

# DE LAUNE CYCLING CLUB

*Founded 1889*

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**VICE PRESIDENT DOT FULLER**

**CELEBRATING HER 88th BIRTHDAY**

<https://www.balfesbikes.co.uk>

**July 2021**



EST. 2007  
Dulwich and Streatham

**MALCOLM ADAMS GREAT BIG**



**IS ON THE 18<sup>TH</sup> JULY PLEASE  
LET HIM KNOW IF YOU WILL BE  
JOINING HIM**

[jazzymalc@aol.com](mailto:jazzymalc@aol.com)

01227 373044

**CLUB NIGHT  
SECOND MONDAY  
OF EACH MONTH  
HERNE HILL VELODROME  
104 BURBAGE ROAD  
LONDON SE24 9HE**



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**Your Editor**

.I have had phone calls from Derek Boon and Geoff Sinnott both enquiring how I was, and Geoff also sent 50 postage stamps for the DLN. Also emails from our member in Dubai wanting to order some clothing, I hope he has now been able to get what he requires and more news from Val the

Peach

I have now had 4 injections of Goserelin into my stomach and have to have this every 4 week, and as from today (23 June) start on Prednisolone a Steroid and Abiraterone which is a very expensive drug, but thankfully BUPA has agreed to pay for it, the only problem and one just has to wait and see are all the possible side effects that come with it.

And now just got to hope that the drug does the job as I have just bought a new car, it a Kia Stonic, mild hybrid and want to be able to enjoy it.

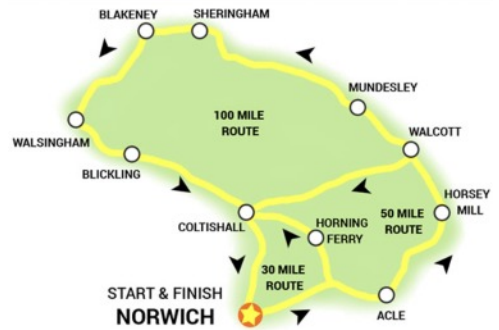
On a brighter note since 2006 Marjorie and I have been visiting our son Paul, Beth and our twin granddaughters in Scotland 3 times Year but we have not been able to do this due to Covid, but this month they have made the journey south to visit for 5 days which we greatly enjoyed.

I hear that there was a good turnout for the club lunch on the 19th of July but not received a report on how it all went.

Ed.



DEBBIE VALENTINE after finishing the Norwich Sportive and riding for her other club while Mick enjoy the countryside.



## LIFE ON SKYE

Hi everyone,

Well, what can we say about the weather – the News told us about the incessant rain and possible floods down south with temperatures ranging between 30 degrees to 13 but we have enjoyed more stable conditions. Just a few days of what locals would call dreich conditions of misty drizzly days with temperatures in the mid teens to various amounts of sun and top temperatures of 18-19 degrees – ideal for gardening !!

Thankfully we now have a date for a visit from the tree surgeon who is going to get all the trees, hedges and bushes under control. I mentioned my intentions to the next door neighbour and he was extremely pleased as clearly he will gain with more of the precious sunshine falling in their garden as well. In fact he was so pleased that he offered to pay half of the cost of our dividing boundary. He had intentions of improving the sunshine levels earlier in the year but everything has grown so high that he can no longer undertake the task himself. A win win all round.

Since I last wrote we have gained a new bird visitor. The previous owner did mention the appearance of 'Livingstone' a herring gull. We hadn't seen him for the first month or so, we just assumed he had flown off to pastures new but no, we were quietly sitting in the living room when a tap, tap, tap, on glass was evident. I assumed it was some one at the front door (we haven't yet invested in a bell until a new front door is installed). On finding no one there but the tapping continuing I investigated the back door only to find a fine specimen of a huge herring gull knocking the glass on the door with his beak. On opening the back door he flew off but only as far as the roof. I hastily prepared some broken up bread and scattered it on the pebble patio, low and



**This one is in my garden and I do not live by the sea. Ed.**

behold he swooped down and leisurely helped himself. He is now a frequent, if a bit nervous visitor.

Out of interest I Googled LivingstoneSeagull only to find there is a book by an American author Richard Bach who devised a fictional character Johnathan Livingston Seagull, who encouraged people to follow their hearts – making their own rules, doing something well even if only for themselves. People who know there is more to living than meets the eye – aiming to fly higher and faster than ever before. In the authors' eye Johnathan LivingstoneSeagull is no ordinary bird. He believes it is every gull's right to fly to reach ultimate freedom of challenge and discovery, finding his greatest reward in teaching younger sea gulls the joy of flight and the power of dreams. It received reasonable reviews.

Another 'visitor' is Henry a plastic heron we had in Maidstone in an attempt to frighten off any marauding real herons from visiting our pond and helping himself to our treasured fish. He was useless at his job !!! Nevertheless we transported him to Skye and I placed him last week at a suitable spot in the garden. We have many frequent feline visitors from neighbours. The cats are very friendly and clearly are content in their own territory – that is until this new strange bird appeared. The first time Henry was discovered caused a lot of stalking from one feline friend who gradually snuck up on the new arrival, first tentatively ducking and diving then pawing at it, actually touching its feet. When he discovered it didn't move he tried to push it over. Getting no response he haughtily flicked his tail and walked off as if to say – well that sorted him out. No notice is now given having ascertained it is of no threat whatsoever.

Not sure whether all farmers shear their sheep on a regular basis here in the Highlands, clearly some don't as we have loads of very shaggy sheep around who are doing their best to escape the scissors. Not a very tidy sight, but happy in their own world.

Some of the sheep though are pets as we found out on one of our walks. Almost back to the car an elderly gentleman in a car pulled up alongside us,

clearly wanting to chat. He enquired as to whether we were on holiday and seemed quite surprised to find we were recent inhabitants, moving up from Kent. He asked where about in Kent, he then got into full flow, telling us he used to be in the Merchant Navy, spending a lot of his time in Erith and Cliffe when not at sea. We heard most of his life story, from being born in Portnalong the next village to us now, travelling round the world with the navy but settling back in Carbost to spend 28 years working in the local whiskey distillery. He now lives Carbost, but it transpired he visits his 2 sheep every day to make sure they are OK just 2 miles from us, only missing out in the most inclement of weather, but he does have a back up plan, by way of the landowner who will ensure his pets are safe if he cannot make the journey. In think, given the opportunity he would have carried on talking for an hour or so but as Tony has difficulty in standing too long, we made our excuses and finished our walk with the car in sight. This gentleman was very like most people here, they have no inhibitions of talking to strangers and can often talk the hind legs of a donkey given the opportunity, so different from southern people. But we are not complaining, it adds to the tapestry of life.

Tony is now receiving physiotherapy twice a week at home, by a physio from Portree hospital who travels to us on Tuesday and Thursday. On the days we have no visit I encourage Tony to continue the regime just to keep him mobile. He now sports a shiny new walking stick, courtesy of the Highland Council, this is not only to help with the walking but to also improve his balance and to ensure he stays upright. I would have no chance of picking him up now if he had another fall.

We have frequent visits from the District Nurse and a dedicated Community Psychiatric Nurse which is welcoming and obviously Claire and Ian so we have no complaints and we are getting on OK.

Best wishes to all, will keep in touch

Val the Peach

## MEMBERS RIDES WEEK ENDING 27th June

	Distance	Rides	Longest	Avg.Speed	Elev. Gai
1 Steven P.	319.8 km	5	257.9 km	24.6 km/h	2,130 m
2 Laurent S.	269.2 km	2	222.9 km	23.8 km/h	2,319 m
3 Simon L.	223.4 km	4	113.3 km	28.5 km/h	1,802 m
4 Tom B.	211.5 km	5	68.8 km	28.8 km/h	2,750 m
5 Debra V.	163.1 km	3	60.6 km	20.6 km/h	1,864 m
6 David H.	110.1 km	3	41.0 km	27.5 km/h --	
7 Ade B.	101.3 km	2	88.6 km	21.2 km/h	2,587 m
8 Matt k. .	82.7 km	1	82.7 km	29.2 km/h	137 m
9 Bill W.	43.8 km	1	43.8 km	11.5 km/h	440 m
10 Jamie B.	38.0 km	2	24.1 km	28.4 km/h	783 m
11 Garry B.	35.5 km	2	32.5 km	33.3 km/h	241 m

Tom Burke-Nott recorded a time of 20:59 in the Tetbury Velos 10Mile TT



*This report came in just after I had finished printing the months DLN*

*I have written a review of a recent "Everesting" attempt I undertook in April this year. I thought the club members may be interested to read this!*

*Best wishes from the USA.*

*Eddie Buckley*

*Towards the start of our Everesting attempt, spirits were high.*

*Having set out from D.C. at 3am, Andy and I made good time to the High Knob parking lot that sits at the top of a 1.53-mile climb in Gambrill State Park, Maryland, USA. Many of the participants were already on the course by the time we arrived, putting in the laps on a very dark road. The previous days had been spent reading important advice from the Everesting community—and then preparing bikes (11-32 cassette for me!), packing food and filling bottles.*

*Tinkering with the automated time calculator on the Everesting website, by our reckoning it would be just about possible to lap in about 15 minutes – with an average gradient of 7.3%, that meant going up at around 7mph and down at 35mph.*

*We started out planning to do around 4 laps in darkness and see the dawn rise. A light shower was forecast just after dawn, then we could look forward to a cool dry day. Near perfect conditions with no concerns about dehydration. As dawn broke, we were making good time and lapping at around 15 minutes. I took some photos and video as we rode against an orange-streaked sky. "The word of the day is hubris," I said to the camera as we reached the top. There was some truth in that – we knew the excitement would wear off, fatigue would kick in and our pace would slow. But we were prepared for that.*

*We weren't prepared for the temperature to suddenly drop to 35F/1.5C as a cold front swept over the mountain. The cold was followed by rain. A shower at first, that quickly turned to a downpour. Toe-covers were no defense, nor the light spring gloves I had brought. After a lap we were drenched and very cold. On the ride downhill, the wind-chill made us shiver so hard our bikes were*

shaking dangerously. We started to dread the descent for its cold, bone-shaking terror and look forward to the climbs: by the time we reached the top, we would be starting to feel warm again.

I lost count of the cold laps. At some point, I put on my Northface hiking jacket as an extra layer. "Screw aero – warmth and survival are more important". A few laps later, we needed help from a bystander to get our gloves back on - such was the inability to feel our hands.

Sometimes the rain would stop, and the sky would brighten, then suddenly the lash of icy water would return with a vengeance. Hours passed and we kept riding. In between laps we would stop to eat, something that was impossible on the bike with our frozen hands, and tired bodies. After 25 laps we celebrated the halfway point by putting on our spare shoes. Then we sat in the car with hail drumming on the roof, eating sandwiches and drinking coffee.

The second half of the ride seemed to pass more slowly. Eventually, the sun came out and the road became less treacherous. The temperature edged up over 45 degrees. Our descents got quicker and our hands got warmer.

They say that Everesting is mostly a mental challenge. That's partly true. Three-quarters of the way through the event, we had clocked up 37 laps with 12 remaining. That was a happy thought: we've come so far. I found it unpleasant to contemplate the fact that meant between 3 and 4 more hours of riding. Of course, by that point our lap speed had fallen to around 20 minutes, excluding stops for food.

In the end we finished just before sunset in 15 h 33 min 46 seconds. It was an epic day - 152.41 miles with 29,606 feet of ascent - and I will never, ever do it again.

**THE END**

## ***Social Club Events for 2021***

Tue 29 June	Help out at Crystal Palace Circuit race
Sun 18 July	Malc B-B-Q at Herne Bay
Sun 21 November	Newnham Remembrance Service 10:30
Sun 5 December	Richmond Park Christmas Social Ride 10:00 at Roehampton Gate
Sat 1 January	New Year's day walk - Three Horseshoes, Knockholt 10:00

## ***Club & Inter Club Events for 2021***

19 - Aug	15:00	Club 10 Mile TT	Isle of Grain Q 10/24
11 - Sept	15:00	O M 10 miles TT	Isle of Grain Q 10/24

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

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

**CLOSING DATE FOR THE NEXT ISSUE 29th July2021**

**Anything for inclusion please send to:**

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