

NEWS DE LAUNE



IS THIS A FIRST

I think that I am probably your latest recruit to De Laune. My first outing in De Laune colours was the End to End - I don't do anything by halves. Here is a picture of me proudly sporting the colours - kindly lent by Bill Wright - at John O'Groats.

I hope to meet some of the club members when I am up in London over the summer.

Adam Noble 2-07-08

EVANS
CYCLES.COM

AUGUST 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



PRESIDENTS REPORT

PRESIDENT

ROY SAVERY
Fairwinds
Goatsfield Road
Tatsfield
TN16 2BU
01959 577745

Hi everyone,

CHAIRMAN

JOHN ARCHDEACON

Prior to my virus infection, I was going to ride the National Masters' Track Championships in Newport, but as I had to have nearly two months off, I decided that my fitness level was not sufficient, so didn't enter. Brian Dacey went, and he got 1st in the Pursuit and four seconds, beaten mainly by his good friend and arch-rival, Roly Crayford of the San Fairy Ann.

SECRETARY

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

TREASURER

On the 27th July we had the Club Open 25 – the Fred Peachey Memorial, organised efficiently as usual by Val and Ton Peachey. The winner of the Open was Paul Mill, and the Club winner was James Lett. I'm sure there will be a full write up on the event, and hopefully some pictures, as Kav took loads. A good morning was had by all, and we were blessed with fine weather, although sadly 4 riders managed to go off course. (report next month Ed.)

MEMBERSHIP

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

Malcolm Adams was doing the result Board, but due to the complicated mathematics involved in working out the age-related results for the VTTA section, there was a long delay before we could give out the trophies. We certainly had a lot of people out for the event, because we ran out of coffee



before the final results were announced. The competitor who travelled the longest distance to the race was Cliff Pendleton, one of our members who lives in the South of France, although on the morning of the race he “only” drove down from Hungerford. After the trophies were given out, we went to a pub near Harrietsham for breakfast – or should I say brunch. We had a great time, with the usual humorous exchanges.

As of this moment, Brian Dacey is riding in the European Masters' Track Championships in Manchester, although we have no news about how he is doing. Will let you know in the next issue.

I'm hoping to ride a Private 10mile Time Trial on the Brands Hatch Course tomorrow, 30th July, just to stretch my legs in preparation for the Old Members' Ten, which is on Sunday 16th August according to the Mag – although the 16th is actually a Saturday. We await enlightenment.

Quote for the month:

“Nurture your mind with great thoughts, for you will never go any higher than you think.”

Benjamin Disraeli

1804-1881, British Statesman & Prime Minister



“KAV'S REPORT”

Just back from the Tour with my old mates Titch, Stax and Gordon. As we go in the car each year we thought this year we would keep the mileage down but little did we know the problems we would have with traffic by going to Normandy and Brittany and again little did we know that you have more people watching the Tour now than when we had the Lance Armstrong period and so the roads are full with cars, camper vans and caravans all following the Tour.

After the time trial stage at Cholet we wanted to go to Poitiers which is about 90 miles and we ended up doing about 150 miles to avoid the camper van brigade!

If you go to the Tour be it by car, bike or what ever transport, the atmosphere has a buzz about it. Our format is the same every year. good food, good wine a decent hotel, booked in advance, and of course decent stages to watch. The time trial stage is a must.

Over the years the Tour has taken us all over France and visits to places of interest is a must. This year we had our first visit to Dinan a place full of old buildings and churches and we found a commune of artist showing all their artwork. This year, instead of going around Caen, in Normandy, we stopped the night. Caen, which was flattened in the war, has been rebuilt and has a south of France atmosphere about it with restaurants and yachts in the main street. If you go to the back of the town you will see the remains of the castle (we flattened that as well) of William the Conqueror. Now the Tour is over and if, like me, you will have withdrawal symptoms with nothing to watch on the television!

Back in the UK I entered my first Audax event. This was run by the San Fairy Ann (this was one of my park & rides events for July) and the distance was from 50k to 300k. I chose the 50k!!

I was told that last year the 50k was done in about 90 min so I thought I was in for a hammering! Let me explain what an Audax event is. It is not a race (I was told) and did not have any time limits but you had to follow the course as instructed.

You did not get a map but a sheet of instructions that told you for instance to turn left at the second junction and then say turn right at the Bull pub etc. To

prove you had been over the course you would give information like the colour of the sweet shop in the village of Headcorn or the Vicar's name on the board outside of the church at Marden. Are you with me so far?

I turned up at my allotted time and met my group of about 10 riders who were doing the 50k. No fast young lads with carbon bikes spitting fire as I expected, but an assortment of nice people. One guy wore jeans and an overcoat! A guy with more bottles on his bike than a dairy and one person that I can only explain as having a pair of Wellington's on his feet!

The pace was about 10 miles an hour and I thought we will never finish in daylight so I pushed the pace up to 12 miles an hour and lost the guy with the Wellingtons.

After about 4 miles we got lost so I decided to take over. I looked at the sheet and it said turn right at 4.2 miles so with my mileometer I thought I would have no problems. We got to the 4.2-mile but no turn right. Guess what? The instruction sheet was in kilometres!

A young schoolteacher took over (wonderful what education will do for you) and got us back safely. How the 300k people got on I do not know but all good fun.

Now for a little moan. Mike Peel informed the members in no uncertain manner at the Brighton OMA lunch that help was lacking from the club to help out at the De Laune open track meeting at Herne Hill on the 22nd of June. This was run by Jeremy White. I was in France at the time but will always turn up if I can for De Laune open meetings. Come on guys, this is not on.

I can remember a few years back when I asked for marshals for the SERRL road race run by the De Laune I was told I do not ride road races so I cannot help. Come on guys we must all help if the club is running an open. The other excuse I got was that members were riding in another event. If I remember, we had a rule that said that if you rode a time trial when the club was running an open, your time would not count for the club BAR or for a club record. End of moan!

What have we got for you in August? We have got a park & ride club run from Malcolm's house on Sunday the 3rd August combined with the Max Dods Memorial BBQ. Malcolm and Linda will make you all welcome.

On Sunday the 10th of August I will be running a Park & Ride from Yalding. This will be the same format as last year. We meet in the car park by the Balding village bridge at 10am and go for a 30-40 mile ride through the lanes including a pub lunch.

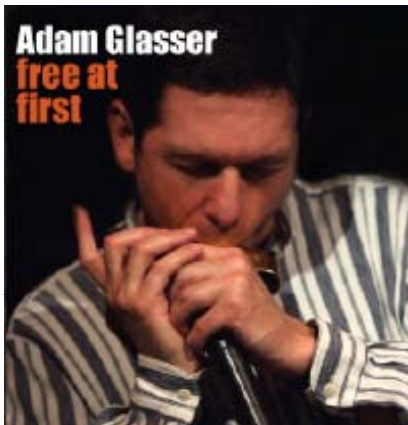
Sunday the 16th August we have got the OMA 10 on the Q10/22. First man off 07.15. You do not have to be fast to win this event but being very old helps!

STOP PRESS. Just back from the open 25 held on the Chilham course. What a super day. The weather was perfect and the times were fast. Most important we had a good turn out from our members riding and marshalling. The full result should be in this edition. This event also included the club Championship 25. On paper it looked like going to Matt Goods, James Lett or Jon Archdeacon. Matt did not start but Jon came in with a 58.31, which I thought could win it, but no. James, who was a late starter, came in with 58.16. Well-done James.

Being married with two small children James has to juggle his time for training and had to give up road racing. It worked. Another good ride came from James King who I like to think is on loan to Ingear! James did a 59.58. - not his fastest but a flyer on this course. It was like only a few months ago that he was down in the dumps because he could not get under the hour.

My good friend Clif Pendleton, who is one of our older members, and is over from France, rode our event, but took a hammering in the heat in the latter part of the event. I was told he had to lie in the grass for some time so he could ride back to the headquarters. How about this! We had four marshals on the Thanington roundabout (Our President Roy Savery, Brian Shambrook, Alan Rowe and myself) and with only three exits and a small lane that came to an end after about 30 yards we thought it would be a doddle but no, the small dead end lane was like a magnet to the riders. We put Alan on a chair in front of it but four riders, including Clif Pendleton got past him.

The Fred Peachey event was run again by our Val the Peach and whom you cannot fault. Well-done kid. The only complaint I have is that when you came round with food and drink for the marshals what happened to the orange juice like previous years?



Dear All... the new album "Free at First" is now mixed and am preparing for launch gig at the 606 Club on Thursday 17th July. My special thanks go to Chris Lewis - master engineer - who I met last year when I did a week with Incognito at the Jazz Cafe. Chris was extremely helpful and contributed enormously to the album.

You can now hear two medleys- the first 3 tracks: High Tide (an original I wrote 25 years ago) and versions of How Deep is the Ocean and Green Dolphin Street

On the second medley you can hear the more south african side of what I do - Dark Mountain was a song I wrote over ten years ago. An instrumental for a gig I did with Elliot Ngubane and Pinise Saul at the Space Theatre in the Docklands. In Logic, I overlaid an interview with south african legend David Serame and this is the result.

The next part of this trilogy is Mjo - with Pinise Saul. It is our dedication to the shakespeareanly brilliant south african drummer Churchill Jolobe whom I knew from the early days of playing with Dudu Pukwana in the mid 80s. Incidentally this is the second known song dedicated to Churchill - the first you can hear on Django Bates' very first Human Chain record only ever released on vinyl

The final song in that second trilogy is a cover of Quickly in Love - by Todd Matshikiza from the south african musical "King Kong" which brought to London many of the great artists of south africa in the early sixties including The Manhattan Brothers, Hugh Masekhela and Miriam Makeba as well as .. a very young David Serame.

ADAM IS A MEMBER OF THE DE LAUNE

Cont.

My father Stanley 'Spike' Glasser was the musical director .. and he was the one who gave me my first harmonica back in 1972 .. though I did not try and start playing it seriously until 1983 after I came back from a caribbean cruise playing in a ship's band... and even after that I didnt really start playing gigs regularly on it until the mid nineties...

So much for all that - hope you enjoy the music :)

"Free at First"



hear a preview at

www.myspace.com/adamglasser



WELCOME TO THE FOLLOWING NEW MEMBERS

Alex Hafey

Grove Park, London SE12 9RZ

Tel: 020 8463 7224

E-mail: alex@hafey.org

Born: 10.03.69

Ordinary member

Stephen Valentine

Croydon, Surrey CRO 8RF

Tel: 020 8776 0720

E-mail: stephenpaulv@hotmail.com

Born: 09.08.57

Associate member

David Wells

Address: 81 Lacy Road, Putney, London SW15 1NR

Tel: 07867 805855 (M)

E-mail: david@drwells.co.uk

Born: 10.04.77

Ordinary member



WHY
Has this member
left the club to
ride for
BRIXTON CYCLES

What can they
offer that we can't

Can we and should
we do more for our
Riders?????

Another successful lunch was held at Brighton. Sixty members and friends were there, many of us arrived at 'Tricia's' Café for coffee and biscuits – and so the catching up on the chat began! Then off we went to the golf club where many more had gathered and were settled in with their drinks.

There was a banner above the doors to the dining room, announcing that 'our George' has been a member of the De Laune for 70 years. What an achievement! On going into lunch, we saw all the tables decorated with balloons in Club colours – all arranged by Tricia – a lovely surprise. It all looked great. A big thank you to Tricia for the special touches towards a lovely day – we all soon got into party mode.

Lunch was served which was really enjoyable – plenty of it – even Terry was satisfied!

President Roy made a presentation to George, of a crystal glass, to commemorate his 70 years membership; bet he has filled it up a few times since then. Good Luck George!

Finally we said our farewells until our next Club 'do', the Belgium Night in November, then Newnham – so phone me as usual with your bookings, in good time, please.

RACING RESULTS

VC ELAN – Harry Perry Cycles Time Trial League - 12th June 2008

1	Richard O'Rourke	Fitch Crono	SNR			20.47
=2	Phil Bull	VC Elan	VET	27.59	+ 6.53	21.06
=2	Pete Tadros	In Gear Racing Team	SNR	21.06		
31	Alan Rowe	De Laune Cycling Club	VET	32.00	+ 7.07	24.53
46	Malcolm Adams	De Laune Cycling Club	VET	32.00	+ 4.24	27.36

19TH June

1	RICHARD O'ROUKE	20.06
	ALAN ROWE	23.30, *
	MALCOLM ADAMS	25.42

26TH June

1	KEVIN TYE	20.10
	ALAN	23.46
	MALCOLM ADAMS	26.10

Alan's 23.30* is a new club vets record at age 69.

Alan Priddy's '10' times you published (I think you had both of them) 22.47 & 22.39 are also records

Alan Priddy also road th KCA '100' foul day' I think he got 2nd on stand-ard and did a 4.45 (another record) only seven riders got inside 4.35.

Malcolm

K.C.A '100' June 22nd

	Garry Banfield	Kent Cycles Road Club	02.00.08	04.06.26	+49.48
2	Andy Miles	Gemini BC	02.04.17	04.15.38	
5	Alan Priddy	De Laune CC	02.17.50	04.45.24	+71.22

THANET ROAD CLUB "10" 28th June

1	Dominic Harrison	Evans Cycles RT S	22.32	/
2	Jon Lyons	GS Invicta	V	22.59 +2.43
16	Malcolm Adams	De Laune C.C	V	27.43 +4.17

ECCA 100 - 6th July

1	Ken Platts	Cambridge CC	03:46:04	3:31:01	105:14
2	Paul Smith	PCA Ciclos Uno	03:46:58	3:28:30	67:04
34	Alan Priddy	De Laune CC	04:31:34	3:35:20	85:12

San Fairy Ann CC 10 - 5th July

1	Keith Coffey	Bec CC	00:22:01	S	39
2	Mike Piper	San Fairy Ann CC	00:22:07	S	32
10	Tony Miller	De Laune CC	00:23:30	S	33

Bec CC 10 - 12th July

1	Richard Prebble	GS Strada	00:20:47	V	-1:03	+4:43
2	Keith Coffey	Bec CC	00:21:18	S	-1:14	---
45	Matt Baker	De Laune CC	00:27:31	V	---	+1:49
	Matt Goodes	De Laune CC	DNF		---	

VTTA (Kent) 10 - 13th July

1	P Bull	VC Elan	00:21:29	V	
2	L Turner	Sigma Sport	00:21:41	S	
33	A Rowe	De Laune CC	00:24:36	V	
37	A Priddy	De Laune CC	00:24:59	V	
48	M Adams	De Laune CC	00:26:54		

Southborough & District Wbs 25 - 13th July

1	Keith Coffey	Bec CC	00:54:48			-2.07
2	Steve Dennis	East Grinstead	00:54:49	V45	13.42	-2.26
6	James Lett	De Laune CC	00:58:38			-2.38

Bec CC 25 - 20th July

1	Steve Dennis	East Grinstead CC	00:54:52		+13-39
2	Shaun Kennedy	Bec CC	00:55:08		+15-27
17	James Lett	De Laune CC	00:59:13		
70	Alan Priddy	De Laune CC	01:05:08		+14-57
	David Haggart	De Laune CC	DNF		

Club 25 mile Championship 27 July 2008

Held within The Fred Peachey Memorial Open 25 mile on Q25/8

1st	James Lett	58:12
2nd	Jon Archdeacon	58:31
3rd	Dave Haggart	1:05:44
4th	Sarah Archdeacon	1:12:42
5th	Clif Pendleton	1:20:30

Also

Tony Peachey	1:10:47
James King	59:58



Photos
By
"KAV"

Two British Riders

Mark Cavendish
&
David Miller

Cholet/Cholet
& July [29.5 km]
individual time-trial



Cadel Evans



The 2008 Mountain Mayhem 24hr Mountain Bike Race Sponsored by Giant

Eastnor Castle, Ledbury, Herefordshire, June 21st-22nd



The world's biggest 24hr mountain bike race was back for its 11th year and its 5th at Eastnor Castle in the Malvern Hills. De Laune has had a team in it every year but there was a slight change to that this year as we couldn't seem to get 4 people mad enough to do it. So I opted for the most insane option and did it solo, my first ever foray into the world of 24hr solo racing – the longest I'd done up til this point was 10hrs.

I wasn't entirely on my own, various friends were also there and I'd arranged to 'share' a helper with another solo racer, a local training partner of mine. This meant I'd be able to leave the logistics of meal cooking to her while I concentrated on the riding part of things.

I arrived at the venue on Friday afternoon. The arena was buzzing, filled with trade stands, food stalls and bike demo fleets. I spent the time sorting out my little campsite near the huge Soloists Marquee and catching up with friends. The rules for Soloists are slightly different to those for team racing. You're allocated a table in a special marquee right by the start/finish line that allows you to pick up food and drink quickly and easily without having to return to a campsite, which may be several

hundred yards from the arena. On Saturday morning I transferred my food and kitbag to this marquee and sorted everything into some sort of order. It probably wouldn't last long but I hoped it'd help me find my spare light batteries, food and drink with the minimum of fuss.

It was a fairly grey dull day but from what I'd heard the course was fairly dry. The weather forecast was looking ominous though; it may have been the summer solstice weekend but the rainclouds were gathering.

As the clock ticked down towards the start time of 2pm, I lined up under the Red Bull banner with the hundreds of other people ready for the carnage of the Le Mans style run to where our bikes were stacked. The race official counted us down, the horn blared and the race was on. I took it slightly easier in the run than normal but still came through in the top 100 or so, grabbed the bike and got out onto the course. I hadn't pre-ridden it this year; I'd have plenty of opportunity over 24hrs to get to know it! The course got quite congested on the first climb, so many riders all trying to squeeze into the same piece of singletrack. Things became a bit easier after a while and I settled into a decent rhythm, trying not to go out too hard.

The 8.5-mile course was more technical than usual with several sections of newly cut singletrack and off-camber rooty sections, which made overtaking difficult in places. It wasn't entirely dry either although within a lap or two the racing line appeared and things got easier and faster. I stuck to a pattern of stopping for a few minutes in the Solo Marquee each lap to stretch, refuel and swap water bottles. For the first few hours, everything was going very well, in fact I was well up inside the top 10 at this point. Riding partly with a friend who was also Solo-ing it gave us the opportunity to pace and motivate each other.

As night fell I fired up my lights and headed out again. The course seemed quieter now, the mad rush of the first few laps had died down. I started on my second night lap but I'd only been out 5 minutes when the predicted rain appeared. The downpour was short lived but heavy and it turned the

track from a dryish fast course to a lethally slippery quagmire. The off-camber singletrack was like an ice rink and my tyres certainly weren't up to the challenge of gripping to it. I was all over the place and I wasn't the only one, riders were falling, slipping and walking all around me. I suffered a few offs, sometimes caused by other riders crashing or sliding around me, sometimes my fault. Eventually I arrived back in the arena on the verge of having a major sense-of-humour failure. There was a hot meal waiting for me though and I decided I'd grab a quick shower, clean all the mud off me and then head out once the course had begun to dry out again.

I headed off to the nearby showers, enjoyed 10 mins under the hot water then came back to the Marquee where I sat and sipped a coffee for a while, looking at the stream of bedraggled riders riding or walking their mud-covered bikes back after their lap. After a while I began to pull on my race clothes once more ready for another lap. I'd just about started this when the heavens opened, it really was torrential. It was about midnight and had I actually been out riding I probably wouldn't have been that bothered about it but from the warmth of the Marquee it wasn't inviting. I slipped round the corner to my tent, crawled inside and fell asleep. I had the intention of just sitting out the storm but I knew the course wouldn't be holding up at all well under this deluge. At one point I had to clamber out of the tent into the teeming rain and peg the tent down more firmly, the wind was threatening to turn it into a kite!

I woke about 6am and crawled out of the tent. My ribs hurt from where I'd



come off the previous night; I guessed that I'd probably cracked one. The place looked like a war zone with a few lost souls wandering round. These lost souls were the people who'd braved it out through the night; mud covered and exhausted they pushed their bikes towards the finish line, wheels so clogged up with mud that they wouldn't turn. It looked awful. I knew there was precious little point in going out into those conditions (especially with injured ribs) so I had a hot breakfast from the catering tent and wandered back to see how everyone was getting on. The Solo Marquee was virtually deserted. Loads of people had pulled out, just packed up their stuff and gone. A few mud-covered bikes sat around, helpers trying to clean off the worst of it. However Sunday was gorgeous and with the sun the good mood returned and I knew the course would dry out rapidly. By 9am I was out on the bike again and I put in 4 steady laps in ever drying conditions to eventually finish just after 2pm.

I'm not really sure that it counts as a great entry to 24hr racing – falling asleep for 8 hours of it isn't really in the spirit of the event! However I managed 11 laps and finished 34th. Out of 122 starters only 72 finished, the remainder pulled out due to a mix of the bad weather, crashes, mechanicals and injuries. My ribs healed up OK fairly quickly but that's the second time I've cracked them and I'm not keen to repeat the experience!

	Lap	Number	Rider	Time	Speed
1	2525		James Lyon	00:57:19	9.11 mph / 14.66 km/h
2	2525		James Lyon	00:55:42	9.37 mph / 15.08 km/h
3	2525		James Lyon	01:04:58	8.03 mph / 12.93 km/h
4	2525		James Lyon	01:17:20	6.75 mph / 10.86 km/h
5	2525		James Lyon	01:08:14	7.65 mph / 12.31 km/h
6	2525		James Lyon	01:34:44	5.51 mph / 8.87 km/h
7	2525		James Lyon	01:09:29	7.51 mph / 12.09 km/h
8	2525		James Lyon	11:11:37	0.78 mph / 1.25 km/h
9	2525		James Lyon	01:20:38	6.47 mph / 10.42 km/h
10	2525		James Lyon	01:08:22	7.64 mph / 12.29 km/h
11	2525		James Lyon	02:14:32	3.88 mph / 6.24 km/h

Rider	Laps	Best	Average	Worst
James Lyon	11	00:55:42 (9.37 mph / 15.08 km/h)	02:11:10 (3.98 mph / 6.40 km/h)	11:11:37 (0.78 mph / 1.25 km/h)

Event Results by [Singletrack Magazine](#)

Rollapaluza Roller Racing

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Two cyclists battle it out on a pair of vintage rollers connected to a huge dial over a simulated 500m distance at speeds in excess of 50mph!

Rollapaluza events are well known for their atmosphere and the crowd always goes wild!

COMING SOON Rollapaluza XI. Friday 8th August, Kingpin Suite, Bloomsbury Bowling Lanes, Bedford Way, London WC1.

Our next major event, showcasing our four-up rig with individual and team “madison”, guarded bike parking and bowling.
Details, tickets and online entry here.

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Please browse our site to find out more about us or contact us from our contact page.

www.rollapaluza.com

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	16 Aug	07:30	OMA 10 incorporating an Interclub - 34th. Nomads, Catford, Sydenham Wks.	Q10/22
Saturday	6 Sep	07.15	Interclub 10 Clud as above	Q10/19
Sunday	14 Sep	08.30	Autumn 25	G25/53
Sunday	28Sep	12.00	Down Hill / Club run 10.00	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 27th AUGUST

Anything for inclusion please send to:

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Surrey CR6 9LB

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E-mail mark.ballamy@virgin.net