

NEWS DE LAUNE



SIMON LOWE

EVANS
CYCLES.COM

JULY 2008

DE LAUNE CYCLING CLUB meet at CAMBER TENNIS CLUB

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.

Elected Club Officials for 2008/2009

Membership Secretary	Brian Saxton
Social Secretary	Dot Fuller
De Laune News Editor	Mark Ballamy
Press Secretary	Nigel Scales
Youth Development Secretary	Bill Wright
Sponsorship Secretary	Nick Butler
Property Steward	Brian Saxton
Club Clothing Secretary	Malachi Pires
Club Captain	Jayne Wadsworth
Club Vice Captain	John Kavanagh
Time Trial Secretary	Alan Rowe
Road Race Secretary	Nigel Scales
Track Secretary	Jeremy White
Off-Road Secretary	Ross Fryer/Bill Wright
Handbook Editor	Mick Peel
Club Archivist	Brian Saxton
DLN Distributor	Brian Saxton
Auditors	Pat Burns, Derek Boon
South East Road Race League Representative	Nigel Scales
BAR Co-ordinator	Malc Adams
Editor of Club website	Mick Peel
Club Committee	Dave King, Sarah Archdeacon, Matt Goodes, Malc Adams, Jeremy Briggs

CLUB NIGHT
SECOND MONDAY
OF EACH MONTH

Camber Tennis Club
Dulwich Common SE21 7EX

1889 DE LAUNE 2008
CYCLING CLUB

PRESIDENTS REPORT

PRESIDENT

ROY SAVERY
Fairwinds
Goatsfield Road
Tatsfield
TN16 2BU
01959 577745

Hi Everyone,

Not been a good month, due to family and friends' illnesses BUT there is one bit of wonderful news. Our second grandchild has been born, a little girl named Eleanor Louise, who is now one month old and thriving.

CHAIRMAN

JOHN ARCHDEACON

I've finally been able to start riding again. Only very gently at the moment, and I won't be racing for a while, but its a start!

SECRETARY

NIGEL SCALES
14 Bellingham Road
Catford
London SE6 2PT
020 8698 5977

Due to family commitments, I haven't been keeping up with what's going on in the cycling world, so its a very short article this month. I'm looking forward to watching The Tour on the telly, that is if I can get time off from my household chores. Gina has just had an operation which she claims means she can't do any lifting, vacuuming, ironing, gardening, etc., so I'm going to be very busy.

TREASURER

MEMBERSHIP

BRIAN SAXTON
26 Serviden Drive
Bromley
Kent, BR1 2UB
0208 290 1013

Quote for the month:

"Four short words sum up what has lifted most successful individuals above the crowd: a little bit more. They did all that was expected of them and a little bit more."

A. Lou Vickery
Writer

ROY





ALAN ROWE

MID SUMMER "25"

SARAH ARCHDEACON



“KAV’S REPORT”

Hi Guys. This report is going to be short as I am off to France in a few short hours. So what has happened in the first few weeks of this month? First, only two turned up for the French club run. That was our President Roy and myself.

It was a pity we did not have more riders as the weather good and we had a fine run out to Ardres for a typical French meal and a few glasses of the red stuff. We had to be careful on the way back to Calais via the canals, as I had to keep telling Roy to keep to the right and keep away from that canal. I am pleased to say Roy is getting his strength back after his illness as we covered about 40 miles.

We want to do the trip again later in the year so perhaps, after you have had your hols and the racing season comes to a halt, we will give it a go again.

The club 25 on the 8th June was on the Horsham course but due to the dreaded road-works curse we had to make it a 21.1 mile event. Jon Archdeacon was our fastest rider. The full result should be in this edition of the DLN. A big thanks to the guys who came out to marshal: Bill and Titch. With the price of petrol it will be harder to get guys to marshal especially Titch who comes all the way from Colchester . That is what I call dedication.

What have we got for you next month? On the 20th July the San Fairy Ann CC are running an Audax event in Kent. Five distances from 50k to 100k so we should have a distance for everyone. I will put more information on the web notice board when I get back from France..

The following Sunday we have the Fred Peachey open 25 on the Chilham course (that is if we get no road works!) This is a must for all De Laune

clock bashers, as the event includes the club championship 25, for the De Laune Challenge Bowl, the oldest trophy in the club. Going back to 1904: did you know that one member won this trophy 9 times? I wonder who that was? (I guess he is too modest to say, Ed).

Kav.

PS One member at the committee meeting said "I have been in the club for 50 years and no one has said a word to me". What do you want Malcolm, a pension! I will have a word with Mr Saxton (who is decorating at the moment) to see if this is true! (It true 28th Feb 1958, Ed).



**RACE LEADER OF THE DE LAUNE
SPONSORED SERRL STAGE RACE**

Cavendish Health Services
Department of Human & Health Sciences
University of Westminster
115 New Cavendish Street
London W1W 6UW
Tel. 020 7911 5000 ext. 3895



Cavendish Health Services is offering for a short time only, substantial discounts on fitness testing. The Summer Special Fitness Packages are available to members of The De Laune Cycling Club only, upon proof of current membership. The screening facilities are conveniently located in central London at the University of Westminster's fitness testing facility in New Cavendish Street W1 (see website for map). Testing is carried out at the state of the art fitness testing suite at the University's Cavendish Campus.

Package 1

£150 (Normally £275)

Body composition (BOD POD)
VO2 max
Lactate threshold
FREE Cholesterol test

Package 2

£80 (Normally £100)

Body composition
Anaerobic capacity (Wingate)
FREE Cholesterol test

We also offer an extensive range of health and fitness and nutrition advisory services and are happy to discuss individual requirements. A 20 % discount is available upon presentation a valid De Laune Cycling Club membership card, until the end of September 2008 on all individual tests.

For appointments and more information please contact:

Health Screening Operations Manager, **Ania Kosicka-Knox**

Tel **020 7911 5000** ext **3895**

E-mail: A.Kosickaknox@westminster.ac.uk

Website: www.wmin.ac.uk/biosciences/page-535

Members will need to produce a current DL membership card so, except for new members who should receive one automatically, they'll have to contact Brian Saxton.



Fred Peachey Memorial 25 – Club Open which includes the Club Championship 25

Everything is now in place for the above event, most marshalling points covered to capacity. My thanks to my willing helpers who never let me down year after year. I intend taking a placement sheet to the OMA lunch in Brighton showing where all helpers will be located. Don't forget to collect your fetching marshalling jacket from the hall. I will be touring the course with the usual thank you goodies making sure you are all in the right place and behaving yourselves

All I need now is riders – I am hoping for 100+ we were very near in 2007 – and at least one club has achieved that goal this year on the Chilham course. Only one rider from the club so far, so come on lads and lasses send me your entries your ride will also qualify you for the Club Championship 25. Entries close 15th July. As I have said before the course is a traditional rural course, no dual carriageways but can be deceptively quick. It has a 'gift' down hill start which lasts for roughly 1½ miles. If you get bored with the whole idea of racing and decide to just 'ride' round the scenery is ecstatic !

Val the Peach



RACING RESULTS

Charlottesville CC "25" 24th May

1	Adam Topham	High Wycombe CC	00:55:06	Sen	
2	Richard Legge	London Dynamo	00:55:10	Sen	
61	Alan Priddy	De Laune CC	01:04:31	Vet	+15:34
76	David Haggart	De Laune CC	01:06:07	Vet	+03:26

SCCU "10" 31st May

1	K COFFEY	BEC CC	00:20:04	20.04	
2	L TURNER	PRIVATE MEMBER	00:21:14	21.04	
30	D HAGGART	DE LAUNE CC	00:24:10	21.00	2.44

Sotonia CC MM "10" 31st May

1	Simon Donne	Epsom CC	00:20:56	S	1:56
2	William Clark	Bournemouth Jubilee Whs	00:21:14	S	2:37
8	Alan Priddy	De Laune CC	00:22:47	V	0:32

South Eastern RC "25" 1st June

1	Laurence Harding	Agiskoviner	00:51:42	42	15.18
2	Richard Legge	London Dynamo	00:53:17		
20	James Lett	De Laune CC	00:57:58		
47	Alan Priddy	De Laune CC	01:01:48	66	18.17
51	David Haggert	De Laune CC	01:02:19	47	7.14

Club Midsummer "25" 8 June 2008

1st.	Jon Archdeacon		47.10	
2nd.	Alan Rowe		52.41	
3rd	Dave Haggart		52.45	
4th	Simon Lowe		58.34	
5th.	Sarah Archdeacon		59.19	
PTT.	Michael Valks	Sussex Nomads	47.46	
PTT.	Paul Valks	Sussex Nomads	54.08	

Because of heavy road works at the Southwater turn the distance was reduced to 20.9mils.

GS Invicta 11.4 15 June

The distance was reduced from 25 to 11.4 miles due to road works

1	Phil Bull	VC Elan	00:24:01	V(50-59)
2	David Wheeler	Thornton RC	00:24:26	V(40-49)
42	Alan Rowe	De Laune CC	00:28:34	V(60+)

I was the third member of De Laune who took part in the Tour of Ireland. I also did the Time Megeve cyclo sportif in France, I've attached the results. I came 118 with a time of 5 hours 52 mins 54 seconds. By chance I bumped into James Peckham and James Lett at the same event.

TIME MEGEVE MONT-BLANC 2008 - 140 km 8 Jun 2008

1	04:32:42	FRA	ROUX Nicolas	TEAM SCOTT
2	04:39:18	FRA	ROUX Michel	TEAM SCOTT VELO
109	05:49:46	GBR	LETT James	DE LAUNE CC
118	05:52:54	GBR	RUDOLF Christian	DE LAUNE CC
202	06:15:44	GBR	PECKHAM James	DE LAUNE CC

The Time Megeve Mont Blanc is a prestigious French Cyclosporitive that attracts 2500 cyclists each year and has three route options with the long course covering 4000 meters of climbing over 148KM. Among the cyclists regularly taking part in the event are Jeannie Longo (multiple world and French elite women's road race Champion) Alain Prost (ex formula 1 world champion) and the Professional cycling teams of Bouygues Telecom and Cofidis (both teams riding Time carbon bikes).

The 2008 event will be limited to 3000 riders to maintain the excellent support the race is reputed for and based on the number of cyclists taking part in last years race it is expected to be fully subscribed soon after registration opens in January. There are rumors of a possible route change but this will be confirmed in January 2008. In return for help promoting this event in the UK GPM10 has secured a limited number of bibs for our clients to start with the pros in the first group of 300 cyclists!

De Laune/Ken Fuller Memorial Race
part of the SE England Tricote Jersey Series

Location : Bletchingley, Surrey

Results :

A -

1. Colin Roshier, Team Quest,
2. Matt Seaton, Rapha Condor,
3. Andrew Meilak, ODLs Racing.com,
4. Andrew Parkinson, SWRC,
5. Colin McDermott, Festival RC,
6. Andrew Bates, Gemini BC.

B -

1. Malcolm Whitehead, Kingsnorth Int, (riding out of category),
2. Craig Wilson, Ciclisti Vecchi,
3. Cal Gough, LVRC,
4. Tony Woodcock, Glendene CC/Bike Trax (riding out of category),
5. Pete Dickason, RT 316,
6. Tony Upson, VC Deal/Hammonds.

C -

- | | |
|----------------------------------|-------------------------------------|
| 1. Pete Smith, Team MK, | 2. Martin Hulbert, VC Meudon, |
| 3. Peter Matcham, Deal Tri, | 4. Bob Moore, VC Meudon, |
| 5. John French, Peterborough CC, | 6. Keith Gross, Glendene/Bike Trax. |

D -

- | | |
|-----------------------------------|-------------------------------|
| 1. Mick McManus, RT 316, | 2. Ray Palin, Kingsnorth Int, |
| 3. Oliver McPherson, Dunfermline, | 4. Pete Constable, Interbike, |
| 5. Mick Metcalfe, VC ST Raphael, | 6. Dave Woods, CC Luton. |

E -

- | | |
|----------------------------------|--|
| 1. Dick Naylor, San Fairy Ann, | 2. Keith Brooks, Ciclisti Vecchi, |
| 3. Dave Worsfold, LVRC, | 4. Colin Mannakee, Glendene/Bike Trax, |
| 5. Andy Hicks, South Western RC, | 6. Roger Jackaman, South Western. |

F -

- | | |
|----------------------------------|---------------------------------|
| 1. Dave Bonner, Condor Mackeson, | 2. Ken Haddon, Bush Healthcare, |
| 3. Tom McCall, Thornton Heath, | 4. Vick Butler, LVRC, |
| 5. Roly Crayford, San Fairy Ann. | |

G -

- | | |
|------------------------------|-----------------------------------|
| 1. Brian Bulmer, Polhill RC, | 2. Arnold Russell, Whitewebbs CC, |
| 3. Norman Bright, SECA. | |

Hi Nigel/Jon - musings from Val

Hope you are both settling down in your new roles – I am sure you will enjoy the next few years getting to grips with the administrative side of club life – it can be very rewarding and, at times, frustrating. I have no doubt you will have your hands full, pointing the club in the right direction.

Older members often ask me how did the San Fairy Ann turn their club around to what it is today. Unfortunately only through hard work and dedication. Twenty years ago we had a very low membership and just £500 in the bank, though we have always had a reasonable racing 'pool'. But just a racing pool only builds a racing club which can falter should the riders decide to move on. Our membership now 337 and is varied from 7 year olds competing on the Bedgebury off road circuit to 74 year olds. There is a full programme of club run rides, for all abilities. I know we are fortunate located away London but even we have to start our runs at Marden, some 15 miles away from where the majority of the club lives. It is still hard work, ensuring the club ethics are fulfilled.

I honestly feel the key to success is communication. It wasn't until our club magazine started to expand from 4 sheets of A4 to a readable booklet produced regularly each month that things turned themselves around. We are fortunate to have such a communication medium within the De Laune with the DLN – an excellent publication and I am sure Mark would be only too happy to have copy relevant to club life to print.

However, the 'Fairies', in my view put quite a lot of unnecessary copy in – which I am not sure everyone is interested, but one feature I feel is beneficial is committee notes, compiled from reports submitted by officers prior to the committee meeting. These are not the minutes of the meeting but a broad outline of what is happening and what is needed within the club.

For example :

Every new member is mentioned with (if appropriate/agreement) their age and cycling interest club runs, racing, touring, purely social.

General update from Treasurer, any large expenditures etc.

Clothing availability, prices, when orders are being placed

Social events, where, when, organiser, price, attractions.

Social/Club runs place of start, time, date, distance

Forthcoming club racing events and/or results TT/Road/Track/Off road.

Reports from respective TT/Road/Track/Off road secretaries for publication in the DLN

With the above information to hand the rest of the club will be able to understand just how much work is going on behind the scenes, and what direction the club is going in. I have heard from older members who get involved very occasionally saying they don't know what is going on, they are out of touch – tell them they then have no excuse. I am convinced if you spoke to 75% of the club they would be totally unaware that we have no Treasurer at the moment (unless someone has come forward in the past couple of weeks). This is a crucial role for any club to ensure transparency.

I don't honestly feel we need to promote any more open events, we already have 2 TT, an open track meeting, plus a road race. People know who we are, we just need to concentrate on ourselves. As an aside it would be interesting to know why a club stalwart of Cliff Steel left our ranks, what has Brixton Cycles got that we are not offering. There is usually an underlying reason why people leave – sometimes not obvious to the masses, it might be something that the club can act upon.

These are purely my personal views, they may give you some ideas. As you know I have split allegiances some times, but I have a great affection for both clubs the De Laune and San Fairy Ann.

Dear De Laune Cycling Club Secretary,

I am writing to you with a request for expertise in devising a route from East London to Bedfordshire. My colleague and I are artists in the midst of an active project whose aim is to highlight the enduring existence of historical national cycling clubs, such as the De Laune, by undertaking a journey from London to Liverpool using assistance from club members in areas along the way. At the end of the journey, which is an artist residence in Liverpool, there will be a roundtable discussion with individuals representing various viewpoints on the general subject of cycling and culture, with special interest in the Clarion Cycling club. As artists we are interested in exploring the way cycling clubs throughout history have given the working classes a sense of freedom, fellowship, and access to the wider countryside.

We are producing a routebook to commemorate the journey, complete with mini-maps and details of timings and altitude profiles. In this book we will give special credit to the clubs who have provided assistance and hopefully include a short biography of the club/individual who provided the information.

To sum up: we need some guidance as to what roads are best for cycling on road to Bedfordshire from East London. I am an experienced road cyclist and racer, whilst my colleague, Ruth, has less experience but is fit and keen. We will be on road bikes with minimal kit to carry, and hope to ride with strength making infrequent stops. If anyone from your club would be interested in accompanying us on our journey, we'd be delighted to have a representative who could lead the way as well as give us a bit of anecdotal history about the area and the club.

If you could forward this to anyone who might be interested in taking part, we'd be very grateful.

Many thanks, Karen Breneman

Well, Newham instead of Greenwich and 2009 instead of 2008 but still good news. (Don't like Gordie's comment about a "low carbon culture"... speak for yourself PM, I'm still up for top-end carbon-fibre kit, even if my bank-manager isn't!) Nigel Scales

Downing Street hosted a reception today to announce plans for a cycling festival to take place in London next year headed up by Tony Doyle MBE. The event will be held in the London Borough of Newham at the beginning of October 2009. For the first time, those in London will be able to watch and experience track cycling ahead of the 2012 Olympic Games. The unique 6-Day event combines world class sporting entertainment and the opportunity for the public and local communities to learn to ride on an indoor track.

Prime Minister Gordon Brown said at the launch “I would like to thank Tony Doyle and his team for all the hard work in making 'On Track 6 Day' a reality. It’s a real pleasure to meet people who are so passionate about involving our communities in sport. It is a unique event that will ignite energy and excitement in the local community. It is great to see the event coming back to London at a time when Britain is celebrating such success in the sport and I’d like to thank to thank the London Borough of Newham for hosting this event”.

“Getting more people involved in cycling is part of the commitment in our Legacy Action Plan to get 2 million more people active by 2012. As we move towards a low carbon culture in our efforts to tackle climate change, the place of cycling in our society is set to grow and I am committed to doing everything possible to encourage that. That is why the department for transport announced £140 million for England’s first major Cycling City and our 11 new and 6 existing Cycling Towns”.

Former Six Day star Tony Doyle MBE who started his career in the Six Days in London at Wembley, said of this major initiative “this is going to be fantastic for both London and the UK, ahead of the permanent Velodrome in London. The public will be able to watch world class cyclists and then have a go themselves! We are delighted the government have recognised the potential of this event and I and my team look forward to developing the plans over the coming months.”

“The Great Britain track cycling team is now recognised as the world’s most successful track team. Our success at Manchester in March this year when we won nine world titles means that all the riders in the GB track team will be contenders for Gold medals in Beijing.”

Sir Robin Wales, Mayor of Newham: "This is fantastic news. We are absolutely thrilled that Newham will have the best cycling facilities in the world after 2012, and the festival will boost our cycling development programmes, giving our residents a real taste of what is to come in 2012 and beyond. Cycling is an activity that we have been promoting extensively in the borough and is an integral part of our delivery of sports provision. This new facility will be a major boost to encouraging more people of all ages to experience track cycling either as participants or spectators."

The launch was also attended by many from the world of cycling including Chief Executive, British Cycling Peter King, Junior World Champion, British Cycling Olympic Development 2012 Team Peter Mitchell as well as Liv Corbishley (Technical Director, On Track 6 Day London), Joe Duckworth (Chief Executive, London Borough of Newham), Gary MacGowan (TfL), Heidi Truman (Visit London), Mark Smith (Evans Cycles), Simon Theobald (Peadlite) and Representatives from Keir Hardie Primary School in Canning Town, Newham.

DATES TO REMEMBER

Diary Social/Club for 2008

Sunday	3 Aug		Max Dods Memorial B-B-Q	Herne Bay
Friday	7 Nov		Belgium Night	Blackheath Harriers
Sunday	16 Nov	10.30	Remembrance Service	Newnham

Club & Inter-Club Events for 2008

Sunday	27 Jul	07:00	Fred Peachey 25 -Incorporating Club 25 Championships	Q25/8	Chilham
Sunday	16 Aug	07:30	OMA 10 incorporating an Inter-club - 34th. Nomads, Catford, Sydenham Whs.	Q10/22	
Saturday	6 Sep	07.15	Interclub 10 Clud as above	Q10/19	
Sunday	14 Sep	08.30	Autumn 25	G25/53	
Sunday	? Oct	11.00	Down Hill	Tilburstow Hill	
Sunday	5 Oct	11.00	Hill Climb	GH/31	Titsey Hill

SEE MESSAGE BOARD to keep UP TO DATE

<http://mikepeel.proboards67.com>

CLOSING DATE FOR THE NEXT ISSUE 30th JULY

Anything for inclusion please send to:

41 Mayes Close
Warlingham
Surrey CR6 9LB

Phone or Fax 01883 627809
E-mail mark.ballamy@virgin.net