

# DE LAUNE NEWS



***A GOOD TURNOUT FOR THE CHRISTMAS CLUB RUN,  
SUNDAY THE 17 DEC, AT RICHMOND PARK - WE  
ALL ENJOYED THE MINCE PIES, SAUSAGE ROLLS  
AND HOT MULLED WINE.***

**HAPPY NEW YEAR**

**EVANS**  
CYCLES.COM

**JANUARY 2007**

# Legro's' Training Camp 2007

**Come train in the sun with Multi World Masters Champion and Master-coach Dave Le Grys.**

Dave Le Grys invites you to his Annual Training Camp with a difference.  
March 19<sup>th</sup> – April 2<sup>nd</sup> 1-2 weeks

Book and pay for your own flight, taking advantage of cheap budget airlines on the net. Flying from your local airport to suit you, and still have the benefits of this exclusive training package.

Flights must be booked if possible to arrive on the 19th or 26th of March 2007  
*provisions can be made if you fly out the day before or after date(s) suggested due to flight schedules not same as above*

Groups welcomed and catered for, including non-cyclists who want to travel with their partners Structured training available, suitable for all abilities

Guidebook with coaching information, route maps and other information so you can plan ahead and enjoy your holiday

Coaching advice and support throughout your stay

Group leaders for all abilities with every ride

Reigning World Masters, British Senior Champions and experienced riders willing to assist all riders

Half board accommodation - 4 Star Hotel

We will be staying at the Hotel Pollenca Park which is just off the beach front.

316 rooms all with balcony and seas views

.....  
For further information please contact Dave Le Grys 01206 271553 or 07930 648469

or email: [legro@mastercoach.fsnet.co.uk](mailto:legro@mastercoach.fsnet.co.uk)

*During your stay, you might want to go and watch the 2007 World Track Championships on the 29<sup>th</sup> March – 1<sup>st</sup> April held at the new indoor Velodrome in Palma*

**Dave Le Grys**

Mastercoach

Tel: Colchester Office 01206 271553

Tel: Nottingham Office 01159 172381

Mobile: 07930 648469

**1889****DE LAUNE**  
CYCLING CLUB**2007****SPECIALIZED****PRESIDENT**[www.delauneccl.org](http://www.delauneccl.org)**ROY SAVERY**

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MEMBERSHIP****BRIAN SAXTON**

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12 Willowbank Gardens  
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KT20 5DS  
01737 217565

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

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

**PRESIDENTS REPORT**

Hi Everyone,

Hope you all had a great Christmas.

On the 2<sup>nd</sup> December I went to the Crescent Cycling Club's annual prize giving lunch. It was at Great Haddam Golf Club, in Essex. Quite a few of us met for a cycle ride before the lunch, during which we stopped for a break and a few mince pies and coffee, then back to the Golf Club for lunch. As you can imagine, it was great to meet up with old friends who I only see once a year, and there was lots of banter.

On the 15<sup>th</sup>, Gina and I made our usual trip to Wembley for the Christmas Horse Show, which was great fun.

On the 17<sup>th</sup> there was a Club Ride in Richmond Park, and the nice weather brought out a good number of members to ride, and spectators Don and Beryl White. After the ride Kav treated us all to mulled wine, mince pies and sausage rolls. Thanks, Kav – it was very welcome.

On the 19<sup>th</sup> there was the North London Cycle Club reunion. We all met at Newgate Street, Herts. It was held at a first class hotel, The Ponsbourne Park Hotel. I met an old friend who I haven't seen for nearly 50 years – the King - Alfie Engers, (for those of you who are

too young to remember him, he held comp record back in the 60s for a 25) together with many other old friends. Kav also came along to represent our Club with me, and after a ride (which Kav didn't do) we had a wonderful lunch.

We are coming to the end of the year, and I hope that some of you are setting your goals for the 2007 season. Don't forget, if the training programme didn't get you the results you wanted in 2006, then change your programme for 2007, because if it didn't work last year, it isn't going to work next year either!

Wishing you all a very happy, healthy and prosperous New Year, and make it a good one.

Roy



## **The Chairman's Report**



Made any resolutions for 2007 yet? Have you decided to get more miles in than last year? Have you decided to make a training and racing plan for 2007? Have you pinpointed the events you want to do well in next year? Have you decided that you should train faster than you race but for shorter periods? Have you decided that you should ride the track to get the speed in your legs? Remember that if you think you might, you won't but if you think you can you will, it is all in the state of mind.

By the time you read this you will have pulled down the Christmas tree and all the decorations and said what was that all about! Yes another year gone and another to look forward to.

Not a bad year for the club, after we paid off all our bills to the Inland Revenue. We should know what the club is worth at the next AGM and what we can spend for our members. Please put forward your ideas as to how we can benefit our club and all the members. All ideas will be put forward to our committee for consideration be it racing, social, either big or small - please let us know.

It was put forward to have a two-day road race like we had a few years ago. A great idea but no one wants to organize the event! Saying that, Val the Peach has agreed to run a two combined open time trials on one-week end in 2008, bless her.

The last event for the club was the Christmas club run around Richmond Park (Sunday the 17<sup>th</sup> Dec) at which we had a turn out of about two dozen. (See the picture on the web site). It was good to see new members out and a few old faces as well. Don and Beryl White, Peter Jenn, Tony Purser to mention a few and Stax who was on a bike, that was when he could get his feet in to the new shoe cleats.

It was like old times riding along at a steady pace with a lot of chattering going on. That was for one lap only! I did not see them after that! Tony Purser, who only lives around the corner from the park, knew a short cut

to miss out that sodding hill, so Stax, Peter Jenn and I had to keep him company, if you know what I mean!

We finished the day off with mince pies, sausage rolls and hot mulled wine. I think we could have done with more red wine as Stax insisted he had to sample the stuff before we started. Just in case it had gone off!

Do you know, I cannot remember seeing that woman who comes out with a tee shirt saying "Up the De Laune". I hope she is OK.

Later in the year, say June, Cliff and I hope to organize a full blow out picnic for our members. (Similar to the Belgium night) This will take place in the park. (With wine of course) and after the club run. Watch this space.

At the end of this month the De Laune skiing team will be going to France to do battle with the San Fairy Ann CC. We will be a little short on numbers this year as our President, Roy will not be with us. He has bought a new track bike and Gina will not let him go skiing as well! I think at the Belgium Night he will have to be award him 'The Ancient Order of the Thumb Trophy'

In last months DLN our editor Mark was telling us again how old he is getting, poor thing. Mark, we all think you are doing a great job with the mag. Mind you Val the Peach did the job for years with only a John Bull printing outfit!

I will take this opportunity to wish you all a happy New Year and to remind you your subs are due!

Kav..

**Just a quick** note, it was wonderful to see pictures of Charlie Carlton and Bill Miles in the DLN. After 50 odd years you wonder what your old friends look like, and they both look great.

Wishing everybody in the De Laune C.C. a very HappyChristmas and successful New Year

**Alf Wason**

**Great Christmas** edition. The enclosure of Alan Jackson was very interesting. As you know the only 'claim to fame' I had with Alan was our first team award with Ken Knapman on 8th July 1951, the Highgate CC 90 mile Massed Start at Willingale, one lap down, during many thunderstorms!!!!!!!!!!!!!! The silver medal needs cleaning, you might ask Kay, as an old soldier, if he could oblige? Sometime!

Thank you for the piece from Geoff Margetts auf deutsch. My formal education has always be lacking, 9 years old when the WWII came, at work when it ended. Many visits to parts of England in between with periods in the air raid shelter. My understanding of the German language has always been more of 'survival'. My aim is converse with people selling beer as I pass, by train, through Germany and at destination in the local pub. My tastes simple, I am not really into 'solids'. If I can survive the old 7 days or so on the necessary liquid and the odd sausage with bread I am happy. At my age I am not interest in a 'balanced diet'. I know enough French to obtain vicuals on the Eurostar, the staff are understanding as they stay the night at the Union Jack Club with Len Danby. I learnt Italian when I went to the north of Italy, only to find they all spoke German because of their history, why did I bother! Now if I had have been educated, I would have known.

I think the words by Roy, "Success is getting what you want. Happiness is liking what you get". Applies to LRD.

Keep up the good work.

Regards. **Len Danby**

**Once again** a finely produced DLN for which many thanks. I wonder what past editors Ken Flecher, Frank Holland and George Starsmeare

would think of today's magnificent product? Whilst mentioning the past it was a delight to see pictures of my contemporaries Charlie Carlton, George Wood and Bill Miles at the Belgium Night not forgetting, of course our President

The re-print and feature on Alan Jackson in the Dec. Issue made interesting reading and I can't believe it was fifty years ago that we had a special dinner in the Chatham Rooms at Victoria railway station to honour Alan on his return from Melbourne with a presentation to him to mark the occasion.

Brian, in his feature, says' ....50 years since Alan won his Olympic medal' in fact it should have read medals because Alan won bronze for third place in the road race and silver for being a member of the second team.

The other cyclist who, similarly in the event, won two medals for one ride was Arnaud Geyre of France who took silver for coming second and gold for being in the winning team

May I take this opportunity, Mark, of wishing all of my acquaintances in the Club a very happy and prosperous 2007.

With best wishes,  
**Arthur How.**

Robbie having his tyres  
pumped up

See page 15





# Imperial Winter Series (Hillingdon) - race 1

**2nd December**

Race one of the 2006/07 Imperial Winter Series held at Hillingdon Cycle Circuit on December 2.

Notable track rider Daniel Rudd took a surprise win on the road at the 1st round of the Imperial Winter Series at Hillingdon. Jason Streather last years champion made a strong defence of his title coming in second place.



Daniel Rudd had been part of a four man break including Phil Holloway, Martin Hulbert and Steve Golla, but the group was caught in the last 4km. Rudd bravely went for the win alone and succeeded.

## **Cats E 1 2 3 - 52k**

<b>1</b>	<b>Daniel Rudd</b>	<b>De Laune CC 1</b>	<b>01:14:10</b>
2	Jason Streather	VC St Raphael E	
3	Graham Galvin	Team Economic Energy 2	
4	Gianluca Cappello	Pearson cycles 2	

## **DANNY RUDD JOINS CITIHUB TEAM**

IT Financial Services consultancy - Citihub - is sponsoring a cycle racing team for the 2006 season as well as a combativity prize for SERRL events.

The small team of five 1st and 2nd Category riders will focus on road racing in the South-East as well as some Premier Calendar events and national level stage races.

The team hopes to expand its involvement during 2006 with a view to recruiting Elite level riders and additional sponsors in 2007.

## 9th December

The group consisted of last weeks winner Daniel Rudd, Steve Golla, 'come back man' Lewis Atkins, Wouter Sybrandy, Jason Edwards and last weeks 4th cat winner Ben Moores.

With Daniel Rudd taking the sprint fairly comfortably to give him a cheerful lead in the series with the maximum 400 points .



## Danny in his new colours

### Cats E/1/2/3

- 1 **Daniel Rudd (de laune)**
- 2 Steve Golla
- 3 Lewis Atkins
- 4 Wouter Sybrandy

Citihub  
High Wycombe CC  
Pacific RT  
[www.agiskoviner.com](http://www.agiskoviner.com)

### 4th Cats

- 1 Christopher Baldwin
- 2 Jerry Greatorex

### 16 **Sam Armour**

Privateer  
Oxonian CC  
**De Laune CC**

### Race 3 - 16th December

### E123

1	Jason Streather	VC St Raphael	410 (series points)
2	Alex Aldham-Breary	PCA CiclosUno	150
20	<b>Daniel Rudd</b>	Citihub	400

### 23r - December

### Race 4 E123 Results

1	Andrew Griffiths	Glendene CC / Bike Trax
2	Chris Moores	Norwood Paragon
17	<b>Daniel Rudd</b>	Citihub

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# The Beginner's Guide to Hill Climbs

I feel uniquely qualified to write this article, based on my record-breaking performance in this year's Club Hill-Climb. Contrary to rumour I was not a "Did Not Start" but a "Did Not Finish" due to a minor technicality - apparently you're not allowed to walk at any point... Anyway, I doubt that anyone has ever taken as long as I did to get to the top!

Hopefully this little story will encourage a few more entries next year – Hill-Climbs are fun events (relatively) – and learning from my mistakes should help. It may also encourage one of the members who enter Hill-Climbs on a serious basis to write an article on the "How-To's" rather than the "How Not To's" here..!

So, why enter a Hill-Climb? Well, they're short races for one thing. The majority of courses are one mile long or less so if you have a bad day, or the weather isn't kind, your exposure to the character-building side of racing is much reduced. (As an example the course used for the Club Hill-Climb, White Lane has been described in race results as being 700 or 750 yards long – I guess this may depend where the start point is, or could simply be a mistake. The course record is 1 minute 44.4 seconds.) The short duration of the race effort compared to a road/MTB race or a 25-mile or 50-mile time trial also makes it practical to combine with a training ride or something social – like the lunch kindly hosted by the Club President's good lady after this year's Club event.

So what went wrong with the master plan for my return to racing?

## **Training**

A few months on the turbo-trainer after a long lay-off had seen improvements in power output and I thought the introduction of 2-minute intervals would ideally suit the race and avoid too much embarrassment. (We all make mistakes..) If the result wasn't too bad, I'd even considered going in for a few open events.

The Reality: White Lane is reputed to be 1 in 6 overall, with a final section of 1 in 4. The road's quite narrow and the road surface is a little bumpy in places. (Don't think Magnus Backstedt didn't have his Paris-Roubaix victory in mind when he decided to enter the Bec Hill-Climb...) A training programme focussed on high revs and relatively low load, in a seated position wasn't quite ideal for a race where the finale would involve trying to keep the cranks turning over while not falling off! Now if I'd done the intervals out of the saddle, with the front of the bike raised and in a gear and resistance load that simulated a steep hill it might have gone a little better.

I also lost a lot of upper-body strength after my 2003 crash and was initially forbidden from weight-training to avoid damaging the re-constructed elbow. Then I assumed normal activity would supply enough strength – big mistake, it took 40-odd years to get

that “wiry”. End-result, I couldn’t pull up on the bars effectively. (Not likely to be a problem for anyone else, but it shows you have to consider all aspects.)

As to kit/technique, the bike I use on the turbo is ‘80’s vintage, with down-tube gear levers. My road bike on the other hand has STI gear changers. I felt the bike was skipping about a bit during the race so decided to change down and ride up in a seated position using higher revs. The gear felt uncomfortably high so I shifted down again and it felt bigger – I realised that with my lack of practice on STI (I hadn’t actually managed to fit in any actual road miles...) I’d been changing up. At this point I’d lost momentum and with little room to manoeuvre and a lack of balance (those missing road miles again) I decided to clip out, change down, and re-start. Great theory, but as some will know, clipping in during races always seems to give me a problem, never mind on a narrow 1 in 6. Still, I’d decided to ride SPD shoes just in case, so the walk up to the finish wasn’t too bad.

### **Preparation**

Although I’d ridden Hill-Climbs before (60’s/70’s), I hadn’t been up anything really steep for a long time and I’d never been up White Lane. Although I drove over the weekend before for a bit of a recce and to get the feel for riding a short, steep, hill, I got stuck in traffic and didn’t have time to ride the hill – just drive down and then up again – it didn’t look *too* bad... I also didn’t use the time from when I arrived on the day until the start to check out the climb - very silly because the energy used wouldn’t have been major and there was plenty of time to recover. It would also have helped with the out-of-the-saddle balance worry.



It might also have helped a little if I’d been more aggressive in losing the 16 kilos I put on after my crash in 2003. I’ve lost about 9 kilos but 7 kilos surplus still takes some effort to lug uphill, especially when the available power output isn’t too high to begin with! (An article in the November 2<sup>nd</sup> Cycling Weekly showed that (on White Lane of all places) adding 12 kilos to an elite rider added 50% to his time and forced him 2 gears lower - and his power output was probably rather higher than mine to begin with ...)

Well, that about does it for baring my soul. I think some of the lessons are transferable but I hope my comedy of errors has provided some amusement even if you’re smart enough to be avoiding these basic errors in the first place!

For anyone who hasn’t tried a hill-climb before, you have until next September/October before the next season opens... If you’re worried about being embarrassed by a poor

time, don't be – I've already set the "Low" performance and, anyway, the Club event is intended to be a bit of fun as well as the serious side. Personally, I don't intend to let White Lane get the better of me and I plan to take a leaf out of ex-Pro Maurice Burton's book and take the occasional training ride out there and take a few spins up the hill in the hope of getting down to a reasonable time before next Hill-Climb season!

NIGEL SCALES

## **MEMBERSHIP**

We welcome Rasa Augaitis from Canada who is currently living in Greenwich south-east London and working as a teacher; also Joanna Carritt, who is living in North London and is a structural engineer; and finally Morag Duff, a solicitor from Wimborne, Dorset. It's a pity that Joanna, Morag and Marie Brunborg, who joined in July last year and is an architect, could not have been around a few years back when we were building the clubroom – they certainly could have lightened the load!

You will find with this issue of the DLN a 2007 subscription form and a stamped/addressed envelope. (If you joined the club after 1<sup>st</sup> September 2006 this does not apply as your subs will not be due until January 1<sup>st</sup> 2008).

The club became registered as a Community Amateur Sports Club effective 5<sup>th</sup> October 2006, thus any donations made by individuals to the club will receive gift aid tax relief, ie 28p in the pound.

Mike Peel will once again be producing our membership cards. On receipt of your subs cheque – which should be made payable to the De Laune Cycling Club – your membership card will be sent to you and, of course, your bank statement will confirm that your cheque has been paid into the club bank account. Separate receipts will not be sent. Please **do not** send any monies to our Treasurer, Don White.

Elsewhere in this issue is shown a list of members as at 31<sup>st</sup> December 2006, which totals 112, down from last year by six members.

Brian Saxton  
Membership Secretary

# MEMBERSHIP LIST

MALCOLM ADAMS	JOHN GEOGHEGAN	ROY SAVERY
JON ARCHDEACON	ADAM GLASSER	BRIAN SAXTON
SAM ARMOUR	MATT GOODES	NIGEL SCALES
RASA AUGAITIS	CHRIS GORDON-COKER	SIMEON SCHMIDT
MATTHEW BAKER	YVONNE GREGORY	BRIAN SHAMBROOK
ROSIE BAKER	DAVE GRIFFITHS	PETER SHEPHERD
MARK BALLAMY	PETER GUNNELL	GEOFF SINNETT
TOM BEWSEY	DAVID HAGGART	ALAN SPELLING
EDWARD BOND	ARTHUR HOW	PETER STAFF
DEREK BOON	MAUREEN JACKSON	EDDIE STARSMEARE
ANDREW BOUND	HARRY JAMES	JOHN STARSMEARE
JEREMY BRIGGS	PETER JAQUES	CLIFF STEELE
LEN BROWN	PETER JENN	DAVE TWEDDELL
MARIE BRUNBORG	JOHN KAVANAGH	MICHAEL VALENTINE
DAVE BURFOOT	DAVID KING	MARK WADLEY
PAT BURNS	JAMES KING	JAYNE WADSWORTH
NICK BUTLER	KEN KNAPMAN	BRIAN WALLER
CHAS CARLTON	JAMES LETT	RUPERT WALSH
JOANNA CARRITT	SIMON LOWE	MONTY WATKINS
CHARLOTTE CARTER- SMITH	JAMES LYON	DON WHITE
HENRY CARTER-SMITH	PETER MALLIN-JONES	JEREMY WHITE
STEVE CARTER-SMITH	GEOFF MARGETTS	BERYL WILLIAMSON
VERONIQUE CARTER-SMITH	CHRIS MARSHALL	GEORGE WOOD
ROY CHITTLEBOROUGH	WILL MATTHEWS	BILL WRIGHT
WOJTEK CHLEBEK	RICHARD McBRIDE	
KATIE CHOWN	BILL MILES	
BERT COLLINS	MICHAEL MOORE	
ALAN CONSTABLE	JOHN O'BRIEN	
HARRY CORBETT	TONY PEACHEY	
BRIAN DACEY	VAL PEACHEY	
LEN DANBY	JAMES PECKHAM	
JOHN DARROCH	MIKE PEEL	
TERRY DEELEY	CLIF PENDLETON	
JOHN DODS	AMY PIDDINGTON	
MARY DODS	ALAN PRIDDY	
LEN DOUBLE	TONY PURSER	
MORAG DUFF	LES PYNE	
DAVID DULAKE	MIKE RICE	
JENNIFER EVANS	ALAN ROWE	
SAM FENSTERHEIM	DANIEL RUDD	
ROSS FRYER	DAVE RUDD	
DOT FULLER	FRANCIS RUDD	
KEN FULLER	JOSEPH RUDD	
	CHRISTIAN RUDOLF	

## NEWS FROM OUR REPORTER IN OZ

Greetings from Australia.

I arrived here on the 2nd December and the very next day went to see the Australian Criterium Championships. I have already reported on the message board that it was won by Robbie McKewen in a very tight finish from Alan Davis. Beautiful hot weather large crowd watching.

The 2 photos show Robbie having his tyres pumped up before and then Robbie on his lap of honour. The next Saturday we went off to the Gold Coast Surfers Paradise for another criterium.

This time my son Glyn had arranged for us to be in the VIP enclosure. All the top riders came to mingle both before and after the race. I was watching the B race and a rider came and sat next to me, we started chatting and I asked him where he lived in Europe whilst over there. His answer was Monaco. He said that there are about 8 Aussies living in the area so lots of mates to train with.

It wasn't until he went to race, wishing me a good day and me saying have a good ride that I realised it was Baden Cooke. He finished 2nd on the Champs Elysee in 2003

and took the green jersey overall. I was like a little kid in a sweet shop. All the riders were so friendly and approachable but I only got my photo taken with Robbie McKewen just to make Dot Fuller jealous. Other riders I



spoke to were Nick Craig of Lotto who won the race, Henk Vogels of Lotto and Matthew Wilson of Unibet who is recovering from cancer and won a stage of the Tour d'Lavenir beside being Australian road champion a couple of years ago.

Regards. John





PHOTO'S  
 From  
 OZ  
 By  
 JOHN  
 GEOGHEGAN



Just received the attached, official opening of the Betteshanger Country Park.

Incidentally I rode a '10' around the circuit in August (6 laps). Great circuit in an anticlockwise direction, I just hope they keep the clockwise direction for massed starts (appears to be

more up hill in that direction).

Malcolm

### **OPENING DATE OF FOWLMEAD COUNTRY PARK ANNOUNCED**

The Fowlmead Country Park at Betteshanger will officially open with a spectacular Bank Holiday event on 27<sup>th</sup> and 28th May 2007, showcasing the diversity of the park, the South East England Development Agency (SEEDA) announced this Friday (1<sup>st</sup> December).

This £18.8 million regeneration project in East Kent, funded by English Partnerships, is on the site of the redundant Betteshanger colliery which has been derelict since 1989. SEEDA was first handed control of the project in 1999 since when the 120-hectare site has been remediated, decontaminated and new planting and infrastructure created.

When the park opens in May, local people will benefit from a host of attractions, all of which will be available to them free of charge.

SEEDA's Senior Project Manager for Fowlmead Country Park, Gordon Harris, said: "This is an exciting time for people living in East Kent. The park, a legacy for the future, has been completely replanted, although it will be 10 years before it has matured.

MF

Continued...

“There will be opportunities for rambling, jogging, horse riding, cycling, BMXing, bird-watching and much more. We have installed a national standard 3.5k cycling track which is bound to be an attractive proposition for cycling clubs in Kent and throughout the South East.”

A permanent visitors’ centre with park-related displays, reception area and changing rooms with showers, is also planned.

The two-day opening event featuring a celebrity, whose identity is still to be announced, will be a major Bank Holiday attraction. Ten activity zones containing displays will be specially constructed for the weekend. There will be a 3k fun run and a 3-lap cycle race, both for charity, plus a 10-lap cycle race for the more serious two-wheelers. Visitors will be encouraged to bring their bikes although there will be free shuttle buses running to Fowlmead from Deal town centre.

The Betteshanger Brass Band will be playing, providing an emotional reminder of the days when the area was a thriving coalfield.

“All this could not have been achieved but for the hard work and co-operation of the Betteshanger Regeneration Team, consisting of SEEDA professionals, Dover District Council Community Development Team and the local community, whose help has been invaluable to us,” said Gordon.

“Local people have been waiting for a long time for Fowlmead Country Park to open, and now their patience is being rewarded.”

SEEDA has set up a special website dedicated to providing information about the opening weekend. The site contains details of sponsorship opportunities and the various “zones” of activities that will be available throughout the event. This can be found at [www.fowlmead.co.uk](http://www.fowlmead.co.uk)

Robbie McKewen in  
full flight

See page 15





# ***DATES TO REMEMBER***

**Diary Social/Club for 2007**

## **Club & Inter-Club Events for 2007**

Sunday      09.30      1-Apr      SERRL ROAD RACE      Sevenoaks Weald

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

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

**CLOSING DATE FOR THE NEXT ISSUE 26th JANUARY**

**Anything for inclusion please send to:**

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