





Tonia Nesbitt receiving the Culver Cup after winning the Open Womens 25km Individual Time Trial in 36.41



Rob Gemmell winning the Masters 25km Individual Time Trial in 35.01



There are many important aspects to running the Cycling Club—can you lend a little of your time. We need people to transport race trailer and set up race courses, race day managers, people to learn how to use timing equipment etc. Please let us know, if we have many helpers it means you don't have to do it very often...without volunteers races cannot happen!!!





**CLUB NEWSLETTER** 

**APRIL 2016** 



Pat Johnstone—on his way to winning the Open Mens 40km Time Trial in 58 min



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## **GROUP TRAINING RIDES**



Although not a club organised ride many riders meet on Sunday mornings at 9am to do Group Training. There are often a couple of groups that leave catering for all abilities. The riders meet at Red Lion Inn on Anzac Parade.

Rides also leave Velo Ronny's on Wilson Street on Wednesday nights at 5.30pm for fast group—FRONT AND REAR LIGHTS NOW COMPULSARY

New members are welcome.

Ensure you have adequate fluid and food for long rides.

Keep your tyres in good condition.
Please stop and assist with punctures when ride does not return on same road.

