

SOUTHERN HIGHLANDS CYCLING CLUB



HANDBOOK

SOUTHERN HIGHLANDS A.C.C.

– THE EARLY DAYS *By Brian Ward*

The Southern Highlands Cycling Club was formed on Tuesday evening, July 13th, 1976, in the supper room of Bowral Memorial Hall. This was largely due to the enthusiasm for cycling, and the hard work of two men, Brian Ward and Brother David Merrick.



Brian Ward was a keen cyclist. In the early days, he would drive to Avondale near Dapto, to race with the Illawarra Club. Keen to gauge interest in riding in the Southern Highlands, Brian placed an advertisement in the Southern Highlands News, asking for interested cyclists to meet at the intersection of Kangaloon Road and Old South Road on a Saturday. As a result of this initiative, a small group of budding cyclists met regularly every week to race along Old South Road, or along Greenhills, Joadja and Wombeyan Caves Roads. Sometimes, the riders would also race on Sundays, and often riders from Goulburn would come and join the races. Allen and Lola Gregory ran a "shuttle" bus on these days also, to collect riders from various points, to take them to the rides and home again at the finish of the race.

Around this time, Brian Ward met Father Dave Merrick, also a keen rider. Brother Merrick joined forces with two other brothers from Chevalier College, Alan Kinnane and Joe Patterson, and together they would ride to various locations around the Southern Highlands, including Picton, Bargo, Bundanoon, Marulan and Goulburn. For competition, they had a twenty and a thirty mile circuit which included Bowral, Centennial Road, the Hume Highway, Berrima, Sutton Forest, Moss Vale and back to Bowral.

Both Brian Ward and Brother Merrick were very encouraging of other riders, including younger ones. Brother Merrick had an old '63 EK Holden which he restored with roof racks for eight bikes, so he could take himself and seven boys to rides, at Goulburn and at Unanderra. Several Southern Highlands riders participated in the 9th Edition of the Canberra two day tour in late May, 1976, but in Illawarra colours.



The new club was affiliated with the NSW Amateur Cyclists' Union. President was Alan Ducksbury of Bundanoon, the treasurer was Mrs Donoghue, dual handicappers were Lola Gregory and Yvonne Targa and the secretary was Brian Ward. Initially, Southern Highlands riders wore plain white T-shirts to races (including the Shoalhaven Open and NSW Road Championships in





1976) until the NSW Amateur Cycling Union approved new colours – lime green with red and white chest bands in 1977. By the time the 1976/77 track season began, most Southern Highlands riders were using the new colours – to ride locally



and to race at Goulburn and Unanderra on Friday nights.

Southern Highlands riders took part in the Goulburn Lilac Time carnival, which traditionally was the first Open Carnival of the track racing season. Brian Ward won the B grade scratch race – the first win by a Southern Highlands rider in an Open event, wearing the club colours. Later in 1977, Goulburn Club allowed the Southern Highlands Club to have a track championship using the Goulburn track, until Eridge Park velodrome was constructed. In 1977, Brian Ward commenced discussion with Mittagong and Bowral Councils with the aim



of having the velodrome constructed. Brother Merrick and Brian Ward drew up a plan for a Velodrome and they were able to get a grant of \$110,000 from the Department of Sport and Recreation a cycle track and soccer field to be constructed.

And so the Southern Highlands Cycle Club was born.



(With thanks to Brian Ward and Father David Merrick, who both wrote details of their early recollections. These are available to read, in full, on the SHCC website. For the purposes of the Handbook, the above is an abbreviation of their stories. Further details of the history of the club are being researched, and will be added to the website when they are available).



HOW TO JOIN THE CLUB:

- Come to a race meeting and collect application form there
- Download application form from Cycling Australia website www.cycling.org.au
- Contact the secretary and have a form sent out to you

The Southern Highlands Cycling Club is affiliated with Cycling Australia. Memberships are for a calendar year - open from October and due by January each year. Information on the costs and types of memberships is provided on the clubs website and is updated each year.

A small amount of the membership fee goes to the club with the rest going to Cycling NSW. You will need to carry your confirmation receipt and bring this to racing until the plastic membership card is sent to you.

You cannot race unless you have joined the Club.

INSURANCE

Depending on which type of membership and racing licence you have, you may have 24/7 coverage whilst racing (competitive licences only) in either sanctioned events, or whilst engaged in logged training (all licences).

Insurance covers:

- Personal Accident Insurance
- Death/Permanent Injury Coverage
- Non-Medicare Medical Expenses
- Loss of Income

For more information on insurance etc, go to www.cycling.org.au/memberships/insurance

Once joined, you may renew online nsw.cycling.org.au.

RACING PROCEDURES

Club racing follows a Summer programme and a Winter Program. These programmes are available on the website. Summer Racing is held on Tuesday afternoons from 6pm onwards. Winter Racing is held on Saturday afternoons from 2pm onwards. Both Summer and Winter Racing is held at a series of approved roads.

Maps of where the race meetings are held are on the website.

All races are controlled by Commissaire and assisted by:

- Traffic marshalls
- Helpers
- Sign on helpers

All club members are rostered to help with races. A list of the seasons races and names of rostered assistants is on view on the website and at every race. If unable to attend a race, it is the club members duty to contact the volunteer organiser, and wherever possible, arrange for someone to take your position.

The commissaire is responsible for the correct and safe management of the race. The commissaire will address all riders at the commencement of each race, and it is every rider's duty to be in attendance at this time. Road conditions, finishing conduct and general information will be given out at this time.

The commissaire must be in attendance at the race one hour before the start.

Traffic Marshalls and helpers must be in attendance 45 minutes before race.

Sign on attendants must be in attendance one hour before the race.

The club runs Traffic marshalling courses twice a year, and all club members may volunteer to become accredited traffic marshalls. Only accredited traffic marshalls are permitted to stop traffic.

Helpers are assigned to duties helping with the race, such as time keeping, assisting traffic controllers, taking licences, money and names, being a sign on helper, and other duties.



CYCLING RACE RULES

Racing rules set out by Cycling Australia. Details of these are available from www.cycling.org.au

The most important rules are as follows:

1. Competitors and officials must observe the local traffic laws and regulations.
2. All bicycles must be in sound mechanical and structural condition and must have two efficient and independent hand brakes. Handlebar ends must be plugged. Tyres must be free of defects and sufficiently inflated.
3. An approved helmet (Australian Standards approved - AS/NZ 2063) shall be worn at all times during competition, warming up for an event or when.
4. Competitors must listen to and obey the rules set down by the commissaire at the commencement of each race.

CLUB RULES

- After end of race if a finishing chute has been set up please stay in order till number is taken.
- If you wish to question the Handicap, a donation of \$100.00 must be made first.
- Registration must happen before 1:55pm, no late entries will be accepted unless by prior arrangement.
- To race, you must bring your licence.
- Lights must be fitted to front and rear of bike at all times for racing. It must be of at least a single flashing led light.

POINTS

- Points are awarded to both A and B grade riders competing on the day, 15 points for 1st down to 1 point for 15th and all other finishers receiving 1 point with two separate point scores for the season.
- Interclub races. Points will be awarded each category rider competing on the day, 5 points for 1st down to 1 point for 5th and all other riders. Includes Southern Division Championships.
- Fastest time in both A and B grades will be 10 points for 1st going down to 10th place and again separate point scores.
- If you are required to change grades mid season all points will be carried over with you.
- Points are awarded for marshalling. For the first time 15 points and every other time 3 points. Traffic marshalls must bring their tickets with them to the race.

RACE HANDICAPPING

- The club handicapper's main task is to ensure that all riders compete at a level commensurate with their ability.
- They assign an initial grade for new riders and monitor their performance while they settle in to racing at the club.
- They also decide when it is time for a rider to be moved up or down a grade by maintaining a list of the performances of all riders.
- This list is also used in assigning marks to groups of similarly performed riders in the handicap road races conducted by the club.
- Each individual rider may have a different handicap depending on the type of event being held and their riding abilities.
- A rider's handicap for an event is generally based on their previous performance in similar events.

TYPES OF RACING

JUNIOR RACES

Southern Highlands Cycling Club has an excellent junior program with Mountain Bike, road and track racing. Juniors under 15 are encouraged to race MTB or track, to improve their skill without the danger of vehicles. They are not allowed to race in open company until they are a second year U15 rider with proven bike skills. Junior riders, who race with the Club and show commitment and love to the sport, will receive a race kit and race subsidies when racing in open races.

TRACK RACING

Held at the local velodrome at Eridge Park, Burradoo, with a lap distance of 333 metres. Race distances are short from a 200 metre sprint to a 20 lap dash. Races are held in the Summer Month during daylight saving. Open to track and road bikes. Great for juniors to learn race skills in a safe environment.

CRITERIUM RACING

Held on a close street circuit, the Club Criterion Circuit is at the Tycan Place near Bunnings, Mittagong. Races are graded from A to C and are run on a timed system, eg 20 minutes riding followed by 3 laps

ROAD RACING

Held on Open Roads around the area, with about seven approved roads in the area. Most races are handicap events with some scratch races. Winter races are about 40 KM in distance, and run on Saturdays at 2pm. Summer Races are about 20 KM and are run on Tuesday evenings at 6pm.

SCRATCH RACE

This is when you start with a group of riders riding with similar ability. The race is held over an allotted distance.

HANDICAP RACE

This is when riders are given different start times depending on the ability of the riders. The first riders away are called limit and the last riding groups away is called scratch. If the handicaps are worked out well, all the riders should finish together at the finish line.

TIME TRIAL

This is when riders are sent out at timed intervals, and they race against the clock. There is no drafting allowed in these events.





POINT SCORE AND CHAMPIONSHIPS

On the Summer, Winter Road Racing and MTB, a point score is run. Points are awarded from 1 – 15. First place gets 15 points, down to 1 point for 15th place. As well every rider receives one point for starting. Each Marshall is awarded 15 points for the first Marshall, and 3 points for each marshalling duty every other time.

CHAMPIONSHIPS

Road championships are run over four disciplines:

1. Road race, 2. Time Trial, 3. Criterion, 4. Hillclimb

Track Championships are run over three disciplines:

1. 500m or 1KM time trial, 2. Sprints, 3. Scratch Race

MTB is a one race held at the end of the Summer Series.

All Championships are run in grades for adults and age divisions for juniors.

INTERCLUBS

The Interclub is a series of five races with neighbouring clubs, held during the winter season. Normally, one race is held each month at the host club venue.

SOUTHERN DIVISION CHAMPIONSHIPS

These are held annually, as a scratch race, and in age divisions. This is held at the start of the road season normally at Goulburn.

OPENS

Races put on by the NSW Cycling Federation and hosting Club. These are open to all riders with a Cycling Australia licence.

SOCIAL EVENTS

The club has a very social atmosphere with lots of BBQ's at Christmas and end of seasons, for both Road and MTB.

CLUB PRESENTATION EVENING

This is held once a year around November to celebrate rider's achievements, both locally and internationally.

MTB

By joining SHCC you will be able to race in local & interstate races covered by the MTBA licence.

LOCAL TRACKS AND TRAILS

SHCC currently has permission from the Local Council to use the Welby and Mount Alexander Reserves for Mountain Biking Races. Orange marker arrows guide you around the 6.5km loop. The start is just past the Hockey Fields, north of the Cemetery, Meranie Street, Welby. A course map can be downloaded from the club website. Strictly no new track building or damage to native vegetation. Warn other track users when passing and be careful of motorbikes or vehicles using the trails.

Other local areas to ride are Gibbergunyah, The Gib, Box Vale, Jellore State Forest, Bellanglo, Meryla Pass and the famous "Cannonball Run" down into Kangaroo Valley.

The club is helping to build sustainable tracks at Fitzroy Falls and Kangaroo Valley. All volunteers are welcome – see club website.

In the south of the Highlands, extensive single tracks and waymarked roads exist in Wingello State Forest and some in Penrose State Forest. For more information go to www.wildhorizons.com.au

RACES

The club holds races every 2-3 weeks over the Summer and Winter periods. These are usually handicapped races with slower riders starting first.

XC race formats are: Graded races (groups starting in there category A, B, C etc).

criteriums: many laps of a a short 5-6 minute loop with many jumps & corners – great to watch !

Time limit Race: over 3 to 24 hours – done in teams or solo. More sociable race format – really get to know the track, yourself and the team.



TRAINING RIDES

Thursday mornings, leaving the Cheesecake Shop in Bowral at 6:00am, returning 7.30am.

Mountain Bike riding is a sport based on simple fun. The fun we have on bikes getting up at the crack of dawn, bunny hopping down rocky single tracks, breathless moments of courage overcoming your fears – mud splattered and tired – a coffee or hot chocolate and banana bread at the Café – then laughing about the ride and talking about how we'll do it all again next week.

So enjoy the fun, get out and Ride !

All mountain bikers are to follow Mountain Bike Australia (MBA) rules and to follow the mountain bikers code:

www.mtba.asn.au

RACE DISCIPLINES

CROSS-COUNTRY MOUNTAIN BIKING

Cross-Country Mountain Biking or XC Mountain Biking would have to be the most well -known discipline of Mountain Biking. It brings: Variety, Adventure, and the feeling of freedom and being with nature.

DOWNHILL MOUNTAIN BIKING

If you have the need for speed then this discipline is for you. Downhill Mountain Bike Racing is a very spectacular sport to watch and very exciting to take part in. It requires full concentration to ride your Mountain Bike downhill as fast as possible avoiding obstacle in the path.



FREERIDE MOUNTAIN BIKING

Freeride Mountain Biking is considered as being an advanced level of biking. It contains the usual climbing and descending as well as more technical moves. Freeride Mountain Biking is between Cross-Country and Downhill Mountain Biking

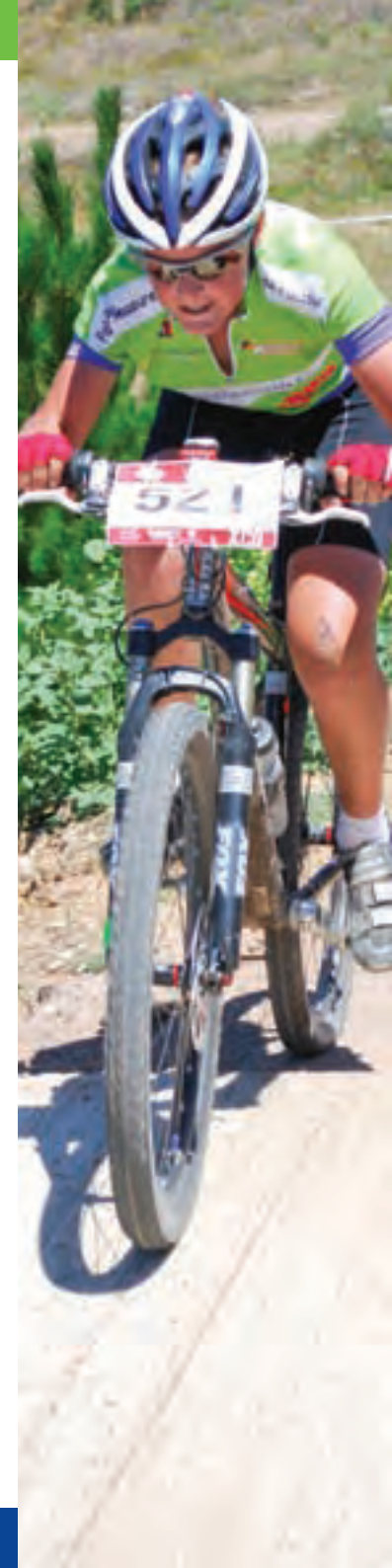
ENDURANCE MOUNTAIN BIKING

Mountain Bike Endurance Races are becoming more popular through the years. They can cover very long distances or include many laps. These are races against yourself, seeing if you can go the distance.

To help enjoy your experience, mountain biking techniques are essential for you to learn when you are a beginner mountain biker or just started. Like, how to mount/dismount your bike, how to take corners, how and when to shift gears, how to use your breaks, how to manage your weight distribution and more.

For more details regarding all aspects of the Club, go to www.southernhighlandsccl.com.au

Special thanks to Megan Patey, Richard Vollebregt, Peter Tomlinson and John Herne.





JERSEY



SHORTS



WINTER JACKET



VEST



ARM WARMERS



CAP



SUMMER GLOVES



SOCKS

Much more clothing available, visit www.southernhighlandsc.com.au to view the entire range, and to download an order form and sizing chart.

MAKING CYCLING SAFER FOR YOUNG CYCLISTS



Through vital education, safety and awareness programs,
the Ben Mikic Foundation is making biking safer
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