

# DE LAUNE CYCLING CLUB

*Founded 1889*

**OUR ONE HUNDRED AND THIRTIETH YEAR**

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*MALCOLM ADAMS  
CLUB 10 MILE TT*

**July 2019**

**BALFE'S BIKES**

[balfesbikes.co.uk](http://balfesbikes.co.uk)



# *Birthday celebrations for July*

*8<sup>th</sup> George Lewis - 13<sup>th</sup> John Archdeacon - 30<sup>th</sup> Roy Savery*



See page 14 what this map is for.



**Members may like to know that it is now possible to join, or to renew your Club membership online.**

**Simply follow this link**

**<https://www.riderhq.com/groups/delaunecc/join>**

**or click on the button on the membership page of the website.**

**Club Rides (Sunday): Meet 9am,  
Cadence Performance  
2A Anerley Hill, Crystal Palace,  
London SE19 2AA**

CLUB NIGHT  
SECOND MONDAY  
OF EACH MONTH  
HERNE HILL VELODROME  
104 BURBAGE ROAD  
LONDON SE24 9HE



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### President's Pen

And the wheels keep turning. Allegedly. Went for a club run on Sunday with Elaine Owen, one of our recent new members. Was out for 3.5 hours, but sadly my Strava (a highly useful cycling app) recorded 0km when I got in. Ask Elaine – I did actually do it. Maybe we can do it again soon and have a few others along for confirmation. *(I can confirm they were seen by Royboy on his way to church, Ed.)*

Thanks to Debbie Valentine for running the Open 10 on the 15<sup>th</sup> June, and to our club riders Steve Carter-Smith, who finished inside the top 15, and Malc Adams inside the top 30! A great result for both.

Successes continue for our young international rider Eddie Buckley (43), who doesn't let a small thing like being on the wrong side of the Atlantic keep him from making his club proud. May 25<sup>th</sup> saw him winning, yes winning his third road race of the season at Kirkwood, Pennsylvania!



TALK RACERS RESULTS SERIES

## Kirkwood Road Race (TM) - May 25 2019

### Men 4-5

By Age: All | U20 | 20-29 | 30-39 | 40-49 | 50-59 | 60+ | Custom

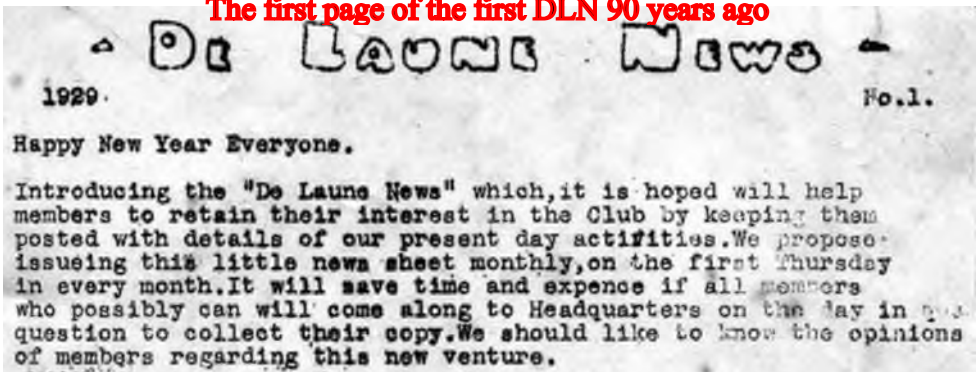
Pl	First Name	Last Name	Team
1	Edgar	Buckley	DE LAUNE CC
2	Michael	Jones	CS VELO
3	Anthony	Santana	
4	Josh	Strom	ASCENT CONCEPT TEAM
5	Nicholas	Pugliaresi	NCVC/UNITEDHEALTHCARE
6	Daniel	Pessing	CHARM CITY CYCLING
7	Jason	Starke	Philadelphia Ciclismo
8	Nicholas	Goode	QCW P/B CADENCE CYCLING
9	Matthew	Avery	PHILADELPHIA CICLISMO
10	Aaron	McNany	Veloce Elite pb DiscoverNEPA
11	Caleb	Rudick	CS VELO

And on the subject of amazing feats – it seems that our very own Danny Rudd is going to have a go at the Haute Route – over Alpe d’Huez in a couple of weeks. This ride involves three ascents of the alp, doing 7 vertical kilometres of climbing! Good luck with this, a very worthy and ambitious ride. Makes my alleged outing to Biggin Hill and back seem a bit meek.



Bill Wright

### The first page of the first DLN 90 years ago





**IT THAT TIME AGAIN FOR  
MAX DOD'S MEMORIAL RIDE AND BBQ 28<sup>th</sup> JULY**

**@ THE HOME OF MALCOLM ADAMS**

**28 LANDON ROAD, HERNE BAY, CT6 6HP**

**BIKE RIDE DEPARTS 9.30 AM**

**PHOTOS FROM YEARS GONE BY AT THIS EVENT**



For more details contact: Malcolm, 01227 373045 or [jazzymalc@aol.com](mailto:jazzymalc@aol.com)

# A Tricycle for you?

Malcolm Adams

Ever thought of taking a break from riding a bike,  
and going out and buying a shiny bright Trike?

Should this idea ever enter into your head,  
pray listen to what has first to be said.

Forget about balance, for this you do not need,  
just sit and relax whilst pedaling a low speed.

Soon you will find this beast has a mind of its own,  
and you will fight to steer this unwieldy machine with a groan.

Now it won't be long before you topple to the ground,  
so pick yourself up, it's time for a second round.

Show it who is boss and steer a straight course,  
ten yards you might achieve, before it starts doing a waltz.

This beast now a circle it will attempt to engage,  
so grab at those bars, it's a good idea at this stage.

Should I pull them the right, you may be deciding,  
to late! with the kerb you are now colliding.

Now I am an expert at controlling this elegant beast,  
but let me tell you it took me a year at least.

So if a Trike is really what you would like to try,  
go borrow someone else's before you buy.

Now all that has been said above is true you will find,  
are you up for the challenge, or will you change your mind?

I am not here to convert you to riding with three wheels,  
but I'm sure once ridden you will want to develop these skills.

Once mastered, you will ride your machine with pride,  
sitting there, as through the countryside you glide.

So will it be three wheels, or staying with two,  
no more I can say, it is entirely up to you.

# Delaune Reunion on The Mosel River.

As some of you know, Mick Jones regularly rides his bike and belongs to the Basingstoke U3A cycling group, which, as well as doing local rides, plus long tours, in the UK, also does long tours abroad.

This year their plan was to drive to Trier, Germany, in June, then ride along the Mosel river, following it up to Koblenz, turning along the Rhine and going on to Boppard, heading back to Emmelshausen, Morbach, and back



to their starting point, Trier, about 270 miles; this was going to be 6 stages, plus a day at each end for arriving and departing, so 8 days in all

One of the guys has a gluten allergy, and Mick had previously asked me to translate a few sentences into German, so that the guy could explain his condition when he was ordering any food.

I volunteered that, should anything untoward happen to any of them, I could be ready to get to any part of the route between Bernkastel and Koblenz/Boppard in about 2 hours (I live in Dreieich, between Frankfurt and Darmstadt)

Having realised we would be this close, I suggested to Mick that I could also drive to Koblenz on June 15 and ride down to meet them coming up, so that we could meet for a couple of hours.



The counter offer was that I should stop being a lazy git, get to Bernkastel, then ride with the group for 3 days, leaving them when they got to Boppard and began their turn to head back over the Hunsrück.



I've been riding my restored 1970s Motobecane regularly, so I decided to be brave and use that. I fitted some pannier bags, drove to Koblenz, got a train to a small village called Ürzig, then rode 14K to meet the group in Bernkastel.

It was a real pleasure to meet Mick again, and he introduced me to the other 12 people, who made me feel very welcome, with the opening remark from one of them being "Hello Geoff – want a beer?" Strange how some remarks make you feel immediately at home.

They were such a friendly, happy, funny group, and I quickly understood why Mick likes riding with them so much.

We followed the Mosel river, which winds its way through some lovely countryside, with the weather staying friendly; only a couple of drops of rain that did nothing to spoil it.

There were the usual cycling incidents:

- ordering lunch, with me translating, everything getting totally confused, then me talking German to one of the group and English to the waiter.
- Standing in the town square at Cochem, somehow getting involved with a group of American tourists, who seemed amazed at what we were doing.
- Someone half-wheeling, starting a silly session which ended in a line-up, doing bit-and-bit at "evens", all on fully loaded bikes. I haven't coughed like that in years.

It was good to catch up with Mick again, and I had a really good time with the group. They're planning another trip to Germany next year, probably travelling to Frankfurt, then going by train to Bavaria, and riding back up along the "Romantic Road" route, and I've been invited.

If I do it, it's going to be on my trekking bike, because the Motobecane only had a bottom gear of 40", which was OK for a drag, but any hill that was steep had me walking.



MICK

GEOFF

*Looks like some club shirts are needed. Ed*

The pictures are –

The Motobecane

The Basingstoke U3A group (with me kneeling in the centre)

Mick and me riding together, for the first time since 1969 ... 50 years on.

**Geoff M & Mick J**



# SILK ROAD 2019 MOUNTAIN RACE

- WHEN:** August 17th to August 31st, 2019  
**WHERE:** Start in Bishkek & finish in Cholpon Ata, Kyrgyzstan  
**WHO:** Racers can ride solo or as a pair  
**DISTANCE:** 1670 kilometers / 26,000m of climbing. Fixed route with 3 staffed checkpoints.  
**END:** After party the evening of August 31st, 2019

The race starts on the 17th of August 2019 with a ‘grand départ’ from Bishkek, the capital of Kyrgyzstan. Riders will follow a 1670 kilometer fixed route that passes through three staffed control points. They will need to get a stamp in their brevet card at each, before finally heading to the finish line in Cholpon Ata, a beach resort on the north shore of lake Issyk-Kul, for a well deserved post-race beer or two. To earn a successful finish they will need to complete the course before the end of the after party on the 31st of August.

How tough it will be cannot be understated, but as Mike Hall once said, “Nothing that’s worth anything is ever easy.” This race will be a true demonstration of this sentiment.





We have a grand total of 148 riders lining up on the start line in Bishkek this year, 96 are racing solo and 52 as part of a pair of two riders. There are 20 women racing, of which 8 are racing solo. Finally, we've got riders from all over the world, with 27 nations represented.

I'm happy to announce that I will race the SRMR as a mixed team together with Jayne Wadsworth.

I met Jayne the first time in TCRO3 (2015) and the party in London..later on in TCRO4 and the Transatlantic Way Race.

**Let's introduce our new race clothing sponsored by RaceViz WOWOW Reflective Wear and Bioracer**

Jayne, former winner (1st woman) of the Southern Counties CU 2011 and TCRO3. I'm really glad to have Jayne

as a partner in the SRMR!

Let's throw things back:

21 August '18,

Me..` Jayne, what do you think , next year mixed duo SRMR..?

21 August '18..a few hours later,

Jayne..`Hi Rudy. Amazing adventure, would love to join you.

19-21 October..weekend London to talk things over about the SRMR.

1 December..registration is open, both doing application.

1 December '18,

Jayne..finished registration. I never once said "ask Rudy".

15 January '19,

We both have some awesome news..we're going to Kirgызstan in August and taking part in the SRMR.

[See more on Facebook - supporters rudy - ultra rider](#)



Jayne Wadsworth

I am excited to have been accepted on to the Silk Road Mountain Race 2019 and am looking forward to this huge adventure riding as a pair with Rudy Rollenberg.

I have a varied cycling past including Road Racing, TT's (Southern Counties CU 2011 1st Woman's BAR) and Sportives but it wasn't until 2010 that I completed my first unsupported event the H-B-K, 1527km around Germany, it was the toughest thing I had ever done mentally and physically but on finishing I realised that it was unlike any other experience I had ever had. In 2015 I was the only female to finish TCR#3 from Geraardsbergen Belgium to Istanbul Turkey having had just 2 weeks notice prior to the start. The following year I returned to Geraardsbergen for TCR#4 where I came 3rd amongst the ladies.

SRMR will be a completely new challenge, riding off road, camping & completely unsupported in very remote terrain – I can't wait!

Greets

Jayne & Rudy



Jayne & Rudy at the North Coast 500 - June 7 - 10

# THIS MAY BE OF INTEREST

## Miles and Laps: Women's Cycle Racing in Great Britain at the turn of the 19th Century – Part I

Posted by Mike Fishpool Sep 10, 2018

The start line for women's cycle racing in Great Britain was endurance road riding in the early 1890s. This came at a time that women's cycling had started to boom. More women, albeit mostly from the middle and upper-classes, had taken up cycling for exercise and leisure with many joining fledgling cycling clubs. Male cyclists were already setting new endurance records on the road and a few determined working-class women fortunate to possess an expensive bicycle decided to establish their own records.

More can be found at:

<https://www.playingpasts.co.uk/articles/gender-and-sport/miles-and-laps-womens-cycle-racing-in-great-britain-at-the-turn-of-the-19th-century-part-i/>



Mrs Grace versus Lisette:

A comparison of the English and French women's cycling champions

Part 2

Mrs Grace – the women's champion of England

<https://www.playingpasts.co.uk/articles/gender-and-sport/mrs-grace-versus-lisette-a-comparison-of-the-english-and-french-womens-cycling-champions-part-two-mrs-grace-the-womens-champion-of-england/>

Mrs Grace versus Lisette:

A comparison of the English and French women's cycling champions.

PART 3

Lisette – the women's champion of France

<https://www.playingpasts.co.uk/articles/gender-and-sport/mrs-grace-versus-lisette-a-comparison-of-the-english-and-french-womens-cycling-champions-part-3-br-lisette-the-womens-champion-of-france/>

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**KATIE-JANE L'HERPINIERE** IS ON THE MOVE AGAIN STARTED ON 26th

THIS TIME WALKING THE LENGTH OF ICELAND

<https://katiejaneendurance.com>

**What:** A 600km journey on foot traversing the land of fire and ice, from its most Southerly point to its most Northerly.

**Where:** Iceland. Starting at the black sand beach of Köt lutangi 63 23'N, 018 45'W in the South, and finishing at Rifstangi 66 32'N, 016 12'W in the North.



**How:** Hiking/FastPacking, carrying just the essentials everything I need on my back to be self-sufficient.

**Who:** Just little old me, solo and unsupported.

I will be traveling through the Odadahraun Desert, Iceland's most desolate destination and the largest lava field in the world. The chance of seeing anyone else once up on the plateau will be extremely unlikely. At times I will need to carry water for at least 3 days, as the desert is completely dry. Then in contrast, at other times I will be battling to not get washed away whilst crossing fast flowing glacial rivers. The weather can be brutal, with four seasons in the space of an hour and 100km/hr+ winds are standard (well it is the second windiest country in the world). This barren unworldly luna landscape will provides views like nothing I have every seen before.

This journey is not about fast times or world firsts, it's simply an adventure in its purist form. To be comfortable with being uncomfortable. To grow and to feel alive.

Traveling solo makes you tough. With no one to help you in difficult times, you need to be resourceful, fix problems, make decisions and get things done. Continually adapting and changing. It's this that excites me, living on a primal level, carrying all I need. You can view my full kit list here.(See web site Ed).

Mordor here I come!

**Track My Journey**

<https://z6z.co/runningnorth>



## ***Social Club Events for 2019***

Sunday	17 - Nov	<b>Newnham Memorial Service and Lunch</b>
Sunday	28 - July	<b>Max DoMd's Memorial ride and BBQ</b>

## ***Club & Inter Club Events for 2019***

Sunday	7 July N/A	Q25/8	Mid Summer 25 (Gravesend CC Open Event)	Chilham
Sunday	14 July N/A		Alf Baldwin 50 (VTTA 50)	
Saturday	7 August 15:00	Q10/24	Club 10	Isle of Grain
Saturday	14 Sept. 15:00	Q10/24	Old Members Club 10	Isle of Grain

The Autumn 25 will be the SCCU TT event on Sunday 1st September on the G25/51

**SEE MESSAGE BOARD to keep UP TO DATE**

**<http://mikepeel.proboards67.com>**

**CLOSING DATE FOR THE NEXT ISSUE 26<sup>th</sup> July**

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