

NEWS DE LAUNE



JAYNE

SARAH



OUR LADIES IN ACTION

EVANS
CYCLES.COM

OCTOBER 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.

Two German teen aged sisters, watch and be amazed:

<http://www.youtube.com/watch?v=b36Yi-Pb1wM>

Have a go at this

www.quizyourprofile.com/guessyournumber.swf

KCA

Hi Guys & Girls. How time fly's! We have the KCA Reliability Trial again. If you want to ride, I need know this month. As previous years we have three categories. 100 miles starting at Potters Corner on the A28 near Ashford Kent. 100k and 50k starting at the White Hart Pub, Claygate (about 5 miles south of Yalding on the B2167) Parking is banned in lanes around the White Hart PH. Parking arrangements will be announced later.

Riders are sent off in groups of 12 every 5 min starting at 8am so if you definitely want to ride, remember our club is paying your entry fee, I want to know the distance you want to ride. No entry's on the line. All entry's through me by e-mail or phone me 01622 726959.

Kav.

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



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PRESIDENTS REPORT

It's almost the end of the racing season. As I write this, we have the Hill Climb on the 3rd Oct, a week later the Catford, then the Bec that afternoon, with the Reliability Trial on the 25th and the Downhill on the 1st November. I hope to see lots of you out at these events, and don't forget the Bike Show on 9th-11th October. After the season has finished, it will be time for a short rest and then back to the training routine.

On the 4th October Brian Dacey is off to Australia to compete in the World Masters' Games, which take place every four years – the Olympics for the over 40s! While he is in Australia, he is also going to participate in the Veterans' World Track Championships in Sydney. Good luck Brian – hope it goes well.

The competition between Alan Rowe and me for the Time Trial Vet's BAR has been keenly fought, and there were only a few seconds in it, but last Sunday Alan did a 22.58 for a "10". Well done mate, don't think I can catch you up now. I've also been vying with Brian Dacey in the Mstina General Classification series of 13 races, and at the moment it looks like Brian will be first, and I'll come

third behind Roly Crayford for the San Fairy Ann, but there is a race on the 18th October when I could narrow the gap between Roly and me..... watch this space.

Our last Committee Meeting was held at the Fox and Hounds, Dulwich, and it proved to be a good venue. We had an excellent turn out, and several members turned up afterwards for a beer.

I'm really looking forward to the Belgian Night, on the 6th November. Don't forget to book your places through Dot, as it's a very popular night ably organised by Kav. Please also don't forget the Newnham Service on the 15th November, where we remember Club Members who died in the First and Second World Wars. These men gave their lives for us and our country, and we should not forget them.

Roy

Quote for the month:

"The only place where your dream becomes impossible is in your own thinking."

Robert H.Schuller

Minister and Author.

ALAN



ROY



**CATCH
ME IF YOU
CAN**

"Roy you will never catch me on a bike like that."

“KAV'S REPORT”

In last months DLN I reported that we had marshalling problems or the lack of them! Guess what? - it happened again in the Club Autumn 25 on the G25/53 course. The (Horsham course) It has more roundabouts than a fair ground.

With only one timekeeper and two marshals (Mike, Stax and me) did we panic? - no we did not. We did what is called a rolling marshalling system. You only know you have insufficient marshals about 5 min before the first rider is off. Stax and I took off like rockets in his sister's car (his had broken down and he only just made it) the idea was that I would be dropped at the first roundabout to see the riders through and he would go to the turn roundabout. On the way back he would pick me up and then to proceed to the next roundabout (are you still with me?) then to the slip road at Broadbridge heath and then to the final turn. By the way, Stax was putting out direction and warning boards at the same time. While this was happening Mike Peel was pushing the riders off with one hand and had the watch in the other hand. When the last rider was sent off Mike had to dash to the finish to time them in. We did not lose one rider (well I don't think we did?) in this event. I can remember one year we had one new member who went down to Worthing! Never saw him again. Thank god we will not use that course again. The full result should be in this months DLN.

On the 25th of October we have our annual Kent CA Reliability Trial around the lanes of Kent. We have a good turn out of our members.

100k we have our President Roy Savery and Christian Rudolf, Nigel Scales, Jon Archdeacon, Alan Rowe, Terry Deeley, Mal Pires, George Lewis Steve Carter Smith and our ladies Jayne Wadsworth and Sarah Archdeacon.

In the 50k group we have the very old people and wimps, me to start off with! Mike Peel, Peter Jenn, Ken Legge, Tony Peachey, and our Val the Peach.

It should be good in the pub afterwards getting all the old excuses why they

did not make the time limit! On the way round Pat Hill from the San Fairy Ann has open house to all riders so beware if you have a mug of tea and a round of toast you should be OK for the time limit. Two mugs of tea and two rounds of toast it could be dodgy.

Three mugs of tea and three rounds of toast, forget it. Ask Peter Jenn, I think he stopped there all day last year!

I notice in the last committee meeting notes that Christian Rudolf was thinking of organizing a ride down to Newnham for the memorial service. What a good idea. In the old days (here I go again) this was the done thing but with an overnight stop. If I remember rightly the stop was at a pub and one year the landlord would not let our members have their bikes until the damages were paid for! Oh dear!

What have we got for you in October? We have our Hill Climb On Sunday the 4th October. First rider off at 11am. This will be followed by lunch at our Presidents home at Tatsfield.

On the 11th October in the morning we have the Catford Hill climb and in the afternoon we have the Bec Hill climb. This is always a good turn out for members.

On the 25th October we have the Kent CA reliability run through the lanes of Kent. Another strong turn out for this event. 20 riders.

I hope by now you have booked your place through Dot for the Belgium Night on Friday the 6th of November. First come first served.

Kav.





Notes from Treasury



A fairly quiet month all round for money and the committee meeting. This seems to be a low key time with most of the competitive expenditure disposed of and the social season rapidly approaching.

All racing people should note that it was agreed at our last committee meeting that when the club affiliates to Cycling Time Trials that we make a switch from London South to South East District Council. It was felt that as both our open promotions and, it seems, most of our club events will be taking place in their jurisdiction that this was a sensible action to take. I have already paid our affiliation for 2009/2010 to South East DC, therefore, particularly time triallists should amend their entry forms for open events stating that the 'District' is now South East DC. You may find this mentioned elsewhere in this magazine, but at least we will have got the message across.

I mentioned above that the social season is rapidly approaching – the most immediate of these events are the Belgian Night get together and of course the annual Newnham visit. Dot Fuller is the lady to contact here for information and reservations, see elsewhere in the magazine for details.

For the information of newer members to the club, you may not realise that we make an annual pilgrimage to Newnham in Kent each year to pay our respects to members of the club who lost their lives in the two world wars. Why Newnham? well that is the ancestral home of the De Laune family who, apart from founding this club also lived in a mansion, Sharsted Court which is situated on the South Downs overlooking the village. The De Laune family is still well respected in the local area and the inhabitants of the village welcome us back year on year to their congregation for a small service in the church. The proceedings normally commence with coffee in The George pub around 10.30 followed by a short journey across the road at 11 for the service. The ladies from the local WI provide us with yet more coffee, homemade cakes and scones after the service to sustain us until we return to The George for lunch around 12.30-1 pm. This tradition has been maintained for at least 60 years, hopefully it will continue for at least another 60 !!

Val the Peach



BELGIUM NIGHT

Friday 6th November 7.30 for 8.00 p.m.

Price £10.00.

Phone me after 14th October (I will be away on holiday until that date).

Or contact Kay,



NEWNHAM

Sunday 15th November

Usual venue: The George Inn. We meet for coffee 9.30 until 10.15 a.m. then off to the church for our Remembrance Service at 10.30 a.m.

If you wish to join us after the service – for lunch at The George, I need to know the numbers. So telephone me (again after 14th October) to reserve your place.



Your lunch choices need to be ordered and paid for before going to church.

DOT 01689 851241

"100"

"100"

**DON'T FORGET TO BUY
YOUR TICKETS**

"100" CLUB

Alan, please ‘remember a ‘pinch of salt’ will work wonders:

Reading this months DLN and learning about Alan Rowe seizing up with cramps in the 12 hour TT he rode, reminded me of when I was doing my daily, hilly, morning, bike ride, (25 Km) (Don't ride my bike on the roads here anymore, much too dangerous, crazy drivers and fast moving traffic)

Phuket has a very hot climate, we are only 7.5 degrees north of the Equator, so it is always 32-34C or hotter, humidity goes up and down on a daily basis, riding a bike is very hot work!

Some time ago when I was also doing some heavy landscape garden work, I would sweat profusely from my efforts. After about a week of this heavy work and bathed in sweat every day, I would come in and take a long cool shower.

After a week of this my knees and elbow joints started to ache, I thought at first it was fatigue. When it got to the point when stooping down I could not get up again, my knee joints would not support my weight, I began to worry.

One evening while watching TV my thigh muscles suddenly locked up with cramps, I cried out with the intense pain and very nearly passed out. All during that night I had severe cramps, something I never experienced before. Next morning I could hardly walk down the stairs because my knee joints hurt so much.

I have an English doctor friend who lives close by; I went round to see him. He thought, then asked if I had been “taking salt”, I replied, “no” just the normal amount used sometimes with a meal. He suggested I should immediately start taking some.

His comment suddenly “rang a bell” because I recall watching a “survival” documentary on TV a year earlier where two men became lost in the Amazon jungle, their pack of salt was ruined when it rained hard and the jungle flooded. One of them very nearly died through lack of salt and excruciating cramps. He was saved when his friend trekked a long way and managed to get help, the sick guy was flown by helicopter to a hospital.

Back home, I went to the local pharmacy, the lady is quite knowledgeable and knew immediately what was required. She sold me a box of sachets called “OREDA” This is a yellow powder that you mix one sachet into one litre

of water. OREDA contains: Dextrose (glucose anhydrous), Sodium Chloride, Potassium Chloride and Sodium Citrate Dihydrate.

After taking the first drink, and within a few hours, I began to feel much better. In the morning after a good nights rest there were no cramps, I felt like a new person. Before this experience I would not have believed how serious a lack of salt could be or how painful this condition is.

Now whenever I work or sweat excessively, I always replenish lost vitamins with a drink of "Oreda"; it has worked wonders for me.

I realize that in England sweat loss in the body is minimal due to the cooler climate, however for those who race or exert themselves, particularly long distances and when it is hot and humid, one should remember OREDA or a similar product "for that pinch of salt"

John Darroch.

PS.

Alan; I have no remedy for falling asleep while racing other than going to bed early the night before! Only joking.

OREDA is available from 'Boots the Chemist' here.

Cramps go along with aging, probably does not apply to the younger set, but over the age of sixty 'watch out' especially in hot weather.

**BE WARNED IF YOU DON'T PAY YOUR SUBS ON TIME.
THIS IS AN E-MAIL I RECEIVED FROM OUR CLUB SECRETARY (THUG) Ed.**

"Nah, we'll be over with a couple of brand-new "Louisville Sluggers" for a game of full-contact baseball instead.... the traditional American debt-collection method... "

RACING RESULTS

VTTA Kent "25" - 23rd August 2009

Ian Sylvester	De Laune CC	00:58.46
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Addiscombe C "10" - 5th September

1	Niall Digby	SigmaSport	00:21:03	+4:27
37	Simon Lowe	De Laune CC	00:27:31	-1:25

SCCU "25" - 6th September

1	Keith Coffey	Bec Cycling Club	00:53:45	Y
8	John Archdeacon	De Laune	00:55:23	S
41	Peter Jenn	De Laune	01:02:32	Y
45	Alan Rowe	De Laune	01:03:04	Y
47	David Haggart	De Laune	01:03:42	Y
72	Sarah Archdeacon	De Laune	01:09:02	W
83	Jayne Wadsworth	De Laune	01:13:18	W

East Sussex CA "10" - 12th September

1	Iain BROGDEN	Eastbourne Rovers	00:21:39	Y	+ 03:51
42	Roy SAVORY	De Laune CC	00:25:45	Y	+ 07:17

Club Autumn "25" - 23 September

1	Jon Archdeacon	57:04
2	Alan Rowe	1:03:06
3	Peter Jenn	1:03:53
4	Sarah Archdeacon	1:09:26
5	Jayne Wadsworth	1:10:10
6	Malc Adams	1:10:51
7	Simon Lowe	1:12:06

Chelsea & Westminster Health Charity - London Duathlon 2009 - Challenge Distance

		Pos	Total	Run 1	Bike	Run 2
Ian Cardy	M35-39	1	01:23:34	00:30:01	00:35:25	00:15:56
James Lett	M35-39	18	01:38:47	00:37:30	00:37:09	00:20:29

RESULT FROM THE PAST

Rufus Wheelers 25 2nd Class (Limit 1:05:00) P1 - 3 May 1953

1	Mick May	SC Clarion C & AC	1:04:25
26	Mark Ballamy	De Laune CC	1:07:23
46	Charlie Carlton	De Laune CC	1:09:01
78	Roy Banham	De Laune CC	1:11:54

ALAN ROWE (AGE 70)	ROY SAVERY (AGE 72)	JON ARCHDEACON (AGE 41)	MAL ADAMS (AGE 70)
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10 MILES

22.58	24.16	21.56	25.22
23 40	25.03	21.49	25.37

25 MILES

1.01.04	59.52	55.23	1.10.50
1.03 04	1.03.49	56.09	1.10.51

AVER.. SPEED

24.9561 Mph	24.30946 Mph	27.27058 Mph	22.3558 Mph
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VETS STD

18.3932 Mph	18.11265 Mph	22.95134 Mph	18.3932 Mph
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VETS STD

+6.2644 Mph	+6.1968 Mph	+4.3192 Mph	+3.962 Mph
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The above is the current position (subject to re checking)

A more detailed report next month, which will include all vets records broken this year. The two records worthy of note are Roy's '59' and Alan's '22' Well done both of you.

Don't forget if you have qualifying rides give me a call (01227 373045) or e mail (jazzymalc@aol.com)

Malcolm.

**WOULD ALL VETS WHO HAVE RIDDEN TWO '10's AND TWO 25's
LET ME HAVE THEIR TIMES (& DATES OF BIRTH) SO I CAN
COMPLETE THIS YEARS VETS BAR COMPETITION (Closes 31 Oct)**

The following article by Harold Scott appeared in Cycling Weekly on January 14th 1988.

100 YEARS AGO TODAY

Much has been written about the history of the bicycle, and individual histories of our cycling clubs abound, but I do not recall anyone detailing the manner in which the various periods of cycling history have affected the names of our clubs.

The first cycling clubs were the Velocipede Clubs which were formed in 1869 with the advent of the “boneshaker” in this country, and there were two or three so named.

For a few years from 1890, when the word “bicycle” was invented, clubs were either called “Bicycle Club” or “Amateur Bicycle Club”. The Norwich Amateur BC is one that has survived. In those years the old high bicycle was the only type of machine generally in use and the earlier clubs were usually named after the towns for which they catered and almost every town of any size had its Bicycle Club.

There were some exceptions such as the Pickwick, Stanley, Temple and Lombard clubs. This position continued until about 1884/5 when the three-wheeler came into popular use and Tricycle Clubs were formed by riders of this type of machine, some being given the dual name of Bicycle and Tricycle Club where they catered for both types.

Within the next year or two there were wholesale changes of name to “Cycling Club”, the new word covering all types of machine, as by then all but a very few clubs contained all types of rider. The North London CC originally started life as a tricycle club.

For a decade from about 1888 clubs mushroomed and there were probably as many clubs in existence at that time as at any other period. There were so many in the cities and larger towns that additional names were included in the titles to distinguish them, some of the more common being United, Ramblers, Rovers, Grosvenor, City, Central, South End, North End, Wanderers, Corinthians, Star, etc. Some of these sound more like football teams than cycling clubs!

They reflected the religious life of the times very strongly, too, by the use of Wesleyan, Methodist, YMCA, Catholic, Anglican, etc in the title. Hundreds of clubs were named after a particular church, sometimes following the name of the town, sometimes without, ie Worcester St John's CC or merely St John's CC.

The social and industrial side of life was also shown by the inclusion of the words Social, Institute, Trade Union, Apprentices, Tradesmen, Working Men, Technical, Temperance, and so on.

Some even show when they met by including Wednesday, Thursday or Saturday Afternoon in their name, mostly being trade or shop assistants' clubs who held their runs on their half-day off from work. There was a multiplicity of clubs in concentrated areas and I once listed 93 in the Edinburgh district and recently found over 80 before the year 1900 in the Teesside area alone.

There were far more ladies' club before the turn of the century – I know of 24 – than there have been during the present century.

With the present century styles and titles changed again and the descriptive "Wheelers" came into vogue as an alternative to "Cycling Club" and also "RC" which sometimes stood for "Road Club" and sometimes "Racing Club".

Clubs formed at the time of Royal occasions were topically named Victoria (there were scores of these), Jubilee, Crown and Coronation. Pubs have been commemorated through clubs having their meeting place or HQ there. Roads, too, have been perpetuated as in North Road CC, Bath Road Club, Brighton Road CC, Portsmouth Road CC, North Circular CC and A5 Rangers CC.

Clubs have been formed to bring together riders of certain makes of cycle or workers in various factories in the cycle industry, ie Otto BC, Rover CC, Raleigh CC, Dunlop CC and, more recently, Moulton Bicycle Club.

Numbers have also shown up quite liberally as in 34th Nomads (formed in 1934), 29th Wheelers (formed on Leap Year day), 32nd Association, named after the 32nd milestone on the famous East London course, the 48th Wheelers, after the milestone on the Great North Road, and the 40-Plus CC for veteran riders.

At the time of the British League of Racing Cyclists the name Coureurs was widely adopted and other French titles also used.

The next fashion or phase was to put "CC" before the club name instead of after as in CC Islington. During the last 20 years or so Velo Club or Club Velo has been

popular, sometimes placed before, sometimes after, the club name. One of the latest variants to be adopted has been "RT" for Racing Team. In these days of sponsorship many clubs add the name of their sponsor to that of the club.

Clubs were formed at Army depots, RAF stations and naval depots through members with a common interest being thrown together away from their home clubs. Some were even formed by British servicemen overseas, the most famous of which is the Fraternity of Buckshee Wheelers with over 50 clubs all over the Middle East. Others were the Compania CC in Italy and the Mediterranean theatre of war, the Jungle Roamers CC and the Tropical Twiddlers CC, both in Ceylon and one in Malaya. In the days of National Service following the war, clubs were at almost every RAF station (I have 77 on my list) and an inter-services association was formed.

The national bodies between them have produced a very long list of area associations and sections as in the Cyclists' Touring Club, the private members' groups of the former National Cyclists Union, local clubs of the St Christopher's Catholic CC, the districts of the Road Time Trials Council and the divisions of the British Cycling Federation. Other regional associations have been formed throughout the period of our story where groups of clubs have combined to create local road record associations, time trial combines, track leagues, bicycle polo leagues, etc.

Many of the CTC and NCU sections formed yet other clubs as racing offshoots, such as the Westerley Road Club from the West London area of the old Metropolitan DA and the Allondon Road Club from the NCU private members.

Various Fellowships and Associations have also played their parts to bring together cyclists with common interests such as Old Timers, 24-hour riders, 300,000 milers, tandemists, Cape Wrath visitors, etc.

In recent times we find the Action Groups which press for better facilities and consideration for cyclists in many areas.

Club badges have also varied greatly with the changing times. Originally an embroidered or silver badge was worn on the front of the pillbox hat, later a lapel badge to be displayed in the jacket lapel.

In the 1880s monograms were greatly in favour with just the initials of the club intertwined making present-day identification of badges almost impossible. One

correspondent wrote to me asking me to identify a four-letter monogram badge and I sent him a list of 26 clubs to which it might have applied!

Silver gave way to badges cast from base metal, mostly with enamel ornamentation in the club colours and these have been the most common type for the longest period – something like 80 or 90 years. These have now given way to cheaper plastic types. The badge of the Bath Road Club in earlier times was made of ivory and later of bone.

More modern clubs have never sported any of these types, their badge or logo being embroidered or printed on their vests and jerseys.

Look how cyclists' dress has changed over the years, from the very formal uniforms aping the volunteer regiments of the Army 100 years ago to the multi-coloured sports clothes of today.

In between we have had breeches and Norfolk jackets, plus-fours followed by plus-twos, shorts and alpaca or "ice-cream" jackets, back to knickerbockers and jerseys and now most club riders use kit almost as for racing or, perhaps, track suits.

I think there has always been far too many clubs, particularly in the decade before the last war when new clubs constantly appeared. The large majority only lasted two or three years, always being replaced by others. I have never ceased to wonder why so many tiny local groups, with little or no experience, formed new clubs when the old and well-established clubs, able to provide all facilities and a wealth of experience, already existed. It is said, too, that so many good old clubs died out for lack of support while new ones were being formed around them which did not last. Why was it? Did the instigators of these new clubs fancy themselves as officials who they automatically became rather than be a small fish in a bigger pond? Of course, two world wars sounded the death knell of hundreds of clubs, their membership being so depleted by the call of young men to arms, that they never survived the war years or were unable to return afterwards.

Strangely enough, there are about the same numbers of clubs today as there were a century ago, approximately 1,000.

Since I became interested in the development of our clubs, most of a lifetime, I have collected the names of about 12,000 in the British Isles from 1869 to date, and of these only about 26 survive today with a century or more behind them.

My list is as follows:

- 1874 Peterborough CC
- 1876 Hasting & St Leonard's CC
Leek CC
Speedwell BC
- 1878 Brighton Excelsior CC
Polytechnic CC*
- 1879 Anfield BC*
Norwich Amateur BC
- 1880 Bath CC
Crouch Hill CC*
Notts Castle BC*
- 1881 Anerley BC
1882 North London CC
Southgate CC*
- 1883 Finsbury Park CC
Manchester Wheelers Club
- 1884 Woolwich CC
- 1885 Dukinfield CC
North Road CC*
Redditch Road & Path Club
- 1886 Bath Road Club
Catford CC
- 1887 Ipswich BC
Sharrow CC
Unity CC
Worthing Excelsior CC
- 1888 Shaftesbury CC
Vegetarian*
Worcester St John's CC

it may be incomplete or that some of the above may no longer be extant and I am sure there will be some corrections!

I have not included the Pickwick BC or Stanley Club as they are no longer active cycling clubs. Some in my list have had changes of name and one or two may have had breaks (the Southgate did, from 1916-1922).

I apologise to any club left out and I am sure "Cycling Weekly" will be glad to hear from you to bring my list up to date.

Those clubs listed above against which I have shown an asterisk are not listed as being affiliated to British Cycling, thus I assume they no longer exist.

The Fred Peachey '25' was won this year by Ben Instone, who is a member of the www.scientific-coaching.com He is also sponsored by Planet X Bicycles, Lynskey, Nemesis Active and Torq. thus another style of cycling club name comes into being. Will Ben's club be in existence in 120 years' time? I don't think so!

I am endeavouring to ascertain which other clubs were formed in 1889.

Brian Saxton
Club Archivist

THIS MONTH 60 YEARS AGO IN THE DIN

The Autumn "25" for the Golden Jubilee Bowl was won by Peter Gunnell in a time of 01:03:17 to set a new course record, there were 19 starters.

Frank Wynne - Club Champion - 1949

Congratulations to Frank on becoming Club Champion for 1949. To Frank, a veteran of over 40 years of age, comes an honour of which he is worthy, one which surpasses his many achievements attained during his racing career, and one of which he is indeed proud -Club Champion of our Diamond Jubilee Year.

25 -1:05:43 - 50 - 2:17:05 - 100 - 4:48:41 - - - - 21.831 m.p.h

Sam's cycle trip from London to New Zealand!

At the beginning of next summer when I graduate from University I and my two good friends Chris and Scott will be cycling to New Zealand 16,000 miles away! We plan to leave at the beginning of June. The journey will take us along the banks of the River Rhine, down along the Slovenian and Dalmatian coast before heading East eventually into Turkey. From here we plan to traverse the high mountains of the Karokoram Highway and make passage through Iran, Pakistan and India eventually into the Himalayas. From here we will head North into China where we will over winter teaching English.

When good weather finally returns in the Spring we will make leave going South through Burma Thailand and Malaysia, before island hopping along the Indonesian Archipeligo for Australia. We will take in the entire breadth of the country cycling from Perth to Melbourne, at which point we will catch a ferry to New Zealand. Simple as :).

We decided to raise money for Oxfam, and the money we aim to raise will do much great work . The things that we take for granted such as clean running water and education are something many of these people can only ever dream of. Hopefully we can play part in helping change this, and this is where you come in.

Please contribute, and help raise money for this urgent cause by going to www.justgiving.com/sam-fensterheir

Contact Info

Email:



Diary Social/Club for 2009

Sunday	1 -November	Club run to the Down Hill	10:00
Friday	6 November	Belgium Night at Blackheath Harriers	19:00
Sunday	15 November	Newnham Remembrance Service	10:30
Sunday	13 December	Richmond Park Christmas Social Ride	09:00

Club & Inter-Club Events for 2009

Sunday	4 October	11.00	Hill Climb	Titsey Hill	GH/31
			<i>And followed by Lunch at President Roy's home.</i>		
Sunday	25 October		KCA Relibility 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 28th OCTOBER

Anything for inclusion please send to:

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