

CYCLIST PROFILE

For a few years Bruce was often seen riding by himself around Bunbury. One morning Andrew Lanigan & myself caught up with Bruce and suggested that he try the club group rides. Bruce started off with the early Saturday morning ride and stayed with them for quite some time. He then joined the Thursday group ride, which was a significant step up from the Saturday ride. From there and many kilometres later eventually Bruce joined the hard Saturday ride and he has slotted in very well. He continues to make significant improvements, which is hardly surprising, considering that he is out on his bike most mornings at around 5 am.

NAME: Bruce Heathershaw

BIRTH PLACE: Melbourne

OCCUPATION: Divorce lawyer

FAVOURITE CLOTHES: Rapha cycling gear

FAVOURITE FOOD: Indian

FAVOURITE DRINK: Soy flat white

FAVOURITE MUSIC: Leonard Cohen

WHAT I WOULD CHANGE IN THE

WORLD: For men and women to get on well with each other so I can retire and ride my bike more

PET HATES: Acronyms, impatient drivers, restaurant menus with the word "drizzled" on them

REASON FOR GETTING INTO

CYCLING: To get fit and lose weight

FAVOURITE EVENT: The Thursday group

MOST ENJOYABLE ASPECT OF THE

SPORT: The downhill aspect

ANY EMBARRASSING MOMENTS IN

TRAINING/RACES: Front tubular tyre rolling off rim in final sprint to the line at a club race

TRAINING PARTNERS: Usually ride alone, but sometimes with others from the group rides

HOBBIES/INTERESTS: Gardening and going to cafes

SPORTING BACKGROUND: Just cycling, including some club racing back in Melbourne many years ago

FAVOURITE TRAINING AREA:

Ferguson Valley

FAVOURITE TRAINING SESSION:

Bunbury to Lowden and return

SPORTING HERO: Sean Kelly

BIGGEST INFLUENCE OF SPORTING

CAREER: Best friend who taught me how to ride

WEEKLY TRAINING: Around 400 kilometres or so

GOALS THIS SEASON: To get better at the hard ride

LONG TERM GOALS: To ride faster and get younger

BIGGEST ACCOMPLISHMENT: Convincing my wife I haven't gone crazy given all the kilometres I'm riding

ANY OTHER COMMENTS: One of the best aspects of moving to W.A has been to escape riding in the Melbourne traffic and to join the South West Cycle Club. *(and not the SWCC- ed.)*

