

# DE LAUNE CYCLING CLUB

FOUNDED 1889

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De Laune News

**August 2000**

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[www.delauneccc.org](http://www.delauneccc.org)



## LANCE ARMSTRONG Tour de France Winner

### OFFICIALS

#### PRESIDENT

JOHN KAVANAGH  
40 Beverley Road  
Barming Maidstone  
Kent ME16 9JP  
01622 726959      01622  
                        726959

#### SECRETARY

KATIE CHOWN  
28 Ewhurst Road  
Crofton Park  
London SE4 1AQ  
020 8690 3874      020 8690  
                        3874

#### TREASURER

STEVE CARTER-SMITH  
Winchelsea  
Upper Hartfield  
East Sussex TN7 4AN  
01892 770245      01892  
                        770245

### THE PRESIDENTS REPORTS

The first month in office and I am giving cups away at the Fred Peachey Open 25. I have arrived at last! I made the effort and reported to Jeremy Briggs our event organiser, for marshalling. This was Sunday, the 16th of July. A good morning, not a lot of wind, and no rain.

When I had at last found the village hall HQ (It was a bit like Hampton Court maze to find it) I found Jeremy in a bit of a flap as some of his marshalls had let him down at the last minute (naughty naughty) I had brought a couple of extras with me; John Dods, who came out on his bike, and Tich Shambrook who came out from Colchester, Essex, but not on his bike ! Thanks Guys.

We had our Katie marshalling the turn, and then dashing back to the HQ to help Christine Hosking in the canteen. Thanks girls, what would we do with out you ? (And I was one of the members who voted to keep the club all male!!!)

The only other problems Jeremy had, was that he had left his cycling shoes at home, and he did not want to ride in his boots, and Roy Savery had made the winner of the event go round the roundabout twice. Well he would, as you know what he is like, bless him.

Thank you Jeremy for organising another De Laune event. We are going to miss you and your Pantani hair do when you move to Norwich next year. Thanks to all our riders (Full result to follow) and most important, all the boys and girls who turned up to marshall and run the canteen. Katie Chown, Christine Hosking, Joe Rod, Ian Cleverly, John O'Brian, Terry Deeley, Roy Savery, Brian Saxton, Tich Shambrook, Mike Peel, and John Dods.

After the event, we had a full table of De Laune members for breakfast at the cafe next door. A few more and we could have had a club dinner. You never know!!!

The next event in my diary is the Max Dods Memorial BBQ and bike ride from Malcolm Adams place. Always a good do. Please support your organisers, who put so much effort in to it for our benefit.

Hope to see you at Malcolm's

Kav.

P S. Talking about full tables, did you hear the one about the last supper when Jesus said "Bring me water and I will turn it in to wine" and one of his disciples said "you put your fiver in the whip, like the rest of us".

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*Don't forget to let us have a write up of your trip to this years Tour, Mr President, we would all like to know what you young lads get up to. Ed.*

Hi Mark, Sunday 25th June 2000.

I have just written to Kav and offered him my congratulations in becoming the next De Laune President he well deserves this honour. I would also like to say what a great job Mike Peel has done as the outgoing President; Kav will have a hard act to follow but is surely up to the job.

I am also attaching some notes on an experience I had a few months back, maybe the younger riders know of this but anyway it may serve as a warning, I surely did not know.

Saw the OMA luncheon went off well, wish I could have been there. This time I was back in California taking care of a few pressing matters, maybe next year.

Best wishes to all my old pals,

John Darroch.

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## **Remember That Pinch of Salt**

Reading this months DLN and Garry Birch racing up in Salinas, California, sweating and getting salt in his eyes, reminded me of something that happened to me about six months back.

Phuket has a very hot climate, it is always 32-34C or hotter, humidity goes up and down on a daily basis, and it is hot!

Six months ago I was working at my new house each day, I was doing manual work grading and laying out the garden, I sweated profusely from my efforts. About a week had elapsed doing this heavy work; each day I would come back home late evening dripping wet from perspiration, strip off my clothes and stand under the shower for ten minutes.

When I started to ache in my joints, knees and elbows I thought at first it was just fatigue but when it got to the point where after stooping down I could hardly get up again because my knee joints would not support me I began to worry. That night in bed I had really severe cramps, something I hardly ever get, had to get up several times during the night in extreme pain. Next morning I could hardly walk down the stairs my knee joints hurt so much.

I have an English doctor friend, another John, who lives a few doors along, so after eating some breakfast I walked (painfully) to his house to seek his advice. On the way there I was thinking of some of the nasty viruses that start with aching joints, I was fully prepared for a trip to the hospital I felt so bad.

After speaking with John he suddenly asked if I had been "taking salt", I replied, "no" just the normal amount used with a meal. He suggested I should immediately take some. Suddenly this "rang a bell" with me, I remember watching a "survival" documentary on TV a year earlier when two men became lost in the jungle of South America, one nearly died through lack of salt, and excruciating cramps, he was practically paralysed the cramps were so bad. After thanking John for his advice I went back home, got in the car and immediately went to the local pharmacy, the lady there is quite knowledgeable and knew immediately what I needed. She sold me some packets of "OREDA" this is a powder that you mix with water and contains: Dextrose (glucose anhydrous), Sodium Chloride, Potassium Chloride and Sodium Citrate Diydrate, the latter being an orange flavouring that makes the drink pleasant tasting. I buy this in "Boots the Chemists" here in Phuket Town.

I took the prescribed dose immediately I returned home and within a few hours began to feel much better. After a good nights sleep (no cramps) I felt like a new person the next morning, I would not have believed before this experience what a lack of salt in the body could do and how painful the condition is.

Now whenever I toil and sweat I always replenish lost vitamins with a drink "Oreda", it has worked wonders for me.

I realize that in England the sweat loss in the body is minimal due to the cooler climate, however for those who race or exert themselves overseas especially when it is hot and humid remember that "pinch of salt"

John Darroch

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**Mike**

Our paths have not crossed much over the years but I have followed your steps with interest, I would personally like to thank you for all your hard work for the CLUB over the period as our President.

**GO FORTH INTO RETIREMENT!**

Yours Len

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**Kav**

Just received my June DLN via that old pongo Brian.

Well done, could not have happened to a nicer chap! Yesterday I celebrated and had a few beers! It was 50 years since King George VI sent me a railway warrant to RAF Padgate and a postal order for 4/- (20p), one day's pay for an aircraftsman 2nd Class. For a cup of tea, if needed on the way. Our elder son Major Danby Royal Engineers informs me that after National Service it was spent on B---

You cannot believe what lengths I went to, in order to avoid national service. But that is another story. At that time having completed my apprenticeship, at nearly 21, and massed start secretary for the club, cycling was my whole life. I have never been so enthusiastic about anything in my life?!, I lived it 24 hours each day and 365 days each year. But if I knew then what I know now I would have joined the Service at 14 years of age, as you could in those days. But then I would have missed the comradeship of the club and meeting such wonderful people as you.

I know you will bring much to the Club, besides your well known smile and jokes!! Again WELL DONE Mr President.

Yours, as ever,

Leonard Rex

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**Hi Mark**

Here are some recent results of mine.

I rode John Double's 'Dave Harmer appeal 10' and managed to do a 23.30 on quite a good morning. I have been a DNS in a few events this year as the weather has been atrocious, in one event the San Fairy Ann 50 was reduced to 25mls. And won with a 1.9 and Sue Barrett did 1.17! I rode the Finsbury Park 50 on a Saturday afternoon and did 2.12 in very windy conditions averaging 30 m.p.h. one way and 18 m.p.h. the other. Having said that Ken Platts did 1.49

I took the bull by the horns on July 2nd and competed in my first 100ml for 38yrs. I was going quite well for the first 50-60mls averaging 21.5m.p.h. until I got to 77mls when I had to get off through cramp after 2 or 3 mins. I remounted and started to go well again not pushing it as I did not want to bring it on again but it did come back after another 2mls but in the other leg, at this point I decided to call it a day. I would like to take this opportunity to thank Malcolm Adams for his great help in feeding me during the event it was good to see people you knew.

I just completed the V.C. Elan 10 on the Thanet course where I did my fastest ten of the year 23.21. and Malcolm Adams did 24.58 on about 36mls for the last 3 months!

Alan Rowe

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**O.M.A.NEWS  
MAKE A NOTE OF THIS DATE  
24th SEPTEMBER 2000 LUNCH AT  
PARK WOOD GOLF CLUB**

COFFEE FROM 10.30 to 12.30

At

41 Mayes Close  
Warlingham  
Surrey

All members are welcome to attend.

The next O.M.A. lunch will be held at Park Wood Golf Club, Tatsfield, Nr. Westerham, at 1pm Sunday 24th September. Before hand all members will be welcome for coffee at Marjorie and Mark's home, which is just less than 5 miles from the lunch venue.

Park Wood GC is situated just a short distance from where the hill climb finishes just off Clarks Lane B2024, in Chestnut Avenue. There is also access to Chestnut Avenue from Westerham Hill at Hawley's Corner, A233.

We will have our own private room and bar together with balcony over looking the course and lake. Let's try and have a good turn out for which will be the last social event for this year.

Please let Dot know on 01689 851241      01689 851241      by the 17th September that you will be attending at this new venue.

See details for directions to coffee and lunch.

Mark Ballamy

If you get lost phone Mark 01883 627809      01883 627809      or Park Wood GC 01959 577744.

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## JACK YOUNG

After Jack's funeral and the buffet at his bungalow in Brighton, we were asked by members of his family if we could remove his bike, spare wheels, etc from the garage. This was done and all the equipment was handed over to Mike Ducker, who lives in Maidstone and is a member of the V T T A. Mike collects and renovates second-hand equipment, selling it on and giving the proceeds to the Multiple Sclerosis Society; he has raised some £3,000 over the last three years.

At the time, Jack's family had not tidied up his remaining cycling possessions. This has now been done and over 2000 photograph transparencies, together with club handbooks, a photograph album from his days with the Effra Wheelers and his medals are now in the club's possession. Alas the majority of the transparencies had been damaged by being left in the slide boxes in which the foam bases had degenerated, contaminating the film in the slides. Most of these were of his holiday tours on the bike in Europe in the 1960s and 70s but luckily enough there were over 170 slides stored in plastic boxes which have escaped damage that are of either individuals or groups of club members. They have now been handed over to our new president, John Kavanagh, who has equipment which will enable him to transfer some of them onto the club website and others to club members with E-mail facilities; in any case film or slides will be sent to members who have not as yet caught up with the new technology! So, if you don't receive anything, you'll know that you don't feature in any of the slides!

The medals handed over cover the years 1934 to 1938 when Jack was a member of the Effra Wheelers CC. They were awarded for a variety of events including low-gear '25s', '25s', '30s', '50s' and in 1936 the club record for the tandem '50' in 2-5-35. Another two were for a team medal in a Brixton CC event (distance/time not shown) when he was a De Laune member and a Castelnau CC Bath and back in 16 hours from 1934. His gold badge and centenary 1989 treasurer's badge have also been returned to the club.

Brian Saxton



ONE OF JACK's SLIDES - HOW MANY CAN YOU RECOGNISE?

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## THE CLUBHOUSE

For the last few months I have found myself in a position where I appear to be the only remaining Memorial Clubroom Trustee. (Please note Pete that the clubroom deeds are still registered in the name of the four trustees, as the committee have not had these up dated at the land registry. Ed)

I am as concerned as everyone else that, regarding the clubhouse, we should now move forward in the best interests of the Club and accommodate the wishes of the overwhelming majority of members.

As a trustee I see my role as a custodian of the Club's largest asset. For the most part the trustees have to inspect the premises periodically, ensure that the necessary insurances are in place (I understand that the insurance was not renewed when it last expired, Ed) and hold formal meetings as appropriate to make any relevant recommendations to the Committee.

It also falls to the trustees to ensure that the Memorial Clubroom Rules are applied in respect of Rule 4, dealing with disposal or alteration.

With the benefit of hindsight, I think that the outcome of the recent SGM was predictable. Whilst there appeared to be virtually universal agreement that something needed to be done, probably involving the sale of the property, there was an insufficient majority for the motion to take this course of action.

Chip and the others who drew up the original rules obviously knew what they were doing. Rule 4a says 'the Trustees shall require a detailed scheme to be placed before a Special General Meeting of the Club for approval'. Although it was never said in so many words I believe that a significant minority indicated that they did not feel that there was a sufficiently detailed scheme. The rule goes on to say that 'the convening notice should give particulars of the scheme', which means that members have an opportunity and a reasonable period of time to formulate their own views.

Rule 4c requires that the approval should be subject to 'ratification' at a subsequent SGM. The only interpretation I can place on this rule is that the membership should have an opportunity, after a cooling off period, to say that it still approves of the 'detailed scheme' (presented at the first SGM), or not as the case may be. It cannot be the occasion for the introduction of the detailed scheme itself.

As far as I am aware the SGM was called without the mandatory ten signatures. This rule is a safeguard to ensure that the proposals are put forward with the full knowledge, and presumably the consent of at least ten members. This, at the very least, just saves time.

I hope others will find it useful if, as a trustee, I say what I think ought to form part of a detailed scheme. It must address the major points that members sought to clarify at the SGM:

1. How much could we reasonably expect to gain from the sale?
2. What costs would we incur: conveyancing, estate agents fees, stamp duty?
3. Where would the club be based following the sale?
4. Where and how frequently would the club (and committee) meet and what facilities would be available?
5. Where would club property be stored?
6. How would the capital be invested?
7. What sort of income could the club expect?
8. What would be the effect on subscriptions, donations and sponsorship income?
9. How would the income be deployed?
10. What are the aims and objectives of the club and how would they be affected?

Naturally, these matters can only be dealt with speculatively and we cannot expect absolute precision, but at least we should be able to have a pretty fair idea of what we are trying to achieve and where we are going.

I do not think there would be any expense involved in gathering this information, and I do not think it would take too long to complete. It would, however, clarify matters considerably.

This list is only my idea. I would welcome the thoughts of others.

I also suggest that a representative working party should be formed to consult with members and formulate the plan. Members, through the DLN or Committee meetings, should be kept

abreast of developments and have the opportunity to contribute their ideas. By that means, there will be few surprises when the plan is ultimately presented at the SGM.

I also think some interim trustees should be appointed to join me in the responsibility of overseeing the process.

I am certain that this approach will offer the quickest route for the Club to happily and satisfactorily move forward.

Pete Harris

**THE LAST DAY FOR COPY TO BE INCLUDED IN THE NEXT ISSUE IS WEDNESDAY 16th AUGUST 2000**

THIS SHOULD BE SENT TO:  
MARK BALLAMY  
41 MAYES CLOSE  
WARLINGHAM  
SURREY CR6 9LB

Phone & Fax 01883 627809      01883  
627809      - e-mail  
[mark.ballamy@virgin.net](mailto:mark.ballamy@virgin.net)

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