

DECEMBER '88

# the SYDNEY CYCLIST

NEWSLETTER OF THE  
SYDNEY CYCLING CLUB

## ANNUAL GENERAL -- held Bronte Surf Club 1st November '88

The Club's 1988 Annual General Meeting was held as usual on the 1st Tuesday in November, some hours after another event of national importance. Attendance wasn't too bad at 21, with 6 apologies. The secretary reported 8 new members & 8 probationary members, with a loss of 14 members during the year. The treasurer reported a bank balance of \$734.58 at the end of September, with \$1,642.37 invested in an interest bearing deposit. The club also had assets in club jerseys.

The president in his report thanked the outgoing Executive for their work during the year, especially Bruce Vote for help with the Criterium & Don Sigsby for the newsletter & general assistance. He also thanked Michael Griffith & Paul Montesin for coaching. He stressed the need for commitment from members, particularly from those who offer themselves for the committee.

In accordance with the club's constitution, all Executive positions were declared vacant, & elections were held. As a result, the new committee is:

President:	Bob Greig
Secretary:	Juel Briggs
Treasurer:	Brian McQuarrie
Race Secretary:	Michaela Evatt
Tour Secretary:	Spencer White
Newsletter Editor:	Janeen Greig

This year's membership fees were fixed at \$22, being a 10% increase on last year, to cover increased costs. In future fees are to be increased in line with the CPI. Fees are now due.

General discussion followed on next year's calendar of events & the time trials, with spirited debate on the use of "funny bikes" and disc wheels etc. The mood of the meeting seemed to be that it was regretted that members who had spent money on special equipment had not had the opportunity to use it in club competition. Accordingly, a motion proposed by Steve Turner was passed, to the effect that the new Executive at its first meeting would consider the use of disc wheels & funny bikes & formulate rules for the running of time trials in 1989.

The Executive subsequently met on 9/11/88 & their decisions appear on page 3.

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JERSEYS

MICHAEL GRIFFITH HAS NEW STOCKS  
OF JERSEYS AT \$50 and TRAINING  
JACKETS AT \$55 -

Phone Michael on 699-9681

## SOFALA TORTURE:

This year's Sofala weekend started at 6.30 am in the Park on Saturday 29/10/88, and nearly finished at 12.30 in Bud's Hotel in Tarana, on the same day. The day began with promising mild sunny conditions; starters were Alan Smith, Ruth Darling, Brian McQuarrie, Bob Greig, Clay Kesting, Kerrie Eaton and Mark Bonwick. Juel Briggs drove the sagwagon, & Gwen Chance and Janeen Greig made up the numbers. We met at the Paragon in Katoomba for breakfast, but as they now don't open until 9, we didn't leave Lithgow till after 10.30. By that time the temperature was climbing rapidly and the wind had picked up to just under gale force.

The very first big hill, the climb up to the Rydal road from the Lake Lyell dam, was a nightmare. It had a loose dirt surface, was as steep as buggery, and with a howling hot westerly headwind, the going was tough. When the going gets tough, the tough start walking - all except the superhuman Mark Bonwick, but even he zigzagged. Bob Greig did too, but so slowly that Clay & Alan passed him walking. Brian had a slipping chain, Ruth was stung by a bee on the inside of her thigh & Kerrie, being the only sensible one, was in the car with Juel all the time. It took two exhausting hours to ride the 30 kms from Lithgow to Tarana; after some schooners of lemon squash and with the scheduled lunch stop still 37 kms away, the six pushed on at about 1 pm. Bob Greig faded after 24 kms, and the rest reached Kelso at 3 pm.

After lunch in a (very welcome) air-conditioned cafe, Bob, Alan & Clay accepted lifts, and the remaining three turned north on the Sofala Road, with 45 kms to go. By this time the temperature was dropping a little, as was the wind, which was now a cross wind. The ride up the valley was much easier & good time was made. At the top of Mt Wiagdon (another nasty hill) Clay & Kerrie rode on, while Alan & Bob waited for the others, then all rode to Sofala together, which they reached just before 6 pm.

It's amazing what a couple of drinks can do - soon everybody was showered & changed & ready for a memorable meal at the Sofala Cafe, where we discovered that Clay had a previously unknown speech impediment. Accommodation for the night was in the old Parsonage (c.1872) where Ruth slept in the Bishop's suite in a brass half-tester bed covered in purple lace curtains, & the old school house (c.1875).

After losing an hour's sleep at the start of day-light saving, all riders except Kerrie faced the awful climb out of Sofala, with no downhill to build up pace first. At the top of the hill 15 km of dirt road started. Bob had two punctures (which he fixed while the rest had an early morning tea), closely followed by two more, front and rear at the same time. He called it quits and got a lift to Ilford, and drinks.

We then turned south. Kerrie rode from Ilford, and with a big hill just out of town, wished she hadn't. The day wasn't as hot as Saturday, and the wind was a cross wind & not too strong. All made good time to lunch at the Capertee hotel, where Mark revealed his secret: while everyone else had salad sandwiches & the like, Mark had a mixed grill & chips.

After lunch the ride to Lithgow was uneventful, though everyone was feeling tired from the effort of the previous day. We reached Lithgow a bit after 4, where we had afternoon tea & cleaned up a bit before heading back to Sydney. Everyone's thanks go to Mark, who rode out front the whole way. He was elected Leader of Dad's Army. Thanks also to Juel, Janeen & Gwen for sagwagons, tea, cakes & iced water. We all eagerly await next year's ride, by which time we may have forgotten this year's.



KERRIE & CLAY

## EXECUTIVE MEETING held on 9/11/88

The meeting was basically a discussion on the format for the club's activities in 1989. Major debate centred on the organisation of the time trials. It was decided that the main difficulty i.e. the bikes permitted to be ridden, arose from trying to run two conflicting events, the time trial championships and the handicap event, using the same set of lead-up races. Therefore, the Executive decided that there would be two time trial seasons next year.

The first or autumn season will be a series of eight fortnightly time trials from February to May inclusive. These will be alternating short & long course rides, on any bike members wish to ride. It was acknowledged that the disc wheel is the only equipment which really has a significant effect on times, therefore the only restriction is that members riding with a disc wheel must ride it in all trials - no changing half way through the season. The autumn season will finish with the handicap championship in late May or early June.

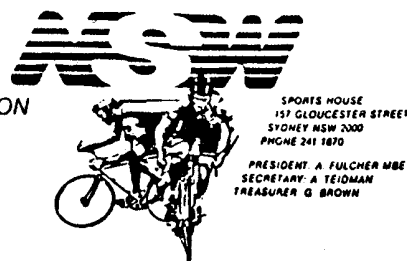
The second or spring season will be eight fortnightly time trials from August to November inclusive. It will be for standard road bikes only as defined by the Federation. Once again, short & long courses will alternate. The club time trial champion in women's, men's & veterans' categories will be the person with the best average over a minimum of 2 short & 2 long rides in that period. Because of the disruption caused by rainy Saturdays this year, the Executive decided that if a time trial is cancelled because of rain, it will be postponed to the following Saturday. This rule will apply to both autumn & spring seasons.

Tours: It was decided that there would be two touring seasons also, in February to May & August to November. Each season will consist of four rides, being two weekend & two one-day rides. Tours will be held on the 3rd weekend of each of those months, resulting in only 1 clash with a time trial during the year.

Meetings: It was decided that general meetings of all members will be held on the first Tuesday of each month from February to November, with the venue at present being Bronte Surf Club. Executive meetings will be held on the Wednesday of the week following the general meeting.



NEW SOUTH WALES CYCLING FEDERATION



### AFFILIATIONS FEES:

Affiliation fees are calculated from 1st January to 31st December each year. Membership/Licence cards should be carried when attending race meetings or Federation meetings as proof of membership. Your CARD MUST BE CARRIED WITH YOU WHEN TRAVELLING INTERSTATE TO RACE. Members transferring from one club to another must re-affiliate with their new club - the old card MUST be returned, when applying for a clearance, on receiving the appropriate fee a new membership/licence will be issued.

Non competitive	\$15.00	Juvenile 1	\$25.00
Veterans	\$46.00	Juvenile 2	\$20.00
Seniors	\$46.00	Juvenile 3	\$15.00
Juniors	\$40.00	Juvenile 4	\$15.00
Women - as per category		Club	\$50.00

LAST ROUND TIME TRIAL RESULTS29/10/88 (Unofficial)

Jeff Page	15.56
Ralph Cimino	15.59
Francis Murray	16.09
Ian Hood	16.15
Michaela Evatt	16.38
Bill Clements	16.38
Robert Maestri	16.39
Alan Lumb	16.59
Stuart Mirabello	17.05
Anton James	17.43
David Bullock	18.18
Matthew Marlow	18.56

5/11/88 (official)

Hugh Milner	15.32
Steve White	15.59
Bruce Lamb	16.11
Michaela Evatt	16.36
Brian McQuarrie	15.54
Clay Kesting	16.48
Frank Milner	17.00
Ruth Darling	17.10
Anton James	17.16
Steve Turner	17.33
Matthew Marlow	19.24

## \*\*\* HILL CLIMB CHAMPIONSHIP \*\*\*

The second Sydney Cycling Club hill climb championship was held on November 12th, on a course following Hopetoun Avenue, Vaucluse. The course was approximately 2 kms long, with a gentle to medium slope, and the road surface was in good condition. There was more traffic than we would have liked, but not as much as on the narrower course in Bellevue Hill last year.

Results: Mark Bonwick	4.24.33	Jeff Page	4.35.18
Bruce Lamb	4.43.02	Ian Hood	4.43.77
Steve White	4.47.94	Francis Murray	4.49.14
Bill Clements	4.54.52	Ralph Cimino	5.01.05
Robert Maestri	5.02.46	Ruth Darling	5.06.57
Frank Milner	5.10.67	Anton James	5.11.95
Walter Rolli	5.21.95	David Bullock	5.23.69
Michaela Evatt	5.26.75		

Bill Clements was thrilled with his result, and will always race in future with a blood alcohol level of 50% Sambuca. Light relief was provided afterwards when Walter locked his keys in his van - however Bob the Barrister gave evidence of his mis-spent youth when he broke into the van with alarming ease.

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CITY TO THE 'GONG

A number of club members rode in the annual City to the 'Gong ride held on November 20th. Frank Milner, Alan Lumb & assorted others rode as solo entrants, but Clay Kesting, Kerrie Eaton & Michaela Evatt rode as members of the Woolly's Wheels Super Heroes team - Clay was dressed as Spiderman; I'm not sure what the girls were dressed as but I understand that they spent most of the day with their arms clasped across their chests, when not actually riding a bicycle.

*PARK NEWS: there has been no further news on the Trust's response to the Traffic Study.*

*A local Citizen's Action Committee has been formed to fight the proposed changes.*

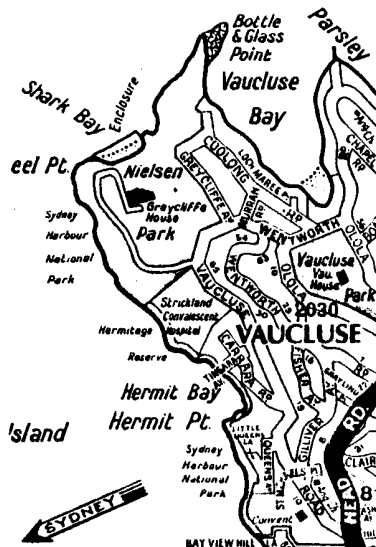
Good to see Jack Browne at the Annual General Meeting - having a dose or two of Dr Foster's brown medicine with Matt Marlow.

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 \*\* CLUB PICNIC \*\*  
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When: Sunday 11th December

Where: Nielsen Park,  
 Greycliffe Avenue,  
 Vaucluse (see map)

At: 9 am onwards



For those who haven't been there, Nielsen Park is a lovely grassy area with lots of trees, a netted harbour pool & a nice beach. There are spectacular views up and down the harbour.

The picnic will start at 9 am for brunch, and continue into the afternoon. Come for an hour or two, or for as long as you like. Bring your own food & grog, a barbecue will be available to cook on. There is plenty of room for kids to play - bring frisbees, cricket gear etc. Come over after your Sunday ride, for a swim, champagne & orange juice and/or lunch. Snooze in the sun. N.B. Bike riding is prohibited in the park, but wheeling a bike isn't.

Early arrivals will establish themselves on the headland to the right, above the beach. About 50 metres after entering the park, there are steps up to the right. Go up & about 100 metres past the women's toilet, there we'll be. Parking can be difficult later in the day, so come earlier rather than later. Why not leave your car there at 6 am, ride to Centennial Park, & back again after your normal ride?

SEE YOU THERE !

FEES FOR 1989 NOW DUE:

**\$22**

Fees are payable by 31/12/88 - pay any Executive member in the Park, or (preferably) post a cheque to:

Sydney Cycling Club,  
 P.O. Box 547,  
 Paddington, NSW 2021

*There was movement in the Park, for the word had got around,  
That here at last was Time Trial Handicap day,  
There were bikes a plenty, some were worth two thousand pound,  
Many riders had gathered for the fray ...* (sorry, Banjo)

Many riders there were indeed - out of an eligible 33 riders, 21 turned up on 19 November for the competition. Russell Black & Helen Marcus, who hadn't ridden all season, were allowed to start off scratch in the 1st heat. Two heats of two laps each were run, with the first six across the line in each heat going into the final. Helen & Russell were timed individually, but their times weren't good enough to have been in the first six in heat one.

Finishers in the heats, and their starting handicaps, were:

<u>Heat One</u>		<u>Heat Two</u>	
Walter Rolli	00.45	Alan Lumb	01.15
David Bullock	00.30	Michaela Evatt	01.30
Francis Murray	01.30	Ralph Cimino	01.30
Mark Bonwick	02.15	Ian Hood	01.30
Steve White	02.00	Anton James	00.30
Frank Milner	01.15	Matt Marlow	00.00

These riders went into the final, again of two laps, & off the same handicap. With four riders starting on 01.30, a good bit of bunch riding should have gathered in the earlier starters, but it was not to be. An excellent ride from David & Anton, starting at 00.30, saw them still in front at the finish. David finished first, with Anton 20 metres behind second, and Ian Hood third.

It was good to see Mark Bonwick & Matt Marlow, starting from maximum handicap & scratch respectively, both in the final. Best ride of the day goes to Matt, in heat two - he had been caught by the bunch at the end of the first lap, but was still in the first six at the end of the second lap. There's a few newer riders who could learn a thing or two from an old fox.

Congrats to all who took part, & thanks to Bob, Janeen & Juel for timekeeping.

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#### PARK RECORD !!!!

The club's timekeepers were approached on 19/11 & asked to time Martin Renwick, who was going for the record for two laps around the Park. Previous holders of the record (timed in our time trials) were John Sunde at 10.27, & Michael Kiernan at 10.24. Martin put in a scorching 9.56 (WOW!!).

It's interesting that our non-serious-racing club seems to have been adopted by the Boys in the Bunch as the official keeper of the record.

Westervoort, Holland, 1/10/88

Dear Juel,

A very big HUG & Hallo - so much to tell you. As you know, the trip is finished (hooray). Morocco was very touristy, and I lost my head and blew the budget into the year 2000. I bought a carpet - a beautiful antique, hand-worked Berber kilim. I refuse to tell anyone how much it was, but it's reduced my travelling by 6 months! When we arrived in France & Spain it was freezing. I had a little accident in Spain - walked over a 30 ft cliff one night. I thought I was going to die, but only had a twisted ankle and a few scrapes & bruises.

London was awful! I was there for 6 days & went through a 6 day depression. I think it was because the pace was too fast and furious, after the slow relaxing pace of Africa. Probably any big city would have had the same effect. I bought some clothes as I didn't want to arrive in Holland looking too bedraggled.

I was very surprised at my reaction to coming to Holland - I really felt as if I was coming home. I am very spoilt here. The relatives want to take me here, there & everywhere. All I seem to do is talk, drink coffee, drink beer, eat yummies and lots of cheese. My understanding of Dutch is surprisingly good, and I'm learning more every day.

Went for a bike ride a few days ago for 3 hours - was absolutely worn out by the effort. Not racing bikes, but the trusty old Dutch, heavy, 3-speed "sit up and beg" type bike. My aunts whizzed along while I struggled behind. Beautiful countryside - very cliched postcard stuff - dykes, young & old on bikes, green pastures, the Rhine River alongside, black & white cows, but only one windmill.

Also went swimming this morning - talk about fitness - absolutely zero. I want to get fit for skiing, so I'd better do bulk cycling & swimming - can't run at the moment with this ankle. Skating will be possible later this month, and my cousins even have skates for me (speed style). Swimming is very popular with the older ladies who breaststroke up and down the pool whilst chatting with friends. Very social. I was the only one doing freestyle. I'll be here till late November, then to Austria & hopefully get a job.

Anyhow, that the news for now. Say hallo to everyone, lots of love,

Rosemarie.

**PRO-AM**

**AUSTRALIA'S PREMIER CYCLING CLASSIC**

**SYDNEY "1000"**

**CAMPERDOWN VELODROME**  
Ross Street, Camperdown

**SUNDAY, DEC 11,**  
Main programme: 3.00 pm

**CLAUDE HEATHCOTE**

**10,000 Metre Memorial Trophy**  
Ladies, Juveniles & Veterans

**\$5,000 - PRIZE MONEY -**

**PRESENTED BY The DULWICH HILL BICYCLE CLUB**

**BE THERE** **DON'T MISS IT!** **ENTER EARLY!**

**NSW Cycling Federation**  
PO Box 2343, Nth Parramatta 2151

**League of NSW Wheelmen secretary,**  
Norma Sumner 48 Castley Circuit, Kambah.

For more information contact  
Harold Summers (02) 560-6076 or Camperdown Velodrome (02) 516-4415 ACT 2902

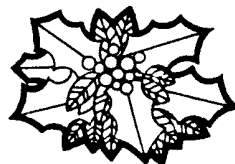
NEW MEMBERS:

Chris White,  
147 Rainbow St Randwick  
Phone: 398-7773

Stuart Mirabello,  
25 Yanko Avenue, Bronte  
Phone: 389-3747

PROBATIONARY MEMBER:

Gerald Freedman,  
P.O. Box 574,  
Morley, W.A. 6062



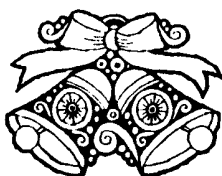
**TATTLE-TATTLE  
TATTLE  
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## QUOTABLE QUOTES

from the Sofala tour

- CLAY KESTING: *"I'll just read you the menu in my best schoolteacher's voice."*
- BRIAN McQUARRIE: *"That was the hardest ride I've ever done - I'm turning into a wimp."*
- BOB GREIG: *"Anybody got a spare tube?"*
- KERRIE EATON: *"That's the last time I ever believe Bob when he says it's all flat from here."*
- ALAN SMITH: *"When I was a whipper snapper we rode on cane rims."*
- JUEL BRIGGS: *"I'm just going for a short run."*
- MAN WITH RED BERET: *"I'll just show you my burns."*

Re the recent government proposal to allow people to ride through red lights: Alan Revell reckons it's time they acknowledged that he's been right all along.



## End of year round-up

### HATCHINGS & MATCHINGS

#### DEPARTMENT .....

To Jeff Page & Lee - a son,  
9 lb something. Congratulations!!  
A new set of cleated booties coming up.

*Spencer White married Lourdes St George at Terrigal on 3/10/88. The bride wore a white lace wedding sari & the groom looked magnificent in a black bolero jacket with red cummerbund. Much happiness to you both.*

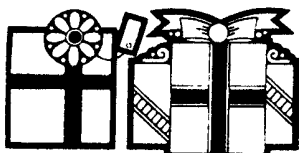
Juel has moved into her new house at last - the address is:  
4 Ferris Street Annandale  
Phone: 550-0952

Michaela is moving in to share with Juel.

Ruth Darling has changed her address, too:

Unit 4, 108 Reserve Rd,  
Artarmon. Ph. 411-7557

Bruce Lamb has moved in with Steve White at his glebe abode.



## Separate bikes and vehicles

Pushbike riders are four times more likely to be killed or injured in crashes than motorists.

The increasing popularity of pushbikes is matched by increasing deaths and injuries of cyclists, and young people are over-represented in these casualties.

The NRMA has told Staysafe, the Joint Parliamentary Standing Committee on Road Safety, that further research is needed into ways of separating bicycles from other traffic, increasing visibility of bikes and riders, promoting the use of helmets and protective clothing.

Rider education and law enforcement programs should be evaluated to ensure they were the most effective possible.

## Goings

Helen Marcus & Gary Priest (& young Oliver Bruce, of course) are moving to Canberra for a couple of years. Gary works with the Defence Department. Helen says there'll always be a bed for SCC members. Their new address will be passed on when they find a house. We'll miss you - good luck!!

JACK BROWNE: "Those new handlebars - I call them steer horns. There's a horn on the left, a horn on the right, and a lot of bull in the middle".



# ANNUAL DINNER

The club's Annual Dinner for 1988 was held on 23 November at the Pailin Thai Restaurant in Stanmore. The food was cheap, plentiful and delicious, which is just what we want for that sort of night. For the first time in history, every member who said they were coming, actually came.

Awards were presented to our club champions - congratulations to them all.

Women's time trial: Michaela Evatt  
 Men's time trial: Steve White  
 Veteran's time trial: Ralph Cimino  
 Time trial handicap: David Bullock  
 Hill climb: Mark Bonwick

The Robert Patrick Memorial Trophy for greatest contribution to the club in 1988 was awarded to Janeen Greig.

Thanks to Don Beavis for suggesting the venue & making arrangements.

\*\*\*\*\*  
 C H R I S T M A S  
 C O A S T  
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Don't forget the \*\*\*CHRISTMAS COAST\*\*\* - for those who have time to spare on Christmas Day.

The idea is to meet at the Ocean Street gate of Centennial Park, where we start the long course time trial, and, with taped cranks to discourage cheating, coast downhill for as far as you can, i.e. until you fall off. Don't worry, by that time you're going so slowly that you don't hurt yourself. Obviously, braking at any stage is not a good idea, unless you're about to run into something.

The winner is the person who goes the furthest. Previous winners are Bob Greig (after 2 large helpings of Christmas pud) & Jeff Page. Last year's winner must donate the prize of a cheap bottle of champagne for this year's winner.

This year there will also be a prize for the best decorated bike. If nobody turns up, I'll drink it myself.

If you want a bit of fun on Christmas Day, be there at 4 pm.

# CALENDAR OF EVENTS

DECEMBER	11	Club Picnic - Nielsen Park, Vaucluse
		Sydney 1000 - Camperdown Velodrome, 3 pm
	25	Christmas Coast - Centennial Park, 4 pm
JANUARY	14	NSW Madison Championship, Canterbury (CF)
	21/22	Metro Championships, Canterbury (CF)
	28	Teams Pursuit Championship, Canterbury (CF)
FEBRUARY	7	General meeting - Bronte Surf Club
	11	Club time trial - Centennial Park, 7 am
	10/11/12	State track championships - Canterbury (CF)
	17/18/19	" " " " " "
	19	DAY TOUR TO TERRIGAL
	25	Club time trial
	26	Omnium Champion Championship - Canterbury (CF)
MARCH	3/4/5	Australian Veteran Championship - Canterbury (CF)
	7	General meeting - Bronte Surf Club
	11	Club time trial
	11 to 18	Australian Track Championships - Canterbury (CF)
	18/19	WEEKEND TOUR TO KANGAROO VALLEY
	25	Club time trial

## NOTICE

The next General Meeting will be held on the first Tuesday in February, that is, on the 7th. There will not be a general meeting in December or January - further details about the February meeting will be published in the newsletter at the end of January.

THERE WILL NOT BE A NEWSLETTER PUBLISHED AT THE END OF DECEMBER - the next newsletter will be posted in the last week of January, 1989.

*Merry Christmas  
and  
Happy New Year*