3 | Peter Cattermole | VC Londres |
| 6 | Matt Baker | De Laune CC |

A/B cat unknown distance race (18 laps)

B cat

- | | | |
|---|-------------------|--------------------|
| 1 | Simon Lewis | VC Londres (youth) |
| 2 | Simon Pamplin | Gemini BC |
| 3 | Max McCalla | VC Londres |
| 6 | Matt Baker | De Laune CC |

Monday/Wednesday Comp series held at Herne Hill, south London on Wednesday May 12.

A cat elimination race

- | | | |
|---|--------------------|--------------------|
| 1 | Russell Williams | GB Bikes |
| 2 | Keith Coffey | BC Bec |
| 3 | Bryan Taylor | VC Londres |
| 5 | Brian Dacey | De Laune CC |

Monday/Wednesday Comp series held at Herne Hill, south London on Monday May 17.

A Cat scratch/elimination race

- | | | |
|---|--------------------|--------------------|
| 1 | Bryan Taylor | VC Londres |
| 2 | Russell Williams | GB Bikes |
| 3 | John Scripps | VC Londres |
| 4 | Brian Dacey | De Laune CC |

All cats 500m handicap race

Heat 1

- | | | |
|---|--------------------|--------------------|
| 1 | Stuart Blunt | Corridori |
| 2 | John Scripps | VC Londres |
| 3 | Brian Dacey | De Laune CC |

All cats 500m handicap race - final

- | | | |
|---|--------------------|--------------------|
| 1 | Simon Lewis | VC Londres |
| 2 | Graham Pierce | Brixton Cycles |
| 5 | Brian Dacey | De Laune CC |

Monday/Wednesday Comp series held at Herne Hill, south London on Wednesday May 19.**B cat block handicap**

- | | | |
|---|-------------------|--------------------|
| 1 | Brian Randall | |
| 2 | James Shrubsall | |
| 5 | Matt Baker | De Laune CC |

Derny Festival 1 held at the London Velodrome (Herne Hill) on 15th May 2004, Sponsored by the British Pacers Assoc & Classis Wills.

Consolation final 10k - 25th to 32nd

Kim Blythe worked hard on the front as she set a fast tempo, only to piped for first by Brian Dacey.

- | | |
|---|--------------------|
| 1 | Brian Dacey |
| 2 | Kim Blythe |
| 3 | Justin Semmens |

Crystal Palace 25 May 2004**E/1/2/3**

The first convincing break was conducted by William Bell (Gemini BC), Scott Bugden (Pearsons Cycles), Paul Mill & **Daniel Rudd** (Edwardes). They were joined by Stuart Blunt (Corridori) and the race looked set, of course it wasn't as Matt Rugman Kingsnorth RT and Bryan Taylor (VC Londres) helped mount a chase.

Bell punctured as the race went through a busy stage and leading elements of the chase group joined our escapees and with no plan, according to **Dan Rudd**, Simon Cope joined his Edwardes team mates and they went clear. Blunt bridged the gap and the four were away.

Tom Hemnaun (London Dynamo) was in no man's land for a while as he chased, whilst Bugden and the rest just couldn't get a determined chase organised.

On the last lap, Blunt fell lost time on the hill, as Mill, **Rudd** and Cope rolled over the line to make it an Edwardes 1-2-3. Blunt took 3rd at 15 seconds and Hemnaun the sprint for 4th at 25 seconds.

- | | | |
|---|--------------------|-------------------------------------|
| 1 | Paul Mill | Team Edwardes |
| 2 | Daniel Rudd | Team Edwardes & De Laune |
| 3 | Simon Cope | Team Edwardes |
| 4 | Stuart Blunt | Corridori @ 15 secs |
| 5 | Tom Hemnaun | London Dynamo @ 25 secs |
| 6 | Scott Bugden | Pearson Cycles |

Result Sheet for Shaftesbury 10 Miles Time Trial

Saturday 15th May 2004					
1st	115	Michael HUTCHINSON	Team MDT - Giant		18.38
Course and Event Record					
2nd	120	Zak CARR	API Resprays		19.15
3rd	85	Craig SIMPSON	Blue Sky Cycles		19.26
55th	103	Alan ROWE	De Laune C.C.	V	22.57

WIGMORE CYCLING CLUB
PRESENT THE
BILL PHILBROOK MEMORIAL 25 MILE TIME TRIAL
SUNDAY 16TH MAY 2004

Alan Rowe

1:03:32

got the Vets OAS 5th prize,

CATFORD CC 10 Saturday 15th May

1	A NAYLOR	SAN FAIRY ANN C.C.	00:19:39
2	J DEAR	IN-GEAR R.T.	00:20:11
3	G BIRCH	GEMINI B.C.	00:20:03
48	D HAGGART	DE LAUNE C.C.	00:24:13

THE ENDURO 6 Trentham Gardens, 1st-2nd May 2004

Ross and I joined forces once again for the 2004 Enduro 6 mountain bike race held at Trentham Gardens in Staffordshire. We had both been studying the weather forecasts for several days beforehand with a mutual sense of foreboding but it was a relief to arrive at the venue on Saturday afternoon to find warm sunshine and dry-ish trails. The format for the weekend was to have a regular Cross-Country mountain bike race on the Saturday followed by a one-lap individual off road time trial with a difference...it was held at night. The main 6-hour endurance event was held on the Sunday.



Ross Fryer

Ross had entered the Nocturne Time Trial and lined up at 8.45pm with his helmet-mounted light blazing. He had a good lap, catching his minute-man within a short space of time and finishing with a time of 35.55 for the 7.5-mile lap. For a while this put him in podium position but by the time the other riders had all finished, he was narrowly edged out into 4th spot.

The 7.5mile loop in and around Trentham Gardens is tweaked slightly for each different event but you tend to get the same elements each time, just in a different order. The two monster climbs were there as was loads of excellent swoopy singletrack and some technical rooty downhills through the woods. It was a tough loop with few opportunities for recovery - Trentham is a deceptive course and on the first two or three laps it's easy to blast round in a high-ish gear. After that, every lap becomes a trial of stamina as riders use progressively lower gears to get up the slopes.

Sunday dawned grey and misty but by the time the race started at 10am it was a lovely sunny day, almost too warm for racing. The Enduro6 is run under 'parc-ferme' rules meaning that each team of 2 riders is allocated a corral area within a central 'pit zone'. Once the race has started no one is allowed out of the pit zone unless they're on the course racing. Each team must therefore have all spares, tools, food and drink within their corral area.

The race began with a Le Mans style run of about 800m, which Ross had already told me that he had no intention of doing. I got a good start on the run, coming through into the pit area up in the top 30 or so riders, collecting my bike from Ross and heading out onto the course. From then on, we alternated laps, each of us averaging roughly 40mins per 7.5-mile lap. The course had almost completely dried out, with just the occasional patch of sticky mud to slow things down.

The event is sponsored by Specialized who were delighted to see a De Laune team, especially as we were both riding our new team bikes, Ross on his hardtail, me on my new full suspension frame.

By the end of the 6 hours, we had done 9 laps, a total distance of 67.5 miles in a time of 6.13.42. This put us into 24th place out of 113 teams. Not bad going considering that the first 8 places were taken by teams of some of the top elite riders in the country. The winning team had managed an astonishing 11 laps (82.5 miles) in 6.12.26.

A good result from De Laune and a great event, which we both enjoyed immensely. Ross and I will be teaming up again for the 2004 Dusk til Dawn Race later in the year.

Photo's by kind permission of www.BIKEmagic.com

De Laune Reports – Northern Chapter

Well, managed to find half an hour to write up some race reports. I hope you are all having fun down south, the northern chapter of the club, James Lyon and myself, have at last started racing. They don't start early up here, the weather is a little dodgy, mind you I was always under the impression these northerners think they are hard. They have obviously not done the Wally Gimber, have they!

Having built up my new bike I have to say I am very impressed with the way the baby rides. Kysriums and FSA cranks help the package but the frame with carbon forks feels very responsive. So thanks to FW Evans and Specialized for this year's steed.

Race 1 – Carlisle 75km Rolling

Well here we go my first race since September. Luckily even though I have been working pretty hard on the MBA I have managed to get out. James Lyon has been good enough to beast me round the local hills almost once a week. Anyway you don't really get local races here so 100 miles to the Scottish border for a 3/4/J. Course was lumpy but nothing too serious and after 3 laps decided to attack with 3 others and spent half a lap out front before the head wind got the better of us and we where caught. Anyway sitting back in the bunch with 2 laps to go, minding my own business and considering whether to try again on the last lap or hang in for the sprint and bang! large stone meets front wheel = puncture. Both sides of Christmas this was my 4th puncture on the trot...starting to feel as though someone's got it in for me!

Anyway HR max = 184 Av = 159 50km Av Sp = 35km/hr

Race 2 16/05/04 Dove Holes Derbyshire

All I can say about race 2 is that Derbyshire is hillier than I thought. With 200m climbing per 15km lap it was a race for the grimpeur. Suffering with a chesty cold is not the best preparation and I joined the stream of riders going out the back during the first run up the main climb. James Lyon had joined me in this excursion and he looked decidedly comfortable just before he punctured 2laps in to the race. After clearing my lungs of a weeks worth of green gunk I carried on alone covering 50km and over 1000m of climbing.

Av Sp = 28.5 kph Max 68.5 kph, HR Ave 163 Max 183

Race 3 18/05/04 Salt Ayre

Salt Ayre is a billiard table flat course of about 1 mile in length. Tuesday evenings they have a crit race similar to Hillingdon without handicaps...one start so 1st and 3rd Cats get a chance to mix it. Well 40 started on Tuesday, Lyon's and myself representing the southern counties. What it lacked in elevation the race made up for in speed. Very aggressive attacking riding with Lyon amongst many of the half breaks and even I had one or two goes. The great thing about a flat course it gives people a chance to recover, which was fortunate as green gunk was still a plenty. I managed to find Lyon's wheel on the final few laps but we hit the front a couple of laps early which presented some tactical problems, causing us to lose position on the last lap. In the sprint I managed 10th Lyon's 11th. Pretty pleased with that and seem to be gaining some form.

Distance 47.4km Ave Spd 41.5 kph Top Speed 57.3 (in the sprint), Ave HR 173 Max 183 Ascent 45 m!

Race 4 23/05/04 Lathon (near Liverpool)

I can only describe this race as a kermesse, one draggy climb and 16 laps in a race distance of 80km, good fun for the spectators! Feeling a little better from my cold I was hopeful of a result. I think it was lap 4 or could have been 5 (I was getting dizzy), I bridged to a small break with a couple of juniors, as usual as soon as I made it they sat up but what surprised me was the 2 juniors countering and 3 getting away. Holding firm in the top 15 of the 60-rider bunch and feeling comfortable, I was hopeful they would be pegged. With 3 laps to ride and the gap at 1minute this was not going to happen so with 2 to go I attacked again taking 2 with me. Has to be said I was not the strongest of the trio and as we got to within 100m of the break my legs gave way to be caught by the bunch with about 3 km to go. At least I seem to be improving which is a good sign. Got a weekend off over the bank holiday, but hoping to ride a couple of mid week crits with JL.

Dist 82km Av Spd 36.6 Max Speed 63.9 Av HR 159 Max 184 Ascent 870m

The 2004 www.brixtoncycles.co.uk & www.torqfitness.co.uk series held at Eastway on May 19, and hosted by [London Phoenix](http://www.londonphoenix.co.uk) attracted 176 riders, with a remarkable 160 finishers.

1	Steve Hambling	Activ Folkestone	00:55:45
2	Phil Rayner	Halfords Bikehut	00:55:48
3	Jonathan Webb		00:56:06
11	James Lett	De Laune/Evans/Specialized	00:57:53

SERRL - It is intended that League will operate this year.

A programme of up to ten events has been scheduled. Communication with 38 clubs/teams in the South East area has taken place. So far eight clubs/teams have joined the League and six have volunteered to run an event. Three more (subject to their committees) should join.

Attached is a copy of the proposed race programme. The first event will take place Sunday 23 May on the Benenden - Cranbrook circuit for 3/4/W/J riders. 50+ spaces are available for EOL.

Member clubs/teams are required to run a race each (smaller ones to "club" together). Without this input the League will die, and in all probability so will road racing in Kent.

All registered member riders without exception are required to assist in the running of at least one race! Preferably their own club/team race, but if this is not possible then another race may be substituted. Riders not participating or relying on others to "fill in" will not be acceptable. Riders who do not assist will forfeit any "winnings". Details of the programme and individual rider registration packs have been sent to the club/team contacts. Riders should speak to their club for more information.

Registration Riders who are not registered members with either SERRL or Surrey League may only enter on the day. Entry fees are: Members Advance: £13; Members EOL: £17; and non members EOL: £20. SERRL, Surrey League and BC road race advance entry forms are welcome. The advance entry address is on the race calendar. Cheques payable to "SERRL". Individual rider registration packs are available from member clubs/teams or from Mrs Kim Anderson 4 Teal Way, Iwade, Sittingbourne, Kent ME9 8QU. Please provide an A4 sized stamped self addressed envelope with your request.

Please spread this news to all racing members of your club/team.

Hotline The hotline will shortly be back in action. 0208 467 1574.

Contact

Adrian Kingwell
Secretary SERRL
adrian.kingwell@yahoo.com

Dates - [download a PDF version](#) (with full details)

June 26,	Brenchley,	3/4/W/J
June 27,	Lamberhurst,	3/4/W/J
July 4,	Chilham,	1/2/3
July 25,	Beneden,	1/2/3
August 22,	Beneden,	1/2/3
August 29,	Sevenoaks,	1/2/3
September 12,	Tenerden,	1/2/3/4/J
September 26,	Beneden,	1/2/3

RTTC Competition Records

10 Mile Bicycle Men

Year	Rider(s)	Club(s)	Time / Dist
2001	S Dangerfield	Camel Valley C & TC	00:18:19
1993	G Obree	Leo RC	00:18:27

1992	M Illingworth	GS Strada	00:18:34
1988	C Sturgess	Team Haverhill	00:18:48
1981	D Lloyd	Manchester Wheelers Club	00:19:11
1981	M Pyne	CC Breckland	00:19:41
1980	S Yates	34th Nomads	00:19:44
1980	D Akam	Gemini Bicycle Club	00:19:50
1979	S Yates	34th Nomads	00:20:07
1978	S Denton	Rockingham CC	00:20:26
1975	IR White	Hull Coureurs CRC	00:20:27
1972	W Moore	Merseyside Wheelers	00:20:36

Help needed for our Club promotion at Crystal Palace Circuit on Tuesday 22 June. We need at least 12 helpers to help marshal and deal with the signing on of riders. Please volunteer ASAP. Contact Mike Peel 0208 462 2505 or mike@mikepeel.co.uk

De Laune Cycling Club

Presents its

OPEN TRACK MEETING
(under the technical regulations of British Cycling)

Saturday 26th JUNE 2004 at 14.00 hrs

HERNE HILL VELODROME
Burbage Road London SE24 9HE

BC National Junior Omnium League

“Ken Hill Memorial” Open Scratch Race

Sprint, Devil, Scratch, Course de Primes,
Youth - Women & Vets Omnium

Kids Races

Entry Fees:

Seniors/Ladies/Vets £12 (EOL £14 close at 13.00hrs) U16 £3

Entries to Jeremy White, 101 Manor Park, SE13 5RQ. Tel : 020 8244
4768

DATES TO REMEMBER

Diary Social/Club for 2004	
Thurs 17th June	AGM
Sun 25th July	Max Dods Memorial & BBQ
Fri 29th October	Belgium Night/OMA

Diary of Club & Inter-Club Events for 2004					
Sun	13th June	Club - Mid-summer	25m	G25/53	08:24
Sat	26th June	Open Track Meeting Herne Hill			
Sun	1st August	Open - Fred Peachey	25m	Q25/8	?
Mon	30th August	Triathlon Champs			
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 30 June 2004

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

Phone & Fax 01883 627809 . e-mail
mark.ballamy@virgin.net

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De Laune Cycling Club



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

