

The Pathfinder

Issue 388



2009 AUSTRALIAN JUNIOR CHAMPION

ALEX NOLAN



Alex Nolan at the Nationals - Photo: Susan Nolan

CLUB NIGHT: 1st Tuesday each month.
7:30pm upstairs from Lounge, Pioneer Hotel
cnr Albany & Sth West Hwy, Armadale

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The Pathfinder

Newsletter of the Pathfinders
 MotoTrials Club
 Perth Western Australia
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Members welcome to contribute, send any articles or interest snippets to the Editor by the 25th of each month. Articles sizes - Page 650-700 words; Column 400-450 words.

The opinions and viewpoints expressed herein do not necessarily reflect those of the editor or of the club

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EDITORIAL

Congratulations to all of our riders who travelled to NSW for the National Championships as you did us proud and rode really well. Alex took out the Junior National Championship after what must have been a nail biting two days due to the low scores, but he kept his nerve and concentration losing his only mark on the first lap of the second day. Alex has certainly signalled his intent recently in A grade and I'm sure Neil and Lewis will be tentatively looking over their shoulders in the next few months. Neil was once again outstanding in the Open Solos and made a great comeback on the second day after a very difficult first day to take the final podium place by 1 point. I dropped some posters for the states in at the Motorcycle Show yesterday and caught up with the gang down there. They were doing a great job, Pricey was on the

mike (no surprises there!), Leo, Ben Dumitro and James Darnborough were assisting, I think that James was also checking out some new wheels. Neil and Alex were entertaining the crowd in their usual style, they seemed very impressed at their recent National results, and there seemed to be a fair bit of interest even in the Friday lunchtime session. Just before the Trials demo the FMX guys were doing their demo and that was pretty impressive too. When I first walked in I thought they were going to hit the roof. They were doing some pretty clever stunts and to add to that they didn't have a lot of room to stop, scary!

Tony "I do all my own stunts" Povey.

Coming Events Check changes in the Sunday Times ON2Wheels pages and in Sat. The West BGC Sporting Notices

- **State Championship** Woodendale Rd Toodyay 9.30am Sun 20th September,09
- **Nobby Clarke Charity** Ninigo Farm Toodyay 9.30am Sun, Mon 27th, 28th September, 09
- **President's Trial** BPH Farm Serpentine 9.30am Sun 11th October, 09
- **Ashes Trial** Marsh's Farm Karragullen 9.30am Sun 25th October, 09

PRESTIGE 5

Bantock's Farm,
Bullsbrook, 9th August, 2009

There was a promise of rain but it turned out to be a really nice day. There were 5 laps of 10 sections set by Chris Simon with assistance from Sean McGuckin and Ken Reid. I rode around with Gary Bell, Gary is really improving his balance and is certainly determined but he got really really tired on the last lap and was cramping up. Mark Austin also rode around with us and he was trying his new baby out for the first and last time before the Nationals, his TY 175 was in really good nick and also seemed to have a lot of get up and go, but he did have some problems with it when it got warm which I think that Leo managed to solve at the end of the day.

Section 1, Sue Baldwin roving observer - this was a short section with a very steep bank to climb with snotty rocks at the top. The key here was momentum and it was really good fun because of the speed I rode it at. The ride up the bank seemed to launch you into the snotty rocks. I saw a couple of people having a bit of a struggle here but none as bad as Dave Noblett, who I believe was very lucky.

Section 2 - nothing too difficult for us here, providing you lined up correctly for the large log at the end. I saw a couple of people getting fives on this for not riding the log straight enough which caused the rear to flick outside the marker.

Section 3, Rod - this was a challenging section, I saw quite a lot of dabs on this one. The tricky bit was at the start although there was a sting in the tail if you didn't pay attention. We started with a climb up a rock followed in quick succession by a sharp left and rising right turn. There were rocks which made first turn awkward, riding past these before turning seemed to do the trick and the rising right turn was a challenge. Gary looked as though he was going to take the A grade line on a couple of trips through this one.

Section 4, Janette Lowe - very long section with difficult rocky exit, I managed to nail this one every time somehow, but it was difficult enough for people to seek a more indirect and less awkward line.

Section 5 - the main difficulty in this section was a slippery, rocky climb after a slippy angled log. I managed to drop 2 fives here, one for trying to save points after going off line and on the final lap I found a decent sized rock for my back wheel to ride over whilst I tried to ride down into and across a gully. The rock caused the back wheel to kick up and then I flew over the handlebars and used my knee to bounce off a rock, I don't advise this as a plan for future crashes. In fact thinking about it not to crash would have been a better plan.

Section 6 - nothing too hard, the switch back climb at the end was a good skill tester for not losing grip on rising turns.

Section 7 - a very tricky section that really cut up during the later laps and the rocks moved around a fair bit. The middle tight S bend was the most difficult part as it was quite tight and the ground was loose.

Section 8 - easiest section of the day

Section 9 - a hillclimb, what a blast. It was pretty much straight up and down but a challenge and fun all the same. Pete Dumitro thought he would run down the hill, but unfortunately his legs couldn't keep up with his body and lets just say there was blood.

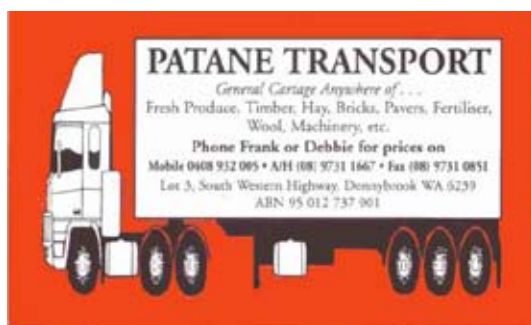
Section 10 - a rocky section fairly short and nothing too tricky.

Freewheeling from Section 9 to 10 was awesome fun.

John McGlone fell off riding between 4 & 5 and Martin tried to use him for extra grip, but it didn't work too well.

I really enjoyed the trial, there was a good mix of sections from straightforward to really tricky and I think the level was just right which is hard to achieve at this venue.

Cheers Tony



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PATHFINDER TRIALS MCC (INC) - RESULTS

Pathfinders Trials MCC (Inc)

Results - Prestige Series Five at Bantock's Farm, Bullsbrook on 9th August, 2009

Organisers - AJS MCC

#	Grade	Competitor	Sections										Total
			1	2	3	4	5	6	7	8	9	10	
1	A	Alex Nolan	0	1	3	0	6	2	2	0	0	1	15
2	A	Tim Price	2	3	6	0	6	0	2	0	0	0	19
3	A	Ant Foulkes	8	7	15	1	13	9	6	0	8	7	74
4	A	Josh Austin	10	11	15	7	15	13	15	1	11	9	107
	A	Neil Price	R	R	R	R	R	R	R	R	R	R	R
1	B	Tristian Lowe	6	2	13	3	4	10	14	0	7	10	69
2	B	Stewart Campbell	11	10	15	10	18	11	19	0	11	12	117
1	C	Sean McGuckin	6	1	11	5	1	0	8	0	0	1	33
2	C	Sam Lloyd-Cox	5	1	8	7	6	0	14	0	0	0	41
3	C	Paul Smith	6	0	10	7	7	0	12	1	0	0	43
4	C	Mark Austin	11	3	12	11	9	5	13	0	0	1	65
5	C	James Darnborough	20	3	19	7	6	1	14	3	3	1	77
6	C	Dave Noblett	16	8	15	12	11	5	9	6	3	1	86
1	Vet	Steve Lloyd-Cox	1	0	2	2	1	0	6	1	0	0	13
2	Vet	Tony Povey	0	0	1	0	10	0	4	0	0	0	15
3	Vet	Frank Patane	0	0	6	3	4	0	6	0	0	0	19
4	Vet	Kevin Reynolds	5	0	8	7	2	0	5	0	0	0	27
5	Vet	Mike Darnborough	3	0	7	3	7	2	17	1	0	10	50
6	Vet	Dick Yates	19	2	9	8	10	6	15	0	0	0	69
7	Vet	Ian Coates	11	0	17	8	15	1	15	1	0	5	73
8	Vet	Peter Dumitro	10	6	12	11	14	8	14	1	11	0	87
9	Vet	Gary Bell	16	8	17	10	13	7	23	1	0	2	97
	Vet	Simon Price	R	R	R	R	R	R	R	R	R	R	R
	Vet	Tony Griffiths	R	R	R	R	R	R	R	R	R	R	R
1	CC	Martin Softly	0	0	0	0	0	0	3	0	0	0	3
2	CC	John McGlone	0	0	1	7	7	0	6	0	4	0	25
3	CC	Steve Torrey	0	0	5	3	2	0	11	5	0	0	26
	CC	Frank Ginty	R	R	R	R	R	R	R	R	R	R	R
1	J	Luke Patane	0	0	0	0	1	0	1	0	0	0	2
2	J	Ben Dumitro	0	0	0	0	0	0	3	0	0	0	3
1	Intro	Ryan Pattison-Oakes	0	0	0	0	0	0	0	0	0	0	0
1	Intro	Tom Softly	0	0	0	0	0	0	0	0	0	0	0
1	Black	Joel Patane	0	0	0	0	0	0	0	0	0	0	0
1	S/Car	Jason & Aaron	3	1	2	6	1	5	7	0	6	1	32
1	S/Car	Leo & Lewis	3	8	10	4	1	0	7	1	0	6	40
1	S/Car	Lewis & Aaron	R	R	R	R	R	R	R	R	R	R	R

Thank You to all Officials, Observers and to the Landowner for the use of the property.

Scores - James Darnborough AJS MCC.

HEALTHY CLUB POLICY FOR PATHFINDERS TRIALS MCC

This policy applies to all Members, Committee Members, Officials, Coaches and Competitors of the Pathfinders Trials MCC.

This policy is effective from the 15th July 2009.

ALCOHOL

Pathfinders Trials MCC will promote the responsible adult use of alcohol by:

Discouraging excessive or rapid consumption of alcohol.

Ensuring alcohol is not provided to any intoxicated person or any person under the age of 18 years.

Ensuring free unbottled water is available at all social events.

OTHER DRUGS

Pathfinders Trials MCC discourages the use of medications in respect to injury / recovery that would enable a competitor to ride in any event where they otherwise would not be able.

The use and administration of medications is monitored and controlled in compliance with the MA Anti-Doping Policy.

We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

The use of illicit and performance enhancing drugs is not condoned.

In the event that Club personnel have reason to believe that a Member may be using illicit drugs, we will contact a relevant agency for professional advice on how to manage the situation.

SMOKING

Pathfinders Trials MCC recognizes that smoking and passive smoking are hazardous to health.

We will ensure an indoor smoke free environment by:

Ensuring all meetings are held in a smoke free environment.

SUN PROTECTION

Recognising that our sport is conducted predominately outdoors, Pathfinders Trials MCC will take all reasonable steps to address sun safe practices.

SPORTS SAFETY

Pathfinders Trials MCC will encourage all Members to adopt practices that prevent injury by:

Encouraging warm-up, stretching and cool down as an important component of competing and practicing.

Complying with all MA GCRs regarding protective equipment.

Providing first aid equipment and accredited First Aiders for all events.

Ensuring all Competitors have valid MA Licenses and are therefore covered for public liability and accident insurance.

Encourage all Competitors with an injury to seek professional advice from a sports medicine professional and be fully rehabilitated and certified prior to returning to an event.

HEALTHY EATING

Pathfinders Trials MCC recognizes the importance of good nutrition for sports performance by:

Promoting good nutrition and healthy eating messages within the Club Magazine.

NON COMPLIANCE STRATEGY

The following non-compliance strategy will be followed if any Member breaches the Pathfinders Trials MCC healthy club policy.

Assume the Member is unaware of the policy.

A Committee Member will approach the person breaching the policy and ask them to refrain from the behaviour and remind them of the policy.

If the offence continues, the Club's President will verbally warn them of the consequences of non-compliance and make recommendations to the Committee on the next course of action.

The incident and the Member involved may be referred to a Club Disciplinary Hearing for further action and sanctions.

POLICY REVIEW

This policy will be reviewed at the December 2009 Club Meeting and then on annual basis thereafter.

Adult Members are expected to set appropriate examples and act as role models for Junior Club Members.

The Club will make information available to Members to promote healthy lifestyles.

PATHFINDER TRIALS MCC (INC)

MINUTES OF MEETING 4TH AUGUST, 2009

Meeting Commenced: 7:30pm

Present: Sue Baldwin, Richard Baldwin, Tony Povey, Steve Scragg, Leo Nolan, Mike Kitney, Alex Nolan, Peter Dumitro, Ben Dumitro, John McGlone, Dick Yates

Appologies: Dianne Scragg, Simon Price, Tony Griffiths

Minutes: Read and accepted

Business Arising: None

Correspondance: Note on Council Meeting date, JLT Dirt Bike Insurance

Treasurer: \$11,319.31

MWA: No Sporting Panel meeting, Supplementary Regulations now have to go into MWA, code of conduct being developed for sporting panels

General Business:

Leo, club toilet broken, ordered part. Lewis hasn't ridden any events recently but has been training down the beach

Sue, up to date working with children, good last couple of trials, Rayner's was a bit more of a challenge but still enjoyed it and Hobbs, 3 more officials (Stewards/COC) - Steve Scragg, Simon Price & Julian Hartfield

Richard, lovely ride on the weekend, discussed MWA injured riders policy

John, should we look at putting some of the money into a fixed term account

Tony, states flyer/poster single sided around 400 copies, include normal info (no dogs, toilets, shoes, bring a picnic/ hamper etc), calendar and club info

Steve, Toodyay display for States was a no go as not enough interest, discussed states trophies and possibly lanyards

States: Simon can't look for observers this year due to Nationals - Steve will do. 12 Sections, 5 laps (A's and S/C's 4 laps) 7 grades. Will need toilets from Steve - Leo will follow up. John will organise fire extinguishers. Ambulance required? Supplementary Regulations sent to MWA. Podium. Press release? Medallions ordered from MWA. Reminder about standards for practise

Meeting Closed: 8:15pm



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13 July 2009

Jardine Lloyd Thompson
ABN 69 009 098 864

Pathfinders Trials Motorcycle Club
Tony Povey
38 Satinover Way
Wandi WA 6167

Level 15, 500 Collins Street
Melbourne VIC 3000
Ph: 03 9613 1466
email: Barbara.phelan@jlt.com.au

Dear Tony Povey

As motorbike fans we understand you often face difficulties in getting suitable insurance. At JLT we are aware that off road biking is best enjoyed without the concern of being uninsured or underinsured. We understand that riders may want to use their bikes for racing. JLT will insure bikes that are used for motorcross, supercross, enduro, trail & ATV racing. Our cover is for Fire, Theft & Damage in Transit, so you are insured at home, and away from home.

At JLT we are not fussy about our riders. We don't care how old the rider is, whether or not the person has ever had a licence, or has lost it previously. We won't judge a rider who has had the odd speeding ticket or DUI either. As we are insuring the bike exclusively for off-road use, registration of the bike is not required also. Most importantly we provide very competitive rates, and additionally multi bike rates which offer significant discounts to riders whom insure more than one bike with us.

As a token of our appreciation for encouraging your members to insure their bikes with us we will provide a \$20 incentive to your club for every member that signs up with us for their insurance.

Please contact Barb at JLT to sign up for this great deal on 1300 652 931.

Regards,

Barbara Phelan

PRESTIGE 6 – TAYLOR'S 23/8/09 CLUB CLASS PERSPECTIVE

As the world has been turning, I missed out on the last couple of trials, beaut ones too I was told. But the last trial in the series this year being set at the Taylors property in Bullsbrook was one not to be missed. This is due to being one of the best trial properties we ride on, and the fact part of this property is for sale, so I hope its not the areas we ride on, make the most of it for now.

The AJS Club set this one, Paul Church and helpers did a great job in laying the trial, making the most of the running creek into sections, and to the variety of sections set. Also the severity was right, and I don't think there were any complaints. The turnout of riders was good considering a few were missing due to the National championship was the weekend after. The day forecast showers that threatened at times, but was brief enough not to dampen things. Due to the rain earlier in the week before the trial, we had the carpark at the top paddock, as the track can be a pain to get backup when wet and was a wise decision. For me also it was a maiden run in the van I purchased recently, and it worked out well with bikes on board, no more trailers or sleeping in tents now!

The sections started with 1 on the bush track which was a rise and was quite simple for CC, but a dud line by me cost 3 points one lap for one of those dumb things after the lunch break, the most I lost in any section on the day. So does that make them easy, no, just about most of the sections were set with alternate lines, and some changed over the day.

Section 2 was a wet stream and bank. Rod Cumming chose the most direct line I had seen, it was in over some small logs into the creek, bashing through low shrubbery to take it away from the wet side of the bank. Tristian Lowe was riding in our group also, had a hard time with the B grade line on the bank when it caught him out, but gave little trouble for the rest of the trial.

Section 3 took us to an area we have ridden in trials past, but as always they are all different. It was good to watch Tony Griffiths here, it is interesting to watch his lines as he chooses a line that is taken smooth and sometimes just different to others. His approach entering the tapes was keeping to the far left, opening up the bottom turn that was costing points here to many lost on the rocks in the creek. Chris Page made it look easy also when he cleaned it, his son Matt had a dream run with a Clean Trial for C Grade, well done mate. The B Grade line was quite technical, not easy to clean.

Section 4 wasn't hard for CC, basically crossing the creek, as all our CC were doing that, not so much riding in the creek. For the other grades it tightened up and needed concentration. Steve Cox was out on Dick Yates' TLR250, and made easy work of the trial and took out Vets on the twinshock. He was so inspired he may well be riding one throughout next year and entering the 2010 Nationals on it in Post Classic!

Section 5 was interesting, a solid line taken by C Grade seemed ok to the left of the opposite bank, but then tight turn around a tree. Rod Cumming again saw the direct approach, and straight up the bank was the line of choice for CC. It was here Ian Moon dropped his bike in the water and drowned it, not quite sure how, but it wasn't really that deep. Considering the predicament, he managed to get the bike going again and finished a creditable 4th in CC. Section 6 had a rock in our line that you could either ride over or go around, go over was for most. The B Grade line Tristian had to take was one of these that needed to keep the momentum as it would cost him points in the slippery rocks.

Section 7 was where Rod Bryant observed, a steepish entry was for all, you needed to pick a nice path through the loose rocks. Most CC meandered down or across the opposite bank to take a small rock step in the creek, I took the direct approach, the C Grade line I think, and never dropped a point here. Some just asked for a 5, when Rick Fairey and John McGlone both missed the end marker early in the trial, they hurt those ones.

Section 8 where Jeanette Lowe observed turned a little muddy, and depended on how you took your line. I started taking a low turn around the first marker, but was easier to go up the opposite bank with the C Grade, as all others did as well. Tristian was pumped to eventually clean this section later in the day having nailed the last bit that was a point taker.

Section 9 Val Yates was observing, criss crossed the stream, with a couple of lines here or a slippery bank to take to ride around to the exit. Sidecars eventuated to one outfit circulating of Jake and Kevin? Cant remember that far back now, but the results show this.

Section 10 Helen Griffiths observing, the end had a muddy bank to climb up, and was one to dab on if not taken right. New rider Matt Skellern did well to finish up in CC, sure to see him out again as he looked to be enjoying the trial.

I was surprised I had taken CC for the day when the results were read out, something to try and boost my confidence in entering the next trial being the State Championships, looking forward to riding that one. Well I did say I took along "bikes" and my day wasn't over just yet. At the end of the trial I thought I would give the TY a run, as it hadn't been out for a ride for a while and wanted to test a mod I did recently surprisingly had the opposite result, back to more fettling. Frank Patane wasn't impressed with the noisy rattly twinshock bike when going past, no appreciation for a classic I say! As I went around to pull tapes, I rode some sections and was able to clean some easy enough too. But the cheap cast copy brake lever perch broke in my hand and nearly spat me over the bars into some logs, a spare got me going out again. Now I had two muddy bikes to wash, but was well worth the effort..

Cheers

Roger Burrell

PRESTIGE 6

Taylor's Farm,
Bullsbrook, 23rd August, 2009

It was extremely cold and the windy in the paddock on top of the hill but the weather held out pretty well considering.

There were 5 Laps of 10 Sections and they were set by Paul Church with assistance from Tony and Court, plus Ian Moon and Chris Simon.

There were very good rides from Matt Page (clean all day) and Steve Cox on Dick's old thumper (his Monty was on the way to the Nationals). I rode around with Gary Bell and Matt Skellern who was riding his first trial after previously competing in Enduro. Gary is improving all of the time and Matt really took to trials, after just a couple of sections finding his feet he was really showing his skills and thoroughly enjoying himself.

Section 1, a couple of slippery turns but nothing else to trouble us here.

Section 2, Zach Reynolds - this was the first of many sections today in the water, there was a couple of steps which weren't too troubling but the bank got very slippery as the water got dragged onto it and the more direct line that Gary pointed out was much better.

Section 3, this was a great stream section, I forgot where I was going the second time through this one which lost me a silly mark.

Section 4, another in the stream, the start could be quite tricky if you got the wrong line. I almost did the splits on the second lap through, not a stunt I want to repeat.

Section 5, Ian Moon and Steve Torry drowned their bikes here. I took a difficult line first time through and nearly lost it but managed to recover for a 2.

Section 6, this was a little bit tricky if you got off line which I managed to do on the third lap, then I didn't recover with my normal method of a burst of throttle and proceeded to fall only saving myself with my knee and hand.

Section 7, Rod Bryant - a descent followed by a trip up through the stream and a tight exit but not too difficult for us.

Section 8, Jannette Lowe - a couple of trips across the stream and then a tricky final corner which caught me out for a dab on the first lap and then I took a wider line after watching Dick Yates and almost ran over the tape.

Section 9, Helen Griffiths - this was a great long ride up through the stream with a fair few rocks to negotiate

Section 10, Val Yates, there was at least three different lines that the C graders were taking here. I took up Gary's suggestion and it worked out really well for me and not too bad for him either.

This is a great property with everything a trial needs and Paul set some fantastic sections taking full advantage of the streams that are here, which is really good as we don't seem to have many properties with streams nowadays.

Cheers Tony



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Prop Russell Gidley scribes 'Coming Events' in the Sunday Times. Ph 0409 086 419.

Open 7am – 6pm

Sundays 9 – 1pm

PATHFINDER TRIALS MCC (INC) - RESULTS

Pathfinders Trials MCC (Inc)

Results - Prestige Series Six at Taylor's Farm, Bullsbrook on 23rd August, 2009

Organisers - AJS MCC

#	Grade	Competitor	Laps					Total
			1	2	3	4	5	
1	B	Tristian Lowe	19	11	15	12	18	<u>75</u>
1	C	Matt Page	0	0	0	0	0	<u>0</u>
2	C	Sean McGuckin	2	1	3	2	1	<u>9</u>
3	C	Mike Darnborough	5	2	3	6	4	<u>20</u>
4	C	Chris Page	8	1	4	7	2	<u>22</u>
5	C	Sam Lloyd-Cox	5	11	5	7	3	<u>31</u>
6	C	James Darnborough	12	13	8	8	8	<u>49</u>
7	C	Ian Coates	16	6	11	11	6	<u>50</u>
1	Vet	Steve Lloyd-Cox	3	0	0	2	0	<u>5</u>
2	Vet	Tony Povey	3	4	6	0	0	<u>13</u>
3	Vet	Frank Patane	7	2	1	0	6	<u>16</u>
4	Vet	Tony Griffiths	14	4	5	8	4	<u>35</u>
5	Vet	Gary Bell	15	7	6	4	3	<u>35</u>
6	Vet	Dick Yates	9	8	13	8	7	<u>45</u>
7	Vet	Peter Dumitro	8	10	16	7	5	<u>46</u>
1	CC	Roger Burrell	7	3	5	1	0	<u>16</u>
2	CC	Steve Scragg	4	8	5	4	0	<u>21</u>
3	CC	Martin Softly	1	11	4	2	4	<u>22</u>
4	CC	John McGlone	15	5	11	5	9	<u>45</u>
5	CC	Ric Fairey	10	6	9	11	12	<u>48</u>
6	CC	Susan Baldwin	18	6	7	11	8	<u>50</u>
7	CC	Richard Baldwin	12	8	15	12	4	<u>51</u>
8	CC	Andrew Torrey	19	15	15	9	6	<u>64</u>
9	CC	Frank Ginty	18	20	14	15	18	<u>85</u>
10	CC	Steve Torrey	23	10	26	26	13	<u>98</u>
	CC	Jim Coffey	R	R	R	R	R	<u>R</u>
1	J	Ben Dumitro	3	2	7	2	2	<u>16</u>
2	J	Luke Patane	8	6	9	4	6	<u>33</u>
1	Intro	Ryan Pattison-Oakes	2	5	0	1		<u>8</u>
2	Intro	Tom Softly	1	6	7	0		<u>14</u>
1	Black	Joel Patane	5	2	3	2	4	<u>16</u>
1	S/Car	Jason & Aaron	32	30	14	24		<u>100</u>
2	S/Car	Kevin & Ben	35	30	29	31		<u>125</u>

Thank You to all Officials, Observers and to the Landowner for the use of the property.

Scores - James & Paul AJS MCC.

Puffed Out?

How often do you see elite athletes smoking on the sidelines?

Probably never. This is because sports people care about their health and fitness and most know cigarette smoking is detrimental to their performance.

People who smoke are less likely to participate in sport and physical activity.

When smokers do play sport, poisons from cigarettes reduce their ability to perform. The poisons that really hurt sports performance are carbon monoxide, nicotine and tar.

Carbon Monoxide causes:

- Swelling of the respiratory tract lining, which makes the passageway smaller. So a smoker has to breathe harder to get air into their lungs.
- Reduced availability of oxygen. Instead of delivering oxygen to the muscles the red blood cells are carrying carbon monoxide and poisonous gas.
- Reduced ability of muscle cells to take up oxygen. This means muscles don't function as well and sports performance is reduced.
- Damaged Vision.

Nicotine Causes:

- Increased heart rate, which means the smoker's heart has to work much harder to produce the same effect as a non-smoker's heart.
- Constriction of blood vessels, leading to reduced blood flow and increased blood pressure.

Tar Causes

- Reduced elasticity of the lungs, resulting in less air being breathed in and out.

During exercise, smokers:

- Are more easily exhausted
- Suffer shortness of breath
- Have reduced endurance
- Are slower to react
- Have poorer visual judgement.

BENEFITS OF QUITTING SMOKING:

Within one to two days, carbon monoxide and nicotine will be cleared from the body. After one month, blood pressure returns to normal and lung function improves. After three months, the lungs are able to clean themselves and blood flow improves.



For more information:
Sports Medicine Australia
Website: www.smawa.asn.au
Email: info@smawa.asn.au
Phone (08) 9285 8033

Smarter Than Smoking
Website: www.OxyGen.org.au
Phone: (08) 9388 3343

WEB SITES

<http://www.trials.com.au>
all the local trials news and views.

<http://www.beta.id.au>
Simon Price is the state Beta dealer for new and used bikes. See Simon or his boys for common parts, tyres and Belray oils from his van

<http://motorcyclingwa.org.au>
MWQ website, keep informed and up to date with our state body for motorcycling for news, licensing, rulings and official courses

<http://www.trails.com.au/calndrs/directions.shtml>
New members will find these maps helpful for finding our events around the countryside.

<http://www.trialscentral.com>
Regular updates and pictures of World and Euro trials. Helpful forum too.

<http://www.trialonline.org>
Current and historical data on World and Euro championships, good photos

http://http://www.trialstrainingcenter.com/html/how_to Ride.html
It shows you the tricks of how to ride trials with photo's and video's.

<http://www.gone2trials.250x.com/>
This is an old website that hasn't been updated for about 5 years, but there is some interesting info and insights on there. It was created by Mark Austin.

Send me your interesting or favourite bike site.

TRIALS NEWS IN SHORT

Officials

We are still seeking more officials to share the load at events. The courses are run at the MWA offices and are free to attend, lunch is also included. Show your support and book into one now at http://www.motorcycling.org.au/coming_officials.php.

Remember - No Dogs, Close the Gates

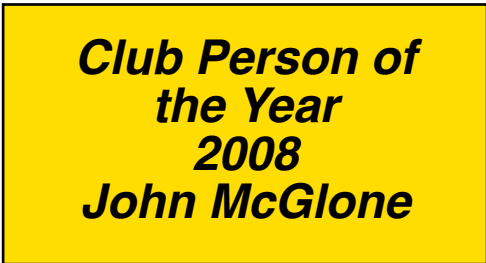
Remember there are no dogs allowed at Trials events. Also please Close the Gates, some farms have livestock that can escape through open gates.

Organizers and Officials on Calendar

Please check the Calendar for duties you have been assigned and notify the committee if you are unable to carry them out as soon as possible.

Email Notifications

Remember to keep your email up to date so that we can keep informed on late venue changes.



.....
HAPPY BIRTHDAY for August
.....

• Jodie Bell	• Roger Burrell	• Elsie Bryant
• Wendy Clarke	• Steve Cox	• John Fraser
• Russell Gidley	• Janette Lowe	• Alex Nolan
• Leo Nolan	• Tony Povey	• Neil Price
• Gordon Roberts	• Scott Roberts	• Michael Simon
• Tom Softly	• Kate Stevenson	• Cornel Scheibling
• Frank Ginty	• Julian Harfield	

.....



MAZPARTS WA

Derek Reddie David Thomas

telephone: (08) 9274 8800
facsimile: (08) 9274 8822

Unit 1/17 Elliott Street, Midvale WA 6058



Sue's Scribbles

Big Congratulations to Alex on becoming the Aus Open Junior Champion well done Alex on maintaining your nerve & concentration, all the best as you move onwards & upwards! Also well done Neil on becoming 2nd Aussie on the podium I hope Tim is well on the road to recovery it seems as if he was having a fairly good ride up until the injury.

Let's not forget the other guys who went over as well & flew the flag high with commendable results: Josh & Mark, Dave, Steve & Sam & Frank (1st time on a plane for Frank & he wasn't sure if he'd be driving back) & their support crews it's a long trip for our people.

The States are almost here, best wishes to all who have entered for a safe and enjoyable ride. Do remember (as per your supp regs) that NO PRACTICE is permitted on the course, which is the whole PROPERTY so that means even if you are coming up on the Sat etc to help out & you are an entrant you Can Not ride around!

Prestige 5 was held at Bantocks I didn't ride this one as Richard was off riding his road bike to an AGM & as it is a fairly difficult property to get around I feared breaking down on top of the hill & not having him there to help, but thought I would go and observe but the Steward was ill so I ended up doing that. A couple of ex Karratha members, the Arndt's, saw the event advertised & came to have a look so it was good to catch up with them. What I saw of the Club/Jnr line looked good with the most difficult bit being in getting around the course. In S3 I think it was (Rod's) I saw Dave K (blue line) have a nasty get off & a couple of others looked a bit dicey too


Apparently Pete D turned Kevin R & Frank P into a ghostly white when he had a big get off on the hill climb & ended up running uncontrollably down the hill, headed for their bikes & rolled himself into a ball to protect himself & ended up with a small cut across the nose but they said they feared the worse. I am sure Pete went white too but he recovered & continued on.

Prestige 6 A very cold wind blew through the pits area but fortunately there was only a sprinkle of rain. There were 10 sections on a fairly long lap. Some challenging & technical sections were set. We started on S2 & I thought I was in for a tough day as the sections were set in the creeks with tight turns, rocks & mud. S5 had a deep hole, we stick tested it & you needed to hang tight into the right bank to avoid the hole, unfortunately Ian Moon & Steve Torry found the hole the hard way & spent a lot of time clearing water out of their bikes after they drowned them. We decided after our 1st lap to take the harder line up the bank & across the top over the rock the blue line was doing rather than risking drowning our bikes too. S8 (Janette's) had a scary muddy bank climb with a slippery descent before another climb, however you could avoid

the bank by doing a very tight turn in the creek so once again after the 1st lap we did this. S9 & 10 (Helen & Val) gave me some relief & hope as I cleared them.

I did manage to clean each section at least once so (for my level of riding skills) I can't really complain. How good was it to have 5 observers? Really good! Thanks Zac, Rod, Janette, Helen & Val.

Cheers Sue



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MX	L/TRUCK
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Mob 0408 420 219 Graham Benjamin

Moto Dynamics is proud to announce it has increased its range of Trials accessories. Now in stock in the **Beta Van** is XC-ting Trials clothing, Jerseys, Pants and Dougie Replica Gloves, Shiro Matrix helmets, Raga Replica helmets, Boots - Novogar, Hebo and Gaerne. Plus the van carries your Belray Total Performance products, tyres, handle bars, grips, plug ends, spark plugs etc. See **Simon** at the **Beta Van**.



Pricele\$\$ Comment\$

Nationals Edition

This years Nationals took us to NSW at Pacific Trials Park on the banks of the Hawkesbury River, arguably the best trials venue in Australia. We had a good number of West Aussies contesting the Nationals. Neil Price, Tim Price, Alex Nolan, Josh Austin, Mark Austin, Dave Thomas, Steve Cox, Sam Cox and Leo Nolan, Paul Price and me minding and Sue Nolan to keep Leo under control, if possible and Josh's partner to keep an eye on Josh. Leo and Josh travelled across together in separate vehicles stopping each night. I think it was a wise move by Josh to travel in a separate vehicle because I've heard some of the music Leo listens to. Paul and I travel together travelling non stop taking turns to get some shut eye. We left a day later than Leo and passed them in the middle of the night somewhere half way across Aust. We all had a safe trip across and got the bikes there without any hassles which is the most important thing.

The rest of the Mob all flew in like Mega Stars, Tim and Neil got in Tuesday arvo, I think Steve and Sam got in Wednesday and had a hold with their bikes arriving and Dave, Frank, Mark and Sue came in Thursday. For Frank Patane this was his first trip outside of WA and his first trip on a large jet plane, he had previously flown to Rotto (overseas holiday). Can you imagine Frank's excitement when he realised that he would have about 300 people trapped for over 4 hours that he could talk to and they wouldn't be able to get away. Lucky for most people they had their head sets on and they couldn't hear Frank. I believe Dave had told Frank some fibs about the planes dunny, something to do with making sure the seat lid cover is down or you might get sucked in and then they would need to call Kenny to get him out. Apparently Frank was cautious at first but his curiosity got the better of him and he did risk it a bit by peeking under the lid after a flush. Davey Thomas hired a little Yaris for the event. Now you may know that Dave is a very accomplished Rally car driver and mechanic who owns a car wrecking business. Dave's knowledge of cars is very extensive. The little Yaris was an auto and with most likely a 1.3l motor. Naturally they are a very high revving motor. Dave said after driving all the way out from Sydney and around the area that he couldn't believe how revy it was. A couple days later he realised it had 4 gears and he had been running around all the time in 3rd gear. Dave and Frank stayed in the unit with Leo, Sue and Alex and they became like two peas in a pod and were inseparable, where ever Dave was, Frank was, and vice versa. I'm not too sure how all this following info fits together but Frank was exhausted, he had a broken bed, they had been to Kings Cross and Dave had a sore bum, I'll leave you lot to figure that one out. There was also a strong rumour that someone thought Dave had a hot bum. Now I'm not sure if Dave had eaten Indian food or not.

The lead up to the event went well. We practised Wed and Thurs, settling in the bikes and catching up with everyone, practise went well, no problems with the bikes or riders. We rested and prepared the bikes on Friday, then into the event Sat & Sun, packed up and bolted for home Mon. I didn't get to see the other grades sections so I can't comment on them, I'll leave that to others. The Experts sections where certainly set to a higher than normal level but not completely over the top. Neil and Tim enjoyed the big stuff, quoting it was similar to Euro levels. It was a shame that they set 3 laps for day one as it didn't allow for sufficient time to really study the sections each lap. It was a real shame Tim dislocated his shoulder on the second lap as he was having a good ride and enjoying the big stuff. It was only an awkward couple of rocks that caught him out not a big get off. Neil had a reasonable first lap but a shit second lap and I think like everyone else we had to rush the third because of time and we had to make the decision to miss a number of sections. The highlight of our weekend was a section that had a huge huge step that quite a number of experts just took 5's on and no one else got up but Neil. On the first lap when Neil got up it the crowd went mental and we thought to our selves we might as well go home now, that has made the whole trip worth while. He got up it on the second lap and the bike made it on the third lap but he wasn't on the bike. We ended up in seventh place after day one which of course we weren't very happy with. Neil had a blinder on Day Two ending up in 3rd place overall, all in all considering that was a pretty good effort. Unfortunately I didn't see much of the other WA riders, I did catch a glimpse of Frank once or twice and I saw Josh a couple of times. The youth class was set at a very high level and Josh should be happy with his ride, it was a tough one. I think he missed 5th place by one point. Congratulations to Alex for wining the Junior title. It's a tough mental battle to do 6 laps of 15 sections and only drop one point and the sections weren't a walk in the park, a credit to him and Leo. All in all everyone had good rides and it was great to have so many WA riders at the nationals.

Once it is all over, its time to bolt for home. Most of us bolted Monday, Leo and Josh left Tuesday. Now you wouldn't believe it but Dave continued to pick on Frank, not only did they all hide from Frank one night at the pub but on the way back to the airport he drove off and left him at the petrol station and then told him fibs about the sniffer dogs at the airport so he wouldn't buy Debbie a present, shame on you Dave. Everyone got home safe and sound, Paul and I drove straight through and after doing the 8000km there and back we were fairly happy to be home. Leo who hadn't had enough driving went socialising popping in to see Frank and Jill in Vic and Ben Zander in SA. He can't help himself he just has to catch up on the goss.

Well that about it for now, see yuh at the States

Keep on trialing, Pricey.

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Sherco 200, 2002 model
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Kawasaki W 650 2000. this is a copy of a 1969 Triumph Bonnie and set up as a cafe racer. these bikes are getting very scarce now .
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POSTPONED – TWINSHOCK ONLY RIDE

As stated in the July Pathfinder, an invitation to the Twinshock Only trial set by the VMX Club of WA has unfortunately been postponed. It is possible it may come about in the off-season for all clubs in November.

Keep your eye out for any updates here or on Trials Australia website forum.

Cheers, Roger Burrell

Attention all trials riders

Mark Austin has officially been married to the wonder that we all know and love named Wendy Austin. This lucky bastard has been married to her for 25 years now. Lucky man.

From the Austin Boys :P.