



BBCNEWSLETTER 2024.01.22

BALLINA BICYCLE CLUB RIDE ATTENDEES

For the week – ? - For week ending Sun 21JAN2024.

- Monday – 1 ()
- Tuesday – 1 ()
- Wednesday – 1 ()
- Thursday- 1 ()
- Friday – 1 (See report)
- Saturday – 1 (See report)
- Sunday – 14 + (See reports)

Join our mailing list: 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

JAN Tue 23rd 6AM. Coles, Fox St.

TUCKEAN ISL MTB

JAN Wed 24th 7 AM. Cole, Fox St.

WARDELL LOOP

JAN Fri 26th 7AM. Coles, Fox St.

BROADWATER

BROADWATER

JAN Sun 28st 7AM. Coles, Fox St.

EASY WARDELL RIDE

JAN Mon 30th 7AM Coles, Fox St.

MORE UPCOMING EVENTS

2024 Time Trial Training. The Ballina Bicycle Club Committee decided at last committee meeting that the Training Time Trials be held at 8am on the second Saturday of each month. The next one will be on Sat 10 February 2024.

Most days during this week nobody went for a ride except Peter. He rode everyday regardless of weather conditions.

Tuesday Report

- David

NEXT TUESDAY (TOMORROW), the ride will start at **6AM** from Coles car park, Fox Street.

Friday Report

- Peter

Tough ride with the guys because the speed went up by Simon.

Sunday Report

- Simon



Fourteen riders participated in the combined Cliff Burvill Memorial and Vintage Ride. Riders came from Byron Bay, Goonellabah, Alstonville, Lennox Head and Ballina riding modern carbon and vintage steel bikes. Craig C turned up but unfortunately couldn't ride as he'd overdone it on the trainer through the week and then punctured on the way in.

It was clear and warm from the outset and the pace was on as John M claimed the KOM over North Teven. The group settled a bit and kept a steady pace, Gianni returned to Byron when we reached Ballina while we continued to Wardell where Tom and John P. left us to get to the coffee shop first (actually Tom's seat came loose, flipped upright and nearly punched him a new one!) That left eleven to Broadwater and back to the cafe. Johnny N had his own seat issues after hitting a hole with a loud cracking sound on the way from Broadwater, requiring a bit of seat attention at Wardell before he could continue. On the way back, with the picturesque backdrop of the Richmond, the pace was set by John O and Johnny N with others chipping in when they could, the mild headwind causing a bit of concern, the steely riders holding their own with the carbon pack. Coffee, banter and a lot of water was had at the Proper Cafe.



Continued...



The trip has completed 7 days riding, totalling 807 km and 3773 metres of climbing. Most ascents have been gradual but long. Until today, we have ridden on dual carriageways with little traffic. Drivers toot their horns in greeting. People of all ages call out hello, with some also calling out welcome. We have 4 more days in Egypt before flying to Rwanda.



Group of 35 with all bar one riding to Cape Town. Even number of women and men, lots by themselves (like me). The eldest is 75, and there are 3 other men 72-74, so I am not the oldest. I am enjoying the experience. The group is friendly. Many have done amazing cycling trips. Lots doing self supporting rides.



I am sitting on the balcony of the Obelisk Nile Hotel, Aswan, waiting to be allocated a room (see photo). We deserve some basic comforts as last night's camp site was to quote another rider the noisiest camp ground he'd ever stayed at. It sounded like trucks were heading straight for our tents until about 2am.





Where to Race

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://grifton.tidyhq.com/> and/or <https://www.facebook.com/griftoncycleclub/>

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>

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



Forecast for Ballina

	Tue. 23 Jan	Wed. 24 Jan	Thu. 25 Jan	Fri. 26 Jan	Sat. 27 Jan	Sun. 28 Jan
Max (°C)	27	28	30	32	30	28
Min (°C)	22	21	20	22	24	23
Chance of rain (%)	50	10	5	30	80	70
Rainfall range (mm)	0 to 1	0	0	0	0 to 40	0 to 15

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



2024 CYCLING GOALS!

**NEW ADVENTURES
NEW BIKE BUILDS**

6:53

2024! New Year, New Goals, New Bikes??!



**Gravity Racing
With No Brakes!**

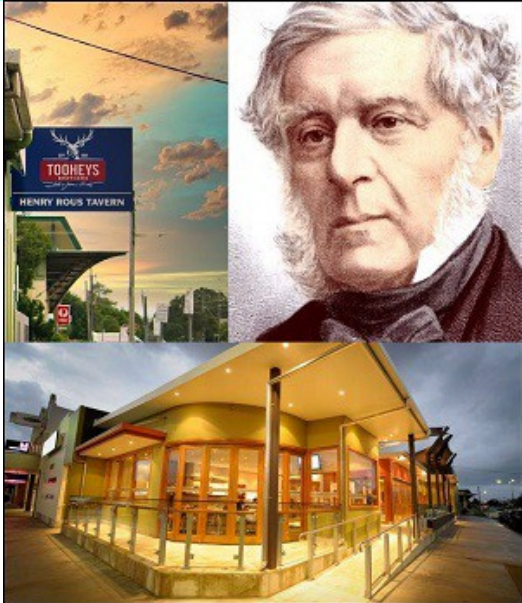
5:16

Racing Down One Of The Steepest Roads

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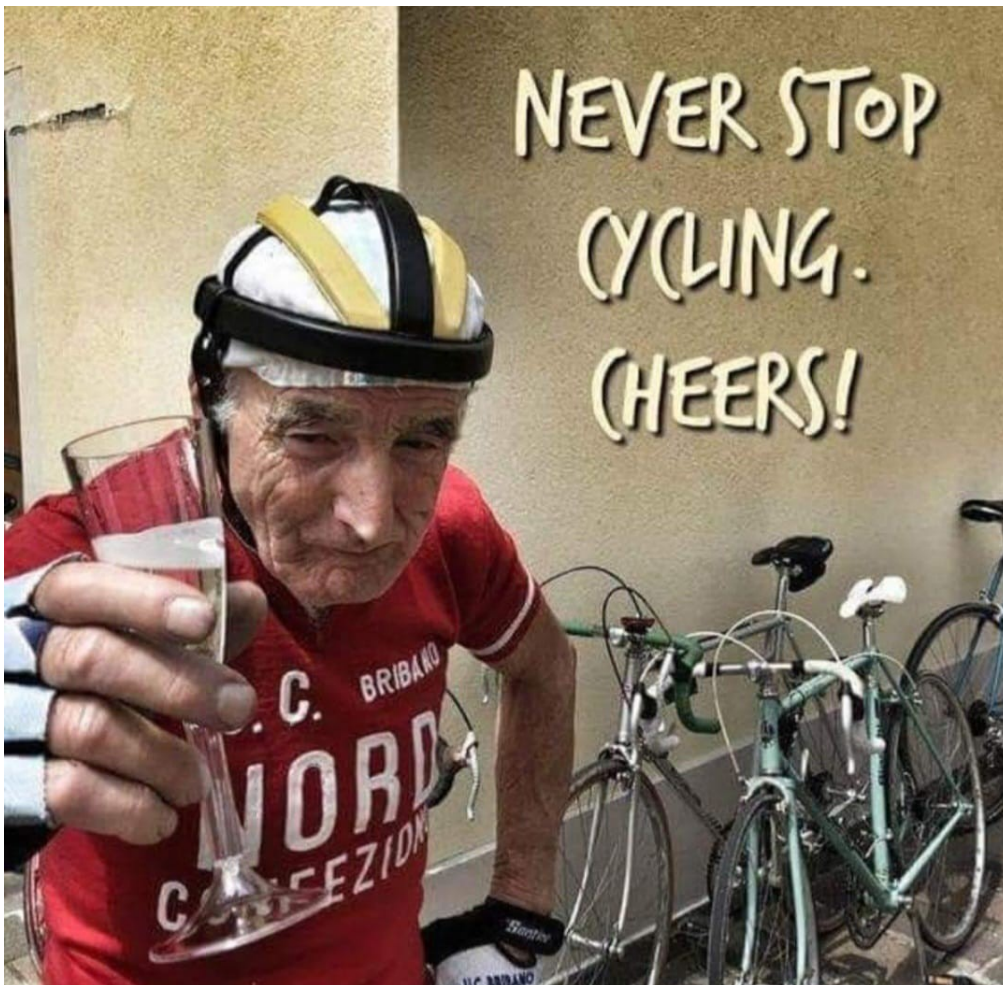


THE HENRY ROUS TAVERN
177 River Street Ballina
<https://www.henryrous.com.au>

SPOT THE DIFFERENCE The right-hand image has 10 alterations. Can you spot them?



Answer: <https://drive.google.com/file/d/1LNab06Qqnhg6GUQmJfxhis3MU7hayb-5/view?usp=sharing>



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