

# DE LAUNE NEWS

FEBRUARY 2006



**2005 TOUR DE FRANCE - LANCE ARMSTRONG - TIME TRIAL**

**PHOTO BY KAV**

**EVANS**  
CYCLES.COM





1889

**DE LAUNE**  
CYCLING CLUB

**2006**

**SPECIALIZED**

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

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**CLUB NIGHT**

**FIRST THURSDAY  
OF EACH MONTH  
British Legion,  
97 Barry Road,  
SE22**

**PRESIDENTS REPORT**

When you read this issue of the DLN, the De Laune “Saga” Skiing Team (Brian Sambrook, Brian Saxton, John Kavanaugh, John Dodds and myself) will be skiing in Courchevel in the French Alps. Courchevel is one of three resorts in an area called the Three Valleys. We have been there before, and know that the area offers some fantastic skiing.

This year we are traveling overnight by train – the Snow Train from Waterloo. As well as the De Laune contingent, several members of the San Fairy Ann CC are coming on the trip, and we will be sharing a large chalet.

Not much has been happening in the cycling world in the last month, apart from that terrible tragedy in North Wales, when four members of the Rhyll CC lost their lives and others suffered injuries while they were out on a training run. Riding a bike on the roads is becoming more and more dangerous. Dave Young rang me to suggest that our Club do something for the Rhyll CC. I contacted their Club Secretary to let him know that our Club would like to contribute to a fund to remember the riders who lost their lives.

The new season is just around the corner, and I hope you are all training hard. I have already entered one race – the World Masters in August at St. Johann in Austria. There’s nothing like a bit of ambition!!

Allan Rowe now has a car, so we will be seeing him at the next club night, which includes the February Club meeting. He will be giving out the Time Trail Handbook, so make sure you come along and get your copy.

Isn't it great news about the Tour de France coming to London.

Quote of the month from Lance Armstrong:

“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.”

Have a great month.

Roy

## OUR CHEFS CHOICE

I came back from the club run on Saturday with my hands and feet nearly numb from the cold and all I could think about was a nice hot soup, so I made a PEA & HAM SOUP and I must say its one of the nicest dishes I have ever made. I will be putting it on at the Belgium night it was so good its not my personnel dish It was a Hestons Blumental dish a very famous Chef anyway I would like to share it with the De Laune CC its not hard to make

INGREDIENTS makes 8 portions

1 HAM HOCK wash under cold running water for 20 min wash away some of the salt, place in a pot cover with water add 1 onion 1 carrot 1 celery stick 1 leek bring to the boil and simmer for about 2.5 hrs or until hock is well cooked should be falling off the bone drain of stock you will need this for the soup.

100g butter - 300g slice onion - 100g smoked bacon - 1 clove garlic peeled  
500g defrosted peas ( birds eye taste best) - salt & pepper

Method heat butter in a saucepan add onion bacon garlic cook on low heat for about 15 min add stock from cooked ham bring to the boil add peas and blend, pass through sieve check for seasoning add some of flaked hock and serve after a cold bike ride. *(It seems to me that you will need to make this before the ride or you could die of hypothermia waiting for it to cook. Ed.)*

**Cliff Steele**

# THE CHAIR MAN STORY



It's tough getting old. Things start to go wrong for no reason. Pat, my wife will say, but you are getting on!

Let me explain. A group of crumbles decided to go to the 'Vive la France' exhibition at the London Olympia. This is to promote France by the French tourist board. The main attraction is that they like you to sample the food and the wine, especially the wine. You can sit in and listen to a couple of lectures and sample two or three glasses of wine per lecture. In other words, you can get sloshed.

We had a mixed bunch for this trip. We had Roly Crayford and Roy Manser from the San Fairy Ann, Paddy Bowe, Gordon Gibbens from the Nomads and Stax and myself; all qualified drinkers of the red stuff. Our problems started on the train going up to London. In Kent you have unmanned stations so you buy a ticket on the platform from a machine for say 50p. You then pay the balance to the guard on the train. . Are you with me so far? Good.

I think the fair was about £16 return to Victoria, which included the tube. I gave the guard ten senior citizens vouchers worth £10 and showed him my ticket for 50p, so I owed him £4.50. He had never seen the vouchers before but as we all had them he decided he would have a problem throwing us all off at the next station, so he took them.

Next to pay was Roy Manser. Not only did he have vouchers but he also had a rail discount card and wanted to pay the balance by credit card, and to top it off, Roly ran out of cash and asked if he would accept Euros? The guard gave up and went to the next carriage mumbling something about "silly old farts" and hoping he did not have another lot in the next carriage.

When we arrived at Victoria we should have changed our train fair receipts for tube tickets but no one told us so we just wandered on to the platform, like old people do, and got the tube to Olympia. Guess what? The barrier machine at the other end would not accept our train fair receipts. (Will it ever end I ask!) So we have to call the station porter to let us through the side gate. He was mumbling about "how did you get this far with that receipt?"

On the way home a young lad of about 20 gave his seat up to Roy Manser. It made our day! I have got a party of 18 old farts from the Fairies and De Laune going by train down to the Alps for skiing at the end of this month. I will let you know how we get on!

Kav

## **HOLIDAYS 2006**

We have received details from a Sally and Austin Roe of Roquefort Cycle Lodge in Ariege, which is located in the heart of the French Pyrenees with access to challenging cols on quiet traffic-free roads. The cost is €45 per person per night, which includes bed, breakfast, evening meal with aperitifs and wine. Six cyclists booking together would receive a 10% discount. They are able to offer airport pick-ups from Toulouse or Carcassone for a shared cost. Further details may be obtained on their web site, [www.bikepyrenees.com](http://www.bikepyrenees.com) or E-mail: [sally.roe@club-internet.fr](mailto:sally.roe@club-internet.fr).

Brian Saxton

*The club has sent a letter of condolence to the Secretary of Rhyl CC expressing our deepest sympathy on the tragic death of four of their members in a road traffic accident on Sunday, 8<sup>th</sup> January in Abergele on the North Wales coast.*

## **ROYAL BRITISH LEGION**

We have received a nice letter from Dave King, Hon Secretary of the Royal British Legion East Dulwich Branch, thanking us for the £100 donation the club made for the use of their premises during 2005. It was, indeed, fortunate for us as a club to be able to use their facilities as, of course, a final decision on the future of Herne Hill stadium is still in question. Although Bill Wright's coffee was excellent when we had committee meetings at Herne Hill, the committee have found that decisions are made much more accurately and concisely with the benefit of a couple of pints of amber liquid, especially at Legion prices!

Hon Secretary

# *TRIATHLON NEWS*

Here are a few events that I am doing this year if any-one is interested? The Duathlons are all fairly close except for York. The Classic Rides are well worth a look at, great days out in some fantastic country and all are very well organised with well manned water stops and they never run out of flap jack!

For Duathlons look on the BRITISH TRIATHLON web site for full listings and for the Classics just do a Google on the names below.

## Duathlon

Avon Tyrell (New Forset) 5k-22k-6k 26th Feb

Avon Tyrell (New Forest) 10k-40k-5k 12th March

Cambridge 7k-35k-7k 30th April

York 10k-40k-5k 29th May

Milton Keynes Big Cow 2 2m-10m-2m 25th Feb

Milton Keynes Big Cow 3 2m-10m-2m 25th March

## Classic Rides (100miles + with lots of climbing!)

Dales Etape (Yorkshire) 21st may

Polka Dot (Peak District taking in all the famous climbs; Cat & Fiddle, Axe Edge etc) 5th June

Dragon Ride (South Wales) 25th June

Spud Riley (Peak District) 3rd September

## Jayne

\*\*\*\*\*

Surfing the web I see that Jayne was also a competitor in the Thuxton 'MASS ATTACK' Duathlon - this was also our club championship.

**Jayne finished 107th - in a time of 1:42:30**

**Ed.**

# “HELP”

De Laune will be promoting a cyclo-cross event at Herne Hill on Saturday March 4th. If you can help out with it, Please can you contact Bill Wright 07930 397245, [wxwright@msn.com](mailto:wxwright@msn.com)), who will be very grateful.

## **We will need:**

2 people to help set out the course before the race, and change it between the U12s and the Youth race.

2 or 3 judges

1 person for sign-on - from 12noon until 2.45 (start of senior race)

1 person after the race for return of numbers

1 or 2 people to run the canteen

2 or 3 marshalls.

Hopefully we may have enough helpers that we can allow some De Launees to ride. There have been two events there this year, run by VCL, which have been very well received, and 50 riders took part in the 2nd event, held on Jan 2nd. VCL worked hard on this, and cut well over 150m of extra tracks to help make this a success.

The race times are as follows:

U10 & U12s: 13.00 (free)

Youth: 13.30 (£2)

Sen/Jun/Vet/Wom: 14.45 (£5)

## **Rocket on two wheels (Popular Science)**

For rocket designer Tim Pickens, a rocket on two wheels is the next best thing to a spaceship.

The rocket bike is capable of traveling from 0 to 60 miles an hour in just five seconds.

***WATCH OUT FOR THIS AT THE NEXT CLUB DOWNHILL EVENT***



What a great new DLN I am looking forward to the coming months when we can expect some impressive articles with coloured photographs. Maybe we could run a similar scheme to Cycling Weekly with readers pictures There is a few photo Albums of the club, showing photos taken on club runs and at social events very interesting they are to see just how the members of that time enjoyed themselves, but these days we just take photos and keep them ourselves or give the odd one or two to the members in the photo. They all become part of the Clubs history and will be of interest to future generations. James King & Sam Fenerstien have been going on these week-end activities only the week –end activities only the printable bits!! We have pictures of the Saga ski team and the pensioners week away at the Tour De France so they could be put into a new album. I should like to know what other members think of this, or have any other ideas for the magazine. Here are some to be going on with, last years winner of the Fred Peachey memorial 25 And some of our team.



**SEAN  
YATES**



**JAMES  
KING**



**MALCOLM  
ADAMS**



**DAVE  
HAGGART**



**ALAN  
PRIDY**



**ROY  
SAVERY**

**Alan Rowe Time Trial Manager**



**2005 TOUR DE FRANCE**

**PHOTOS BY KAV**



Hi all. You may be interested in looking at [www.trikeabout.org](http://www.trikeabout.org) Charlie Bell is a good friend of my son Glyn, they shared 'digs' at Imperial College in London. Charlie is riding a recumbent tricycle around Oz and is now on the last leg. I am hoping to meet up with him in Adelaide maybe this weekend and will I hope be able to introduce him to Ken, Dot, Suzanne and Mike. This Saturday is the Australian Road race championships near Adelaide and then next Tuesday the Tour down Under starts also in Adelaide. It looks to be a pretty good field. Maybe one day we will see Sam and James riding in it.

[John Geoghegan](#)

## **Around Australia on a recumbent trike**

In the last five months since I rode out of Melbourne, I've covered 8800km on my Greenspeed tricycle, eaten an inordinate amount of pasta and muesli, rediscovered how rubbish fibreglass tent poles are, and lost 20kg of Cyprus pound-a-pint induced excess weight.

So, here I am, just over halfway round Australia. My tour has taken me along the south coast as far as Cann River through dairy hills and temperate rainforests, then up the Monaro Highway to Cooma and the Snowy Mountains, and on to Canberra. Back to the coast at Bateman's Bay (and a very pleasant sleep in a bed courtesy of Les and Annette Arnould who took pity on me when they saw me desperately trying to fix a rear blow-out with sunset approaching and one of the most tricky descents on the east coast between me and the nearest town...), then hugging the coast almost all the way north through New South Wales and Sydney (cheers Andrew for your hospitality and Rosi for taking a complete stranger for a pint), "over the border" to Queensland and some serious time off in Brisbane thanks to Glyn and Sabby (congrats on your engagement, guys. You'll be getting a toaster. Or a kettle. Or several of each.).

Back on the road when it stopped bucketing down, and a meander up the Queensland coast into the tropics, and the realm of the killer crocodiles (not that I saw any 'til I paid to go on a boat trip...). Just north of Cairns, I turned inland for the scramble over the Great Dividing Range and into "proper Australia", where it's hot and dry and flat and there's 400km between proper towns. A slightly indirect route - as I'm sticking to the bitumen roads - took me into the Northern Territory and the rather disappointing sensation of being on one of the last de-restricted roads in the world on a vehicle that averages a bit under 20kph... The world's most annoying fly population too - if the vastness and lack of people doesn't drive you mad, the constant cloud of bush flies trying to play sardines on your ears will. Up to the "Top End" and Kakadu National Park, and now I'm on my way west towards

the Kimberley and the Indian Ocean, and hopefully a good look at some of the reefs - the Great Barrier Reef is simply too far offshore and too commercialized (read "expensive") for a cycle tourist on a budget, whereas Ningaloo can be walked to from the shore...

So there, in a nutshell, is the super-abridged version of what I've been up to. Here are some photos to keep you amused.

## **From Jayne to John G**

Hi there this is very interesting I have been working with a team of fellow amateur cyclist for the past 12 months setting up an attempt to break the current world record cycling as a relay around the coast of Oz. Everything is almost set up with sponsorship as it will be made into a TV programme! We have naturally encountered many pit falls and hold ups but hopefully we will set off in Oct of this year it would be great if we could perhaps meet/chat to him in order to learn from his experience. Do you think this would be possible?

*Tell us more about this Jayne I know that our members would be interest, Ed.*

\*\*\*\*\*

### **Racing programme:**

You will find elsewhere in this month's DLN programmes for SERRL and SCCU events (we are, of course, affiliated to both these organisations). If there is nothing that interests you, then have a word with Alan Rowe (Time Trial Manager), Cliff Steele (Triathlon Manager), Jeremy White (Track Manager), Ross Fryer (Off-road Manager) or, if you are still a bit lost, then Bill Wright or Kav can always find you something to do! Also, there is always the back of the mag for club events.

Brian Saxton



# **RACING NEWS & RESULTS**

## **Beastway MTB 2006**

### **2006 the final year**

Grass roots mountain bike racing in London 2006 will see the final Beastway MTB series running each Wednesday night from May 24, & closing with a team race on July 26.

The 2006 series will see few changes with 10 races then a team race on the final prize giving night, but as this will be the final series after a 13 year run, you can expect a few surprises to be added!

### **Why is this the end?**

After September 2006 Eastway Cycle Circuit will be closed & bulldozed to accommodate the 2012 Olympics.

\*\*\*\*\*

### **Riverside studios is showing some films that may interest you.**

All times given are for the start of the main film, so allow a little extra time if you don't want to miss anything!! Plus if you're more than 15 minutes late they won't let you in, so as not to disturb everyone else – fair enough I guess.)

Cinema is in Crisp Street, near Hammersmith Broadway underground station, towards the river.

Box Office telephone number is 020 8237 1111 (open 12.00-21.00) or e-mail [info@riversidestudios.co.uk](mailto:info@riversidestudios.co.uk)

Website is [www.riversidestudios.co.uk](http://www.riversidestudios.co.uk)

Normal tickets are £6.50

Sunday 29 January – Triple Bill: 14.00 Notebook from the Tour de France (Ray Pascoe's personal account of following the 2005 Tour for a few days), 14.45 Clip from "Hell on Wheels" (to be shown on

Sunday 12<sup>th</sup> February), 15.25 Wheels Within Wheels (actor Simon Dutton's search for Tom Simpson)

Sunday 12 February 14.00 Hell On Wheels (2003 Tour de France from the point of view of Telekom)

Cheers, Nigel

## YOUR YEAR MAPPED OUT FOR 2006

### Television viewing:

March 18 <sup>th</sup>	Milan-San Remo
April 2 <sup>nd</sup>	Tour of Flanders
April 5 <sup>th</sup>	Ghent-Wevelgem
April 9 <sup>th</sup>	Archer GP (Beaconsfield)
April 9 <sup>th</sup>	Paris-Roubaix
April 13 <sup>th</sup> – 16 <sup>th</sup>	World Track Championships (Bordeaux)
April 16 <sup>th</sup>	Amstel Gold Race
April 19 <sup>th</sup>	Fleche-Wallone
April 23 <sup>rd</sup>	Li <sup>3</sup> / <sub>4</sub> ge-Bastogne-Li <sup>3</sup> / <sub>4</sub> ge
May 6 <sup>th</sup> – 28 <sup>th</sup>	Tour of Italy
May 7 <sup>th</sup>	Lincoln GP
June 25 <sup>th</sup>	National Elite RR Champs (GB/Europe)
July 1 <sup>st</sup> – 23 <sup>rd</sup>	Tour de France
July 30 <sup>th</sup>	HEWS Classic
August 12 <sup>th</sup>	San Sebastian Classic
August 13 <sup>th</sup>	Havant Grand Prix
August 26 <sup>th</sup> – September 17 <sup>th</sup>	Tour of Spain
August 29 <sup>th</sup> – September 3 <sup>rd</sup>	Tour of Britain
September 8 <sup>th</sup>	Paris-Tours
September 14 <sup>th</sup>	Tour of Lombardy
September 20 <sup>th</sup> – 24 <sup>th</sup>	World Road Championships (Austria)
October 4 <sup>th</sup> – 8 <sup>th</sup>	National Track Championships (Manchester)

## ***SOUTHERN COUNTIES CYCLING UNION 2006 PROGRAMME***

**Sat** 25 March Sporting 10 G10/46 £6:501400OPEN EVENT  
**Sun** 26 March Sporting 25 G25/48 £6:500900OPEN EVENT  
 Robin Johnson, 7 Gorseland, Billingshurst, West Sussex, RH14 9TT 01403 783368  
*THE SPORTING EVENTS ARE INCLUDED IN THE BEST ALL ROUNDER COMPETITION.*

**Fri** 14 April THE GOOD FRIDAY MEETING at Herne Hill  
 Graham Bristow, 29 Manor Road, West Wickham, Kent  
 For details & BOOK TICKETS ON LINE AT [www.goodfridaymeeting.org.uk](http://www.goodfridaymeeting.org.uk)

**Sun** 23 April 25 Mile\* G25/53 £6.50 07.00  
 Tony Alston, 88 Banstead Road, Carshalton, Surrey, SM5 3NH. 020 8642 9983

**Tues** To be confirmed The Alick Bevan Plate Meeting at Crystal Palace Circuit  
 Eddie Wingrave, 7 Glenhurst Court, Farquhar Road, London, SE 19

**Sat** 20 May 10 Mile \* G10/57 £6:50 06.00  
 Jonathan Vickery, 83 The Drive, Wallington, Surrey, SM6 9MD 020 8254 9016

**Sun** 2 July 50 Mile \* G50/53 £6:50 06.00  
 Linda Good, 58 Hillbury Road, Warlingham, Surrey, CR6 9TB 01883 623332

**Sat** 22 July 10 Mile G10/57 £6.50 06.00  
 South Eastern RC Open Counting event for Women's and Junior BAR.  
 J Bums, 21 Ivychurch Road, Penge, London, SE20 8QF 020 8402 3580

**Sun** 23 July 100 Mile G100/59 £6: 50 06.00 OPEN EVENT  
 Rod Starmer, 23 Tanhouse Road, Oxted, Surrey, RH8 9PE 0188371 3043

**Sun** 30 July 75 Mile Road Race Edenbridge £11.00 or £13.00 O/Line  
 Peter Hammond 12 Middle Close, Old Coulsdon, Surrey, CR5 1BH 01737 555329

**Sun** 13 August 50 Mile G50/53 £6.00 06.00  
 Anerlev BC Open Event (Counting event for SCCU BAR)  
 Bryn Tully 8 Hartscroft, Linton Glade, Croydon, Surrey, CR0 9LA 020 8651 1429

**Mon** 28 August ROADMANS 25 TRACK MEETING AT HERNE HILL  
 Ron Fowler III Bulstrode Avenue, Hounslow, Middx., TW3 3AF 020 8570 1868

**Sun** 10 September 25 Mile \* G25/53 £6:50 07.00  
 Robin Marsh, 52 Monson Road, Redhill, Surrey, RH1 2EZ, 01737 212101

*The Best All Rounder Competitions consist of:-  
 Junior - 10 and 25 Mile. Ladies - 10, 25 and 50 Mile.  
 Men - 25, 50, 100 Mile. Veterans - 25, 50, 100 Mile on Age Standard.*

The events marked with an \* are restricted to member clubs only.

## SOUTH EAST ROAD RACE LEAGUE 2006 CALENDAR

DATE	EVENT/COURSE	CATEGORY	DIST	START	ORGANISING CLUB	HO
18.Mar	EASTWAY	ALL	VARIOUS	12.30	WIGMORE CC	EASTWAY
25 Mar	EASTWAY	ALL	VARIOUS	12.30	KENT CYCLES	EASTWAY
2 Apr	SEVENOAKS/WEALD	3/4,W/J	80KM	09.30	DELAUNE	STOCKSGREENPC
8 Apr	BETTESHANGER CRITERIUM	ALL	50KM			
15 Apr	BRENCHLEY	1,2,3	90KM	09.30	V.CELAJN	BRENCHLEYM/H
23 Apr	CHILHAM	1,2,3	90KM	09.30	WIGMORE CC	GODMERSHAM VH
29 Apr	BETTESHANGERCRIERIUM	ALL	50KM		-	
14 May	LAMBERHURST/FRANT	2,3,4,J	100KM	09.30	SOUTHBOROUGH	BELLSYEWGREEN
21 May	BENENDEN/CRANBROOK	3,4,W,J	80KM	09.30	GEMINI	ROLVENDENVH
28 May	BENENDEN/SANDHURST	1,2,3	120KM	09.30	ISA	ROLVENDENVH
4 Jun	KENARDINGTON	34,W,J	90KM	09.30	CUMB ON BIKSS/WOOLW'CH	W0000HURCH VH
10 Jun	BETFESHANGERCRIERIUM	ALL	50KM			
15 Jun	SEVENOAKS/WEALD	3,4,W,J	80KM	09.30	WEST KENT ROAD CLUB	STOCKS GREEN, P. SCH
25 Jun	TENTERDEN /APPLEDORE	23,4,J	100KM	09.30	KINGSNORTH/V C LONDRES	W000CHURCH VH
2 Jul	CHILHAM	2,3,4,J	100KM	09.30	VCDEAL/DOWNLAND	GODMERSHAMVH
9 Jul	BRENCHLEY	12,3	120KM	09.30	SYDENHAM	BRENCHLEY MEMORIAL HALL
22 Jul	BETTESHANGER CRITERIUM	ALL	50KM			
30 Jul	KENARDINGTON	34,W,J	60KM	0930	POSH BIKES/MEDWAY V C	WOODCHURCH VH
20 Aug	BENENDEN/SANDHURST	12,3	90KM	09.30	ULWICH	ROLVENDENVH
27 Aug	TENTERDEN /APPLEDORE	1,2,3,4	120KM	09.30	G5 INVICTA/DOWNLAND	WOODCHURCH VH
2 Sep	BETTESHANGER CRITERIUM	ALL	50KM			
10 Sep	BENENDEN/CRANRROOK	1,2,3,4	90KM	09.30	SANPAIRYANN CC	ROLVENDENVH
16 Sep	BETTESHANGER Crierium	ALL	50KM			
24 Sep	LAMBERHURST/FRANT	2,3,4,W,J	100KM	09.30		BELLS YEW GREEN V. HALL

**PRE-ENTRY £13**

**ENTRY ON LINE £17**





## **E - MAILS**

**Hi Mark, Friday 30th December 2005.**

Just received the latest (Jan 2006) DLN, must say it looks very professional and befitting our great cycling club. Congratulations Mark for a really first class job.

It does not seem so long ago we used an old "inked" Gestetner hand duplicator, messy things! I guess that modern technology does have its benefits.

Here it has been a very quiet Christmas, (just the way I like it) there are a few Christmas trees around and carols are played over the sound systems at most supermarkets. Sounds strange when one hears " the snow lay deep and crisp and even"

Most Thai's have never seen snow, it never snows in Thailand, even up North at the higher elevations; 8,000 feet.

I will never forget Jead's face when we went up to the top of Mount Cook, by helicopter New Zealand in New Zealand just a year ago. We landed on a small plateau and walked out on to the deep glistening snow, we pelted each other with snow balls.

Then again 95% of Thai's are Buddhists so "Jesus" means nothing to them, Christmas Day is just a normal work day.

As previous years I did manage a trip to the "Islander Restaurant" in Patong Beach. They always serve a splendid traditional Christmas lunch/dinner. Starter: prawn cocktail, main course: turkey, roast and boiled potatoes, stuffing, carrots, peas and gravy, lubrication a glass of Australian wine, red or white, all rounded off with genuine imported English Christmas pudding with custard.

It was hot on Christmas Day, a clear blue sky and 92F degrees, does not make for a good appetite although I managed everything. This year Jead, her sister and the children wanted to eat Thai food, so they went down to the beach and had their meal there. Thai's find Christmas faire too filling, they are not used to "solid" food.

Lastly through the pages of the New Look DLN may I wish all my longtime friends a very happy, healthy and successful NEW YEAR.

**John D.**

Super new look. Keep up the good work.

Regards **Len Danby**

Hi Mark,

Hope you and your family had a good Christmas and wish you a happy New Year.

Thanks for all your good work on the News. The new colour printing is excellent, assistance with the Finance for this from the Club was long overdue and many thanks to you for keeping the DLN going over all the years.

I believe it to be one of the Clubs most important activities to keep it alive and as an attraction to new members.

Best Wishes, **Peter Gunnell**

Well done Mark – the new format DLN is a vast improvement on the old one, the photos are much clearer. I would say the new printer is ‘money well spent’

Regards **Alan Constable**

The quality of the DLN is superb, and the photos are very good, Len Danby still looks as good as the time I let him sleepwalk out of the window when I roomed with him on a tour we did in North Wales. Its amazing how Mike Peel gets around the world and meets these old members, in fact I see Peter Jaques is not that old.

**Derek Boon**





# ***DATES TO REMEMBER***

## **Diary Social/Club for 2006**

Friday		27-Oct	Belgium Night	Blackheath Clubroom
Sunday	10.30	19-Nov	Memorial Service	Newnham

## **Club & Inter-Club Events for 2006**

Sunday	09.30	2-Apr	SERRL ROAD RACE	Sevenoaks Weald
Sunday		11-Jun	Midsummer 25	G25/53
Saturday		15-Jul	Track Meeting	Herne Hill
Saturday		19-Aug	OMA 10	Harrietsham Q10/20
Sunday		17-Sep	Autumn 25	G25/53
Sunday			Down Hill	Tilburstow
Sunday	11.00	1-Oct	Hill Climb	GH 31

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

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

**CLOSING DATE FOR THE NEXT ISSUE 26 February**

**Anything for inclusion please send to:**

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**Phone or Fax 01883 627809**

**Warlingham**

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