

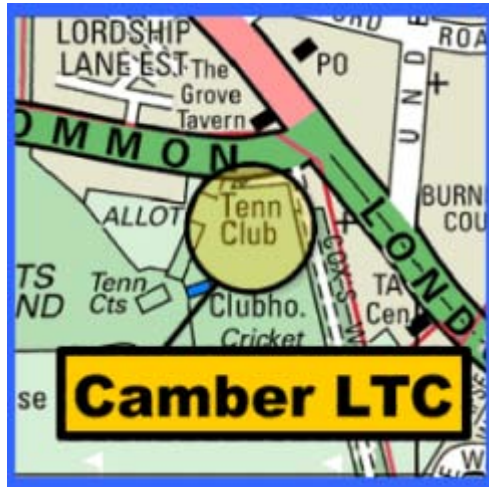
NEWS DE LAUNE



MERRY CHRISTMAS

EVANS
CYCLES.COM

DECEMBER 2007



We are situated opposite The Grove Tavern (Harvester restaurant) public house 50 metres from the traffic lights at the junction of Lordship Lane and Dulwich Common (South Circular).

Buses P4, P13, 185, 176, 312.

Got a big sportive goal planned next year? Like the **Etape**, **Marmotte** or a **Gran Fondo**?

We have linked up with our partner CicloCostaBlanca.com to provide "Sportive Specific" training camps that will help you achieve those goals. All abilities of sportive riders catered for.

*"I have just come back from Denia, Spain, and I'm delighted to confirm it is the perfect location for our new and exciting sportive training camps. With **Dave Lloyd** also selecting this area for his athletes camps, I am certain we have made the right choice to partner with ciclocostablanca.com. I really hope we can turn these into one of the highlights of the year - for all of you that dream of getting some winter training, in away from the UK. I will certainly be there!*

Having gained first hand experience of the hotel, the hospitality, the routes and the support, I can assure you that these will be really good weeks with the emphasis very much on the needs of you, the riders."

Mark Harding, Editor, Cyclosport.org

Winter week - February 16th to 23rd April. 6 quality days training

Spring week - March 29th to 5th April. 6 quality days training.



1889

DE LAUNE
CYCLING CLUB

2007

SPECIALIZED

PRESIDENT

www.delauneccl.org

PRESIDENTS REPORT

ROY SAVERY

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SECRETARY & MEMBERSHIP

BRIAN SAXTON

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Hi everybody.

Only 5 weeks to 2008! All you budding racing members, have you got your goals worked out for the New Year?

TREASURER

DON WHITE

12 Willowbank Gardens
Tadworth
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KT20 5DS
01737 217565

We had the Belgian Night on the 2nd November, and what a great time we all had. Cliff, our chef, did us really proud, and a much fuller report will be given by the organiser of the event Kav, with help from Titch, Stack and Mike Peel. If you weren't there, you missed out big time. Plenty to eat and drink, and much merriment. John and Eileen Geoghegan stayed with us and we booked a cab, so that we were able to take advantage of the copious amounts of wine. What a great night.

CLUB NIGHT

SECOND MONDAY OF EACH MONTH

CAMBER TENNIS CLUB

DULWICH COMMON SE21 7EX

On the morning of the 4th, we all had to get us bright and early to go to the White Hart pub at Claygate for the KCA Reliability Trial. We had 17 entered, and 14 took part. We had to arrive by 8.15am to be ready to depart at 8.35. Some of we hard men and women went for the 100k ride, while some of the woofers went for the lesser distance of 50k (even some of them stopped halfway round for

coffee and toast1). I was looked after by John and Sarah Archdeacon during the ride. Alan Rowe, who was with us in the 100k event, was seen going in for coffee and toast, and was not seen again. Hopefully, he arrived home ok. If he's still missing, please let us know. Afterwards, we had a group photograph of the survivors at the pub. As for me, I wanted to get 4 hours of riding in so I went for an additional 20 minutes after (boasting again) to get the full time in.

We had our second meeting at the new venue, which went very well, but we were still in competition with the Tennis Club Meeting and if you are deaf in one ear (as I am) it becomes very difficult to follow what is going on (that's my excuse for becoming senile!).

On the 17th, I organised a Cycle Club Islington Re-union dinner at the Barnes Hotel, Bedford. We had approx. 30 guests for dinner on Saturday night. I had arrived there early on Friday so that I could go training in different surroundings. I also went out early on the Saturday morning with a few of the early arrivals for the dinner. I was up at the crack of dawn on Sunday to get to Newnham before 10.0am. After a cup of tea, we went to the Church to participate in the Service. I spoke on the subject of the young men who died in the two World Wars, who experienced so much pain and terror, and as they were going over the top would have wanted and needed someone there to hug and help them – and, of course, He was there to support them in their time of need..

I'm looking forward to going to the Crescent Lunch at Much Had-dem, Herts, this Saturday, 1st December.

**HOPE YOU ALL HAVE A GREAT CHRISTMAS, AND A VERY
HAPPY AND PROSPEROUS NEW YEAR.**

ROY

Quote for the month:

“A successful man is one who can lay a firm foundation with the bricks that others throw at him.”

Sidney Greenberg



CHAIRMAN'S REPORT



Another Belgium Night has come and gone. And what a night it was. As one of our oldest member Bill Miles at 96 said “The best social ever” and he should know as he has been to a few.

What makes this event so successful? You could say good food, good wine and good company but you could say more than that.

Without doubt the food that Cliff and Carol serves us is second to none. Would it be the same having a fish and chip supper? I doubt it. Due to business commitments Cliff has got to consider if he can continue next year. Let us keep our fingers crossed he can make it.

The venue for our Belgium Night at the Blackheath Harriers clubroom is perfect. It is not a case of just booking it but arranging and dressing it out. Mike and Stack spend all day Friday doing just that. Mind you they are long in the tooth and a tad slow!

Seating arrangements. That can be a nightmare for Dot. Putting people next to people they want to be with. This can be a problem at times. This year we had more tables but less people on them, which gave us more elbowroom.

I think the Accordionist gives it a Belgium/French atmosphere as long as he does not stand at your table too long!

Our team have a cunning plan. As soon as you come in we give you drinks and of course keep you topped up. When the ladies start to giggle and the men start talking too loud we then sit you down. We then get you up and down a few times for the national anthems. We then get the food to you as quick as possible. Did you know that the waiters, who are 70 or over train for this event at MacDonald's.

We keep the speeches short (thank you Roy) and the prize presentations to a minimum. Jon Archdeacon 25 mile champion, Matt Goods, Hill climb

champion and Alan Rowe, Roy Savery equal old members 10 champions. And of course plenty of cross toasting always go's down well.

We at last got Bill Wright in one spot (he travels all over the place with his job) so that we could present him with the Gold Badge of Honour for all the work he does for our club. Bill said that he has only been in the club for 20 years and looking at how long most of the members have been in the club he feels like a new member. Bill, from us all, your Gold Medal was well deserved.



I think we all considered the drink and drive laws and had a good time. I know that Mike and Stax had to usher people out at the end so they could clear up. I think it was the Trad Jazz Group that held us up, Len, Dave and Mary!

We look forward to next years do in whatever format we have but if it is up to our team it will be a good.



The following Sunday we had our Park and Ride club run combined with the KCA reliability event. This was 100km over 4 ½ hours. I think it was the best De Laune turn out we have had for years with 16 riders.

Our President Roy, Nick Butler, Mike Peel, Jon and Sarah Archdeacon, Jayne Wadsworth, Brian Dacey, Peter Jenn, Mat Goods, Terry Dealy, Alan Rowe, Nigel Scales, Steve Carter Smith, James Peckham our

lady guest Terry and me. We would have had 17 but that turn coat Adams rode for the Thanet!!!

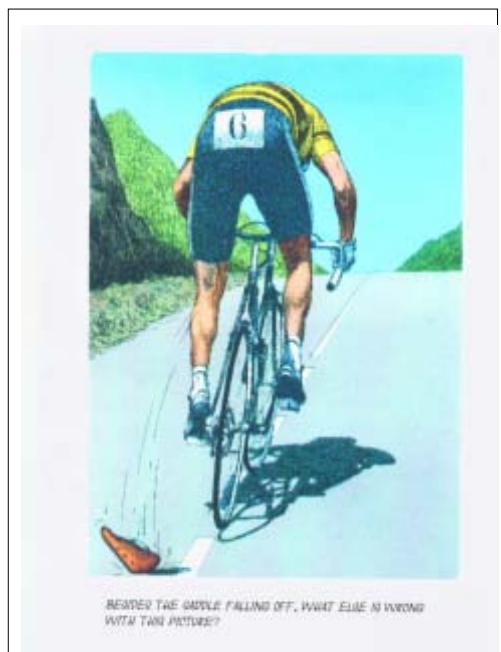
We had a couple on non-starters but I think we all got round in our allotted times. I thought it would be good to get a photo of all our guys in one bunch and all in our De Laune vests. We had a problem with Linton hill after 6 miles, which spread us out a bit!!

We found Peter Jenn after 20 miles in Pat Hills place eating toast and marmalade. I think he had the knock! Mike and Terry missed the turn off at the end and did window-shopping in Goudhurst. And what ever happened to Nigel Scales we do not know. My next Park and Ride will be the Christmas Club Run around Richmond Park on Sunday the 16th of December. from the car park at Roehampton Gate at 9am sharp. Beware that the car park fills up very quickly.

If you do not ride a bike just turn up, as we will have mulled red wine, sausage rolls, mince pies and I will let someone pull my cracker!! That reminds me, will little Mary Dods turn up this year?

**ON BEHALF OF THE GUYS IN
THE ENGINE ROOM WE
WOULD LIKE TO WISH ALL
OUR MEMBERS A MERRY
CHRISTMAS AND A HAPPY
NEW YEAR**

Kav



Hill Climb 2007

By Nigel Scales

Some of you may remember the saga of my dalliance with the Club Hill Climb Championship in 2006. Well, I was determined to do better this year and thought I had come up with the winning combination. The championship is held on White Lane, which is either 700 or 750 yards long depending which race results you believe. The course record is 1 minute 43.02 seconds, but, having left out the Specialized Allez Comp road bike and the Allez triple training bike in favour of a Spanish road iron I had bettered 1minute 30 seconds several times in training runs – and, no, Operacion Puerto was not involved!

The big day arrived at White Lane and so did I, ready to go. Unfortunately I was denied my place in history on a minor technicality. I was wearing a club gilet and had an aero helmet, but there was an objection to the eligibility of my trusty Spanish road iron – I still don't think that there's anything in the club rules that specifies that you have to be riding a bike and I think my SEAT Leon was a legitimate vehicle choice. And I'm certainly going to check on the other cited rules – I'm sure the CTT requirement for an L.E.D light only comes into effect next season and I'm not convinced about the requirement for a bell. (And I think the SEAT would have been my only chance to stay with the training group on their planned trip to Ide Hill, Toys Hill etc...) Graeme Obree met similar resistance to his forward-thinking ideas... ☺

My back-up position of a timed simulated ascent on the turbo was also unreasonably rejected, though I concede the “model” needs a little tweaking to simulate the potholes, road-kill, oncoming vehicles, slippery road surface etc... (One day all CTT events will have been forced off their natural dual-carriageway habitat) except sporting course and hill-climb events) and onto internet-linked turbo-trainers, you mark my words..!!)

Roll on 2008, when the Allez Comp will be fitted on the roof rack of a friend's car, allowing me not only the chance of near-certain victory but also the ability to claim that I've gone up White Lane in 53x13... And for the traditionalists, I think that I have the solution – The Athlete's Hill-Climb!



Not sure how far we should go with this, but I'm thinking steel track frames, fixed wheel and maybe even compulsory alpaca race-wear. (I think insisting on riding an Ordinary (also known as "Penny Farthing") would be going too far, though the UCI are keen...)

Anyway, the other competitors managed to get by without me. It was a nice day, without last year's drizzle (if you haven't ridden (or in my case walked) White Lane you won't appreciate what a god-send this was) and 6 club stalwarts, supported by 4 private entries from Dulwich Paragon, faced their destiny on the Hill... (sound over-dramatic? – you try it..!)

The kit choices varied from road bikes, sportive-oriented (Jayne's Tarmac) to eventual winner Matt Goodes' traditional fixed machine with aero – non-disk - wheels (though come to think of it, I don't remember seeing a bell...). It's hard to say what part the kit choice played versus the rider's contribution, but this is an event where power-to-weight ratio is king.

Jayne brought up the rear with 3 minutes 22 seconds on her compact chainset-equipped Tarmac, but then her main focus all year has been long-distance, albeit hilly, sportives rather than what amounts to weight-training on a bike! (Some people have suggested that the lower gear range available with a compact or triple chainset translates to slower climbing as most people can't/don't increase their cadence sufficiently to compensate when they opt for a lower gear, especially out of



the saddle. I don't know what Jayne's view is, or even whether she was actually even using a lower gear than other riders, but anyway the bottom line is that you need a low enough gear that you can turn without struggling or you lose time that way too.) Matt's steed was at the opposite extreme, a stripped down, reduced weight, single speed machine, harnessing the perceived momentum conservation effect of a fixed gear, presumably a ratio chosen with the specific hill in mind - just one option, no choice and therefore no distractions from the job in hand, plus the efficiency of a direct chain-line. OK if you get the gearing right...! I also notice that further weight-reduction measures were in force, in the form of no mitts or helmet. Add to that, Matt specialises in these events, translating to a 2 minute 06 second effort. Interesting too, that second-placed John Archdeacon was also riding a "fixer" though perhaps the finishing order isn't so much about the equipment alone but that the top two, as well as being strongest on the day, took the extra trouble to select the right kit for the job and that a "fixer" is the right weapon for this type of course. (I also suspect that Matt sets up a tent at the top of White Lane every Saturday morning in the summer/autumn and then spends the weekend riding up and down it - no other explanation..!)



Full Results:

- | | |
|---------------------|----------------------|
| 1. Matt Goodes | 2 minutes 06.48 secs |
| 2. John Archdeacon | 2 minutes 24.54 secs |
| 3. Christian Rudolf | 2 minutes 34.70 secs |
| 4. James King | 2 minutes 45.58 secs |
| 5. Cliff Steele | 2 minutes 57.89 secs |
| 6. Jayne Wadsworth | 3 minutes 22.83 secs |

There were also private rides from some members of Dulwich Paragon, who kindly reciprocated by inviting us to ride their equivalent event the following weekend, and Matt's brother-in-law Ashley who rode up in 3 minutes 14.20 secs.

[As our resident Hill-climb Guru, it would be very interesting to hear from Matt on his approach to equipment selection for the Hill Climb discipline (wheels , tires, crank length etc), gear selection (based on prior knowledge, general perception of ideal gear, riding the hill, variations for weather conditions?) and also any special training drills used.]



Dear Mark,

I took your address off a website last year.

I know you're a U.K. cyclist and so thought you might be able to make it to Switzerland this summer (2008) to do our ride.

After all, with the cheap Easyjet flights and the strong pound, there has never been a better time.

We've now got TWO itineraries at www.bikeswitzerland.com

Both routes cross Switzerland.

Swiss Crossing Lite: 280 miles across Switzerland in 8 days of riding with very little climbing.

Swiss Crossing Challenge: 380 miles across Switzerland in 7 days with some good climbs.

We've also got a new brochure. Here's the link to the PDF

[New 2008 Brochure](#)

Anyway, we'd love to have you on a ride next year. We have the 2008 tours at 2007 prices until December 31st.

Also...remember. Non-riding spouses have a separate train itinerary to explore at no extra charge.

Hope you can find your way over here !

John Klemme

Director

www.bikeswitzerland.com

MEMBERSHIP

We welcome back Tony Miller, who was previously a member from November 1996 until January 2000. Tony has not been riding his bike over the last few years but has now decided to make a come-back. He is at present living in southeast London but is hoping to move to Kent in the very near future and will be living fairly near to Matt Goodes, which will be handy for training.

When Tony resigned from the club in 2000, he held the club records for the '10', '25' and '30'-mile time trials – and he still does! As a matter of interest the '10' record is 20.38 which was achieved in the St Ives Cycling Club event held on the F1/10 course on Saturday, 2nd August 1997. The winner of the event was R Walker of the VS Aztec in 19.36, second was J Harrow of Team Chiltern in 19.50 and third was K Reed of 34th Nomads in 19.52. Tony was 12th in the event.

The '25' record is 53.33 which was achieved in the ECCA Scratch Championship held on the E72/25 course on Sunday, 6th September 1998. The winner was S Yates of Team Clean in 47.06, second was S China of API Resprays (incidentally a vet) in 50.13 and third was L Palmer of the Leo RC in 50.54. Again, Tony was 12th...

The '30' record is 1.05.51 and was achieved in the Leo Road Club Scratch TT for Tandems and Solos on the E72/30 course on Sunday, 16th August 1998. The winner was M Illingworth of Team Bright in 57.31 (competition record), second was S China of API Resprays in 1.01.48 and third was S Freeman of Chelmer CC in 1.04.29. Tony was 8th in this event. Incidentally, S Yates and V Haines of Team Clean set the Tandem competition record at 56.48.

Brian Saxton

End of Season report

Well its hard to believe that another season has come to an end! My season

ended on the 23rd of September and with it came both relief but also disappointment that the focus and excitement that comes with racing has come to an end . Overall it has been a good year and I achieved some good results. The year started with the birth of my son Frederic on new year's day and during those first couple of months of broken sleep, I began questioning whether there was much point in racing in 2007. However I was determined to build on my first time trial season in 2006 and see if I could set some PBs and set myself the objective of being crowned the De Laune TT champion. After a slow start, I started to pick the pace up and really surprised myself with my performance in the South Eastern 25 with a time in the 57s. I then



focused on being in my best condition for the July De Laune Open and felt confident as I was driving towards the event. Much to my disappointment the event was cancelled which was very frustrating however I was convinced that I would be able to still achieve my principal objective as the the TT championship was to be rescheduled in September. Unfortunately it just wasn't to be as I was ill on the rescheduled weekend and oddly enough I had been unable to make a single De Laune event during the year. I did have a very successful month in September, however, as I managed to achieve a 56

dead in my last race of the season and a 10 PB. So all in all, a very satisfying year but I will be back in 2008 with a firm eye on the De Laune TT crown

James Lett

Event	Date	Pos	Time	Winning time
North Hampshire RC 25	22/09/2007	22	00:56:00	00:49:47
Agiskoviner.com 10	01/09/2007	13	00:22:22	00:20:45
Bec CC 10	07/07/2007	23	00:22:44	00:19:43
Farnham RC 25	23/06/2007	24	00:57:39	00:50:42
South Eastern RC 25	03/06/2007	13	00:57:25	00:52:26
Farnham RC 10	05/05/2007	53	00:23:31	00:20:23
Addiscombe CC 25	29/04/2007	47	01:02:01	00:51:12
Kingston Phoenix 10	28/04/2007	20	00:24:33	00:21:16



BELGIUM NIGHT



Tom Bewsey said that some off the members he met at Newnham this year expressed an interest in his involvement in the following:-

Sidcup Symphony Orchestra

Leader Nigel Sharpe

A Spanish Christmas Spectacular

Suite no 2: El Sombrero de Falla
de tres picos

Overture: The Barber of Seville Rossini
Espana **Chabrier**

Extracts from Carmen Bizet

A selection of Christmas Carols
Audience participation required!

James Ross Conductor

7:30pm

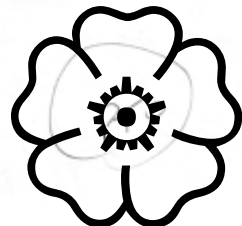
Saturday 15 December 2007

Christchurch

Broadway Bexleyheath

Tickets £9 £8 Children half price
All seats bookable from
020 8300 3268 / 020 83001978 / 01322 557458

Sidcup Symphony Orchestra is affiliated to The Arts Council of Bexley



DATES TO REMEMBER

Diary Social/Club for 2007

Sunday 09.00 16 - Dec Social Club Run Richmond Park

Club & Inter-Club Events for 2008

SEE MESSAGE BOARD to keep UP TO DATE

<http://mikepeel.proboards67.com>

CLOSING DATE FOR THE NEXT ISSUE 26th DECEMBER

Anything for inclusion please send to:

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