

the Sydney Cyclist



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

OCTOBER 1983

• STAKES WINS, BONWICK THIRD •

The scene at Penrith Park prior to the start of the **Blue Mountains Race**

did not look particularly promising. On the trip out to Penrith we had gone through several thunder showers and upon arrival it was raining! While I was preparing the American Team for their "A" Grade defence, Dave Stakes appeared with his new Campagnolo equipped BOB JACKSON machine. The elegant gray metallic finish on the Reynolds 531c frame gleamed, even the overcast of the day. Comments were made by all around, and Dave was in the best of spirits and raring to go.



Bonwick on
'The Climb'

Mark Bonwick arrived after a 'few hours' of warm-up riding, to join the massed start from the Park in Penrith, which proceeded in a neutralised stage to north of town. Here the graded starts took place with the invited teams from overseas competing against many of the best "A" and "B" graders that N.S.W. could muster. The "C" and "D" grade riders left soon after with Dave and Mark taking their turns to pull the bunch towards the Nepean River crossing at Agnes Banks. During this portion of the race, they encountered a rather vicious rain squall which blew over rather quickly, but thoroughly soaked everyone.

After crossing the river, the bunches started to break up as the climb up to the Hawkesbury Lookout began. Nine km of prolonged climbing took its toll with many riders dropping out along the way, and at the top near Springwood several riders called it a day. Mark looked very strong as he topped the climb with Dave not too far behind.

(One of the Yanks stated after the race that he had to use 42/17 to keep up with his bunch on the climb!)

The race proceeded along the Great Western Highway through the mountain towns to Katoomba, where the riders were met with a hail storm!

The riders continued climbing on up to Mt. Victoria and Mark struck bad luck along this section with a puncture. After replacing the punctured tire, he continued his leading pace only to puncture again... He then had to wait for Dave to come by to borrow his spare.

The race then returned to Katoomba and into the Catalina Park motor racing circuit for a full lap with a downhill finishing sprint. Michael Lynch (Vic) won from J. McLoughlin (UK) with the now famous 'Lynch Chop' forcing the Pom to check during his sprint...

Dave Stakes punctured as he entered the circuit, but limped around to take the prize for the "D" grade finish. Mark came in some time afterwards, hobbling along on a very sad tire which had rolled several times during the ride back from Mt. Victoria.

IT WAS A VERY TOUGH RACE, WITH FULL CREDIT TO ALL THOSE WHO WERE TO FINISH IT.....

• GREEN VALLEY TWIN CENTURY •

The rides from Centennial Park must have been rather short on numbers last Sunday, as many of the Sydney Club members were seen to arrive at the Green Valley Public School during the morning for attempts at the various distances of the 'TWIN CENTURY', an annual event put on by the Green Valley Cycle Club. Perc Carter, John Beauchamp, Bruce Vote, Bruno Sibilla, Alain Agullo, Michael Griffith, John Burraston, Stephen Poole, Frank Brandon and I appeared for the start of the 200 km ride, to join riders from other groups. The ride was in two stages, with those contemplating the 200 km along with contenders for the morning 100 km setting off on a circuit which was to take us to a rest stop at Camden and on through the back roads around Campbelltown. The starting bunch of about 50 riders soon broke up into more workable groups with the Sydney riders forming their own bunch (this would have been very impressive if all club members had been wearing their club jerseys!!) All of a sudden a familiar deep voice was heard, and sure enough, there was Mark Bonwick. He had a late start, but made up the 17 minutes within the first 60 km. The Camden rest stop was reached without incident (Bruce managed to stay on his bike during the now-famous sprint!!) The wind managed to shift, giving us a headwind for our trip back to Green Valley for our lunch break.

Burraston still hasn't learned - off he went for hamburgers... He was heard complaining about cramps, but was talked into starting for the second half. We set off again, this time in the direction of Penrith. A short distance from Green Valley, Alain set off with a vengeance not to be seen again. We decided that he must have been in a hurry to get back to his shop! We also lost track of Burraston and Griffith about this time, and later learned that they had returned to the start for adjustments. As we approached Penrith, some of the little bumps began to feel more like the Alps; however, we pushed on to the rest stop north of town. As we set out on the Mulgoa Road, the much anticipated tail wind, had somehow changed to a cross/head wind just to keep us working. Discussion dropped to a minimum, as the pain began to set in. As we passed the pub in Wallacia the temptation nearly got the best of us; however, we pressed on for the final 23 km with much of this ride familiar to those who had ridden the Goulburn, as part of the route was the same. We were all very happy to roll back into the school grounds and call it a day. We were also pleased to see that Tony Hamrozi and Jack Browne had ridden the 50 km event during the day. Congratulations are in order for Russell Moore and his Green Valley clubmates for a superbly organised event.

T. T. SEASON STARTED !

When I first joined the Sydney Cyclists Club, I recall the Sunday ride to Waterfall as being a challenging, but pleasant event. About this time last year, "The Ride" became rather chaotic and we began to realize that we were being infiltrated by the 'triathletes', fit people without any sense of group riding. The result was to increase the pace to a hard workout, but with the inherent dangers of riding in a kamikazee pack... There was much lament, but little result until the S.C.C. began to set out from a different departure point in the Park. This resulted in some heckling, but allowed riders the choice of a pleasant bit of fitness training - or - the calculated madness of broken traffic rules and lots of crazy sprints, all to arrive back in the Park a few minutes earlier than the S.C.C. bunch!

The silly season appears to have begun once again! During recent rides to Waterfall the group has again become rather erratic - to say the least. Yes, the TRIATHALON and TRACK trainees are back on the road, and infiltrating our Sunday Ride.

For the sake of our won pleasure and personal safety, maybe it's time to consider a separate ride once again.... Unfortunately, we've seen how much injury and damage can be caused by a simple accident; do we really need to go looking for such problems by letting those who will not comply into our bunch?

Let the non-club riders run their won demolition derby. Let's get back to the pleasant roll down to Waterfall and on into the National Park. We can regroup after climbs, and stop for refreshment. We should also reaffirm our stated practice of following the Club's "Code of Conduct for Group Riding"...

QUADRATHON(s) !

If you are sitting at home reading this on Sunday afternoon, you are missing a very interesting which is being sponsored by the Clarence Street Cyclery, Jetset Tours, Seiko and Vigor Health Centres. The event being The Narabeen QUADRATHON which is comprised of four stages.

There are several entrance categories for individuals or teams, and each competing group must complete a SWIM of 1-5 km; CYCLE for 33 km; RUN for 10 km and paddle a CANOE or SURF SKI for 5 km on the lagoon. First prize is a trip to the Hawaii Triathlon!

Will this become the ultra-ironperson event of the year ???

Our Northern Rivers delegate, Marjorie Lobban has recently made the headlines in The Northern Star in Lismore. Marjorie participated in the AUSTRALIAN RED CROSS QUADRATHON as part of a mixed team. Our champion time triallist competed in the 43 km cycling leg of the event which comprised a 25 km run, 26 km kayak paddle and an 800 metre swim; as well as the cycle ride.

We've just heard that Marjorie was pipped out of first place in the ladies cycling stage (by 18 seconds).

GOOD WORK "M", FOR A VERY WORTHY CAUSE !!!

Andrew Doldissen, the Club's Safety Officer is presently in New York and competed in the NEW YORK MARATHON.

Although I didn't hear his name mentioned on the news as one of the top three finishers, we can be certain that he will have made his mark in this very prestigious event.

TOURS ?

With the Road Racing season out of the way for the year, riders may be interested in some touring rides. There has been some talk about getting the touring bikes out of the sheds for some true, loaded tour riding - possibly some camping and/or fire trail riding.

If you have any ideas or specific plans and want companions, contact our Touring Secretary:

BruceVote 399-9452

One possible tour is a trip through the Snowy Mountains, starting from Canberra to Gudgenby, Khancoban along the Alpine Way and down to the coast, or up through Braidwood and back to Sydney.

Have you visited Mutch Park ???



October 14, 1983
"Marjorie makes headlines in 'The Northern Star'"

Spaghetti may stretch hopes

A serving of spaghetti could stretch the hopes of Kadina High School teacher Marjorie Lobban (pictured) for the second Australian Red Cross quadrathlon on Sunday.

For Sale

I'm certain that there must be something for sale; however, none of our members are taking advantage of this brilliant convenience.

Surely some of those old frames tucked away in the back of the shed, could be sold...

Why not sell your old jockey wheels and buy a pair of the new sealed bearing models.

Road Racing

The period from mid-August until the end of October has been one of SATURATED CYCLING. There are many Club members struggling to re-establish some semblance of normal order to their lives, now. It seems as if every 'spare' moment has been relegated to some cycling event during that period.

This time saw the road racing season reach its peak, starting with the State Championships, which we all found exhausting to watch! There was more direct action in the Mattara Open in Newcastle, which was only a prelude for the big one. The GOULBURN to LIVERPOOL Classic, once again saw several riders participating.

The National Championships followed, along with our own CARNIVALE CRITERIUMS - which tended to make the organisers wish they had never heard of cycling.

Of course the excitement of the America's Cup (Australian Plate) win, left us all in a state of euphoria.

All this was only a beginning, little did some of the Club members know what was ahead.

Several members participated in various support capacities for the Brisbane to Sydney "Commonwealth Bank Cycle Tour". Martin Hanley was a major sponsor of one of the teams, while John Sunde served as co-manager of another team. Bruce Vote and I met the Tour in Kempsey, only to become seconded to the American team, as they were short of assistance. Bruce also lent a hand to the press entourage, while I did my best to keep the Italian Team confused.

It's very difficult to explain all the various events which occurred during the week; suffice to say that no one was bored! We all certainly gained a new insight into cycle racing - what it is, and what it could be ...

We were not to call it a day after the exciting sprint finish at Pier One, as John Sunde and I billeted the Americans for the next week of so, to allow them to compete in the series of races which followed. Bill Watkins (second place in the Brisbane Tour) had to return to the U.S.A.; however, Tom Prehn, Andrew Paulin (6' 5"), Shawn Storm and their manager stayed on for the following events.

On the Wednesday at lunchtime, there was a Criterium Race staged in the Botanic Gardens. The circuit was along the Mrs Macquarie's Chair Road - a route contemplated for our own Carnivale races. This event was very pleasant, but ended on a sour note as Gary Turner (Clarence St) and Kevin Nichols (Vic) ended up having a great punch up during the finishing sprint, and after the finish. A display that did very little to impress the spectators as to the 'sportsmanship' displayed in the sport of cycling...

On the Saturday, we went out to Penrith for the GREAT BLUE MOUNTAINS BICYCLE RACE. Another article covers this event. The Americans put in a respectable showing, but were unable to maintain their defence of the first place won by Dan Franger last year. Andy Paulin got 9th and Tom Prehn was 10th, while Shawn 'hit the wall' after some tremendous work as a domestique while keeping the bunch together through the mountain towns on the way to Mt. Victoria. These boys really illustrated what teamwork was all about during the whole visit.

The B.I.N.S.W. and the N.S.W.A.C.U. combined to organise the CENTENARY RIDE AND RACE on the Sunday. Cycling groups met to ride into the Domain for speeches and music. This event brought together about 1,500 cyclists as a demonstration of the interest displayed in this recreational activity. The cyclists then rode on to Centennial Park where the 'racers' competed in another race on the State/National Championship circuit. This event turned into a race of attrition, as most of the 'elite' racers had just about done their dash during the past few weeks on the long string of races. Geoff Skaines was once again working hard on his favourite course; however, he was unable to maintain the pace. I think S. Bannon (SA) won the event, but I can't find my notes - if I made any! My main reaction, was that it was over.

Sunde and I packed the Yanks on the plane back to Los Angeles the next morning, I then returned home to give some serious thought to the GREEN VALLEY TWIN CENTURY... Will it ever end ???

TRACK SEASON

The new CANTEBURY VELODROME is completed and serves as the major venue for the N.S.W.A.C.U. track racing programme. This is a very pleasant way to spend a Saturday evening, as several club members did last year (Yes, this is the Tempe Track!). The amateur programme is now settled and some dates to note are as follows:

| | | |
|----------|-----------|---------------------------------------|
| DECEMBER | 3 | BANKSTOWN OPEN |
| | 4 | SENIOR 4 HOUR MADISON |
| | 10 | ST. GEORGE OPEN |
| JANUARY | 14/15 | COUNTRY/METROPOLITAN - TEAMS PURSUITS |
| | 21 | ST. GEORGE GRAND PRIX |
| | 27-5 FEB. | STATE CHAMPIONSHIPS |
| FEBRUARY | 18 | BOWLERS SPRINTS |
| | 25 | REVENGE SERIES |
| MARCH | 10 | ST. GEORGE OPEN |

ALSO NOTE:

CLARENCE STREET Pro-Am & CAMPERDOWN - 27 Nov.
BENNETT 1000 & CAMPERDOWN - 11 DECEMBER

THE DECEMBER MEETING WILL TAKE THE FORM OF A SPECIAL CHRISTMAS DINNER

THE EVENT WILL TAKE PLACE AT THE THAI ORCHID RESTAURANT WHICH IS LOCATED AT
628 CROWN STREET
SURRY HILLS

THE RESTAURANT HAS BEEN RESERVED FOR THE CLUB FOR THE EVENING, AND WE ARE
LOOKING FORWARD TO SEEING ALL MEMBERS THERE FOR A PLEASANT THREE COURSE MEAL
CHAMPAGNE WILL BE PROVIDED, AND YOU CAN B.Y.O. OR PURCHASE DRINKS AS THERE IS
ALSO A LICENSED BAR.

THE COST FOR THE MEAL WILL BE \$13.00 PER HEAD, RESERVATIONS SHOULD
BE MADE WITH PAUL MONTESIN ON 519-6215 AS SOON AS POSSIBLE.

MARK YOUR CALENDAR NOW FOR 6 DECEMBER, STARTING AT 7:00 P.M.



MARK YOUR CALENDARS - SOME EVENTS WHICH MAY BE OF INTEREST

- NOVEMBER 5 N.S.W.A.C.U. ANNUAL DINNER (CONTACT RON SMALL (729-154))
6 SYDNEY CYCLISTS CLUB PICNIC & TIME TRIAL
13 SINGLETON CENTURY RIDE
(50, 100 AND 160 KM) SEE "PUSH ON"
20 SYDNEY TO THE 'GONG' BICYCLE TOUR
(FREEWHEELING MAGAZINE ANNUAL TOUR TO WOLLONGONG)
CONTACT: OZBIKE TOURS (02) 264-8544
27 DIRT ROAD CLASSIC #3 SEE "PUSH ON"
27 CLARENCE STREET PRO/AM TRACK MEETING - CAMPERDOWN VELODROME
DECEMBER 6 SYDNEY CYCLISTS CLUB DINNER AT THE "THAI ORCHID"
(CONTACT: PAUL MONTESIN 519-6215)
11 "BENNETT 1000" TRACK CARNIVAL - CAMPERDOWN VELODROME
24 ANNUAL REINDEER WATCHING CONTEST (WATCH FOR BRIGHT RED NOSES)

- A. G. M. -

DUE TO THE NUMEROUS CYCLING ACTIVITIES WHICH ARE SCHEDULED FOR NOVEMBER AND
DECEMBER, THE ANNUAL GENERAL MEETING AND ELECTION OF THE CLUB EXECUTIVE
COMMITTEE HAS BEEN POSTPONED UNTIL THE NEW YEAR. A FORMAL NOTIFICATION OF
THE MEETING, AND REMINDER OF SUBSCRIPTION RENEWAL WILL BE SENT TO ALL PRESENT
CLUB MEMBERS PRIOR TO THE MEETING.

Sugino

 **SUNTOUR**

Club Picnic & Time Trial

DON'T FORGET THE CLUB TIME TRIAL AND PICNIC WHICH HAS BEEN SCHEDULED
IN LIEU OF THE REGULAR NOVEMBER MEETING. IT WILL BE HELD IN ROYAL
NATIONAL PARK AT THE KARINGAL PICNIC AREA (SOUTHERN AREA NEAR THE
STANWELL TOPS GATE). ACTIVITIES WILL START AT 7:30 A.M. WITH THE
BAR-B-QUE BEING LIT ABOUT 10:00

FOLLOWING THE BAR-B-QUE, THERE WILL BE A WALK DOWN TO THE COAST
FOR A SWIM. LET'S MAKE THIS A FAMILY EVENT, BRING THE KIDS.....
(Don't forget the Aeroguard!) Contact Paul Montesin (519-6215)
for further details.

6 NOVEMBER