

DE LAUNE CYCLING CLUB

Founded 1889

OUR ONE HUNDRED AND THIRTIETH YEAR



***BRIAN SAXTON WAITED 60 YEAR TO GET
ON THE COVER BUT WHERE DID HE GET
THAT JERSEY?***

April 2019



EAST DULWICH 020 7732 4170

KENNINGTON 020 7820 0028

STREATHAM 020 8671 1984

hello@balfesbikes.co.uk

Birthdays celebrations for April

Clifford Steel 7th - Alured Faunce de Laune 23rd

Joseph Rudd 28th - Chris Cowlard 29th



Members may like to know that it is now possible to join, or to renew your Club membership online.

Simply follow this link

<https://www.riderhq.com/groups/delaunec/join>

or click on the button on the membership page of the website.

A reminder that all 2019 clubs subscriptions became due on 1st January. It will of course be possible to continue to do this by post to our membership secretary David Haggart (address in this mag)

If you are an Honorary Life Member, it will be helpful to click on the link and fill in your details (you won't need to pay) as this helps us to send out emails to the membership.

15TH JUNE PM

DE LAUNE OPEN 10 ISLE OF GRAIN

I WILL BE LOOKING FOR VOLUNTEERS FOR OUR OPEN 10.

PLEASE PUT THE DATE IN YOUR DIARY.

**IT WOULD BE GREAT IF WE HAVE A GOOD TURNOUT OF MEMBERS
TO BOTH VOLUNTEER AND RIDE.**

THANKS DEBBIE

**Club Rides (Sunday): Meet 9am,
Cadence Performance
2A Anerley Hill, Crystal Palace,
London SE19 2AA**

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



President's Pen



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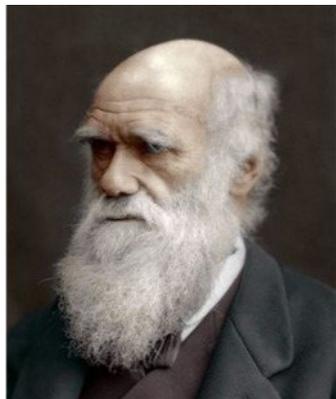
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I'm delighted to announce that at Herne Hill Velodrome's Spring Opener on Wed 27. March, our esteemed Hon Sec, Jeremy (Chalky) White was inducted into the HHV Hall of Fame

for long-time service as a Judge/Commissaire/Organiser for many years at the track. I tried to Google a pic of him at the track, but I could only find a close likeness. If I find a better one than this by next month, I'll put it in.



A close relative of Jeremy White (I think)

At the AGM on March 11, as usual we elected officers for the coming year. Many thanks to those who put themselves up for re-election, we still have a space for one more committee member on the team - if you're interested let me know. We now also have a new Membership Secretary who goes by the name of Bill Wright. I'll be having this portfolio formally handed over to me shortly. So if you're on the point of paying

your annual subs, please be in touch with me from now on.

Also at the AGM, the meeting voted through the new support programme for Herne Hill Youth CC's new Bronze/Silver/Gold membership scheme. As mentioned in previous DLNs, this aims to support this scheme to the tune of £1500 for a trial period

of 3 years, as a way to incentivise their younger members to race on a more regular basis. The idea is that by completing a set number of events in a year at a given standard, will earn a Bronze Silver or Gold Award. This encourages participation beyond the regular Saturday coaching sessions.

It is also designed to help their parents choose which club they can join. So far we can welcome to the Club four HHYCC parents who have selected De Laune CC. These are planning to arrange rides for themselves while their offspring are engaged in the coaching. The scheme will be promoted to the HHYCC membership (aged 6-18) at their AGM at the end of April.

Looking forward to seeing people at our 130th Anniversary club run out at Newnham on 5. May. If you'd like to come along, please contact Malcolm (details elsewhere in this mag) and put it in your diaries.

Bill Wright



I found this photo of Jeremy "Chalky" White a much younger man when this was taken in 2003, so the beard could now be as the photo above!



RIDERS HQ

I AM SURE IT WOULD BE HELPFUL TO OUR TREASURER AND MEMBERSHIP SECRETARY IF ALL MEMBERS LOGGED INTO

[HTTPS://WWW.RIDERHQ.COM](https://www.riderhq.com)

AND ENTERED THEIR DETAILS

AS AT THIS TIME ONLY 12 MEMBERS ARE ON THE REGISTER.



De Laune Cycling Club

1889-2019



A SPRING CELEBRATION FOR OUR 130th BIRTHDAY SUNDAY 5TH MAY

WITH LUNCH AT THE GEORGE INN, NEWNHAM

Depending on the support we receive, Lyn & I will organise this. I have discussed it with the committee, and all are in favour.

There will be several choices for you at this gathering.

- 1/ Start the day with a gentle cycle ride at around 10.30am.
- 2/ A short walk up to Sharsted Court to stretch your legs before Lunch
- 3/ A longer walk up past Sharsted Court along the ridge and onto Doddington Church where the De Launes and Faunces were laid to rest in the Sharsted Chapel.
- 4/ Drive to Doddington Church and visit the chapel
- 5/ Turn up at the 'George' for a convivial chat with old friends and a pint before lunch.

THE CHOICE IS YOURS!

Before we can contact Dave & Clare at the pub we need to know approximate numbers to check they can accommodate. So if you feel this is something you would like to be part of, please contact us ASAP and we will get the wheels in motion.

We look forward to hearing from you. Lyn & Malcolm

Tele No:- 01227373045

E mail:- jazzymalc@aol.com

**PLEASE DON'T LEAVE IT UNTIL THE LAST MINUTE WE
NEED TO KNOW NOW IF YOU WILL COMING ALONG. A
DOZEN OF US SO FAR. HOPE YOU CAN JOIN**

The French Trip:-

How times flies. The time has come to think about our club-run to France. The date will be the Saturday the 11 May, with the same format as last year: a steady flat ride to Ardres for lunch at the La Fregate restaurant with a stop at Guines on the way for refreshments. Total mileage approx. 30 miles.

You can park your car in Dover in a side street and ride your bike to the ferry or you can take your car on the ferry and park in the Calais ferry car park. If it is full you will find a lot of side roads to park.



Regarding the P&O ferry times; I am looking at 07.35 going out and 18.50 return. The latest cost for a car is £45 return and £19 return for you and your bike. This cost could vary depending on when you book.

As with last year, this will be a combined club-run with the De Laune O.A.P's and the Wednesday Wobblers and the San Fairy Ann Easy Riders This is a steady easy flat club-run.

Kav.

PS Please let me know if you want me to book you in for lunch at the restaurant.





RIDING A BIKE FOR LAUGHS. Part 3

Further to Mr. Saxton's remarks concerning electric bikes that catch fire; when you are over 80 and still riding a bike you deserve a bit of help even if you have to ride with asbestos shorts.

Brian, as you are now 82, you are now allowed to ride an E-bike. Just because you kept falling off your bike 20 years ago in Richmond Park, and did not ride a bike again, is no excuse. It is no good at your age to go out and buy a new expensive (two seat) sports car, as it is not good for your health!

When I think that to the seventies, I recall we had a social event called a Bun Fight. It was held after the run, walk and cycle race.

After the race we used a nice café in Shoreham, Kent. The starter was a nice bowl of soup with a bread bun. It did not take long for a bun to fly across the room followed by another. It then got out of hand and one of our senior members, Jack Young, would stand up saying 'Gentlemen, Gentlemen'. He got clobbered with brussel sprout. Brian Saxton and I were stripped to the waist so as not to get our new De Laune vest stained.

We were in a room at the top of the stairs so, before the land-lady came back, Jack made us thoroughly clean up all the mess. When she came back she said "You are gentlemen for cleaning up for me"! One problem we had was that Brian and I could not find our club vests. Someone had thrown them out of the window so we had to climb out on to the balcony to get them and then someone locked the window.

If I remember rightly, at that time, one of our older members, Reg Dawkins, had a birthday cake presented to him. The lady cut half of the cake into slices for his friends. It was gone in no time. Reg was on his bike so he had nowhere to carry what was left of the cake. He was wearing a bowler hat for the

occasion - yes a bowler hat. - and he decided to put the rest of the cake inside it .

Reg was on his bike so he had nowhere to carry what was left of the cake. He was wearing a bowler hat for the occasion - yes a bowler hat. - and he decided to put the rest of the cake inside it . It was a good idea, until someone pushed the bowler down over his ears. The committee stopped any more Bun Fights after that. When I think back, I have to laugh.

I remember in May 1956 that I entered the San Fairy Ann 50 mile TT with Tony Peachey, Dave Mills and my Guru Charlie Carlton. The Fairies booked digs for us - I think it was in Clapper Lane just outside of Staplehurst. I remember the landlady saying she would be going to bed early but would leave food on the table. Tony rode down early in the day and as I was working on that Saturday I rode down later, with Charlie and Dave. When we got to the digs Tony had eaten all the food and gone to bed! So we then went into Staplehurst looking for a restaurant, but all we could find was a chip shop. I remember Charlie telling us we should not eat junk food before riding a time trial, so we ended up in a pub drinking beer together with packets of crisps .

The next morning we turned up to the start looking forward to the event. All was going well for me until, with about 10 miles to go, my down-tube snapped in half. A rider who had packed came past and said 'Do you want my bike?' I said yes please. I think he thought I would mend his puncture for him and ride back to the finish. Well, to cut the long story short, he came back riding my bike with a thick branch stuck into the bottom of the down-tube and I used my toe strap to secure the top of the branch to the head set. What a genius. I rode back to London with the branch and leaves still in the down-tube. The winner of the event was a guy called Carey with a 2.04. I did a personal best with 2.14 . - a personal best with a branch!

Kav.

Running North – I Quit! by Katie-Jane L’Herpinriere



Running North Challenge: To Fastpack 7000km across Europe. From Tarifa Spain, mainland Europe's most southerly point, to Cape Nordkyn Norway, mainland Europe's most northerly point. The equivalent of 165 marathons, solo and unsupported.

Showing your vulnerability online isn't always the easiest thing to do. Particularly in the world of adventure, where there is an expectation (maybe it's one I put on myself) to be brave, strong and to soldier on. I would place a bet that at some time or another we have all been guilty of seeing vulnerability as weakness. When really it is courage. The courage to show up and be seen. To step into Theodore Roosevelt's famous 'arena', unknowing of the outcome.

Well here is me being vulnerable... I just quit and I'm heading home!

Quit is probably the wrong choice of word because it gives off an air of sadness, whereas I couldn't be happier and have never been surer of such a big decision. Nothing has gone wrong; despite a sprained muscle in my foot and a few too many blisters, I'm in great shape and managed to shuffle on sore footsies 48km by mid-afternoon yesterday, so everything was on target. Except for one major thing, my heart! I did another 35km this morning and said: "Nah...life is too short to be doing something that makes you feel miserable".

Everything about this journey was just wrong for me! I had an inert feeling before I left home that it wasn't right, but put it down to being nervous about heading off on my own. It turns out that travelling solo wasn't even remotely daunting, granted I was only wild camping for a week in the concrete sprawl

of the Costa del Sol, but I know enough to know that it wasn't a contributing factor at all.

In short, it just wasn't my cup of tea. I love remote wild places, far from people. Maybe I have been spoiled by previous journeys, challenges and adventures to the far-flung corners of the planet. Crossing the Gobi Desert and the mountains of northern China, the Arctic Ocean, the wilds of Africa, the high mountains of Kyrgyzstan, the Southern Patagonian Icecap etc. This trip, however, was just all wrong. It may be a perfect journey for someone else, but it made me increasingly miserable. To the point, I got angry with myself for wasting precious days of my life, and resentful of spending my limited resources (I sold my car to raise the money for this trip, so it matters). I want to spend my savings on a journey that sets my heart on fire. I knew from my routing that there was another 5000km ahead of me before things got even remotely wild!!!

I do not feel even a smidgen of failure. Anyone who has read any of my previous blogs will know that I have suffered greatly in the past from dealing with failure. However, I think to feel failure you need to feel disappointment and to be disappointed in the unsuccessful completion of your goal requires you to have had drive, passion and want for that goal. I strangely had none of these things on this occasion!

Metaphorically, I took a turn in my life journey, not very far down the road I realised I'd made a wrong turn so came back to look at the map again and work out which is the correct path for me.

I am actually really excited about going back to the drawing board and working out what is next for me. The world is wide and my bucket list long! But now I retrospectively think about it, running across Europe was never on my bucket list, Norway yes, but the rest no. Why did I latch on a further 5000km? What was I trying to prove? And to who? And why?

This has never happened to me before, how did I get it so wrong? Am I a little lost? Perhaps. I am going to take this as an opportunity to take stock of my life, where I am at and where I'm going. I have some hard questions that I need to ask myself, and perhaps some very deep-rooted insecurities, that

need bringing to the surface and dealing with. I think I know what some of them are already...

With regards to my partners (Salomon, Profeet, Mountain Equipment, ZeroSixZero, Nordisk) and the charity Free To Run, thank you and sorry, but I want you to know I am seeing this as an equipment test. Don't worry a big adventure is imminent, it just wasn't meant to be this one.

"I'm stronger because I had to be, I'm smarter because of my mistakes, happier because of the sadness I have known, and now wiser because I have learnt"

*Read the second part written 6 weeks later: Quitting isn't always failing:
Part 2 – The de-brief, the lessons, moving on!*

Part 2: The de-brief, the lessons learnt, moving on!

It has been 6 weeks since I returned home after completing only 1 week of an epic 7-month endurance challenge to run across Europe. I know, that's a pretty monumental fail, but that week shuffling through Spain may in fact have turned into one of the most significant weeks of my life, in a very good way!

The adventure and endurance world is notorious for suffering and discomfort. Over the years I have got the hang of how to suffer, and would go as far as saying I sometimes quite enjoy it! The reason I can usually battle on is that I am acutely aware of how the euphoric feeling of accomplishment on achieving your goal, is directly proportional to the hardships and suffering you went through to get there.

As a little reminder, for those inevitable low moments, I print out short and punchy motivational quotes and stick them to my equipment prior to an expedition or competition.

"Winners never quit and quitters never win"

"Don't give up"

“Quitting is not an option”

“#HTFU”

“Pain is temporary, glory lasts forever”

“I can, I will, end of story”

“It always seems impossible until it’s done”

With 20+ years of drumming these quotes into my head, it therefore surprises me a little, that for the first time in my life, I am okay with the concept of quitting! Well, quitting for the right reason that is!

You need to tune in to your inner voice and decipher why you really want to give up. If it’s because you’re finding it difficult and uncomfortable, persevere. If you are scared of failing or the unknown, persevere. But if you feel like something is wrong for you in your gut, then maybe, quitting might be the right decision.

“We don’t lose credibility for making mistakes, we only lose credibility when we fail to admit that we made that mistake.”

So in a bid to conclude WHAT went wrong and WHY I have asked myself a lot of uncomfortable questions... Am I okay with just being, without chasing down some crazy goal? Am I looking for a purpose? Am I trying to impress? Do I feel inadequate for not achieving my dream of an Olympic medal? Is adventure self-centred? Etc etc, and the list went on.

Many were the kinds of question that you don’t ever really answer honestly because you are worried it might not make you sound like a nice person. For example... If I were a professional 100m runner, it would be perfectly acceptable for me to say that my life goal is to be ‘the fastest runner on earth, ever!’ Whereas if someone asked me “why do you want to do these adventures?” and I answered “because I want to be better than everyone else and achieve what others daren’t even try,” people would be pretty quick to label me arrogant and self-absorbed. Thankfully this is not the reason I seek out challenges and adventure.

I go on adventures to feel happy, to feel free, to feel complete. I challenge myself to overcome my fears and to remind myself I am capable of far more than I know. I travel to make new memories, see new places, meet new faces, so that nothing feels familiar & therefore everyday becomes extraordinary. Society is always trying to make things more comfortable, convenient and easier, but struggle is good, it builds character. An adventure is an experience, filled with risk and reward, guaranteed obstacles, and surprising results. We grow and become at our best when we take advantage of new adventures.

BUT... I would be lying if I said that 'attempting what others haven't' isn't at least a tiny part of the draw to challenging oneself through the world of adventure.

So what went wrong

What was the massive mistake I made? Why did I add 5000km to my journey? 5000km that was never on my bucket list! The answer is simply because it would be a world first. No woman had ever run the length of Europe!

This in its self is not a problem or a bad reason to run 7000km, lots of people attempt to break records or complete world firsts, but personally, I think the record should be a secondary goal. When I had the idea to walk the Great Wall of China, it hadn't crossed my mind that it may become a record. When I crossed the Southern Patagonian Icecap it was because it is one of the very few places on this planet that is still to be mapped, and my chance to be an explorer in a world where there is little left to explore. It then happened to be a record!

Somewhere along the line, this trip had evolved into something that primarily was about getting a record! Tarka (my ex-husband) had taught me that you should only do an adventure that you would do even if not a single person in this world ever knew about it. I had broken this rule, my head had overruled my heart... but why?

Why it went so wrong

The feeling of not being ENOUGH!

The sad thing is that I hadn't realised that this is how I felt until the day I left on the expedition.

My mum arrived at the flat to pick me up and take me to the airport. As she came through the door she saw me all set, packed and ready to go. She joyfully asked, "You excited?". "No, not really" I replied, fighting back the tears that were welling up in my eyes. "You don't have to go" she bleated out before I had time to mutter another word. "I do, I need to achieve something" I muttered. I could no longer hold the flood gates back, and my emotion poured out through uncontrollable tears. Her tone instantly turned to complete bewilderment, "but you have achieved so much in your life?" "Not enough, nothing big" I replied. She looked shocked, unable to believe I could possibly think that, but then the look in her eyes turned to sadness, sad that she could see her daughter had got a little lost. I looked down at the floor. Mum set about trying to persuade me to stay, but I wasn't really listening. I was having a little word with myself, internally 'pulling my socks up', and telling myself that it's just the nerves talking, you can do this! The tears stopped and I announced, "I will be fine mum, I just need to begin!"

I put this feeling of needing to achieve 'something big' down to two things.

Firstly, comparing my current life to my life in years gone by.

Growing up I was fortunate to be a successful and competitive horse rider. Then after finishing my degree and my masters degree I found myself immediately working as a model; photo shoots, catwalk shows and even body doubling in blockbuster movies. Then I met a polar explorer, and before I knew it I was off completing world first expeditions in some of the remotest corners of the planet. I was in newspapers and magazines, a guest on TV couches and cooking shows, was a motivational speaker to many famous large corporations, as well as having my documentaries win awards on the adventure film circuit. It was a whirlwind. I never had time to stop and think "what will I be doing next?"

Then last year, I think I was overcome by the feeling that perhaps my greatest achievements, my most adventurous years, may have already been and gone. Is this what we call 'a mid-life crisis'? Well, I am 40 this year, haha!

Secondly, by comparing my achievements to others through the world of social media.

I love Instagram, I am inspired by many of the images posted every single day. When I scroll, I don't tend to compare myself to the ones I see on screen, I have no desire to be like others, I am happy to go against the grain, rather than follow the crowd. I am very perceptive of what is bullshit, and that most social media accounts are just 'highlight-reels' after all! That influencers images are strategically staged and edited, depicting a so-called ideal body and perfect, happy life. But what I did let affect me, was just how many incredibly amazing people there are out there doing monumentally tough challenges and adventures. Take **Mark Beaumont** cycling around the world in 80 days, **Ross Edgley** swimming around Great Britain, or **Jamie McDonald** running 220 marathons across the USA in a superhero costume raising money for sick kids, for example. They all blow my mind, I am in awe! The scale of these adventures, the tenacity it takes to complete them. This is where I felt 'not enough'! I questioned my accomplishments. My little bike rides suddenly felt so meagre.

But that was a mistake. "Comparison is the thief of joy." I will never again allow myself to make a decision based on comparing myself to others and the feeling that I'm not enough.

We must do the stuff that makes our heart beat faster and our eyes glow when we talk about it!

I also now realise, that many of my most enjoyable days in the great outdoors, are not in search of records, but when I am sharing my love for adventure with others who are new to my world. Encouraging them through their fears and their tears, helping them with knowledge and technique where I can, helping them see things they've never seen before, getting them to a tremendously beautiful place that they may never have known existed and watching their smiles when they achieve what they thought they couldn't. So to make this happen its back to school. Qualifications have been applied for, business plans are being written and a new chapter in my life begins.

Of course, my own personal adventures will continue, they are after all, what fuels my soul. With my week in Spain, shuffling along the hard shoulder of dual carriageways and passing blackboards galore advertising ‘full-english breakfasts’ on the beach front, I am definitely in need of going somewhere wild! Open Spaces, no people for days, landscapes like I’ve never seen before... So I am heading to Iceland this July, the land of fire and ice! Inhospitable volcanic desert, dominated by huge glaciers, active volcanoes, and mighty lava structures. Wahoo, I can’t wait!!

P.S. My fractured foot, that I did on day 3, is now better and I am back out training. → → → → →

/Katiejaneendurance.com



I hope this has been of interest as you will have seen in previous DLN Katie is an email friend, she also partnered Jayne Wadsworth in the 2015 Transcontinental Race No. 3 to Istanbul. Ed.



CAN YOU NAME THEM

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HOW MANY CAN YOU NAME THE ONE WHO GETS THE MOST WINS A BOTTLE OF WINE

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Social Club Events for 2019

Sunday	5-May	A SPRING CELEBRATION FOR OUR 130th BIRTHDAY WITH LUNCH AT THE GEORGE INN, NEWNHAM
Saturday	11 - May	We are going to France
Sunday	17 - Nov	Newnham Memorial Service and Lunch

Club & Inter Club Events for 2019

Sunday	19-May 07:00	Q25/8	Fred Peachey 25/Novice 25 & Club Championship	Chilham
Saturday	15 June 15:00	Q10/24	Open '10' TT	Isle of Grain
Sunday	7 July N/A	Q25/8	Mid Summer 25 (Gravesend CC Open Event)	Chilham
Sunday	14 July N/A		Alf Baldwin 50 (VTTA 50)	
Saturday	7 August 15:00	Q10/24	Club 10	Isle of Grain
Saturday	14 Sept. 15:00	Q10/24	Old Members Club 10	Isle of Grain
The Autumn 25 will be the SCCU TT event on Sunday 1st September on the G25/51				

SEE MESSAGE BOARD to keep UP TO DATE

<http://mikepeel.proboards67.com>

CLOSING DATE FOR THE NEXT ISSUE 25^h April

Anything for inclusion please send to:

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