

DE LAUNE NEWS



**SAM AFTER TWO & A
HALF LAPS ON HIS OWN
WINNING THE
DE LAUNE ROAD RACE**

EVANS
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MAY 2006



1889

DE LAUNE
CYCLING CLUB

2006

SPECIALIZED

PRESIDENT

www.delaunecc.org

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CLUB NIGHT

FIRST THURSDAY OF EACH MONTH

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

Hi all. Did you all enjoy the Spring Classic? What an exciting show the professionals put on, Tom Boonen winning the Tour of Flanders and Cencellara winning the Paris Roubaux. Peter Van Pelegen and two other riders got disqualified because they went through a level crossing when the barrier was down – a case of desire for victory overtaking common sense. I also watched the Tour of the Basque Country: great and inspiring stuff.

I am pleased to see that Cycling Mag. has been giving us lots of tips on how to improve our health and fitness, but they still don't report much about what the older riders are doing.

On Good Friday I went to the Track Meeting at Herne Hill. I think it was the best racing I have seen there for a long time, and it was great to see so many other club members there. Hope you all had as good a time as I did.

You probably know that our youngsters are “carrying the De Laune flag”, and achieving some wonderful results. Sam Fensterheim put in a marvellous ride to win the event mentioned in last month's DLN, which the Club organised. James King is getting great results too.

We old boys, Alan Priddy and myself won the team prize in the VTТА at Tenterden on age standard. I was second to Reg Smith on age standard, but won the age group 60-69.

Brian Dacy is also going very well. He was fastest in his age group in the Epsom Prolog Time Trial. He caught me for 2 mins. and didn't wait for me! Still, I was 2nd.

I rode at Bury St.Edmunds on Sat. 8th April, hoping to do a fast time. I did the first 5 miles in 10 minutes, but the second half in 15. What a headwind, at the finish I was well and truly shattered! Afterwards I meet up with my old mate Ken Craven and his wife Joan. They came out to watch the race, and it was good to have their support. I've known Ken for nearly 50 years now. He and I used to be great rivals then.

Last Sunday, 23rd. April Brian Dacey and myself were at Eastway. It was an awful day, pouring with rain, and Brian decided to pack it in. I forced myself to carry on, and it was not enjoyable. In the sprint finish Roy Crayford of the Fairies put me on the grass, but I still beat him and managed 4th overall and 2nd in my age group.

That's all for now, until next month.

Thought for the month: "Courage does not always roar. Sometimes it is a quiet voice at the end of the day saying 'I will try again tomorrow'."

Keep trying and make it a great month.

Roy

STOP PRESS.....STOP PRESS.....STOP

***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.

STOP PRESS.....STOP PRESS.....STOP

The Chairman's Report



April, what a month we have had. First we had a winner by the name of Sam Fensterheim who won the SERRL Road Race on Sunday the 2nd of April on the Sevenoaks Weald course. We had our President Roy Savery winning an age related prize. We also had a win from Brian Dacey who won the bunch sprint in his age group at Eastways

Firstly, the SERRL Road race which the De Laune supplied the marshals, cars and canteen. A big thank you to all who turned out. Our President Roy Savery, Mike Peel, Brian Saxton, Brian Shambrook, Dave King, Alan Rowe, Alan Constable, Cliff Steel (with baby Cassia) Bill Wright, Terry Deeley (on his motor bike) Roy Chittleborough, John Starsmeare, and my old mate Gordon Gibbens from the 29th Wheelers. And not forgetting our ladies who ran the canteen, my Pat and little Mo Jackson. A good De Laune turn out.

This year we had four riders. Our winner Sam, Nick Butler who had puncture problems; James King who had a tummy problem, and I must say he did look bit off colour at the start, and last but not least Dave Haggart who just said, "I was knackered"

Congratulations again to Sam who won the race the hard way by breaking away on his own on the last few laps.

Did you notice a guy with a video camera filming the race on the way round? If you want a copy of the race this can be found on web site www.sleepingbeacrafts.com/product.php?productid=936&cat=106&page=1 > £7.50 + £1 p&p The Guys name who did the filming was Alistair Cooper. E-mail Alistair.Cooper@pandarus.com

What do you think of our old boys flying around the road circuits? Namely Brian Dacey and Roy Savery. They are going to have heart attacks I can see it coming off! From the reports I am getting it seems that Roy is going for the long ones with Brian blocking or going for the sprint. Our old friend Roly Crayford, World Champion from the SAFA, is getting worked over by both of them! From what Roly tells me they have both got going around corners, in the wet down to a fine art! Brian treats the corner as if it was a three penny bit and Roy will go around on the grass!

Cont over

Looking at our web site www.delaunecc.org (we are back on line again. Mike Peel's computer, which runs our site, over-heated. I was told that two packs of frozen peas did the trick) you will see our lads performing all over the place with some great photos from James Lyon. Good to see James Peckham in action again. When are you coming home the lads need you?

You will see at the back of the DLN we have plenty of De Laune club and open events coming up for you to ride but we do need help to keep the ball rolling.

Kav.

PS did you see the photo on the web of the marshals we get from the old peoples home? We do not look old normally. We had to use make up to get that effect!

PSS Just seen a copy of the DVD of the SERRL Road Race. If you were involved in the race it is well worth £7.50. It is very professional and well done. No flashing past the camera but good long shots and plenty of good footage of our team and especially of Sam. We had footage before and after the race and of our President giving out the prizes. Well-done Alistair.

PSS. Belated Happy Birthday Greeting to George Wood who is one of our oldest members and who was 85 on the 16th of April

*You forgot one first Mr. Chairman in the name of **Alan Priddy** see Time Trial report **Ed**.*

O.M.A.NEWS

Our next meeting will be at the Brighton Golf Club on **SUNDAY 11th JUNE** for lunch and chat. As you must all be aware by now the date has changed from our usual MAY - hopefully not too many of you will be away on holiday!

So book the date now and call either Patricia - 01273 546226 or

Dot - 01689 851241 **NOW!!!**

We need to know our numbers soon.

Hope to see you all again in Brighton

Dot.

DE LAUNE - SERRL - 80km ROAD RACE : 3/4/06

Cats 3/4s

A full field lined up in blustery conditions at the Sevenoaks Weald. Sam Fensterheim, (De Laune CC), won well clear of his nearest chasers, finishing alone after his breakaway partner Tom Burke (Citihub) had punctured. Burke finished 6th. Simon Bateson (Downland Cycles) led in a large group for 7th at 3 minutes whilst the rest of the race was well scattered down the course.

1	Sam Fensterheim	De Laune CC
2	Ivan Jordan	Storck
3	Will Hayter	London Dynamo/Cyclefit.co.uk

The fifth round of the SERRL held at Brenchley, Kent on April 16 for cats 1/2/3

A tough up hill finish saw Dan Skaite (Python RT) & Paul Holdsworth (Hounslow & Dist) contest a sprint for the line.

1	Dan Skaite	Python RT
2	Paul Holdsworth	Hounslow & Dist
3	Nigel Williams	Python RT
14	Sam Fensterheim	De Laune CC 3J

Well done to James (King) and Sam for finishing (very respectably too!) their first 1/2/3 road race.

Billi Temme Memorial Meeting

The Glendene CC/Biketrax Easter Monday promotion held at Eastway Cycle Circuit on April 17.

3rd & 4th

Adesanya Toks (Addiscombe CC) was the first to show at the front of the 95 rider strong field.

The first real stretch of the race was undertaken by Brian Curtis (Corridori RT) who was chased down by Emmelle Hurault (PM), & another.

The next move was launched by Quetin Tring (Brixton RT), whilst Martin Hunter (Metropolitan Police CC) attempted to jump across.

This came to nothing & soon another break was forming led by Louis Charity (Corridori RT), Stefan Pantos (Oxford Uni) & a third rider, but again it was soon snuffed out.

Three riders now went clear, featuring Andy Waterman (PM) & **James Lyon (De Laune CC)**.

Once more the large pack chased & it was all back together before Paul Foreman (Alpha RC) clipped off the front & was joined a lap later by David Farrow (Eagle RC). A further lap later & the break was three when James Wakelin (Evans cycles) joined them.

This looked likely for success, that was until Curtis pulled the race back when he & **James King (De Laune CC)** took off. King wasn't able to hold the wheel of Curtis. King going back to the pack.

Sam Fensterheim (De Laune CC) tried to drag the pack up to Curtis, but to no avail. When he ran out of steam Mark Beattie (Maldon Dist) went clear & although he ate into the Curtis' lead he had to settle for a fine second behind Curtis.

Two crashes on the final lap played havoc with the race. Despite this Anthony Miller (Glendene CC) riding for the promoting club took third ahead of Richard John (Trek UK).

1	Brian Curtis	Corridori RT	1:19:08.0
2	Mark Beattie	Maldon Dist	1:19:17.8
3	Anthony Miller	Glendene CC	1:19:29.2
6	Sam Fensterheim	De Laune CC	1:19:31.9
28	James Lyon	De Laune CC	1:19:39.4
34	Ross Fryer	De Laune CC	1:19:44.2
41	James King	De Laune CC	1:20:08.9



SAM AT THE FRONT OF THE BUNCH ON THE CLIMB UP PIXOT HILL

Photo by James Lett



JAMES KING AT THE TOP OF THE HILL

Photo by James Lett



JAMES PECKHAM TAKES THE INSIDE LINE ROUND THE CORNER

Photo by James Lett

ESL Spring Rumble - 22 April

Result 4th's

1	Ben Preston	Lea Valley CC	59:47.9
2	Dan Schaffer	Hardy Athletics	59:48.0
3	Tony Whale	PCA/Ciclos Uno	59:48.1
18	David Haggart	De Laune CC	59:50.4

Surrey League held on April 22 at MOD Chertsey & hosted by TM Racing

4/3W/4W - 30 miles

1	Neil Stone	Addiscombe CC	4	1:11:00
2	Mark Poole	Kingston Wheelers	4	
3	Rupert Rivett	Sussex Nomads	4V	
18	Nick Butler	De Laune CC	4	

3rds - 40 miles

1	Tim Elverson	VC Meudon	3	1:34:00
2	Justin Sims	London Dynamo	3	
3	Tim Harris	Addiscombe CC	3	
10	James King	De Laune CC	3	
dnf	Sam Fensterheim	De Laune CC	3J	

2006 Southern XC Series R1 Chekendon 23 April

VETERAN - MEN

The Vets with the biggest field of the day at nearly 60 riders followed the Masters. With the top riders being over 15 minutes faster than the winning Master it is a good case for them to go first as there is a lot of overtaking to do which can shape the race.

1	MARK CRACKNELL	AWCYCLES.CO.UK	01:14:53
2	MARK CHADBOURNE	RIDE CYCLEWORKS	01:15:25
11	ROSS FRYER	DE LAUNE CC	01:23:10

Max Dod's Memorial Run and BBQ

Sunday July 16th

Meet my house, 28 Landon Road Herne Bay. 9.00 am

Ride to start 9.30am. approx. 40 miles, steady.

Those not wishing to ride will no doubt join the walking group

Further details please contact me email
jazzymalc@aol.com or tele 01227373045

MALCOLM ADAMS

This letter appeared in 'Cycling Weekly' and was sent to me by both Nigel Scales and Dot Fuller who asks does any member know his where about's.

I JOINED the De Laune Cycling Club in 1947, the same day as the late great Alan Jackson (Olympian), and I seem to remember that on our first club run together out into the Kentish hills a certain feeling came over us absolute exhaustion! We were informed by an older member (the late Ken Hill) that this condition was known as ' the bonk' and we also learned of another condition: 'hunger knock'. These terms I think must originate from well before World War Two.

Bert (Al!) Wason, ex-De Laune CC

I can tell you that he resides somewhere in Wareham Dorset, and as far as I know his main interest is photography, see extract from a photographic club diary **Ed:-**

"Look Where you Tread" & "Winter in Purbeck"

Bert Wason FRPS

We are privileged tonight to welcome one of the country's leading natural history photographers. Bert who hails from Dorset will give us two talks demonstrating his skill as a photographer as well as his passion for the natural world. The first will take a close look at the nature beneath our feet and the second will show the winter on the Isle of Purbeck, the area where Bert lives

NATURE - A perfect partnership

Bert Wason FRPS celebrates Dorset's lichens

***Like tiny golf tees only an inch or so high,
Cladonia fimbriata is often found on well-rotted tree stumps
and amongst mosses***

Swish! and the bedroom curtains were drawn apart. There was my astonished neighbour looking up at me as I balanced precariously on a step-ladder with a camera and tripod in my grasp. She obviously thought I was a peeping Tom, for in next to no time her husband emerged, enquiring as to the reason for my strange behaviour.

My intentions were entirely innocent: a bright orange lichen growing low down on my neighbours' roof had caught my attention and I wanted to photograph it. It was about six o'clock in the morning so I had not anticipated any interruptions, and the light was just right. My neighbour seemed satisfied with this explanation and returned to his breakfast - but a week later he was to be seen scraping all traces of lichen growth from his roof.

Lichens are a very varied form of vegetation which, being quite small and blending in with their surroundings, are often overlooked. They consist of two dissimilar forms of plant life, living and growing in perfect harmony: a symbiotic relationship, as it is called. In simple terms, the lichen partner which gives the plant its shape and form is a fungus, and within this fibrous structure are many cells of a form of algae. It is these that transform sunlight into nutrients for the lichen. The fungal partner, for its part, protects the delicate algae cells from excessive exposure to the sun and takes up necessary moisture from the atmosphere and whatever the lichen is growing on.

***Sometimes called 'Devil's Matchsticks', Cladonia floerkeana is
very common on heathland, old birch logs and sand dunes.
The red caps contain reproductive spores.***

Its ability to tolerate extreme climatic conditions is one of the most notable attributes of this rather lowly form of plant. Some species can withstand hot arid deserts, while others freeze in the continent of Antarctica. Lichens can achieve this by completely losing all moisture during the most severe conditions, and then regenerating when more favourable and wetter weather prevails.

A dead branch only about six inches long, hosting a wide selection of both lichens and fungi

After natural disasters like volcanic eruptions, one of the earliest colonisers of the resulting desolation can be a species of lichen. Most are slow-growing and some live a hundred years or more. Probably their worst enemy is air pollution; scientists can gauge the amount of air pollution across the country by studying the various species of lichens growing, as some are more susceptible to pollution than others.

A very colourful mass of different lichen species encrusting a blackthorn bush in bloom on Corfe Common. It is debatable whether lichen growth is detrimental to its host, for they gain no nutrition from the tree sap.

Lichens have many uses. Certain species collected in France and Yugoslavia are used in the manufacture of perfume, litmus paper is made from a *Rocella* species, others are dried and used in floral arrangements. It is an important item in the diet of reindeer living in Scandinavia, but this poses a problem: lichen can absorb radio-active fallout without any harm, but it is passed on into the reindeer and the Lapps eat reindeer meat.

Dorset has a very wide variety of lichens. Some of the rarest and most sensitive survive in the woodlands and on the heathlands, proving that Dorset has a very clean atmosphere. The diversity of shape and form of these little plants is enormous. Some grow like lettuce leaves on the bark of trees, others in a beard-like form hang in festoons from the branches. Probably the most numerous are the crustose species; as their name implies, they encrust the bark of trees, stone and brick walls, tombstones, rock faces and almost anywhere they can take a firm hold.

Winter sunlight picks out a lichen-swathed branch in this Dorset woodland. Winter is a good time to look for lichens as the damp conditions enhance the colours.

There are some wonderful old red-brick walls in Wareham that are smothered in lichens. I have had many a strange look from passers-by when examining them with a magnifying glass before photographing them. It's not the normal thing to do, to look at a wall with a magnifying glass. Look closely at the smooth white bark of a birch tree and very often tiny black lines close together can be seen, like

writing. It could be one of the Graphis scripta types.

***Not a square inch of bare stone is to be seen on this memorial at Bere Regis. Different species prefer different stone.
Even bird droppings encourage certain lichen growth.***

Heathland offers quite a number of Cladonia species, from tiny green spikes with red tops like Swan Vestas matches, through others which resemble golf tees, to one which consists of a mass of minute branches looking like grey-green sponges amongst the heather. On some of the old tombstones in Dorset village churchyards it is difficult to see bare stone, the whole being covered in lichens. Much though I like lichens, I think I'm having a teflon-coated gravestone.

I know that the above is not cycling but I do hope a few members who remember Alf as we new him will have found it interesting. Ed.

Alf was a great track man he is on the right in the photo.



***ALF WASON WITH TINY JOHNSON
HERNE HILL 1949***

TIME TRIALS

VTTA - KENT 24.5 - 1st APRIL

+/-

1	Reg Smith	Chevin Cycles	00:58:39	17.24
2	Roy Savery	De Laune CC	01:07:25	14.28
3	Phil Bull	V C Elan	00:58:30	12.37
7	Alan Priddy	De Laune CC	01:07:51	10.29

KCA 25 - 9th April

1	SMITH Paul	Shaftesbury CC	00:56:29	
25	Alan Priddy	De Laune CC	01:05:41	.+12,39

Redmon CC 25 - 9th April

1	Laurence Harding	agiskoviner	00:53:14	
42	David Haggart	De Laune CC	01:07:52	
60	John Starsmeare	De Laune CC	01:17:56	

Medway Velo 10 TT - 8th April Result on Standard

1	Kevin Gill	PCA Ciclos Un	22.12	+7.08
4	Alan Priddy	De Laune CC	24.53	+5.37
28	David Haggart	De Laune CC	25.58	+0.32

John Tully Memorial 25-Mile Time Trial - 24th April

1	Jason White	JD Cycles	0.54.14	
24	Alan Priddy First Veterans on VTTA Standard Times	De Laune CC	1.04.05	+14:15

SCCU 25 - 23rd April

1	Lawrence Harding	Private Member	00:51:57	
11	Nick Butler	De Laune CC	00:57:41	

THE GREAT 500

Become one of the Great 500 and take part in one of the most exciting and ambitious fundraising events ever.

500 cyclists will take on one of five stunning cycle routes across Poland and other neighbouring countries, all making a spectacular entrance together into Warsaw city centre, the birthplace of the legendary Marie Curie.

Imagine the adrenaline pumping as you set out on your way... the stimulation of new surroundings, those special bonding moments with your fellow cyclists and that feeling of pure exhilaration as you all cross the finishing line together.

As one of the lucky 500, you will embark on an amazing personal journey that will not only change your life but also the lives of people with cancer. You will experience the satisfaction of knowing that every mile you cover will provide another hour of cancer care for somebody that needs it.

There are 5 different routes for cyclists of all levels of fitness and ability, there are only 500 places up for grabs on a strictly first come, first served basis, so call 01883 832632 or visit www.great500.co.uk for more information today.



London to Bristol and back!!

Well not in the same day. (Why not **Ed**)

Myself and James set off early Tuesday Morning at 7:30. We meandered our way through the London streets to Richmond park and westwards through Wokingham and then to Newbury where we had our first stop of the day. After refilling with about a tonne of food and 2 enormous baguettes we picked up the A-OK.

We were greeted by a single lane on each side of the road with ample space and very little traffic. The roads were flat and straight and were just inviting us to practice our time trialling..... So a good hour and a half later after having not changed out of our biggest gears for the entire stretch of road we arrived in Marlborough.

Another visit to the shop was needed after having polished off the rest of my baked potatoes . From Marlborough and all the way to Bristol it seemed to be a continuous down hill. 9 hours later and approximately 4 baked potatoes, 2 bananas, 2 family sized cheese baguettes, 3 cereal bars and 2 mars bars later (each) we arrived in Bristol.

After spending a good 45 minutes accidentally climbing all the 25% hills in Bristol we eventually found the flat in which we were to stay. After 2 dinners we conked out in the flat.

The next day we spent taking in the sights of Bristol and of course recharging our stomachs. We gave the local Pizza Hut a visit and took on the challenge of eating all of the 'all you can eat' buffet. We'll they hadn't stopped swerving food by the time we were finished but I managed six plates

Bloated with food we set out on our way back home. A strong westerly wind aided our progress and after 3 hours and 40 minutes of riding we arrived in Newbury having covered 80 miles! That's about a 21 mph average!! From Newbury we decided that rather than braving the rush hour of West London we would head further south towards Guildford. This was by far the most scenic part of the ride. We rode on deserted country lanes and with the sun beaming down, the gentle flowing streams and blossom lined roadsides it couldn't have been more beautiful. The only downside to this was a slow in progress. But this was not an issue due to having left at 8:00. We then navigated our way through Surrey and over the North Downs. We got back in London for 6:00. Mmmmm dinner

All in all our ride spanned 6 counties and came to almost 300 miles over about 19 hours of riding. It was a great trip and I'm sure there will be many more to come....

Sam

LONDON TO BRIGHTON & BACK

5 of us set off from Crystal Palace. Myself, Sam, Sim, Jeff and soon-to-be member Rob. After just an hours riding my chain snapped, taking a chunk of the rear derailleur with it. So I handed Sam the map as he led the troops on. The ride got to the top of Ditchling before turning around. On the way back all except Sam had gone pop, and the pace dropped. Leaving Sam to give pushes up hills and generally make sure everyone got home.

JAMES KING

26th LONDON MARATHON



Congratulation to Mike Peel seen here third from left at the start of the 26th London Marathon - Mike is one off the few who have run in all of them

Mike time this year 05:25:11 (old age is now beginning to show)

Mike's best time was in 1981 - 02:40:30 - age 39



Merida 100
Builth Wells 8th-9th April 2006
James Lyon

Now in it's 6th year, the Merida 100 has grown from a once-a-year grass-roots affair to far and away the UK's biggest endurance mountain bike event with 5 rounds spread throughout the year, mostly in Wales but now expanded to include a round in Scotland as well.

The first round for 2006 was based at the Merida birthplace of Builth Wells in South-central Wales and comprised a night-time enduro on the Saturday (this event hosted the worlds first night time enduro last year) followed by the standard day ride on Sunday with a shorter than usual loop of 75km.

Ross and Cliff joined me for this, with Ross and me doing both the night and day rides and Cliff smug in the knowledge that he was going to get an early night while we were out riding our bikes round big hills in the pitch dark!

Ross and I lined up alongside 198 other riders for the Exposure Lights Big Night Out and it was dusk when we set off behind the pace car and police escort. I got a great start, right up behind the lead car so I made the most of the slipstream effect and conserved my energy. After 4 miles on gradually climbing road, the pace car pulled away and we turned onto the off-road climb. It was a very similar route to last year and I remembered it well so I could pace myself well in the lead group. Ross wasn't too far behind but I got into a good group of several riders and we shared the pace making as we rode onto the summit of the windswept moor. The course was largely moorland tracks with the only real singletrack coming towards the end as we dropped through the woods. I didn't bother stopping at the feed zone, we'd settled into a great rhythm and I knew I was right up in the top 20 or so.

Over the undulating moors and into the final greasy slippery singletrack through the trees then we hit fireroad and then back onto the tarmac. By now there was only one other guy in sight so we hooked up in a roadie-chaingang style and caned it back to the campsite. I was very pleased to have done the 25mile route in a shade under 2hrs, finishing 18th in a time of 1.56.37.

Ross wasn't too far back, he finished 49th in a time of 2.12.12.

The next day the three of us lined up alongside about 800 riders for the main event. The weather was having trouble making it's mind up; it was quite windy but was constantly changing between warm sunshine and overcast, there were also a fair few short lived showers throughout the day.

There were 3 distances on offer, 25, 50 or 75km; we'd all chosen to do the 75km loop. Once again, I got a great start and was well up behind the lead car, surrounded by a lot of big names in UK MTBing; Nick Craig, Barrie Clarke, Jenn O'Connor and a few of the British Cycling-sponsored Talent Team.

It wasn't to last though...right at the top of the 3 miles of road climbing to string the bunch out, I picked up a massive thorn in my rear tire. I sat there fixing it and watched the entire field ride past me. Ross and Cliff were both going well, up in the top 50 or so.

By the time I'd got the tube changed, I was near the back and had to fight my way past 700 or so people to get to the front again. It wasn't too bad on the open moorland sections but once we got into the tight technical singletrack I was being severely held up. Eventually, I reached the second feed station, which marked the 75km/50km course splits. Most people seemed to be heading onto the 75km course so I elected to change to the 50km course in the hope of a clear ride. It was...I could now spin along at my own pace without being held up by the sheer volume of riders around me.

Meanwhile, Cliff and Ross were riding more or less together on the 75km course, eventually Ross pulled away slightly on a climb. Cliff later said he was running on empty towards the end and felt a bit ill from having too many energy gels.

Back on the 50km course, I was spinning along happily at a decent pace although I was still disappointed at having dropped so many places due to my puncture. It was a tough course with a lot of hard climbs but it all passed quickly enough and the final tarmac descent back to the campsite was screamingly quick.

I rolled across the line in 17th place out of the 271 riders that did the 50km course in a time of 3.37.26.

Ross finished the 75km course in 4.28.57 and 106th out of 387.

Cliff wasn't too far back in 4.35.38 and 115th. It turned out later on that the 75km course was actually closer to 65km but it was a tough course with a couple of brutally tough climbs on it.

It was a great day out, all of us riding our team Epic bikes and the events are good training for the SSMM and SITS 24hr events later this year.

MEMBERSHIP

Last month we had the pleasure of congratulating Brian Waller on achieving 50 years' membership of the club, and this month it is Alan Rowe we congratulate as he, too, achieved his 50 years on the 20th April. Alan was also proposed by the late Ken Hill and seconded by John Barber, who, incidentally, although no longer a member is still alive and well and living in Forest Hill. (John is the person who put together the montage which hung in the clubroom for many years).

My apologies to Mike Peel, who made a donation to club funds with his subscription but who I unfortunately omitted to mention in last month's DLN.

You will find included with your copy of the DLN, the minutes of this year's AGM held on Thursday, 30th March. 21 members attended with three of our younger members, namely Sam, James and Sim, taking on jobs.

At recent committee meetings I have often reflected on what these youngsters make of our meetings as there are usually quite a few of the old boys present, most of whom are hard of hearing, can't remember each other's names and the proceedings are constantly interrupted with Chairman Kav telling jokes! We'd be interested to hear their views! When I joined the club in 1954 these meetings were held at the Nelson Institute off of Walworth Road and I can remember to this day – I would have been about 17 years of age – some of the old boys, one of whom was either Ted or George Le Grys, sitting with an ear trumpet, straining to hear the proceedings as we youngsters – Bert Collins and Roy Chittleborough included - were in fits of laughter. Sam and James, however, seem to take it all in their stride, although this may change when the ear trumpets appear in the not too distant future!

Mention of the Le Grys brothers brings to mind that way back in February 2002, Kav received an E-mail from a Kim Cotton, who was researching her family history and had come across references to the De Laune Cycling Club in some papers of her grandfather's. She was enquiring if we knew the full names of G H Le Grys and W C Le Grys and said that her maiden name was Le Grys. She also wanted to know if the cycling coach, David Le Grys, was a relative of the above mentioned brothers and whether we could let her know the history of the Le Grys Cup. I know, dear reader, you are now very intrigued as to the outcome of this story but as I have just received an urgent E-mail from the editor advising me that he needs my copy **NOW** as he is about to leave on holiday, you will have to wait in anticipation until next month's issue of the DLN.

Brian Saxton

DE LAUNE CC ----- CLUB EVENTS FOR 2006

Alan Rowe

Sun				
11th June	G25/53	Midsummer 25	07:35	15
Sat.				
24th. June	GS/310	Interclub 34th.	08.00	4
		Nomads,Catford,Sydenham Whs.		
Sun.				
30th July	Q25/8	Club 25		
		Championships-	07.00	7
		In Conjunction with De Laune		
		Open 25 Incorporating the		
		Club Novices Championship		
Sat				
19th Aug..	Q10/22	OMA 10 Championships	07:30	5
Sat.				
9th. Sept	.Q10/19	Club Open 10	06:30	5
Sun.				
17th Sept.	G25/53	Autumn 25	07:40	15
Sat.				
23rd. Sept.	Q10/19	Interclub 34th. Nomads,	07:15	2
		Catford,Sydenham Whs.		
Sun.				
1st Oct.	GH/31	Club Hill Climb		
		Championship	11:00	2

For marshalling duties please notify Alan Rowe one week before
the date of the event on 01474-704901

There will be a charge of 20p per ride for levy in all but
the club Championships

Also I will endeavour to put the course details on the Web.

**Please note the last column on the right is the number of
marshalls required for each event**



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 24th May

Anything for inclusion please send to:

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