

# DE LAUNE NEWS



**JEREMY WHITE TAKING MUCH NEEDED NOURISHMENT  
DURING THE TRACK CHAMPS.**

**EVANS**  
CYCLES.COM

**JULY 2009**

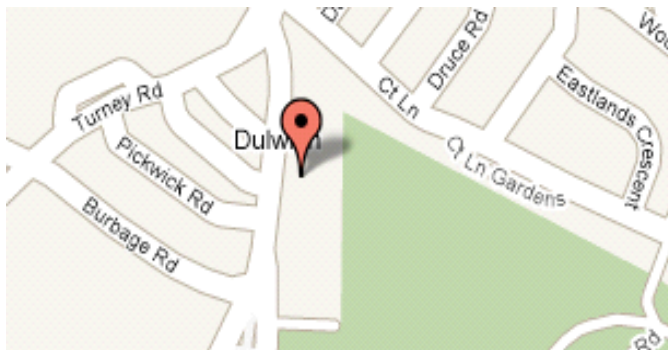
## Club Nights and Committee Meetings

are being held in the

## Crown and greyhound pub

situated in Dulwich Village

73 Dulwich Village, London, SE21 7BJ. Tel: 020 8299 4976.



Free Parking in the surrounding roads and Bike parking at the front of the pub.

Meetings are at 8pm on the second Monday of each month, a chance to catch up with each other and find out what's happening in the De Laune.

## Open 10 Mile Time Trial – Solos & Tandems

Saturday 25<sup>th</sup> July, 2009 on Q10.22

Promoter

Jon Archdeacon, 19 Trinity Crescent, Tooting Bec,  
London, SW17 7AG.

020 8682 0308

## CALL FOR RIDERS.

**IF YOU CAN'T RIDE, PLEASE OFFER YOUR SERVICES  
AS A MARSHAL.**

**IF YOU CAN'T MARSHAL, COME ALONG TO CHEER  
ON THE RIDERS,**

**AND ENJOY THE POST RACE BREAKFAST**  
for any information please give me a ring.

**CLUB NIGHT  
SECOND MONDAY  
OF EACH MONTH**  
**Crown & Greyhound  
in Dulwich Village**

**1889 DE LAUNE 2009  
CYCLING CLUB**

**PRESIDENT**

**ROY SAVERY**

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Tatsfield  
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01959 577745

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**TREASURER**

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**BRIAN SAXTON**

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Kent, BR1 2UB  
0208 290 1013



**PRESIDENTS REPORT**

The month started off well for me with a third in the Criterion Championships at Hog Hill in Essex. There are probably pictures elsewhere in this mag. Our old friend Roly Crayford was the winner of my age group, and second place was taken by a man I used to race against back in the '60's, Arnie Russell, so you could say that there's still plenty of life left in the old fogies.

On 7<sup>th</sup> June we had a Club Novice 25 at Broad-bridge Heath, and results will be elsewhere in the mag. (if I had them. Ed) Many thanks to everyone who was involved in the organisation of this 25. A couple of riders managed to go astray on the course – we will obviously have to have even more marshals next time.

On the 14<sup>th</sup> June I did a LVRC Road Race in Essex. First off were the old boys, aged 60 and above. Brian Dacey and myself were in this group, and the course was too easy, so we had too big a bunch at the finish. Because there were so many sprinting, a crash was inevitable, and your's truly was just behind it, so was out of the running. Brian won the 70 plus age group. Well done Brian – and well done for avoiding the crash! In the other race for 40 and 45 year olds, there was another bad crash

involving a marshal on a motor bike overtaking on a blind bend, hitting a car coming towards him, with the car hitting the bunch. Several riders were badly injured, and the race had to be called off. In my opinion, the course is far too easy, resulting in riders bunching up, and needs re-thinking to avoid such accidents.

One goal for which I have been training was to get under the hour for a 25. I thought I could do a good ride on one of the Essex courses, and it worked. I did a 59.52 . The last time I rode this course three years ago, I did a 1.0.13, so you can imagine how pleased I am with the time! The last time I did under the hour was back in 1967.

Last night (Weds. 24<sup>th</sup>) Nigel Scales and I rode the CC Bexley 10 – these are on each Weds until the middle of August, and I find them a good training aid, as you can really try hard for 10 miles. Nigel beat the half hour, and I was just outside 25mins.

By time you receive the mag, we will have already been to the OMA Lunch in Brighton, which we are looking forward to. I will particularly enjoy giving Malcolm Adams his 50 year Membership Award. Congrats. Malcolm.

Roy

Quote for the Month:

“Remember, happiness doesn't depend on who you are or what you have: it depends on what you think.”

Dale Carnegie,

1888-1955, Writer and Lecturer

## “KAY’S REPORT”

Do you know what it is like to have problems with your bike? Poor Tony Peachey has had nothing but trouble this year and to date has not finished a race. He has had punctures, of course, and his latest a broken chain! I feel sorry for him as he has to explain his latest problem to everybody that asks him how he got on!

I am going to devise a system: each problem has a number, so when someone asks you how you got on and you have had a problem, you give them a number. It saves a lot of time!

1. Front puncture
2. Rear puncture
3. Chain fell off
4. Chain broke (That’s Tony’s)
5. Saddle fell off
6. Late start
7. Did not start
8. Too much wind
9. The wrong sort of wind
10. Followed a rider in another event
11. Could not get out of bed due to a late night watching match of the day
12. Did not want to get out of bed as on a promise!
13. And so on!!!!

Did you hear the one about the comic who told jokes by numbers? He would go on the stage and say “Number 3” and get a laugh. He would then say, “Number 7” and get another laugh. The other comic on the bill asked “what is this all about?” - and the first comic said they all know my gags by numbers.

The first comic then said try it yourself. Give them number 5 and number 11. You will bring the house down. So he did. He said number 5, but no-one laughed. He then said number 11 - not a titter. He came off stage and said “You gave me two duff gags”. No I didn’t said the first comic, it was the way that you told them!

Last month we had our summer Park & Ride club run around Richmond Park. This was to be combined with a picnic paid for by the club. As an organizer you probably know what it is like to get people to commit themselves. I knew I had

only about four who would turn up so I decided to get the food from the park café. Guess what? We had 10 bods from the club turn up and a new member by the name of George Lewis.

A big thank you to our President Roy Savery, Mike Peel, Nigel Scales, Simon Low, Jon & Sara Archdeacon, Mal Pires, and George Lewis for turning up. I almost forgot, that little woman turned up! She tells me she is a member. What is her name? Mary something!! Dods that was the name.

The ride around the park was more of a survival of the fittest. The first lap I was off the back! Then Mike Peel, then Nigel scales until it whittled down to two. That was Jon and Mal. "I hope we see our new member again".

Talking about our President. Congratulations Roy for getting under the hour with a 59 for 25 miles. Not bad for an old boy of 70 is he? I must take offence at the remarks of our editor re Roy's photo on the front page of last months DLN. But looking at the photo again Mark I see what you mean!

I will not be taking a Park & Ride this month, as a lot of people will be away on holiday including me. I will be in France following the Tour with Tich, Stax and Gordon. If you are in Annecy (The time trial on the 23<sup>rd</sup> July) phone me on my mobile 07515359427 so we can meet up and have beer or two.

Important dates for July. The open 10 time trial on Saturday 25<sup>th</sup> July on the Harrietsham course (Jon will need help) and the day after will be Max Dods Memorial B-B-Q held at Malcolm and Linda Adams place at Herne Bay. You can go on the short walk to the sea front or go on the bike ride to get an appetite. Always a good do.

I know Dot will give you a full report on the OMA lunch to be held on the 28<sup>th</sup> of June at Brighton, in the August DLN. (We go to press on the 25<sup>th</sup> of June for this edition!)

Kav.

p.s. I must tell you about this! I was riding into Maidstone with a howling tail wind when I was caught by a guy on a mountain bike. You know the type, he had about 4 water bottles on his bike, the crash hat with the peak, baggy shorts over his

Lycra shorts, the biz! I said to him where are you going? He said to Ashford (about 30 miles) I said your going to fly down to Ashford with this tail wind but it is going to be hard coming back. He said that it wouldn't as he always go out with the wind but comes back on the train! It makes me think have I been doing it wrong all these years!

## Fred Peachey Memorial 25 – 2<sup>nd</sup> August 2009

Chilham Course (sunny Kent)

Hopefully you will have read my reminder in last month's De Laune News on the Fred Peachey Open 25. Had my first entry this morning from our new member Chris Cowlard – I trust I am going to receive lots more. Don't forget it is the Club Championship 25 so lets make it a worthwhile competition.

I shall be actively searching for helpers from this weekend (OMA lunch at Brighton), I have some volunteers already but I suspect I shall have to undertake some arm twisting, gently, of course.

I am pushing to get a good field this year, flyers have been posted around at local events in order to jog people into action, the more entries we get the less strain the event will place on club finances.

Don't forget the new club strip will be available by the time the Open 10 and 25 come round, it would be terrific if we have lots of club members around showing off our new livery.

Val the Peach

**CLUB "25"**  
**7th June**

**SORRY NO REPORT RECEIVED FROM OUR  
TIME TRIAL MANAGER**

## TRACK CHAMPIONSHIPS BY JEREMY WHITE

We held our the Club Track Championships on Sunday 31<sup>st</sup> May with Addiscombe CC and thank you to those members who turned up to support the event and help with the running of it. Jon and Dave were nicely warmed up after their time trial in the morning and Nigel was just Nigel, although more about his demonstration of brute force and ignorance later!



**JON**



**DAVE**

Jon won the race with Dave placed 6<sup>th</sup> in the bunch amongst the Addiscombe riders,

We started the meeting with a 10 lap scratch warm up with racing over the final three laps. Nigel struggled with this concept and during the opening lap tried an almighty effort with which he succeeded in tearing his shoe plate from his shoe. Quite how he remained upright on his bike and did not bring down the rest of the field is a testament to his track handling skills and the training he received from Bill.



**NIGEL**



**JAYNE**

Jayne recovering after a lap or two.



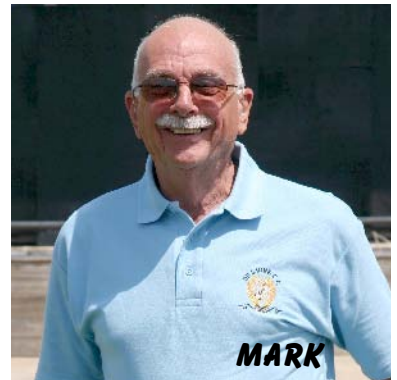


Nigel DNF following his mechanical upset. As Nigel was unavailable for racing whilst he tried to retrieve his shoe plate from the pedal, we were unable to run the 500m handicap.

The 900m sprint was contested by Jon and Dave without any time consuming track stands and won by Jon.

The six lap pursuit was won by Jon with a time of 3-54-01 followed by Dave (4-17-19) and Nigel (4-50-32)

There was the inevitable mix up with Addiscombe who started the Joint Club 5 mile scratch race without De Laune and so in view of the heat etc etc we replaced this with an unknown distance scratch race with was won by Jon, silver went to Dave and bronze to Nigel.



Jayne had her track induction and we are looking forward to seeing her and Sarah contest the ladies competition next year.

Please check the website for events and come down to HH and enjoy watching the track racing for free.



## RACING RESULTS

### 30/05/09 - Sotonia CC 10

1	Stephen Berry	San Fairy Ann CC	00:21:50	s39	B	
2	Malcolm Brooking	Banbury Star CC	00:22:14	s39	B	
39	Alan Rowe	De Laune CC-	00:24:05	v70	F	08:10

### 30/05/09 - SCCU 10

1	B MOLLOY	EPSOM CC	00:20:51			04:51
2	K COFFEY	BEC CC	00:21:07			04:23
32	D HAGGART	DE LAUNE CC	00:24:40			02:27

### 18/05/2009 - MStina SE series 2009

#### Standings after 5 rounds

#### G - OVER 70 Group

1.	Roly Crayford,	San Fairy Ann,	63pts	
eq2.	Brian Dacey,	De Laune CC,	52pts	
eq2.	Roy Savery,	De Laune CC,	52pts (Has lost that kit he had last month}	

### 31/05/09 - South Eastern RC 25

1	Ben Instone	Scientific-Coaching	00:52:27	S	
2	Richard Prebble	Candi TV-M Pasta RT	00:55:11	41	+11.19
12	John Archdeacon	De Laune CC	00:59:00	41	+07.30
24	James Lett	De Laune CC	01:00:28	S	
65	David Haggart	De Laune CC	01:07:16	48	+02.48

### 13/06/2009 - Woolwh 10

1	Peter Tadros	In Gear Quickvit RT	00:20:57	Senior	
2	Niall Digby	Sigmasport.co.uk	00:21:54	Senior	
7	Ian Silvester	De Laune CC	00:23:29	V40	
28	Malcolm Adams	De Laune CC	00:27:30	V70	

### 14/06/09 - GS Invicta 25

1	Peter Tadros	In Gear Quickvit RT	00:53:38	Senior	
2	Dave Wheeler	Rye&District Wh	00:55:19	V(40-49)	
16	Ian Silvester	De Laune CC	00:59:41	V(40-49)	

### 20/06/09 - Horsham Cycling 10

1	Shaun Kennedy	Bec CC	00:20:58	V	6.22
2	Brian Molloy	Epsom CC	00:21:05	V	4.37
34	David Haggart	De Laune CC	00:24:33	V	2.34

## 20/06/09 - East Anglian YTTA 25

1	Peter Balls	West Suffolk Wheelers	00:50:24
2	Lee Turner	www.sigmasport.co.uk	00:51:10
59	Roy Savery	Delaune CC	00:59:52

## 21/06/09 - Farnham RC 25

1	Jerone Walters	Sigma Sport	00:52:03	S
2	James Millard	Madison.co	00:52:45	S
14	James Lett	De Laune CC	00:57:28	S
	Ian Silvester	De Laune CC		MV DNF



## Club Clothing Delivery Update

Great news - our Club clothing will be available for collection at the next Committee Meeting. You should have all received an invoice for outstanding monies owed if you have placed an order. Please kindly come along with any balances owing on Monday 13th July to the Crown and Greyhound Pub in Dulwich Village from 7.30pm onwards. We shall be in the conservatory. Look forward to seeing you all for a drink!

Mal

## TRACK NEWS

As I reported last month, the Saturday morning Herne Hill track training sessions have record numbers of riders attending, there are also sessions arranged on Sundays and Monday evenings, as well as the Derry sessions on Thursday evenings – check the HH website for further details as well as the Wednesday Track League and other open meetings

Bill and I ran taster sessions on Saturday 9<sup>th</sup> and 23<sup>rd</sup> May at Herne Hill, concurrently with the Herne Hill Youth CC, which worked well and I am sure that if HHYCC have any more organised during the year it should be possible to join them.

??????????

"Which De Laune member has been invited over to Trentino to ride with Tour of Flanders winner and reigning World Road Champion Alessandro Ballan? All will be revealed in next month's DLN. (There is no truth in the rumour that Alessandro is thinking of joining and will ride incognito in SERRL and Crystal Palace Tuesday Night Series events this season!)"

## Treasurers Report

I have compiled this report in an endeavour to keep you, the general membership, up to date with committee/club financial issues. I know it is a deviation from normal chit chat in the DLN, but something good may come of my musings, you might come up with some ideas that we as a committee have just not thought about. So feel free to comment.

As you may realise most of our running expenses for many years in the club have been bolstered by the interest which our capital sum earns. However we are not immune to the financial crisis that currently faces the country and we will see our interest rates and, in due course our income plummet. With this in mind the committee are trying to encourage all members to understand that in the coming years, some frugality in our spending power will have to be undertaken.

We have, thankfully, already covered and committed ourselves to purchasing a new club kit which should be delivered to us in the next few weeks. Mal Pires is your man to keep in touch with for definite dates on this issue.

After a long fought battle Malc Adams has also got to grips with the backlog of medals outstanding for club members. The order has now been placed and again delivery should materialise before the end of the month. Malc is the man to keep tabs on – I only deal with the important bit, paying the money !!

The club made a donation this month to the South East Road Race League by supplying 3 yellow jerseys (1 for each day) for the race leaders in their 3 day event over the May bank holiday. I understand the event was a great success and held in glorious weather.

Val the



## **THIS MONTH 60 YEARS AGO IN THE DIN**

Cyril Arthur won the Barnard Cup “50” in 02:11:19 there were 14 starters.

At the General Meeting it was decided that the tickets for the Annual Dinner would not cost more than £1.

World Champion to ride at the Clubs Diamond Jubilee Track Meeting, professional motor pace champion, Jean Jacques Lamboley of France, to make his first appearance in England. He will be riding behind motors in a special series of matches against against Harry Grant the “Hour” motor-paced World Record Holder.

“Paris challenge London” the Paris contingent will be headed by Pierre Adams. Who was a member of the French Pursuit team which one at the Olympic Games, and the London boys will be headed by Dave Rickets, the popular Poly rider and Britain’s Olympic Pursuit Ace.

Diamond Jubilee Open “100” Pete Beardsmore, club mate of our Open “25” event winner Ken Joy, returned a worthy winner of our final open road event in 4.22.18. (*How times have changed in 60 years, Ed*).

Stop Press, Auguste Meuleman, professional motor-pace Champion of Belgium will compete in the motor-paced Omnium.

The July issue of the De Laune was number 247 (*at that time we had a Roneo duplicator and every page had to be fed in one at a time and the handel turned once again how time has changed, Ed*).



## A Brief Summary of June's Committee Meeting.

Nine of us met at the Crown and Greyhound pub in Dulwich, (the details of which are included elsewhere in the mag). on 8th June 2008 for the monthly committee meeting and get together.

As usual, Val Peachey who couldn't be present sent a comprehensive update as treasurer and a brief synopsis follows.

The committee also discussed the promotion of De Laune club events and whether due to low numbers of support for these events in recent years (of participants, marshals, helpers and organisers) the club would be wiser to use designated open events (as many other clubs do) for the purpose of our championships. The committee feels strongly at this time that if De Laune did stop promoting its own club events it would lose some of its identity and De Laune riders would have no option than to enter open events (this could be off putting for a novice). It was felt by all present that a redoubling of energies and efforts to make our club events successful for all taking part or simply turning out to help and watch is the key to this for now. If any members have any thoughts on this matter, please feel free to let the committee know.

It was also discussed that during 2010 the club may try and target some events we currently don't organize; a sportive here in the UK and possibly abroad and reliability trials such as the KCA event already popular with members. Any thoughts or experience of good events that members have participated in would be of interest.

Aside from other mundane issues dealt with by the committee, the meeting ended with a drink at the bar and an opportunity to compare notes from events now ridden and dates of those to come. The meetings are open to all club members and as the combination of long summer evenings and a good pub are hard to beat I would encourage you all to come along, have your say in the meeting and a chat afterwards in the bar.

Jon.

## Cyclist's Heaven?

The inhabitants of Vauban in Southern Germany have outlawed cars. The 5,000 inhabitants of the district now move around the silent roads on foot or bike. (I presume there's an exemption for the emergency services.) Street parking, driveways and home garages are forbidden. Around 30% of families have kept their cars - this is tolerated but they can only be parked in 2 locations on the town's outer limits. Sound like cyclist nirvana? There are obvious attractions, but for the keen cyclist maybe not... think about this scenario (translocated to Orpington for convenience):

You have a ride in an Open TT on a fast course. Weather conditions are favourable for a good ride if you can get there in time - naturally it's a few hours drive away. So you get your race-bag sling it over your shoulder, mount your stealth TT machine and head off for the town limit car park. After fitting the lights (it's still early and no point clashing with the Police MTB patrols... It may not be raining at the Open TT, but it's hammering down in Orpington High Street - still soon be at the Green Street Green car park. But what's this? a rear-wheel puncture in one of your 3 oz silk tubulars... Finally you arrive at the car - now did you pick up the keys from the table in the hallway on the way out...no. Never mind, the bottles of supplement and recovery mix are still in the fridge anyway so you can pick them up at the same time...

And of course, on the return journey, the walk home carrying race bag, bike and pothole buckled front wheel through the rain is a joy...

Maybe cars aren't that bad, in moderation..!

## Leg Shaving Tip:

Apparently Nicola Roberts (of the band "Girls Aloud") recommends applying olive oil to your legs before shaving them. If you were planning to run the naked steel over your legs just prior to an event on a cold, rainy, day this might have benefits but probably not recommended if there's any sun in the offing - in that case better to get the soap/shaving foam out and stick with the sunscreen..

## Diary Social/Club for 2009

Sunday	28 June	OMA Lunch - Brighton	12:45
Sunday	26 July	Max Dods Memorial B-B-Q at Herne Bay	9:00
Sunday	1 -November	Club run to the Down Hill	10:00
Sunday	15 November	Newnham Remembrance Service	10:30
Sunday	13 December	Richmond Park Christmas Social Ride	09:00

## Club & Inter-Club Events for 2009

Saturday	25 July	07.30	Open '10' TT	Harrietsham	Q10/22
Sunday	2 August	07.00	Fred Peachey 25 -Incorpo-	Chilham	Q25/8
Saturday	15 August	07.30	OMA 10		Q10/22
Sunday	13 Septem-	07.25	Autumn 25		G25/53
Sunday	4 October	11.00	Hill Climb	Titsey Hill	GH/31
Sunday	25 October		KCA Reliability Trial	Details awaited	
Sunday	1 November	12.00	Down Hill	Tilburstow Hill	

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

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

**CLOSING DATE FOR THE NEXT ISSUE 29th July**

Anything for inclusion please send to:

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