

# DE LAUNE



**CHRISTIAN RUDOLF**

**IN THE CLUBS PROMOTION AT CRYSTAL PALACE**

**EVANS**  
CYCLES.COM

**AUGUST 2010**

## Sam's cycle trip to New Zealand

Sam set off on his ride to New Zealand on the 1st June and you can keep up with his journey on the following site - why not send him an e-mail I am sure he would like to hear from some of us.

<http://www.travelpod.com/travel-blog-entries/samuelfensterhe/1/1268217748/tpod.html>

Sam is doing this ride on his own and finding accommodation as he travels using the following web site:- [www.couchsurfing.org](http://www.couchsurfing.org)

A volunteer-based worldwide network connecting travellers with members of local communities, who offer free accommodation and/or advice.

**By Sunday 25th July he has covered 5880 kilometres**



One of our members asked me if I could help with any information on the "ULTIMATE BIKE"

If you are interested this can be found at:-

**[www.bikebrothers.co.uk/ultimatebike.htm](http://www.bikebrothers.co.uk/ultimatebike.htm)**



A good web site for results on the Kent courses is.

[www.rye-cycle.co.uk/results2/page812.html](http://www.rye-cycle.co.uk/results2/page812.html)

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

1889 DE LAUNE 2010  
CYCLING CLUB

## PRESIDENTS REPORT

In writing these reports I am ever conscience of avoiding stepping on other members toe's, after all you don't want to read about the same event two or three times so I endeavour to keep all event mentions as briefly as possible. Having said that, I cannot pass over the Brighton Lunch, it was a great day and thanks to Tricia and Dot for their efforts in organising it once again. For Lyn and I that day was a double special occasion as we celebrated our 40<sup>th</sup> wedding anniversary and it was my first 'official' function as President. We would like to thank you all for the dozen red roses and bottle of bubbly, they came as a great surprise. Lyn and I stayed in Brighton after the Lunch at the Hilton Metropole for 2 nights. Lyn thought we were staying at the Travelodge, quite a few people knew of my 'secret' but thankfully it stayed that way.

As I type this the club will have a busy time in the next few weeks, with the 2 promotions Jon's '10' Ian's '25' and our Memorial run and BBQ. All in the past by the time you read this, but the mid summer '25' and OMA '10' immediately follow the above on the 8<sup>th</sup> and 14<sup>th</sup> August. I hope Roy will be fully recovered for the OMA '10' so he can give Alan some stiff competition. (latest has it Roy will not be riding)

Congratulations to Sarah, again! in reducing her Ladies vets record to 25.52secs on the Horsham

### PRESIDENT

**MALCOLM ADAMS**

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### CHAIRMAN

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### MEMBERSHIP

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course (G10/57) To Jon for his first '50' (SCCU) producing an excellent time of 1.55.28. Alan, again! reducing his '10' time to 23.42 in the Kent Vets '10' on the Thanet Way (Q10/30) I believe both of Alan's times are Kent Vets records (don't forget to claim Alan).

In the Kent Vets '10' on 11<sup>th</sup> July Alan and I were both in the 'medals' Alan was 1<sup>st</sup> on standard and I was 5<sup>th</sup>. We also took the open vets team award, and the Ernie McMillan shield for the Kent group, this our 3<sup>rd</sup> win in this event, equalling the partnership of Mick Dongworth and Dick Berkeley. Our plus on age standard was 15mins 45sec, only Mick Dongworth and Roly Crayford have a bigger plus (17mins.55sec) since it's inception in 1984, so I am afraid Alan will have to go a bit quicker next year. The previous weekend saw Ian, Jon, Sarah and myself riding the 'Fairies 10' on the Harrietsham course (result elsewhere) I was second on age standard thus once again 'in the money' I could really get used to this but I am told this moment of glory only lasts for a couple of seasons for the average vet. Alan has been raking in the money for quite a few years but of course he is not your average vet.

I mentioned in the May DLN, that if anyone was interested, I would arrange a visit to Cliffe at Hoo and go to St Helens Church where the Faunces are buried and I have had some positive feedback. This will be combined with a bike ride, and a walk for the less energetic, but maybe if Kav is in charge the walk might turn out to be the greater of two evils. I went over to Grain last Monday with Lyn (12<sup>th</sup> July) and we have 'found' a suitable pub, The Horseshoe & Castle at Cooling (the baguettes can be recommended). I think a meeting of around 10.00am would be suitable, in the car park adjacent to St Helens Church. A bike ride of about an hour and a half to two hours maximum, so arriving at the pub by midday (lunches served until 2 o'clock). Then a visit to the church after lunch, I have spoken to the Vicar and it should be no problem in obtaining the key to the Church. Likewise the pub can accommodate us, with a little notice. This will be a midweek visit, and at the moment, a Wednesday would seem to be a good day, and I believe, in fitting with our 'regular walkers.' August is almost upon us so I am proposing sometime in September. This will give me time to talk to Kav on his return from the 'Tour' and also to Lennie Brown who knows the Isle of Grain and can perhaps map out a route for the bike riders. I will advise a date next month.

Malcolm

## “KAY’S REPORT”

Sunday the 25th July and just back from the France after watching the Tour of France with my old friends Tich, Stax and Gordon. Did we take bikes? No we like to do it in style. We drove in Tich’s new BMW with more gadgets than the TV gadget show. Did he know how they worked? No he did not. Tich had the dreaded GPS on. She told him to “turn left” so we turned left into a builders yard and then she told us “in two hundred yards” The lady talking to us from the GPS sounded if she had a cold so we had a job understanding what she was saying. By the end of the week she was sneezing! We read the instruction book to Tich on the way down so all was okay.

Our first stop was Deauville on the coast; our second was Sarlat in the Dordogne, and the third was up in the Pyrenees in a place called Aramits, about 15 miles from the Spanish border. It was so high up we got all the bad weather.

We had chalet accommodation. When we turned up we were greeted by John and Margaret the owners of the chalets who had said ‘Come in to our house and see the Tour on the TV’. It was full of British and Australian cyclists who did not want to go out to see it because it was raining!

We had some good days in the sun seeing the riders come through from the Tourmalet and a few days later going up. The format is to see the riders come through (and it only takes a few seconds) and then dash to a bar with a TV to see the rest of the race. We have got it to a fine art!

The best day for us was the time trial through the vineyards from Bordeaux. The weather was so hot that Tich and Stax found a table in a bar at the side of the road and raised the glass every time a rider came through.

Considering the cost of petrol, motorway tolls and hotels in France, we decided that we would not eat midday, to save the kitty. Well you cannot have everything.

Did you see a program on ITV last month called Britain Broken Roads? It was all about the state of the roads in the UK. They interviewed different types of road users and all had a sad story to tell. One was a racing cyclist

who had ridden a road race that had to be cancelled half-way through because of riders coming off due to pot-holes. Some of the riders ended up in hospital. A lady cyclist had her photo shown. Her face was a terrible mess after coming off due to a bad road surface.

They said in the program that due to lack of money in some districts, that it would take something like 240 years for secondary roads to be repaired!!

At the weekends I take club runs for the San Fairy Ann CC with about 20 riders. I have always looked for the country lanes to keep away from the traffic - now I have to think twice. We now have cars going through narrow lanes at about 30 to 40 miles per hour with room for just one car. In most cases we meet them head on. I can only think that the cars are using the lanes more, due to the GPS's.! The dreaded pot-hole is around every bend and I am now having second thoughts about the lanes. Major roads, in some cases, are safer; the road surfaces are better and the traffic tends to give way to large groups but not always. It makes you think.



*Photo by KAV*

## DID YOU KNOW Faunce family in Rochester

### Sir Robert the Cavalier

Robert brother of Thomas (4) became Sir Robert in 1660, being knighted by Charles 11 (when he was restored to the throne) "for his loyalty."

Sir Robert married 3 times (all named Elizabeth) his first 2 wives died within two years of one another. The 2<sup>nd</sup> wife Elizabeth Head died in childbirth (their daughter Elizabeth survived) Elizabeth Head was the daughter of Sir Robert Head the first baronet of a wealthy Kent family. In December 1668 James 11 spent his last night in England prior to his flight overseas in Sir Richard Head's house. King James left at midnight on the 23 December and went down to the river, which was behind the house at that time, and was rowed to Sheerness. It took some 6 hours, due to strong winds and turning tide, whereupon he went aboard the flag ship 'Eagle and arrived in France at Ambleteuse on Christmas day. Head later gave "Abdication House" to the Church and was used as a Bishop's residence, it is now the home of Lloyds Bank. But the building has been greatly modernised (see pictures) There is a 17<sup>th</sup> century plaque bearing a portrait of Sir Richard in Rochester cathedral.



Sir Robert Faunces' 1<sup>st</sup> two wives are commemorated by a single gravestone in St Nicholas' Church Rochester which stands next to Rochester Cathedral.

Sir Robert had six further children by his 3<sup>rd</sup> wife Elizabeth Bassington. He died in 1715 and was buried in Aylesford Church, where there is a wall memorial.

SIR ROBERT FAUNCE, of Maidstone, gave 10s. per annum, to be distributed to the poor on St. Swithin's day, and 10s. more on that day to the clergyman for reading prayers, to be paid out of land in this parish, (Aylesford) now vested in Mrs. Milner.

Thomas (5) next month, back on the direct line to our founder.

NOTE. Once again I googled for more information which lead to me finding the references to Sir Richard Head, Abdication House, James 11 and the photos.

The Plaque reads, King James 11 of England and VII of Scotland Stayed at this house as the guest of Sir Richard Head before embarking for France on the 23<sup>rd</sup> December 1688. When he finally left England



Also found “ ....Sir James Wilsford, of Ileden, who in 1668 sold this seat to Sir Robert Faunce, of Maidstone, who afterwards resided



here. He was first of St. Margaret's, Rochester, and resided afterwards at different times at Cosington, in Aylesford, Ileden, the Precincts in Canterbury, Bekesborne, Betshanger, and Maidstone, and lies buried at Aylesford. He bore for his arms, Argent, three lions rampant, sable, collared, or. In 1679 he alienated this seat to John Cason, esq. afterwards of Ileden.....”

Ileden is a seat of the Kingston Parish 5 miles SE of Canterbury in an area which over the past 35 years I must have passed by, when out on my bike, on many occasions. I will now make a point of finding the exact location.

WHAT A PEDIGREE OUR CLUB HAS.

On our visit to Grain, Lyn and we went into Rochester and located the bank. It is now very difficult to envisage the river running behind the building, as the traffic by passes the High Street at the rear of the building. Unfortunately Rochester Cathedral was closed to the public for a couple of hours so we will return at a later date.

Malcolm.



## De Laune Cycling Club

1910 continued to be a great success. Two cricket matches were arranged against the Oval CC and Morley CC, club tandem standard times and tricycle standard times were set for 50 miles however members already in possession of a standard medal for this distance/discipline were banned.

An incidence of improper behaviour at a garden party was brought to the attention of the committee. The Gen Sec reported 'that certain members had become rowdy, causing breakages of other peoples property and all attempts to keep order and all appeals to these refractory members only brought down ridicule upon himself. These acts of hooliganism are likely to bring the club into disrepute, and the committee were asked to take drastic measures to curtail behaviour. On another occasion the paper japanese lanterns were deliberately broken. A further incident which caused much table banging, concerned a showcard being thrown across the room, striking the gas bracket, breaking the globes and mantles rendering damage to the sum of 2/3d. The culprit insisted the act was an accident but was duly admonished.

The active membership in 1911 stood at 80 with a healthy bank balance. An incident reported at the AGM concerned a Mr. Bickford of the Putney CC who, whilst riding at a local sports meeting in Hounslow, fell at a bad corner and as a result had permanently lost his sight. This disaster all the more terrible when his only support is a widowed mother who previously had depended partly on his earnings to keep the home together. It was hoped to raise sufficient money to pay some institution to teach him a trade for the blind, his age at present was proving to be a stumbling block to his admission. The club agreed to donate 1 guinea from club funds to the collection, and in true De Laune style a box was passed round the meeting and a further £1.9s.0d was collected. A further collection was made later in the year and raised £2.13s.6d from donations from club members and passed onto the Putney CC.

A popular activity for the past 5-6 years had been the arrangement of a club photo – taken at the start of the October clubrun – the cost of the

photo to members was 1/- and everyone was encouraged to purchase this keepsake. A large version of the said photo was arranged, framed and placed on the club meeting room wall.

By 1912 our membership had risen to 109. Apart from the normal activities further new ones were agreed upon at the AGM. A paper chase and a Hare and Hounds club run. The popularity of the football matches was so great that any member playing or attending one could claim a clubrun point. The secretary was complimented on managing to obtain, free of charge, 23 packs of playing cards from various whiskey firms. A change of venue for the August tour. Accommodation was booked at The George Inn, Newnham as the Chequers was unavailable. November minutes recorded that a number of younger members had been attending the club dances and with a little help from the older members they could be encouraged to become 'dancing men' thus making our functions more popular and profitable – dancing classes were to be arranged for 'learners'. Plans were made to promote a steak supper and a ladies night in the new year. Concerns were raised that the anticipated diners for the club dinner could reach 90 far exceeding expectations of 50 – venue to be informed.

Although a slight loss was recorded in 1913 the general feeling within the AGM was of optimism, many clubs south of the Thames had disbanded through lack of funds, enthusiasm, workers and support, all of which was in abundance with the De Laune. The officers had carried out their duties efficiently and effectively and 'members had been kept up to scratch'. The Secretary 'begged members not to rashly vote for additional races or medals/prizes for races – such action would only attract the undesirable pot hunter to the club and would cause many of our present members to forsake their sportsmanlike attitude in the fever of trying to get valuable medals and prizes'. A subscription list was opened with the purpose of presenting Mr Faunce De Laune with a wedding gift. A suggestion was made to donate £2 from general funds however this was not undertaken as the committee had no power to grant money to any individual to purchase a gift from the club funds. £2 was eventually collected from members, a Persian

carpet was purchased costing two pounds four shillings, therefore 4 shillings to be sanctioned from club funds subject to approval at the next meeting.

A novelty race was organised over 5 miles when all competitors should submit the time they propose to do it in. All watches and or timing apparatus to be confiscated. The person finishing in a time nearest to their estimation to be declared the winner.

In June 1913 it was reported that a club member, Albert English, had been knocked down and killed by a motor bus in the Old Kent Road. The Secretary had exchanged correspondence with the Home Secretary of the day and other authorities in order that all the facts of the incident be examined. Compensation was being sought from the omnibus company. A sum of £10 was agreed.

A protest had been lodged with the NCU regarding their Utility Ride (today's version of a reliability ride). It had come to light that 'teams were placed on the result list by means of guessing at the times they arrived at the intermediate controls'. The De Laune had been penalised by 2 points as a consequence, the protest was not upheld because it could cause further complications to other clubs. (moved on a bit since then !)

Although the membership stood at 84 – the Christmas run attracted 57 of them out for a ride around Bushy Park. The Secretary rounded off his end of year report with The De Laune was a club that anyone should be proud to be associated with and it was the members who had made it so.

Val the Peach



From the April 1954 DLN - As the cost of stationary is still very high, it would be a great save if more members were to return their old envelopes to Mark from time to time.

And it is still going up, Ed.

## RACING RESULTS

### VC Elan 10 Mile Time Trial (3 of 4) - 17 June 2010

				LTS	Vet St	Finish
1	David Wheeler	In Gear	VET	19.38	25.54	20.27
27	Alan Rowe	De Laune CC	VET	22.58	32.30	24.04
44	Malcolm Adams	De Laune CC	VET	25.22	32.30	26.42

### Farnborough & Camberley 10 - 19 June

Mark Wadley	De Laune	27.26
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### VC Elan 10 Mile Time Trial (4 of 4) - 24 June 2010

1	Kevin Tye	Data Team All Stars	VET	19.34	27.07	19.19
61	Malcolm Adams	De Laune C C	VET	25.22	32.3	25.29
	Alan Rowe	De Laune C C	VET	22.58	32.3	DNS Apol

### Horsham Cycling 10 - 26 June 2010

1	Keith Coffey	Bec CC	00:20:55	V	4.47
5	Jon Archdeacon	De Laune CC	00:21:31	V	4.23
25	David Haggart	De Laune CC	00:23:32	V	3.48
43	Sarah Archdeacon	De Laune CC	00:25:52	L/V	1.15

### SCCU 50 - 27 June 2010

1	Rupert Burbidge	Redhill CC	01:49:30		
11	Jon Archdeacon	De Laune CC	01:55:28	V	23:37
41	David Haggart	De Laune CC	02:07:15	V	19:17
61	Sarah Archdeacon	De Laune CC	02:20:20	WV	14:03

### San Fairy Ann CC 10 3rd July 2010

1	Will Mangar	Ingear QuickVit Train	21.12	
8	Jon Archdeacon	De Laune CC	22.54	
14	Ian Silvester	De Laune CC	23.20	
31	Malcom Adams	De Laune CC	26.59	
37	Sarah Archdeacon	De Laune CC	27.47	

### Charlotteville '25' - 3rd July

1	Alex Dowsett	U23 Trek Livestrong/Radioshack	00:48:52	00:47:50
38	Dave Haggart	De Laune CC	V 01:00:25	01:01:14

### South Eastern RC 10 - 10 July 2010

1	Peter Tadros	In Gear Quickvit RT	00:19:43	S	
9	Jon Archdeacon	De Laune CC	00::21:47	V	04:07
25	David Haggart	DeLaune CC	00::23:24	V	03:56
58	Sarah Archdeacon	De Laune CC	00::26:03	LV	01:04

### VTTA KENT GROUP "10" - 11 July 2010

#### VETERANS AWARDS

1 <sup>st</sup> on Age Standard	Alan Rowe	De Laune CC	+ 8.48
5 <sup>th</sup> on Age Standard	Malcolm Adams	De Laune CC	+6.57
1 <sup>st</sup> Team of 2 on Age Standard	Alan Rowe / Malcolm Ada		+15.45

#### KENT GROUP CHAMPIONSHIP

1 <sup>st</sup> on Age Standard	Alan Rowe	De Laune CC	+8.48
McMillan Shield	Alan Rowe / Malcolm Adams	De Laune CC	+15.45
1	K Tye	Datateam Allstars	V 19-28
11	I Silvester	De Laune CC	V 22-19
26	A Rowe	De Laune CC	V 23-42
38	M Adams	De Laune CC	V 25-33

### Bec Cycling Club 10 - 17 July 2010

1	Steve Dennis	East Grinstead CC	00:20:08	V +6:46
10	Ian Silvester	De Laune CC	00:22:45	V +4:09
42	Mark Wadley	De Laune CC		V DNS (apol)

### Gravesend CC Open 25 (reduced to 23.4 miles) - 18 June 2010

	David Wheeler	In Gear RT	00:53:36
21	Chris Cowlard	De Laune CC	01:04:06

### Bec Cycling Club 25 - 18 July 2010

1	Steve Dennis	East Grinstead CC	V47 (S&S)	00:51:12
11	Jon Archdeacon	De Laune CC	V42	00:56:55
53	David Haggart	De Laune CC	V49	01:03:42
80	Jayne Wadsworth	De Laune CC	W	01:08:03
85	Sarah Archdeacon	De Laune CC	WV40	01:09:53

### DE LAUNE CC 10 - 24 July 2010

Full results on pages 14 & 15

### SCCU 100 - 25 July 2010

1	Rob Pelham	Lewes Wanderers	3:52:40	
27	Chris Cowlard	De laune CC	4:37:20	+53:58

# **RESULTS OF THE DE LAUNE CC OPEN 10 MILE TIME TRIAL**

Promoted for and on behalf of Cycling Time Trials under their rules and regulations  
HELD ON SATURDAY 24th JULY 2010 - COURSE Q10/22 - START 7:30 am

Start Timekeeper: Tony Peachey - De Laune CC

Finish Timekeeper: Peter Baker - San Fairy Ann CC

Recorder: Val Peachey - De Laune CC

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

020 8682 0308 / 07970 061 785. e-mail: [jonarchdeacon@mac.com](mailto:jonarchdeacon@mac.com)

**Generously supported by EVANS Cycles.**

Scratch Awards			
1st	£50	<b>Will Mangar</b> - InGear Quickvit Trainsharp RT.	20:47
2nd	£40	<b>Mike Piper</b> - San Fairy Ann CC	21:19
3rd	£30	<b>Malcolm Davies</b> - Kent Cycles RC	21:40

Vets on Age Standard			
1st	£50	<b>Alan Rowe</b> - De Laune CC	+07:58
2nd	£40	<b>Reg Smith &amp; Les Howell</b> - DCB Demelza RT P.C.A. - Ciclos Uno	+07:57
3rd	£30	<b>Phil Bull</b> - V.C.Elan - Harry Perry Cycles	+06:34
4th	£20	<b>Malcolm Adams</b> - De Laune CC	+06:08
5th	£10	<b>Andy Burrows</b> - Thanet RC	+05:00

Fastest Ladies			
1st	£30	<b>Miss Jayne Wadsworth</b> - De Laune CC	26:02
2nd	£20	<b>Mrs Sarah Archdeacon</b> - De Laune CC	27:40

Fastest Team of Three Riders on Scratch	
£10 Each	<b>De Laune CC</b>
Jon Archdeacon / Ian Silvester / Dave Haggart	
Total Time	01:10:02

Fastest Team of Three Riders on Vets Standard	
£10 Each	<b>De Laune CC</b>
Alan Rowe / Malcolm Adams / Ian Silvester	
Total +	+00:17:40

Congratulations to all who rode especially the prizewinners on what turned out to be a good bright morning.

My thanks go to the timekeepers and recorder, Peter Baker and Val and Tony Peachey.

Many Thanks to my clubmen and women who helped make the Open 10 a success:

The marshals - Alan Constable, Roy Savery and Steve Valentine.

Mike Peel for pushing off and Mark Ballamy for the results board.

Claire Silvester for the tea bar with help from Ian and Nigel.

Dave Haggart for help with the signage.

I hope to see you all next year for the De Laune Open 10.

# RESULTS

1	Will Mangar	InGear Quickvit Trainsharp RT	S	20:47	
2	Mike Piper	San Fairy Ann CC	S	21:19	
2	Malcolm	Davies Kent Cycles RC	S	21:40	
4	Phil Bull	V.C. Elan - Harry Perry Cycles	V54	21:51	+06:34
5	Tim Bayley	Arctic Premier RT	S	21:53	
6	Jon Archdeacon	De Laune CC	V42	22:37	+03:17
7	Reg Smith	DCB Demelza R.T	V64	22:48	+07:57
8	Michael Gore	San Fairy Ann CC	S	22:54	
9	Mark Wright	DCB Demelza R.T	V41	23:08	+02:34
10	Ian Silvester	De Laune CC	V47	23:20	+03:34
11	Martin Brown	70aks Tri	V49	23:32	+03:48
12	Dave Haggart	De Laune CC	V49	24:05	+03:25
13	Peter Thomas	West Kent R.C	V49	24:20	+03:00
14	Alan Rowe	De Laune CC	V71	24:32	+07:58
15	Mark Abela	Kent Cycles RC	V43	24:46	+01:20
16	Lee Russell	West Kent R.C	S	24:58	
17	Les Howell	P.C.A - Ciclos Uno	V74	25:21	+07:57
18	Chris Cowlard	De Laune CC	V56	25:31	+03:21
19	Paul Hyde	Kent Cycles RC	V54	25:59	+02:26
20	Jayne Wadsworth	De Laune CC	L	26:02	
21	Malcolm Adams	De Laune CC	V71	26:22	+06:08
22	Andy Burrows	Thanet Road Club	V67	26:30	+05:00
23	Richard Hooper	Army Cycling Union	S	26:39	
24	Ken Gardner	CC Bexley	V66	27:12	+04:03
25	Mark McConnell	San Fairy Ann CC	V50	27:14	+01:24
26	Simon Lowe	De Laune CC	V44	27:15	-00:57
27	Sarah Archdeacon	De Laune CC	LV	27:40	-00:33
28	Sally Smith	Medway Velo's	L	27:51	
29	Mike Perry	San Fairy Ann CC	V65	28:03	+02:57
30	Nigel Smith	Medway Velo's	S	28:13	
31	Nigel Scales	De Laune CC	V54	29:08	-00:43
32	Duncan Leith	34 Nomads	V66	DNF (Punctured)	
33	Damian Cairns	San Fairy Ann CC	S	DNS	
34	Adrian Lyons	GS Invicta	V45	DNS (Apologies)	

## Club Clothing News

As promised last month here are the details of club clothing held in stock. If you require any items please let me know and I will arrange delivery as appropriate in exchange for money !! Otherwise I will be in trouble with the Treasurer.

### Club Clothing Inventory

	<b>Xsmall</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XI</b>	<b>XXI</b>	<b>Cost £</b>
Jersey s/s	2	2	2	3	2	1	28.00
Jersey l/s	1	2	2	2	1		30.00
Skinsuit		3	4	3	2		54.00
Bib shorts		2		3			33.00
Bib tights		1		1			37.00
Tights		2	1		1		25.00
Arm warmers		2	2	6	2		8.00
Leg warmers		1		1			10.00
Knee warmers			1	1			7.00
Winter jacket				1	1		54.00
Leisure jacket		1	2				15.00
Gilets			3	1	2		30.00
Polos		6	5	5	3		5.00
Sweatshirts		5	3	2			10.00

### **Sponsored clothing**

Bib shorts	1						10.00
Bib tights	1						15.00
Shorts mens	3				2		8.00
Shorts ladies	1 (12)	2 (14)					8.00
Skinsuit s/s					1		15.00
Skinsuit l/s				1			15.00
Jacket no sleeves	1						10.00

All sponsored clothing will be OK for training/leisure riding (cannot be used for racing).

Small quantity of sponsored triathlete clothing of swimming trunks, running shorts and singlet vests – offers welcome !

Tony



## LETS TRY CLIMB THE MOUNTAINS



LEN DOUBLE yes he is still a member and has just been one of the 10,000 competitors in the “L’Etape” du Tour” the agonising 113 mile stage of the “Tour de France” open to mere mortals, and this is what he had to say.

I did finish, just. It was the hardest thing I've done in my life. I have never ridden at altitude before and having talked to various people it sounds like my body couldn't cope with it. I have never experienced the feedback my body was giving me and I went into survival mode from the first climb onwards. I just had to finish as I didn't want to let anyone down. I was on the ride for 12 hours with the stops but my actual riding time was 10hrs. 40mins which would have been ok.



I am not disappointed as I did finish even though it was out of the official time zone. I have no excuses, my legs were fine and could not have done anymore on the day. At least I can say, been there, done that, got the T shirt and I did get a finishers medal!

If anyone is thinking of doing it in the future, treat it with respect and train hard. I did and still struggled, but it really was an amazing experience.

Len.



# **Dunwich Dynamo**

**by James Lyon**

24th-25th July, anyone up for it? 200km from Hackney Marshes out to the Suffolk coast overnight.

Well that was a great night out. Rode up to London Bridge with Jayne where we met about 400 Dulwich Paragon people\*

Rode up to London Fields where there were thousands of cyclists and bikes of all shapes and sizes. We left surprisingly early, just after 8pm and almost immediately I lost my friend Hayley who we'd met up there. The Paragon group splintered as well with so many riders around and it ended up being just me and Jayne for the early part, belting along at about 18-20mph.

About 30 miles in Hayley phoned to say she was with another Paragon group and we met up by chance about a mile down the road. The group headed out to the first feed station at an average of over 18mph (that average includes the stop-start through North East London so we were really going for it!)

We were one of the first lot into the mid-way village hall, sat down for coffee and rolls then Hayley and I left before the others having decided that their pace was a bit too rapid for us! We still made pretty decent time, it was a warm night, gentle tail-wind and there were plenty of people to ride with. We stopped briefly a couple of times but kept a reasonable pace going and got to the beach about 4.30am The cafe was already open but there was plenty of space and, by the time our breakfast was delivered, the Paragoners and Jayne had arrived. Hayley and I went to sleep on the beach for a bit then rode off to Darsham Station about 5 miles away just as the DP's were packing their hired van with their bikes for transport back to London.

Great night out, lovely weather conditions and back in time to watch the fina stage of the Tour!

\*Ok so it was about 25 DP's but it looked like a lot!

**by Nigel Scales**

Yup, a great experience, though my legs didn't share the enthusiasm on the farm-track section near the end ("the "By Road" route to Dunwich where the effort

of keeping out of the gravel in the centre and edges of that narrow route while maintaining forward motion on the uphill bit overcame my sense of humour at the time! (Well, my longest ride this year is 50miles...)

The pace of even the slower Dulwich Paragon group was a bit much for me once gradients got involved so I backed off (or rather didn't push to rejoin after a slope) about 10kms before the feed. I gorged myself there - excellent choice, loaded 2 more bottles (One "Go" and one "PSP-22" as it was cooling down a bit) By then I'd drunk 1L of water and 2x75ml "Go" and was soaked in sweat. Jayne kindly arranged a place for me on the DP coach since she could see my "ride home" plan was looking ill-advised on health & safety grounds! though this then meant I had no choice but to concentrate and push on even if I felt like slowing down a little to make the bike van loading/coach departure cut-off (you never know when you might have a mechanical etc)

In the end I got to Dunwich some time between 5.30am-6.00am (can't remember but think nearer 6am) hoovered up some cake then headed for the DP bike van. Jayne sorted out my addled thinking (I couldn't seem to grasp the concept of removing the bottles from the bike for transit, or at least not turn it into action).

I slept through the ride home, dreaming of next year, and arrived just after my wife came down for breakfast - fortunate, because otherwise I wouldn't have been able to get in without waking her 'cos of the security bolts on the door!

I recommend this experience to anyone. .

By Jayne Wadsworth

Great night out if the weather is on your side it is always a pretty special ride so maybe we can get a few more De Laune out next year!

Note, both Jayne & Nigel had ridden the Club 10 mile time trial before this night ride, Ed.

## Diary Social/Club for 2010

Sunday	31 October	Club run to the Down Hill	10:00
Friday	12 November	<b>Belgium Night</b>	<b>7.30/8.00pm</b>
Sunday	21 November	Newnham Remembrance Service	10:30
Sunday	12 December	Richmond Park Christmas Social Ride	09:00

## Club & Inter-Club Events for 2010

Sunday	1 August	06:30	Fred Peachey 25	Chilham	Q25/8
Sunday	8 August	06:30	Mid-Summer 25	Chilham	Q25/8
Saturday	14 August	07:30	OMA 10	Harrietsham	Q10/22
Sunday	26 Sept.	06:30	Autumn 25	Chilham	Q25/8
Saturday	9 October	11:00	Hill Climb	Titsey Hill	GH/31
Sunday	24 October		KCA Reliability Trial	Phone Kav 01622 726959	
Sunday	31 October	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 AUGUST**

Anything for inclusion please send to:

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