

# NEWS DE LAUNE



## CAP BLANC NEZ

**EVANS**  
CYCLES.COM

OCTOBER 2008



CLUB NIGHT  
SECOND MONDAY  
OF EACH MONTH

Camber Tennis Club

Dulwich Common SE21 7EX

1889 DE LAUNE 2008  
CYCLING CLUB

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**PRESIDENTS REPORT**

You will be interested to know that on the 1<sup>st</sup> September I started an Open University Course on the subject of Psychology, mainly to help me with the work I do with schoolchildren. I'll let you know how I get on. At the moment I'm finding it very hard to concentrate.

On Wednesday, 3<sup>rd</sup> September, I went down to Midhurst in West Sussex to my old company's sales reunion. I had a wonderful day, the weather was great, the food excellent, and it was good to have the opportunity to catch up with so many old friends.

On Saturday, 6<sup>th</sup> September, we had an inter-club time trial on the Tonbridge by pass. There should be results further on in the Mag. John and Sarah Archdeacon both did personal bests and John was the fastest . Well done.

Our Club Track Championships was cancelled due to a break down in communications, but on the 14<sup>th</sup> we had our Autumn 25, which was won by Allan Rowe. Brian Dacey was second. Again, there should be a full report in this Mag.

It wont be long before the end of the Season is

upon us, and we have the Club Autumn Events to look forward to. On Sunday, 28<sup>th</sup> September, we have the Club Downhill – slight moan here. It's still the racing season, and so the event may not be as well supported as it might have been later in the year. Then on the 5<sup>th</sup> October we have the Hill Climb. Hopefully, anyone who wants to join us for a “Free Lunch” after this event will have let us know they are coming, so that we can ensure we don't have too much or too little food.

Quote for the month:-

“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”

Lance Armstrong



Our annual social ‘do’ The Belgian Night, is on 7<sup>th</sup> November. If you would like to join us, please phone me, AS SOON AS POSSIBLE, as we are now getting near our full quota. ( 01689 851241)

Also, whilst telephoning me. If you will be joining us for our annual Service of Remembrance at Newnham, on 16<sup>th</sup> November, and also will be joining us for lunch at The George, please let me know.

See you soon,

Dot

## “KAV’S REPORT”



The Park & Ride took us to France on Saturday the 30<sup>th</sup> Aug. We had a group of nine. Our President Roy, Malcolm Adams, Terry Deeley, Len Brown, Pat Conner, Steve Valentine (he is back in circulation) Brian Dacey, Roy Manser, and myself.

We had a job getting boat tickets, it being the busiest weekend of the year but due to a little bit of persuasion and charm to the lady on the desk, she let us through. We told her it was “Help the Aged Week” so she took pity on us.

Len & Pat met us off the boat at Calais as they had the best part of a week in the area. Len said it brought tears to his eyes (so he said!) as he saw all the De Laune vests coming down the ramp.

On the route to Guines for lunch we had two nasty hills. The first one was the drag up to Cap Blanc-Nez. (See photo in this DLN) and the next one was the climb out of Escalls. We came up this one in dribs and drabs if you know what I mean. I said to little Pat, our new member, as you are new to cycling, walk up the hills and I will walk with you. Do you know what? She did not get off her bike so my excuse to walk was blown!

We arrived at the La Fregate restaurant in Guines for our meal. I have visited this Auberge many times and they will always make cyclists welcome. After

a good meal and a few pints of beer and the red stuff we made our way back to Calais. It was bit and bit to get back to the ferry to get the 5pm boat. The weather could not have been better and the sun was strong. Terry Deeley sports the new shiny head look and when Terry took off his crash helmet he had three red strips on his bonce!

Reading Don's excellent article in last months DLN, made me think. Would you let your child ride a bike in London? The answer must be no unless it is a closed circuit with no traffic on it. I have been making up a bike for my nine-year-old grandson and I am thinking where can I take him that is safe? - And I live in Maidstone.

Firstly, regarding Don's idea of moving to a new clubroom out of London, would this work? I doubt it. The new breed of cyclist does not want to go to a clubroom. Did you know that the San Fairy Ann CC with over 360 members, yes, 360 members to date, and over 50 % are active, we are lucky to get over 10 people turn up for a club night.

Ron Lee, the club General Secretary, thinks that the reason is due to pressurised lifestyles and the various alternative ways by which members keep in touch with one another. Ron is now thinking 'Has the Tuesday club night got a future?'. Like us, the Fairies have the use of a tennis clubroom and, also like us, they have the use of a dartboard and can also play table tennis. If you think back a few years ago, you will remember that we would go down to the clubroom to see what everybody was entering. We would then enter events on block. (We were good at getting team awards) But now you put a message on our web notice board saying, "who wants to ride this or that event". Did you know we have members we have never seen! All you do is download a De Laune membership form and send it in with your cheque. If you are warm, your in!

Don mentions the good old weekends away when we would ride out to, say, the Bath Road, race, and ride back. Bliss. Then, like the web, the car turned up and that put a damper on that.

What is the answer? Don hit the nail on the head. "Club Runs". Why is the San Fairy Ann so successful? "Club Runs". Sorry to go on about them, but it is true.

The big problem all On a Saturday morning they have six club runs. Yes, six. The first groups go out at 9am and the others at 10am. clubs have is that no one wants to do anything. The SFA are crying out for help. Being a second claim member I am now one of the Saturday club-run leaders. Do they meet in Maidstone? No. They meet in Marden about 9 miles from Maidstone. Some will ride out but others will "Park and Ride".

It seems funny riding up front with say 20 people on your wheel and I am the only one with a De Laune vest on!

As you know, I have been trying this year to get Park and Ride off the ground for our club with reasonable success (Don, we had 9 on the Park & Ride to France) and I hope to carry one out each month. To be a success we need one each week. Who is going to commit himself to the job?

Once we have a club-run list and committed club-run leaders we then advertise in the Cycling. Do you remember the old advert 'Join a Man's Club'? I believe that if we advertise each week in cycling with a committed program, and leaders, we will have more members than we need. Come on guys I cannot do it on my own. At my age I am having a job keeping up with my own club-run!

Getting back to Don's article I think it would be a good idea, for next year, to have an invitation club-run to France. (Cannot make the Continent Don. I am not that fit!). This would be publicised by a paid advert.

My Park & Ride for November is the KCA reliability, so it is time to enter. This will be held Sunday the 2<sup>nd</sup> November and will start and finish from the White Hart pub at Claygate, about 3 miles south of Yalding, Kent.

As the club will be paying your entry fee, all entries through me please. Phone or e-mail me and let me know the distance you want to ride. 50 km or 100 km. If I remember well, we had a good turn out last year.

What else have we got for you? Do not forget the club hill climb on Sunday the 5th October. First man or lady up Titsey Hill will be at 11am. Our President Roy invites all members back to his home at Tatsfield after the event for drinks and eats, bless him. Most important, please let Gina know you are coming. I wonder if Roy has told Gina about this?

Now we have the social season coming up it is time to phone Dot to save yourself a place for the Belgium Night to be held on the 7<sup>th</sup> November at the Blackheath Harriers clubroom, Hayes. 7.30pm for 8pm. As you know this event is heavily subsidized by our club and is always a sell out. Due to other commitments this will be the last time our chef Cliff Steel can give us his services. We will miss him. The allocation of tickets will be one place per member plus guest and will be on a first come first served bases.

Kav.

PS With regards to the article "Does anyone remember this ex member" Do you know I get a lot of people saying to me I was in the De Laune in the 50's and 60's and I cannot remember them! I remember on guy called Peter Long in the 50's His nickname was Conk as he fell down on the tramlines at the Oval and caught his nose in the tramline. They had to push him all the way to the depot to get him out.



**REMEMBER  
NEWNHAM  
SUNDAY  
16TH NOVEMBER**



## END TO END 2008



After following Mark Beaumont's remarkable record-breaking round-the-world ride recently, writing about my own ride from Lands End to John O'Groats this summer feels a bit like telling you about my ride to the shops yesterday evening to get some milk.

But we can't all be record breakers. We all have to start somewhere. The End to End was a my way of getting a taste of 'long distance' cycling.

The ride was not the fulfilment of a lifetime's ambition. I'd thought about it when I read about Gethin Buter's record breaking ride - of 1 day, 20 hours, 4 minutes and 20 seconds - in 2001. But I never got much further than buying a guidebook (which is still lying at home unread).

Earlier this year I found myself with time on my hands and jumped at the chance to get out on my bike more. I signed up for a local springtime sportif in Dorset to give myself a goal.

But a 100 miles round the local country lanes, however attractive, just didn't hit the spot. I needed something a bit more demanding. More special. Something I'd look back on with a big smile on my face. And an advert in the back of Cycling Plus about a supported End to End ride caught my imagination.

I knew that a solo ride with my life crammed into panniers was not realistic. Nor did I think that I was up to a 10-day ride. I'd put in some winter miles, but not enough. But I knew, too, that if I did not grab this opportunity, I'd be kicking myself when autumn came round. So, 8 weeks before it started, I signed up for a supported 15-day ride with 17 nights under canvas.

The signpost at Lands End tells you that its 874 miles to John O'Groats. The shortest route inevitably takes in lots of A roads. Fifteen days gives you a chance to take a longer route (around 1050 miles) on back roads through some memorable countryside. We followed a well-researched route using excellently written 'Audax' route cards. I did get lost a couple of times but that was due to the ego of riders (including me) overriding very clear instructions. You can't do the whole ride on country lanes. And, on the route that I followed, British coastal geography nudges you into the outskirts of Bristol, Manchester and Glasgow. But we spent little more than a day and a half in urban surroundings during the whole trip.

And the rest of the journey took us through the whole palette. The first part of our ride took us out through Cornwall on winding hilly lanes, across Dartmoor, up Cothelstone Hill in the Quantocks (which features in this year's ToB), over the Severn Bridge (alongside the motorway), and through Cheddar Gorge to Monmouth. Most of the big climbs come in this early part of the ride. The next few days took us through the chocolate-box perfect villages of Herefordshire and Shropshire, into Lancashire and the Forest of Bowland, then on through the Yorkshire Dales, round the edge of the Lakes, and into Scotland for the last six days of the ride.

The days get longer north of the border – between 75 and 85 miles a day. And the further north you get, the fewer the route options, so there are sections which you have to ride on A roads. But in Caithness and Sutherland, these are little more than single track. Much to my surprise, there were fewer killer climbs in Scotland. That's because the roads go between the hills rather than over them as they do in Cornwall and Devon. And where you are heading up, the climbs tend to be longer and steadier so you can build up a rhythm.

I thought too that it would get a bit monotonous and boring, but not a bit of it. Along with the changing scenery, the weather kept things different and kept us on our toes. We were actually quite lucky. We enjoyed a few

days of sun and had only 3 days of rain. But when it did rain, it tipped down. All day. And nothing had ever dried out by the following morning.

So the route was stunning, the weather not so bad and the climbs manageable. But what made the trip? The people. I was expecting to join a band of race-hardened whippets on bling bikes. There was a bit of bling. But you couldn't imagine a more diverse and engaging group. Most riders had signed up on their own too, so we were thrown together. We got on very well. And we all found a group which rode at our pace. The oldest member of our group of 40 riders was 66; the youngest around 30. We were all shapes, sizes, and levels of fitness. Ron – 40-odd, overweight, and the owner of a bike which needed rebuilding every evening, but who could climb with the best. Stan, whose preparations for the ride amounted to his daily commute in London. And George, whose bike should have fallen apart years ago, but who just kept rolling. One or two of us are already planning something together for next summer

So I did end the trip with a smile on my face. 2 weeks with some really good people. 1056 miles in 84 hours on the bike – a stately 12 ½ mph on average. One crash on day one. My Ribble did me proud. Not a single tweak or puncture. My legs had held up too. Oh, and a bob or two for charity into the bargain.

Adam Noble

I did the ride with Bike Adventures and recommend them. Their website is [www.bikeadventures.co.uk](http://www.bikeadventures.co.uk)



# My recollections of a great Clubman

## by Arthur How

Like many members of my generation I was very sorry to hear that Charlie Carlton had died. I joined the Club about 18 months after Charlie had and therefore had known him for close on 60 years and in that time we became good friends. He really was a great De Laune member and this was recognized in the 75th year of the Club's foundation when he was awarded the coveted Gold Badge of Honour. We regularly raced together in time trials particularly in tandem events when he was invariably partnered by Mark Ballamy, and I by a variety of different Club members. Incidentally, I find it most surprising that that Charlie, Mark, the late George Starsmeare and my self still hold the 50 mile tandem team record after 54 years.



Charlie was a keen supporter in the 1950's of the Bath and Back Reliability Trial promoted annually by the Castlenau Cycling

Club and always held on the first Sunday in March. I am sure our Editor will well remember one year when he and Charlie, riding on their tandem, collided with a horse at Colnbrook shortly after the start of the trial from Barnes. After serving in the Parachute Regiment Charlie spent his working life with Post Office Telephones, which later became BT, and whenever we

were on a clubrun or riding out to, or returning from, an event and we stopped off at a café or pub he would, more often than not, start chatting to someone he had recognized and we always knew that that person was either another cyclist, an ex-paratrooper or someone in the telephone service. Surprising as it may seem, after knowing Charlie for so long I never knew why he was called by that name because his first name was Henry! Finally I am sure I speak for all members when I say how much we are indebted to him for finding, and then working so hard to bring about, the magnificent clubroom we had in Choumert Road.



Dear Mark Many thanks for the DLN which I receive each month on Internet from Brian Saxton. I read with interest, and some emotion, the September contribution from George Wood. I well remember the 'trio' George, Reg and Bernard - what a sad loss of a brave man. I knew all the Club Members who died in WW2 and remember them on each Memorial Service on Anzac Day at our local RSL (Returned Services League) George mentions Beefy Russell as a card player on his first visit to The Red Cow - Beefys' Son Jack lives within a mile of us and we are in contact - he is on a short visit to UK at this moment. Kindest regards & Good luck to all members, Monty Watkins.



## COMING NEXT MONTH

Back in May this year I rode over the Peak District from my house to Derwent Reservoir, it was the 65th anniversary of the famous Dambusters raid and there was a flypast by the Battle of Britain Memorial Flight to commemorate this. Wondered if you were planning on doing anything "Remembrance" like in the Nov issue and if a sort of combined MTB ride/flypast article would be of interest - I know some members of DL are old enough to remember WW2.

## Loads of Money and we still have it to disperse.!

There are two reasons why we have money in the kitty, one is nobody wants it and the other is nobody knows about it. I personally think it is the latter, the reason for my assumption is that after searching through the past DLN's only in the March 2008 issue, on page 19, (Bill Wright's article) can I find any reference to it, or maybe I wrong and am the only club member who didn't know about it?

Backing up this assumption is the fact that only one club member has submitted a claim and that person was verbally informed of the financial assistance on offer.

As I made so much noise at the last committee meeting and also quoted Don White's comment (endorsing what Val Peachey had also said) that, '*communications are essential to keep members fully informed of what is happening including decisions by the Committee*' I was thus delegated to write this article.

So I am drawing your attention to what has been on offer this year.

Each discipline has been allotted a kitty to be distributed at the discretion of the secretaries. The idea of the fund is to financially assist members in respect of their entry fees for events and thus defray some of the expense they have incurred when representing the De Laune Cycling Club

Now that you have read this you may feel you wish to apply, so here is who to contact and they will explain procedure.

The fund on offer is divided into 4 Equal amounts (It is a committee decision not to publish the amount available but this can be verbally obtained from any club official should you wish to know)

1/	OFF- ROAD	Bill Wright
2/	SPORTIFF	Jayne Wadsworth
3/	TIMETRIALS	Alan Rowe
4/	ROAD/TRACK	Nigel Scales/Jeremy White

## RACING RESULTS

### Gravesend CC 10 - 23 August

1	Ben Instone	www.scientific-coaching.com	00:20:47
2	Christian Yates	In-Gear Quickvit RT	00:21:34
32	Malcolm Adams	DeLaune CC	00:27:08

### Redmon CC 10 - 30 August

1	Ben Instone		00:20:20
64	S Lowe	DeLaune	00:27:35

### Interclub 10 Q10/19 6 September 2008

1st	Jon Archdeacon		00:21:39
2nd	Simon Lowe		00:27:01
3rd	Sarah Archdeacon		00:27:33

A damp, showery morning didn't stop our three riders all archiving PB's. Jon was also fastest of the morning - Sydenham Wheelers won the team race.

### Southern Counties CU 25 - 7 September

1	Colin McDermott	Festival RC	00:56:48	V	09:42	0:48:18
2	Tim Stevens	34th Nomads CC	00:57:38	V	11:55	0:49:13
10	James Lett	De Laune	00:59:13	S		0:48:57

### Club Autumn 25 14 September 2008

Nice morning, good company and reasonable turn-out.

1st	Alan Rowe		1:01:11
2nd	Peter Jenn		1:01:33
3rd	Brian Dacey		1:01:57
4th	Dave Haggart		1:05:20
5th	Roy Savery		1:06:31
6th	Simon Lowe		1:09:40 PB

PTT

Leigh Aldrich	YC Elan	1:04:04
Oliver Walker	SERC	1:05:49

### Festival RC 10 - 20 September

1	Lee Turner	Sigmatport .co.uk	00:21:44	S	
2	Christian Yates	In Gear Quickvit RT	00:21:49	V	4.31
53	Simon Lowe	De Laune CC	00:27:35	V	-1.41

### NHRC 25 - 20th September

1	Richard Prebble	GS Strada	00:51:24	V 41	+15:06
2	Julian Jenkinson	UTAG Yamaha	00:52:47	V 41	+13:43
39	Alan Priddy	De Laune CC	01:02:09	V 66	+17:56
	James Lett	De Laune CC	DNS		

### BBAR 2008

		50	100	12Hr	MPH	
1	Nick Bowdler	Farnborough & Camberley CC	1:39:02	3:37:52	289.84	27.329
2	Ian Cammish	Planet X	1:40:26	3:37:42	283.68	27.024
3	Carl Ruebotham	Team Swift	1:41:40	3:43:39	283.59	26.656

#### Two Distance

215	Alan Priddy	De Laune CC	4:31:34	217.54
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“KAV'S DREAM” seen here leading The Xmas CLUBBING





Where are all our riders - a hill climb held on the 13th September had 58 entries of which 26 yes 26 were from the promoting club.



ALAN ROWE  
FIRST PLACE  
CLUB  
AUTUMN "25"



## CALLING ALL VETS RE VETS BAR AND RECORDS 2008

As we are coming towards the end of the season and whilst I have some times and record details I would appreciate it if you would contact me asap so I can start to compile the BAR table. So if you are over 40 and have ridden two '10's and two '25's I want to hear from you.

Record wise quite a few have been broken this year but there are more of which I have no details so please let me have your times dates and your date of birth as some of you have an age change mid season thus getting further allowances. Both Roy Savery and Brian Dacey fall into this category.

Hope to hear from you shortly.

Malcolm Adams - BAR co-ordinator

\*\*\*\*\*

All entries for the KCA on the 2nd of November to come through me.  
Phone Kav - 01622 726959. No further details as yet.

\*\*\*\*\*

The Christmas club run will be at Richmond Park (Roehampton Gate car park) at 9am on Sunday the 14th December.

\*\*\*\*\*

The Belgium Night will be on Friday the 7th November (7.30am for 8am)  
Bookings through Dot Fuller. Phone 01689 851241.



# DATES TO REMEMBER

## Diary Social/Club for 2008

Friday	7 Nov	7.30/8pm	Belgium Night	Blackheath
Sunday	16 Nov	10.30	Remembrance Service	Newnham

## Club & Inter-Club Events for 2008

Sunday	5 Oct	11.00	Hill Climb	GH/31	Titsey Hill
Sunday	14 Dec	09.00	Christmas club run start from Roehampton Gate Car Park, Richmond Park SW15.		

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

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

**CLOSING DATE FOR THE NEXT ISSUE 29th OCTOBER**

Anything for inclusion please send to:

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Phone or Fax 01883 627809

Warlingham

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