



CYCLE TOURING ASSOCIATION OF W.A. (INC)

EDITOR : RON BOWYER



1990 JUNE/JULY ISSUE No.94

BUSSELTON - AUGUSTA CYCLING LINK

Consideration is being given to converting the old railway reserve between Busselton and Augusta into 100km of gently sloping cycle track through the forests and away from the cars and trucks.

In the following letter from Colin Balfour, the C.T.A. and you its members are asked for help or advice.

If you can contribute any ideas please write to the C.T.A. Committee or direct to Colin at the Tourism Commission. Ed.

Dear Sir,

I am writing to provide information to the Cycle Touring Association on the Western Australian Tourism Commission's proposals for "Rails to Trails" action in the State.

promote rail-trail usage, to identify possible new trails, and to lobby the various Government organisations to ensure ongoing development of these trails. I would be most interested in the Cycle Touring Association's views on the "Rails to Trails" concept and any advice or help you may be able to offer.

Colin Balfour Special Projects, Western Australian Tourism Commission.

THE C.T.A. ACHIEVEMENT RIDE STORY

See Page 5



HIGHLIGHTS OF RECENT RIDES

On March 11 a small number of would be triathletes lined up to swim 300 metres, cycle 16 km and run 3km. All starters appeared to enjoy the challenge. The disappointing turn out was probably due to your Rides Committee scheduling the event for the same day as a 200km Audax ride. We won't make that mistake next time.

The 200km Audax ride on March 11 attracted 26 starters who had to contend with a strong and hot east wind. The 4 retirements were all looked after by the very efficient backup crew.

The 50km Achievement Ride was run on March 18 along the pretty Chittering Valley course. Excellent turnout - 44 starters! A really delightful day and it was good to see Margaret and Dale Neill on their tandem.

March 25 saw weather described by Channel 2 as "atrocious and diabolical". Certainly no day for a romantic evening barbeque and this ride was cancelled. However 16 hardy souls were not deterred and they lined up for the 100km ride in the hills with John Meakin. 2 km out of Jarrahdale the rain was so heavy that visibility was almost nil. It says a lot for the skill of these riders that no accidents or injuries were reported. Plastic garbage bags were donated by the splendid staff at the Curralong Park Tea rooms and from these raincoats were fashioned for the descent to Byford. Wish I could have seen that!

April 8 was warm and sunny for the lucky few who rode from King's Park to Toni and Roger's home for morning tea and then returned to King's Park.

LET'S PUT THE 'T' BACK INTO THE CTA

Over the last eighteen months the CTA has scheduled an assortment of pannier tours ranging from a two day weekend to the fully supported nine day South West tour.

I was disappointed to see the lack of support from members, to the extent that some tours had to be cancelled.

Considering the amount of voluntary work that goes into the organizing of these rides, it is a big disappointment to both the organizers and committee.

Pannier touring offers the most rewarding aspects of cycling, giving you time to take in the beautiful country side, meeting with new people and learning about the history and functioning of industries associated with the places you pass through.

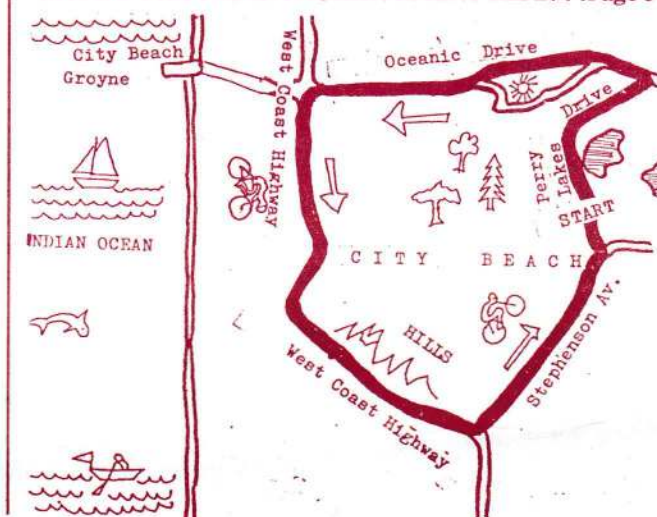
I would be interested to hear from members what they would like in a tour, i.e. duration, type of accommodation (tent, pub, site vans, YHA hostels), fully supported, etc.

Also members interested in organizing a tour.

So let's here from anyone interested in putting the 'T' back into the CTA.

KLEBER CLAUX - 458 7519

C.T.A.'s FIRST 50 KM ACHIEVEMENT RIDE. . .Page 5



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The books and magazines listed below are available for loan to all members. There is a wealth of information and interesting reading for both new and seasoned cyclists - why not make use of it?

If anyone has any other books they wish to donate to the library, feel free to contact either myself or a committee member.

Any material should be returned within 4-6 weeks. The contact for enquiries is Max Talbot 448 2039.

BOOKS

Basic Riding Techniques
Upgrading Your Bike
Fitness Through Cycling
Mountain Bikes
Bicycle Maintenance and Repair
Bicycle Repair
Bicycle Touring
All Terrain Bikes
Ride Like a Pro
Richards Bicycle Book (New Edition)

Bicycling Magazine

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Richard Ballantine

The Ten Speed Bicycle
Bicycle Digest
Bike World Magazine Travel by Bike
Physical Conditioning for Sport
Fat Man on a Bicycle
Fat Man on a Roman Road
Into Remote Places
CTC Book of Cycle Touring
Round Ireland in Low Gear
Richard Ballantines Mount Bike Book
Cycling to Fitness
Bicycles - How They Work and How to Fix Them
Know The Game - Cycling International Bicycle Touring
Journal of Audax Cub of Australia 1984

Rodale Press
Mark Thiffault
Bike World Magazine
Jess Jarver
Tom Vernon
Tom Vernon
Ian Hibell
John Whatmore
Eric Newby
Pan Books
Tricia Liggett

MAPS AND GUIDES

Cycling in Europe
Britain on the Backroads
Cyclist's Britain
The Blue Mountains - Guide for Bicyclists
Peaceful Cycle Tours of Victoria
WA Tourist Maps
Perth's Picnic Areas
Rottnest Island Guide
Guide to Kings Park
40 Bicycle Rides Around Canberra and Southern NSW
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to page 6

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THE PORONGORUPS AND STIRLINGS BY BICYCLE

8 days

OR

BIKES RUN BETTER ON WHEELS

A total of 16 of us enjoyed the week of 21-28 April touring the area around Albany, the Porongorups, the Stirling Ranges, Mt Barker and Denmark. Timed for the school holidays, this allowed the entire Sherwood family to participate, with Leigha and Clare for the most part in one of the support vehicles while John and son Philip were in the cycling contingent. This was the latest in a series of great tours organised by the Cycling for Pleasure group.

Distances pedalled each day were generally quite low, usually less than 60km, although the terrain on occasions more than compensated for the lack of distance. In the case of this correspondent, the problem of the hills was compounded somewhat by riding on a racing cluster - unusual for me as my cycling friends know. I had better tell the whole truth now since the tale will spread rapidly anyway! I have to confess the dubious honour of packing the car with my bike frame and kit for the tour in such a hurry that both wheels were left behind. Is this another statistic for the Guinness Book of Records?

Needless to say, this caused a degree of consternation when the omission was discovered - as I was passing through Mt Barker on the way down - but there is a happy ending. Thanks to that very good cyclists' friend in the person of Daniel Van Duyn at Rainbow Cycles in Albany, I was able to borrow a pair of wheels - alloy rims, Presta valves and that racing cluster - for the week. Those wheels saw me through the entire trip without complaint, not even a puncture. Nevertheless, Daniel counsels us not to make a habit of leaving wheels behind when going on tour!

For those with an interest in doing a similar tour, our itinerary was as follows:

Day 1, Saturday Ride from Albany to the Porongorups Caravan Park via Chester Pass Road 48 km

Day 2, Sunday "Rest" day walking in the Porongorups

Day 3, Monday Ride from Porongorups Caravan Park to Stirling Ranges Caravan Park via Chester Pass Road 56 km

Day 4, Tuesday "Rest" day riding to the Bluff Knoll car park then climbing Bluff Knoll (1073m).

Day 5, Wednesday Stirling Ranges Caravan Park to Mt Barker Caravan Park via Chester Pass Road and the Woogenilup Road. 73km.

Day 6, Thursday "Rest" day. Five of us rode a loop of over 70 km back to the Porongorups on the Porongorups Road, returning via Woodlands Road to Narrikup and then north on Albany Highway to Mt Barker.

Day 7, Friday Mt Barker Caravan Park to River mouth Caravan Park, Denmark 53 km.

Day 8, Saturday Denmark to Albany via the Torbay Road 58 km.

SOME IMPRESSIONS OF THE TOUR

The Wind

While we were climbing in the Porongorups, the south-west of the State was being battered by winds of 100-130 kph. This was exhilarating, if somewhat scary, when we emerged from the shelter of the bush on to some of the exposed peaks where we were nearly blown away. Brian's hat was an early victim, soaring from his head at great speed and he was fortunate to be able to retrieve it just at the edge of a very steep drop. At one point, my - glasses were almost plucked away. Leaning forward into the force of the wind, you gained the feeling almost of a parachutist undergoing free fall.

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The tents did not emerge unscathed. John rescued the kitchen tent when it collapsed during the previous night, but the next day a pole in the Sherwood family tent snapped under the strain. I too discovered that section of my new aluminium supporting frame had been bent, so a strategic withdrawal of tents into the lee of the loo was swiftly effected. Fortunately too, the floor of the camper's kitchen was made available to the dismasted refugees for the night.

The Rain

Surprisingly, virtually none fell while we were riding. However there were several falls, some quite heavy, while we were camped. You just have to accept at this time of the year that whether there is rain or not, the outside of the tent will never be dry when the time comes to pack the tent in the morning. The object is to erect it again as soon as possible to avoid any chance of mould forming.

The Food

The shared meals in the evening were a huge success, thanks in large degree to the planning and forethought of Leigha and John, together with the transport and setting-up of their mobile kitchen. We enjoyed superb home-cooked meals with these facilities at a cost per head of approximately \$2 per night. I wish we had the Sherwoods looking after the Australian economy!

The Company

Thanks to you all for being a great bunch to be with, for lots of talking and many laughs. Sharing the experience were, in addition to the 4 Sherwoods and myself, Geoff and Beryl Creighton, Ron Gin, Connie Hanscom, Brian Jahn, Sylvia Klemenz, Denise McEvoy, Marion Mighall, Keith and Bea Pearmine and Chris Pilling.

Ron Bowyer

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THE CTA ACHIEVEMENT RIDES STORY

Our Achievement Rides have always ranked amongst our most popular and well attended events. Late last year our club celebrated an important milestone in its history: the 15th Anniversary, and I feel that it is opportune to look back at the various circuits and routes used during that period.

Founded in late 1974 by a small but dedicated band of far-sighted pioneers, it was only a year or two later that preparations were made for the first 50 km and then the 100 km Achievement Rides, both of which incidentally were planned and organized by co-founder Dale Neill. Both the inaugural 50 km and 100 km events were staged in 1977. The mud-map (See Page 2) shows the route of the 50 km ride which was held in the Perry Lakes-City beach area. From the start/finish on Perry Lakes Drive we rode in an anti-clockwise direction. One circuit of this course measured 10 kms and many of us were very tired as we completed the final lap of this far from flat route. I did not take part in the very first achievement ride, but I remember quite clearly how most members regarded them with a lot of respect.

When I rode my first ever 50km Achievement Ride in 1978 I was full of awe and found the 2.1/2 hour time limit quite daunting. One of the nicest things about the infant CTA was the sincere and friendly encouragement offered to the new members contemplating their first ever attempt at the 50 km ride. The enormous benefits of joining a non-competitive sporting club were self-evident benefits which I would learn to cherish during the later years of the club's development.

The bushland setting of the first 50 km ride was appealing, however the first 100km Achievement Ride route, not a circuit this time, was far less attractive, due mainly to the seaside traffic congestion on West Coast Highway. The start/finish was located on this highway at the City Beach roundabout. We would head north along the highway to Mullaloo and then east to Wanneroo Road and then north to a point, perhaps 10 km north of Wanneroo township where the turn-around check point was located.



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Then we had to retrace our path back to the start and continue on to the North Mole - Fremantle where another-turn around checkpoint was manned. Then it was off again to City Beach. From memory, we had to cover two of these "laps" to make up the 100 km distance.

I recall vividly that I just managed to reach the finish with 4 minutes to spare, suffering badly from cramps and how sad I felt when I saw at least one rider come in 5 mins too late. The rules were never bent and this attention to detail and fairness helped the CTA to establish the high respect it now enjoys.

These early achievement rides were a popular topic of conversation and usually attracted about 15 participants, a far cry from the almost 70 who rode in a 100 km ride several years ago.

Every proud qualifier received a most impressive "Achievement Certificate" complete with all the relevant details. The achievers name was beautifully handwritten in copper-plate style by our multi-skilled and artistically gifted secretary at the time, Nicole Harrison (now Nicole Gentz - permanent resident of West Berlin).

Most established overseas cycle touring clubs have a repertoire of annual achievement style rides. Many foreign clubs have established an enviable name for a unique event - perhaps a particularly gruelling hill climb or an extremely demanding long distance ride. Other clubs are noted for a famous time-trial etc.

After the CTA's first couple of 50 km and 100 km Achievement Rides had met with such encouraging acceptance the committee of the day decided to expand the club's horizons. Who knows, was the infant now taking bigger steps? In the event, 1978 saw the holding of the CTA's first 200 km Achievement Ride. Dale Neill (how often that name pops up!!) was entrusted with the difficult task of planning mapping and organizing the ride. The membership was well aware that a "long distance" ride was being prepared but were not told any details concerning the route or for that matter the difficulties posed by the terrain to be covered

Rumours were rife and speculation included "hellish" hills and "murderous" pot holed gravel roads. Remarkable, isn't it and Bob Stockman had not appeared on the scene at that stage!

Curious CTA riders were unanimous - this ride would certainly separate the men and women from the boys and girls!

Finally the day dawned. On Sunday September 10th 1978 the inaugural CTA 200 km Achievement Ride was held and the elements were definitely not

on the side of the fourteen shivering riders gathered at 7 am at the City Beach roundabout. Riders had to contend with gale force winds, heavy driving rain, large sheets of water right across the road and then to top it all off we experienced stinging hail as we headed for Midland doing our best to peer through the spray thrown up by heavy, over-width, fast moving semi-trailers heading north with massive loads of equipment for our burgeoning iron-ore industry 2000 km up the track. After a hot meal in Midland we emerged from the deli in better spirits.

The prospect of a slight tail-wind was more than welcome. Then it was on to Armadale, Byford, Medina, Kwinana, Fremantle and back to the finish in City Beach. Twelve riders completed the event within the 12 hour limit - taking between 9 and 10 hours. The riders ages ranged between 15 and 47. Don't ask who was the oldest rider please. It had been a hard but immensely satisfying ride and we all acknowledged that our task would have been much more difficult without the 3 back up drivers and their assistant who played an important morale boosting role.

In 1978 a committee member suggested the awarding of attractive, colourful cloth badges to all achievement ride qualifiers. the suggestion and subsequent badge design were adopted and these badges immediately became popular and helped to consolidate that feeling of "belonging" which is essential to the esprit de corps of any club. Today's badges are identical to the first ones issued for 50 km, 100km and 200km rides. The certificates mentioned earlier were gradually phased out.

Neil Porteous

This story concludes in our next issue. Ed.

C.T.A. Library continued from Page 3

There is also a large collection of cycling magazines which includes

FREEWHEELING
PUSH ON
PEDAL POWER
C.T.C (UK) MAGAZINE
BICYCLE MAGAZINE (UK)
plus NEWSLETTERS FROM TOURING
ASSOCIATIONS IN VICTORIA, S.A. &
QUEENSLAND.

Max Talbot

RIDES CALENDAR: JUNE 3 - AUGUST 12

June 3 Time Trial

16km 8.00 am

Meet at Baile Road, Canning Vale for a flat time trial with the Australian Time Trials Association. Allow 30 mins. to register and warm up before starting at 8.00 am. Enquiries Peter Meyer 384 2568(H)

**** ALTERNATE ****

June 3 The Northam Connection

80km Hilly Terrain 8.30 am

Meet at the Speedome, Midvale for a ride to meet the riders on the Wheatbelt Tour at Northam. Return on the bus with them. Cost \$6 to cover the bus ride and transport of your bike back to the Speedome. Leader Noel Eddington 2931305(H) 420 2675(evenings)

June 10 Hilly and Scenic

50km 10 am

Meet at Dwellingup turn off, North Dandalup for an easy paced ride to Dwellingup for coffee and then return mid afternoon. Leader Michael Brunot 527 7754(H)

****ALTERNATE****

June 10 Hilly and Hard

150km 8 am

Meet at Kelmscott railway station for a ride to North Dandalup, Dwellingup and Pinjarra before returning to Kelmscott along the South-West Highway. Leader Paul Smeets 361 2789(H)

June 17 Scenic Suburbs Ride

50km Moderate Terrain 9.30 am

Meet at the King's Park log for a leisurely ride to Fremantle via Perry Lakes and Cottesloe, returning after morning tea along the south side of the river. Leader Arie Lemson 307 5820(H)

June 17 PBP Barbecue

75km Hilly Terrain 9 am

All those interested in the 1991 Paris-Brest-Paris Randonnee meet at the Causeway car park for a ride to the Martin's home in Pickering Brook for morning tea and lunch. Tea and coffee supplied but bring your own food. Barbeque will be lit if the weather permits and Aileen has a microwave oven. Followed by general discussion and preliminary planning for next year's PBP. Give the matter some thought

and bring your questions along. Depart about 3 pm for the return ride. Leader Colin Farmer 330 4441(H)

June 23 and 24 Record Attempt

From 1.45 pm Saturday to 1.45 pm Sunday

Rod Evans will be circulating on the boards of the new Speedome at Midvale. All CTA members are encouraged to take a ride up there in this period and give Rod the support that will mean so much to him. He is raising money for charity so expect an entry fee.

June 24 Morning Tea at Gidgegannup

80km Hard and Hilly 8.30am

The classic Gidgegannup morning tea ride. Meet Midland Town Hall for a ride in the hills finishing at the Speedome for the conclusion of Rod's record attempt. Secure storage available in the Speedome for your bike. Leader Sam Burton 450 3885(H)

July 1 Morning Tea in Freo

50km Easy 9.30 am

Meet at the Causeway car park for a ride to Fremantle for morning tea and return. Leader Rene Smeets 4441493(H)

****ALTERNATE****

July 1 ATB Mystery Tour

3 hours 9.30 am

Meet Pickering Brook Store for a mountain bike ride in the Darling Ranges. Leader Kleber Clauxe 458 7519

July 8 Whitemans Park

40km Easy 9 am

Meet at Bunnings Walter Road, Morley for a leisurely ride to explore the attractions of Whitemans Park and then return. Leader Duncan Furphy 3813283(H)

****ALTERNATE****

July 8 Audax Randonnee

200km Hilly Terrain, Very Hard 7 am

Meet at 13 Cunnold Street, Pickering Brook at 6.30am for a start at 7 SHARP. The course - Pickering Brook - Mundaring - Chidlow - Clackline - Toodyay and return. Only for the very fit. Lights essential. Ring the organiser for your entry forms. Entries close July 1. Organiser J. Martin 293 8170(H)

to page 8

CYCLING TO ALICE SPRINGS AND DARWIN

Scott Gilliland, a visiting American cyclist, is planning a trip via the Warburton Road to Alice Springs and Darwin and is seeking one or more persons to accompany him on all or part of the journey.

The departure time is expected to be somewhere in July and the whole trip is expected to take about 4 months.

Any takers?

Scott can be contacted at Flat 103, 138 Adelaide Terrace, Perth 6004.

July 15 Whitby Falls

60km Moderate Terrain, Easy Pace 10am

Meet at Kelmscott railway station for a leisurely ride on back roads to Whitby Falls and return. Leader Maureen Murray 398 7086(H)

****ALTERNATE****

July 15 The Dam Hills Ride

180km Extra Hard and Hilly 8 am

Meet at Kelmscott railway station for a hard ride to whizz past not just one, but three different dams, and then back to Kelmscott. Leader Brett Rutherford 339 7059(H)

July 22

70km Medium Terrain and Pace 9 am

Meet at Bekenham railway station for a pleasant ride on back roads to the John Forrest National Park, returning after morning tea. Leader Mike Waters 444 4832(H)

****ALTERNATE****

July 22 Avon Ascent

60km Hilly Terrain 8.30am

Meet at Stockman and Son, 15 Loton Ave., Midland for a ride up the Westrail service road following the railway to Toodyay through the best scenery in the Avon Valley. Return with bikes on CTA trailer in John Martin's bus. Mountain bikes or broad tyred tourers only. Cost \$5.00 each for bus trip. Limit of 12 bikes on trailer and 14 bus passengers. Bookings with money to leader by July 15. First in best dressed. Leader Phil Torkildsen 388 2532(H)

July 29 Bickley Valley

65km Leisurely Pace, Hilly Terrain 9.30am

Meet at the Kalamunda Library for a leisurely but hilly ride through this very pretty orchard country. Leader Bob Stockman 293 5278(H)

****ALTERNATE****

July 29 Good Appetizer

190km Hard Ride 8 am

Meet at Kelmscott railway station for a long ride to whet your appetite for the 600 next week. The course Kelmscott - Mandurah - Pinjarra - Dwellingup - Kelmscott. Leader Sam Burton 450 3885(H)

August 4 Audax Randonnee

600km Very Hard - Medium Terrain 6 am

Note the Saturday start.

Meet at Kelmscott railway station at 5.30am for a start at 6 am SHARP. The course Kelmscott - Brookton - Narrogin - Williams - Darkan - Boyup Brook - Donnybrook - Waterloo - Pinjarra - Kelmscott. Only for the very fit, lights essential. Ring the organiser for your entry forms. Entries close July 28. Organiser J. Martin 293 8170

August 5 Lakes and Cakes

40km Easy 9am

Meet King's Park log for a ride via Lake Monger and Herdsmans Lake to Scarborough for morning tea, returning via the coast. Leader Noel Eddington 2931305(H)

August 12

30km Easy 9.30am Dales Suprise

Meet at the changerooms on the north west side of Perry Lakes for a leisurely ride to a secret morning tea stop and return. Leader Dale Neill 447 8168

****ALTERNATE****

August 12 200km Achievement Ride

Hilly Terrain, Hard Ride 7 am

Meet at Midland Forum Hall 6.30am for a 7 am SHARP start and ride along the hard but very pretty Toodyay - Bindoon course. Maximum time allowed 12 hours. Lights essential. Members only. Organiser Colin Farmer 330 4441(H)

C.T.A. COMMITTEE 1990

PRESIDENT:	Arie Lemson	307 5820 (h)
VICE PRESIDENT:	Ron Bowyer	382 3993 (h)
SECRETARY:	Bob Stockman	293 5278 (h)
TREASURER:	Betty Stockman	293 5278 (h)
COMMITTEE:	Sam Burton	450 3885 (h)
	Noel Eddington	293 1305 (h)
	Colin Farmer	330 4441 (h)
	Michael Waters	444 4832(H)

Correspondence to P.O. Box 174 Wembley W.A. 6014
For details of club membership please contact the Treasurer.