

the Sydney Cyclist



NEWSLETTER OF THE SYDNEY CYCLISTS' CLUB AND THE SYDNEY CYCLING CLUB

SEPTEMBER 1983

BONWICK WINS !

Fortunately for the sake of the race organizers, the morning of Sunday, September 11 arrived fairly bright and clear. The CARNIVALE CRITERIUMS were scheduled for the 'new' Opera House Circuit. The programme for the morning included six (6) races, with promise of a truly national field, as the event followed the National Championships held during the week. The SYDNEY CYCLING CLUB was represented in only one event, with the late entry of Mark Bonwick. Where were all our other riders ??? When the riders were called for this 'C' grade event, a large contingent of Randwick-Botany riders barged their way to the front of the grid. The starting bunch comprised thirty riders, and the Randwick boys must have thought that the best thing to do was to get to the front and stay there; however, this tactic did not prove too successful. A small, but strong bunch - including Mark - stayed at the front and controlled the pace, with sprint primes taken by a late entrant A. Faint and R. Vial of Sutherland. After the last sprint when the other riders let up, Mark kept the pace on and rode through the lead bunch to stay away until a very clear margin was created at the finish. A great demonstration of tactics and power was displayed by our winner.

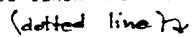
T.G.I.O.

While on the subject of the CARNIVALE CRITERIUMS, mention must be made to the dedication of a few of our members who have done so much to make the event a great success. BRUCE VOTE must be recognized as the backbone of the whole event, keeping things rolling through thick and thin. Bruce spent untold hours dealing with the numerous meetings and negotiations which must be done to try to arrange this complex event. Perc Carter was most helpful in dealing with the Police Department and Urban Transit Authority, and for organizing the marshalls on the day. Clay Kesting was very effective in obtaining many of the prizes, while Alan Revell and - once again - Bruce must be thanked for organising the sponsorship from Lend Lease. The Juvenile Race sponsorship in the form of scholarships was the envy of the day. John Sunde, through CYCLING AUSTRALIA was able to provide some early promotion and sponsored the programmes for the event. Overall, the event was very successful, although there was some trouble on the morning with the setting up of the circuit, as there was a marathon run concurrently... Many thanks to the club members who lent a hand on the day, but Thank Goodness It's Over !!!

The next weekend tour is planned for the last weekend in October (29 & 30). The venue for the Saturday night will be the charming BUNDANOON HOTEL, which proved so popular last year. This will be a great opportunity for riders of all levels to tour in very pleasant countryside, combined with the excellent surroundings of the Hotel. The cost will be \$40.00 per person to cover dinner and accommodation on Saturday night, and Sunday breakfast. Numbers are limited to 25 persons, so it is important to book early. Send your payment to: P.O. Box 361, Paddington 2021 and contact Paul Montesin for specifics. (519-6215)

Riders looking to log a few miles on the day can join a group which will leave from Penrith and ride along the Mulgoa Road, through Oakdale and on to Picton. Then along the Old Hume Highway onto the Range Road going south of Mittagong and out to Bundanoon.

On Sunday, the group can ride down to Burrawang and on to Robertson, through the Macquarie Pass to Albion Park. After crossing the Princess Highway the ride will go past Lake Illawarra to the rail station at Wollongong.

Riders not wishing to do these distances, may take the train to Moss Vale and ride to Bundanoon. There are numerous picturesque rides around the Southern Highlands, and trains can be taken from Bowral and Mittagong as well. Or, just come by car and enjoy the pleasant surroundings. (dotted line) 

Enclosed find \$ _____ (\$40 per person) to cover the cost of _____ persons for the 1983 Southern Highlands Tour. This payment covers accommodation, Saturday dinner and Sunday breakfast; but does not include the titanium bottom bracket.

NAME (S): _____

S.H.T.'83

POSTCARD received by John Beauchamp

August 17, 1983

"Just a few lines to say I hope all is well with all of you. I cycled up to John O'Groats from London. The weather was very good until today when it rained some. I hope to ride back tomorrow along the west coast of Scotland. The roads are very good but I have had a lot of headwinds all the way. Kind regards to all.

Frank Brandon

October is "CYCLING MONTH"

6 October - BINSW A.G.M. at 7:30 P.M.

16 " - RIDE OF THE CENTURY
5000 cyclists are to converge on the Domain 11:00 - 12:00

RACE OF THE CENTURY
International cycle race starting at 1:30 P.M.

23 " - GREEN VALLEY TWIN CENTURY
50, 100, 150 & 200 km. rides

29-30 " - SOUTHERN HIGHLANDS TOUR '83

6 November - Club Time Trial and Picnic
Royal National Park

Russell Moore has returned from the granddaddy of Audax events - the Paris/Brest/Paris in which he participated, along with Stephen Poole and Frank

Brandon. The fastest times for the event were in the 40 hour range, with over 2,000 participants. The total distance being 1200 km. with riders having to complete in 72 hours to be considered as official finishers.

Frank Brandon finished in 70 hours 30 minutes, while Russell took 74 hours and Stephen took about 80 hours. Russell slept only 3 hours during the first leg (to Brest), but had to get a good 'solid' eight hours on the second leg back to Paris. During the ride he met Lon Haldeman (the Trans-America winner) who was riding pace for his wife. Russell commented on how pleasant they both were during the ride.

Stephen has already begun to train for the next event, so we hear. Frank is now Touring around Europe with his uncle (by car)... Russell is back in Australia and preparing for the GREEN VALLEY TWIN CENTURY a ride which we all enjoy, and look forward to (23 October)...

GOULBURN TO LIVERPOOL CLASSIC '83

Several Club riders once again contested the famous 'Goulburn', although bad luck kept some of our better hopes from entering this year. Alan Revell was still in a cast from his skiing accident and Michael Griffith was without a bike, as his Kesting had been bent in an accident in Centennial Park.

On the Day, Perc Carter, Bruce Vote, John Burraston and Dave Stakes appeared at the rather wet starting line to set off for the 200 kms. of hard riding. And it was to be hard with cross or head winds all the way.

This was to be a Scratchman's race. Burraston had a disadvantage in having to set off with a faster handicap, unfortunately, he came off during the race near Mittagong and is now nursing a badly sprained arm.

Bruce, Dave and Alan Smith kept up the pace for a long time, with Stakes riding very, very well. Dave stayed with the main bunch until the Razorback, and then managed to ride strongly to finish well up in the placings. Bruce and Alan were both able to collect their medals for finishing in the top 100 riders, while Perc had the bad luck to break spokes and have to withdraw from the event.

The winning time was 4 hours 38:33 taken by Roger SUMICH from New Zealand, who was the winner and fastest rider for the day. Gary Turner (Cab) was second and Mo Shannon (St.G) was third. Stan La-Vin, a new Randwick-Botany rider placed seventh, nearly winning the bunch sprint.

THEATRE PARTY

PERC AND DES CARTER ARE PLANNING A THEATRE PARTY TO SEE "PHAR LAP" IN THE NEAR FUTURE. ANY MEMBERS WHO WOULD BE INTERESTED IN PARTICIPATING IN THIS EVENT SHOULD CONTACT PERC AT 339-5373 AND ASK FOR DET. SGT. CARTER

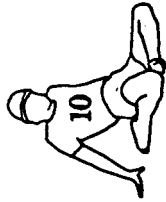
118 • ROUTINES

Before and After

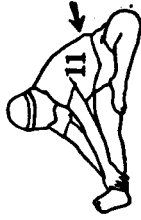
Cycling

Approximately 10 Minutes

12
Repeat
8, 9, 10, 11
other leg



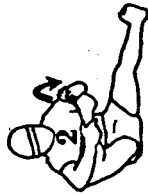
20 seconds
(page 33)



30 seconds
(page 34)



5 times
each direction
(page 29)



10 times
each direction
(page 31)



30 seconds
(page 24)



30 seconds
(page 56)



30 seconds
each side
(page 24)



3 times
5 seconds each
(page 25)



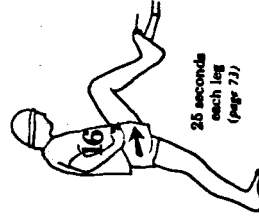
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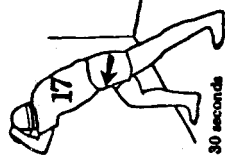
20 seconds
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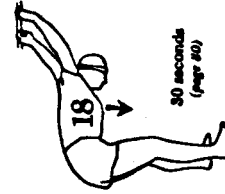
5 seconds
(page 35)



25 seconds
each leg
(page 71)



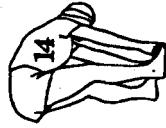
30 seconds
each leg
(page 71)



30 seconds
(page 80)



15 seconds
each leg
(page 74)



30 seconds
(page 52)



20 seconds
(page 65)