

DE LAUNE CYCLING CLUB

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De Laune News **March 2001** No. 824 -72nd Year

www.delaunecc.org



THE DE LAUNE SAGA SKI TEAM ALL WATCHING TICH

Congratulations to
PHYLLIS & GEORGE WOOD
who celebrate their

Diamond Wedding Anniversary
on the 8th March

OFFICIALS		
<p>PRESIDENT JOHN KAVANAGH 40 Beverley Road Barming Maidstone Kent ME16 9JP 01622 726959 01622 726959</p>	<p>SECRETARY PETE HARRIS 91 Ashbourne Road Ealing London W5 3DH 020 8997 7852 020 8997 7852</p>	<p>TREASURER STEVE CARTER- SMITH Winchelsea Upper Hartfield East Sussex TN7 4AN 01892 770245 01892 770245</p>

THE PRESIDENTS REPORTS

Not a lot to report this month. After the De Laune ski week in Austria things are back to normal. Tich Shambrook's leg is on the mend, I have been told. You who have computers must have seen the 80 pictures that Mike "The Webmaster" Peel!! took, and sent out.

The DLN was a little thin last month. If it had not been for Ben Neville and myself, we would not have had a mag last month. Please, please can you send in your stories, be they about your racing, touring, things you did in the past. Most importantly, send in something. All members like to know what is happening in our club. Members who live in the UK, and half way around the world, like to know. Never mind about your spelling or grammar, Mark will sort it out for you, well he sorts mine out for me! Mark has said, "if you send in the articles and news you will have a DLN"

We had a good turn out for the committee meeting on the 1st Feb, and most important there was a good atmosphere. The meeting was chaired by our able "Her Vebmaster" Peel. The problem we have had, and still have, is what to do with the clubroom? To sell or not to sell? The situation will put a lot of member's backs up, be you for it or not. Not a lot discussed about the situation, hence the good atmosphere.

Boy was it cold at the meeting! The clubroom has always had this problem in the winter. It's also very damp. Well I did see a rainbow in the passageway! If you can imagine the committee all warming their hands on the teapot, you will know how cold it was.

In my last report, I said that at the Newnham church service, the Vicar passed the bag around and got £1.20 The Vicar did say he had counted his blessings, as last year he did not get the bag back! Well it was a joke, but some members thought it was true, and sent me cheques to be forwarded to the Newnham church restoration

fund to the value of £55. I must tell that gag again next year! Thank you all, the donations were appreciated.

I had a nice letter from Sir Roger Moate who is the co-ordinator for the Church fund, thanking the De Laune for their " splendid assistance "

As you all know, we are always on the look out for new members, but see if you can find existing and past members in the block of letters. You should find 32. If you want to cheat, you will see the names on another page.

Kav.

B	T	Q	A	S	A	T	F	O	R	N	B	P	Z	P
P	Y	N	E	D	H	E	N	F	O	D	O	D	S	W
G	H	L	I	G	J	E	H	S	W	O	O	D	K	E
L	I	M	I	N	I	O	K	O	E	P	N	Q	R	L
M	S	R	T	R	U	C	H	O	W	N	V	W	T	R
C	W	Y	B	S	A	X	T	O	N	H	Z	A	A	D
L	N	O	B	J	D	K	A	V	C	D	I	E	V	A
S	E	T	G	D	A	R	R	O	C	H	H	T	E	N
I	V	S	I	J	M	K	R	U	D	D	B	L	E	B
N	I	M	T	N	S	D	A	C	E	Y	A	O	Y	Y
N	L	P	J	E	N	N	E	F	U	L	L	E	R	R
E	L	Q	D	R	R	S	P	E	E	L	L	T	U	E
T	E	O	V	G	U	N	N	E	L	L	A	W	X	V
T	O	H	A	R	R	I	S	Y	Z	E	M	A	B	A
G	C	S	H	A	M	B	R	O	O	K	Y	D	E	S

EXPERIENCES OF A TV QUIZ CONTESTANT
by Arthur How

On hearing that I had made an appearance on television our Editor asked me to pen an item for the DLN - so here it is.

In the summer I applied to take part in the Channel 4 quiz programme Fifteen to One and in mid-September attended an audition at Wandsworth Town Hall. About a month later I received a letter from Regent Productions, part of the Pearson Group, advising me that had been placed on the reserve list and given a choice of recording dates in December, January or February from which I decided to go for the first of these sessions. Being a reservist it was necessary to be at Capital Studios in Wandsworth at 8.45 am so that I was available, if required, for the first recording of the day. Four programmes are recorded in a day and although it is transmitted between 4.00 and 4.30 in the afternoon it takes about an hour and a half of studio time. I together with contestants for the second recording of the day were invited into the studio to see the production procedures, which were very interesting. The opening captions of competitors and their images are all filmed separately and put together during the editing process. This enables individuals to check the correct spelling of their names and also the towns and counties from where they live. In the first round you have to answer at least one question correctly. Two wrong and you are eliminated. In the second round the first of the remaining competitors is given a question and if answered correctly is asked to nominate another contestant to be given the next question. If that person gets it correct they in turn nominated someone else; if they get it wrong the nominating goes back to the original person to nominate another competitor. This process of elimination continues until only three are left who go through to the final round. For this part the set is revamped by installing the podium in the centre of the studio which incorporates the three buzzer buttons and the screens showing the individual competitor's score. I won't explain the final method of scoring as readers who watch the programme regularly will know the procedure and others can view it any day from Monday to Friday on Channel 4 between 4.00 and 4.30 pm. Excellent facilities are made for disabled contestants in wheelchairs by providing ramps and platforms so that they appear at the same height as those standing behind the semi-circular console. Although viewers hear applause at the conclusion of each round it may have been noticed that at no time during the programme do you see an audience in the studio. This is because there isn't one - the applause is all canned!

Before going into the studio for the recording one of the producer's assistants comes into the Green Room and gives a quick look at what you are wearing as some colours and checks cause vision problems with the end result produced by the cameras. If it is necessary to change a shirt, jacket or dress the Wardrobe Department has a wide choice of alternative clothing. Finally a brief visit to 'make-up' and you are ready to face the nation!

So far I haven't made any mention of the presenter of Fifteen to One - William G. Stewart. To many he comes over as a cold stern schoolmaster but in reality he is a charming and affable man who is affectionately addressed as Bill by all members of the production team and contestants. Before the show starts he has a chat with each of the fifteen competitors and attempts to put at ease those of a nervous disposition. Off camera he frequently makes witty comments especially if something goes awry such as a piece of equipment playing up and giving problems to the recording.

During the day at Capital Studios we were well looked after with refreshments freely available including an excellent lunch. Being a reserve contestant I spent a lot of time in the Green Room which afforded me the opportunity of meeting a wide range of people from all walks of life with differing backgrounds and occupations from students to many who are retired. One person, a lady from Upminster, was in a small group talking sport which had arisen because the Sports Personality of the Year programme was due to be televised the following weekend and naturally discussions of the possible winner concluded that it could only be Steve Redgrave. I brought up the subject of cycling and this lady revealed that in the 50's and 60's she was an active racing member of the Bec CC. and a contemporary of Keith Bentley. Many members will recall this 6ft plus tall cyclist who was a brilliant time trialist and pursuit rider. His speciality was at 50 miles and during his career was a national champion and record holder at that distance.

To conclude, I did have a most enjoyable day (apart from the questions I didn't get correct!) and if any Club member would like to take part in a future programme they can contact:

Debbie Traynor
Fifteen to One
Pearson Television Limited
1 Stephen Street
London
W11PJ

Tel:020 7691 6305 020 7691 6305
Fax:020 7691 5098
e-mail:fifteentoone@pearsonstv.com

Thank you Arthur and I believe I am right in saying that you made it onto the podium - well done and congratulations. Ed.

Mountain Bike Racing 2001

For all those who want to do some proper racing this year here are the latest mountain bike dates.

Welsh Series

1st April Margam Park
13th May Afan Argoed
10th June Rhondda Valley
8th July Kilvey Hill
19th August Margam Park
23rd Sept Abergavenny

National Points Series

25th March Thetford Forest
15th April venue tbc

3rd June venue tbc
1st July venue tbc
30th Sept venue tbc

There are also four more [Gorrick races](#), for details of those phone Bill.

As promised I have the dates and venues update:

[National Points Series](#)

24/3 Thetford Forest
14/4 Margam Park
1/6 Innerleithen
29/6 Eastridge
28/9 Dumfries

[National Championships](#) are on 20th July at Ludlow.

[Southern Area Championships](#) on 14th & 15th July, venue TBC

[Red Bull 24hr Mountain Mayhem](#) June 23rd-24th

Sandwell Valley, Birmingham. New 13 mile course. It would be good if De Laune could field three teams for this year.

For all those hardy enduro types or for any especially masochistic souls the [Enduro Six](#) is back for this year at Trentham Gardens again on May 5th-6th and the South Downs Way Randonee takes place on June 16th. 100 miles, 10,000 feet of climbing and all in one day.

Details on this from: www.randonee.org.uk

Contrary to all the rumours earlier, the [Southern Area Mountainbike Series](#) (SAMS) IS happening. Here are the dates / venues.....

29th April venue tbc
27th May Ashton Court, Bristol
17th June venue tbc
12th August Aston Hill, Wendover
9th September venue tbc

[Southern Area Championships](#)

15th July venue tbc

More info as and when I get it. Please note that these dates are NOT in the BCF handbook and the date of the Area Champs as shown in the handbook is WRONG.

[mbr-Schwinn 100k off-road ride](#), Builth Wells, Mid-Wales. This was apparently a really good event last year. It's similar to the Salisbury Plain Challenge although it should be slightly drier and a bit more hilly. If anyone is interested in doing this we may be able to get a team together.

July 7th-8th

Contact Bulth Wells Cycles on 01982 552923
and an entry form.

01982 552923 for more info

James Lyon
MTB Sec

SUNDAY 11th February

A quick email to let you know the De Laune Team - James Peckham, Ross Fryer, Cliff Steele & James Lyon were 2nd overall in the London Cyclo-Cross Assn Team event at Eastway this morning. James P had an outstanding ride and finished 2nd behind Chris Remnant of VC Meudon, despite putting his excuses in early that he was on antibiotics from flu. Ross put in a good solid ride to finish 11th, and Cliff was not far behind, with a meritable (not heard of this word Ed) ride. James Lyon had recovered strongly from a bad start, but was eventually forced to pull out with knee trouble.

The winners were a team from new club London Phoenix CC, based in Brixton.

Bill

TRACK STUFF

Alaric

Superb addition to the web site. Lots of excellent info for both the novice and experienced rider. Hopefully the club will get plenty of interest in getting a squad together. I liked the advice about training together reduces times. Many, many years ago in a galaxy far away the De Laune rode all the major TTT events. I think you even rode some as a member of the junior teams along with Toby, Danny, Dick St. P, etc. I used to ride with Andy and Glen a lot, and although individually we were not the fastest we trained specifically for TTT and pursuits, at least twice a week for the month before. (We used to ride out at Thamesmead, wide well light roads on a horseshoe shaped course, with one rise in it. This enabled practicing alternating which side we changed, out of the saddle efforts and lots of communication). As a result we took the scalps of many teams made up of faster riders.

Anyway, hope you are well and fit and healthy

All the best

Gaz

Garry J. Birch

Fremont Freewheelers (California)

De Laune C.C. (London, U.K.)

Track Report - February

On a personal level, I'm a bit disappointed. I was ill for most of January, so am unlikely to be properly fit in time for Good Friday. On the club front, though, things are looking good. The Calshot training weekend is just around the corner, and a few track novices have signed up. Quil Forbes has been making regular use of one of the club track bikes, and one or two others should soon be set up.

Dan Haynes & I are aiming for the Olympic sprint, while Matt Goodes & Ben Neville are interested in doing the team pursuit, with me as a probable reserve. These teams have the potential to be very competitive, but we need more riders. Ideally, we want a squad of four for the Olympic sprint and six for the team pursuit, but the bare minimum will do for now!

For those of you with internet access, there is a new track racing section on our web page. There's also a new track notice board down at the clubroom. Both resources have stuff not seen in DLN, so do have a look when you get the chance.

I haven't yet been in contact with any of the regular riders from last year. I hope to see you down at Herne Hill once the season starts, though.

Alaric

" Now that's what I call bike racing....." (d.duffield-coming soon)

Welcome to the new season. We are heading out of the neutralized zone and onto the open roads!

Seven De Launies/ites have, to my knowledge, entered races in the early season and the results are already coming in. James Peckham took an excellent third place in the Simon Hook Memorial Road Race 3/4/W/J promotion - with a broken rim! This goes with his individual second place at the SE London Team Cyclo-cross Championship the previous week (De Laune second team). Danny Rudd was also spotted at the 'Simon Hook' but my spy left before the end of the E/1/2 so I do not know how he got on.

I myself competed in the last few Ciclos Unos winter series races at Eastway in late January along with Dan Haynes (debut rr), Bill Wright, Ross Fryer (debut rr) and Alan Male - wearing a lurid yellow and black number, and him the club clothing sec! I got a first, third and fifth along with quite a few intermediate sprints along the way. I'm feeling good so as soon as my license arrives I'm heading out to the main races.

James P. and Ross were also in the San Fairy Ann criteriums , again at Eastway, and by all accounts it was quite hairy. The equation went something like this: big field + high speed = lots of crashes, though they both made it through unscathed.

Well done to everybody! With a few more riders still to enter the fray it looks like being a bumper season for road racing.

The South East Road Race League AGM has taken place and as predicted we have been given the 1/4/01 event for 3/4/J/W at Sevenoaks Weald to organise. So far I have had seven offers of help, all gratefully received. However, three are from people who would rather, and I would rather see, enter the race so I am still drastically short of the personpower required to run this event. **PLEASE GET IN TOUCH NOW!!!!!!!!!!!!YOUR CLUB NEEDS YOU!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

The full SERRL series calender is as follows:

Date	Course	Cat.	Distance	Start HQ
Mar18	Brenchley	34JW	101kms	9.30am Brenchley Scout Hall
Mar25	Benenden/Sandhurst	34JW	101kms	9.30am Benenden Village Hall
Apr01	Sevenoaks Weald	34JW	98kms	9.30am Weald Scout Hut
Apr08	Kennardington	all cats	100kms	9.30am Woodchurch Village Hall
May06	Brenchley	34JW	80kms	9.30am Brenchley
May13	Benenden/Cranbrook	all cats	120kms	9.30am Benenden Village Hall
May20	Ninfield	all cats	120kms	9.30am Ninfield Village Hall
Jun17	Lamberhurst	234JW	105kms	9.30am Bells Yew Green Village Hall
Jun24	Chilham	all cats	110kms	9.30am Godmersham Village Hall
Jul01	Benenden/Cranbrook	34JW	80kms	9.30am Benenden Village Hall
Jul29	Brenchley	34JW	80kms	9.30am Brenchley Scout Hall
Aug05	Tenterden/Appledore	123W	120kms	9.30am Homewood School
Aug12	Lamberhurst	all cats	85kms	9.30am Bells Yew Green Village Hall
Aug19	Sevenoaks Weald	234JW	98kms	9.30am Weald Scout Hut
Sep02	Benenden/Sandhurst	all cats	120kms	9.30am Benenden Village Hall

NB. Always ring the serrl hotline the night before to check the event is going ahead as planned: 020 8301 0060 020 8301 0060 . Members pre-entry: £7.00 / E.O.L: £10.00. Membership forms are available from me (soon!), you the rider will be

responsible for paying your serrl membership (£4 last year - I'll confirm price with the forms asap) and the club will cover the race entry fee (for pre-entry only).

The Ciclos Unos 'summer' series for novice/third/fourth commences on 4/03/01 and continues on most Sundays until late August for anyone wanting a good introduction to the sport. As usual no license is required to enter these races.

If you take part in any races please let me know how you got on. That way I can give a comprehensive report each month - and it stops me banging my own drum too much!

Avec travail d'equipe!

Ben

b.neville@lcp.linst.ac.uk

or 020 8692 9918

020 8692 9918

PS: GET IN TOUCH NOW!!!!!!!!!!YOUR CLUB NEEDS YOU!!!!!!!!!!!!

0. M. A. NEWS.

We have a date for you all - first Social Event of 2001.

Our Annual supper at the Blackheath Clubhouse in Hayes, on Saturday 31st.March. All members and friends are welcome, so come and join us for an evening of food, drink and chat, always plenty of that around when the De Laune get together, so bring your family and friends - will enjoy it! But first you will have to phone me as soon as you get this DLN as the event will be only about 4 weeks away - phone number - as always is 01689 851241 01689 851241 .

I notice in the list of De Laune birthdays that we have a few big "O"s this year

FEBRUARY

4th ANDREW PEEL was 30

15th GARRY our USA correspondent was 40 (hope it was a good one Gassa)!

22nd ALARIC LESTER was 30.

APRIL

12th GEORGE WOOD 80

MAY

5th MAUREEN STARSMEARE (but I'm not saying)

18th MATT GOODES 30

JUNE

13th GEOFF SINNETT 70

SEPTEMBER
17th. KEN FULLER 70
24th. CLIF PENDLETON 60

Well these are the only ones in my 'secret files'. Now you will have to think do they all look the age I've told you. I know someone who doesn't look his age, although its not an "0" BILL MILES our Leap Year Babe will be 89 on - well there isn't a 29th Feb this year, so maybe he isn't counting, all the best to you and to Doreen.

DOT.....

STOP PRESS: BRIGHTON 'DO' 27th MAY

LETTER FROM AUSTRALIA

We have received the following letter from Monty Watkins in Australia in which he thanks the Editor for sending out the DLN so regularly and goes on to say:

"I must say that upon reading the Jan 2001 No 822 I wondered what had suddenly happened to the club - there seems to be a new lease of life - new activities, events well publicised and a new found enthusiasm is obvious - just like the good old days! Could it be that there's a Chip, a Ken Hill or a Frank Holland stirring the pot? Anyway, good luck to the club this year -keep up the good work, congratulations to all responsible.

You will be interested to know that Florrie Took (nee Fletcher), Les Took and Rob Fletcher kindly phoned me from Billingshurst, Sussex on the occasion of Florrie '5 82nd birthday (and, incidentally, my 80th).

Had our usual letter at Xmas from Pam (Daphne Chip's sister); she is bravely battling indifferent health.

Kindest regards.

According to our records, Monty celebrated his 80th birthday on the 23rd October 2000. Monty joined the club before the war and has been a stalwart supporter ever since. Ie enclosed with his letter his usual generous donation to club funds. I'm sure we all join in wishing him belated birthday congratulations.

DEAR KAV

DEAR KAV WHAT DO YOU WANT ME TO SAY?
I AM SORRY I HAVE NOT WRITTEN FROM HERNE BAY.

FOR THIS TIME OF YEAR I LIKE TO REST,
SO THAT WHEN THE SPRING ARRIVES I'LL BE AT MY BEST.

BUT NOW YOU HAVE FORCED ME TO LOOK FOR A PEN
AND START TO THINK IN RHYME AGAIN.

SO LET ME TELL YOU WHAT I PLAN FOR THIS YEAR
ONCE I LOSE SOME WEIGHT AND GET INTO MY RACING GEAR.

THE 'KCA 12' AT THIS MOMENT IS ON MY LIST
BUT ALAN ROWE MUST ALSO RIDE, I INSIST!!

TERRY DEELEY, AT NEWNHAM, SAID HE'S INTERESTED AS WELL.
ALEC BEDFORD ON A COMEBACK OUR NUMBER TO FOUR COULD SWELL.

NOW SHOULD US OLD BOYS DECIDE TO RIDE THIS EVENT,
GUESS WHO' S HELP WE WOULD LIKE, MR PRESIDENT!!

NOW JOHN PLEASE LEAVE YOUR GPS TRACKING DEVICE AT HOME,
OR ALAN ROWE ON THE KENT MARSHES WOULD FOREVER ROAM

THE EVENT THIS YEAR IS THE NATIONAL FOR US VETS,
SO WHAT'S THE CHANCES OF GETTING THE TEAM. ANY BETS?

100 - 1 TO ME SEEMS TO BE REASONABLE ODDS,
FOR US BUNCH OF SILLY OLD SODS

SO REGARDS FROM MALCOLM DOWN IN HERNE BAY,
BOOK US IN YOUR (DIARY 5th AUGUST) WITHOUT DELAY!!

Malcolm Adams

Calshot Track Training Weekend 10/11th March

We've had quite a bit of interest for this coming season from people wanting to ride the track, and we plan to put together an Olympic Sprint team, and a Team Pursuit team together ready for the Nationals. The enthusiasm that is building at the moment is something I haven't seen for several years in this Club, and looks likely to continue to build during the year. Roller training sessions have now been taking place every Tuesday night since early January, as well as regular Sunday clubruns and successes in early season road races at Eastway - there suddenly seems to be a lot of very focussed riders about.

Pete Harris has booked Calshot track for 4 x 2-hour sessions on the weekend of 10th/11th March. There are 16 places in total, of which 12 have been taken up so far - 9 from club members. The price is £40 per head (£30 to De Laune members) This includes accommodation, breakfast, track hire, and a coach for the 4 sessions. We're obviously quite keen to fill all the places so we don't make a loss, so it's now open to riders from other clubs. There is a clearly defined structure for the weekend, catering for novices as well as people who've been a few times before.

If you want to come, or know someone who might, please phone Bill on 020 7735 9605 or Alaric on 020 8693 3951, or Pete on 020 8997 7852.

Beastway dates fixed

The dates for the Wednesday night mountain bike races at Eastway have now been fixed as May 16th thru August 1st. As last year, 7 events will count from 11 for the Series Championship, with August 1st for a fun race, followed by a prize presentation. If you haven't been, it's well worth coming along just for the spectacle - last year's entries averaged out at about 180 a night, with quite a strong contingent each week from De Laune. We will be providing marshalls and judges for one of these dates, but I'll tell you which one once it has been decided.

Club Clothing

A new clothing stock has now arrived but is selling fast, so a new order is about to be placed very shortly! This can be obtained from Alan Male, on 020 8852 4607.

London Team Cyclo-Cross Championship

The De Laune team, comprising James Peckham, Ross Fryer, James Lyon and Cliff Steele came 2nd overall in this event, on February 11th at Eastway. They were narrowly beaten by a team from new club London Phoenix, based in Brixton. James Peckham produced an outstanding ride in a lead group of 3, one of whom, Mark Russell, had just come back from the Junior World Championship at Prague the week before. He finally achieved 2nd behind Chris Remnant.

Ross finished in 11th place, and Cliff was 22nd (of 63 starters). James Lyon had a good start, but was suffering from a bad knee and was forced to retire with about 15 minutes remaining. Nevertheless a great team result to start the year off with - Well done guys!

You will be reading elsewhere in the DLN that some of us are starting a Youth Development programme in collaboration with some coaches from London Phoenix, concentrating on mountain biking and BMX (since most kids with bikes own one or other of these). This Cyclo-Cross Team event, and the season's prize presentation which followed it - had a very considerable emphasis on youth development, with strong representations from the BCF's 'Improve' clubs, such as Catford CC, Lea Valley Youth, Team Darenth. It was very encouraging to see that a great deal of effort is being put into regenerating cycling, and starting a feed of youngsters into the sport. We hope to continue this with our new venture, based at Herne Hill, which we

plan to start during April. I would like De Laune to be able to enter some Youth and U12 teams to next year's event. If you've got any 8-16s, then this is for them.

Spring Clean?

It's about time for a clear-out of the wheel cupboard at the clubroom. We have a large number of wheels, tyres and other equipment donated by members in recent years. Much of it is ideal for training or for a classic bike, but perhaps because it's not the latest 9/10 speed gear, no one has been using it. The equipment includes:

- Super Record 170mm r/h road crank with worn chainrings.
- Specialized ATB tyre.
- Raleigh road frame, 531, 57 cm, no forks.
- AVA sprint rim on Campag rear hub, 5 speed block.
- AVA sprint on l/f Campag front hub, 32H.
- GP4 sprint on Campag rear hub, 7 speed block.
- Pair Mavic sprints on Record 36H hubs, 5 speed block.
- MA2 HP on Miche front hub.
- MA2 HP on Maillard rear hub, 5 speed block.
- Wolber HP on Miche rear hub, 5 speed block.
- Module E HP on Gipiemme front, 36H
- Unmarked HP rim on Maillard rear hub, half of spokes missing.
- MA2 HP on Sachs front hub.
- Pair 700c steel rims on Maillard solid spindle hubs.
- Various used tubs.
- Fiamme sprint rim.
- Pair Weinmann sprints on Suzue 36H l/f, 7 speed block.
- Workstand, incomplete.
- Raleigh leisure bike, 531, 58 cm, no wheels.
- Various odds and ends.

If you can make use of any of the above, please come down to the clubroom and take it off our hands. Kit remaining by the end of April will be donated to charity or stripped down and saved. Please check with a committee member before you grab, though, as some items in the clubroom are part of the club's track equipment.

Alaric

DE LAUNE HARRIERS

If you are able to access the club website you will have seen that our Webmaster, Mike Peel, has recorded a couple of photographs of members of the De Laune Harriers. (See [Links with the Past](#)) One is of a group of athletes, 28 in number including what appear to be three of their trainers or timekeepers. The other photograph is of a single member with the caption, H.E. East, 1 Mile Champion. Both

photographs have on their reverse written in ink "To Alured Faunce De Laune Esq. With the De Laune Institute Harriers compliments November 1893".

This athletics club was a branch of the De Laune Institute way back around the turn of the century. It proved most interesting, therefore, when a member of Blackheath Harriers produced a list dated 1897 which named the leading cross-country clubs in the south of England. with the addresses of their secretaries and also the headquarters from which the cross-country runs took place.

The address of De Laune Harriers HQ was given as The Institute, New Street, Kennington Cross and the Napier Arms, St John's Hill, Clapham Junction as the address from where the runs took place.

I wonder what brought about their demise? Maybe the loss of members in the Great War. Or could it have been the disappearance of the countryside under the relentless spread of the suburbs when riding a bike became preferable?

Incidentally, another athletics club, Southwark Harriers, was also in this list and they, too, used the Napier Arms, with their HQ given as Claremont, South Place, 11. Kennington Park, SE.

Brian Saxton

THE ANSWERS THAT YOU MAY BE LOOKING FOR

Adams, Ballamy, Dacey, Boon, Danby, Darroch, Deeley, Dods, Fuller, Goods, Gunnell, Harry, How, Jackson, Jenn, Kav, Lester, Miles, Neville, O'brian, Peel, Pyne, Rowe, Rudd, Shambrook, Savery, Saxton, Sinnett, Tarr, White, Wood, Wright.

Coaching

Bill Wright, Alan Male and Alaric Lester are currently studying for the BCF level 2 coaching award. Subject to passing the course, they will have trainee coach status at the end of March. To become fully qualified coaches, they then have to complete a coaching log for six months, which is assessed by the BCF.

Bill is setting up a youth coaching scheme, aimed primarily at kids with mountain bikes and BMXs. Sessions will be held at the off-road course at Herne Hill and the BMX track in Brockwell Park. Alan, Alaric, Nick Sutcliffe and members of London Phoenix will be participating. This will get De Laune involved with developing youth cycling and encourage youngsters to join our club. Initiatives like this are vital to the De Laune CC's survival and well-being.

The coaches are also interested in helping members develop their talents and improve results. If you have any specific questions, or if you want to train for particular events, they should be able to help (and will point you in the right direction

if not). By working with a particular coach for a few weeks, you can also help them complete their coaching logs and get full coach status.

THE LAST DAY FOR COPY TO BE
INCLUDED IN THE NEXT ISSUE IS
WEDNESDAY 28th March 2001

THIS SHOULD BE SENT TO:
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