



Department of  
Sport and Recreation

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**Friday 5th March 2010**

**SWCC web site** [www.southwestcycleclub.com.au](http://www.southwestcycleclub.com.au)

**POSTAL ADDRESS** : PO Box 1208 Bunbury 6231

**MEMBERSHIP DETAILS** <http://www.wa.cycling.org.au/membership.html>

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### SWCC GROUP RIDES

*Sat. rides start at the Entertainment Centre and finish with coffee @ Dome*

Sat 6.45 am Grp 1 Ride average ride speed 36-37km/hr 50 km

Sat 6.45 am Grp 2 Ride average ride speed approx 34km/hr 50 km

Sat 6.45 am Grp 3 Ride average ride speed approx 31km/hr 50 km Leader: John H

Sat 6.45 am Grp 4 Ride average ride speed 26km/hr 44 km leader: Andrew

Mon 5.00 pm Cycleskills Dalyellup End of Tuart Walk, dalyellup

Tues 5.45 am Hastie St car park av spd 31.5km/hr (33 km/hr on the flat) 40km Coffee @ Benesse

Thurs 6.00 am Medium E Centre 40 km Coffee @ Benesse

### EVENTS

**SW Games TT 7th March**

**Sun 14 March Details in next week's newsletter**

### MEMBERSHIP

A Recreational Licence will enable riders to participate in any of the SWCC group rides, and it is the rider's responsibility to obtain a licence from the club. Join ON LINE now!!! Membership is required to participate in all of the club's TT's and other races on the

***In this week's newsletter.... Pemberton road race & Karri Cup reports.....BHP gets behind the Dardanup Open.....Tandem riding clinic... Russ's Albany Triathlon report.....***

**Club News— by Jo Moore**

### **Bradley Dominates Under 17 Category in Pemberton**

Bradley comfortably won both the criterium and the road race in Pemberton last weekend. The hilly courses are definitely to his liking and with many juniors preparing for the upcoming national track titles, he was able to use his strength in the hills to good effect. Fellow SW JETS rider Theo Yates was second in both events. Bradley is likely to be under much more pressure in the upcoming State Criterium Championships.

### **And the winner is.....Helen**

Graham Blackburn kindly donated the early bird membership prize back to be re-drawn amongst our junior members on Saturday. Helen Chong's name was pulled out of the hat much to her delight and brother Mark's disappointment. Helen and Sue are now set for a day out shopping at Fitzroys before next week when the family heads over to Italy for 8 weeks.

Many thanks to our early bird membership sponsor, Fitzroy Cycles. SWCC currently has over 140 Cycling Australia members making us the largest CA club in WA – a great achievement and reflective of the popularity of cycling and how well our club is travelling!

### **Final Club Criterium**

The final club criterium of the season on Wednesday evening was meant to be a last hit out for Bradley leading up to this weekend's championships at Midvale. Mick Darlington kindly agreed to provide Bradley with some sprinting competition and Brendan Morrison and Robert Commons were also keen to test the youngster out. Unfortunately Mick pushed a bit too hard on one of the corners early in the 20 minute race sliding out and developing a good case of road rash in the process. Showing grit and dedication he quickly jumped back on his bike and pushed Bradley all the way to the line in a repeat of the close finish a couple of weeks earlier against Erik.

In the B grade event no one was keen to work on their own in the windy conditions and all shared the workload until the final lap when the ever improving James Blackburn put a spurt in. Jo was able to match his effort and they crossed the line together ahead of Dutch Mike and Ash Bailie.

Gary was instructed to ride in C grade this week and rode strongly although was at one stage seen drafting on the back of B grade enabling him to establish a break. Sue Della and Bryce Lanigan on his new bike had a good tussle and both have improved considerably this season. Many thanks to Brian for sweeping the corners and to Andrew Lanigan for timekeeping.

### **Midweek TT Cancelled**

Just a reminder that the scheduled TT for Wednesday 10<sup>th</sup> March was cancelled given the club is hosting the SW Games TT this weekend.

### **Cycleskills re-commence**

After a one week break the Monday night skills sessions re-commence this week 5pm Dalyellup end Tuart Walk, all welcome.

### **Long Ride Sunday 14<sup>th</sup> March**

While our esteemed long ride co-ordinator tackles the 5 dams ride in Perth, Dutch Mike is organising an equally interesting long (80k) ride from 32 Wildflower Way on Sunday 14<sup>th</sup> March. Start time 6:30am, ride details to follow next week.

### **BHP Billiton Worsley Alumina Get Behind Cycling**

BHP Billiton Worsley Alumina have once again shown their support for cycling by coming on board as the major sponsor contributing \$2,500 towards the upcoming Dardanup Open and Participation Event on Sunday 16<sup>th</sup> May. It is planned to run the event on a similar format to other years including 25km and 39km Challenge options taking in the picturesque Ferguson Valley. All participants will be in with the chance to win a free bike so start training now!



### **Albany Triathlon– by Russell Horlin**

We had 8 club members compete in the race and about another 19 or so locals from Bunbury, Busso and Manjimup crew.

The SWCC members were: Craig Kimpton, Chris Kiley, Russell Horlin, Mark Benson, Donna Gellard, Dudley Donovan, Paul Falloon, Andrew Macnish

Results are on the Albany Tri Club website.

<http://www.albanytriclub.com.au/pdf/ALBANY%202010%20RESULTS.XLS>

## Karri Cup Report

WA's best known and largest mountain bike event attract a field over 370 starters in the main event, the 100km race, including about 20 SWCC. The hot spell of weather showed no signs of abating for the event, and as the sun rose on a windy Monday morning, riders knew that they were going to be in for a long day with temperatures in the mid 30's for much of the day.

For our club members there were the usual personal stories of punctures, broken equipment and other incidents which added to create either heartache, frustration and disappointment (or all three) for riders but this just serves to increase motivation to come back and try again to achieve the elusive perfect race.

I'm sure we all had our own goals that we had firmly entrenched in our minds as we set off into the bush on our personal adventures. The event is not for the faint hearted and while road riders would appreciate the effort of spending several hours in the bush over harsh terrain and conditions, the general population would have little comprehension of the effort required to compete such a demanding event, particularly when faced with searing temperatures, hot easterly winds and endless hills after hours of riding.

Leading the SWCC members home was young gun Rowan Brown, hardly surprising considering the success he has enjoyed in events both in W.A. and interstate in the last 12 months. Rowan won his age category and also finished third overall, an outstanding achievement. There is little doubt that Rowan is a future winner of the Karri Cup, and probably sooner than later. Erik Mellegers gave the impression that he was having a bad day late in the race, but once he found out that he finished very creditable 5th overall I'm sure his demeanor improved.

Training partners Frans van Zyl and Marius proved they were in top shape for their main goal, the 7 day Terra Australis multi day stage event to be held in Victoria in three weeks time. Both have been training hard and Marius, who expressed reservations in the preceding weeks that he would be able to keep up with his high achieving partner for the 7 day event, must have been reassured after winning the Masters category. Not only did he win, but Marius was one of many riders who were held up for an extended time in the first stage on the single track, so in the end it was a decisive victory. Frans also posted an excellent result, finishing second in the veteran category and tenth overall. In the 50km event Mark Chong showed his mountain biking potential with a very good effort, placing 6th in his category. Well done to all of the other SWCC members who participated in the event—Neill Kling, Allan Potaka, Allen Chong, Susan du Plessis, Rod Brown, Marten Howes, Graham Hemson, Ian Fairlamb, Harold Danilkewich, Kim Overington, Damon Willmore, Werner van Rensburg, Duane Williams, Logan Piper, John Hanczakowski. Full results can be found at [www.karricup.com.au](http://www.karricup.com.au).



*Rowan Brown had a great race in the Karri Cup  
Photo courtesy Jenny Brown*

## **BUNBURY TANDEM CLINIC - Saturday March 6<sup>th</sup>**



**Would you like to try tandem bike riding?**

**The WA Tandem Cycling Advisory Council (WATCAC)  
together with Disability Services Commission present:**

### **'Come and Try' Tandem Riding**

**This is an introductory tandem riding clinic for people of all  
cycling abilities, plus friends, family and any others interested in  
supporting the day.**

**Our Tandem Program is for:**

- Fun
- Fitness
- Road safety education
- Improving cycling skills

- No cost
- Fully qualified coach
- Tandem bikes supplied
- BBQ lunch will be provided.
- Huge amounts of fun guaranteed!

**When: Saturday 6<sup>th</sup> March**

**Time: 9.30am – 11.30am**

**Where: "Big Swamp", Prince Phillip Drive, Bunbury**

**What to bring:** Closed in shoes suitable for riding, comfortable clothing, water bottle and helmet.

**Registration:** Please register your participation by **1<sup>st</sup> March** and direct any queries to Local Area Coordinator Gerald O'Sullivan – 9722 3022 / [gerald.osullivan@dsc.wa.gov.au](mailto:gerald.osullivan@dsc.wa.gov.au)