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DE LAUNE CYCLING CLUB

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Tony Peachey making the presentation of the FRED PEACHY MEMORIAL TROPHY to PAUL MILL



DELAUNE NEWS

September 2004

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www.delaunec.org

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THE PRESIDENTS REPORTS

Well not a lot to report this month due to members being away on holidays etc. I know that Mark wants this article for the DLN early this month as he is off to South Africa to play golf. How he manages this on the state pension I do not know! (I am not away till the end of September and if you have friends at BA then it is easy on my pension, Ed).

What is the world coming to I ask? Bill Miles, our oldest member, who is 92, was followed home by a mugger and forced his way into his home with a knife. Bill used his head and gave him his wallet and got rid of him. Well-done Bill. Keep your chin up. That's another thing, Bill fell off of his bike at about the same time and has got a big bruise on his chin.

On Sunday the 1st of August we had our open 25 on the Chilham course. This was run like clockwork by our 'Val the Peach' She covers every aspect, including going around the course before the event giving every marshal food and drink to see them through. I love it!

Talking about marshalling, I was on the first roundabout with Tich Shambrook and one of our old members Mick Hartley. Three of us all wearing florescent jackets with florescent pointers to cover the three exits. Into the roundabout comes our own Howard Coulson, and guess what! He finds his own exit down a lane to a farmyard. Oh, Howard, what are we going to do with you?

I know that Val will be giving you a full report and results in this issue so I will not go on but I would like to say how pleased I was to see two new young members riding. Sam Fensterheim and James King (remember his dad?) Well young Sam won the Johnson Trophy for being the fastest junior.

He was presented with the cup and when Stax asked for the cup back so that it could engraved he said " No I want to take it with me now, to show my mum" Bless him.

Well-done Val. I would also like to thank that little man who helped you. Tony something!

On the 11th of September we have got our 'Old Members 10' open to all members on the fast Ashford road course Q10/22 The event starts at 12 noon. I know you are saying where is the Q10/22! (See full details in Notice Board)

Let me tell you. The start is at Harrietsham on the A20. You will find the start approx three quarters of a mile east of the railway bridge that goes over the A20 at Harrietsham. (You will find a car park behind the petrol station for you to change) The course goes out to the turn at Charing roundabout (Approx 5

miles) you then retrace. As Alan after his accident is not up to full speed yet, please let me know if you want to ride.

On Sunday, the day after the 10, we have our club track championships at Herne Hill. Again if you want to ride or help contact Jeremy White Tel (020 8244 4768)

If any of you fancy your chance at skiing next Feb at Alp D'Huez let me know, as we might be able to get you in the team!! It is all go in this club you know!

Kav.

Fred Peachey Open 25 Mile Time Trial

Well, what can I say except a great big thank you to all those who helped in any way for this years' promotion. I thought it might be a hard task to follow Malc's excellent organisations over the last few years, but no, you all responded admirably to my pleas.

The day dawned perfect. A little misty but clearly promising to be fine and dry which is what we got. We had a little panic as road works had appeared on the course for the previous weekend promotion for the Ashford Wheelers, but some sweet-talking to the contractors ensured all were cleared away for our event.



True to form my marshals appeared as if by magic. Some were put to work immediately by transporting equipment from the car into the hall, but they didn't grumble. Linda and Pat soon arrived and organised the 'T' bar and had the kettle singing, their dulcet tones quickly rendering the wonderful words of 'who wants a cup of tea'. Brian Saxton brought an easel on which to place the newly acquired result board, making life very much easier for writing up the results on the day, rather than trying to balance a wobbly board on a table and chairs! This new board is a great asset, quite how Brian got it to our place on the top of his little white van without taking off along the M.20 I shall never know, best not to ask.

I had enlisted the help of Kath and Paul Mephram from VC Elan to officiate as timekeepers; they were no doubt entertained by Roy Savery pushing off. Roy came well prepared with chair and coffee, probably had the candelabra in his car but forgot to get it out.

I toured the course in front of the first rider with Ann Hartley in the car with me. I wanted to make sure everyone knew what way to send the riders – though I understand despite being directed, one rider in De Laune colours (??) was desperate to go off course at Thanington, insisting he wanted to go up a dead end road – Kav put him right.

The first set of marshals in action, resplendent in yellow marshalling jackets and brandishing the new CTT arrow boards were Kav, Tich and Mike Hartley at the Thanington turn. Next came Jeremy White

and Geoff Sinnett turning the riders out to Ashford where the rowdy crowd of John Geoghan, Lenny Brown, Brian Saxton and Brian Waller were scattered around Spearpoint roundabout sending the riders back to Chilham and eventually to the finish. It was nice to see Mark Ballamy 'snapping' away at the finish and in the hall, thanks Mark.

Away from the officials it was great to see so many Club riders and, to have a winner in the guise of Sam Fensterheim who was the fastest Junior on the day with a 1.12.28, and takes the Johnson trophy for one year. Sam was hastily followed by James King (son of Dave) in 1.15.07. Well done both of you, and welcome to the Club. Other club riders were Nick Butler in 1.2.58 for 22nd place, Howard Coulson in 1.7.47 in 29th place, and Malc Adams in 1.10.51 in 37th place. Well done.

You can't expect me to forget the 'other' club riders i.e. Tony who started number one just in case

anything went wrong and finished in 1.6.6 taking 2nd vets award, lead the winning vets team home and took one of the lottery prizes. After riding he, returned to the hall, had a quick change and then proceeded to write up the board. Mike Peel had volunteered for this job but had unfortunately found himself in hospital in Dar es Salaam at the end of his holiday with gastro enteritis and although home was clearly not well enough to come out on the day. Get well soon Mike; you can make up for your absence next year! Daughter Claire rode her first and last event of the season to clock up a 1.11.59 to take the second ladies award and son in law Ian came in 59.22 to back up the 'Fairies' team and also take one of the lottery prizes.

Oops, nearly forgot to mention the worthy winner, same as last year Paul Mill, in 54.13. An excellent ride on the day, which as I said was warm, dry and sunny, but was also a bit 'sticky'. We will definitely see Paul again next year; he likes the event, the course and the friendly atmosphere of the Club.

See you all again next year – Val the Peach.

Pos	No	Name	Club	Cat	Time	+/-
1	40	Paul Mill	Team Edwardes		54.13	
2	20	Simon Cope	Team Edwardes		56.29	
3	30	Stephen Castle	GS Invicta		57.40	
4	25	Davuid Pollard	In Gear RT	V	57.41	11.52
5	35	Shaun Kennedy	Bec CC	V	57.51	10.40
6	31	Danny Rudd	Team Edwardes		58.19	
7	36	Paul Hayes-Watkins	San Fairy Ann CC	V	58.37	
8	10	Christopher Bax	VC Deal	V	58.49	13.22
9	15	Barry Charlton	San Fairy Ann CC	V	59.09	13.02
10	55	Ian Silvester	San Fairy Ann CC	V	59.22	7.08
11	46	Nick Hay	Verulam CC	V	59.37	6.53
12	50	Christopher Lodge	Finsbury Park CC	V	1.0.38	9.57
13	64	Nick Marsh	VC Deal	V	1.0.53	6.37
14	37	Graham O'Neill	Thanet RC		1.1.05	
15	42	Malcolm Evans	Wigmore CC	V	1.1.42	14.55
16	62	Peter Elms	Gemini BC		1.2.04	
17	63	Theo Stegers	Southboro & Dist Whs	V	1.2.08	9.31
18	16	Kevin Gleadow	Medway Velo Club	V	1.2.48	7.16
19	41	Pete Hyland	Team Larkfield	V	1.2.30	8.37
20	26	Jim Davey	London Fire Brigade		1.2.37	13.26
21	11	Lee Willard	VC Elan		1.2.51	
22	28	Nick Butler	De Laune CC		1.2.58	
23	12	James Bax	VC Deal		1.3.49	
24	52	Derek Howlett	San Fairy Ann CC		1.3.56	
25	56	David Fleming	Sydenham CC	V	1.4.17	12.20
26	32	Louise Schuller	Finsbury Park CC	L/V	1.4.28	7.11
27	13	Carl Bradford	San Fairy Ann CC		1.4.56	
28	1	Tony Peachey	San Fairy Ann CC	V	1.6.06	14.35
29	3	Howard Coulson	De Laune CC	V	1.7.47	2.17
30	47	Colin Inett	Thanet RC	V	1.7.57	10.23
31	7	Andy Burrows	Thanet RC	V	1.8.20	8.51
32	57	John Booty	Wigmore CC	V	1.8.39	11.26
33	58	Andy McCall	Thanet RC	V	1.8.58	2.09
34	4	Colin Record	West Kent RC	V	1.9.07	6.56
35	48	Martin Yardley	Southboro & Dist Whs		1.9.58	
36	49	Mark McConnell	San Fairy Ann CC	V	1.10.17	-2.17

37	23 Malc Adams	De Laune CC	V	1.10.51	8.39
38	14 Kevin Hildebrand	VC Elan	V	1.11.12	-3.12
39	44 Claire Silvester	San Fairy Ann CC	L	1.11.59	
40	19 Sam Fensterheim	De Laune CC	Jun	1.12.28	
41	53 Brian Debonnaire	CC Bexley	V	1.12.35	7.30
42	2 Roy Canning	CC Bexley	V/T	1.14.02	6.39
43	18 Stan Franklin	Medway Velo Club		1.14.41	
44	9 James King	De Laune CC	Jun	1.15.07	
45	38 Ray Harrad	Gemini BC	V	1.16.41	4.36
46	24 Terry Fearn	Thanet RC	V	1.18.52	-4.30
47	29 Jenny Fearn	Thanet RC	L/V	1.21.47	-4.02

Team - Team Edwards 2:48:22

San Fairy Ann CC '10' 7th August (78 Finishers)

Winner	Steve Castle	GS Invicta	20.53	
	Brian Dacey	De Laune	23.45.	3 rd Vet on standard
				3 rd Best improvement (exactly same time as his fastest last year)
66	Malcolm Adams	De Laune	26.52	

Gravesend CC '25' 15th Aug

Malcolm Adams De Laune 1.10.02

VETS BAR

As the season is drawing towards a close (at least for me it is) I thought I would give the current situation in this competition.

Unfortunately, with Alan out of action only I (to my knowledge) have completed all qualifying rides. (Alan only needed 1 more '25')

I am hoping that other Vets may contact me with their results. Peter Jenn usually keeps his rides close to his chest until the last minute, let's hear from you Peter. Also David Haggart I believe should qualify, let me know Dave.

Some of our newer club members may not be aware of the competition, so if any of you are 40 or over and have competed in two '10's and two '25's (not private TT's) please let me know.

Alan Rowe broke 2 club Vets records before his accident. 10miles. 22.57. He also did a 1.03. ? for 25 miles (I will have to confirm the seconds) Well done Alan. (don't forget to claim them)

LET ME KNOW YOUR RESULTS MALCOLM ADAMS. Tele; 01227 373045. E Mail: jazzymalc@aol.com

MALCOLM ADAMS

10 Miles.	25.33.	
10 Miles.	26.52.	
25 Miles.	1.10.02.	
25 Miles.	1.10.51.	Average Speed 22.1019 MPH.

VETS STANDARD (AGE 65)

10 Miles.	31.00.	
25 Miles.	1.19.30.	Average Speed 19.1702 MPH.

+2.9317 MPH on standard

ALL THE RACING RESULTS

Rankings of the [Sigma Sport/Integra SP South East Series](#) after 7 races.

1	John Ibbotson	Pacific Racing	241
2	Rob Enslin	prestigevc.com	200
3	Steve Gowar	Pacific Racing	182
64	Steven Price	De Laune CC	2
67	James Lett	De Laune CC	1

Crystal Palace circuit races



Alan Male

Despite thunder & rain seemingly hitting most of London the racing at Crystal Palace, on Tuesday August 3, saw not a drop

3/4/W/J

Three riders pulled clear from the race in the early stages; Alan Male (De Laune CC), William Thompson (Pacific Racing RT) and Sean McKibben (Dulwich). The three established a 20 second lead, but the pace was too hot for McKibben, who lost contact.

The remaining lead two's advantage began to fall as the pack chased. Male and Thompson were finally caught, but there was life still in them.

As the E/1/2's came through the race, Male and Thompson jumped across the gap to the end of the line and no one reacted.

Despite some protest from the pack, the two hung onto the shirt tails of the E/1/2's, and soon pulled out a minute plus lead. The pack almost seemed to give up as no chase was organised. With a few laps left Jonathan Gormley (McQuaid Tyres) and McKibben went onto the offensive and soon a 20 gap had been created to the bunch and reducing the lead to 1.10.

Male and Thompson went wheel to wheel for the win and the decision went to Male, but it took a keen eye to separate them.

Gormley in turn had the edge over KcKibben and Max McCalla (VC Londres) led in the rest.

1	Alan Male	De Laune CC	
2	William Thompson	Pacific Racing RT	s/t
3	Jonathan Gormley	McQuaid Tyres	@ 1.10

Crystal Palace circuit races : 10/8/04

Alan Male (De Laune CC) and Hayden Brooks (Catford CC) in particular were forcing the speed of the chase and Jones was eventually brought back.

In the final laps, Jenn's put in a massive effort and he gained a few seconds which he held for 3 laps, before the bell lap saw the race together.

Out of the last turn Alan Parkinson (SWRC), had got to the front and was fighting hard to keep Max McCalla (VC Londres) at bay. Parkinson shouted a celebratory cry (a bluff he said afterward, to make sure the judges got it right) as he crossed the line a tyre ahead.

Male in turn was just off McCalla's wheel, with the rest breathing down each others necks.

- | | | |
|---|------------------|--------------------|
| 1 | Alan Parkinson | SWRC |
| 2 | Max McCalla | VC Londres |
| 3 | Alan Male | De Laune CC |

Youth Event

A small field, but nonetheless one that gave us good racing. From the start Simon Lewis (VC Londres), Louise Mahe (Sutton CC), Joe Dunbar (Addiscombe CC) and Sam Fensterhein (De Laune CC), pulled away.

The four leaders became 3 when Fensterhein crashed out. (a few cuts and bruises, and he was smiling). With just a few laps done, Lewis attacked and pulled out a winning lead, Mahe attempted to bridge the gap and in turn pulled clear of Dunbar

Crystal Palace circuit races : 17/8/04

3/4/W/J.

A very close finish that went to Hayden Brooks (Catford CC), with the rest hard on his heels.

- | | | |
|---|------------------|--------------------|
| 1 | Hayden Brooks | Catford CC |
| 2 | John Cannings | |
| 3 | Alan Male | De Laune CC |

Crystal Palace circuit races – youth -24th August

Brian Randall (Sutton CC), Alex Aldham-Breay (Ciclos Uno), Simon Lewis (VC Londres) and Nathan Palmer (De Laune CC) went clear after the opening lap. The 4 were still together on the final lap and on the hill, Plamer lost contact to take 4th, whilst Lewis, Aldham-Breay and Randall went head to head. By the slimmest of margins the race went to Randall.

- | | | |
|---|----------------------|-----------------------------|
| 1 | Brian Randall | Sutton CC |
| 2 | Alex Aldham-Breay | Ciclos Uno |
| 3 | Simon Lewis | VC Londres |
| 4 | Nathan Palmer | De Laune CC @10 secs |

ANERLEY BC 50 mile TT

Howard Coulson

Sorry I do not have any times for this event. Ed.

The "Saab-Salomen Mountain Mayhem" 24hr Mountain Bike Race 2004

That time of year again...the February rush to get a team entry in for the 7th edition of the most popular mountain bike event in the UK, the hassle of trying to get a team together, people dropping out, people unavailable, a final team line-up, logistical considerations and finally, arriving at the all new venue of Eastnor Castle in June in order to ride round and round for 24 hours.



De Laune this year had one team consisting of team captain Ross Fryer, James Lyon, Chris Fitzer (who'd raced with the B-team last year) and a mate of Bill's called Christian Rudolf who had raced in the first ever UK 24hr race at Trentham Gardens back in 1998. James Lett had been forced out through illness, James Peckham had family commitments so it was decided with this team that we wouldn't be trying for a top 10 place, we'd just go out, enjoy ourselves and see what happened.

I'd arrived at Eastnor on Friday afternoon in the glorious sunshine and pre-ridden the course: - 10.5 miles long with 3 big climbs and numerous 'undulations' totalling 1500ft (460m) per lap. It was fast, dry and dusty, basically perfect conditions. There was a lot of twisty swoopy singletrack too, a proper mountain bike course rather than the pretty much flat, non-technical circuit of Sandwell Park which is where the race has been held for the last 5 years.



ChrisF arrived later on Friday evening, Ross and Christian both arrived on Saturday morning but our team area was up and running pretty quickly. By Saturday however, the weather had changed from

hot and sunny to grey and rainy and the course had changed accordingly from fast, dry and dusty to a slippery mud bath with vast amounts of grass mixed in with the mud to give the most bike clogging combination possible.

The race began at 2pm on Saturday with Ross volunteered to do the 800m Le Mans style run to the bike. He had a good start, getting round the lap in 1.08 but that first influx of bikers had changed the course yet again. I was next out, stood in the rain in the transition area in my Gore-Tex, waiting for my turn. The course was now quite rutted and my full suspension Epic was now no longer the ideal bike for the course but I got round in 1.03, weighing about 30lb more than when I'd started due to the mud covering me and the bike. Fortunately, by the time it was my turn to go out



again, Bill Wright had arrived (in his role as team helper) bringing my old fully rigid Team Titanium Saracen with him. A swift change to mud tires and I was ready to go out again. Lap times were now stretching out to 1.30 as the mud clogged the bike and parts of the course became lethally slippery and unrideable. Towards the Saturday evening, we had our first mechanical as Christian's rear mech lost an argument with a big stick and was ripped clean off, bending his mech hanger in the process. Ross had a spare rear mech with him so Bill duly rolled up his sleeves and got on with

changing the whole lot in time for his next lap.

The night-time laps passed without incident except for the appearance of thick fog at the top of the course which made things even more ludicrous as riders attempted to pick their way down the mud covered, rutted descent without being able to see more than 5yds in front of them. By the time dawn



was lighting the eastern horizon, the weather had improved, the wind had picked up and the course began drying out surprisingly fast. It was still muddy in parts but by the time my last lap came around, I'd swapped back to my full suspension and put in a much faster lap now that things were a bit dryer. I'd started the final lap, determined to get in before the 2pm cut-off and go out for another lap but by the time I reached the final descent and saw all the other riders "lurking" that idea had been shot down in flames. For the first time ever in our 24hr race history, De Laune was lurking, just waiting for the end of the race. I crossed the line with several hundred other riders who had all decided that doing one more lap was merely extending the pain and suffering.

De Laune came 25th overall out of 252 Sport Men teams so being in the top 10% wasn't bad considering that we hadn't been aiming particularly high this year. Ross and I both did 5 laps (50 miles) with Chris and Christian doing 4 each.

The weather made this event spectacularly tough and huge thanks go out to Bill Wright who stayed awake most of the night cleaning bikes ready for their next battering while still managing to put the kettle on for us and keep a supply of hot food on the go. We'll be back for more next year!

Top photo Chris Fitzer, next James Lyon, third Ross and finally James again

DO YOU REMEMBER RIDING THESE EVENTS?

Old time trialist never die they get filed away on the web! See yourself at www.southdc.org.uk under archives

Malcolm Adams has been looking at the above site at the time of going to print he has got to the year 1956, and found about 40 odd De Laune entries the 1st was a E MAYLAND 2nd June 1935 Regent CC '25' the rest as follows:-

4.09.38 Southampton Whls.
 5.10.47 Portsmouth NE 30
 1948
 16th May Ports.C.C.
 30th May Gosport CC.
 27th June Chichester.
 3rd Oct Ports NE.
 1949
 29th May Gosport.
 26th June Chichester
 1952
 4th May Wessex RC.
 17th Aug Poole Whls
 1953
 3rd May Rufus.
 3rd May Wessex RC.,.
 3th Sept Solent Dist.
 1954
 22nd Aug Poole Whls.
 19th Sept Solent Dist.
 1955
 8th May Ports CC.
 10th May SCCU.
 31st July Ports Whls,
 7th Aug VTTA Wessex.
 18th Sept Bognor Regis

www.southdc.org.uk this is where you will find your name and time. HAPPY MEMORIES

The De Laune Northern Contingent Race Reports

[Salt Ayre crit, 10/8/04 \(by JL\)](#)

With JP on holiday, it was left to me to fly the De Laune flag this week. A fair sized field turned and, in spite of the horrendous weather that morning, it was a lovely sunny evening and the circuit had almost dried out.

Not much happened during the race, nothing of any significance managed to get away for more than a couple of laps, in spite of repeated efforts by the same few individuals. With about 5 minutes remaining before the '5 Laps To Go' banner, I punctured and only just managed to get it fixed in time to jump back in the bunch. However, because I was 2 laps down I was not allowed to contest the bunch sprint so tailed in at the back.

25 miles, max spd 33.9, avg 24.7mph

[Preston Crit, 19/8/04 \(by JL\)](#)

No JP again this week, he was busy moving house so I went down there alone. The weather had been pretty atrocious most of the day and the circuit was very wet. A field of just 11 braved the conditions for a shortened race of 20 laps. The flag dropped and, right on cue, the rain started again. In such treacherous conditions and with a howling headwind on part of the circuit, no one wanted to commit themselves and the bunch trundled round for about 8 laps at only just above 20mph. However a young rider used the respite to jump clear and, with a couple of teammates blocking he stayed dangling off the front for 5 laps before finally being reeled in. The group of three tried a couple of times to set him up for the win but it was destined to come down to a bunch sprint. The young rider got a lead out from one of his team mates, I was tucked in on his wheel and finished 3rd overall as no-one else was willing to try switching lines to come round, the track was soaking wet by this time and the sprint was a touch dangerous.

20 miles, max spd 32.8, avg 23.9mph

[Recycling League Rd 8 Smithfields Circuit \(by JP\)](#)

Very quick reports from me this month as I am trying to complete my dissertation and move house. First up for the month was the Smithfields circuit on the Scottish border. A fairly healthy 50-rider field turned out for the event. The circuit consisted of a long draggy climb, a long steady descent and a section along a main road into a block headwind. After a couple of attempts at setting a break up on the long climb and not able to drive a selection I settled in for the sprint. A couple of Horwich riders were riding for 'their' man so I just held station on his wheel. Coming into the finish straight it opened up with my third wheel. As they died I shot out and sprinted for glory to win by several lengths. Well chuffed, then realisation I was now a second cat!

50 miles, 2hr 7min.

[Winmarleigh RR, 22/08/04 \(JL +JP\)](#)

Both JamesP and I turned up to this one but were split, me in the 3/4/J's, JP in the E/1/2.

The race route was a 12-mile loop around a virtually flat circuit by the coast between Lancaster and Garstang with just a few small 'undulations'. It's always windy out there and because it's so flat there's nowhere really to hide. We both know the circuit well, it's one of our regular training rides.

[The 3/4/J race \(4 laps\) by JL: -](#)

About 50 riders lined up for this one, a large number of them chasing the last few points needed to move them up to 2nd Cat. The flag dropped and immediately the race went ballistic. The first part of the circuit had a tailwind on it so the pace was high from the off, with several riders putting an early dig in. Nothing got away though and I resolved to play it sensibly and sit in the bunch for a while. The race settled down a bit, keeping around 25mph then, half way round the 2nd lap I got into a break with 2 other riders which quickly gained 30seconds on the bunch...they weren't getting a chase organised for the simple reason that no one wanted to be on the front into the wind. We stayed away for 20 miles (1 and 3/4 laps), working through and off but the bunch suddenly woke up to the danger and pulled us back with 5 miles to go to the finish. By this point I was wasted from all the work into the wind but managed to hang on in the fast moving bunch and work my way slowly to the front. It's a deceptive finish, people always go too early on the bends leading up to the line but I tucked in and hung on to scrap into 10th place. Not bad going for such a flat circuit (I prefer something with a lot more hills) and it was disappointing to be caught so near to the finish but that's racing.

50 miles, 1hr59min. Max spd 39.5, avg 25.2mph. Max HR 186, avg 168.

[The E/1/2 race \(5 laps\) by JP: -](#)

The Cockerham circuit is James Lyon's and my home training circuit. It is noted for being a flat loop although strong coastal winds normally cause problems. JL's 3/4/J race (write up above) was held at the same time as the E/1/2 race I was competing in.

As a 2nd attempt at an E/1/2 I wanted to finish in the main bunch, a somewhat lower aim than my last entry. A very fast first lap (28mph avg) resulted in a break of 5 going up the road. The pattern of the next 3 laps was one of attack and counterattack, including a couple by myself which were short-lived though I did try at least. As the bunch hit the coastal cross winds the attacks began again with the string finally breaking as 6 got off the front. At this point with the race over the bunch rode tempo to the finish. My aim achieved, I was pretty pleased with the way I rode.

62 miles, 2hr 21min.



TRIATHLON NEWS

As two rookies to this club, introduced to us through committee member Harry ("H") Corbett, we feel it would be appropriate to formally introduce ourselves through this edition of the De Laune Periodical. Geoff Heaton and I (Sam Baxendale) both come from a running background and the physical challenge offered by triathlon and duathlon seemed a natural development, hence

our initial involvement with the tn element of De Laune. As well as taking part in events suggested by H, we have pioneered others with the hope that these will be add to future De Laune calendars, the most notable of which was the Sussex Triathlon.

Scoping the market for such events, we were drawn to sprint triathlons, which we felt would generate interest among existing De Laune members and potentially recruit new members to the club. To this end, we took part in the Sussex Triathlon (Sunday 7th June 2004), an event staged by the Urban Race organisation. This is a professional outfit that stages other triathlons, so it was no surprise that this event was well organised and superbly marshalled.

The journey to the race revealed what was the strongest selling point of the event. Based in Ardingly in Sussex, on the edge of the South Downs, the countryside was something to behold. It required an extremely early rise though, as the location is fairly remote and the kick-off is 7 am.

The event was broken down into a 500m swim, a 25km bike ride and a 5k run. Those interested in competing next year should remember to take trainers to the pool, as there is a challenging 100m dash up a 1:4 gradient from the pool to the transition zone. The tone of the bike course was set from start with a steady climb into Ardingly village, which saw many competitors struggling to adjust following the swim. From then on the course was punctuated with hills and sweeping downhill sections during which the outstanding scenery could be enjoyed. To follow, the run consisted of four laps of what appeared to be a standard school cross-country course. Given the effort involved already, there were plenty of competitors with stiff legs and thighs coming into the finishing straight where they were greeted by the sound of a commentator calling out the names of finishers over the tannoy. Though our times may tell a different tale, this welcome made us feel more like the pros we aspire to be!

Sam Baxendale

[What have we been doing and where are we going?](#)

Sam Baxendale, Harry Corbett and Rubert Walsh competed in the Waterlooille event, we all enjoyed this competition, especially the hilly bike course.

Waterlooville Triathlon 2004 Individual Results

18th July 2004 600m swim / 40km bike / 10km run

Race Posn.	Name	Team				
			Time	Time	Time	Time
1	Colin Dixon	Unattached	0:07:42	1:03:09	0:36:44	1:47:35
2	Peter Youngusband	Tri UK	0:08:14	1:02:06	0:38:25	1:48:45
3	Andrew Lovell	Portsmouth Triathletes	0:07:42	1:03:58	0:38:29	1:50:09
125	Jonathon Corbett	De Laune Cycle Club	0:16:15	1:34:00	0:49:27	2:39:42

Sorry unable to find times for the other two, Ed.

The Michelob ULTRA London Triathlon

31st July 2004 – 750m swim / 20k bike / 5k run

1st August -1500m swim / 40k bike / 10k run

This year's event was the largest triathlon in the world; 100 world class, elite triathletes and 8,000 "mortals" took up the challenge of a course through London in front of 30,000 spectators and the BBC Grandstand audience.

Sam, Harry and Geoff Heaton took part in the Sprint competition, and on the 1st August Rubert Walsh was in the Olympic distance event. I (HC) ended up running a 10k for a relat team that was short of a runner.

We are in the process of recruiting another triathlete by the name of Lee Gâteaux, he is a quality runner and swimmer having represented Surrey at both events. He now needs to learn the bike discipline.

Where are we going until Christmas;

1. De Laune Triathlon Championships at the Thames Turbo Triathlon on the 30th August
2. Time Trial 19th September 25miles (De Laune)
3. Running 2½ handicap race at Battersea Park 2nd October
4. Steyning Aquathon 21st November
5. Any ideas for December are welcome!

“Harry” Corbett

CLUB CLOTHING

Early last year James Peckham informed the committee that he would be unable to continue as club Clothing Secretary after the end of 2003 as he was going to Lancaster University to take a degree course. Although James had placed advertisements in the DLN that the job was available, there were no takers. Some discussion took place regarding moving the stock of clothing from James' home in Morden to the club's container at Herne Hill, which I personally thought was a bad move as at that time the container was very damp and, in any case, who was going to supervise the handing out of clothing items and collecting the cash? Something had to be done.

I officially took over from James on the 1st January this year and the stock is now housed at my home – all £3,000 worth.

James, you will remember, used to keep us informed of the available kit through the pages of the DLN; so far I have not done so, although I believe that most members' needs have been satisfied to date. All new members are informed by Kav in his welcome letter that I am the man to contact with regard to clothing and the old racing hands have been able to renew their kit. I try to look after the 'old people' by taking appropriate kit to old members 'dos' - polo shirts and the like. However, it is my intention in future to let you know of the basic items available.

As a matter of interest our supplier's catalogue shows 58 items (not including eight items of triathlon clothing) available; the majority of these are in extra large, large, medium and small sizes, together with women's variations and sizes. To keep all the members happy we would have to operate along the lines of a Marks & Spencer store. The good news is that the order for the De Laune dressing gowns that Kav mentioned in last month's DLN is about to be completed; they will be in XL, L, M and S sizes in the club colours, that is brown and blue horizontal stripes with the club badge on the pocket and the cord in brown and blue entwined silk, including tasselled ends. I have ordered 75 gowns so everyone should be happy. If these prove popular with members, we will think about including nightshirts and pyjamas.

One point that James did not make clear to me when handing over was how diplomatic one has to be when dealing with members, as the following correspondence will indicate.

To briefly outline the situation, I had received a telephone call from Member, Mr R Savery, with a complaint that a hole had appeared in the backside of his bibshorts that he had only purchased last year. I wrote to Mr Savery as follows:

“16th August 2004

Dear Mr Savery

Thank you for your request for a pair of bibshorts.

I am sorry that your previous purchase has let you down, after all, it is a very serious matter when a prominent member of the club has to restructure his racing programme when a hole appears in the backside of his shorts.

Your complaint has been brought to the attention of the Clothing Committee, sub-section "Shorts" which, after a great deal of deliberation, decided that in the circumstances you should be allowed to purchase a replacement set of bibshorts at the reduced price of £25.00; however, the Committee observed that your original purchase was size 4 and you are now requesting a size 5, which is, in fact, extra large and portrays a negative image of the De Laune Cycling Club.

I have been asked to draw to your attention that it is the intention of an additional club rule to be put forward at the next AGM as follows:

"That any person applying to become a member of the De Laune Cycling Club, or any existing member, who does not fall into the category of wearing a maximum of size 4 (large) shorts for either racing or general wear, be refused membership, or if already a fully paid up member, their membership shall be annulled and their subscription be returned pro rata."

The above rule will be enforced by a club official looking inside the shorts to identify whether any tampering of the contents has taken place, ie changing of labels to a smaller size. These checks may take place randomly, whether training, racing or at leisure for the reasons described. I am bringing this change of rule to your attention as it would be most embarrassing, and a great pity, for such an esteemed member of the club to have to sever their membership. To avoid such embarrassment, the Committee humbly suggests you should adjust your weight, girth and body fat content to enable you to fit a size 4. Thus, they are willing for you to retain your original size 4 purchase to help you attain a more acceptable size in order to fall into line with club rules.

Yours sincerely Brian Saxton Clothing Secretary"

I have received the following reply from Mr Savery's PA:

"Dear Mr Saxton,

I have been asked to respond to your letter of the 16th August regarding the possible amendment to the Club rules.

I feel that the proposed new rule is a blatant example of unfair discrimination against larger-sized cyclists. Club members who have gained a few extra pounds (or stones) as they reach a more mature age should be encouraged to exercise more in an effort to reduce their size. Banning them from the Club will certainly not help them in this endeavour (and will also mean that they will spend less time out on their bike and more time loafing about the house annoying their spouses). May I suggest that the following rule be implemented:-

"Any Member who falls into the category of requiring a size 5 or above will be required to wear either knickerbockers with long socks, or flannel trousers with cycling clips when riding a bicycle. If any Member is caught breaking this rule, the offending item(s) of clothing will be confiscated immediately."

Perhaps it would be possible to have the knickerbockers, socks and trousers made up in club colours – a blue and brown tartan would be particularly fetching – if you can find a supplier of sufficiently large quantities of material.

This new rule would have the effect of removing a source of offence to the general public (pot bellies and large bums in cycling shorts or tights are not a pretty sight) whilst encouraging larger cyclists to continue to take the exercise they so obviously need.

Yours sincerely Gina Savery - PA to Mr R H Savery"

I leave readers to draw their own conclusions regarding the above correspondence.

Brian Saxton Clothing Secretary

MEMBERSHIP

Welcome to new members Sam Fensterheim (02.03.89) from London SE24 and Robert Gibson (31.01.66) (who has joined as an Ordinary member) also from London SE24, together with father and son, David and James King (28.12.86) from London SE22. David, who many of us will remember from

when he was a member in the 1960s and, in fact, left in the mid-nineties, has rejoined as an Associate member.

We are hoping that both James and Sam who are, of course, both Juniors, will be representing the club in the Fred Peachey Memorial Open '25' TT. (They did, Ed).

Brian Saxton

Course Information for O.M.A."10"

Course Code	Distance	Course Description	HQ Area	Covered Changing
Q10/22	10	Harrietsham-Charing	Harrietsham	
Start at Dickley Comer, Harrietsham at 8th kerb joint east of Marley entrance nearest to A20 (TQ 886528). Join A20 and proceed eastwards to turn at Charing RAB. Retrace A20 to finish opposite eastern edge of Harrietsham Caravan Sales after Harrietsham railway bridge at lamp post KAMfe 27 (TQ 870526).				

Competition records for 50miles Solo

Year	Rider(s)	Club(s)	Time /
1997	K Dawson	GS Strada	01:37:21
1996	A Wilkinson	Port Sunlight Wheelers	01:37:26
1996	K Dawson	Optimum Performance RT	01:38:34
1993	G Obree	Leo RC	01:39:01
1983	IS Cammish	GS Strada	01:39:51
1983	D Lloyd	Manchester Wheelers Club	01:40:52
1970	EJ Watson	Clifton CC	01:43:46
1970	I White	Clifton CC	01:47:34
1969	D Whitehouse	Shirley RC	01:47:38
1967	P Smith	Clifton CC	01:48:33
1967	P Smith	Clifton CC	01:49:22
1964	B Breedon	Conisborough Ivanhoe CC	01:50:03
1964	P Hill	Askern CC	01:51:39
1964	M McNamara	Rockingham CC	01:51:49
1964	D Reay	Gosforth RC	01:52:36
1962	RF Colden	Camberley Wheelers	01:52:38
1962	CJ Munford	Barnet CC	01:53:28
1960	BF Wiltcher	Zeus RC	01:53:40
1959	BF Wiltcher	Zeus RC	01:53:56
1959	G Ian	Nottingham Wheelers	01:55:07
1959	G Ian	Nottingham Wheelers	01:55:09
1957	W Holmes	Hull Thursday RC	01:55:14
1957	R Jowers	Twickenham CC	01:55:28
1957	R Jowers	Twickenham CC	01:55:44
1955	VA Gibbons	Brentwood RC	01:56:24
1952	GK Bentley	Bec CC	01:56:44
1952	GK Bentley	Bec CC	01:57:46
1951	GK Bentley	Bec CC	01:58:29
1947	GH Fleming	Belle Vue CC	01:59:14
1947	GH Fleming	Belle Vue CC	02:01:32
1946	BB Francis	Solihull CC	02:02:19
1946	AEG Derbyshire	Calleva RC	02:02:32
1937	L Thorpe	Barnet CC	02:03:28

DATES TO REMEMBER

Diary Social/Club for 2004

Fri 5th November Belgium Night/OMA

Diary of Club & Inter-Club Events for 2004

Mon	30th August	Triathlon Champs		Hampton Pool	
Sat	11th September	OMA	10m	Q10/22	12:00
Sun	12th September	Track Champs		Herne Hill	
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 23 September 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



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