

FEBRUARY 1988

# the SYDNEY CYCLIST

Newsletter of the Sydney Cycling Club and the Sydney Cyclist's Club

## Members of the Corporation

The extraordinary General Meeting held on 2 February has resolved some long outstanding concerns for many members. Our public liability responsibilities, both as individuals and as a group, will now be more clearly identified as it was decided to incorporate the Club under the Associations Incorporation Act, 1984.

This Act provides clear lines of responsibility, and we have adopted the 'model' rules, with revisions needed to suit our specific needs. The act requires a Public Officer to be nominated, and Juel Briggs (Club Secretary) will serve in this capacity. If the name is available for registration, it will remain as the SYDNEY CYCLING CLUB (Inc), which was the name originally used. Bob Greig will be making the necessary applications and administer the paperwork, and we hope to provide a complete picture of the incorporation, and its implications in the very near future.

A major consideration in this proposal, deals with the need to be insured for Public Liability insurance for at least two million dollars. This policy will cover all non-competitive activities of the Club (competition activities are covered by the Federation insurance...) The premium for this coverage will amount to around 6-7 dollars per member, and this fact was rather influential in adoption of the other motion put to the meeting.

That is to say, that the annual membership fee is now \$20 per year which is a more realistic reflection of the cost of keeping the membership informed, and covering the necessary insurance.

## K. V. TOUR '88

This perennial favourite is on again in Bicentennial '88! Caravans have been booked for the weekend of March 19-20. It should be noted that this is not an 'ultra-marathon' ride, but can be a very pleasant event for shorter rides on the Saturday and Sunday as well. Bruce Vote will be reporting with full details in the next issue....

## ARE YOU FINANCIAL ?

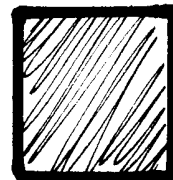
If you see red in the square to the right, you are presently recorded as being unfinancial. As you should be aware, the annual fees were due at the Annual General Meeting in November. If you wish to continue to participate in the numerous club activities and receive its communications, please submit the appropriate fees to Juel Briggs (4 Foucart St, Rozelle 2039) as soon as possible....

Annual Subscription Fee \$20.00

Cycling Federation:

Non-Competitive \$15.00

Senior, Veteran or Women \$40.00



## MEMBERSHIP LIST @ 5 January 1988

Name	Address	Phone
Beauchamp, John	41 Byron St Coogee 2034	665-4255
Beavis, Don (Life)	4 Clarke St Annandale 2038	-
Black, Russell	154 Carrington Rd Randwick 2031	399-9578
Bonwick, Mark	2/44 McDougall St. Kirribilli 2061	451-5555w
Bookes, Tony	1 Upper Cliff St Northbridge 2063	958-5250
Brandon, Frank	40/40 Penkivil St Bondi 2026	387-3091
Briggs, Juel	4 Foucart St Rozelle 2039	818-3981
Browne, Jack	42 Read Street Waverley 2024	387-3412
Carter, Perc	19 Cook St Woollooware 2230	523-6157
Chase, Meryl	5/70 Oaks Ave Dee Why 2099	
Clements, Bill	1/106 Hargrave St Paddington 2021	328-6534
Cimino, Ralph	104 Clarence St Sydeny 2000	29-4962
Costa, John	7 Dudley St Bondi 2026	30-4774
Darling, Ruth	10 Hollywood Cres Willoughby 2068	958-2198
Davis, Chad	11/21 Bondi Rd Bondi 2026	387-4885
David, Kay	11/21 Bondi Rd Bondi 2026	387-4885
Doldissen, Andy	17 Clements St Five Dock 2046	713-4459
Downie, Andrew	22 Cameron Ave Artarmon 2064	419-2433
Droz, Gilbert	16 O'Brien St Bondi 2026	30-5216
Droz, Fabian	16 O'Brien St Bondi 2026	30-5216
Emery, Phillip	20 Vale St Clovelly 2031	665-9528
Frost, Douglas	76 The Comenarra Pkwy Turramurra 2074	449-4179
Greig, Robert	4 Holt St Stanmore 2048	569-1736
Greig, Janeen	4 Holt St Stanmore 2048	569-1736
Griffith, Michael	38 Parkham St Surry Hills 2010	699-9681
Hammond, Malcolm		
Hamrozi, Tony	46 Bondock St Randwick 2031	399-9134
Hanley, Martin	19/339 Edgecliff Rd Edgecliff 2027	328-7159
Harold, Peter	36 Bower St Manly 2095	898-6200
Hood, Ian	16A Robinson St Croydon 2132	745-3858
Israel, Patricia	29 Oxley St Malabar 2036	661-7902
James, Anton	431 Elizabeth St Surry Hills 2010	212-2078
Kamahl, Michael	82 Oxford St Paddington 2021	331-2671
Karlikoff, Harry	3/14 Edward St Bondi 2026	30-4088
Lobban, Marjorie	77 Young St Redfern 2016	699-5081
Lowe, Owen	32 Campbell St Abbotsford 2046	712-1907
Lumb, Alan	31 Kingsford St Maroubra 2035	-
Marcus, Helen	7/44 Marine Pde Maroubra 2035	349-5525
Marlow, Matthew	48/50 Willis St Kingsford 2032	399-6432
McGuinness, Stephen	58/51 Roslyn Gdns Elizabeth Bay 2011	356-4216
McQuarrie, Brian	4A Rhodes Ave Naremburn 2065	439-4996
Meltzer, Mark	16/360 Birrell St Bondi 2026	389-0239
Milner, Frank	8 Rockley St Castlecrag 2068	958-6533
Milner, Hugh	12 Godfrey St Artarmon 2064	419-5968
Moloney, John	29 Francis St Bondi 2026	30-1422
Montesin, Mario	28 Verdun St Bexley 2207	588-6328
Montesin, Ovidio	92 Perry St Matraville 2036	661-4305
Montesin, Paul	38 Australia Ave Matraville 2036	661-1394
Newell, Brian	188 Ewos Pde Cronulla 2230	523-1152
O'Sullivan, Gary	90 Kingston Rd Camperdown 2050	519-5178
O'Toole, Roy	81 Bunnerong Rd Kingsford 2032	344-5130
Page, Jeff	22 Isaac Smith St Daceyville 2032	387-6119
Peerenboom, Rosmarie	56 Hopetoun St Newtown 2042	519-6215
Revell, Alan	56 Wallaroy Rd Woollahra 2025	327-5037
Rolli, Walter	34 Earl St Randwick 2031	399-9991
Sibilia, Bruno	259 Birrel St Bondi 2026	389-3144
Sigsby, Don	77 Young St Redfern 2016	699-5081
Smith, Alan	11A Rowley St Brighton le Sands 2216	59-2455
Smith, Peter	67 Glenmore Rd Paddington 2021	33-5457
Soloman, Warren	c/Roomm 507 Trades Hall, Cnr Dixon & Goulburn St, Sydney 2000	264-8549
Timbrell, Paul	53/54 Glencoe St Sutherland 2232	542-3176
Topfer, Charlie	66 Arthur St Enfield 2136	744-8541
Townshend, Cameron	252 Liverpool St Darlinghurst 2010	360-1689
Turner, Steve	35 Holmwood St Newtown 2042	519-2871
Vanthoff, Scott	4 Muraban Place Belrose 2085	451-7553
Vote, Bruce	7 Beulah St Kingsford 2032	344-8156
Wallis, Job	23 Harris St Paddington 2021	32-0606
White, Spencer	24/679 Bourke St Surry Hills 2010	699-5593
Wilhelm, Tom	7/164 Queen St Woollahra 2025	32-3680

This list does not reflect current financial membership,  
but illustrates those financial in 1987 or newer members.

# SHORT BLACK



He's temporarily out of action. Word has it that he is still trying to trim off those turkey drumsticks.... Just to keep you going though, some tidbits from around and about.

## The 1988 Tour de France

NO SOONER is the Tour de France concluded when the organisation is commenced for the next version of the great race.

First task is to set dates and select the course. The completion of that task was made more difficult by changes to UCI rules requiring some radical changes in race format. To meet the new rules the 1988 Tour is cut to 20 days of racing, compared to 24 in 1987.

Racing starts on Monday, July 4, at Pontchateau on France's west coast, with a road stage replacing a prologue time trial followed by a team time trial. The Tour finishes in Paris on Sunday, July 24.

Jacques Goddet, the veteran Tour director, criticised the new distance ruling. He believes the UCI (world controlling body) should recognise the Tour's unique status and stated his wish to see the 1989 version resume its full role promoting the sport of cycling world wide.

Although the average stage distance is only 147 kilometres (91.3 miles) the traditional tough mountain stages have been retained.

The route follows a clockwise direction from the start at Pontchateau to Machecoul then heads north to Le Mans. The first eight stages average out at 138 kilometres a day so the early action should be fast and furious and a road sprinters delight.

Into the second week the tour hits the mountains with the Col du Donon on the road from Nancy, thence the Tour becomes increasingly difficult with no "easy" stages except that from Clermont Ferrand to Chalon-sur-Saone where the remaining lesser lights may have some moments of glory.

## Anquetil dies

All cyclists will be saddened to hear that one of cycling greats, Jacques Anquetil, has died at the age of 53 from cancer.

Anquetil, one of the trio of immortals along with Eddy Merckx and Bernard Hinault who created history by winning the Tour De France five times, underwent stomach surgery recently during which doctors discovered that the cancer was also present in his spinal column.

In a forthcoming issue we will present a tribute to this amazing European racing hero.

## Malcolm Elliott banned in Sun Tour

Britain's 1987 Milk Race winner and 1985 Sun Tour dominator Malcolm Elliott was sensationally disqualified from Victoria's 1987 Sun Tour after fighting with Italy's Alessio Di Basco.

With an Italian in the race lead and the bunch being controlled by the Italians Elliott was said to be pushing and punching with Di Basco for four kilometres. Eventually Elliott was pushed to the ground but got up and retrieved the peloton.

It was alleged Elliott threatened to kill Di Basco.

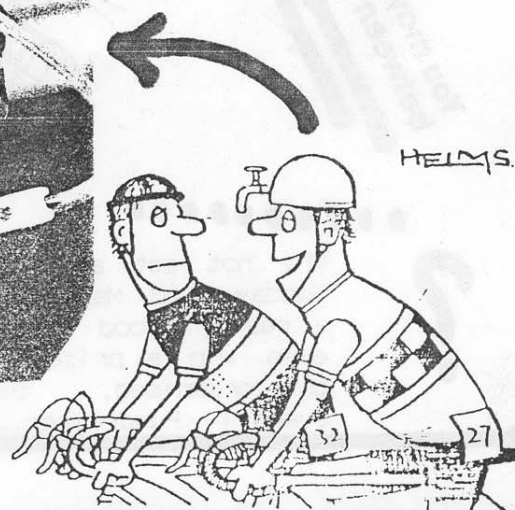
The Italians complained that Elliott had continually harassed their team for seven days and that he had tried to push one of their riders into the path of an oncoming car.

Elliott who won the 1982 Commonwealth Games individual road race, was the first rider to be disqualified since the Sun-Tour started in 1952.

The Tour was won by Stefano Tomasini (Italy). First Australian to finish was Neil Stevens (ACT) at 29 secs.



a concept  
made good!



## A reminder...

If you want one for the up-coming winter training sessions, you'd better get your order to Michael....

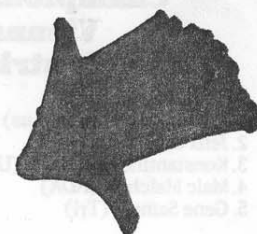
## Warm-up Jacket

The manufacturers of the jerseys have also advised that they can produce a warm-up jacket in a similar livery... Michael has a 'sample' of this jacket, which has a front very similar to the new jersey, with the back in a plain colour (although investigations are being made to have a large 'new' club logo placed on the back). The jacket has a full zip front, with slash pockets. No rear pockets...



A minimum order of 30 jackets is necessary and the price is to be about \$30.00.


Contact Michael Griffith (699-9681) for orders.





# PEDAL FOR HEART

EDAL FOR HEART  
RCH 20



University of NSW

Can

20

100



**You may START  
between 9AM and 10AM**



Why not set aside this Sunday (20 March) to ride for a really good cause. You might even win a prize, or if the Club got organised, there could be a prize for the Highest Overall Fundraiser.....



<b>Women's road race</b>		
1. Jeannie Longo (F)	72 km in 1:46:40 (40.50 km/h)	
2. Heleen Hage (NL)		at 0:12
3. Connie Meijer (NL)		s.t.
4. Agnès Dusart (Bel)		s.t.
5. Lisa Brambani (GB)		s.t.
6. Unni Larsen (Nor)		s.t.
7. Monica Bandini (It)		s.t.
8. Luisa Seghezzi (It)		s.t.
9. Kathleen Shannon (Aus)		s.t.
10. Sally Zack (US)		s.t.

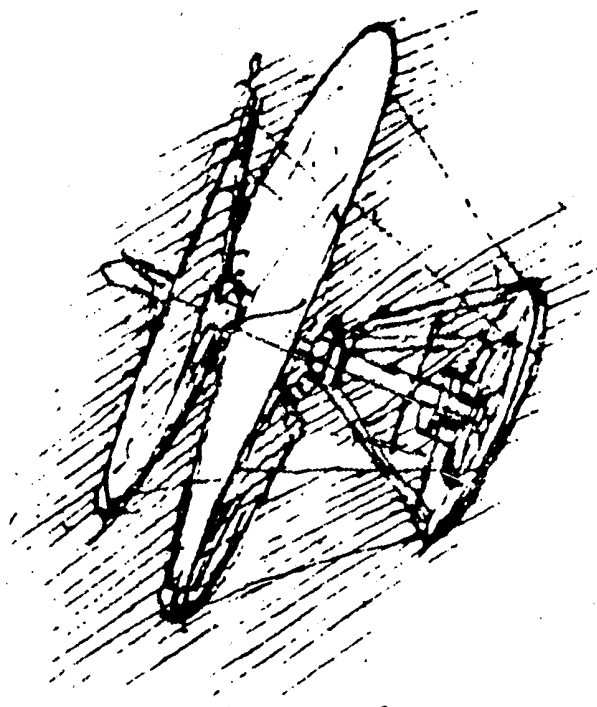
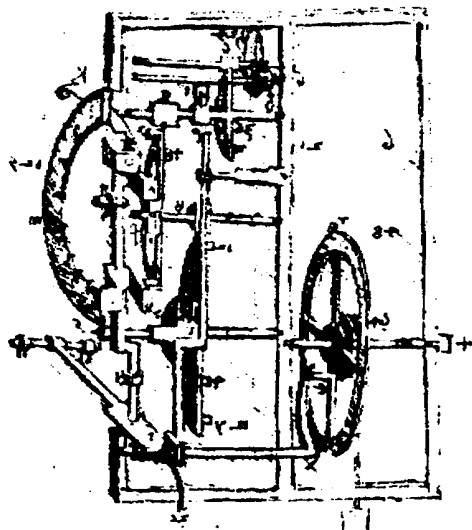
### Time Trials/Time Trials/Time Trials

It was recently suggested to more than one Committee Member that there appears to be some uncertainty & indeed some confusion about the starting time of the fortnightly Time Trials. The problem has manifested itself to the point where some Members either leave the Park in frustration, or simply don't compete.

Firstly, as Convenor of the Events, I would like to point out that the starting time has not changed since March of 1987 i.e. 7.30 am. There had been some discussion concerning an earlier start, but this was not ratified by the Committee. The writer concedes that he is not always in the Park at start time, & for this I apologise. In future either myself or the appointed starter will be present by 7.20am, in order to allocate positions, for the first rider will now go at exactly 7.30am. Latecomers will need to go to the rear of the field, & start when advised.

This system will not disadvantage those riders who have completed their warm-ups, & are ready to go at 7.30am. It is worth noting also, that on occasions where the Organisers have listed starters, & begin to call out their positions, it is not uncommon to find competitors still selecting wheels, removing pumps, checking tyre pressure, or engaging in conversation to the point where yours truly usually needs to announce their names three or four times. Please assist by being ready when your name is announced, so that everyone enjoys the benefits this Event offers

Steve Turner.



WHAT IS IT ?

(Answer in next edition.....)

### Time-Trial-Saturday 16th January 1988.

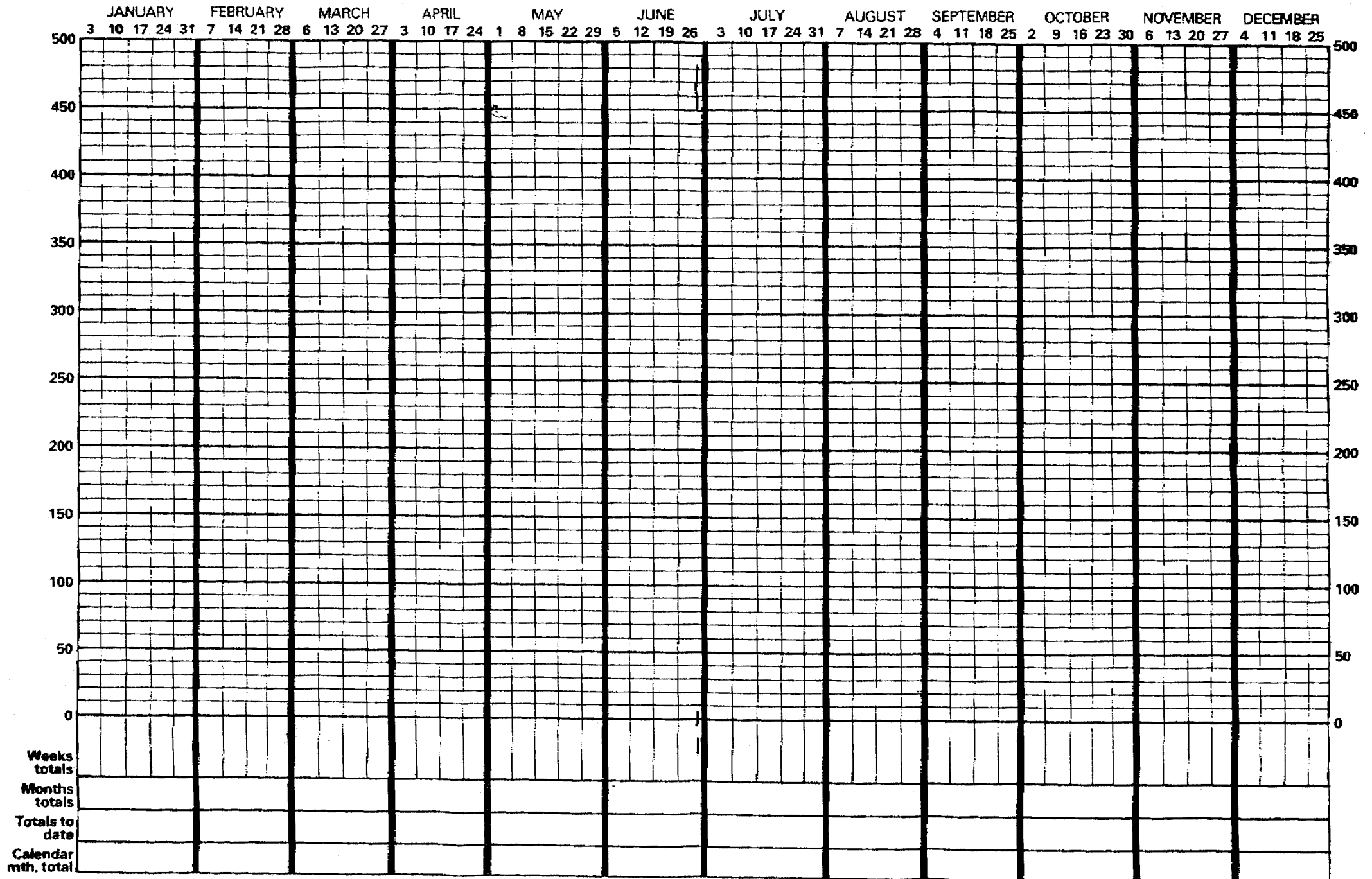
<u>Name</u>	<u>Time</u>	
Michael Kiernan	10:29	(Yes, really !)
Ian Hood	11:30	
Tony Bookes	11:43	
Bill Clements	11:54	<u>8km Course</u>
Paul Montesin	11:56	
Juel Briggs	12:04	
Peter Smith	12:33	
Alan Lumb	12:57	

### Time-Trial-Saturday 30th January 1988-10km Course

<u>Name</u>	<u>Time</u>
Brian McQuarrie	15:17
Paul Montesin	15:54
Michael Griffith	15:56
Bruce Lamb	16:05
Tony Bookes	16:17
Anton James	16:26
Alan Lumb	16:35
Bruce Vote	16:56
Ruth Darling	16:58
Juel Briggs	17:04
Rosemarie	17:08
Matt Marlow	18:06

CYCLING WEEKLY, January 7, 1988

# YOUR MILEAGE CHART FOR 1988



# FIRST AUSTRALIAN MASTERS GAMES - 1987

Matt brings home the silver....

Launceston, Tasmania served as the host for the first masters games to be held in Australia. As part of the games, several cycling events were held for a number of age categories. Our clubman, Matt Marlow, excelled bring home several medals for his efforts.

Many of the older names in N.S.W. cycling were seen to be medalists in this very interesting program.

Congratulations are certainly in order for the sterling results from Matt. Looking at the results, and various categories, we should be able to have a better representation in future games....

## N.S.W. MEDAL WINNERS.

Arthur Windon  
Silver Road Race 37k  
Gold 500m TT  
Gold 5 k scratch  
Gold 5 k point score

Harry Worthington  
Bronze road race  
Silver 500m TT  
Silver 5k scratch  
Silver 5 k point score

James Rice  
Gold road race  
Bronze 500m TT  
Bronze 5 k scratch  
Bronze 5 k point score

Eric Doughty  
Gold road race 37 k  
Bronze 500m TT  
Bronze 5k scratch  
Bronze 5 k point score

Matthew Marlow  
Silver road race  
Silver 500m TT  
Silver 5k scratch  
Silver 5k point score  
Silver criterium

Jim Sandford  
Bronze road race 70 k  
Gold 5 k scratch  
Bronze 5k point score

Barry Robins  
Gold road race 80 k  
Silver 10 k point score  
Gold criterium

Ken Smith  
Silver road race  
Bronze 10 k point score  
Bronze 1000m TT  
Silver 10k scratch

Max McGinty  
Bronze Criterium

Merv Britten  
Gold 1000m TT 1.14

Hector Salas  
Bronze 10k point score  
Bronze criterium

Laurie Fitzpatrick  
Silver road race 90 k  
Gold 1000m TT 1.12.2  
Gold criterium  
Bronze 10 k scratch race

Walter Machado  
Gold criterium  
Bronze 10 k scratch race

Jeff Smith  
Gold 10 k scratch race

There appears to be a small, but growing amount of concern about a lack of continuity and order in the running of some of the Club events. The Committee is preparing 'rules' for running the time trails and tours to more clearly establish procedures; as well as provide reasonable assistance for the events being run....

# STAY IN TOUCH

For Lease

## ISABELLON ABICYCLE? No! "ARABELLA"

A bicycle is the most efficient mode of transport ever devised, some say more efficient than a jet engine. Certainly it has stood the test of time. However we are not suggesting that you ride your bicycle out to Rydalmere to inspect this Hi-Tech Industrial Estate. As a matter of fact we don't care if you come by camel, but you must come.

You may then consider how the design process that led to the evolution of the modern day bicycle is similar to the planning of an Industrial Estate such as "Arabella".

A fine balance of efficiency, versatility, flexibility and longevity.

## "ARABELLA" Now completed, now leasing.

Areas 1839-4255 Sqm.

Enquiries:

Industrial Department:

**Richardson & Wrench**  
Sydney (02) 232 8522  
92 Pitt Street, Sydney, N.S.W. 2000

ADVERTISING HYPE GONE MAD...  
What does it all mean ????

## Windy moments in nutrition

A new sports training video, *Food for Sport*, was launched in Sydney yesterday by the Australian Meat and Livestock Corporation.

The tape was introduced by a nutritionist, Karen Inge, who explained in considerable detail some of the nutritional problems faced by athletes. She said one of the strangest requests she'd ever had from an athlete was from a male cyclist who wanted to break the world record for the longest time spent riding a penny-farthing. He feared he wouldn't make it because he had a "serious problem with flatulence". It seems he found it very difficult to pass wind without losing his balance while riding the penny-farthing.

So Ms Inge suggested he follow a low-fibre and high-carbohydrate diet for several days before the record attempt. It worked and, according to Ms Inge, the cyclist set a new world record "and only farted once".

Penny Nearthing,



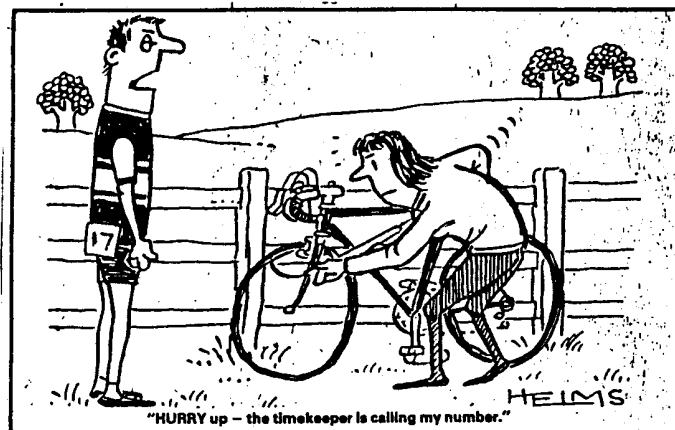
Penny Farthing.



# CLUB CHAMPION !!!

All will be revealed in the March edition; however, the handicaps are included herein for you to speculate. Many of the riders have been on secret training runs and should bring about some upsets to the best intentions of the handicappers. It will be worth a visit, just to see the various machines!!!

	HEAT 1	HEAT 2	HEAT 3
0	Marlow		
0.15	O.Montesin	Townsend	
0.30	Greig	Marcus	
0.45	Sigsby	F. Milner	P. Smith
1.00	Turner	Cimino	
1.15	Darling	Briggs	Peren Boom
1.30	Rolli	James	Clement
1.45	Lumb	Page	Emery
2.00	Montesin	Griffiths	
2.15	Milner		
2.30	McQuarie		
2.45	Bonwick		



## FOOD FOR THOUGHT

Are you an active member,  
the kind that would be missed?  
Or are you just content  
that your name is on the list?

Do you attend meetings  
and mingle with the crowd?  
Or would you rather stay away  
and complain both long and loud?

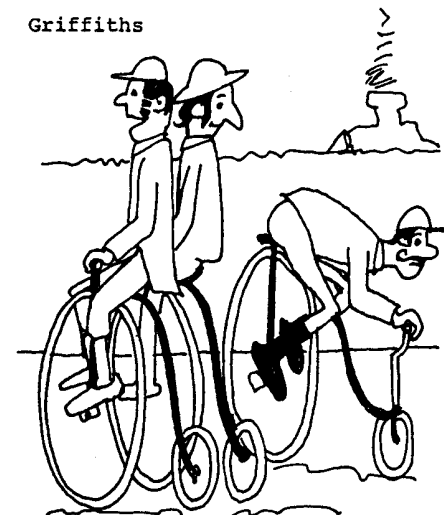
Do you give a little time  
and help to make things tick?  
Or leave the work to just a few  
and talk about the clique?

There's quite a program scheduled  
which means success, if done,  
and it can be accomplished  
with the help of everyone.

So come to all the meetings  
and help with hand and heart.  
Don't be just another member,  
but take an active part.

So think it over chaps,  
are you right or wrong?  
Are you an active member,  
or do you just belong?

courtesy of Jack Browne



Yes, there's still time to book for the  
ANNUAL CLUB DINNER which is to be held  
at Anniello's Trattoria in Pymont Road,  
Glebe on Friday, 12 February from 7:30.  
Ring Steve Turner soon on 519-2871

## THE POTTS -

By Jim Russell

