

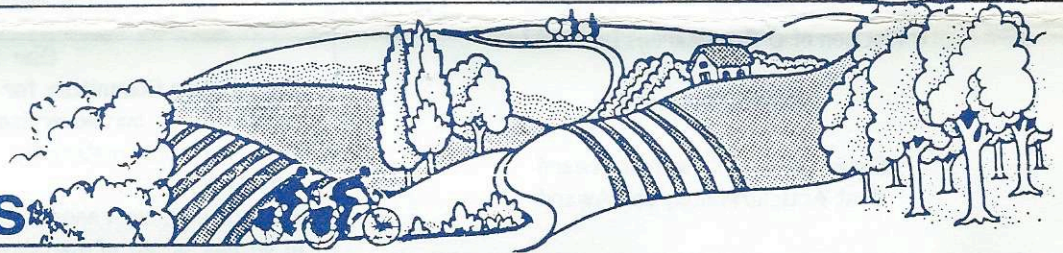
CYCLE TOURING ASSOCIATION OF W.A. (INC.)



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tour notes



600 km Audax Randonnee 30/31 August

Friday night's weather report sent us off to bed with a good feeling in the knowledge that there was a high covering the SW of the State and that we should have 2 days of great weather (at last). Out of bed at 3.30 am, a hurried breakfast and then it was off to Perth G.P.O. in the car for a 5.00 am start.

Eight of us headed off for Mandurah, the first control point. Rain (where did it come from?) forced a stop to don coats about 20 km before Mandurah and then dogged us right through to Harvey. Then the sun broke through and after battling a head wind to Picton we turned for Dardanup and then through the beautiful Ferguson Valley to Lowden. Back on to the Highway and the hard slog up to Kirup, flying down to Balingup and then all the ups and downs to Bridgetown, the halfway mark. Here we had a quick bite to eat and then turned back to Donnybrook for a rest at the Motel.

Another 5 am start with drizzling rain for the first couple of hours, then good weather except for head winds.

Bad memories - forgotten them since finishing.

Good memories - the picturesque Ferguson Valley, cycling from Balingup to Bridgetown on a perfect evening, the occasional scent of boronia and crossing riders finishing the 300 km event just out of Bridgetown. Knowing they would all finish and most would earn their Super Achievers Badge gave us a great lift.

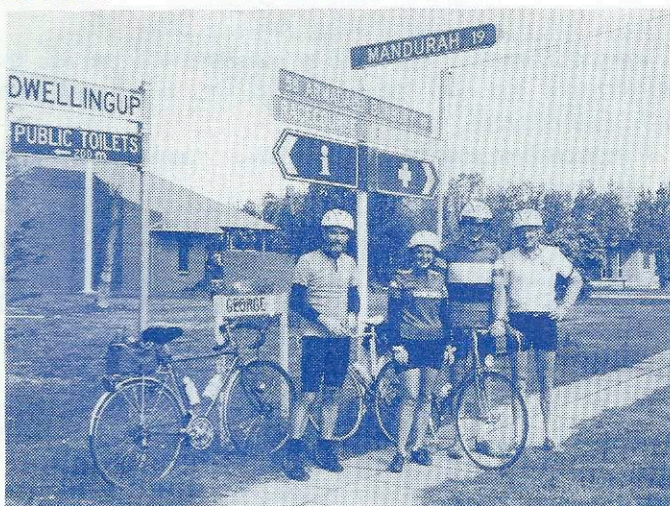
Everyone finished well within the time limit and a total distance of 4,800 km was covered without punctures or breakdowns.

Many thanks to our support vehicle which met us at all checkpoints. Susan, Wendy and Stephen you did a fantastic job. Also the encouragement from the people on the bus and the cheerful faces of Ron and Des at Pinjarra helped us on our way.

The riders were:

Stewart Stockdale, David Doust, Robert Min Oo, Lin Hambleton, John Turley, Neil Porteous, Aileen and John Martin.

Aileen Martin



Which way to go? Four of our intrepid randonneurs.
L to R: John Turley, Aileen Martin, John Martin and Neil Porteous.

First Aid to the Fore

Are members aware that it is Association policy to ensure that at least one rider on any official C.T.A. ride is carrying a First Aid Kit? Have you thought how easy it would be to organise your own small First Aid Kit so that whether you were on an official ride or not, you would always have access to a kit? If you would like to have more information on first aid kits, contact your nearest C.T.A. Committee Member.

To extend that idea a little further, do you really have any idea as to how to use a First Aid Kit or how to apply first aid? It is a good idea to find out because the life you save could be that of one of your family members. Why not contact the St John Ambulance Association or the Red Cross to find out more about the simple but extremely useful courses run by both of these organisations.