

NEWS DE LAUNE



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1889

DE LAUNE
CYCLING CLUB

2007

SPECIALIZED

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CLUB NIGHT**FIRST THURSDAY
OF EACH MONTH**

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PRESIDENTS REPORT

Hi everyone. How are you doing this month? I hope all is well with you.

On the 8th March we had our De Laune AGM, which will be reported fully by our Chairman, Kav, in this issue.

On the 18th March I had my first road race of the year - it was the Glendene early season race in Thaxted, where I won my age group. I would not say it was an easy win, as I attacked twice on the last hill. Once I managed to open 25 yards I kept going for the next mile and a half to the finish. It was just like the old times 50 years ago – I've never been able to sprint well, so I have to get away before the end – tactics I first adopted in my 20s.

On the 24th March I did the Southern Counties Sporting 10 Mile Time Trial, near Ockley. John Geoghegan came out to cheer me on (this is the 3rd year that he has come out to watch, encourage and take pictures). Two years ago I was third, last year I was second, and, yes, this year I was first in my age-related section. It was so hard that I didn't think I'd get anywhere, but conditions were hard for everyone else as well.

On Saturday 31st I will be riding the Middlesex RC over at Aldermaston. It will be my first outing this year against Johnny Woodburn! As he is the best in this country in his age group he is my target. I've worked out that to stand a chance in the World Masters' I have to get down to a 22 for a 10 or a 56

for a 25, and as Johnny Woodburn is very fast, I can judge my standard by how close I can get to him.

On Sunday 1st April we have our Road Race down at Hildenborough with a circuit round the Weald. Hope to see you all there.

Any of you have Eurosport may have been watching the Paris-Nice and other events. Great entertainment, and of course we have all the Spring Classics to look forward to.

Have a good April. I leave you with my quote for the month:

“The road to success is dotted with many tempting parking places”

Roy

The Chairman’s Report



Another AGM come and gone. In most cases the same names doing the same jobs. I often wonder why do we do it? Is it for the prestige of doing the job for the club? It could be for the first year or so but it soon wears off.

JF Kennedy said in one of his speeches “Ask not what your country can do for you, but what you can do for your country.” I think that this is so apt for the boys and girls of our club who put their names forward. Thanks guys you are appreciated.

Two new names on our committee are new members, John and Sarah Archdeacon. Did you know Sarah has an interesting job as a quality controller for a food importer? Sarah will do a spot check on say a two pound bag of rice. She will have to count every grain of rice to make sure that it is the correct amount for a two pound bag. The mind boggles.

Two special awards were made at the AGM. One to Dot Fuller who has been involved with our club for over 50 years! Due to the

the all-male status of our club many years ago Dot could not join, but still worked for the club, and helping her husband Ken Fuller when he was President. Dot did a lot of paperwork for Ken when he was involved in building our clubroom. Dot would always turn up, rain or shine for her job as canteen manager.

Dot has been involved with the OMA from the very start and still is. She organises bums on seats, along with Pat Burns, for the Brighton OMA lunch and of course the infamous Belgium Night. She is now the club's Social Secretary.

Dorothy you are now an Honorary Life Member of our dear club. Well done.

The other award goes to Bill Wright. The award is not for the amount of time you have been in the club but what you have done for the club in that period. Bill has been in the club for about 20 years and as far as I can remember he has always had an official job.

Bill works so hard for our club and for cycling in general. If a job needs doing Bill is your man. His latest project is being involved with the new club rules and getting them approved so they could be put forward for charitable status.

Bill is secretary for the Memorial Trust Fund and is now going through the process, with the other trustees, of investing our funds in a more lucrative investment market.

Bill, it gives us pleasure in presenting you with the De Laune Gold Badge of Honour.

KAV.



LIFE MEMBERSHIP

Ken and I have just returned from our holiday - 5 weeks with Suzanne and Mike at their home in Adelaide, a great place for cycling. They still get out cycling a lot (Mike races - Vet's Group) and Suzanne gets the "miles in" with a group from the cycling team they both belong to. We only managed to see the final day of "The Tour Down Under" this year, as we had our holiday two weeks later. Still it was a good show seeing the Pro's Race round the Adelaide circuit. We missed seeing The Geoghe-

gans' this year but enjoyed John's report of him mixing with the "Top Lads" in Brisbane.

On wading through our piles of post on our return, I see that our Annual Brighton Lunch is later this year than our previous lunches but hopefully not too many of you will be away on holiday and we get our usual numbers attending. So its 17th JUNE -

Phone TRICIA 01273 546226 or DOT 01689 851241 to book your places.

What a surprise when I received a letter from our Chairman "Kav" to inform me that I have been awarded Honoray Life Membership of our Club. I would never have thought this would happen to me! I have enjoyed my efforts to help out at all manner of club events from early morning Time Trials, in the Tea Tent or marshalling, At our clubhouse, managing the Canteen - serving the lads and girls with home made cakes and tea and crumpets every club night for many years - with help from Maureen, Beryl and (the late) Salma Lee. We really enjoyed those evenings - it was crowded in those days (1980's) lots of youngsters racing then. Sadly our Clubhouse has been sold and I don't think we have many young ones racing.

Then we had Jumble Sales to raise funds and Socials all at Choumert Road and our New Year Fancy Dress evening was a great evening - lots of fun.

I have had some great times with The De Laune from the day I met up with the "Racing Lads" in 1952 on the Isle of Man - but I mustn't go into that!!

Thanks Lads for showing a Northern Lass a good time - Harry Thomas, Len Danby, Derek Boon, Alan Jackson, "Knapper" and Ken Fuller - the one that didn't get away!

That's all folks

Thanks again for this Honour.

Dot

MEMBERSHIP

If you have read Kav's article in this copy of the DLN, you will be aware that Bill Wright has been awarded a Gold Badge of Honour and Dot Fuller has been made an Honorary Life Member of the club. I am sure we would all like to congratulate Bill and Dot and thank them for all their years of service to the club.

You will find with this month's DLN the minutes of the AGM held on the 8th March this year. Over the years on occasions these minutes have been incorporated in the DLN; however, as the DLN is now published on the club website, it was considered inappropriate to publish the club's business over the internet – thus the minutes included herewith.

A Club Rule Book is in preparation and will be distributed to the membership in due course. We are also preparing an address book of club members, which again will be distributed to the membership as soon as available.

Brian Saxton

MORE NEWS of OZ

On my recent trip to Australia I had my usual visit to Harry Thomas and Sylvia. He was much improved health wise and very cheerful and certainly seemed a lot better than the year before. He was going off on a 3 week trip to Tasmania just after I saw him. Harry loves to hear from all his old buddies so if you have time to drop him a line please do so. I have his address if you email me. We do our usual trip down memory lane talking of trips to Herne Hill track, club runs and cafes long gone in Surrey and Kent.

Talking of cafes I am enclosing a photo of the Peleton Café in Brisbane. www.peleton.com.au Forget Streatham Common, meet there! This is a very well stocked bike shop and café with a huge screen on which you can watch repeats of all recent classics or stages of the Tour. They have training runs meeting at 6.30 every morning then breakfast and off to work. In the summer months Dec/March it is perfect riding early morning before it gets very hot. Bradley McGee has given the local riders a training chat there after a training ride. A



guy called Craig Mackie works in the shop he is a very good local rider and is the one on the right in the photo. He told me he had spent 3 summers in Belgium racing but decided he wasn't good enough(his words). I just haven't got around to watching some of the evening races they have. They do have a purpose built track not unlike Eastway but

fairly flat. Unfortunately that don't have daylight saving in Queensland so it gets dark fairly early even on their longest day in December. I think New SouthWales and Victoria do put the clocks forward but not Queensland.

I'm off to Oz again on the 10th April for the wedding of my son and hope to see some racing this trip although I'm only there for a month this time.

All the top Aussie riders Robbie McKewen Baden Cooke Bradley McGee Cadel Evans etc will be in Europe racing in the Classics so I will miss seeing those races on Eurosport unless I stay up until the early hours of the morning watching Eurosport out there.

I did have my last 2 weeks in the Perth area of Western Australia this year and was hoping to look up Don Stone ex 34th Nomads. For those not so long in the tooth, Don was a superb cyclo cross rider and was twice National Cyclo Cross Champion and a great mate and rival of Ken Fuller and Alan Jackson. I couldn't contact him arclay off him when he went off to Oz and in fact used it when I broke the club 12 hour record as my road bike was stolen when I was in the showers at Herne Hill track about 3 days before the 12 hour race. An uncomfortable ride to say the least.

I bought his bike because mine had been squashed, to put it mildly, when we managed to roll the car on the way to the National Cyclo Cross championships in Birmingham, my bike was on the roof rack. The police who attended the scene on the M1 said "who was on the bike"? See page 154 of the history of the DeLaune. I left the bike in the car "graveyard" somewhere near Watford. We all got out of the car OK, this was before seatbelts. When the car stopped rolling we all appeared to be in different seats. I blame Alan Rowe, he wasn't driving but I always tell him he's a jinx.



A DE LAUNE ABROAD

Part 2

By Peter Jenn

New Zealand, Wellington Airport,

9 a.m. I ride out of the airport to be greeted by a very pleasant day and my little fold-up is running smoothly if somewhat slower than I am used to. It has 16ins wheels and four gears 12 & 16 at the back and 52 – 36 up front. The 36 was an innovation of my own to change sown from 52 to 36 I use my heel while on the move. I don't intend to use the 52 unless there is a long downhill with a following wind and as all cyclists know, that doesn't happen very often. All airports are fed by wide main roads with fast moving taxis and this is no exception.

I look for a way of escape and spot one through a petrol station on the other side of which is a secondary road. After a few minutes I meet another rider, Karl by name. "Where you going" he said. My mind flashed back to London – New Zealand House – Backpacker Guide – Wellington. "Olive Café, Cuba Street" I replied. "Follow me" he said. I didn't bring the Backpackers Guide with me because it was thick and heavy (remember I'm travelling light!)

So off we went through the back doubles, down an alley, through a park and on to the waterfront, then a 30 minute ride right round the bay, all the time on the pavement-cycle-track. Finally we came to the Te Papa Museum – "straight down, third on left, I'm off to meet my girlfriend....nice bike" and he was gone!

10 a.m. Olive Café, Cuba Street – I like this place, reminds me of my old premises in Webb Road, Battersea. Wooden floors, wooden walls, high ceiling, plenty of light. I order breakfast – orange, organic porridge with cream, tea, toast & marmalade. Very good porridge. Relaxing, I look around – original paintings by local artists, a stack of newspapers, an alcove with bookshelves, a small garden (where you can also eat). I turn to watch Cuba Street, busy cosmopolitan – rugby players from all over. It's a big tournament – England are playing.

11 a.m. Now there are a string of young women coming in for coffee – to drink in and also to take back to their workplace. I notice how strong they look – this is obviously a sporting nation. Coffee, coffee, coffee – I'm beginning to realize there is a coffee culture here in NZ. I wonder how this could be – the early settlers were Scottish and some English of course. The Maori have been here for 1000 years. Neither Scottish, or English are known as coffee drinkers. There is a sign on the door: *We can train you in coffee making up to barrister level* (whatever that means!) More than a pastime, more a science!

I'm quite happy with my pot of English tea – no tea bags here. Outside there is a car with three Maori and a dog asleep inside. Here for the Rugby Sevens no doubt. This reminds me – must find somewhere to sleep tonight. The woman next to me suggests I try the Library next to the Town Hall, they have an accommodation desk, so I make tracks, unfolding my Brompton bike from parking mode. This bike is causing quite a stir, they obviously haven't seen anything like it. Clip bag on front and off we go! It's all downhill to the library. Unclip bag – parking mode (I'm getting quite quick at this now) and walk inside past the (wait for it!) COFFEE counter to the accommodation desk where, to my dismay, there is a big queue. I sit down, queuing is not for me. Ever since a heavy blow to the head in 2000, I've been suffering from something called orthostatic tremors. Back on the bike I decide to look for the local YMCA. I find a nice place, it's full, but wait – there is one place on the 3rd floor at 23 dollars – I'll take it. So up the stairs into the dorm. As I move in, a young man moves out! Placing my bike under the bed I lay down & having not slept for 40 hours fall instantly to sleep, 2 a.m.

At 9 p.m. I'm woken by 5 young men returning. I decide to go down stairs for a drink. Wonderful facilities here – large lounge, kitchens, library, etc. and people from all over the world. When they depart they leave their leftover food with a note on it to say “help yourself”. I'm sitting in the kitchen with a tea when a girl walks in. She makes a drink then comes over. “Can I sit with you?” “OK” I say. “I'm very nervous” she says. “Why's that?” “I've got a job interview tomorrow”. She looks about 17 with almond shaped eyes. “I don't know what to wear”. I'm thinking you look all right to me. A short silence while we sip our drinks. “I've got this” she says reaching down and producing a red dress from a bag and standing up holding it in front of her. “What do you think?” I'm just about to tell her when two women walk in. “I'm very nervous I've got a job interview tomorrow etc. etc...” I make for the exit. Back in the dorm it's lights out and yet it's not dark, the room is lit with an eerie glow. 5 mobile phones – it seems all young people have them and now we have a snoring competition, won hands down by a Japanese. 6 a.m. first a cup of hot water in the kitchen, I have no food, I feel very hungry, I ask the night porter where I could get something. He says “turn right, left and on the right there's The Rainbow, but the coffee is not so good. Now if you turn left & follow the main road there's The Pandora, really good coffee.” OK Pandora it is, the list of coffee is extensive, i.e. flat top white, cappuccino, latte, chio latte, long/short black moricimo, Vienna, etc. etc. Confused I go for top of the list, flat top \$3, sit & listen to the sound of steam escaping and lots of banging and, after what seemed like a age, it arrived in a mini soup bowl & on top of the froth ‘the design of the Koru plant’. Amazing – best coffee ever. A short ride over to Cuba Street. Breakfast at Olive Café and then a trip to Cupachino Harbour & I board the ferry for the south island. This is a 5 hour crossing at \$55 – no charge for the bike as it folds it has become hand luggage.

We have to cross the Cook Straits and on the way we pass a lighthouse, the scene of a disaster some 30 years ago. A Russian cruise liner steered the wrong side of the lighthouse and sank! Some passengers lost their lives, too much vodka – who knows!

Well, bye for now. Pete (and remember, always wear a helmet!)

VTTA (Kent) 10 (Vets) 25th March

1	Reg SMITH	DCB Kent	00:23:01
2	Dick NAYLOR	San Fairy Ann CC	00:23:56
3	Alan PRIDDY	De Laune CC	00:25:27

Bournemouth Jubilee Whs 40k Hilly P454/25 - 25 March 2007

1	Paul Jones	Bournemouth Jubilee	1:02:51
2	Richard Eastham	Bournemouth Jubilee Whs	1:02:56
11	Robert Jefferies	Bournemouth Jubilee Whs	1:09:04
13	Matt Goodes	De Laune CC	1:09:18
25	John O'Brien	Bournemouth Jubilee Whs	1:13:01
41	Matthew Baker	De Laune CC	1:26:31

Results fromBJW hilly around the Purbecks near Wool /Lulworth Dorset. Matt Goodes was impressed by the hilly course and the sudden loud sound of gun fire as he raced across the tank ranges on Sunday morning. Although a bit disapointed to be beaten by a few seconds by ex club member Rob Jefferies who had invited him and Matt Baker down to race for the weekend.

regards

John O



JOHN O'BRIEN



MATTHEW BAKER



MATT GOODES



ROB JEFFERIES



I (Roy Savery) have had two races won both.
Last weeks race was

The Glendene Early Starter RR at Thacksted in
Essex, I won my age group 70-74.

Saturday I rode the Southern Counties CU
Sporting 10 and there I won the age related.

Was you the only entrant in this age group? Ed.

NOTE FOR YOUR DIARY
The date for the 2007 Brighton OMA Lunch
is Sunday 17th June.
Usual Venue and more details to follow.
Kindly contact Dot on 01689 851241 or Trish on
01273.546226 e.mail triciab60@hotmail.co.uk

Hi Mark, Tuesday 27th February 2007.

Just read the March edition of the DLN, amazed at the fitness of the oldies, 70 and over!

I noticed that you have a "10 mile TT" etc. yet the "100 reliability events" are kilometers, is England finally changing over from miles to kilometers? (*not yet Ed*).

May I also offer my most sincere congratulations to Bill Miles for being a member of the Club for 70 years.

I am curious to know if this is a Club record, if so I would like suggest some sort of recognition for Bill?

Bill Miles is an amazing guy, I believe he is now well into his nineties, does he still ride his bike in the London traffic?

May I please say "hi" to Bill through the pages of the DLN, "Bill, please take care of yourself and may you stay fit and healthy. You must get your letter from HM The Queen when you reach the magic "100 years" All the best from John D.

Incidentally we have a Monk at the local Wat (temple) who is 110 years of age, his birth registration was shown in the newspaper a few years back when he was 107 years of age.

He is purported to eat a fruit diet, mostly oranges. He must now be one of the oldest men in the world because the record holder just passed away aged 115 years.

Best wishes to all my old racing buddies and friends in the DeLaune

John Darroch

“HELLO - HELLO”

Hi Mark,

Thanks for continuing to edit the DLN, I look forward to its' arrival each month as it's generally as near as I get to actually going cycling these days other than taking Samuel (3yrs) and Sophie(10months) to nursery, one in a seat, one in the trailer. Despite this I still take an interest and regularly travel to races, this year I'll be at The Lincoln GP, Le Tour en Angleterre, The Tour of Britain(working on it) and the legendary Newport Jeggo's criterium. (If you've never seen this before you need to. It involves the likes of Sid Barras, Keith (legs) Lambert, Phil Thomas, Phil Bayton and a whole load of stars of the 70's who should know better pretending that their still in their twenties, (and in the case of Lambert and Barras who still train over the Strines most days you'd think they were). Anyway I digress. One of the reasons for writing was the announcement of the DEATH of Grass track racing by John Darroch.

John, I say NO. Grass track racing is far from dead. If you venture forth to Scotland during the Summer months you will find it is the centre of all Highland Games competitions, with a regular band of participants competing for good prize money. But closer to home from May to early September National championships from 400 metres (Sheepmount, Carlisle in late May) to 6k at the Mildenhall cycle rally over the August Bank holiday are promoted (and incidentally promoted by the same Max Pendleton who Pete Jenn is talking about in his article in March 2007's DLN and who's talented daughter Victoria first started her meteoric rise to stardom((World Sprint champion, Commonwealth 500m champion, Olympic Champion Beijing 2008?)) competing in such events. She also rode a few hill climbs of short duration and demonstrated an ability to spin that even Lance Armstrong would be pleased with) Indeed Max Pendleton runs a grass track league across the Eastern Counties with meets in Hertford, Bedford, Haverhill ,Mildenhall and Hevingham. In the North Scunthorpe Poly, (of Jack Tighe

sponsorship and fame) promote events at Winterton, whilst a league is held each year in Leeds at Roundhay Park.

Riders to the standard of former National sprint finals competitor Steve Paulding are regular competitors, although all are welcome, especially to the end of season bash at Mildenhall. In fact even I've had a try and whilst I can say I show absolutely no ability it's great fun, scary as hell, incredibly hard and the top riders are very good bike handlers. I even had a go on a trike grass tracking at Mildenhall (Mr Pendleton promotes this novelty race as well) and that really was too much.

So whilst I can't say that grass track is held in the esteem it once was or that the riders are as skilled I can state it is still very much alive. Finally the last word to my old friend Peter Robertshaw of the Rockingham CC. Who was a regular training partner of the late Tom Simpson(then in the Scala Wheelers) who was a particularly successful grass tracker in junior years. Pete tells a story in which Tom tells of this form of racing to the late Jacques Anquetil (5 times Tour winner) who states it sounds like, "great fun". Yes grass track is unique to the UK and much like our form of time trialling /testing completely unknown to those Continentals

Finally myself and Christine have moved, about 150 metres from our old house as with our two small children and my two older boys visiting it was all getting a bit cramped. New address

44, Hill Farm Rd, Long Stratton, NR15 2WA. Same telephone 01508 536724

Regards to all who know me and all at the De Laune , have a great summer of riding. If those who are testing on the A11/A14 courses or those mountain bike racing in the Thetford forest need a stay over please give me and Chris a call. Regards Jez

Pc 134 Jeremy BRIGGS
Norfolk Constabulary, Diss Police Station
Stanley Road, DISS, Norfolk, IP22 4BP
Tel: 0845 456 4567 - Ext 2762



Comments on Beginners Guide to Cycle Racing and general thoughts on DLN articles

As John Darroch correctly surmised, and the Chairman also commented, I did, indeed, write the "Beginners Guide" article with tongue firmly in cheek and with the intention of amusing club-members (and any casual visitors to the site that browse the on-line editions of the DLN)! I did have some serious motives in mind also. Firstly I thought that a humorous (though admittedly simplistic) breakdown of the main disciplines might encourage a few people to try something new, or at least spectate. A good starting place might be track, since the Herne Hill Saturday training sessions will presumably be starting again soon (and not long to the traditional Good Friday meeting - April 6th.) Secondly I hoped to provoke a little gentle reaction and encourage members to write in to DLN and share their views and experiences a little more.

I had some success on my second aim in the form of John Darroch's response which I found very interesting - for example I hadn't considered the importance of smooth style on grass, though it's logical. Contrary to John's impression, I used to regularly watch the Grass Track racing in Danson Park on the Sunday afternoon following the Saturday Criterium which took place annually. I was very interested to read, last year, that there is still a (quite big, I think) Grass Track event that takes place annually in London - I can't find the details to include in this letter, but if I do I'll share them, because I think it would be a good event to watch. To answer John's question about the extinction of Grass Track racing, I think there's still a reasonable amount going on "up North", and I think British Cycling is missing a major trick if it doesn't encourage it - while many parents might shy away from letting their pride and joy loose on a "proper" track, and the kids might find it intimidating, riding around the equivalent of a grass running track seems to me somehow less of a big deal and might provide a useful entry point to the sport(real "grass-roots"). Unlike the cost of a "real" track,

most schools could probably scrounge up a grassy area and a groundsman to mark out some lanes..

It tends to be more or less the same contributors most of the time - while I enjoy the articles I'm sure that there are other members, like John, who have interesting material they could share, even if they don't have the time or inclination to do it all the time. I'd encourage any member to contribute - if you give him enough time, Mark might also be able to jazz up the presentation a bit - for example he found an image of a Peace-Race commemorative stamp to accompany my article on the UK film premiere of the 1952 event and a photo to accompany my loser's-eye view of the club hill-climb! (Incidentally, I think a pat on the back for Mark is in order - he does a great job of putting together the DLN every month, something we all take very much for granted.) In particular, it would be good to get some articles from members on both the competitive and non-competitive events they have participated in and on areas where they have particular expertise or relevant knowledge to share. There's no restriction on style - the race reports from the MTB crew (or should that be posse, dudes??) have a different feel to the road race/crit reports James Peckham provided, which included both a tactical analysis where appropriate and some heart rate monitor stats. Articles on sportive type rides have had a different feel again and have encouraged me towards participation in this type of event (see what you've done..). The Dunwich Dynamo article in particular captured my imagination and I'm very keen on riding it this year, as long as I can come up with a (legal) lighting solution that doesn't cost more than my training bike! (I'll probably be badgering some of last years club participants for advice later on..!) We also have a number of riders with a lot of expertise and knowledge of different disciplines and it would be interesting to see some "How To" articles, sharing recommendations on tactics, specific training etc. as well as some anecdotes from their experiences.

NIGEL

DATES TO REMEMBER

Diary Social/Club for 2007

Sunday	12.45	17-Jun	OMA Lunch	Brighton
Friday		?-Nov	Belgium Night	Blackheath Harriers
Sunday	10.30	18-Nov	Remembrance Service	Newnham

Club & Inter-Club Events for 2007

Sunday	09.30	1-Apr	SERRL Road Race	Sevenoaks Weald
Wednes	19.00	16-May	Interclub 9.5mls	OS/30
Sunday	07.15	10-Jun	Mid-Summer 25	G25/53
Tuesday	18.00	?-Jun	Circuit Race	Cyrstal Palace
Thursda	19.00	21-Jun	Interclub 21 mls.	GS/311
Sunday	07.00	29-Jul	Fred Peachey 25	Chilham
Saturday	07.30	18-Aug	OMA 10	Q10/20
Sunday	07.45	16-Sep	Autumn 25	G25/53
Saturday	07.15	22-Sep	Interclub 10	Q10/19
Sunday	11.00	?- Sep	Down Hill	Tilburstow Hill
Sunday	11.00	14-Oct	Hill Climb	Titsey Hill Gh/31

SEE MESSAGE BOARD to keep UP TO DATE

<http://mikepeel.proboards67.com>

CLOSING DATE FOR THE NEXT ISSUE 25th APRIL

Anything for inclusion please send to:

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