

the Sydney Cyclist



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

MAY 1984

BATHURST '84

Unfortunately the proposed BATHURST AREA TOUR has had to be postponed, as there was apparently too little interest shown in the event. John Beauchamp had circulated information on the proposed tour earlier; however, the response has been rather minimal. Apologies to our intended host, Owen Lowe for any inconvenience which may have been caused.

Some consideration is being given to trying to organize this event on a date later in the year; however, no further date is being made at this time until participation in the other Club Tours is evaluated...

LADIES TIME TRIAL

THE SECOND LADIES TIME TRIALS ARE SCHEDULED FOR THIS SATURDAY, 12 MAY IN CENTENNIAL PARK. THE COMPETITION WILL BEGIN AT 7:30 A.M. MEETING AT THE KIOSK.

THE EVENT WILL BE THE SAME AS 1983, WITH EACH RIDER DOING TWO LAPS OF THE REGULAR CYCLEWAY CIRCUIT IN THE PARK.

PRIZES:
BEST TIME - BOTTLE OF FRENCH CHAMPAGNE
2ND - LOCAL CHAMPAGNE
3RD - LESSER LOCAL CHAMPAGNE ;



CONTINENTAL BREAKFAST TO FOLLOW THE EVENT



The APRIL MEETING which took the form of a video nite was very popular. Bruce Vote played host to several club members and their guests. We were able to review the last LADIES TIME TRIALS and a replay of the 1983 Goulburn to Liverpool race.

Several European road and track races were also viewed, with a great amount of attention being given to the technique used by the professional riders. John Sunde brought along a copy of the Phil Anderson documentary about the 1983 Tour de France. This proved very popular, generating much comment. Everyone went home well-saturated with bicycling events and the good food prepared by Elaine.

JUNE 5

Next Meeting

Obtaining the optimal position on your bicycle is not an easy task. Practical experience, good sense and some sound advice will often benefit any rider - especially racers - in becoming more efficient in cycling.

Every rider has some difference of opinion in just what is the 'best' position on the bike. Modern philosophy tends to emphasize a more forward position for most riders, however each person's physique must be evaluated.

BIKE FIT MEETING: The June Club Meeting will provide some expertise on the subject of obtaining your 'best' fit on your machine. MORE DETAILS TO FOLLOW...

PADDINGTON
LOWE HILL

TOSH '84

The Easter long weekend saw several Club riders participating in another event organized by AUSTRALIAN CYCLE TRAILS. Warren Salomon, Bruce Vote and Don Sigsby participated in the T.O.S.H. (Tour of the Southern Highlands)'84 as staff members taking on duties such as general organization, catering and cooking and tour leadership as part of training for future A.C.T. events.

John Beauchamp had advised the Club of the event and several members replied. Martin and Mike Hanley once again participated, joined by John, Desma and Perc Carter for the four day ride.

The event starts at Wallacia and proceeds to Thirlmere Lakes N.P. for the first night of camping. Bruce whipped up a mighty meal of Spaghetti for the forty some participants.

The following morning brought clear weather, and the ride through Balmoral and Hill top was very pleasant; although some riders opted for a ride along the Old Hume Highway. We all met at Bowral for lunch. Somebody took this opportunity to nick John's sandshoes, so he was in cleated shoes for the remainder of the trip! (thank goodness for added heels.)

After lunch we proceeded on to Bundanoon to camp in the caravan park. The lure of the BUNDANOON HOTEL was too great, and certain members crept away for a few cool ales. Some stayed on for the great meal, which caters for our S.H.T. A meeting on the future plans for A.C.T. events followed with a great deal of discussion about the Bicentennial year. No clear objectives were forthcoming !!! Perc demonstrated a new technique for tunneling through conference tables, followed by a discourse on how not to deal with wombats!

Sunday morning had John, Desma and Perc serving out porridge and scrambled eggs under my supervision. After cleaning up and decamping, we proceeded on through the very pleasant stretch of road from Bundanoon to Marulan. Bruce, Perc and I were wondering if this was to become part of the 1984 Goulburn to Liverpool route.

Tea and great chocolate cake at the diner in Marulan was followed by a quick run down the freeway shoulder into Goulburn for lunch at the PARAGON.

After lunch, it was onto the road to Braidwood and into some very lovely pastoral landscapes with the Dividing Range serving as a backdrop. This area provides some very relaxing riding along the Chain-of-Ponds past small villages such as Tirranville and Lake Bathurst. A final push put us in Tarago and setting up camp at the village hall. That evening John, Des and Perc helped with a feast of curry. After the meal we were distressed to find that the pub had closed for Easter!

On to Bungendore for Devonshire Tea the next day. This village has become very trendy, and one craft shop was most upset when two cyclists propped their machines against what was claimed to be a \$900 painting. So much for art appreciation!

After morning tea it was on to the Captains Flat Road into Queanbeyan for lunch at the velodrome. Bruce set a new track record for a lap with loaded panniers. Finally, off to the train station where about 30 bikes were loaded onto a van in three minutes and back to Sydney (with a cut lunch!)

Bruce got off the train at Bungendore, spent the night freezing then rode to Batemans Bay, via Braidwood to visit his parents; thus logging some 650 kms. for the weekend.

Another event is planned by AUSTRALIAN CYCLE TRAILS later in the year. Word has it that some of the 'heavies' in A.C.T. are concerned that the proposed trip to the Hunter Valley may cause havoc if the notorious Sydney Cyclists Club riders are allowed along. Apparently there is some concern that we will ravage all the vineyards along the way! Who knows, it could be fun.

TOURING NEWS

WHAT HAS BECOME OF OUR INTEREST IN CLUB TOURING ??? JOHN BEAUCHAMP REPORTS THAT INTEREST IN THE PROPOSED B.A.T. '84 (BATHURST AREA TOUR) WAS VERY MINIMAL, AND HAS SUBSEQUENTLY BEEN CANCELLED... IF THERE IS ANY INTEREST, THE EVENT MAY BE HELD LATER IN THE YEAR. (There are no hills between Bathurst and Blayney!)

* KANGAROO VALLEY *

THE ANNUAL KANGAROO VALLEY TOUR WAS ANNOUNCED EARLIER IN THE YEAR - AS WAS THE B.A.T. '84. JUST A REMINDER THAT THIS EVENT, WHICH HAS BEEN ENJOYED BY SO MANY IN THE PAST FEW YEARS, WILL BE HELD ON THE WEEKEND OF JUNE 2 & 3 THIS YEAR. THAT'S NOT VERY FAR AWAY, SO GET YOUR PLANS MADE. WE NEED TO BOOK CARAVANS FOR THE EVENT. CONTACT BRUNO SIBILIA OR BRUCE VOTE BEFORE MAY 18 SO BOOKING ARRANGEMENTS CAN BE MADE.

AS IN THE PAST, RIDES WILL BE AVAILABLE FROM SYDNEY, OR ANY DISTANCE ALONG THE WAY BY VIRTUE OF RAIL CONNECTIONS (CAMPBELLTOWN, MITTAGONG OR BOWRAL). THIS WILL ALLOW RIDERS OF ANY ABILITY TO PARTICIPATE IN THIS POPULAR EVENT.

→ **** CONTACT BRUNO OR BRUCE AS SOON AS POSSIBLE TO CONFIRM **** ←
(389-3144) (399-9452)

It's worth participating just to see who can get lost. Albert Guerreiro and John Burraston managed to take an extended side trip last year. John also turned a most interesting shade of green after demolishing three hamburgers in about five minutes!!!

JUST A REMINDER !!!

For those of you who do read the newsletter, a reminder of the Club's proposed touring events for 1984.

- + KANGAROO VALLEY TOUR - 2 & 3 June
- + PENRITH - MITTAGONG - WOLLONGONG (one day tour) - 24 June
- + Mixed Time Trials - Bunnerong Circuit - 15 July
- + MAITLAND - DUNGOG - NEWCASTLE Tour - 29, 30 September & 1 October
- + BUNDANOON WEEKEND - Bundanoon Hotel: 27 & 28 Oct. (if accommodation available)
- + SHOALHAVEN TOUR - 24 & 25 November

Bundanoon Bash !!!

WHILE STOPPING OVER IN BUNDANOON ON THE T.O.S.H. EASTER TOUR A DISCUSSION WITH THE PUBLICAN AT THE BUNDANOON HOTEL MADE IT EVIDENT THAT WE WILL HAVE TO QUICKLY MAKE ARRANGEMENTS FOR OUR PROPOSED BUNDANOON WEEKEND. THIS WEEKEND EVENT HAS BEEN VERY POPULAR IN THE PAST, WITH ALL PARTICIPANTS ENJOYING THE HOSPITALITY OF THE HOTEL, THE LOCAL RIDES, SPLENDID SCENERY AND ANNUAL GLOW WORM EXPEDITION. THE EVENT IS PROPOSED FOR THE WEEKEND OF 27,28 OCT.; HOWEVER, THIS WILL BE SUBJECT TO AVAILABILITY OF ACCOMMODATION.

IT IS THEREFORE NECESSARY TO GET A CLEAR INDICATION OF WHO INTENDS TO JOIN THE EVENT THIS YEAR. DINNER, BED AND BREAKFAST WILL BE \$42.00. THIS IS A WEEKEND FOR THE FAMILY (CHILDREN AT A REDUCED RATE). IT IS POSSIBLE TO TRAIN DOWN; AS WELL AS RIDING OR DRIVING. IT'S POSSIBLE TO HIRE BIKES AND HORSES IN BUNDANOON, SO THERE ARE ACTIVITIES FOR ALL AND SUNDRY.

* PLEASE CONFIRM YOUR INTENTION TO TAKE PART IN THIS SOCIAL WEEKEND TO BRUNO SIBILIA OR JOHN BEAUCHAMP BEFORE FRIDAY, JUNE 1.

NOTE: Our Touring Secretary - John Beauchamp - will be on holiday from 9 - 24 May, so contact Bruno or Bruce during that time for any Tour confirmations.....

RACING NEWS

SATURDAY, 28 APRIL heralded the first of the Sydney area road race events at Maralya.

The Northern Suburbs Open was contested by Dave Stakes and John Burraston in "C" grade, Albert Guerreiro in "A" vets and Perc Carter in "B" vets. Albert put in a good appearance finishing well up in the bunch sprint, but suffered from having no one to work with. Several Parramatta riders were very effective in blocking him at the finish. A little bit of teamwork goes a long ways!!!

Albert, presently in great form, had some bad luck at the Mudgee Pro-Am earlier in the season. The all too common problem of proper marshalling in events led him to miss a turning and thus miss out on the finishing sprint.

On Sunday, 29 April several Sydney Cyclists Club riders fronted for the NEPEAN PRO-Am event held at the Shane Park Circuit at Llandillo. This very pleasant road circuit was modified this year to allow more exposure for the spectators; however it led to some excitement at times as there were occasions when bunches of riders were racing past the finishing area in both directions!

This was the venue which Mark Kitteridge won "C" grade in last year, unfortunately his university studies have not allowed him time to defend his win. Just as the "D" grade event was being called to the line, Albert Guerreiro shot in with the "C" grade riders to take second place in that event... John Burraston and Dave Stakes were also in "C" grade, but found the pace a bit hard for their liking.

Alan Smith, Bruce Vote, Perc Carter and Alan Revell fronted for the "D" grade event and rode away at a brisk clip for the 60 km. run. An early breakaway by the Sutherland riders was never brought down, and it then became a bunch race.

Perc Carter was brought down in a spectacular series of somersaults, which left him with a broken rib and severe bruising to the liver, kidneys and spleen. Colin MacMillan of Randwick-Botany Club fell in front of Perc for no apparent reason. He is getting a bit of a reputation for that sort of thing - not a good wheel to follow...

Perc is up and about, but still suffering and also having to have repairs made to his frame.

The race went on, and Alan Revell contested the bunch sprint to take out 4th place. John Sunde placed 5th in the "B" grade event, in his new St. George livery, quite an improvement on last year when his wheel collapsed half way round the first lap.

It has been noted that some riders are not wearing their club jerseys in the N.S.W.A.C.U. events. Not only does this contravene the Union rules, but reflects rather poorly on the rider, with respect to pride in his club. Riders not wearing their Club jersey - without good reason - will be suspended for three months in future

WHILE ON THE SUBJECT OF JERSEYS, THE NEW ORDER OF GARMENTS HAS ARRIVED FROM GIRAMONDO IN MELBOURNE. THEY ARE OF A VERY GOOD QUALITY, HAVING A MUCH TIGHTER WEAVE THAN THE SOUTH AUSTRALIAN GARMENTS.

AN IRON-ON LOGO IS BEING ORDERED FOR THOSE CLUB MEMBERS WHO MAY WISH TO APPLY THEM TO THEIR JERSEYS OR OTHER APPARELL.

JERSEY ORDERS OR OTHER INFORMATION CAN BE OBTAINED FROM BRUNO SIBILIA.

T. T. T. 184

The N.S.W.A.C.U. PREMIERSHIPS are scheduled for 30 June at the Castlereagh Time Trial circuit. This event is a four-man team time trials. Once again the Sydney Club will be fielding squads in the Senior and Veterans categories. Frank Conceicao has taken on the task of coaching the squads, and is seen every Tuesday and Thursday morning taking the lads around the traps, smoothing out the wrinkles in their techniques. David Stakes is captain of the seniors, working with Peter Lafferty, Josef Mach, Mark Bonwick and John Burraston; while Bruce Vote is working with Albert Guerreiro, Alan Revell, Hugh Milner, Paul Montesin and Perc Carter. Frank has been very effective in getting the lads to come out for the training sessions, and really has them in good form.

There is a possibility that we may be able to field a WOMEN'S time trials team as well!!! The N.S.W.A.C.U. is presently deliberating on the matter; as there has never been a womens team before. Desma Carter, Rosemary Doyle, Caroline Chapman and Juel Briggs are already training - just in case a team is allowed.

RACE ENTRY CLOSING DATES:

- | | |
|----------------------------------|--------------------------------------|
| + St. GEORGE 2 Day Tour (14 May) | + Blacktown Open (21 May) |
| + Malvern Star Open (21 May) | + Sutherland Vets Criterium (28 May) |

+++ PREMIERSHIPS (June 11)