

MARCH 2011

DE LAUNE NEWS



Lance Armstrong having coffee on the table next to us, back view of Robbie on right.

Photo by John Geoghegan

CLUB NIGHT
SECOND MONDAY
OF EACH MONTH

Crown & Greyhound
in Dulwich Village

1889 DE LAUNE 2011
CYCLING CLUB

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THE PRESIDENTS REPORT



Well, by the time you read this, Spring, hopefully, will be around the corner and we can look forward to some warmer weather. No doubt the keen ones amongst us will have already put in some quality miles, and filling in those early season entry forms, as for me, I am just coming out of hibernation.

On Sunday 20th the club was well represented at the Kent VTTA dinner, Tony and Val, Dot, Jean and Alan, and Lyn and I. Alan collected an armful of trophies and I had a half share in a team award with Alan., still I won more raffle prizes than him As always an enjoyable afternoon was had by all.

February 29th is not on this year's calendar but somewhere between the 28th February and the 1st of March there must be a small gap to allow us to wish Bill Miles a Happy 99th Birthday, all the best Bill.

Whilst Dot was in Australia visiting Suzanne, she noticed in an Adelaide newspaper that a Miriam Faunce De Laune was marrying Ken McGregor, a well known former Australian footballer who played for the Adelaide Crows. Me being me I checked her out,

thinking she was one of the descendants of the earlier Faunce-De Laune settlers. Wrong! She is the GGG Granddaughter of our founder, and her father Alured Bonham is possibly the last surviving member of the family who lived at Sharsted Court, his father Hubert Bonham Alured sold it in 1950, when Miriam's father was 8 years old.

So Suzanne if you read this please keep an eye out for the wedding feature in your local press, as the wedding is later this year, and it would be interesting to read the 'who's who'

Finally, great news, for those of you who don't know, Herne Hill track has been saved. A fifteen year lease has been granted by Dulwich Estates, so work can begin, firstly, by getting a new track surface (£300,000) and hopefully more funds will be granted to rebuild the stand and other facilities (est. £5 million according to Cycling Weekly)

Well that's it for this month.

Malcolm

EDMUND FAUNCE (Our founder's Grandfather)

Edmund entered the military and joined the King's Own regiment in Canada in 1790, the same regiment as his distinguished cousin, Alured Dodsworth Faunce (Maj.Gen), Thomas (7) son (as I said last month more of Thomas' family much later)

Edmund was promoted Captain in 1799, Major in 1804, and Lt Col in 1812. His military career was not a spectacular one, although he took part in various campaigns. In 1813 he retired from the army.

In 1796 whilst in Canada he married Brydges Cox daughter of Col. Nicholas Cox . They had five sons and three daughters, .Edmund (our founder's father) Robert Nicholas (Maj. Gen), Bonham (Lt) Walter Beresford (Capt) Thomas Twysden, their 2nd born, died in 1812 age eight he was accidently drowned and was buried in St James' Colchester. Of the daughters I as yet have no information.



**Nicholas Cox,
Lieutenant Governor
of Gaspé**
Public Archives of Canada

Major Nicholas Cox took up duty as Lieutenant-Governor of Gaspé. His appointment reflected recognition of **Cox's** distinguished military service. He had been with the forces of Wolfe at the capture of the great French fortress of Louisbourg in 1758 and at the decisive battle for Quebec on the Plains of Abraham the following year. In the critical period of American invasion in 1775 he had once again played a prominent role as a Field Officer.

LOYALISTS OF CHALEUR BAY – GASPEZIA

In order to discover the history of our Loyalist ancestors who came to Chaleur Bay (Baie des Chaleur) Gaspé Peninsula in 1784, you must go back in time to a period of great strife in North America, following the French surrender to the British at Quebec and how that historical period impacted on the Thirteen American colonies.

From 1776-1783, the Loyalists made the long arduous journey from the Thirteen Colonies to Quebec where they were sheltered at Sorel on the Richelieu River and at Camp Machiche, at the mouth of the River Yamachiche, on the shore of Lake St. Peter, which is a 30 mile lake west of Quebec City converging with the St. Lawrence River. These camps were overcrowded with men, women and children of all ages.

Sir Frederick Haldimand appointed **Major Nicholas Cox**, as the first Lieutenant-Governor of the Gaspé, ordering him to scout possible areas for settlements for the Loyalists. In 1776/77, **Cox** made his first inspection tour of the Gaspé, where he established a temporary government seat at Gaspé and toured the Chaleur Bay.

From the Treasury

By the time you read this report the AGM will have been held and the club will be ready to start another year of promoting, racing and socialising. Even if you have been unable to get to the AGM your views are always welcome of how the club is being organised. If you would like to put forward any suggestions or changes, just let any one of the club committee know and we will do our best to incorporate your wishes into our calendar.

You will have noticed, no doubt, that no income was recorded from Evans Cycles on the AGM accounts. I have in fact received the normal cheque from our club member Mike Rice but it arrived after I had visited the auditors therefore I was unable to include this income in the accounts for 2010, the money will be included in the current year. As Mike has promised that another cheque will be forthcoming during the year our 'support' funds may seem a little high this time next year, but rest assured everything will be under control.

I am glad to report that subscriptions are trickling into David on a regular basis and also beneficial donations for which we thank those responsible. Don't forget I can reclaim some tax back on UK tax payers' donations as a consequence of our charitable status, so keep these donations coming.

One of the first 10 mile outings by club riders will be the VTTA 10 on Harrietsham which I am organising. I already have an entry from Simon Lowe with promises from Ian Silvester, Jon & Sarah Archdeacon and Jayne Wadsworth. Hopefully a couple more will be forthcoming. Quite a few members are coming out to help, with Claire as start timekeeper and Alan Constable & Alan Rowe marshalling and Tony in charge of signs and the result board writer-upper - he is the only one who has readable writing !!

More important is the Club open 10 on 2nd April organised by Tony - for those riding don't forget to get your entries in early and anyone wishing to help should book their spot early - we need less marshals this year so jobs will be at a premium. Anyone wishing to come out just for the chat will be very welcome. We are moving away from the Harrietsham course this year

and trying out a newly installed course. If you want to have a look over it the details are:

Course Details Q10/24

Grain - Fenn Corner RAB - Grain

Start on A.228 west of Grain village at the 'Slow Lorries Turning' sign approximately 350 yards east of Brit Ned/Barn Nuttall sign. Proceed west on A228 to turn at Fenn Corner roundabout (5.27 miles). Retrace on A.228 to finish at the triple National Grid sign approximately 100 yards west of Gate F. (10 miles).

The course is pan flat, with no traffic and no trees. It is sometimes windy.

More next month.

Val the Peach



YOUR HELP IS NEEDED

The Club's promotion in the South East Road Race League will be a 120km E/1/2/3 race, on Sunday April 10th using the Brenchley course.

The start of the race will be at 9.30am so marshals will need to be there earlier for pre-race briefing and to get into position. Based on last year we would need 9 marshals and 3 cars (Commissaire, Lead 1, Lead 2.) Please try to keep this date free - from past experience, the motorcycle escort do most of the hard work keeping motorists in check at the junctions (though we must have static marshals in place too) so it shouldn't be a stressful experience! If you need to do some training on that day, you may be able to work it into a ride to/from Brenchley.. Even if we're over-supplied with volunteers to marshal, members are encouraged to come down to socialise and if the ride to/from Brenchley doesn't provide enough mileage for those with training needs, the old tradition of riding laps counter to the direction of the race might work! Note also that the timing of the race means that, as long as the riders don't dawdle (!), it may be possible to go for a social lunch/drink afterwards... If anyone would like to volunteer their services to marshal or to drive a Lead Car, please contact our Road Race Secretary/SERRL Representative, Christian Rudolf at: christian.rudolf@gmail.com

African letter 2010

Dear Friends

2010 what a year!

For a whole four weeks during 2010 South Africa became the united country that Nelson Mandela and thousands of others had hoped for after the abolishing of the apartheid system.

Crime dropped to a minimum, hi jacking became almost nonexistent for what.... The 2010 FIFA World Cup. Never in a thousand years could we have hoped for this camaraderie between races. We heard of many stories from overseas – stadiums were unfinished, people were going to be mugged in broad daylight, go out at night at your own peril, and South Africa were not capable of hosting such an event.

Even we had our doubts, a Million Rand development of the beach front looked that it would take for ever to complete, so many half finished stadium as July approached. But what a surprise everything finished before the first team and visitors arrived!

To see how South Africans stood up to all this, Rugby is the white man's game and soccer the sport of the Africans, but just for four short weeks the nation stood not only behind Bafana Bafana our national team but 100% behind the organization of the World Cup.

We didn't expect our team to get pass qualifying games and to the group stages but we all wished and dreamt. Even after they failed to reach the group stages the nation carried on as if SA were still in the cup.

Fridays became 'Football Friday' and we all wore our teams yellow shirts even after they had made an exit from the tournament. Siphiwe Tshabalala become a national hero after scoring the first goal of the World Cup. Had he been British he probably would have been given a Knighthood! and the Yuvusela became an international instrument. It may be banned everywhere except but SA, although it can still be heard at many international sporting activities on TV.

If the public of South Africa could only stand united all the time except for just those short four weeks immigration with returning 'compats' could be a problem.

Judi was given a Yuvusela by one of her clients and each time a SA player or an English player scored she would go to the sliding door onto our

patio and blow it like a veteran. Often wonder what the neighbours thought. 'Thought they were nice respectable people those Estate Agents!!'

This year we also had full coverage of the Commonwealth Games. It was exciting to see my prediction of a future world champion in Australian lady cyclist Megan Dunn (my African Letter 2008) winning gold medals.

We saw the 2008 Junior world cycling championships in Cape Town and this year watched the same girls and guys plying their skills with the seniors. Make you want to say we saw them first.

Judi had a minor setback last year. Since early in the year she has hacked and coughed like a 40-60 a day person. Tests galore antibiotics till they were coming out of her ears, till finally in December the local doc booked her into hospital for tests, heart, lungs and finally it was the ear nose and throat specialist found acute infected sinusitis and an operation followed. The recovery is not too pleasant with regular douching and lots of cream.

The worse part of the whole process was when we were shown on a computer the whole process, if Judi had seen and heard before what he was going to do I think she may have chickened out! We were a bit suspicious when she had to sign an indemnity form for what we thought was a minor clear out. Still waiting for the final healing, coughs a like a 10 a day person now.

Other than the odd old cycling injury reappearing I'm still the healthy one in the family! Although I believed that once the injuries had cleared up they would not reappear. How one lives and learns!

The highlight of the year was Judi at her young age becoming a great grandmother. Unfortunately the family lives in New Zealand so its skype and emails to keep in touch with progress. Young , as Judi's daughter became a mother at 20 and a grandmother at 39.

The UK will have to be demoted in order of visiting rights as you can guess NZ has risen to the top of the list. Even the London Olympics have disappeared from the screen

South Africa is still a lovely country to visit, cheap with the exchange rate and sun all the year, well almost anyway, in Durban and Natal

You may not visit but we would be pleased to receive emails. Make 2011 the year of fulfillment and may you all be blessed.

Ted & Judi McDonald

*More from the
Tour Down Under*



Willunga Hill. Dot, Suzanne, Eileen and Anne Marie, one of Suzanne's best friends



Paul Sheriven and I



Eileen Geoghegan with Stuart O'Grady

Cycle Sport Magazine has compiled a list of what they think are the 50 Greatest Cycling Books ever written - you can see the list, along with descriptions and reviews of the books at the link below - see what YOU think:
www.cyclesportmag.com/features/the-greatest-50-cycling-books-of-all-time/

Pro Nutrition

(Don't try this at home!) According to former Deutsche Telekom team-mate Brian Holm, Jan Ullrich liked to put a jar of Nutella in the microwave for three minutes then drink the contents through a straw. Despite the fact that Lance Armstrong has also gone on record singing the praises of Nutella, Jan's enthusiastic wholesale consumption is probably not the model to follow for improved performance...

The following was received and replied to by Mark Ballamy

I recently came across the De Launne Cycling Club site (<http://www.delaunec.org/>) and your copy of the first De Laune News (DLN) issue dated 1929.

I found it very interesting as the little information I know about my late grandfather (Percy) and his brother (Arthur) Williams are from a few stories from my mother, a handful of pictures, some club medals, silver pocket watches (with an inscription from the De Laune Club from 1911) and my editions of the De Laune Cycling Club "Budget" (newsletter) for 1915/1916. I always found the Budget to be interesting reading as it succinctly summarized the life/events of these close friends and the camaraderie they obviously had developed through their experiences with the De Launne Club. I'm glad to see that the Club is still existence,

Matthew Williams

DE LAUNE CYCLING CLUB

Among the new members for 1936 - Edward Chippendale, Tom Bewsey and Frank Wynne. A resignation from active Mr. Holiday was refused - his reason, because he was over 80 - his membership was transferred to honorary status, clearly we didn't let them go once in our grip. Concern was raised at club funds being at a low ebb. Many of the concerts, dances and social functions were not being supported by the racing men and money was being lost. Entry fees to club events remained at 2/-, yet the prizes and medal costs were rising. A suggestion of a Derby sweep was embarked upon, this had a good response showing a profit of £28. The indoor winter competitions of whist drives, table tennis, and darts were again organised/arranged by Ken Fletcher and Beefy Russell - other local clubs to be invited. Outdoor winter competitions included Treasure Hunt, free wheel contest, 'rough race' and an interclub rough stuff run with the Bellingham. Ken Hill and 'Chip' to organise. Maintenance on the club typewriter had cost £4.

Delegates from the club at London Cycling Association Conference were directed to support the following motions:- entrants to events must have a qualifying time for 25 & 50 TT, where large fields are anticipated dual courses to be arranged on same morning, left handed circular courses for 100 TT and 12 hours to be encouraged, avoiding overlap of first & last man, avoid dates clashing with open events, use holiday weekends, competitors to be identified by arm numbers or cycle plate number, touring costume with jacket be permitted, 200 mile circular events instead of 12 hours.

New members for 1937 - Monty Banks, Gilbert Zarfes, Bill Miles, Frank Chippendale, Jeff Butcher Jnr, Roland Brisley. Frank Holland informed the club that he was stepping down from Hon Secretary role at the next AGM, due to his workload and home life. The successor would be 'Chip' after some 'coaching' from Frank. Frank would continue as DLN editor. Alf Baldwin passed away after a long illness. The club discussed and agreed to support the formation of Road Time Trials Council, a national scheme to control time trialling on open roads. Our affiliation of 5/- was duly sent. The formation of a local committee would also be supported.. Dave Smith

and Ron Hoare were elected as delegates. A club case was purchased for the Secretary to transport club books etc. The Derby Swindle realised £28.13.6d profit. A mix up regarding the club dinner date, due to the venue double booking the date, issue resolved, a venue in Bond Street had agreed to facilitate the function. The Jubilee Fund committee was elected - Frank Holland, Percy Shrimpton, 'Chip', Will de Grys, A.Boothby and Len Beretta. Fund raising ideas - public whist drives, swindles, levy of 2/6 on all members and transfer of any surplus funds from 1937 at the close of accounts.

Special meeting of Jubilee Fund Committee in 1938 of Edward Boothby, Tom Bewsey, Len Beretta, Frank Holland, Ken Hill, A.Banks, Ken Fletcher, 'Chip', Percy Shrimpton, Bill Westlake, Beefy Russell. Fund held £13.16.4d. Programme - stage an invitation TT, Open 100 mile TT (later accepted by RTTC as BAR counter), a massed start road event, track events, purchase a Jubilee Trophy, organise a Grand Jubilee Ball, culminate in Jubilee Dinner inviting press, trade, other clubs and old members. Christmas Draw estimate would produce £50, Bewsey offered to arrange a revue with a cycling flavour (a large number of non members willingly assisted in this and were granted free invitations to various social functions), two grand dances, separate from our usual 6 winter dances, to be organised, weekly raffle at the clubroom for lamp batteries, tools etc should produce 2/6d per week, raffles at each club function, skilfully worded appeal to established cycle firms for donations (later withdrawn as it proved against manufacturers' union agreements), donations from club members. Publicise all activities through cycling and local press.

DLN became official and formed part of the club rules - Editor formally elected rather than someone volunteering - Editor to have discretion to co-opt assistants as necessary. Frank Holland elected as editor. Courses - owing to congestion of open events on the Southern course it is becoming impossible to fit in club events. A suggestion was made to measure a 25 & 50 from Guildford to Horsham - good accommodation at Mrs. Macks is available at a reasonable charge, times of start would be enforced. A new typewriter to be purchased for the new secretary at a cost of £9. Club rules to be updated and, if necessary, revised. Hunt Cup designated as the 12 hour trophy and Alf Baldwin Memorial for fastest 50.

Club subs increased for seniors to 10/- which included DLN, under 21 to pay 6/-, however if under 21's intended to race must pay full subscription of 10/-, honorary members 3/6d. A number of track helmets were purchased for resale to club members.

Complaints had been received of members racing without a bell or with a free wheel and only one brake. Club timekeepers to be instructed to not start any competitor insufficiently equipped. A charge of 1d to be made for riders wishing their start sheet to be posted, any surplus funds at end of year to club funds. A map library was instigated, donations of maps would be appreciated. Jubilee Dinner had been booked for 2nd December, 1939. Jubilee Fund stood at £60.18s.3d. A Youth Hostel Section was formed.

New members included Les Pyne, Frank Spittles, George Wood.

Val the Peach All information and snippets of club life have been culled from minutes + DLN publications

An extract from the RRA's 2010 Annual Report:

RECORD ACTIVITY

The 2009 12hr Record by Ralph Dadswell and Paul Mace (part of their London-Edinburgh) was ratified at 273.2 miles. Alex Kirk, Norwood Paragon CC, made a brave attempt at the London-Bath and back bicycle record. His time of 9hrs 36m 28s was a good first time effort, hampered by a rising wind out to Bath and heavy traffic both sides of Marlborough. David Harmon and Jez Hastings, Team Wiggle Tandem, called it a day after approx 218 miles in 11hrs 45 mins in their attempt to beat the standard time for Pembroke-Gt.Yarmouth. Ralph Dadswell and Paul Mace were successful on their Pembroke – London Tandem Trike attempt improving the time set by John Taylor and Pat Kenny to 11hrs 34m 58s.

TOUR OF IRELAND - 1954

by Ken Knapman

By request of our President Malcolm a race report on the 1954 Tour of Ireland, which included Wally Happy and myself. Which started off by making our own way to Dublin where our accommodation was in local council estate lodgings - which were very good. On settling in we had a look around O'Connell Street in Dublin, where on meeting up and greeting Wally Happy in my best Irish accent, but not realising all the local alcoholics were listening, still under I.R.A rules, they didn't appreciate, English Jokers, so e made a hasty retreat, to much anti British abuse.

The race started with 120 riders and some spectacular happenings. After a couple of days the weather went mad, the hottest sunny day for many years leaving a couple of riders in hospital with sunstroke! Mid race while in the mountings n the south a pony and trap on seeing the large bunch of multi-coloured jereys decending at great speed down hill in a desolated counry road reared up and charged into the bunch injuring many riders ad killing one rider by impaling him on the traps shaft. Two stages later started in heavy rain and very cold, son turning to snow and drifts of sleet, soon riders were falling off as our arms were freezing up and couldn't turn our bars, that day app. 70 started but only 12 finished, collected in vans/busses etc. We arrived in the early hours, our beloved mounts bundled into removal vans Ug. Tour won by Irishman Shey Elliot starting him on a fine career as a Pro including 'The Tours'. To complete this memorable race on our return journey to Liverpool, heavy storm in the Irish Sea seemed fitting "THE GOOD OLD DAYS"

Thank you Ken nice to hear from you, Ed.

More on this race can be found at:-

http://www.tour-racing.co.uk/html/1954_tour_of_ireland.html



Dot Fuller presenting John Geoghegan with his 50 years membership whisky tumbler taken on the front verandah of Suzanne and Mike's house overlooking the sea at Brighton, Adelaide, South Australia on the 25th January this year, a few days after the end of the Tour down Under.

Azizulhasni Awang's riding in the World Cup at Manchester

If you did not see it on TV this is what went through his calf



He got back on his bike to cross the finishing line before collapsing

A Pro's Thoughts on Winter Cycling

By Nigel Scales

It was a pleasure to read Team Sky rider Michael Barry's take on cycling during the off-season in the January 2011 edition of ProCycling.

You might think someone riding at the top level, as a job, might resent riding during the winter phase but, at least in Barry's instance, it wasn't the case. Predictably he comments that steady long rides are essential to provide a period of transition to build a mental and physical foundation for the next season's racing, but goes on to say "they also produce some of the most enjoyable moments on a bike... no time checks, results or distractions." [Clearly he hasn't ridden the KCA Reliability.]

He also explains "The races we ride throughout the year are thrilling. Lined out in the gutter, dodging parked cars, bouncing over cobbles, sprinting through city centres, descending mountains at 80kph while grasping water bottles from the team car, or ascending relentlessly steep climbs packed with fervent fans, there are few dull moments in a season of racing." [Well, OK, maybe he has ridden the KCA 'cos that seems familiar except for the team car and fans..]

What I found even more reassuring was his description of physical changes he experienced during the winter. Not operating at quite the same level of physical perfection on a bike, I'd assumed the rapid deterioration in form from even my puny peak that I experienced whenever I got a dose of flu or couldn't put in any training for a few weeks was something the pros were immune to. Not so, according to Barry. He describes feeling that his muscles have lost their suppleness and efficiency during the month off. He describes how the veins that were visible across his legs have disappeared, the harmony of body and bike after thousands of kilometres of riding and snap to accelerate have gone, how it's no longer possible to reach the previous physical limits or even experience the associated levels of pain [I'd be OK with the latter!].

So, be reassured, even the best riders feel a bit disconnected and off form after a few weeks lay-off – no excuse for you not to perform your winter training assiduously and follow it up with rigorous training for speed etc.. the 2011 season beckons!

Diary Social/Club for 2011

Saturday 21 May	Club run to France
Sunday ? June	Mid-Summer Club run & Picnic in Richmond Park - Contact John Kavanagh
Sunday 26 June	OMA Lunch - Brighton 12:45
Sunday 24 July	Max Dods Memorial B-B-Q at Herne Bay 9:00
Sunday ? October	Club run to the Down Hill 10:00
Friday ? November	Belgium Night at Blackheath Harriers 19:30 for 20:00
Sunday 20 November	Newnham Remembrance Service 10:30
Sunday 11 December	Richmond Park Christmas Social Ride 09:00

Club & Inter-Club Events for 2011

Saturday	2 April	15:00	De Laune Open 10	Grain	Q10/24
Sunday	10 April	09:30	SERRL - Road Race	Brenchley	
Saturday	7 May	08:30	Club Event 15 miles	Harrietsham	Q15/20
Sunday	15 May		Ken Fuller Memorial RR	Crowhurst	
Sunday	12 June	06:30	GS Invicta 25 - Club Championship & Novices		Q25/8
Tuesday	21 July		Circuit Race	Crystal Palace	
Sunday	31 July	6:30	De Laune Open 25 and Club Midsummer 25	Chilham	Q25/8
Saturday	13 August	08:30	OMA 10		Q10/22
Sunday	11 September	07:30	Kent VTTA Autumn 25		Q25/12
Saturday	15 October	11:00	Hill Climb	Whites Lane	
Sunday	?? October		KCA Reliability Trial	Details awaited - Phone KAV. 01622 726959	

SEE MESSAGE BOARD to keep UP TO DATE

<http://mikepeel.proboards67.com>

CLOSING DATE FOR THE NEXT ISSUE 30th MARCH

Anything for inclusion please send to:

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