



# BBCNEWSLETTER 2023.07.10

## BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – 23 - For week ending Sun 09JUL2023.

Monday – 9

Tuesday – ?

Wednesday – 4 (See report)

Thursday- ?

Friday – 8 (See report)

Saturday – ?

Sunday – 2 (See report)

Join our mailing list: [bbclubnews@gmail.com](mailto:bbclubnews@gmail.com)

4 Week Free Trial Memberships

[BBC Certificate of Currency](#)

are available to anyone who has not held an AusCycling membership in the last 3 years.

CLICK TO OPEN

## BBC MEMBERSHIP & INSURANCE

### KEY: GREEN(slow) BLUE(med-fast) UPCOMING EVENTS

CLICK ON EVENT TO OPEN

#### WOODBURN

JUL Tue 11<sup>th</sup> 7AM. Coles, Fox St.

#### HOUGHLAHANS MTB

JUL Wed 12<sup>th</sup> 7AM. Coles, Fox St.

#### WARDELL 2

#### BROADWATER

JUL Fri 14<sup>th</sup> 7AM. Coles, Fox St.

#### RIDERS CHOICE

JUL Sat 15<sup>th</sup> 7AM. Henry Rous Tavern

#### VBR – RIDERS CHOICE

#### BROADWATER

JUL Sun 16<sup>th</sup> 7AM. Coles, Fox St.

#### MOYLANS-WARDELL

JUL Mon 17<sup>th</sup> 7AM Coles, Fox St.

## Wednesday Ride Reports

- Peter

Four riders. David, John and Garry rode the Houghlahans circuit. Dave and John road their mountain bikes. Garry followed on his road bike. It was a bit too nippy to hand around up along the ridges, so they basically kept the breaks short and came back for coffees earlier than usual.

I rode alone to Wardell and back. I have been recovering from a few physical ailments which kept me off the bike. As a result I put on a lot of weight and became unfit. During the ride I was not able to ride 30 kph (shock-horror).



## Friday Ride Report

- Peter

Eight left for the Wardell circuit. Only Richard and Michael rode around Hermans Lane. Tom and myself rode at our own slightly faster pace than Richard, Shane, Anthony and Buster.

Moylans Lane was closed for road works. Apparently they are resurfacing that long bumpy-potholed section. Which is good to see, but let's hope they do a more permanent job than they ever have done. Otherwise, we will get six months of good road and 3-5 years of potholes and patchworks.

Michael was the strongman of this group. He has a good steady lead out.

continued



Photos TL-BR: Shorty, Shane, Anthony, Buster, Michael and Tom.

## Sunday Ride Report

- Bruce and Peter

Bruce Syme was our timekeeper. Marc Mears and Michael Hardy were the only two riders that turned up for the time trial training ride. It has been the talk amongst us as to who was the Top Dog of our regular local group of riders – Michael or Marc?

Well, synchronicity has brought the two here today to test these two closely matched cyclists. Both Marc and Michael over the past few months have improved their cycling power quite noticeably. Some of us were already wondering, three weeks ago, how the two would compare on their first time trial training ride. But unfortunately Marc was uncertain about the ride route and got lost around Wardell. So this mishap had muted the question. But today has become an isolated rematch.

As you can see from the recorded times, for the 12.6 km circuit, that Marc was 12 seconds faster than Michael. Both were fairly closely matched. I can easily imagine the two, from now on, will be looking at each other just as closely too.

We don't officially know how Marc performed in comparison to his last time trial. However Michael comparison shows an improvement in time by ten seconds.

Name	Min:sec	Min	M/km	Km/hr
Marc Mears	22:52	22.866	2.624	33.06
Michael Hardy	23:04	23.066	2.601	32.78

Average speed = (60/minutes) x kilometres

OTHER BITS & PIECES Click on the 2 images below to open

**GCN TECH**

**NO MORE TYRE FRUSTRATION!**

9:37

Fit ANY Difficult Bike Tire With This Easy Trick!

3:42

Monty Python - Bicycle Repair Man

6-DAY BALLINA (FORECAST). Click image to open METEYE (2478 for Ballina).

**4-CAST**

Forecast for Ballina

	Tue. 11 Jul	Wed. 12 Jul	Thu. 13 Jul	Fri. 14 Jul	Sat. 15 Jul	Sun. 16 Jul
Max (°C)	21	20	21	22	23	23
Min (°C)	6	8	7	7	9	10
Chance of rain (%)	0	30	20	5	5	40
Rainfall range (mm)	0	0	0	0	0	0 to 1

Where to Race

Here are a few links for our racing club members to represent our club in:

- Byron Bay** <https://www.byronbaycycleclub.org.au/home-1> and/or <https://www.facebook.com/byronbaycycleclub/>
- Yamba** <https://yambacc.tidyhq.com/> and/or <https://www.facebook.com/YambaCC/>
- Murwillumbah** <https://murwillumbah.tidyhq.com/> and/or <https://www.facebook.com/MurbahCycleClub/>
- Grafton** <https://grafton.tidyhq.com/> and/or <https://www.facebook.com/graftoncycleclub/>

Where to Trail Ride

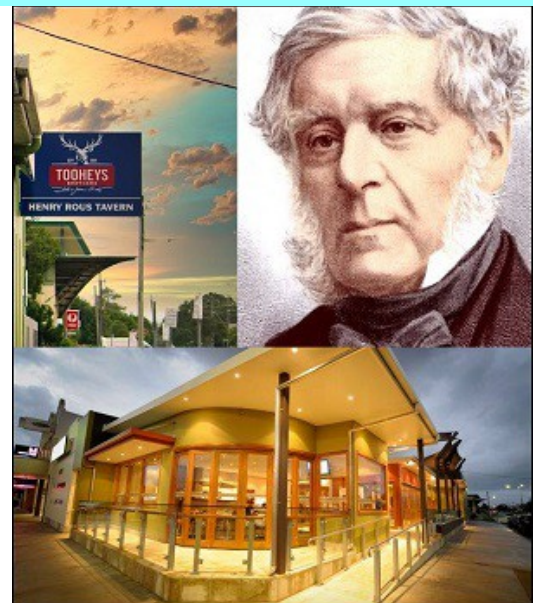
Here are a few links for our MTB club members to represent our club in:

- Kyogle MTB Club:** <https://www.facebook.com/kyoglemountainbikeclub>

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158 River Street Ballina  
<http://thebicycleemporium.com.au/index.html>

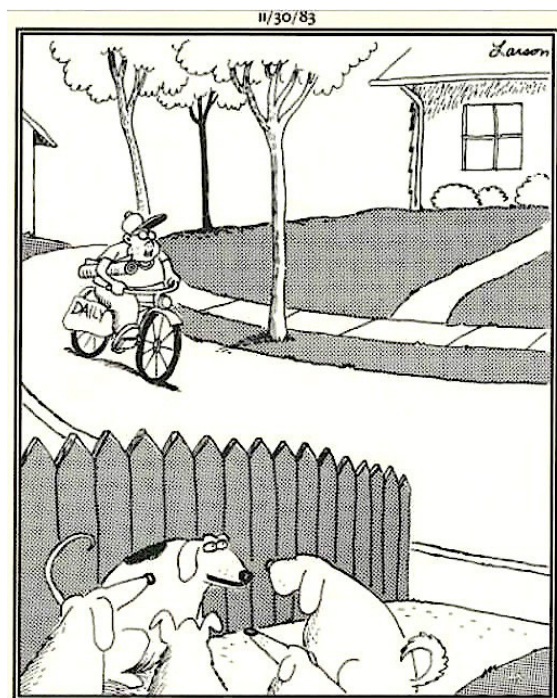


THE HENRY ROUS TAVERN  
177 River Street Ballina  
<https://www.henryrous.com.au>

**SPOT THE DIFFERENCE** The bottom image has 10 alterations. Can you spot them?



Answer: <https://drive.google.com/file/d/1qgqdyRIOtdF5-3QmOfQXfHEAcVGyY3q/view?usp=sharing>



adapted from Larson

"Okay, this time Rex and Fang will be the dingoes, Fifi and Muffin will be the foxes, and ... Listen! ... Here comes the deer!"

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