

# NEWS DE LAUNE



**OUR PRESIDENT**

**EVANS**  
CYCLES . COM

JUNE 2006





1889

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**CLUB NIGHT****FIRST THURSDAY  
OF EACH MONTH**

**British Legion,  
97 Barry Road,  
SE22**

[www.delaunec.org](http://www.delaunec.org)

**PRESIDENTS REPORT**

How has your month been? I hope everyone had a good one.

I've been watching the Tour of Italy. A great race, with Ivan Basso now firmly in the lead.

Brian Dacey and your President have been riding regularly in LVRC events. On the 30<sup>th</sup> April we rode the Epsom Spring Classic at Bletchingly. Epsom RC have a general classification in their races when you get x points for a win, and so on down for various placing's.

Brian won their first Time Trial in our age group F (65-69). I was second (mentioned last month). At Bletchingly we had one or two of our Club supporting us. I was 3<sup>rd</sup> in a sprint with Brian, Roly Crayford and Terry Anderson from my old Club, The Shaftesbury CC.

Hope you all enjoyed the May Day Bank Holiday. Gina and I went to visit our son and daughter-in-law, and saw their new house in Chesham for the first time – their first very own home. James and Fiona tell us that they have very quickly discovered a major drawback to owning a house (apart from the cost) – when something needs doing in a rented place, you just call the landlord. When its your's, you have to do it yourself.

The holiday weekend Brian and I were at Horsmonden for a Percy Stallard event. I believe I piped Brian, coming in 6<sup>th</sup> and Brian was 7<sup>th</sup>. It was a very hard race, and we had both had enough at the end. We both raced at Elstead, when John Geoghegan came out and supported us again. Brian won and I was 3<sup>rd</sup>. This circuit was also very hard, but I was chuffed with my form and how well I am going compared with last year.

Last week I went up to Yorkshire to see my coach, Peter Read. He gave me various tests while I was using his turbo, all to do with heart rate – watts/output, and how quickly I can get to burn the watts, i.e. sprint. All very taxing, but it shows Peter whether I am improving or not. He was pleased with the results, and said I have improved in all areas. I'm a stone lighter than last year, and a lot stronger. I've got a new schedule from Peter, designed to get me in top form for the World Championships in Austria this August, which is my main focus.

Last Sunday, when the weather was truly dreadful, we raced at Tenterden. Brian didn't ride, as he had a crash at the last Monday Night Comp meet at Herne Hill, and cracked two ribs. Very painful – hope you recover soon Brian. Roly Crayford won the event. I punctured, went back to the changing room to change the wheel, and still finished 3<sup>rd</sup> in my age group.

This weekend we have the National Championships at Blackmore, Essex. Wish me luck!!

Don't forget the OMA lunch at Brighton on the 11<sup>th</sup> June, plus why not get up early and marshall in the Club 25. See you there.

Till next month, I'll leave you with my thought for the month:

*See page 17 for Roy's Reflections*

**O.M.A. LUNCH ON SUNDAY 11 JUNE AT  
BRIGHTON & HOVE GOLF CLUB**  
**THE TIME HAS NOW COME TO GET DIALLING AND SPEAK TO  
DOT ON 01689.851241**  
**OR PAT ON 01273.546226 AND LET THEM KNOW IF YOU  
WILL BE ATTENDING THE LUNCH.**  
**COFFEE AT WOODSMILL FROM 11.30 ONWARDS OR SEE YOU  
AT THE GOLF CLUB.**  
**LUNCH IS APPROXIMATELY AT 1.30PM.**  
**PLEASE DO NOT IGNORE THIS REMINDER - THANK YOU.**

## The Chairman's Report



Committee meetings - you love them or hate them, depending on the type of person you are! They are a necessity to run a club be it monthly, half yearly or yearly.

I have been on many committees over the last 50 years with our club. In the old days, if I remember correctly, they would go on forever and at times nothing was decided. I would leave the meeting at midnight and make my way home to Brixton on my bike and think what a waste of time that was!

Have we got the committee format right this time? I think we have. Alaric Lester one of our past chairmen made a rule that a committee meeting should not take more than one hour if you do the following:

Do not waffle on a subject for a long period if you cannot make a decision on the night. If it is important to the club, have a sub-committee.

Keep strictly to an agenda and allow so many minutes to each subject. This can be hard at times so you have to juggle the books!

By keeping to about one hour, your members will not lose interest and drift away to the bar! This is what we do (no we do not drift away to the bar) once a month at the British Legion club.

Officially, we have the meeting once a month but we let all members attend and it seems to work. It is so good to see old members like Don White and Mark Ballamy attending. We try to keep it light (with a few jokes thrown in) and try avoid head to head confrontations. As Stax said, we seem to have the old buzz going again.

What the members of the British Legion club think of us, as we turn up once a month, I do not know. As Dave King, our host, tells me "We have doubled the bar takings" Thanks Dave.

Do you remember in one of my reports in the DLN I told you all about the frustrating time I had trying to pay in a cheque at one of the HSBC branches? I was confronted with a new machine on test which would allow you to draw out money, pay in money, give you a envelope to pay in money or cheques, get a statement: it did everything but make you a cup of tea! By the time you had decided what service you wanted it would tell you "transaction finished" and shut down on you and spit out your card. As you had a queue of people behind you, all tutting, you would go to the back of the queue again.

Guess what? I have found another B.... machine. If you have used the channel tunnel with your car you will know you are confronted at the check-in with a person who will

say something like "have you got any animals, fire arms, gas bottles, in the car? And they look at you as if you have! They then give you a return ticket and a card to hang on you driving mirror, which never sticks on.

No more will this happen. You are now confronted with another b.... machine! Last week Stack, Brian Shambrook, Len Brown and Gordon Gibbens and I, took the shuttle to France for a walking trip. We arrived at the check-in and all the desks are empty. All we could see was this B... machine and, like the machine at the bank, you have to start reading the instructions and yes, you have got a queue behind you. First it will ask you your nationality, so you push the Union Jack flag on the screen. It will then ask you for your booking reference which in my case, happened to be in the boot of the car!

By this time the guy in the car behind, who tooted, was not happy with the OAP's in front of him He reversed his car at about 30 miles per hour into the next empty check-in. We carried out all the instructions on the screen and nothing happened. I then pushed the help button and a female voice with a French accent said "Yes?" I explained my predicament. Whatever she did, a ticket with a card for the driving mirror came out of the machine but the barrier did not go up.

I had not pushed the button saying "I did not have any animals, fire arms or gas bottles in my car" We at last got through. The only good part of the operation was that the guy in the car who tooted me could not make his machine work either. I won't tell you about the return trip, it got worse.

Did you read the article from Sam Fensterheim 'London to Bristol and back' in last months DLN? It was a good article and reminded me of the London to Bath and back reliability trial we used to do each year. I think the distance was about 240 miles and we would go for the 14-hour group. (Not two days Sam)

If I remember correctly I had to push Arthur How all the way on the back of a tandem. The weather was always bad at the beginning of the year and one year it was cancelled because of snowdrifts.

You would go off in bunches of 20 and by the time you got to Max's café with about 50 miles to go you had a bunch of about 100 going flat out to beat the allotted time. 'It was hell Sam but we made it'

**Kav.**

*The De Laune was usually well-represented in the Bath-and-back runs of the 'fifties organised each March by the Castlenau C.C. These early reliability trials required the entrants to complete the 210 or so miles in 14 or 16 hours — starting at the unearthly hours of three or five in the morning.*

*The De Laune sent 30 of its young men off to Bath one wet and windy day in 1954. Fewer than half of them got there, and two — Charlie Carlton and Mark Ballamy — did so only with difficulty. Charlie was piloting their tandem through the blackness of the Colnbrook by-pass when they ran full pelt into what felt like a warm, semi-solid sponge. In*

*fact they had buckled their front wheel on the belly of a horse, which had been grazing quietly at the roadside and was now galloping away into the night, frightened out of its wits. When the rest of the club arrived on the scene they ran into trouble themselves, because the gipsies who owned the horse thought they had set it free on purpose, and threatened all kinds of reprisals before peace was restored.(From "A Century Awheel")*

**Dear Mark,**

I liked your comment 'Why not' at the opening of Sam Fensterheim's write-up of his and James King's ride to Bristol and back. No doubt it reminded you of the many times a considerable number of us used to ride in the Castlenau CC's annual 218 mile London to Bath and Back Reliability Trial which was held in the fifties on the first Sunday in March.

Regards, Arthur

## LONDON BATH & BACK



From Left to right: Johnny Moss, ?, Roy Banham, Don White, ?, ?, Jeff Sinnett, Ken Fuller, Alan Jackson, Derek Boon, Mark Ballamy, Charlie Carlton. This picture was taken as we turned for home, note most of us are riding a 66 inch fixed wheel.

**Dear Mark**

Yesterday evening I gave a slide presentation to a horticultural group in dense Dorset, the chairman introduced himself and said that he had some research about me on the 'net'. I was most surprised not knowing anything about it, I logged on today and discovered myself, delighted to find reference to the De Laune Cycling Club plus a picture.

I'm still cycling having refurbished my 1951 Gillott and try for about 70 - 80 miles a week, there are some pimples in the Purbecks though. If anybody wants to contact me I would be only too pleased. My wife Margaret and me celebrated our Golden Wedding Anniversary last September.

Yours sincerely

Bert Wason (I've beeen Bert for the past 50 yrs)

14 Avon Drive Wareham Dorset BH20 4EL

01929 556981

### **Hi Alf sorry Bert**

Nice to hear from you after so many years being that I still produce the DLN every month I am always looking to see if I can find any thing about past members, so when I was sent the copy of your letter in Cycling I started looking to see what I could find.

I well remember number 2 Effra Parade having used the shop many times in your fathers day and more so when my late very good friend Frank Ellis took over the business.

Also spent the first two years of my schooling 1937/39 at the school in Effra Parade, and another coincident is that my to elder sister both went to your Grandmother for music lessons.

I will put a copy of your e-mail in the next Mag and who knows you may hear from a few old mates, some names you may remember who are still in the club, Ken Fuller- Derek Boon- Don White- Peter Gunnell- Arthur How and not forgetting Charlie Carlton to name a few.

Once again nice to hear from you.

Best regards

Mark

### **Hi Mark**

Many thanks for your reply, I had not realised how many things we had in common regarding my family.

I'm off to Stourhead Gardens tomorrow, a big craft fair there and I have a stand with my pictures, it's been quite a few weeks preparation for it mounting and framing the prints.

Will be in touch again shortly

Best regards

Bert

## MEMBERSHIP

We welcome a new member to the club - Andrew Bound. Andrew got to hear about the club through Mark Rossi and James Lett. On his application form he has indicated that this is the first time he has been a member of a bike club. He lives in North London, was born in 1972 and his present occupation is in banking.

We say farewell to Jim Evans, who is leaving us to return to his old Scottish club, Fullerton Wheelers. Apparently a lot of his old friends have started racing again and they would like to re-establish the team. Jim hopes to meet up with the De Laune guys, probably in Time Trials. He remarked in his letter of resignation how impressed he was with Sam Fensterheim and thought that Sam had great potential to become a first-class road man.

Changing the subject, in last month's mag, Dot Fuller asked whether anyone knew Alf Wason's address or telephone number. Of course, being not only the Membership Secretary but also the Archivist, I was expected to have this information, which I did, and it has been passed on to Dot. I am afraid Alf was not correct in his letter to Cycling Weekly when he stated that he had joined the De Laune on the same day as Alan Jackson in 1947 as, in fact, Alf was elected be on 9<sup>th</sup> November 1948 and Alan was elected on the 18<sup>th</sup> March 1949.

Bringing us a little more up to date, Peter Jenn was back in the country for his brother's 60<sup>th</sup> birthday and also the London Marathon. Where he was back from, no one seems to know – it could be Poland, Russia, New Zealand or his “cottage” just outside St Tropez (Kav seems to think the cottage is an old ship's container with windows).

To conclude last month's saga of the Le Grys brothers, George and Will (for some unknown reason we youngsters used to refer to George as Ted). We were able to supply Kim Cotton with a copy of a group photograph taken at Newnham in 1932, where both brothers were present.

I should mention here that the cycling coach, David Le Grys, is connected to the De Laune Le Grys's and his father, Peter, in fact, purchased a copy

of the Club History just after its publication. Sadly Peter died at the beginning to 2002, thus cutting off a line of information for Kim.

When Brian Waller was Club Secretary in 1963 he received a letter from a Margaret and James Le Grys, who were living in Whetstone, London N20 (Brian's name had been given to them via the editor of Cycling & Mopeds) and who, even as long ago as the 1960s, were researching the Le Grys family history. They had ascertained that the family were not of Huguenot origin, but Norman, and could trace their ancestors back 700 years. Margaret and James had contacted Brian Waller in an effort to track down George Le Grys, who was President of the club at that time and was living in Jersey.

What a pity Kim could not have got hold of a copy of the 700 year family history – it would have saved her an awful lot of work! Apparently Will and George, according to Kin, were her great uncles.

Brian Saxton

### **MORE 2006 HOLIDAYS**

As mentioned in April's DLN, it is not the club's policy to advertise holiday companies. We have quite a number aimed at the club through E-mails but where these companies take the trouble to post information to us, we thought we might give them a fair crack of the whip. This particular company actually mailed information from Australia and the proprietors are a Paul Hughes and Bridget Evans who are advertising trips in Europe aimed at people living in the UK. They state "July is a very exciting month with Le Tour, but for those of you who can't make July, why not come in June!" They then go on to describe the various road races in Europe leading up to the Tour de France which it would be possible to follow using their holiday organisation.

Their letter seems very interesting and if anyone wishes to learn more, please go into their website – [www.practicebicycle.com](http://www.practicebicycle.com).

Brian Saxton

## SERRL

The 7th round of the SERRL held at Bettshanger Circuit on April 28.

1	Julian Clarke	Apollo Sport
2	Mark Hill	Downland Cycles
<b>10</b>	<b>James King</b>	<b>De Laune CC</b>

## Gorrick Sagem 100 Enduro Challenge 30 April

### 5 LAP - MEN

1	04:14:05 NATHAN JUDGE	WWW.EXTREME-ENDURANCE.COM
2	04:14:11 PAUL DAVIES	SAGEM/MOUNTAIN TRAX
<b>29</b>	<b>05:08:43 CLIFF STEELE</b>	<b>DE LAUNE CC</b>

**The 3rd night of racing at Crystal Palace in 2006 held on  
May 9 & hosted by Sydenham Whirs**

### 3/4/W

1	Simon Lewis	VC Londres	- 28 laps	- 55.45
2	Mick Bell London	Fire Brigade CC	- s/t	
<b>5</b>	<b>James King</b>	<b>De Laune CC</b>	<b>- s/t</b>	
<b>8</b>	<b>Sam Fensterheim</b>	<b>De Laune CC</b>	<b>- s/t</b>	

A lovely err warmish night for 1 hour fast and furious racing on the tight corners of Crystal Palace. In excess of 70 3/4 riders lined up for or race. We were sporting a team of 4 including myself, James, Ross and Dave.

The bunch started fast as always and for the first 5 laps the race stayed together. But this was not to be. The next lap saw a group of about 15 riders forming the front group. Both Ross and Dave having missed the move were relegated to the main bunch. Dave hammered on round sustaining a good pace. Ross riding his first Crystal Palace quickly adapted to the circuit and after a couple of laps had mastered the meandering circuit.

In the front group despite ferocious attacks by James and myself successively the bunch would not give up. The race ended in a bunch gallop with James claiming a creditable 4th and I was 8th.

**SERRL held at Frant on May 14.**

### 3/4/J

1	Matthew Miles	Team Marie Curie/JD Cycles
2	David Miller	API @ 10 secs
<b>13</b>	<b>Sam Fensterheim</b>	<b>De Laune CC</b>
<b>26</b>	<b>James King</b>	<b>De Laune CC</b>
<b>DNF</b>	<b>Christian Rudolf</b>	<b>De Laune CC</b>

Three us of us (delaunies) lined up for the race – Christian Rudolf in his first race on the open road, Sam Fensterheim and James King. T'was to be a baptism of fire for Christian as this was a tough event – 63miles over 5 laps of an undulating course against a strong field.

The first lap was run at a brisk pace with a few skirmishes at the front. As the race progressed a number of breaks formed and were eventually reabsorbed. Unfortunately Christian fell off the pace, took a wrong turn and ended up half way to Hastings!

There was a flurry of attacks about mid race. Sam got involved in all of them, hoping to get away in a race-winning break, but it was not to be and the race stayed as one. Much to our surprise a 4-rider break did manage to sneak off the front at some point uncontested.

On the last lap I attacked on the first and largest hill of the circuit, by the top I was out of sight. Sam was blocking on the front of the pack so a serious chase did not form. With a few miles to go I was dragged back in as the bunch turned up the pace, but they didn't catch the other 4 who were 1 minute ahead. Sam grabbed 13th place in the sprint, putting him once again at the top of the South East Road Racing League! Also well ahead of the nearest under 23 (me!) for the league U23 prize. In addition, De Laune are now ranked 6th club in the South East.

#### POINTS TABLE AFTER EVENT 8

POSITION	RIDER	TEAM	POINTS
1ST	SAM FENSTERHEIM	DE LAUNE CC	31 PTS
2ND	MARK HILL	DOWNLAND CYCLES	30 PTS
3RD	JULIAN CLARK	APOLLO CYCLES	27 PTS

**Eastway Supporters Cycle Racing League began on May 18,  
racing each Thursday until the final night on August 17.**

Sam and myself rode over to Eastway for our second Thursday league of the year. We were both hoping to improve upon last weeks performance of me crashing and Sam finishing 17th.

As we rode in I noticed a car with sponsors all over it and about 5

identical Opera bikes on the roof, a bad omen. Sure enough it was Team PCA, probably the best team in the country. To make matters worse we were riding in the A league directly against them!

The 60 strong B group rolled out and we followed 90seconds later at a very timid pace. However the attacks soon came thick and fast, the chief troublemakers of course being Team PCA. The bunch was then permanently strung out in single file and the B group was soon reeled in. For those of you not familiar with the ESL Thursday league, the A and B groups merge rather than the A's going through. Anyway, the race continued at an unrelenting pace with riders being dropped all over the place. The strong winds and unpredictable gusts made things even harder.

In the final third a large break of ten riders ripped off the front never to be seen again, the pace dropped considerably and an air of normality returned to the Thursday league.

With just two laps to go Sam attacked into Clarey's bend and was soon accompanied by another couple of riders. This small group managed to hold off the pack by 4 seconds, putting Sam in an excellent 14th place. Meanwhile I rolled in 26th after suffering round wishing it would end. Not surprisingly Tony Gibb of team PCA won the event and teammate Adam Norris came second.

#### "A" race result

1	Tony Gibb	Plowman Craven Racing	1:12:32.1
2	Adam Norris	Plowman Craven RT	1:12:32.3
3	Jason Edwards	Wildside RT	1:12:32.3
<b>14</b>	<b>Sam Fernsterheim</b>	<b>De Laune CC</b>	<b>1:13:42.5</b>
<b>26</b>	<b>James King</b>	<b>De Laune CC</b>	<b>1:13:52.5</b>

#### Gorrick MBC Exodus Spring Series R5 21 May 2006

##### VETERAN - MEN

1	00:57:21	MARK CRACKNELL	AWCYCLES.CO.UK
55	00:22:35	BILL WRIGHT	DE LAUNE CC/EVANS

*Please note Bill only completed one of the three laps.*

## TIME TRIALS

### Kingston Phoenix 10 - 29 April

1	Peter Tadros	In:Gear Quickvit	00:20:52	
8	<b>Nick Butler</b>	<b>De Laune C.C</b>	<b>00:22:25</b>	I st in Group
32	James Lett	De Laune C.C	00:24:14	1st in Group
41	Mark Rossi	De Laune C.C	00:25:23	
51	Pete Mallin:Jones	De Laune C.C	00:26:09	

### Addiscombe CC - 30 April

1	Laurence Harding	agiskoviner.com	00:52:35	V 40
44	<b>Alan Priddy</b>	<b>De Laune C.C</b>	<b>01:02:13</b>	<b>V 63</b>

### VTTA Kent Group '30' Championship May 7th 2006

#### Result on age standard

1	Phil BULL	VC Elan	1:10:13	+15:07
2	<b>Alan PRIDDY</b>	<b>De Laune C.C</b>	<b>1:20:16</b>	+14.26
4	Tony PEACHEY	San Fairy Ann CC	1:27:15	+11:01

### Eastway 10s :

1	J.Spiller	<b>00:26:24</b>
5	Jayne Wadworth	<b>De Laune C.C</b>

### Wigmore CC 25 14/05/2006

1	Paul Mill	Team Edwardes	00:54:34
42	<b>Alan Priddy</b>	<b>De Laune</b>	01:03:36
58	Tony Peachey	San Fairy Ann	01:08:1

### Catford CC 10 13/05/2006

1	P TADROS	IN GEAR	00:19:53
46	<b>A PRIDDY</b>	<b>De Laune</b>	<b>00:24:25</b>
55	D HAGGART	De Laune	00:25:03

## Farnborough & Camberley CC 25 13/05/2006

1	L Harding	www.agiskoviner.com	00:51:57	+14'03"
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<b>12</b>	<b>N Butler</b>	<b>De Laune</b>	<b>00:58:19</b>
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## SCCU 10 20/05/2006

1	K COFFEY	BEC CC	00:21:31
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5	<b>N BUTLER</b>	<b>De Laune</b>	<b>00:22:36</b>
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49	J STARSMEARE	De Laune	00:31:38
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## EnduroPLUS 6-Hour Endurance Race, 30<sup>th</sup> April 2006

### Sponsored by Specialized

Ross and I pair each other regularly at endurance mountain bike events and the EnduroPlus has become a standard early season race for us, it's always a good event and it's a useful gauge of our fitness before the main 24hr race in mid June.

Held once again at Catton Park near Tamworth, the event is held under strict *parc-ferme* rules meaning that each team has an allocated pit area in a central corral. Once the race has started, all the race kit, food, spare clothing, tools etc has to be kept in the pit and the 'off-duty' rider cannot leave the corral area until the on-duty' rider has finished their lap and handed over, relay style.

I'd arrived at the venue on Saturday and made the most of the lovely weather to pre-ride the course and catch up with several friends who were also riding. Ross arrived early on Sunday morning but by then the weather had changed from sunshine to a grey and cold day that constantly threatened rain. Fortunately it never materialised and towards the end of the race it warmed up considerably. The course was bone dry and rock hard, uncomfortably bumpy in places where the trails had been chewed up by horses hooves or by 4-wheel drives (Catton hosts a range of events throughout the year, including horse trials and 4x4 driving courses).

As per normal for these events, the race began with a Le Mans style run of about 800m to where the bikes were parked; I then grabbed my bike and made my way out onto the course. Only 5.5miles in length the course wasn't particularly technical but there were 3 climbs of note and some lovely flowing singletrack, tight and twisty but also blindingly fast if you got the right line through it.

We'd decided to ride double laps; with a lap time of only 25 minutes on average, it was going to save time on changeovers if we could stay out for 50 minutes and get a proper feel for the course as well as allowing us to recover adequately between stints too. I handed over to Ross after my two laps and from then on we alternated every 50 minutes or so, both of us settling down well into the race. The team Epic full suspension bikes were worth their weight in gold, they allowed us to stay seated and pedal over the rough stuff and washboard surfaces and minimised the fatigue caused by the constant undulations and rough descents. It was a tough course, challenging enough for the Elite riders (who were going considerably faster than we were!) but also fun enough to be enjoyed by everyone.

Right at the very end, as the race entered its final hour, Ross and I both finished by doing single laps with Ross getting the final lap in and finishing at 4.15, quarter of an hour after the bell had sounded to mark the end of the race.

We finished 21<sup>st</sup> out of over 100 Men's Pairs, not a bad result considering the quality of the competition and it provided a useful gauge of our fitness for the main team races later this year

### Fryer / Lyon

Lap	Number	Rider	Time	Speed
1	189	189	00/27/1811.76	mph / 18.92 km/h
2	189	189	00/24/5312.90	mph / 20.76 km/h
3	188	188	00/26/2012.19	mph / 19.62 km/h
4	188	188	00/26/0612.30	mph / 19.79 km/h
5	189	189	00/25/5312.40	mph / 19.96 km/h
6	189	189	00/25/4712.45	mph / 20.04 km/h
7	188	188	00/26/0712.29	mph / 19.78 km/h
8	188	188	00/26/0512.31	mph / 19.81 km/h
9	189	189	00/25/2212.65	mph / 20.37 km/h
10	189	189	00/26/3412.08	mph / 19.45 km/h
11	188	188	00/27/0911.82	mph / 19.03 km/h
12	188	188	00/27/3311.65	mph / 18.75 km/h
13	189	189	00/26/0512.31	mph / 19.81 km/h
14	188	188	00/27/5911.47	mph / 18.46 km/h
Rider	Laps	Best	Average	Worst
189	7	00/24/53 (12.90 mph / 20.76 km/h)	00/25/58 (12.36 mph / 19.88 km/h)	00/27/18 (11.76 mph / 18.92 km/h)
188	7	00/26/05 (12.31 mph / 19.81 km/h)	00/26/45 (12.00 mph / 19.31 km/h)	00/27/59 (11.47 mph / 18.46 km/h)

Event Results by [Singletrack Magazine](#)

**REPORT BY JAMES LYON**

**PHOTO BY SINGLETRACK**



## *Reflections*

You know, time has a way of moving quickly and catching you unaware of the passing years.

It seems just yesterday that I was a young man, just married and embarking on my new life with my mate. And yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all...

And I have glimpses of how it was back then and of all my hopes and dreams... But, here it is...the winter of my life and it catches me by surprise...

How did I get here so fast? Where did the years go and where did my babies go? And where did my youth go?

I remember well... seeing older people through the years and thinking that those older people were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like...

But, here it is...wife retired and she's really getting gray...she moves slower and I see an older woman now. She's in better shape than me... but, I see the great change... Not the one I married who was young and vibrant... but, like me, her age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! Cause if I don't on my own free will...I just fall asleep where I sit!

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things. But, at least I know, that though the winter has come, and I'm not sure how long it will last...This I know, that when it's over...its over....Yes , I have regrets .There are things I wish I hadn't done ,,,,things I should have done .But indeed , there are many things I'm happy to have done

....It's all in a lifetime... .

So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly!

Life goes by quickly So, do what you can today, because you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life...so, live for good today and say all the things that you want your loved ones to remember...

"Life is a gift to you. The way you live your life is your gift to those who came after. Make it a fantastic one."

LIVE IT WELL!!

*The above is included at the request of President Roy*

<http://home.att.net/~scorh/Reflections.html>



### **FOR SALE**

I came across your website while I was looking for Claude Butler information. The reason being is that I have an old Claude Butler Regent 1987 gent's racing bike, hand built frame, colour maroon with Olympic emblem, in good condition which I would like to sell. We are moving and it is no longer used. If you know of anyone that may be interested I would be pleased for them to contact me.

Thank you

Terry (cheila.webb@blueyonder.co.uk)



# **DATES TO REMEMBER**

## **Diary Social/Club for 2006**

Sunday	13.00	11-Jun	O.M.A. LUNCH	Brighton
Friday		27-Oct	Belgium Night	Blackheath Clubroom
Sunday	10.30	19-Nov	Memorial Service	Newnham

## **Club & Inter-Club Events for 2006**

Sunday	07:35	11-Jun	Midsummer 25	G25/53
Tuesday	18.00	13-Jun	Crystal Palace	
Saturday		15-Jul	Track Meeting	Herne Hill
Sunday		16-Jul	Max Dods Memorial	Herne Bay
Sunday	07:00	30-Jul	Fred Peachy "25"	Q25/8
Saturday	07:30	19-Aug	OMA 10	Harrietsham Q10/20
Saturday	06:30	9-Sep	Open "10"	Q10/19
Sunday	07:40	17-Sep	Autumn 25	G25/53
Sunday		24-Sep	Down Hill	Tilburstow
Sunday	11.00	1-Oct	Hill Climb	GH 31

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

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

**CLOSING DATE FOR THE NEXT ISSUE 28th JUNE**

**Anything for inclusion please send to:**

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