



Department of  
Sport and Recreation

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**Friday 8th January 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>

**President** Jo Moore - [Jo.Moore@health.wa.gov.au](mailto:Jo.Moore@health.wa.gov.au)

**Editor** John Hanczakowski - [jhanza@bigpond.com](mailto:jhanza@bigpond.com)

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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 av.spd 35-36km/hr (39-40km/hr on the flat) 50 km Leader: Kim

Sat 6.45am Grp 2 Ride av.spd 31km/hr (33-34km/hr on the flat) 50 km Leaders: Jo/Chris V

Sat 6.45 am Grp 3 Ride av.spd 26km/hr (28km/hr on the flat) 44 km Leader: Greg Della

Thurs 6.00 am Medium E Centre 40 km Coffee @ Benesse

### EVENTS

Sun 10 Jan 7.00 am 75-80 km Monthly long ride E Centre Details below

Wed 13 Jan TT Dardanup 8/16km Nom. close 5.45 pm. Start 6 pm

### 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 calendar.**

### Club News -by Jo Moore

#### Time Trial Series to Recommence

The midweek TT's will recommence on Wednesday 13<sup>th</sup> January. A number of riders have been showing good form in recent training rides including Chris Visentin and David Kiewiet who are both sitting just one point behind series leaders James Blackburn and Logan Piper.

#### Well Done Erik

Erik Mellegers has once again put in a great performance at the Australian National Time Trial Championships finishing in a very respectable 27<sup>th</sup> place behind the overall champion, WA rider, Cameron Meyer.

#### Novices tackle Sunday 40k circuit

There were large numbers at last Sunday's novice session once again resulting in the need to split into 4 groups. The faster group escorted by Tony and Jo tackled the full 40km Sunday circuit plus a few laps of the new crit circuit with instruction on cornering, drafting and sprinting provided by Sue who has obviously been listening closing at the practice crits.

Many thanks to Tess who subbed in for John Hanczakowski this week as one of the ride leaders allowing John to get some extra training in for the upcoming Karri Cup.

#### Membership

Please note that if you have not renewed your membership it would have lapsed on 31<sup>st</sup> December and you would no longer be a current financial member. You must have a current membership to participate in club activities including the weekly time trials and novice series.

## **SUNDAY LONG RIDE 6.30am**

Slightly shorter distance approx 80km, start Entertainment Centre, Ocean Drive through to Dalyellup and Centenary Rd. Turn right and continue to Stratham. Turn left into West Boyanup Rd for a joyful flat road riding experience all the way to Boyanup. Quick rest break if required. Head out towards Dardanup and turn right into Dillon Rd. Continue up the little Hill called "IRONSTONE" . Should be fun for all. Continue until end of Ironstone Rd, Turn left and return to Bunbury via Recreation Road , Harris Rd to Picton and then find your way to el Presidente's place at 60 Mindalong Rd for special muffins, coffee and other stuff.

Ride is hosted by Jo Moore. enquiries to her or Kim on 0408 877 022

## **Events Traffic Management course**

**Date: Sunday 17 Jan 2009**

**Time: 10.30am** 4 to 4.5 hours pending numbers attending

**Venue:** to be confirmed by Bunbury Triathlon Club

The Bunbury Triathlon Club are bringing an Events Traffic Management course to Bunbury and have approximately 8-10 spots available. As a club we probably need 6-8 people qualified to run our State Races in May and June. At the moment we have about three qualified people. So if you feel like contributing to the club, this is the perfect opportunity to help out.

The club will be funding the people that attend. It's not a very hard course, fairly easy actually. Please contact me ASAP on 0429991699 or [russellhorlin@westnet.com.au](mailto:russellhorlin@westnet.com.au)

I look forward to hearing from you.

Russell Horlin

## **Up for some tandem riding?!**

Would you like to try tandem bike riding and assist young local people continue their bike riding? At the moment a young man living in Australind and a young man living in Usher would like to cycle more. They both have vision impairment and they rely on a pilot rider to get out and enjoy bike riding. If you may be up for some lead riding please let me know. It may be as simple as an easy recreation ride or riding with the Saturday coffee ride group. We have tandem bikes on loan from the WA Tandem Cycling Advisory Council. Any opportunities for riding will be very welcome! Lead riders require some simple instruction to get started. Please call Gerald O'Sullivan on 9722 3022 to discuss.

## **Introductory Cycling Series**

The rest of the Sunday program is:

<b>10 January</b>	7:30am	Entertainment Centre	30km
<b>24 January</b>	8:30am	Dardanup Hall	24km/39km
<b>31 January</b>	7:30am	Entertainment Centre	40km
<b>7 February</b>	8:30am	Stratham	24km/39km
<b>14 February</b>	7:00am	Fitzroy Cycles	30km/50km/80km

followed by a celebratory brunch!!

For more information please contact Donna Gellard on mobile 0438 218 600 or visit her at Fitzroy Cycles