

DE LAUNE CYCLING CLUB

FOUNDED 1889

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De Laune News **December 2001** No. 833 -72nd Year

www.delaunecc.org



Happy Christmas To You All

OFFICIALS		
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THE PRESIDENTS REPORTS

On Friday the 26th of October we had a Belgium night at our clubroom and what a night it was. The format of the evening was 7pm drinks and a chat; 7.45pm sit down for a three course meal; 8.30 roller racing; 11pm a film about cycle racing, and more food if required.

Well that was the plan but it was not to be. A lot of people got stuck in traffic jams, including me and I had the drinks, so we started a little late. Once we had the Belgium beer and wine flowing and we all started to natter, we never looked back.

Our very own chef, Cliff Steel, had prepared approximately 40 meals earlier in the day. How he and Carol (she makes exceedingly good cakes!) did it, I do not know. You could say it was good basic food, but boy was it well prepared and at only £10 per head. Cliff, the ladies would like to know the recipes you used for the sauces etc. Perhaps a few lines for the next DLN?

When the roller racing started and we were still eating, I thought the racing would kill the conversation and cross-toasting stone dead, but it did the reverse. We got more noise. This was from people shouting and encouraging riders to go faster.

If this is the format for getting club members of all ages (Bill Miles is just about 90 and little Mikey O'Brien is about 6 weeks old) to sit down and eat together, so be it.

So thanks must go to Quill (I'm not panicking) Forbes, whose idea it was in the first place. Ben Neville and Alaric Lester who worked so hard cleaning out the clubroom on the Thursday before and putting the new rollers together. We borrowed the rollers from the Bec CC (thanks Bec, this was appreciated)

Alaric organised the racing side of the evening. Who won what, I do not know, (let us know Alaric) but it did go down well. Again thanks to Cliff & Carol and yes, we have another chef. Paul Surren, who decided to wash the dishes, bless him.

I must also thank (this sounds like an Oscar acceptance speech) our French waiters, Brian Saxton, Peter Jenn who drank more wine than they gave out and Peter Gunnell and Les Pyne who made generous donations to make the evening go with a swing. Peter said it was tips for the waiters!

I had an e-mail from John O'Brien, who said that was not a picture of his son in the last DLN! John you noticed the deliberate mistake! For this, you will be sent the first prize, which will be a 485-page book of Malcolm Adams poems. The second prize will be two b.....

I have just read the report in the Cycling of the National Hill Climb Championship. Our hill climb champion, Mat Goods came 14th out of over 100 hill climb specialists, with a time of 7.31. I think by the time of the winner, 6.45, who was Jim Henderson, the course was not Matt's type. His three wins this year have been around the 2 min mark, which makes his ride that much better. He was the only De Laune rider. Well-done Matt.

It was sad to read of the death of Matthew Rabbetts of the Lewes Wanderers, who suddenly died after returning from a holiday in Canada. Matthew was only 36. His connection with our club would be through his father, Mike Rabbetts, who is the author of the book called A Century Awheel 1889-1989, which is the history of the De Laune cycling club.

Mike, it will not only be a great loss to you and your family but also to your cycling club, the Wanderers. On behalf of all members in our club, our deepest sympathies.

I have just got back from the Newnham Remembrance Service. This will be the 81st year that the De Laune have attended the service to remember members of the club who fell in the first and second world wars.

I had the honour of laying the wreath and reading out our fallen members names. Thanks to Brian Saxton, our club historian, I was able to give a little bit more information than just a name.

When one of our older members, George Wood said, I remember Bernard Palastanga who was in Bomber Command. I was going to have a drink with him but he did not turn up. I found out later that we had lost him over the North Sea. Bill Miles said I remember so and so. And so it goes on. WE WILL REMEMBER THEM.

After the service it was all down to the George Inn (Thanks Dot for organizing) for good food, and a natter. The new owners, Marc & Carol Perkins did us proud. If we are going to continue this tradition for another 80 years, we must get the younger members to attend. If I remember, the club riders used to ride down to Newnham. Hard men!!

I must tell you this one. In the late 50s I remember a bunch of us going for ballroom dancing lessons at Brixton. As it was about 10 males to 4 females, you had to get there early. If not, you ended up dancing with a chair! Our own Bill Miles, who is still ballroom dancing, decided last week to go to the Riverly Ballroom at Brockley. He noticed that it was all men. He then found out that it was a gay evening.

I said to Bill, did you click? He said I played it safe, so I danced with a chair all evening. Well-done Bill.

As this will be the last DLN this year, I would like to wish you all a Merry Christmas and a Happy New Year and thank Mike Peel, and Mark and Jason Ballamy, who keep us all in contact through the Web and the DLN. Thanks guys.

Kav

TRAINING CAMPS 2002

Having joined De Laune in mid-2000 and never, for various lame reasons (too busy at work, too unfit, too hung over), having raced, I decided that I needed something to spur me on...

So I have booked myself a place on one of the Graham Baxter Sporting Tours' training camps in February 2002. These camps come highly recommended and (as many of you probably know) book up quite quickly. Bill Wright is (probably) going to

go too, so if any of the rest of you are interested you can check out their website at www.sportingtours.co.uk. They organise everything and can organise flights (although it may be cheaper to organise flights with a budget airline such as GO or through a flight discount website such as www.expedia.co.uk).

There are two training camps; the first is based at Albir on the Costa Blanca south of Alicante (see map). There are several road camps in late January, February and late March 2002, each of varying lengths. The second is based at Sierra Espuña (also near Alicante) where the MTB camp is in March 2002. Each of these camps has at least one cycling star involved (Seán Yates, Neil Stephens and others) and should be good fun (and hard work!). The complex at Albir is specifically for sports' training camps and has a gym, swimming pools, good restaurants, etc. The weather on the Costa Blanca should be roughly between 15°C and 20°C and sunny: the terrain is mostly flat but with deceptive long hills inland.

If you fancy going, contact Graham Baxter Sporting Tours direct and, if you want to meet up with me (and maybe Bill) let me know!

The camp that I have opted for is the 7-day road camp from 16 February 2002, and after that I will have no excuse not to start using my racing licence when I get back!

All the best.

Richard McBride

rj.mcbride@virgin.net



Cliff and his team will be cooking up another culinary treat at this year's Christmas do. He's also after confirmation of numbers.

The De Laune CC annual Christmas Lunch Sunday 16th Dec at One O Clock

MENU

Sweet White Onion Soup with aged Balsamic Vinegar reduction

Roast Turkey Glaze Ham , Buttered Turned Potatoes Brussel Sprouts with Toasted Almonds Natural Jus

Veggie -Wild Mushroom Spinach and Leek Strudel with Tomtoe Fondue

Warm Christmas Pudding with Brandy Sabayon

Spicy Mince Pies

Seven pound per person Please Let me know if their are special requirements To confirm booking ring or E - MAIL Cliff Steele Phone -0208-2998649 E-mail caz@celtic1.fsnet.co.uk

Hello All

Please note the Club Christmas Lunch will be on the 16th of December this year.

The Rudd Family will no longer be hosting this event. I would like to take the opportunity to thank them for the years of hard work they have put into providing a wonderful Christmas lunch for the last 8-10 years.

I think it will be important to remember that they have been holding events at the clubroom during a period when many people have turned their backs on the Club HQ.

Lunch this year will be prepared by Cliff and Carol and will cost £7.50 (drinks included), and £3 for children.

Many active club members have young children and I think it would be fun if we had a small Christmas party for the children whilst the club ride was on. Please let me know if your children would like to attend an under 5's Party (10.30/11am-1pm, approx).

Round the Table Racing; can any one bring a Brompton, Moulton or other little wheel bikes (shopper) for after lunch racing? Any interest in this?

Please book by return email, as space is limited to 40 places. Payment can be on the day.

I look forward to seeing you at the Club Christmas lunch,

Quil

Social Secretary De Laune CC

Take your pick who you book with, and how much you pay! Ed.



Jeremy Briggs Having a well earned pint at the finish of a 24 hour ride (A write-up has been promised)

THIS SPACE IS
RESERVED FOR
JEREMY



PERHAPS I WILL FIND HIS WRITE UP
UNDER THE TREE, WATCH THIS
SPACE NEXT MONTH



**DON'T FORGET THAT YOUR SUBS BECOME DUE ON THE
FIRST of JANUARY**

Cyprus is a fresh and unspoilt venue for biking. Its uncluttered roads are ideal for road racing and its hinterland perfect for trekking. In addition, its mountainous terrain offers countless opportunities for dramatic MTB experiences. No matter what your biking interest and whether you want a formal training week or just a few days of fun in the sun, Cyprus is for you.

In order to promote this lesser known biking location, we are offering group leaders free places on our January 2002 introduction week. The offer includes: · Free half board accommodation · Free transfers from/to Larnaka airport · Free bike hire (if you do not want to bring your own) · Plus when you come with your group (minimum 10 persons) you will again be accommodated free of charge on half board terms The number of places on this introductory week are strictly limited and early registration of interest is advised. Although applicants with previous experience of taking groups

abroad will be given preference, a number of places will be made available to prospective leaders.

To register your interest, please e-mail us at office@cyprusvillages.co.uk or write to: Cyprus Villages, 16 Durlston Crescent, Christchurch, BH23 2ST.

EDITORS THOUGHTS

I think this year has been a great year for the DLN not once have I had to appeal for copy, my thanks most go to those regular contributors such as President Kav, Dot, Alaric, Ben, Poet Malcolm and not forgetting all those that have helped me fill the pages. We have had a Mag every month with a total of 205 pages on average 18 pages per month.

It was December 1993 when I took over the job as editor of the DLN; I had been doing the photo copying for some years before that. The producing of the Mag is so much easier now than when I started, there is very little typing to do as most of the articles are downloaded from the internet, and photo copies come so much easier than when I used to do the duplicating of the Mag back in the 50's when I had to feed the page a sheet at a time into the old Roneo.

Now that we have a new Treasurer perhaps we could have a regular report from him like we used to get, it was nice to see a thank you given to those members that gave donations to the club, for without them our funds would have suffered, also who's paid their subs and who has not, etc, etc.

We have not seen much in print about our time trialists this year, or do we note have any other than the VETS.

Not being in touch with the active membership of the club other than what I am receiving for the Mag, and fast approaching the age of 70 am I giving the younger members what they want, if not please let me know.

A RECORD OF MY 12 HOUR RIDE IN KENT By ALAN ROWE

The day dawned of my first ever 12hour. An imposing length of time when you do the miniscule amount of training that I do, like about 3hrs per week, or 60miles, although for this I had managed to do 450miles in two weeks, (why can't I do that every week?). I'd managed to sweet talk Roy Savory into looking after me as he had looked after me years ago in a hundred?? The less said about that the better, you remember Roy the rice!!

The day started off overcast but warm. I'd scheduled for 220miles which meant I had to avg. 18.5 mph, so I started off easy 2ml into the ride I dropped my tyre levers from my tyre roll I only lost less than 1min. as my minuteman had not caught me. Off again and a quick check of the computer and I'm averaging 21.5mph but it's going

very easily so I don't ease consciously. After doing the first of three laps around Bethersden I climb the hill to the Bull PH to complete 1 lap to Lydd and my helper Roy is on the opposite side of the road to me!! As it happens I don't need anything as I have only done 11mils.

Three quarters round the next lap and I see Roy driving into a lay-by again on the opposite side of the road, this time I could have done with a drink! Now onto my 3rd lap rovelin rate is still ok! Feeling just fine I meet Roy at the top of the hill exactly where he should be I think he's getting the hang of it now. I'm off down to the Ashford turn and on the way back my first rider Gary Chalkley At about 46miles catches me, but I am still feeling ok. Just up the road I hit a pothole and my Look ergo stem takes a dive and I'm into my usual lo-pro position. Roy is still at the top of the hill when I get back and he hands me a sponge and I ask for an Allen key this he gets for me and I stop to adjust the bars back into their position, off again and I am still going well it is now the best part of the course about 10miles, nearly all down hill into Appledore a nice little village, and then turn left onto what they call the canal road nice and flat to Rye.

After doing two circuits of the roundabout it's off along the coast road, along this road Roy passes me and asks what I need "a sponge" I shout and he's off down the road, now at this point the wind is behind me and I'm doing 25-28 mph I'm eagerly looking out for Roy but I can't see him, THEN! all of a sudden I see his car and from behind the car I see Roy with the bucket & sponge he is running across the car park where he is parked and looks up to see me flashing past he then swiftly turns round and is running back to the car! (The look on his face was a picture).

Down through Lydd and onto New Romney to the start of the second circuit of which we had to do 4 laps, 2 to 3 miles into the circuit while turning right at 90 degs. I had to adjust my line to miss a car which was in the middle of the road and this sudden change brought on cramp and I had to get off, the marshall came over and asked me if there was anything I wanted as I was massaging my legs and I said "yes I want a pee" my first and only "P" stop. I managed to reach 100mils in 5hrs 06 mins. still an avg. 20 mph approx. so I am on for 240 miles, but this circuit was something else it was some of the worst roads I have ridden on let alone raced on and the wind only slight was in your face I was groveling and down to 14-15 mph. I hadn't blown I just could not get the pedals to turn any faster! And I've got another three laps of this. Roy comes past me again and asks for my menu I asked for a sponge and a drink I got the sponge further down the road and was told I would get the drink at the pub on the other side of the circuit, fine!

As I approach the Pub I get both my bottles out ready to jettison them into Roy's safe keeping as I pass the pub NO ROY!! I shout out "WHERE IS BLOODY SAVORY"! I later found out he had just popped into the pub to get a drink bless him! He must have felt pretty bad and left his drink as very soon after he passed me and delivered the goods. Back onto some decent roads again I am back to my 20 mph pace along Ham Street by pass at the top of Ham St. I am going like a train and enjoying it again a quick smile to the lads Kav, Brian, John, and Mike & Terry who have come out to support us "thank you".

Now we have another three circuits to do and then it is onto the finishing circuit at 185 miles. I am beginning to feel it a bit now and starting to cramp up again for the third time, this time I stop at the commencement of the circuit where Roy has parked so Roy gets out a comfy chair and gives my legs a massage while I have a drink and something to eat I then change bikes from the lo-pro to my training bike and I'm on my way again after about 12 mins. During which I see Charles (Curthoys) goby. I managed 4 circuits and finished at timekeeper No. 2 back to where Roy was parked again. I may have forgotten a lot of the hard bits because I am thinking now that I did enjoy it and will probably ride another one. But before I end I give praise to my helper Roy he did a great job overall and I would like to take this opportunity in thanking him very much for all the running around that he did, (we had a few mishaps but that happens all the time) Also I'd like to praise all the De Laune riders Malcolm Adams, Charles Curthoys & last but certainly not least Terry Deeley who I thought did the ride of the day considering the very little amount of training he did and has not been a regular rider over the last few years, and especially after seeing him arrive at Malcolm's bar-B-cue day and immediately fall into a heap in a chair have something to eat set off again for home. WELL DONE TERRY! How about next year start training now.

For those interested the distances were: -

Charles 217 miles
Alan 213 miles
Terry 194 miles
Malcolm 184 miles

VETS BAR - FINAL RESULT

As I said last month the results were only provisional, I can now confirm Peter's '10' time of 22.44 (Redmon CC 16th June) as a qualifying time

Peter's amended average speed is 25.776267MPH, giving him Vets +5,455866 MPH. This is a winning margin over Alan of +.142665MPH, it is also an age record - well done Peter - hard luck Alan.

Malcolm Adams

SON OF MY FATHER

So was it a photo of the son of John'O?
The answer is an irrefutable no!!

For as you all know our President is a bit of a clown
And for being a leg puller he is renown

Now if you study the photo that was printed

More than a little of his likeness is hinted

Just study the ears and I'm sure you agree
They match our Kav's to a tee

No doubt this photo was taken before he trod the boards
(The kind, which a bunk in an air raid shelter affords)

So John'O please excuse our President
For I am sure to you no harm was meant.

Malcolm Adams

THE WHEEL CENTRE

May I introduce you to a new retail outlet within the United Kingdom - The Wheel Centre. We specialise in the following wheel products:- Hubs, Spokes, Skewers, Rims, Clincher Tyres, Tubular Tyres, Inner Tubes, Custom-Built Wheels and pre-built Wheelsets. As we are specialists in this field, we have a product range to be proud of. For example, PMP, Royce, Campagnolo, Shimano, USE, TA, Marchisio, FRM, Mavic, Ambrosio, Continental, Vittoria, Schwalbe are all represented in our range, plus many more top quality manufacturers. Additionally, our prices are extremely competitive, for example:-

Continental GP - £10.96 for 1, £21.23 for 2; Hutchinson Carbon Comp Gold - £21.19 for 1, £41.16 for 2; Vittoria Ultra Light Inner Tubes - £1.96 for 1, £7.56 for 5; Shimano Dura-Ace Hubs (pair) - £113.02; Michelin Axial Pro Light - £17.38 for 1, £32.72 for 2.

If you compare these prices to your local/national supplier you may now want to consider making The Wheel Centre your number 1 choice for bike supplies. We run permanent special offers for cyclists wishing to purchase certain products in quantities larger than 1 unit. For example, Tacx Team Water Bottles are £29.74 for 15 (£1.98 each) and SIS Go Bars are £19.00 for 24 (£0.79 each). These bulk discounts run on products which are normally purchased more frequently than say a Frame or Wheelset - Handlebar Tape, Inner Tubes, Nutrition Products, Socks, Tyres, Water Bottles and Rims. We will offer larger discounts if you are a BCF, RTTC or BTA club secretary ordering on behalf of your members.

We appreciate that you may not just be looking for 'wheel' products for your bike. Therefore The Wheel Centre are committed to supplying the entire range of components & accessories from Water Bottles & Bottle Cages to Turbo Trainers. For example, Time Quartz shoes are £136.83; Campagnolo Record 10Speed Ergo Levers are £148.73; Shimano Dura-Ace Rear Mech is £54.01.

Please give us an e-mail (thewheelcentre@bellairhayeworldonline.co.uk) or a phone call between 09:00-18:00 Mon-Sat (01297-560352 01297-560352) if you require more information. You may request a price list by sending a S.A.E. to:- The Wheel Centre, Bellair Haye, Berne Lane, Charmouth, Dorset DT6 6RD

Our Internet site will be up and running very shortly, where you will be able to view technical information, pictures, prices, and order on-line.

Thank you for your time. I look forward to your custom. Luke Ray The Wheel Centre

I have pleasure in informing you that The Wheel Centre is now "on-line". You can now view our product range and prices via the following web page: -

<http://www.bellairhaye..worldonline.co.uk/>

O.M.A. NEWS

Our annual Remembrance Service at Newnham on the 18th Nov., was well attended- a few old faithful's missing - due to various other commitments, we were welcomed by The Rev Roy Kilford, he is getting to know a familiar face or two by now even if he only sees us once a year.

We all gathered in The George for coffee prior to the Service, and to order our lunches, then off we went to the Church, we noticed how bright it appeared this year, and discovered from the Vicar that it had been decorated 2nd with the lovely flower arrangements around it looked very peaceful. After the Service we gathered by The De Laune Tablet, where our Pres read out the names of our members lost in the Wars, he also added the Regiments they served in and where their Graves were located, this all made interesting listening, he then laid our Poppy Wreath, we had our minutes silence before returning to the Church, where the ladies made us welcome once again with refreshments, and a chance to chat to other people from the congregation about their village etc. I noticed a few 'cyclists' joining us but I'm afraid I did not notice from whence they came. I expect Malcolm will mow. None of our young Vets came by bike this year. It was soon time to troop back to The George for lunch, the new Landlord made us all very welcome, even though he and his staff were extremely busy. We did notice the changes inside which made the atmosphere very nosy. The lunches were excellent, everyone agreed on that, we could say that there was too much food even for The Do Laune, but we must not complain about that. As always everyone soon settled in to the chattering mode, nice to see everyone's happy faces, catching up on the chat since they last met, and of course 'old times'.

It was a very good day -as it always is when we all get together, I'm sure you all, agree with that. So until the next members O.M 'Do' thanks for your company. Hope to arrange with Mike a date for The Blackheath Supper in late March/early April. See you all there. So, here's wishing you all a Merry Xmas & Fit & Healthy 2002.

Dot & Ken

THE LAST DAY FOR COPY TO BE

INCLUDED IN THE NEXT ISSUE IS
WEDNESDAY 19 December 2001

THIS SHOULD BE SENT TO:
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