

DE LAUNE CYCLING CLUB

FOUNDED 1889



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DE LAUNE NEWS

December 2003

No. 857 -74th Year

www.delaunecc.org

OFFICIALS			
PRESIDENT JOHN KAVANAGH 40 Beverley Road Barming Maidstone Kent ME16 9JP 01622 726959 01622 726959	SECRETARY PETE HARRIS 91 Ashbourne Road Ealing London W5 3DH 020 8997 7852 020 8997 7852	TREASURER JAMES LETT 102 Park Road Kingston Surrey KT2 5JZ	CLUB NIGHT First Thursday of each month HERNE HILL STADIUM Burbage Road London SE24 9HE

THE PRESIDENTS REPORTS

On Friday the 31st October, at the Blackheath clubroom, we ran another Belgium night, which we combined with the OMA. Those of you, who have not attended a Belgium night, try it next year, as you will be in for a treat.

Like previous Belgium nights, it was a sell out and we had to turn people away. It was first come, first served. What happens you might ask. Well it is a simple format. Good food, and I mean good food, plenty of good wine (if you were not driving) cycle roller racing and, most important, good company.

If you have access to a computer it is worth looking at all the photos that Mike Peel took on the night, and put on our web site (Mike is good at this).

Again, thanks to all our volunteers who made it all happen, especially Cliff and Carol our club chefs who gave us an excellent four course meal. How they do it for the amount we allocate I do not know. A big thanks to Dot who again organised the OMA end of it, and sorted out the cash.

I must apologise for the service you received from our waiters. They are getting old and therefore slowing down. I think two of them were slightly inebriated; the ones standing by the wine boxes. I thought I could smell slight body odour from them but I found out it was the onion soup!

Did you know that Roy Savery was paying for his wine and beer and no one had the heart to tell him it was free!

Sunday the 16th November and I have just come back from our church service at Newnham. Another well-organised do by our Dot who I hope will give you a report in this issue.

The 2003 racing season is coming to an end but Mat Goods is still winning hill climb events. Well-done Matt, I know we will have all your results in this issue as our editor scans the web for all results like a hawk!

On the Sunday the 7th December, we have our downhill competition at Tillburstow Hill, Godstone. This is racing for the lazy rider. All you have to do is go down the hill, without peddling, as fast as you can. Your speed should then carry you up the small hill at the finish. The one who goes the furthest up hill wins - it's as simple as that. First rider down is at 11am, after the event it is down to the pub for food and refreshments. No excuses, especially new members. Give it a go.

As you read this article the contracts for the sale of our clubroom are going through and should be completed by the 12th December. This is due to all the hard work put in by Peter Harris. Peter still had to find time to run his own business to put bread on the table and organise the sale of our clubroom. That is what I call dedication to your club. Thanks mate.

I would like to thank Jim Phelan ex De Laune member for his constructive article in the October DLN. Concerning helping and encouraging riders. Yes Jim we encourage our new breed of riders to ride all club events (We had 5 triathlon riders in our club Autumn 25). With your enthusiasm, pay your subs and come back to us. We need people like you, but remember the speech by J F Kennedy when he said 'Ask not 'what my country can do for me', but 'what can I do for my country?'

Kav

PS Did you watch the Rugby World Cup final? Well I did not watch it! Why you say. Let me explain. I love the game but do you know I could not sleep the night before the game thinking England should win this but what if. I have been let down so many times with the English football team I could not watch it.

So what happens I decide to go shopping with Pat. I turn on the car radio and with six minuets to go England are winning 11 to 14. I thought they must hang on, so I turn the radio off.

About 30 minuets later I thought it must now be all over so I then go into a television shop and look up at a big screen and I see Australia 17 England 17 and extra time. I had to walk out of the shop. I will have a quick half of bitter and then go back to the TV shop, but no need, when I got to the pub it had erupted. We had won. It's a funny old game.

NOTICE BOARD

Club nights/committee meetings are now back to the first Thursday of the month -

next one on 4th December.

SEE YOU THERE

+++++

Will someone please contact Jayne Wadsworth; don't let us loose this member.

Use this notice board to let other members know how they can join in and get involved, keep the informed.

From: Peter Symons
To: webmaster@delanecc.org
Sent: Friday, November 07, 2003 8:40 PM
Subject: Rainy day in California

Hi.

This is Peter Symons. Memeber of Dulwich Paragon that lives in California it was just raining today and I was thinking about home and I looked for info on Eddie Wingrave just to see if he was still alive!!

Thanks for you info on your site remember me to all. I am in Monterey California and think about Herne Hill all the time I think next week Graham Watson is coming to San Francisco. I might get to see him

Kind regards

Peter Symons

Some people read the DLN!
From: ian.rinn To: webmaster@delanecc.org
Sent: Monday, November 24, 2003 6:14 PM
Subject: Le Homard Bleu

I am not a member of your Club but I have just come across your site on the Web and I was very interested in the article under the heading O.M.A News " The Sole Meuniere " I live in France and not too far from Le Treport and I can really recommend the restaurant mentioned , by Peter Gunnell , " Le Homard Bleu " It has a lovely selection of sea food and the food is excellent. I shall be going there to have a meal very shortly.

I normally book if it is a weekend as they are very busy, especially during the summer months when lots of people from Paris are in the area.

Regards Ian Rinn

Peter we believed you anyway, Ed.

ARE WE LOOKING AFTER OUR NEW MEMBERS ?

I have just received this months De Laune news and would like to add to Jim Phelan's comments on Triathlon and new members.

I joined De Laune last summer and really enjoyed a great year cycling around Richmond Park, Sunday morning rides out and even that hill climb thanks to the unfaltering patience and enthusiasm of Cliff, James and Ross who were really welcoming and supportive! However as the cold of winter took its toll I had to drop out of the Sunday morning early starts. Since then time I have found it really difficult to regain my relationship with the club throughout this summer.

As a result I have spent this year running instead, competing in 10ks and 1/2 marathons. Ideally I would like to combine the 2 in the form of Duathlons so was really encouraged to find that De Laune also get involved in these races.

Having expressed an interest in Road Racing last year I have found it difficult to know where to start and whilst Cliff was helpful I appreciate he has his own season to take care of.

In my opinion it would be fantastic if more help and encouragement was available for us beginners just to show us how to get started competitively. I find competition is the main motivational factor but it is quite daunting getting started. I have made my way down to Eastway but again could not really work out how to get involved competitively unless a Club was entering riders.

I take part in other endurance events including Mountain Scrambles in Norway and the infamous Tough Guy event in January which although gruelling are great fun and may well be of interest to other members although they do not necessarily involve cycling! I would also love to take part in the 24 hour off-road races as part of a team but being a girl again have found this difficult to get involved in despite having expressed a real interest in taking part. It may be a good idea to include a "Notice Board" section within the news letters so that we are able to contact other members directly in order to put together teams and share events that others may be interested in, team training sessions would be a great start. More often than not I find myself reading about races after they have been completed thinking "I would have liked to have taken part in that"!

Like many members I do not work close enough to Herne Hill to get to the track within daylight hours on a Thursday evening even in the summer months in order to meet up with club members, therefore more informal lines of communication maybe a good idea.

Jayne

jaynewadsworth@hotmail.com (*Your wish is my command Ed.*)

O.M.A. NEWS BELGIUM NIGHT & O.M.A.SUPPER



COULD ONE OF THESE BEEN A CONTENDER FOR THE WORLD BEARD & MOUSTACHE CHAMPIONSHIP?

BUT COULD THEY HAVE MATCHED THE COMPETITION



No doubt our Pres. Kav has already written an article about this, so I don't need to say much. A great evening - full house, plus waiters all dressed for the occasion: - Kav with blood-stained pinny, he said he had to catch the chickens for our meal! Stack with beret pulled down over his ears & rimless specs - he looked just like Benny Hill. Mike Peel - very fetching in his racing shorts, unshaved legs and in his pinny pocket - a couple of juggling balls - for what reason I cannot guess, but I did hear him invite a few err ladies to have a juggle or was it 'jiggle' with them!! Pete Jenn looked very smart, I think his moustache was home grown - not like the others - stuck on at peculiar angles, Tich in borrowed gear, said he didn't have a pinny at home, they all did a great job, you can never get the staff like that, even in the best of Restaurants weren't we lucky! I think!

We were asked to stand for the National Anthem - not ours though - the only recording that could be found was for the French one - so we made do with that - so that started the proceedings off with a good laugh.

We were accompanied whilst eating our meal, by an Accordionist don't know if he was Belgian or French - this all added to the Continental feel of the evening. The Roller Racing was fast and furious, bet they never thought that they would be 'the entertainment' when they volunteered to race.

The supper was superb - everyone agreed, beautifully cooked and presented by our very own Chef Cliff and his wife - Carole, another fab meal they produced for us all - what more can I say about them , we are just so lucky to have them in The De Laune - hope they don't - get 'poached'.

A wonderful evening and thanks to all who worked so hard to make it another successful De Laune function. That's all folks!

Dot

NEWNHAM

A really good gathering at Newnham for our Annual Remembrance Service, 38 in all attended, plus a few cyclists from a Kent Club. The weather was good, the best we have seen for a few years now.

We gathered as usual at The George, for coffee and to order our Lunches before the Service, then off to Church, there war no permanent Vicar to take the Service, so a Layman of the Church conducted it for us, he war interested in the Clubs' history, and told us that his grandfather was in service to the De Laune family at Sharsted Court, he made us very welcome as we always feel when we visit Newnham Church.

After the service we all went out to stand by the Memorial Tablet while our President Kav, read out the names of the De Laune members who fell in the two World Wars, and he gave us interesting Details of their Regiments, ages and in some cases where their graves were located, which makes us feel we knew them - as some of you did. The Poppy wreath, war handed over by our 'historian' Brian Saxton - to our President a to hang below the Tablet of names - then one minutes silence followed by the poem we all know so well beginning - "they shall not grow old - as we grow old". Then back into Church for refreshments supplied by the Ladies of the Church, we always enjoy their home-made scones and cakes.

Then on to The George for lunch, we were all seated together in the main Restaurant which was used many years ago - as re-called by Tom Bewsey, he mentioned some very familiar names from the past who used to cycle down on the Club run to Newnham, sometimes for the weak-end they were - Chip, Frank Holland, Ken Fletcher, Jack Your, Ken Hill, Ron Hoare, Fred Hooper, Tom Williamson, and lots more - to many to write down here, but you will know who they were, they were all remembered as young men on their bikes, enjoying each others company and doing what they loved best - cycling the lanes of Kent. I'm sure more reminiscences were being told over lunch - as we all do when we get together.

So, another Memorial goes by, and we got to see our good friends once more, so it was - Good Friends, Good Food and many Happy Memories for us all.

Our best wishes for a Merry Christmas And a Happy and Healthy New Year to All the De Laune and Their families.

DOT & KEN

MEMBERSHIP

You may have noticed that my name, address and telephone number appears on page 3 of November's issue of the DLN under Membership Secretary. I have taken over from Cliff Steele, who has been doing a great job over the last couple of years. This will enable him to spend more time with active members, especially new ones, and with his own training and racing.

I am sure there have been donations to club funds from other members this year but the following are the ones that I have dealt with, and they are:

Jeremy Briggs, Pat Burns, Roy Savery, Monty Watkins, George Wood

We understand that Jeremy Briggs has not been too well this season and, thus, has not been able to get down from Norfolk, where he now lives, to this part of the country; he apparently needs an ENT (ear, nose and throat) operation and once this has been carried out, it should rectify the problem. He hopes to be riding next season - despite Christine being pregnant (the baby is due in March). Jeremy, Ross and Cliff will be forming a team to ride in the National '24'.

Please do not send your 2004 subscription or donation to the treasurer, James Lett. You will receive a subscription notice in January together with a stamped/addressed envelope that should be returned to me.

Brian Saxton
Membership Secretary

2003 RTTC National Championship Hill Climb

Promoted for and on behalf of Cycling Time Trials under their rules and regulations
by
Halifax Racing Club
on behalf of the Yorkshire DC
on Sunday 26th October 2003

Pos.	No.	Name	Club	Time
1	140	Jim Henderson	Southport CC	5:19.2
2	145	Mark Lovatt	Life Repair CRT	5:38.2
3	75	David Clarke	Team Endurasport.com.principia	5:38.9

SOUTH London rider Matt Goodes stormed up the one-and-a-half mile climb of Chantry Lane at Storrington in a fast time of 6mins 2.6secs to win the Sussex CA's open hill climb. Tim Mardall (VC Etoile) finished second in 6:9.6 to win the Sussex Championship that was incorporated in the event. Third place was taken by Hampshire clubman Matt Melville (St Raphael) in 6:10.4.

The win by Goodes (De Laune CC) came as no surprise. He recently finished second in two classic hill climbs promoted by Bec CC and Catford CC. The day after the Sussex climb, Goodes won the Sudbury hill climb in Suffolk and he is hoping to complete another double this weekend.

All the leading riders apart from Murray have entered Brighton Mitre's two hill climbs on Sunday. The first takes place at Steyning Bostal starting at 11.15 am and the second is at Mill Hill, Shoreham, starting at 2.30pm. There are separate prize lists for both events plus prizes for the fastest riders overall. Two riders who could pose a threat to Goodes are Tony Kelly (Addiscombe), who finished 12th in the recent national hill climb championship, and Tristan Court (Mitre) who holds the record for Mill Hill.

[Sussex CA Hill Climb](#)

Chantry Hill, Storrington - 1.44 miles

- 1 Matt Goodes De Laune CC 6min 2.6sec
- 2 T.Mardall VC Etoile 6min 9.6sec
- 3 M. Melville VC Raphael 6min 10.4sec

[CC Sudbury Hill Climb](#)

Semer Hill, Suffolk - 500yards

- 1 Matt Goodes De Laune CC 49.8sec
- 2 M. Arnold API Bikes.com 52.4sec
- 3 K. Barker Southend Wh. 52.5sec

[Brighton Mitre Hill CC Climb](#)

Stage 1 (Steyning Bostal 1,672yards)

- 1 Matt Goodes De Laune 4m 17.5s Course Record
- 2 M. Melville VC St Raphael 4m 20.9s
- 3 T. Mardell VC Etoile 4m 30.6s
- 6 John O'Brien De Laune 4m 51.8s
- Hamish MacIntyre De Laune 5m 06.2s

Stage 2 (Mill Hill Shoreham 2.66Miles)

- 1 M. Melville 8m 23.1s
- 2 T. Kelly Addiscombe 8M 25.3s
- 3 Matt Goodes 8m 32.7s

[Overall](#)

- 1 M.Melville 12m 44s
- 2 Matt Goodes 12.50.2s
- 3 T. Kelly 12.59.2

Team De Laune CC 41m 53.4s

Melville hits peak form by Brian Hutton (The Argus)

Matt Melville hit peak form just at the right time to win the battle of the hill climbers in Brighton Mitre's two open events in Sussex. The Hampshire ace finished a close second in the first climb and won the second to take the overall prize ahead of Londoners Matt Goodes and Tony Kelly.

With most of the leading Sussex road riders enjoying a winter break it was left to Hove rider Tim Mardall, who only took up racing a few months ago, to lead the local challenge with fourth place overall. Goodes (De Laune CC) won the morning event on the steep slopes of Steyning Bostal, covering the 1,672 yards in a record 4m 17.5secs. Melville (St Raphael) was second in 4:20.9 while Mardall (VC Etoile) took third in 4:30.06 with Kelly (Addiscombe) fourth in 4:34.01. Worthing Excelsior's Tony Reeves finished sixth in 4:47.07.

After a three-hour break the second climb took place on Mill Hill, north of Shoreham. Melville preferred this less steep but longer two-and-a-half mile climb which he covered in 8:23.01. Kelly, who was 12th in the recent national hill climb, finished a close second in 8:25.03. Goodes' hopes of an overall win disappeared when he was third in 8:32.07 while Mardall gave another good performance to finish fourth in 8:34.02. Melville was fastest overall in 12:44.00. Goodes, a cycle shop owner who had made a substantial contribution towards the prize list, recouped some of his money by finishing second in 12:50.02 and leading the winning De Laune team. Kelly was third in 12:59.04 and Mardall was fourth in 13:04.08. Tim Holmes (Mitre) won the veteran's prize.

Mosquito Cycles London Cyclo-Cross League

Rankings: 6 races counted & 7 races run at November 20

Pos Name Club Total

- 1 Matt Holmes Artic RT 94 100 94 100 100 94 582
- 2 James Dear In Gear RT 90 83 94 94 90 451
- 3 John Wood Finsbury Park CC 72 69 74 80 72 367
- 14 Steve Price De Laune CC 94 90 100 284
- 30 Bill Wright De Laune CC 56 52 60 52 220

Round 5 of the Mosquito Cycles London Cyclo-Cross and Eastern League held at Eastway, London and hosted by Lea Valley Youth CC on October 26.

- 1 Matt Holmes Sen Artic RT 11 laps in 1:03:20
 - 2 Ben Crawforth Jun Evans RT +0:37
 - 3 Carl Davey Sen RT/Elmy Cycles +0:59
- Steven Price Sen DE Laune CC DNF

Round 6 of the Mosquito Cycles London Cyclo-Cross League held at Eastway Cycle Circuit, London and hosted by London Phoenix CC on November 9.

London Phoenix hope you like the lap times included in the results & great thanks to the Beastway crew (inc. Bill Wright) for their help with results and we recognize the sterling work of the 'sign on' crew who had to deal with the new system. For the first time riders were graded for a London League race and the most to suffer were those non affiliated riders who felt that they should be near the front.

The large field roared off the line with league leader Matt Holmes (Arctic RT) to the fore with the unlucky Steven Price (De Laune CC) and the rest in close order.

- 1 Sen Jody Crawforth Evans Cycles RT 01:00:53
- 2 Jun Alex Atkins Evans RT 01:02:53
- 3 Sen Steven Price De Laune CC 01:04:12

Round 7 of the Mosquito Cycles London Cyclo-Cross League held at Hillingdon Cycle Circuit, London and hosted by Hounslow & District Wheelers on November 16.

Three riders broke free from the very fast moving pack; Warrick Spence (Cyclefit.co.uk), Steven Price (De Laune) and Junior Ian Field (San Fairy Ann).

On their heels initially was a group of riders containing riders such as Ben Lockwood (GS Invicta), Jon Sharpe (Boreas), Veteran Mick Bell (London Fire Brigade) and Junior Robert Whenman (Team Darent). At the front Price attacked and attacked again and this raised the pace to such a level that Field fell back to finish in a lonely 3rd.

Spence however remained firmly on Price's wheel and he looked very comfortable on his brand new Eddy Merckx cross bike.

With a few laps to go Spence hit the front and continued to stretch Price for a few more and then began to build a winning lead to the flag. Price was second (& maximum league points) at about 30 seconds and Field was a further minute or so down in 3rd.

- 1 Warrick Spence Cyclefit.co.uk
- 2 Steven Price De Laune CC
- 3 Ian Field San Fairy Ann CC

Round 8 of the Mosquito Bikes London Cyclo-Cross League held at Mouselcoomb Wild Park, near Brighton. and hosted by Brighton Excelsior on November 23.

- 1 Steven Price De Laune CC
- 2 Ben Lockwood GS Invicta @50 secs
- 3 Matt Spurgeon Evans RT @1.35
- 22 Bill Wright De Laune CC

It had to happen and the general feeling was that the heavy rain was more cyclo-cross weather. It never stopped raining all day and at times it was coming down in

buckets. Thankfully the course stood up well and although muddy few bikes clogged up.

A surprising number of riders started, we honestly thought there might be just 20 or so who would brave the weather and the journey to the south coast.

From the start Brian Curtis (Coridori) made one of his demon start but as he came past us he looked back and seemed to think better of it and waited for the pack.

Steven Price (De Laune), Ben Lockwood (GS Invicta), Matt Spurgin (Evans Cycles), Robert Wright (Shaftesbury CC), Jon Sharpe (Boreas/Saucony) and Curtis had formed a lead group. From this group Price and Lockwood pulled clear creating a 25 second gap to Spurgin and Wright who in turn had seen off Sharpe. The lead two then pushed the lead to 40 seconds before Price gained a handful of seconds over Lockwood who then suffered a rear puncture that saw him in 'no man's land'.

Wright and Sprugin were now on Lockwood's heels but he was now too far down on Price to get back on even terms.

Price rode the final laps with a clear lead whilst Lockwood pulled clear of Spurgin who had broken free of Wright.



STEVEN PRICE ON HIS WAY TO THIRD PLACE IN ROUND 6 OF THE LONDON CYCLO CROSS LEAGUE.



LEFT HAMISH
Macintyre in his first
ever competition -
and what a way to
start with a hill climb
& a team prize

Don't Forget Club Night Thursday 4th December

MTB 2004 DATES

Enduro Events:

The Kona 100 series returns for 2004 bigger and better than ever. As well as the three races in mid-Wales there is now one in Scotland and one in the South East of England.

May 2nd Scotland (venue TBC)

May 30th Rhayader, mid-Wales

July 4th Builth Wells, mid-Wales

August 1st Clwydian Range, mid-Wales

Sept 19th South East England (venue TBC)

The Karrimor/Specialized Enduro 6hr Race makes a return to Trentham Gardens in Staffordshire on May 8th-9th. This is a good event for De Laune members to do as it is sponsored by Specialized and they would love to see a good De Laune turnout.

Teams of 4, teams of two (mixed, men's or women's pairs) or solo.

And the biggest Endurance event of them all, The Saab-Salomen Mountain Mayhem 24hr is on the weekend of June 26th-27th. Rumours at the moment are that a new venue has been found although the organisers are keeping tight-lipped about it.

De Laune has a good track record at this event and it would be good if we could again have 2 teams.

The second big 24hr race of the year, the Shimano 24hr Sleepless In The Saddle again returns to Trentham Gardens, Staffordshire on the weekend of Aug 14th-15th. More laid back than the SSMM, the course is also a lot hillier but the event is always good fun.

The first race of the Hillingdon winter series held on Saturday November 15 and hosted by West Thames.

E/1/2/3

1. Lewis Atkins Ciclos Uno/PCA 1.14.20
2. David Baker Ciclos Uno/PCA 15 secs
3. Michael Metayer Sport & Publicity
9. Daniel Rudd De Laune

The triandrun Ballbuster

Saturday 8 November 2003: 8M run, 24M bike, 8M run

A cool, overcast day with a light breeze but dry roads and no major obstacles gave an ideal environment -- for a change!! There were about 300 starters in this event.

1	Jubb, Mike		30-34	Tri Force	00:43:04	01:11:59	00:45:12	02:40:15
2	Green, Mark		30-34		00:42:15	01:11:51	00:46:46	02:40:52
3	White, Ian M	V	40-44	Team Tri UK Gatorade	00:43:54	01:09:47	00:49:26	02:43:07
148	Laguillo George		30-34	De Laune CC	00:58:34	01:23:57	01:12:39	03:35:10
190	Corbett, Jonathan C	V	45-49	De Lanne CC	01:00:02	01:42:03	01:05:02	03:47:07

I arrived at Box Hill early at 6.50 a.m. for this event and in the dark with the freshness of the morning I was not sure if my training had been correct for this event. The drive up to the top of Box Hill was a sobering one when I realised that I would be shortly climbing this gradient 5 times, three times on a bike and twice on my legs.

Still after the registration, queues for the loos and usual hanging around it was soon time for the off 8.00. The first of the 8 mile loops of the five that I had to do, I checked myself several times from going to hard at the start, though when I came to running up the 680ft of Box Hill I found my natural pace found me passing seven or eight on the gradient.

On the bike leg those that I had previously passed on the opening run along with some of their friends took their vengeance. I was curious that the hill climbing was not as bad as I had feared.

The last run was initially uncomfortable but 2 miles into the eight I found my running legs along with that you have only 6 miles left feeling so I gave it a go! The last time up the hill I still had some energy so I was happy to pass twenty odd other runners on this hill. On the last run I did all the passing, nobody passing me.

I drove home feeling I could do more on the bike to improve but overall pleased to have finished this event feeling not to beat.

Harry Corbett

P.S. I have discovered subsequently that George Laguillo a new member of the De Laune was doing his first Duathon

VETS BAR 2003 (updated)

Since my report last month I have heard from Peter Jenn, as you can see from the final positions. Well done Peter, unlucky Alan!! Peter also claims two records for both his '10' is Roy Savery is also claiming two age record's (one of which seem to have got mislaid) congratulations to both of you. I have updated the records and hopefully Mark will include them (he must be fed up with printing all these tables. I know I am).

Just when I thought I had it all 'sorted' Tony Peachey contacted me to ask if his times (done when he was a 1st claim member), could he used as standards. I will leave this for the committee to decide.

When the original standards were set up in 1994 it was decided to use only 1st claim member's times. The reason for this was, it would have been impossible to ascertain times of past members who were no longer in contact with the club.

However, Tony is an exception being a Life member. All his times (& distances) were done when he was in his forties, so therefore will not affect any records standing. If accepted they would give us a more complete list. I have therefore taken it upon myself to include them in the latest list and hope that the committee will agree.

Malcolm Adams

	1 st	2 nd	3 rd	4 th
	Peter Jenn	Alan Rowe	David Haggart	Malcolm Adams
10 Miles	00:22:27	00:23:31	00:23:59	00:26:04
10 Miles	00:22:39	00:23:33	00:24:07	00:26:22
25 Miles	01:00:27	01:01:02	01:02:43	01:10:27
25 Miles	01:02:17	01:05:45	01:02:56	01:37:17
Aver.Speed	25.5276mph	24.5965mph	24.4129mph	20.6208mph

On age standard	+5.5195mph	+5.3368mph	+1.6371mph	+1.3611mph
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STANDARDS		
ALAN & MALCOLM	PETER	DAVID
AGE 64	AGE 59	AGE 42
10 Miles 00:30:45	00:29:34	00:25:54
25 Miles 01:18:55	01:16:03	01:07:00
AVER.SPEED 19.2597mph	20.0081mph	22.7758mph

Since the inception of the Vets age records, twenty eight records have been broken, all at the shorter distances.

	10 MILES				25 MILES		30 MILES	
	Alan Rowe	Peter Jenn	Brian Dacey	Roy Savery	Peter Jenn	Roy Savery	Alan Rowe	Malc Adams
1996	AGE 57 23:18							
1997	Age 58 23:19	Age 53 22:37			Age 53 00:55:27		Age 58 01:10:40	
1998	Age 59 23:25 23:20	Age 54 22:56					Age 59 01:12:14	Age 59 01:16:13
1999	Age 60 23:04 22:51	Age 55 22:24 22:22			Age 55 00:56:20		Age 60 01:14:50	
2000	Age 61 23:21 23:11							
2001	Age 62 23:31			Age 65 25:32				
2002	Age 63 22:44	Age 58 22:09						
2003	Age 64 23:31	Age 59	Age 64 23:45			Age 66 01:06:27	Age 64 01:16:18	

		22:39					
		22:27					

VETERANS AGE RECORDS (12.11.2003)			
DISTANCE	AGE	TIME	NAME
10 Miles	46	21.47*	<i>Tony Peachey</i>
	58	22.09	Peter Jenn
	(59)	(23.39)	(Peter Jenn)
	59	22.27	Peter Jenn
	63	22.44	Alan Rowe
	(64)	(23.45)	(Brian Dacey)
	64	23.31	Alan Rowe
	65	25.32	Roy Savery
	68	27.38*	<i>John Giles</i>
	70	29.49*	<i>John Giles</i>
25 Miles	72	30.38*	<i>John Giles</i>
	53	55.27	Peter Jenn
	55	56.20	Peter Jenn
	63	56.33*	<i>Peter Gunnell</i>
	64	59.35*	<i>Peter Gunnell</i>
	66	1.06.27	Roy Savery
	68	1.13.08*	<i>John Giles</i>
	69	1.20.23*	<i>John Giles</i>
30 Miles	46	1.10.35*	<i>Tony Peachey</i>
	58	1.10.40	Alan Rowe
	59	1.12.14	Alan Rowe
	60	1.14.50	Alan Rowe
	64	1.16.18	Alan Rowe
	70	1.36.11*	<i>John Giles</i>
50 Miles	46	1.50.57* (Club Record)	<i>Tony Peachey</i>
	47	1.54.28*	<i>Tony Peachey</i>
	62	1.59.24*	<i>Peter Gunnell</i>
	63	2.03.25*	<i>Peter Gunnell</i>
	70	2.36.11*	<i>John Giles</i>
100 Miles	47	4.04.31* (Club Record)	<i>Tony Peachey</i>
	48	4.08.30*	<i>Tony Peachey</i>
	50	4.15.35*	<i>David Hurst</i>
	51	4.19.26*	<i>David Hurst</i>
	52	4.24.08*	<i>David Hurst</i>
	57	4.25.15*	<i>Peter Gunnell</i>
	60	4.26.08*	<i>Peter Gunnell</i>
	62	4.30.47*	<i>Peter Gunnell</i>
	63	4.46.02*	<i>Peter Gunnell</i>
12 Hours	40	256.359Miles*	<i>TonyPeachey</i>
	46	253.410Miles*	<i>TonyPeachey</i>
	47	244.258Miles*	<i>TonyPeachey</i>
	48	240.431Miles*	<i>TonyPeachey</i>
	50	238.638Miles*	<i>David Hurst</i>
	51	238.104Miles*	<i>David Hurst</i>
	56	233.31 Miles*	<i>Peter Gunnell</i>
	62	228.52 Miles*	<i>Peter Gunnell</i>
	63	204.37 Miles*	<i>Peter Gunnell</i>
24 Hours	CLAIMANTS MUST BEAT V.T.T.A.STANDARDS		
LADIES 10 MIs to 24 Hrs	CLAIMANTS MUST BEAT V.T.T.A.STANDARDS		

To claim a record the claimant must beat the Standard/Record of the person who was the same age or the next eldest as shown on the current list, if none, the V.T.T.A. standard must be beaten. Records to be claimed by the 31st October each year. *Standards set prior to inception of records (31st December 1994)

Don't Forget Club Night Thursday 4th December

TRACK NEWS

I have just returned from the annual pilgrimage to the Gent 6 day race and this year I made my own way there rather than going with an organised trip.

Gent is a pretty city similar to Brugge but less crowded and I bumped into more people in the street of Gent I know than I do on a Saturday morning in Lewisham. Belgium reminds me of England many years ago; trams, trolley buses, everything shut on Sundays and cyclo-cross on the TV.

Once again Bradley Wiggins was partnered with local Belgian/Tasmanian, Matthew Gilmore and they were up against last year's winners the Swiss duo of Risi & Betschard and the Dutch winners of the Amsterdam 6, Slippers & Stam.

No less than five teams were on equal laps when the Sunday session began, but gradually Wiggins & Gilmore edged into the lead, following all the attempts by the others to gain a lap. They hung on to win the chase and the overall prize ahead of the Dutch and Swiss pairs, which proved a very popular result with the travelling Brits and locals.

The bike handling skills of all the riders was very impressive, Risi punctured whilst leading the Deryn race but managed to bring his bike to a safe halt without bringing down the rest of the field.

It was good to see Herne Hill regular, Jo Tindley appearing in the Women's Invitation 50 lap Deryn Race. So make a note in your diaries for next year and come along and see the professionals in action.

In last month's DLN, Jim Phelan requested open sessions for road bikes at the Velodrome. You can call me old fashioned but I really believe the best bike to use to on the track is a track bike because of its geometry, the higher bottom bracket and shorter pedal cranks just seem to make more sense.

For those who have not ridden the track, please attend one of the novice sessions on Saturday mornings and then you can join in the training sessions where you are guaranteed some serious speed work.

Between Easter and September there is also the opportunity to race in the Monday, Wednesday and Saturday competitions as well as ride behind the Deryns on Thursday evenings. Please give it a try.

The keyholders for our container at Herne Hill are Bill Wright, James Peckham and me.

Look forward to seeing you at the track.

Jeremy White

FROM OUR MAN IN PHUKET

"Odds and Sods" from "Cycling and Mopeds dated 8th February 1961"

When back in California recently I had occasion to go through some personal items I had stored up at work. In one box I opened I came across some really old magazines and to my surprise one of them was a copy of "CYCLING and Mopeds" dated February 8th 1961. When I got back to Phuket I started to read some of the articles and ads, here are a few:

"Special Features" front page reads "Diet Frontiers" "Mileage Charts" "Moped Test" and "Professionalism by Tom Simpson"

Tom Simpson's article was very interesting, he is pictured dressed in a stylish grey striped suit, wearing a Bowler hat and drinking a glass of wine. In the article he expounds the value of publicity to the professional cyclist.

Tom saw himself as an entertainer rather than a pure racing cyclist; he gained a lot of good publicity wearing different styled hats in the 1960 "Le Tour de France" and became known as "Mister Tom" Le Tour favourite for 1961 was Jaques Anquetil.

Now comes the heart pounding article;

Road Test Report for the NSU QUICKLY S2, 1961, Specs: 49 cc 2- stroke engine, 3 speed gearbox with multi disc clutch. Quick release mounted tank, to hold one gallon. Bing single slide carburettor with automatic choke. Pressed steel frame and flywheel mag-dyno lighting. Maximum pedalling speed 13 m.p.h. Fully equipped this amazing piece of technology sold for £86.16.11 (pounds) I wonder how many De Laune members owned one, or if they did would own up to it!

Diet and Training:

This article examined the main foods to eat while racing and concluded that a balanced diet consisting of proteins, carbohydrates and sugars was best. The bit I liked was the suggestion "drink what you like, even beer" then a picture of Veteran Arch Harding drinking a pint of beer from a tankard handed up by a Marshall in 100 mile T.T. (That would sure fill you up with gas).

An illustrated advertisement for a "DAWES Dorado" lightweight, gents bicycle, complete with Bluemels mudguards. Slogan reads "Get your pleasure out of Dawes" all for £24.19.6. (Pounds)

Lastly a classified ad for De Laune membership, it reads;

Join the De Laune C.C. Details from R.W.Dawkins, 23, Cherry Close, London S.W.2.

On the article in the November edition of the DLN written by Jim Phelan about embracing Triathlon members into the Club, I think Jim may have a good point.

In the early 1960's we went through the "scooter and moped" phase that took many people away from cycling. These people then went on to own cars. Now that cycling in all its forms is seen to promote health and fitness why not add additional phases of the cycling sport into the Clubs activities.

In the future something else will certainly come along. In this era of rapid and constant change the Club needs to be able to adapt too.

Congratulations to Brian Dacey for his amazing Vets World titles, great riding Brian!

John Darroch.

Not much space left for me to thank all those who have let me have write ups for the Mag during the past year but please keep it up in 2004.

Some of you will have received your De Laune News last month with the first multi coloured cover, I hope that you liked it. I will try and do a few of these each month, providing it does not cost me too much.

To you all have a great Christmas and a very happy New Year. Ed.

You are invited to come and listen to two top riders as they give an insight into their training programmes get the full details of why, what and when from John Ibbotson and John Veness, at Leigh village hall on Saturday 13 December at 2pm

Programme

2.00 John Ibbotson - my training routine 2.30 question and answer session

3.00 John Veness - my training routine 3.30 question and answer session

4.0 close

Who are the riders?

John Ibbotson was brought up on Surrey League racing and is now what every talented youngster aspires to be - a professional rider. After rising through the UK ranks, he headed off to race on the Continent a couple of years ago, a member of the same team as New Zealander Gordon McCauley.

He moved to a new base in Italy this year, riding for Team Endurasport.com, after racing in Belgium in 2002. Coached by Joe Beer, he's got the experience of riding against the best. like Armstrong, Ullrich and Bettini.

John Veness mirrors the reality of most of our lives in Surrey League - cycle racing has to sit on top of a full-time job. He's a clinical scientist, doing electronics work in hospitals. Quite a chunk of his training comes from a daily cycle ride too and from work in Woking.

A successful mountain bike racer since 1995, his widening enthusiasm brought him into road racing two seasons ago. He became an Elite road racer this year. Formerly a Twickenham CC member, he now rides in Evans Cycles colours on the road, while Kona sponsor him on his MTB outings.

The location Leigh is four miles south of Betchworth which lies midway between Dorking and Reigate not in Kent.

You will find the village hall on the edge of Leigh village, looking on the above map it is on Common Road, the road running west towards Bunce Common. It is better to think of the hall as being at Dawes Green rather than Leigh. If you find that you have passed the Seven Stars pub heading westwards and can see the cricket ground, then the hall will be right there on the opposite side of the road.

One final reminder: you will see that we're talking about Leigh in Surrey here, not the one in Kent. One rider arrived mid-way through a training session last year having been to the wrong Leigh.

Admittance: £4

John Leitch, coach 01737 84 36 01

01737 84 36 01

john.leitch@rbi.co.uk

DATES TO REMEMBER

Club nights/committee meetings are now back to the first Thursday of the month - next one on 4th December.

7 December at 11.00, Down Hill on Tillburstow Hill, Godstone - followed by more social drinks..

HAPPY CHRISTMAS & A GREAT NEW YEAR

THE LAST DAY FOR COPY TO BE INCLUDED IN THE NEXT ISSUE IS WEDNESDAY 24 December 2003

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DISTRIBUTED BY BRIAN SAXTON

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