

NEWS DE LAUNE



LEN DANBY - 1952 - BALHAM "100"

Notice he is riding in club TT colours also the bell on his bars
Len join the club over 60 years ago and has never made it onto the
front page so this is just to keep an old member happy.

EVANS
CYCLES.COM

MAY 2009

SUNDAY JUNE 28TH - 'THE BRIGHTON RUN'

There is a choice of Menu:

Prawn Cocktail or Pate

***Beef or Chicken stuffed with Cream Cheese and
Tomato Sauce***

or

Salmon with Hollandaise Sauce

***Apple Pie & Ice Cream or Fresh Fruit Salad
or Cheese & Biscuits***

Price £16.00 including tip!

PLEASE EITHER PHONE TRICIA (01273.546226)

OR E.MAIL (triciab60@hotmail.co.uk)

OR DOT (01689.851241)

WITH YOUR CHOICE OF MENU.

The venue is as always the Brighton & Hove Golf Club
(for anyone requiring directions please contact Tricia.

Time: 1.00 for 1.30ish.

The Woodsmill Coffee Shop will be open from 11.30 onwards
and all are welcome.

Dot and I look forward to hearing from you.

Tricia aka Pat

CLUB NIGHT
SECOND MONDAY
OF EACH MONTH
Crown & Greyhound
in Dulwich Village

1889 DE LAUNE 2009
CYCLING CLUB

PRESIDENT

ROY SAVERY

Fairwinds
Goatsfield Road
Tatsfield
TN16 2BU
01959 577745

CHAIRMAN

JOHN ARCHDEACON

19 Trinity Crescent
London SW17 7AG
020 8682 0308

SECRETARY

NIGEL SCALES

14 Bellingham Road
Catford
London SE6 2PT
020 8698 5977

TREASURER

VAL PEACHEY

63 Beverley Road
Barming
Maidstone
Kent ME16 9DU

MEMBERSHIP

BRIAN SAXTON

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

PRESIDENTS REPORT

The year is going fast – April already, when it only seems a couple of weeks since we were celebrating the New Year.

As the racing season is really under way, there is not much to report on Club Runs, and very few social events are taking place while we all concentrate on the serious business of competition.

Many congratulations to Mike Peel. He has run every London Marathon since 1981, which makes this year's the 29th, and he completed the course even though he had done very little training. What a marvellous record!

As you will see from other reports, I'm having my best year yet since I started racing again as one of the "old boys" six years ago. The results of my training are finally starting to bear fruit – there is obviously no short cut to regaining one's racing fitness. Diet, as well as training plays a great part, and this thought, together with a quote I remember from Roger Black, which said he had many friends who were athletes who were fit, but not healthy, has prompted me to write the short article which appears after this.

As you know, I am promoting The Ken Fuller Memorial Road Race on the 24th May, and I will need lots of help and support. All volunteers welcome. I look forward to hearing from you, and also seeing lots of you out on the course supporting the event.

Roy

Quote for the month:

“Life is too short to waste. Dreams are fulfilled only through action, not through endless planning to take action.”

David j. Schwartz

Trainer and Author

Prevention Is Better Than Cure

We are made up of trillions of cells. Approx 1million of these cells die every day, and they have to be replaced.. Our bodies are in constant change, with parts being replenished all the time. They are also being bombarded by free radicals which do a lot of damage to our systems. If these cells are not replaced with proper building material and the cells not kept clean of toxic material, progressively the weaker cells will replace the strong cells. Eventually the result is sickness , such as tooth decay, poor eye sight, loss of hearing, and baldness. Later , more serious problems such as diabetes, arthritis, cancer, heart disease can develop, possibly resulting in early death.

To help maintain a healthy system, over 30 years ago the World Health Organisation recommended that we eat at least 5 portions of fruit and vegetables every day, and new research shows that the recommendation should be 9 to 10 portions of fruit and vegetables every day, preferably raw. However, most people struggle to achieve the 5 a day recommendation

10 years ago I got interested in the prevention of illnesses ,and changed my diet to a more natural one, but had trouble eating enough fruit and veg every day. I believe, however, that I have found the answer. An easy way to get the nutrition I need.

As many of you know, last April I was ill with a virus infection. I believe that I had weakened my immune system by severely over-training, but I recovered quickly, because, I think, my diet was good, and I was having all the right nutrition to enable my body to recover from this set-back..

To find out more, just e-mail or give me a ring.

You can call me on 01959-577745

or email me on rhsavery@yahoo.com

“KAV’S REPORT”

Big thanks to all the guys who turned out to help for the 90k SERRL Road race at Brenchley on Sunday the 12th April. We only had one rider that was our Mal Pires who had a 20 strong De Laune fan club. Also a big thank you to the Rudd family who looked after the canteen for us. Thanks to our mobile team of three cars: lead car was our president Roy and Brian Dacey. Brian read the map! Second car was our Secretary (a man of a few words!) Nigel. And to help him sort out the radio was Roy Chittleborough who could not make it work. If only he had plugged it in! And last but not least was Bill Wright our assistant commissaries.

Around the course we had our trusty marshals. We had a bit of a flap to start as the course had to be changed for safety reasons and this was after I had sent out our marshals. But never fear Dave Haggart sorted things out for me (did you know he runs the London Underground?) Good to see Cliff Steel, Titch Shambrook, Mike Peel, Val and Tony Peachey, Pat Connor and her little friend Len Brown. Maureen Jackson, Jon and Sarah Archdeacon Dot Fuller to mention a few.

Brian Saxton could not make it as it was his mum’s 100th birthday and he had to finish off the new staircase just in case the Queen turned up! After the event it was all down to the pub. Remember we are going to do it all again for the Ken Fuller Memorial Vets Road Race organised by our President Roy on the 24th May on the Bletchingly course. The result for our event was

1st Ben Instone Team Torq

2nd Phil Anthony Team Toachim

3rd Malcolm Davies Kent Cycles

Our rider Mal got clobbered in the up hill sprint finish but finished. Well done Mal

I have just come back from an unusual bike holiday called Paris Bike & Barge. The idea is that you tour places of interest south of Paris. Places like Melun,

Nemours, and Fontainebleau etc. At the end of the day you meet up with your accommodation which is a floating hotel or a barge, which is moving down the Seine each day. The holiday is run by an American company and all the riders are American or ex colonials as I called them!

Let me tell you about the club run and how it works. Each rider must leave at least three car lengths between each other so cars can over take in safety. You have a leader and a sweeper at the back. Are you still with me? Now with riders with different capabilities (some never ride bikes) you will get big gaps and the club run could be as long as half a mile! Now for the clever bit! Do we lose riders? The answer is no. When the leader comes to, say, a right hand corner they will say to the rider behind "Marker" and the marker will stop on that corner until the sweeper comes along and the marker falls in just in front of the sweeper. Just like a half-mile chain gang. The system works especially in large towns with say a dozen turns including traffic lights.

The big problem we had were the bikes. They were big heavy uprights with high bottom brackets. Your feet did not reach the floor so we had 8 falls in the first two days with one guy ending up in hospital with broken ribs and a punctured lung. Dick Bradley (San Fairy Ann CC) and I would do it again as we visited places with the French leader that we would never have known about and of course there was good food and wine. The company is the International Bicycle Tours. Inc. You will find them on the web.

Talking about France, remember we have our "Park & Ride" club run to the France on Saturday the 16th of May. The same format as last year. Park your car at Dover. Ride your bike on to the boat. We then make our way to our restaurant at Ardres called "La Fregate" This is about 30 miles with a 10-mile return along the canals back to Calais.

If you want a shorter ride to the cafe little Len Brown will take you on a shorter route! The club will pay your fare, or part of it, depending on how many go. Please let me know soon if you want to go. It will be an early start. I will confirm times later on our web.

Hope you are all ready for another of our 'get-together's. The Brighton lunch date – as you must have read by now in previous DLN's – is 28th June. So if you are thinking of joining us again, or for the first time, then you are very welcome. It's a great day out with old and new friends and catch-up time for those who only manage to meet up a couple of times a year.

So, if you would like to meet up for coffee at 'Tricia's Place' at 11.30 a.m. – then to the Brighton Golf Club for lunch at approximately 1.30, then phone me or Tricia soon to reserve your place!

Lunch menu is printed by Tricia, so decide on your choice and phone us:
Dot 01689 851241
Tricia 01273 546226.

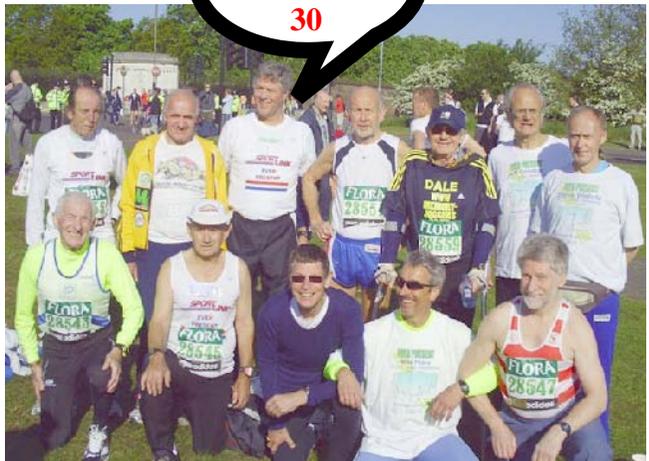
Flora London Marathon 2009 Result

EVERPRESENT

Well done and congratulations Mike 4.45.08 in your 29th London Marathon - how many more have you got left in you ?

**ONLY ONE
MORE TO
30**

These are some of the 21 runners that have run in every London Marathon, Mike can be seen in the back row. Will he go for 30 or 35.



Redbridge Cycling Centre - 21st March

1	Hugo Humphreys	Lee Valley Youth CC
2	Graeme Rose	Wildside 707
15	Mal Pires	De Laune CC
33	David Haggart	De Laune CC

Southborough & District Wks '10' - 28th March 28th

1	Ben Instone	www.scientific-coaching.com	21.13
2	Peter Tadros	In Gear Quickvit RT	21.49
15	Ian Silvester	De Laune CC	24.41 1.49

Surrey League/Addiscombe CC RR - 4th April

1	Steve Calland	Norwood Paragon CC	02:33:39
2	Richard Prebble	Candi TV Pinarello RT	@ 0:05
47	Malachi Pires	De Laune CC	

Fowlmead Summer Series 4 - 4th April

1	Will Mangar	Larkfield Cycles
2	Jeremy Bishop	GS Avanti
13	Cliff Steele	Brixton Cycles
30	David Haggart	De Laune CC

Redmon CC 25 - 5th April

1	Peter Tadros	In Gear Quickvit RT	00:52:59	S38
2	Julian Ramsbottom	De Rosa RT	00:53:49	S37
33	David Haggart	De Laune CC	01:04:12	V48

ECCA 25 Miles - 10th April H/C

1	Gary Poole	Maldon & District CC	Y	48.12	57.09
2	Tristan Davenne	PCA Ciclos Uno	S	51.07	57.36
16	Roy Savery	De Laune CC	Y	53.00	1.07.13

Brighton Mitre CC 10 - 11th April

1	Peter Tadros	In-Gear Quickvit RT	00:22:19
2	Guy Powdrill	London Dynamo	00:23:01
33	Alan Rowe	De Laune CC	00:28:32 V70

KCA 25 - 12 April

1	Paul Burrows	VC Elan - Harry Perry Cycles	00.55.09
2	Gary Birch	VC Elan - Harry Perry Cycles	00.55.36
31	Ian Silvester	De Laune CC	01.00.40

West Kent RC 10 - 18 April

1	Paul Burrows	Vc Elan Harry Perry Cycles	S	21.41
2	Malcolm Davies	Kent `Cycles RC	S	21.55
17	Jon Archdeacon	De Laune CC	V41 +1.51	23.51
18	Ian Silvester	De Laune CC	V45+2.22	24.08
50	Sarah Archdeacon	De Laune CC	L	29.53
53	Jayne Wadsworth	De Laune CC	L	30.18

Catford CC 10 - 25 April

1	MATTHEW MILES	WILDSIDE 707 RT	00:20:22	V	5.21
2	Dr WILL MANGER	7 OAKS TRI CLUB	00:20:50		
25	JON ARCHDEACON	DE LAUNE CC	00:22:27	V	3.15
36	IAN SILVESTER	DE LAUNE CC	00:22:43	V	3.47
70	DAVID HAGGART	DE LAUNE CC	00:24:38	V	2.29
98	SARAH ARCHDEACON	DE LAUNE CC	00:32:55	W	Ls+ 4.40

SERRL 25 APRIL Hog Hill 3/4cats

1st	Stuart Jones	London Pheonix
2nd	Luke Ryan	Private
21st	Christian Rudolf	De Laune CC
37th	Cliff Steele	Brixton

Glenedene RR Thaxted Essex - 15 March

1st Roy Craford. - 3rd Roy Savery

Ciclos Uno Hog Hill - 22 March

2nd Roy Savery in Age Group 5th in 60+

29th Mstina Series (LVRC area 9) 10 mile - 29 March

1st Allan Brown 28:39	4th Roy Savery 29:39
4th April Whitewebbs Hog Hill	Roy Savery 1st in age Group
19th April Epsim Spring Classic	Roy Savery 1st in age Group
26th April Finsbury cc RR	Roy Savery 1st in age Group

In area 9 of the LVRC we have a general classification series and with my 4th and two firsts I am currently in the lead. In the last two RR Brian Dacey was 3rd and yesterday he was 2nd. He beat me in the TT. So I am having a good start to the year, Roy

THIS MONTH 60 YEARS AGO IN THE DIN

DIAMOND JUBILEE RALLY

April 3rd 1949

A good gathering at the "Windmill" for the run to Knockholt, unfortunately there were not over many of the older brigade present but that was remedied later. A special word of praise is due to Percy Hunt who made the journey from Oxford to make the run. Lunch was taken at "The Three Horseshoes" Knockholt then it was back to the track at Herne Hill for tea, this event was organised by Bill Miles. There were 65 members attending (Will we get as many this year at "Richmond Park") of which the following are still members, Derek Boon, Peter Gunnell, Arthur How, Bill Miles, Bert (Alf) Wason, Don White, and George Wood.



Peter Gunnell won the Championship "25" in a time of 1:5:45 there were 24 club members for this competition. Peter riding in the Fountain "25" on Easter Sunday broke the club "25" record with a time of 1:2:56.

The first Junior "10" was won by Harry Thomas in 26:48 and Bert Wason was second with a 27:41.

12 members rode in the club Novices "25" won by Pete Martin in 1:9:20, Ken Fuller was 4th in 1:12:01.



The death of our the President Captain Alured Fauce de Laune who passed away on Easter Sunday age 78 years.



The evening Track Meeting on the 11th May we have a first class programme, Ian Scott, Bert Butler, Jimmy Love and Charlie Whitbourne in a 15 mile Tandem Paced Race and an Open Handicap Race are the main events. Tickets One shilling to all parts.

Diamond Jubilee Track Meeting

Saturday 23rd July 1949

Can all member please display our large (double crown) posters

“ON THE BOX”

ITV4 will show nightly highlights of the Tour of Britain, as it did last year and will also cover the new Tour Series of city centre criteriums. Coverage of the Tour Series will run from May 21 to June 25 and will be broadcast the day after each event in the series on ITV4 from 7-8pm. The Tour of Britain highlights will be aired on ITV4 the evening after each of the eight stages from 7-8pm (September 12-19), with repeats the following day.

THE TOUR SERIES: 2009 DATES

21 May Milton Keynes 28 May Exeter 2 June Woking 4 June Peterborough
9 June Blackpool 11 June Southport 16 June Stoke on Trent 18 June TBC
23 June Chester 25 June Southend on Sea

TRACK NEWS

The Saturday morning Herne Hill track training sessions have begun with record numbers of riders attending, there are also sessions arranged on Sundays and Monday evenings, as well as the Derry sessions on Thursday evenings – check the HH website for further details as well as the Wednesday Track League and other open meetings

At our last meeting, the Committee agreed to drop the Open Track Meeting and to devote the time and energy into encouraging club members to try out the track in less frenetic circumstances than the usual Saturday morning experience.

Bill and I will be at Herne Hill to run taster sessions at 13.30 on Saturday 9th and 23rd May with the Club Track Championships taking place on Sunday 31st May starting at 13.30 hrs.

Once again we are sharing the track hire with Addiscombe although the races will be run separately; Addiscombe may join in the five mile scratch race.

Races will include a 500m Handicap, 500m Sprint, Pursuit and 5 mile Scratch.

Although the meeting is open to all club members, if you have not ridden the track before, then trying it out on the 31st is probably not a sensible idea. As I mentioned above there are opportunities to practice beforehand and I would recommend novices to attend these before racing.

Timekeepers, holders, and judges will be needed to run the meeting successfully, so please come along. Look forward to seeing you at the track. **Jeremy White**

Diary Social/Club for 2009

Saturday	16 May	Club run to France - Contact John Kavanagh	
Sunday	21 June	Mid-Summer Club run & Picnic in Richmond Park contact Kav	
Sunday	28 June	OMA Lunch - Brighton	12:45
Sunday	26 July	Max Dods Memorial B-B-Q at Herne Bay	9:00
Sunday	1 -November	Club run to the Down Hill	10:00
Sunday	15 November	Newnham Remembrance Service	10:30
Sunday	13 December	Richmond Park Christmas Social Ride	09:00

Club & Inter-Club Events for 2009

Sunday	24 May	10.00	Ken Fuller Memorial Road	Blechingly	
Sunday	7 June	08.15	Mid-Summer 25 & the Club Novices Champi		G25/53
Tuesday	16 June	18,30	Circuit Race	Crystal Palace	
Sunday	31 May	13.30	Club Track Championships	Herne Hill	
Saturday	25 July	07.30	Open '10' TT	Harrietsham	Q10/22
Sunday	2 August	07.00	Fred Peachey 25 -Incorpo-	Chilham	Q25/8
Saturday	15 August	07.30	OMA 10		Q10/22
Sunday	13 Septem-	07.25	Autumn 25		G25/53
Sunday	4 October	11.00	Hill Climb	Titsey Hill	GH/31
Sunday	25 October		KCA Relibility Trial	Details awaited	
Sunday	1 November	12.00	Down Hill	Tilburstow Hill	

SEE MESSAGE BOARD to keep UP TO DATE

<http://mikepeel.proboards67.com>

CLOSING DATE FOR THE NEXT ISSUE 27h MAY

Anything for inclusion please send to:

41 Mayes Close

Warlingham

Surrey CR6 9LB

Produced by **Mark Ballamy**

Phone or Fax 01883 627809

E-mail mark.ballamy@virgin.net

Distributed by **Brian Saxton**