

DE LAUNE NEWS



"BEING RE-CYCLED?"

*This photo by kind permission of Tim Arbon
If you are interested in photography, I found this photo on the
Web site www.pbase.com*

See inside

EVANS
CYCLES.COM

MARCH 2006



1889

DE LAUNE
CYCLING CLUB

2006

SPECIALIZED

www.delaunecc.org

PRESIDENT

PRESIDENTS REPORT

ROY SAVERY

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Another month has gone by. What have you all been up to? I hope all you racers are training hard, getting really fit and sharpening your racing skills.

As mentioned in last month's DLN, the De Laune "Saga" Skiing Team went to Courchevel, and we all had a great time. Many thanks to Kav for arranging the trip – further details and photos will, I am sure, be appearing in this DLN.

SECRETARY

BRIAN SAXTON

26 Serviden Drive
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I'm training really hard at the moment, with my main aim being the World Masters' Events in St. Johann in Austria in August. I have entered the TT and the Road Race in the 70+ age group. Mind you, the weather we have been having here recently is more suitable for skiing – we still have snow here in the Tatsfield Alps! The other draw-back to living here is that when you have been out training on the bike, and are feeling really shattered, the only route home is uphill – and a steep one at that.

TREASURER

DON WHITE

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The Club AGM is on Thursday, 30th March at 8.0pm sharp at the British Legion, 97 Barry Road, SE22, and I look forward to seeing you there. Another date for your diary is Sunday, 2nd April, for the Serri Road Race. We are running this event, so please come out and help us to do a good job for the De Laune.

MEMBERSHIP SEC.

BRIAN SAXTON

26 Serviden Drive
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Have a great month.

CLUB NIGHT

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



Dear Roy,
Here is your Friday story,
True Sportsmanship

When the 1964 Olympic Winter Games in Innsbruck opened, the clear favorites in the four-man Bobsled event were the hometown Austrians and the Italians. Experts gave the Canadians an outside chance. But something magical happened. Canada 1 broke the Olympic record in the first heat and had a half-second lead on the rest of the field. But on that record setting first run there'd been a problem. The Canadians went into the last turn too fast and the sled hit the ice wall and went up on two runners. The accident damaged the sled's axle. If it weren't fixed the Canadians would be disqualified.

Eugenio Monti and his Italian team didn't want to win unless they raced against the best, and the best were competing on equal terms. Fifteen minutes before Canada's next run, Victor Emery reached the top of the track to find his sled upside down. The Italians had it torn apart. The collision with the wall had caused Canada 1's axle to seize - Monti's mechanics were doing their best to fix it.

With Monti's help, Canada 1 was able to race and hold on to its lead. By the fourth and final run, they were so far ahead only a disaster would keep them from the gold medal. When the Canadians came to a stop it was clear no one was going to catch them. The gold medal was theirs. In the end Italy's Eugenio Monti and his team received the bronze medal.

This is only the beginning of a great story.

In the two-man Bobsled event Tony Nash of Great Britain, after his first run, recorded the fastest time. A bolt attaching the runners to the shell had sheared. Eugenio Monti, who was about to steer the Italian number one sled down the track said, "Get an Englishman and a Spanner to the finish and they can have my bolt." True to his word and ignoring inquiries from mystified Italian journalists, the bolt was ferried back up to the start and quickly attached to the British Bob. In the end Tony Nash and Robin Dixon of Great Britain took home the Gold and Eugenio Monti took home the Bronze and the "Pierre de Coubertin" award for fair play.

Monti was criticized in the Italian press but he was steadfast. "Nash didn't win because I gave him the bolt," he said. "He won because he had the fastest run."

Olympic medallist John Naber says, "A true sportsman who understands the Olympic ideal, wants to win against his best opponent on his best day." So the sportsman is not elated but disappointed when top competitors are injured or disqualified.

As a follow up, Eugenio Monti won the gold medal at the 1968 Winter Olympics in BOTH the two-man and four-man Bobsled events. What earned him a prominent place in Olympic history? His will to make sure he competed against the best at all cost. His act represents True Sportsmanship - the pursuit of victory with zeal and passion, recognizing that there is no true victory without honor.

Today, parents and coaches should be teaching youngsters that the real glory of sport is in the striving, not the winning. With so many athletes willing to cheat just to win, we need positive reminders of what the Olympics are meant to stand for.

Eugenio Monti and his Italian team represent everything that **is important in life**. We must not only give the best of ourselves, but also give the best to everyone around us.

Brian Proctor, © 2006

Brian Proctor started Insight of the Day in 2000. It is now received by thousands of people all around the world - allowing one thought a day to make a difference in the way we look at life. Let Brian know your thoughts on this story at insights@insightoftheday.com

THE CHAIR MAN STORY

Did you see the picture of the downhill racer in this months DLN or web site? He did look good. Yes it was our own Brian Saxton in a racing mood at Courchevel, France.



There is always a story behind Stax, so let me explain. I have known him for over 50 years so I know I can always expect something different to happen when he appears!

Being an ex-fireman he will get up to all sorts of tricks. He came from a rich family in the iron and steel business. His mother ironed and his father stole!

On one of our Lake District walking holidays he turned up in a pair of shorts a fireman's helmet, an axe and mess tins hanging from his belt. The other time he turned up at Brighton at one of Pat Burns garden parties with a torn De Laune vest covered in blood (or sauce) black muck all over him and a bent front wheel and he said he had ridden down from Bromley and had fell over in her drive and was going to sue her!



A few years ago he had a hernia and was wearing a truss and he was going skiing! The highlight of the skiing holiday was him hanging from the chalet indoor balcony wearing only a full face ski hood, goggles, ski boots, a truss and a leather glove sello-taped to his important part.

Guess what! Those naughty girls from the San Fairy Ann, Carol Hodgson and Carol Gandy whipped his glove off. Will it ever end? I hope not.

Getting back to Courchevel, Titch said "Kav get your camera out he is going to do one of his appearances on the slopes". I thought God, he will freeze to death. (Do you remember two years ago on a freezing day he came down the Godstone hill in the free wheel competition in only a pair of underpants?) This time he did look good. Even the French ski instructors gave him a second look especially as he had a pair of De Laune numbers (69) pinned to his shorts.

We all had a good holiday and got back safe. The only accident we had was Dick Wallis from the Fairy's who knocked himself out but you have got to expect this sort of thing from 60 and 70 year olds.

As stated in this DLN we have got an AGM on the 30th of March at the British Legion Club, Barry Road, SE22 at 8pm sharp. I know you will be saying it is early this year as it is normally in June. The idea of the committee and our treasurer Don, was to let the members know early how the club stands financially and not wait until the end of the year.

See you soon. **Kav.**

Road biking holiday in Sardinia. Bill Wright on a training ride.



Pic by James Lyon

See later how the ride ended

O.M.A. LUNCH

Having spoken to the President Sir Roy, it has been agreed that the date for the Brighton OMA lunch will be Sunday 11 June. This date is also the day of the Club Mid-Summer 25, Crawley course but a message from your President, just remember that those of you entering this event you are practically on Brighton's doorstep!!

Further details to follow, so please make a note of the date in your diaries.

Finally, I would like to add my congratulations to you Mark, and your team (*what team Ed.*) on the fantastic new look of the De Laune News. All your efforts are very much appreciated.

Pat

GEORGE FLEMINGS

Was very interested to see reference to the above in the Jan issue of DLN. I also saw George Fleming win this event who with my brother, Brian were very keen watchers during the late forties just before the track had been resurfaced prior to the Olympics in 1948. I think your contributor Bruce is correct in stating that George won the event three times in a row. I think Bruce's reference to Dave may have been Dave Ricketts the popular Poly rider who may also have ridden in the event.

The year 1947 also capped Fleming's amateur (he never turned Pro.) career when he won the Paris -London race. The 235mile event run in 3 stages over three days, Paris - Lens, Lens - Calais, Folkestone - London. Fleming broke clear from a powerful group of French riders with 17 miles to go from the days finish in Calais. The French obviously considered that George had set himself an impossible task, believing that he would crack during the final difficult miles to the coast. They proved wrong and a tired Fleming, finished 2m 3s clear of Georges Delescluses (France) .

The following days final stage of 57 miles was run as an individual time trial to the outskirts of south London. The last miles on the run-in to Herne Hill track were discounted but riders times over one lap of the track were added to those recorded earlier. Fleming proved unbeatable winning not only the race against the clock but also taking overall victory by 3 minutes 27 seconds

In 1938 Fleming broke the amateur one hour record with 26 miles 884 yards on the Vel de Hiver track in Paris. In 1939 he won his first British titles on the track: the 25 miles scratch race and the 50 miles tandem paced championship.

My brother and I also saw the Olympics in 1948 and the sprint final between Reg. Harris and Mario Ghella who was doped, as mentioned by Bruce, and carried after his win, from the track shoulder high by his team mates. Harris then started his run of five World Titles in 1947. It was indeed a vintage year for British cycling and the year I joined the De Laune.

Thanks for all your efforts with the DLN It certainly can bring back memories on occasions like this.

All the best from **Peter Gunnell.**

Steven is London Cyclo-Cross League Champ

(Steve left the club just over a year ago to join the Agisko Viner Team)

After missing the last few rounds of the super prestigious London Cyclo Cross League due to impending fatherhood, we are pleased to announce Steven Price of www.agiskoviner.com as the overall champion for the 2005/06 season.

Riding his custom built Viner, which was modified after lengthy testing and feedback from Steve direct to Viner, he made the most of the early meetings to rack up the points, knowing that he may not be able to contest the later rounds due to his wife being pregnant and due.

We can also confirm that she has now given birth to Theo, a healthy baby boy. Congratulations!

With two first places, one second and four thirds from the 11 rounds he actually competed in, this was enough to secure the overall from second placed Matt Holmes (Arctic RT) and Steve Hambling (VC Deal)



RESULT

1	Steven Price Agisko Viner.com	740
2	Matt Holmes Arctic RT	730
3	Steve Hambling VC Deal	724
4	Stuart McGhee Evans Cycles	711
5	Brian Curtis Team Corridori	686
6	Ben Lockwood GS Invicta	654
7	Alastair Tullett Arctic RT	617
8	Rob Whenman Team Corridori	606
9	Russell Short London Dynamo	582
10	Craig Stevens Ciclos Uno	570

As stated in this DLN we have got an AGM on the 30th of March at the British Legion Club, Barry Road, SE22 at 8pm sharp. I know you will be saying it is early this year as

RACING NEWS & RESULTS

Crystal Palace Circuit Races

Circuit races start on Tuesday 25 April and finish on 29 August.

Our event, for which we need marshals, is on 13 June.

The senior races will be Category C+ which will entitle the first ten finishers to Licence points. The senior race will again comprise separate elements for Elite, First & Second Cats with the 3rd & 4th Cats plus Juniors riding three laps less.

Please note that the 34'Nomads Inter Club Hilly is on Saturday 8th April not Sun 9th as shown in the yellow book.

Details on club website www.34nomads.org.uk.

San Fairy Ann Circuit Races 25th February

3/J Race

1	Hill Mike	Team Quest BikeShop	1:26:18.8
2	Hedden Will	Glendene CC	1:26:36.3
3	Galvin Graham	East London Tri	1:26:37.0
15	Fensterheim Sam	De Laune CC	1:26:39.6

4 Race

1	White Ben	Finchley CC	53:48.9
2	Birch Gary	VC Elan	53:49.3
3	Bennett David	Team Economic Energy	53:51.2
7	King James	De Laune CC	53:54.0
23	Fryer Ross	De Laune CC	55:05.4

COVER PHOTO

Hi Mark, Based on the size of the club you are welcome to use it for the club magazine for free. It's a very good website (Delaune) by the way. I run something similar for the Swindon Table Tennis League but have less help from others for press reports, periodicals etc. Keep up the good work. Cheers, Tim

Cornwall Training (and eating) holiday...

By James King & Sam Fensterheim

Day 1:

We first had to ride over to Paddington with all our gear. Sam chose not to travel light and had a huge holdall and track pump on his rack as well as a large rucksack. Sam was in charge of navigation and managed to get us there with just 5 minutes to go. Plenty according to Sam, we had enough time to collect free samples of Loyd Grossman Tomato and Chilli pasta sauce. In Plymouth we were greeted by Sam's Grandparents Reg and Joan. Reg took our luggage and said "just follow the car". Easier said than done, following Reg was like riding a town centre crit, but without the road closures.

Day 2:

The day opened with a two-up time trial to Callington along an idyllic busy main road. The pace remained high all the way along the long drags around the river Tamar on the way to Dartmoor. Upon entering the national park the road rose relentlessly towards the grey sky. Over the crest of the first big hill we wound down a twisty decent only to meet the next even longer hill. Once over the top the winds picked up, luckily they

were behind us, propelling us to speeds in excess 50mph as we span out our gears and ripped over short hills without flinching. The turnaround point was at the small village of Hexworthy atop a 25% climb. The return journey saw us riding back into gale force winds, rain and hail. As we crawled over the numerous hills at a painful pace, blinded by hail so hard that we couldn't look where we were going. At



this opportune moment Sam got a puncture, so we hid in the only cover we could find. Two and half hours and many tough hills later we were back, greeted by Loyd Grossman Tomato and Chilli sauce over pasta with bacon and cheese, skilfully prepared by Sam's nan.



Day 3:

The plan for today was to ride north for two and a half hours, then ride back: genius! The route we prepared involved far quieter although no less challenging roads. The initial two hours were set at a blistering pace and oddly resembling a two-man chain gang... Then we hit the wind, and proceeded at a sensible pace to our half way mark of

Canworthy Water. A quick chomp of Jamaica cake and we were heading back just as the heavens opened. With the wind in our favour on the exposed country lanes, the pace once again picked up. The climb back though Launceston had us begging for an easier gear, as did the terrain all the way home. For dinner we had Chilli Con Carne, mmmmm.

Day 4:

We decided to head West along the coast, but first we had to head inland to the first available bridge over the river Tideford. A steep ascent up towards the coast was rewarded with a fantastic view of an unspoilt 5-mile bay and the glistening sea beyond. The coast road traversed the jagged landscape towards the monkey sanctuary and back inland. Following our nose along neglected lanes we swooped down



into Looe, descending a narrow meandering road towards the best public toilet in Cornwall. After which we visited the finest bakery known to man 'mmm scones, I'll take three' James said. Feeling rather stuffed we followed the river inland along the nicest road of the whole trip towards the green hills of Liskeard. Without the aid of the map we headed east along the deserted lanes towards home. Later that evening in pursuit of our 4000 calories Nan cooked up dumplings roast potatoes and greens, followed by a cherry pie.

Day 5

The batter of rain hit the roof in the morning. The curtains unveiled doom and gloom ‘that ain’t gonna stop for hours’ remarked Reg. Weary and knackered we were easily convinced, leaving it till the late hours of the morning for a quick yet unsurprisingly soggy 2 hours. Two Cornish pasties for lunch and a



slice of cake later, we headed into Plymouth to see what was going on...not a lot. Although we found a good bakery down a cobbled street near the marina. We chased the bus to arrive back home just in time for dinner of Mexican chicken stir-fry.

Day 6:

We awoke nice and early to rumbling stomachs. We tucked into a nice breakfast before heading home to London. The 3 and a half

hour train journey was made enjoyable by an assortment of baguettes, cakes, sweets and cereal bars.

The way home involved a quick visit to Brixton Cycles to buy new brake pads. We emerged from the shop shortly after with no brake pads but some nice assos shorts. Home at last in time for our second lunch to fuel us for the 5-hour clubrun the next day.





Over the week we clocked up 24 hours of riding and probably 25,000 calories each!



BRIAN READY FOR THE START

HOW BRIAN FINISHED



JOHNNY GEOGHEGAN IN OZ Greetings from Brisbane where we arrived early December. We had a very pleasant day with Harry Thomas and his wife Sylvia and you will see from the photo of him and I by his pool that he is so much better than at this time last year. He has to do exercises in the pool everyday as part of his programme and says that he feels so much better for it. For those newer members Harry was Club Captain and runs leader when I joined the club in 1959.

I arrived in Brisbane just a day late to see the South Bank Criterium but a week later went just an hour south of Brisbane to see the Criterium at Surfers. This was won in a thrilling sprint finish by Robbie McKeown by inches from Baden Cooke who have both won the green jersey in the Tour de France so it was a real needle match. Bradley McGee was in an earlier break but somehow missed the important break later although I did see him win this race last year. was in an earlier



break but somehow missed the important break later although I did see him win this race last year. A great atmosphere and 32C/90F. A couple of photos are enclosed of the race and Eileen my wife and my son Glyn enjoying the atmosphere.

Towards the middle of January we flew off to Adelaide for a couple of weeks and stayed right near the beach about a 20 minute walk from Dot and Ken who were staying with Mike and Suzanne in their very squish new house just across the road to the beach in a place called Brighton. Photo of Dot Ken and Eileen outside. They have recently bought kayaks so quite a few evenings when they return from work to which they often cycle they go out in the kayaks and are both obviously very fit. Dot gets worried when they are far out as t here were quite a few shark scares while we were there.

Mike races regularly and had a crash while we were there when his front tyre blew whilst he was cornering and he finished up with the usual gravel burns but nothing more serious. I believe he still cycled to work the next day and the following week rode one of the stage routes of the Tour down Under . Thousands ride all or part of some of the stages and it is very well organised.



With Ken and Dot we went to watch the Australian National championships at Mount Torrens just about an hours drive away, a stinking hot day and a very hilly circuit with excellent police outriders. I spoke to one of the police and they have special training. The defending champion Robbie McKeown was the favourite but a crash early on caused problems and he missed out. It was also a controversial finish. William Walker one of the under 23s won by about 10 sec's. There was a lot of 'argy bargy' in the sprint for 2nd place etc with another under 23 getting 2nd with Van Hout the first senior in 3rd. As Walker is an under 23 he cannot officially wear the National jersey and whilst most people thought this unfair according to others when he escaped towards the end the seniors didn't chase because as far as they were concerned he was in a different race. Next year they are going to have separate races to overcome this problem. To be fair to William he is world class having finished 2nd in the world under 23 last year in Madrid and also this year was 1st under 23 in the Tour down Under and 4th overall. Phil Liggett was around somewhere but I didn't see him but I did manage to speak to Graham Watson the famous photographer at the presentation.

Talking of the Tour down Under we went on the next Tuesday evening to watch the criterium in Adelaide city with Ken and Dot and met Suzanne and Mike there. We also caught up with Charlie Bell my sons friend who had just arrived in Adelaide during arrived in Adelaide during his recumbent trike ride around Australia. He only had 900ks to go to Melbourne to complete the ride. I also managed to meet up with Stuart Campbell and his wife Jenny who I stayed with in Melbourne last year. Stuart was a near neighbour of mine in Godalming and was a well known commissar mainly in the Surrey League races etc he has been in the Redmon the Charlotville and the VC Meudon and now the Southern Vets in Melbourne. They do have a web site which is interesting to look at.

Older members will see some names they know. Unfortunately I didn't see my other mate from way back, Alan Radford of the Bec, he was riding an Audax event at Bright in a very hilly area of Victoria. Alan was a very close friend of Ron(Porky) Beckett who died just after the Good Friday meeting last Year.

The criterium was won needless to say by Robbie McKeown and I took a not very good photo of him pulling a wheelie afterwards. We didn't watch the 1st stage proper as we could only have seen the riders once but Thursday we went to see the start at Stirling. It's great that its possible to get close to the riders as there are not the crowds that you get at the TDFrance.

I got to walk amongst the team cars and took a photo of William Walker and he signed my De Laune hat and also photographed among's others Robbie my favourite. Photos enclosed. We then drove off to the finish at Hahndorf here we could see the riders 3 times. We were only about 150



yards from the finish so a good spot but another stinking hot day, nudging 40c in the shade and so hot in the sun that the tar was melting and as I drove away we could hear the tar spraying up into the mudguards. Thank goodness for air con cars.

We didn't watch the next 2 days mainly because we would only see the riders once and also because Friday it was 41C/106F and Saturday 42.8C/109F and it was even too hot to stay on the beach for very long. At midnight on Friday it was 33C/92F. Adelaide apparently had its hottest January for 60 years. It was officially a 'heat wave'. On the news they were asking for people to look out for the older people as they were finding it too hot to go out to the shops but nobody ask Ken and Dot and I if we were OK!!!

Sunday was the last day of the Tour with a criterium round a big chunk of Parkland in Adelaide. It did hit 40.5C/105F so the race was reduced from 20 laps of 4.5 ks to 18 laps ie 81ks and the youth races beforehand were cancelled under Government or State regulations because of the heat. A photo is enclosed of Ken enjoying the racing.



Everybody thought Robbie was going to win when the race all came together but he was piped by inches by Alan Davis who had already won one stage.

On the Monday the temperature dropped to about 28C and whilst we were having a coffee on the seafront I chatted to 2 Germans who ride for the Milram team. They were really great guys to talk to, Eileen's photo with them enclosed. The tall one on the right is Daniel Becke who won a gold medal in the Sydney Olympics in the team pursuit and the team broke the world record and were the 1st team

under 4 mins for 4000 metres. The one on the left is Dennis Hauisien, his father was at least once World points champion.

Just about 10mins walk from my sons house is the Peleton café which is a combined café and combined café and bike shop where you can sit surrounded by Bianchis and Colnagos etc whilst watching repeats of TDF stages and the Belgian classics etc. Bliss.

This Friday we fly back to Singapore and then after 1 night there to Heathrow. I do not know where the last 3 months have gone.



“HOT - HOT - HOT”

Check this out - this actually happened for real, during the heatwave, on New Years weekend in Adelaide, South Australia ... !!!!

For those of you from overseas - we had the hottest heatwave in over 60 years.... Four days of over 40C+ (that's about 105 degrees in F).

It was so hot for this little Koala that it came down out of the bush! You also need to realise that this is a very unusual sight for most Australians. We very rarely see Koalas in the wild and they only eat Eucalyptus leaves. It is extremely rare indeed to see a Koala drinking water!!!



**I AM SURE THIS LITTLE CHAP WOULD HAVE
LIKED TO HAVE SHARED
BILL WRIGHT’S --- -----**

See over



Bill, re-fuelling after his day's training!

Pic by James Lyon



DATES TO REMEMBER

Diary Social/Club for 2006

Thursday	20.00	30-Mar	AGM	Clubroom
Sunday		11-Jun	O.M.A. LUNCH	Brighton
Friday		27-Oct	Belgium Night	Blackheath Clubroom
Sunday	10.30	19-Nov	Memorial Service	Newnham

Club & Inter-Club Events for 2006

Saturday	10.30	4-Mar	Cyclo Cross	Herne Hill
Sunday	09.30	2-Apr	SERRL ROAD RACE	Sevenoaks Weald
Sunday		11-Jun	Midsummer 25	G25/53
Tuesday	18.00	13-Jun	Crystal Palace	
Saturday		15-Jul	Track Meeting	Herne Hill
Sunday		30-Jul	Fred Peachy "25"	Q25/8
Saturday		19-Aug	OMA 10	Harrietsham Q10/20
Saturday		9-Sep	Open "10"	Q10/19
Sunday		17-Sep	Autumn 25	G25/53
Sunday		24-Sep	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 29 March

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