

DE LAUNE CYCLING CLUB

FOUNDED 1889



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DE LAUNE NEWS

May 2003

No. 850 -74th Year

www.delaunecc.org



2003 Team Photo

Nigel Scales, Alan Male, Craig Porter, Brian Dacey, Matt Goodes, James Lett, Jeremy White, Bill Wright, James Peckham, Steve Price - in the driver's seat: Alaric Lester

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 JAMES LETT 102 Park Road Kingston Surrey KT2 5JZ</p>	<p>CLUB NIGHT Third Thursday of each month HERNE HILL STADIUM Burbage Road London SE24 9HE</p>
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THE PRESIDENTS REPORTS

On Sunday the 6th April the De Laune held, on behalf of the SERRL, a road race on the Sevenoaks Weald course. What a great day for the club. We had our members out in force and we had a second place, from our new star, Steve Price.

Let me tell you we might not have held the event, due to the lack of an event organiser, but James Peckham stood in at the last moment. James, I know, wanted to do a good ride in this event but also did not want the club to let down the SERRL.

Like a true army man he had it organised to the last detail. We managed to get Dads Army people from the home plus new and old members from the club.

We all stood in three ranks outside of the headquarters and he gave us our positions and responsibilities. I know that Stack wanted to say 'fall out' at the end. James had it sorted for marshals, first aid, canteen, following cars, you name it.

I was allocated the lead car role. I remember last year I did the same job but did not drive fast enough and ended up in the middle of the bunch. Not this year, I thought, so I kept well up at the front until Peter Harris stopped me and informed me I was three minutes up on the bunch!

After a couple of laps I had it sorted and could see most of the race through my driving mirror. I saw the break go with a lot of riders who seemed to be wearing blue racing vests. I thought the lads are doing well. I did not realise that we had a few Sydenham riders in the break who also have blue vests. (James we must get more brown in our vests) What I could see was our Steve having a go at the front all the time. He tried to go it alone with three laps to go but was pulled back. (I hope the full result will be in this issue.)

I did see James finish and he did look as if he enjoyed the race! Brian Dacey (you remember him) he came over the line with arms raised. He did look good.

I would like to thank you all for your support and the ladies in the canteen, Jan & Mary from the Rudd brigade (The Cornish Pasties were delicious): Brian Saxton for marshalling and sorting out the flags, and the plastic race numbers (he ironed each one) Thanks also to John Dods, and Danny Rudd for the use of their cars.

Thanks to the marshals and, considering the cold, they did a great job. Tich Shambrook, Alan Rowe, Mike Peel, Frances Rudd, James Lett, Craig Porter, Peter and Carina Harris, Roy Chittleborough, Maureen Jackson, Nigel Scales (our new member) and not forgetting Terry Deeley on his old motor bike keeping the bunch in check, and trying to find a gear on his old motor bike that worked! Please forgive me if I have left some names out.

When I asked Steve Price why he attacked with still three laps to go, he just smiled and said 'why not' I think that is the attitude that wins races.

Roy Savery is back from two weeks special training in Spain and I have heard that he is very fit. When he got back he went all the way down to the West Country to ride a special road event. I wonder how he got on.

I have not heard any more news about the sale of the clubroom but I would think that Peter Harris would let us know when something materialises.

I know that we all leave things until the last moment but if you are planning to come to the OMA 'do' at Brighton on the Sunday 18th of May, (all members and guests welcome) please let Dot or Patricia know as soon as possible.

See you all soon,

Kav.

SOUTH EAST ROAD RACE LEAGUE

18th March

Cats 2/3/4

1. Alan Flight Team Luciano
2. Ben Lockwood GS Invicta
15. Craig Porter De Laune CC

28th March

Behind, after much jockeying for positions, it was Ian Field - San Fairy Ann, who attempted a long 600 metre assault for the line only to die in last 100 metres being swamped by the bunch. James Lett - De Laune took the sprint for second place with Mark Winton - LWCC taking third.

Cats 2/3/4/J/W

1. Pearson Neil Gemini B. C.
2. Lett James De Laune C. C.
3. Winton Mark LWCC
13. Porter Craig De Laune C. C.

Rankings

Current league rankings after two races are:

- 1 WINTON Mark Lewes Wanderers 21
- 2 Pearson Neil Gemini B. C. 20
- 3 Flight Alan Team Luciano 20
- 4 HILL Mark Artic-Shorter 17
- 5 LETT James De Laune C. C. 16
- 13 PORTER Craig De Laune C. C. 7

De Laune SERRL 6th April Sevenoaks Weald

As both the organiser and a competitor I would first like to thank the marshals who pulled together to put on an excellent event. Too many to list by name, you know who you are, many thanks. I hope that as a competitor we put on a good show for you, it certainly was non stop. As Steve Price can testify, I was still clipping in as he attacked with 4 others on the first descent and that was the last I saw of him. Brian Dacey and I duly did the team bit by closing anything that moved down and providing a general disruption in a chase. This did not go down well with at least one competitor but as I duly pointed out he should be so lucky, in words less than one syllable.

Well by lap 3 the gap had settled to 2.5 minutes so I took a rest from active service. Brian went with a couple of small attacks but the bunch lost a bit of interest until lap 5, I think I was getting dizzy by this stage. Julian Clarke (Linda McCartney fame) and I put in a big attack just short of the roundabout, top of hill, and off we went. Head

down for half a lap I was hitting my limits as it seemed to come together, so I drifted into the bunch only to see 6 ride off into the distance, these 6 got very close to the lead group so I was pretty annoyed at myself. What remained of the bunch really slowed down and the gap grew to 4 min with 2 laps to go. Brian and I then started working again pulling the group round then with half a lap to go I jumped with a couple of others and rode to the finish 14th overall. Brian the evergreen racer finished in what was left of the main group, as one of the wife's commented, 'Christ I have another 40years of this.' Lets hope so.

Well Steve meanwhile had been driving hard and broken away with a Gemini rider, Mark Pearson (he had won from James Lett the week before); unfortunately in the sprint Steve came off second best. But excellent day's entertainment and from De Laune's view a good event well marshalled, and its riders well featured throughout.

James Peckham

Results - 98km in 2:22

1. BELL William Gemini B. C.
2. PRICE Steven De Laune C. C.
3. HILL Mark Artic-Shorter Rochford R T
4. WILSON Tom G. S. Invicta
5. CLARK J Private
6. LUCAS Matthew Sydenham Wheelers
7. HOLDING Ashley GB Cycles
8. WALKER Keith Wigmore C. C.
9. WELSH Nick G. S. Invicta
10. HURALT Emmeric Gemini B. C.

Easter Weekend Racing Reports:

Saturday 19th April Surrey League Milland Circuit.

In total contrast to Friday's weather Saturday was very cold, things however soon warmed up on a testing circuit in windy conditions. Milland circuit is quite short, 6.5 miles long with a 25%, yes 25%, climb in it. Run at a pretty fast pace our 2 De Laune representatives James Lett and I featured heavily in the front of the bunch. Strong winds held the bunch together with no break wanting to work too hard in strong winds. Lap 3 saw the first significant split with James and myself in the front group, I only just made it and was quickly shelled back out after another surge. Surprisingly they were caught, Letty complaining nobody wanting to work. A lull in battle occurred with a 'slower' lap then the selection was made. As is so often the case it was made on a slow section of circuit with William Bell (Gemini) and a Sigma rider riding away, Letty reacted quickly seeing the danger and jumped over with 2 other riders, a group of seven had gone. I was grateful for the rest and unfortunately missed another small split caught in no mans land with 2 other riders we worked very hard but did not quite make it before being swallowed by the pack who then sat up and let the second split gain time, obviously I was too dangerous to let go for 13th!

Lettys group worked well gaining time, until they started attacking each other, whilst the second group stayed in sight of the bunch. Letty managed 6th in the very difficult finish, with that man William Bell (winner of the De Laune event) a strong winner. I timed my effort too late just missing the second group but leading in the main bunch in 15th. The race 94.5 km with 1140m of climbing at an average speed (my group) of 34.8km/hr my average hr 149 max 177.

Monday 21st April Surrey League Wallingswood Circuit.

This circuit was quite rolling with no really long climb but run in strong winds. James Lett and myself were joined by Brian Dacey to make a trio of De Launies. I was on a day feeling really strong, foolishly instead of bidding my time I attacked time and again because I just could not contain myself, unfortunately they never worked. Eventually dropping back into the very fast moving bunch for a couple of laps rest. Scott Budgen (Pearsons) made his move during this period and was never seen again. Lap six of seven and I tried again with a small group to get away after a very fast chase the bunch caught us and then went again as more splits occurred, I just about made the front group with Letty also present. A counter by Gemini rider William Bell (man of the moment) and Jamie Higgins (Sigma) and our man Letty, I was caught out of position and missed the move, then sat on everyone until the break had formed not happy at missing the move but as Brian Dacey eloquently put it that's racing.

Letty's group just stayed away, 20 seconds, and we wound it up for the sprint for 9th I then almost hit an oncoming fast moving car that obviously did not want to stop in the finishing straight (too much of a hurry) and decided not my day so rolled in at the back in 37th. Letty did an outstanding performance to add to Saturday's result with a 5th, behind, you guessed it Bell and Higgins, Budgen soloed to victory 30 seconds ahead, Brian came in at the rear of the main bunch with me.

84.5km in 2hr 11 min average speed 38.1 km hr 705 m climbing, average HR 159 max 185, top speed 77.5 km hr (it was quick).

James Peckham

MTB Endurance events / 24hr racing

May 3-4 Enduro 6

Trentham Gardens A 6 hour endurance race, can be done solo or as teams of 2.

May 18 RAW Dyfi Enduro

A big ride somewhere unpronounceable in Wales.

June 1 Kona 100, Rhayader

The first of three Kona 100 races this year, all around the mid-Wales area.

June 21-22 The Saab-Salomon Mountain Mayhem 24hr

The event formerly known as Red Bull, the years biggest and best bike festival/race

returns, once again held at Sandwell Park in Birmingham. De Laune has two teams entered for 2003.

July 6 Kona 100, Builth Wells

The second round of the Kona 100 series, on the original course in Builth Wells.

Aug 9-10 Shimano Sleepless In The Saddle 24hr, Trentham Gardens

More 24hr race shenanigans, at this popular course. Usually more laid back than the Saab-Salomon but still a good event. Teams of 4, 2 or (for the complete nutters), solo.

Sept 20-21 Dusk til Dawn, Thetford Forest

A 12hr night time race around Thetford Forest, starts at 8pm, finishes at 8am. Last years event was fantastic with a superb 10 mile course, this years race promises to be bigger and better. Teams of 4, 2 or solo.

Sept 21 Kona 100, Corwen

The third instalment of the Kona series.

National Points Series Cross Country Events

April 13 XC1, Mayday Meadow, Thetford Forest, East Anglia

May 18 XC2 Catton Hall, Tamworth, Staffordshire

June 15 XC3 Drumlanrig Castle, Dumfries, Scottish Borders

August 31 XC4, Sherwood Pines, Clipstone, Nottinghamshire

Sept 14 XC5, Checkendon, Reading, Berkshire

For more details on the NPS races or a downloadable entry form, contact

mtb@britishcycling.org.uk www.britishcycling.org.uk

London Marathon 13 April 2003

103 y	Nick Kinse	02:36:54
6489	Mike Peel	03:48:20

THIS IS MIKE'S 23rd CONSECATIVE LONDON MARATHON

O.M.A. NEWS

Ken & I have been to visit Suzanne & Mike in Australia for 5 weeks during Feb & March, therefore no Blackheath Supper, I am hoping to organize one in September, if Mike can find us a date, so keep your eye on the DLN for details later in the year.



We had a great holiday in Oz, Suzanne & Mike are still Road Racing and getting good results, they look very fit and well, keeping busy with work and cycling, they send their regards and good luck in the coming season, to all you De Launies who remember them.

We had a trip up to Brisbane whilst we were there to see Harry Thomas, and stayed with Harry & Sylvia for a few days, he looks good, and is staying stable with his health problems, he also sends his best wishes to all the 'oldies' from the '50s 60s who remember him. A photo of Harry & Ken should be in the Mag, hope you will recognize them, must say they really enjoyed catching up on the chat about 'the good old days', we had a very enjoyable time with Harry & Sylvia.

Well now hopefully I will soon be inundated with calls to book in for our next get together in Brighton on 18th May. Pat has been reminding you all whilst we

have been away, so come on now - phone me soon - don't wait until the last week we need to know the numbers well before then - don't wait for me to call you -phone now 0168 851241 0168 851241

See you on the 18th. May

Dot

Stop press 25-04-2003

INTER CLUB EVENTS

TIME TRIALS

21st May 9mile QS/30 Catford CC
21st Jun 25 mile Q25/20 Sydenham Wheelers
6th Aug IO mile G10/36 Catford CC
10th Aug 25 mile (open) Q25/8 De Laune
7th Sep IO mile (OMA) G10/42 De Laune
20th Sep IO mile Q10/7 Sydenham Wheelers
12th Oct I5 mile Q15/4 VTTA

There has already been one interclub event this year, but it did not have any riders from the De Laune participating. Last year we just missed winning the interclub competition, so come on you road boys why not ride in these events and see if we can win this year.

Sorry this does not form part of the DLN but details arrived after the Mag. had been printed.

Phoned to me by "The Late" Alan Rowe, Ed.

Friends of Herne Hill Velodrome

If you were at the Good Friday meeting at Herne Hill, you should have received a leaflet about the newly-formed 'Friends of Herne Hill Velodrome.' The friends need as much support as possible to help promote the redevelopment proposals for the track and to make sure Herne Hill remains a cycling centre. A leaflet is enclosed with this DLN, also available on the club's website. Please join!

Alaric

Stop press extra.

ROLL UP ROLL UP Herne Hill Club Night by James Peckham

As the summer nights get longer the Thursday club night has begun. As many of you are aware we have combined the weekly club gathering with a organised Derny track training session, for those that want to combine a natter with some solid training. The track opens at 17:00 with derny's out at 18:00 finishing at 20:00hrs. The cost for the session is £6.00 but the club is discussing the possibility of discounts for De Laune members so watch this space. Or you can just come down for the flatter and admire those magnificent men on their fixed wheel machines flying round and round.

We as a club want as many participate on the track every Thursday as possible. So my aim within this article is give you an introduction to the session. I shall also offer some words of advice on how to start and how to get the most benefit from the session. The derny training sessions are very popular with riders from all disciplines as they improve both speed and endurance. A derny is a small motorbike which has the means to maintain a constant pace. Riders line up behind the motorbike where they can do 'through and off', short sprints or just hold the wheels. The main benefit is that by 'drafting' the motorbike the cyclist can maintain a much higher speed for longer. The derny's themselves are ridden and owned by a group of derny enthusiasts and it is they that run the evening. I have seen 6 derny's on the track at any one time each bike maintains a different pace therefore giving all riders a bike of their level.

So how do you start? It is not something you can jump straight into with no track and fixed wheel experience. The speed and closeness of the riders requires a little bit of base experience. There is no mystic to it or magic skill requirement that is beyond anyone, just a base track knowledge. The Saturday morning open training session is the place to start. Popular with all clubs and individuals this session is split in two. A beginners session which starts at 09:30 and then the main session which starts at 10:30, bike hire is available from the track. Also the club is putting in place a process to build up 2 - 3 bikes for general Herne Hill use. Most people who come to the beginners join in with the main session that first day. There are various track safety

etiquettes that a rider needs to learn. Due to the nature of fixed wheel with no brakes, the main lessons to learn are; to always look before moving off line, inform others that you are moving off line, to keep pedalling and use pedal speed to control braking and acceleration. Also most Saturdays they get the Derny's out for 30mm towards the end of the session but I would think 1 or 2 Saturday mornings, dependent on road experience, you will be ready for the Thursday Derny experience.

I would have to say that while the club will shortly have 2 - 3 track bikes it is better to have your own. £500 can buy a good new one with second bikes around £300. The reason I say that is gearing. The Herne Hill hire bikes are way under geared for such a fast training session. The club bikes will use the standard Herne Hill gearing, 49 x 15 = 88.2 inch. I currently use this gear for the Thursday session, and has provided me with the place to start, but find myself pedalling out and am looking to increase the gearing. This is where having your own bike is an advantage as experimentation is key to finding what suits you (sir). I shall start with 51 x 15 = 91.8 inch, if that does not work shall 49 x 14 = 94.5 inch. Apparently the very quick guys use 96 inch, but be careful over gearing means over doing it. Alaric's article on the web 'Track' is VERY good for this information.

In conclusion even if you do not ride it is good to watch and you will have a chance to chat with club mates, maybe even the pub after the session finishes at 20:00hrs. For riders in training it is EXCELLENT session it improves both speed and endurance, you will not get anything else even close to as beneficial. Last night I completed 1hr 42mm work Out, my average HR was 142 but I spent 48% of the session in zone 4 peaking at 181bpm, with rest sections down to 84bpm, it was solid. Also as a club we realise the difficulties in meeting up in the modern world and want to make a success of these nights, giving those with busy schedules the chance to train and have a flatter. Sunday mornings are proving difficult due to the racing season but Thursday straight from work, 2 hrs training, possible pub and home in time for the wife to keep happy.

I shall see you next week; more details call me 020 7947 6448 020 7947 6448 (wk).

Here is the list of races for May. I want to get SERRL entries in by end of next week. The divisional are not yet confirmed. I do not think Crystal Palace is running this year but watch this space. All non SERRL races please enter under own steam.

Sunday 4 May Surrey League Crowhurst 2/3/i: 13:30 start JP, IIL and CP Tuesday 6 May De Laune CC - Crystal Palace JP, DR, CP, JL, MG, BN, E.I.2.3.W.J 30km 18:45 £7.00 (p7.00)

Saturday 10 May London Cycle Sport.com Summer Rumble - Eastway CC 4.W40km 13:30~11.50(~11.50) 2.3.4.W.J52km 14:45 £11.50(~11.50)

Sunday 11 May South East Road Race League - Benenden JP, IIL, CP 2.3.4.J.W 101km 9.30 £9.00 (f12.00)

Saturday 17 May Whitewebbs Spring Circuit Races - Eastway CycleCircuit 4.J.W52km 13:50 £11.00(~E13.00) 1.2.360km 15:20f11.00(~14.00)

Sunday 18 May South East Road Race League - Ninfield JP, IIL, CP 2.3.4.J.W
120km 9.30 £9.00 (p12.00)

Saturday 24 May - Monday 26 May BC

National Masters Track Championships - Herne Hill

Sunday 26th May Surrey League: Cutmill 13:30 1,2,3 JP

Sunday 1 June South East Divisionals - TBC TBC E. 1.2.3

+ Keep a look out in BC calendar for Eastway and Hillingdon - Palace is not starting yet (apparently July) - Hillingdon Tuesdays, Eastway Thursdays (non BC).

!!! READ ALL ABOUT THE PROPOSALS FOR HERNE HILL !!!

www.HerneHillVelodrome.co.uk

Don't forget to book your lunch

O.M.A. LUNCH SUNDAY 18 MAY 2003
AT THE BRIGHTON & HOVE GOLF CLUB

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**THE LAST DAY FOR COPY TO BE
INCLUDED IN THE NEXT ISSUE IS
WEDNESDAY 28 May 2003**

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