

# **CYCLE TORQUE**

OFFICIAL NEWSLETTER OF  
THE IXION MOTOR CYCLE CLUB INC

P.O. BOX 672, WELLINGTON.

**APRIL 1988**

# THE IXION MOTORCYCLE CLUB

## CLUB COMMITTEE

President	*	Mark Sidebotham	789 868
Immediate Past President	*	Steve O'Sullivan	696 272
Secretary/Treasurer	*	Ash Wells	784 985
Club Captain	*	John Lawton	058 70240(Pra
Trials Co-ordinator	*	Mark Sidebotham	789 868
Trophies Keeper	*	Doug Flux	650 867
Committee Members	*		
	*	Peter Kempthorne	058 86040(Pram)
	*	Stuart Pike	646 609
	*	John Thompson	787 587
Newsletter	*	Bill King	786 866

Correspondence to the Club should be addressed to :-

Ixion Motor Cycle Club  
PO Box 672  
Wellington.

The annual subscription is \$20 or \$10 for social members and full-time students.

Monthly Club Trial entry fees are \$4.

ACU licences are required for all riders and are taken from 1 July of each year.



# GASFLOW

Not much to report this month except an immensely successful N.I. Champs 2- day Trial attended by 35 riders only (due to a too- hard Trial last year and the early date)(why doesn't the rest of the country get out of bed before April? Because their Clubs don't run Twilight Trials and start Clubtrials in January, that's why!) Anyway, they all loved our sections, which one must confess were rather magnificent- ten brand new ones, only one with pegs for boundaries, huge variety from nadgery on slime to real 301 country (rocketlike propulsion necessary, mountain goats scattering in all directions, vertical to overhanging with loose rocks and Julie Andrews coming over the top in full song).

John Lawton did five full days of section setting, which is damn hard work. Pesky did heaps too. People who are prepared to turn out in the wind and rain and produce the magnificent effort of these guys are the backbone of any viable sports club such as ours. Good sections are the main reason riders will travel long distances, and those who set them are indeed the salt of the Earth. Also involved in the actual work were Ash and Bill who marshalled observers and looked after the "office", John Thomson who dug deep, Janet for looking after Adam for two weeks while her husband went completely mad and also sorted the catering. And of course Hugh Lowe, and John Marryatt of the Regional Council for great venues where the problem was more which neat section to use than "Omigod, what do we do now?".

You probably won't get a report on the Trial in this letter. It seems that in my dual capacity as President and Convenor I myself now produce the entire contents of it. I think I'll rename it "Gasflow" next month, never did like "Cycle Torque" much, it's like a twisted bicycle.

Anyway, the Trial... One of the nicest things about this year was the abundant Observer turnout. Ash was almost embarrassed by the number of people begging to be given a section. Funny, I'm sure I organised 12 only per day...never mind. Thanks guys (and Rebecca & Heather!) Great work. I hope you learned from comparing the hotshoes to the gumboots! I saw Shane improve visibly over the 2 days, and Wayne Furniss left us in no doubt as to what's in his melting pot for the future. Welcome to the B grade, mate! Champs Trials are great levelers. If you think some guy has been marking himself soft at Clubtrials and then he thrashes you at a Champs, well you just crawl back into your hole, eh? The next Champs are at Hawkes Bay on 2/3 April. If you think it's a long way

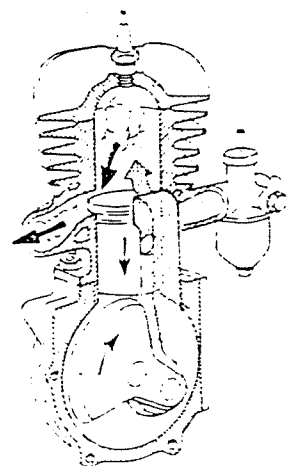
to go for a mere Trial, consider that you get 96 OBSERVED sections in one weekend. What were you going to do on the Saturday anyway? Mow the lawns? To enter for Hawkes bay ring me! 789 868 !

The A.G.M. last year charged the incoming committee with looking into incorporating the Club. We have done nothing so far, but that is about to end, dramatically. Expect to vote on a constitution at the A.G.M. next May.

I am going to A.C.U. Conference this year, and will put forward a rewritten set of rules (Trials rules as per A.C.U. Rulebok, clothhead!) to the Trials & Enduro (Enduro? what's that?) subcommittee. For discussion, doubtless they think I'll go away and not bother them again. HAH! Just wait till 1989 ... Whilst were on the subject you might as well know that helmets will probably be compulsory next year, I don't know what particular Standards will be involved yet, but I'll fight for the loosest possible.

"Bernie's Book" mentions carbohydrate loading as a way to increase endurance for Trials. What is it? It is a method of supersaturating the muscles with glycogen (sugar) so that they can provide the athlete(!) with extra ATP which breaks down into energy. How is it done? 7 days before the event the athlete (!) depletes his muscles of sugar by doing 2-3 hours of aerobics or similar nonstop, and eating only protein and fat for days 7-4, whilst maintaining a vigorous specific training program. On days 3,2, & 1 no training takes place and the athlete (!) pigs out on cakes, pies, milkshakes, pizza, pasta, chocolate and icecream. Lot of hassle for an effect which only lasts one day, eh? More realistically one might modify one's diet to include more fruit and veges cooked less or better still not at all, no added sugar or salt, less or no red meat, no white flour. Apparantly eating carbohydrates and proteins together causes poor digestion too, due to the different chemical balances required in the stomach. So y'all stop having fish with chips, meat with potatoes, bread with cheese!

SIDEVALVE.



# ROUND ONE NORTH ISLAND TRIALS CHAMPIONSHIP 5 MARCH 1988

Riding Number	NAME	CLUB	MOTORCYCLE	SECTION TOTALS (Four Rounds)												TOTAL	RACE
				1	2	3	4	5	6	7	8	9	10	11	12		
1	ANDREW POAD	TAURANGA	YAMAHA 250	0	5	10	5	2	10	8	15	7	17	10	4	93	4
2	ANDREW CLEMENT	TARANAKI	TY 350	0	10	6	2	1	5	10	5	4	9	14	1	67	1
3	KEVIN PINFOLD	MANAWATU	FANTIC 303	1	0	8	2	6	16	8	9	2	17	13	2	84	3
4	WARWICK MERRIMAN	TAURANGA	HONDA 250	5	7	8	9	9	13	16	12	5	14	16	3	117	6
5	MICHAEL OWEN	MANAWATU	TY 250	7	11	10	1	9	11	12	14	9	20	12	8	124	8
7	KEVIN BISHOP	TARANAKI	MERLIN 350	2	15	15	3	11	16	20	9	4	18	18	11	142	9
10	JEFF MARCH	HAWKES BAY	FANTIC 301	2	2	10	5	9	14	16	14	6	14	14	16	122	7
12	LAINIE VICKERS	TARANAKI	FANTIC 301	13	10	18	2	10	16	18	20	18	16	14	17	172	11
13	PETER VAN DINGENEN	MANAWATU	YAMAHA 250	14	3	9	8	16	18	14	15	20	18	18	8	161	10
15	RAY SKINNER	PIONEER	FANTIC 303	6	8	12	2	5	16	11	12	4	14	14	7	111	5
20	STEFAN MERRIMAN	TAURANGA	BETA TR34	0	8	6	0	10	4	4	13	0	10	12	8	75	2
31	NEIL BAKER	HAWKES BAY	YAMAHA 250	0	0	2	7	0	5	1	1	2	2	2	5	27	1
32	JOHN LANTON	IXION	FANTIC 301	0	1	8	11	3	4	10	0	11	3	7	6	64	5
33	MARK SIDDEOTHAM	IXION	FANTIC 301	0	5	0	8	1	3	7	2	8	3	3	3	43	3
36	DAVID BROWN	TAURANGA	YAMAHA 350	0	7	10	11	1	11	13	0	10	7	1	3	85	9
37	MURRAY MARTIN	TAURANGA	BETA TR34	7	1	8	15	4	8	15	5	8	6	15	12	104	13
39	BRENT CARLTON	TAUPO	TY 350	0	0	0	5	0	0	14	1	1	4	2	6	33	2
42	JAMES LANTON	IXION	FANTIC 200	2	0	10	4	0	7	7	1	3	16	3	5	58	4
43	ROBERT POAD	TAURANGA	HONDA 200	0	1	10	14	2	16	20	5	5	18	5	3	99	12
44	STEVE OSULLIVAN	IXION	FANTIC 241	1	0	7	15	1	8	16	1	12	6	3	8	77	8
45	NIGEL SHILTON	TAURANGA	YAMAHA 250	5	0	13	9	3	7	14	4	7	8	9	12	91	10
46	JEFF WELLS	MANAWATU	FANTIC 301	0	2	6	10	4	3	7	3	6	16	6	12	75	7
47	ERROL GOUCHAN	MANAWATU	FANTIC 240	3	4	18	18	8	20	20	11	8	10	14	16	150	14
48	PESKY KEAPHORNE	IXION	TY 350	0	3	2	7	0	8	18	1	13	4	8	4	68	6
50	CRAIG GUY	HAWKES BAY	TY 250	0	1	6	14	1	7	18	5	11	6	14	15	98	11

THANKS

27/3/88

ROUND ONE NORTH ISLAND TRIALS CHAMPIONSHIP 5 MARCH 1988

Riding Number	NAME	CLUB	MOTORCYCLE	SECTION TRIALS (FOUR ROUNDS)										TOTAL	PLACE
				1	2	3	4	5	6	7	8	9	10		
71	TREVOR ATKINS	MANANATU	MONTESA 348	4	3	3	7	4	-	14	6	7	7	59	7
73	ALBY COLLIER	TAURANGA	FANTIC 200	5	6	5	6	10	-	11	13	7	9	74	9
74	WAYNE FURNESS	IXION	KT 250	3	2	1	8	13	-	7	13	8	7	65	8
75	ANDREW DAVIS	HAWKES BAY	HONDA 200	8	1	0	4	9	-	8	4	6	0	41	6
76	SHARIE BELCH	IXION	FANTIC 200	2	4	7	12	12	-	13	10	8	4	75	10
77	TONY HILDESHEIM	HAWKES BAY	YAMAHA 175	3	0	0	1	6	-	15	6	2	0	33	5
78	BRADY MCCARROL	TAURANGA	HONDA 200	0	1	0	1	1	-	3	3	1	-	11	1
79	CRAIG WASSSELL	NELSON	HONDA 200	0	0	0	0	8	-	11	3	1	-	24	4
80	JOHN CAMERON	KAITIaki	HONDA 200	0	0	5	1	3	-	5	3	1	-	22	3
81	DAVID SEYB	TARANAKI	SWM 250	3	3	15	6	12	-	14	8	9	9	81	11
82	NARREN LANGESON	HAWKES BAY	HONDA 200	2	3	2	1	2	-	1	2	3	0	16	2

CLUB MEMBERS

ROUND TWO NORTH ISLAND TRIALS CHAMPIONSHIP 6 MARCH 1988

Riding Number	NAME	CLUB	MOTORCYCLE	SECTION TOTAL (FOUR ROUNDS)										TOTAL	PLACE
				1	2	3	4	5	6	7	8	9	10		
71	TREVOR ATKINS	MANANATU	MONTESA 348	0	0	5	7	0	5	8	3	1	1	30	6
73	ALBY COLLIER	TAURANGA	FANTIC 200	1	0	6	13	0	6	4	4	10	0	44	8
74	WAYNE FURNESS	IXION	KT 250	15	0	2	8	0	2	4	3	7	2	43	7
75	ANDREW DAVIS	HAWKES BAY	HONDA 200	15	0	9	14	1	1	7	3	4	3	57	9
76	SHARIE BELCH	IXION	FANTIC 200	0	1	2	6	1	6	4	0	4	5	29	5
77	TONY HILDESHEIM	HAWKES BAY	YAMAHA 175	1	0	1	3	0	2	2	1	1	1	12	4
78	BRADY MCCARROL	TAURANGA	HONDA 200	0	0	0	1	0	2	7	0	1	0	11	3
79	CRAIG WASSSELL	NELSON	HONDA 200	0	0	0	3	1	0	3	2	0	0	9	2
81	DAVID SEYB	TARANAKI	SWM 250	0	1	9	13	6	6	5	4	9	5	61	10
82	NARREN LANGESON	HAWKES BAY	HONDA 200	0	0	1	2	0	1	0	1	0	1	6	1

CLUB MEMBERS

ROUND TWO NORTH ISLAND TRIALS CHAMPIONSHIP 6 MARCH 1988

Riding Number	NAME	CLUBS	MOTORCYCLE	SERIES TOTALS (Full Round)												TOTAL	PLACE
				2	3	4	5	6	7	8	9	10	11	12			
1	ANDREW POAD	TAURANGA	YAMAHA 250	15	0	12	5	6	0	1	9	8	6	5	0	67	4
2	ANDREW GLEMENT	TARANAKI	TY 350	5	3	6	2	1	0	0	4	5	3	0	0	29	1
3	KEVIN FURFOLD	MANAWATU	FANTIC 303	2	0	8	11	1	0	1	11	8	6	2	0	50	3(250)
4	WARWICK HERDMAN	TAURANGA	HONDA 250	7	1	20	13	9	6	2	15	14	18	3	0	108	7
5	MICHAEL OWEN	MANAWATU	TY 250	7	11	18	10	9	10	2	14	9	16	5	0	111	9
7	KEVIN BISHOP	TARANAKI	MERLIN 350	7	9	17	16	7	0	8	16	14	10	0	2	96	5
10	JEFF MARCH	HAWKESBAY	FANTIC 301	11	9	18	15	8	7	7	10	18	20	4	2	129	11
12	LANE VICKERS	TARANAKI	FANTIC 301	10	13	15	14	7	8	4	14	16	18	3	2	124	10
13	PETER SANDINGBEN	MANAWATU	YAMAHA 250	8	8	16	11	15	5	2	14	12	12	4	2	109	8
15	KAY SKINNER	POWELL	FANTIC 303	8	7	20	12	10	6	1	11	11	13	6	1	106	6
20	STEFAN HERDMAN	TAURANGA	BETA TR34	5	1	13	5	8	0	5	6	5	2	0	0	50	2(200)

31	NIEL BAKER	HAWKESBAY	YAMAHA 250	12	4	0	2	3	3	0	18	8	0	3	5	58	3
32	JOHN LANTON	IXION	FANTIC 301	13	15	1	2	8	0	1	14	4	0	0	2	60	4
33	MARK SIDEBOTHAM	IXION	FANTIC 301	3	3	1	3	13	1	5	13	7	2	2	0	53	1
36	DAVID BROWN	TAURANGA	YAMAHA 350	13	6	1	12	14	1	13	12	6	1	3	2	84	8
37	MURRAY MARTIN	TAURANGA	BETA TR34	11	16	8	12	10	1	8	12	14	0	3	3	98	11
39	BRENT GARLTON	TAUPO	TY 350	4	6	0	10	3	0	5	12	11	0	1	2	54	2
42	JAMES LANTON	IXION	FANTIC 200	20	5	1	3	4	8	5	16	12	0	3	13	90	10
43	ROBERT POAD	TAURANGA	HONDA 200	14	14	4	12	6	5	13	18	11	0	6	1	104	13
44	STEVE O'SULLIVAN	IXION	FANTIC 241	16	9	1	12	13	4	3	12	7	0	2	0	79	5
45	NIGEL SHULTON	TAURANGA	YAMAHA 250	5	13	3	11	13	3	6	16	8	0	3	0	81	7
46	JEFF WELLS	MANAWATU	FANTIC 301	11	4	1	16	6	11	8	16	12	1	1	2	89	9
47	ERROL CONNORHAN	MANAWATU	FANTIC 240	11	18	18	12	18	11	8	18	11	0	7	7	139	14
48	PESKY KENTHORNE	IXION	TY 350	14	16	4	10	10	1	2	14	7	0	1	1	80	6
50	CRAG GUY	HAWKESBAY	TY 250	6	15	10	12	8	3	12	13	16	2	1	2	100	12

ORDER

INFORM

# WHAT NEXT?

## General Information.

Monthly Ixion Club Trials start at 10.30am and generally the flags are pulled at 3pm. This gives competitors plenty of time to do the usual three rounds and have time to stop and have a bite to eat at lunchtime.

Twilight trials start at about 6pm and you are expected to help in setting the trial. They are very much a do it yourself trial.

Riders are expected to help at the end of each trial by helping bring in the section markers (flags).

Trials are never cancelled. The events are held wet or fine. If you have any queries about the events or any other Club activity telephone Ash Wells at (04) 784 985 or any of the Committee members listed in the front inside cover of each Cycle Torque.

April 10

Monthly Club Trial. At Mr Humes property Ohariu. On the Johnsonville to Makara Rd before you get to the Takarau Gorge.

May 1

Monthly Club Trial. MR MUIRS PROPERTY, WHITEMANS VALLEY.

June 12

Monthly Club Trial. MR PERKINS PROPERTY, PAKAKARAKI STATE HIGHWAY ONE (JUST SOUTH OF CAR HAULWAYS).

## odds & ends

Enclosed with this edition of Cycle Torque is a sales leaflet from Ray Skinner who is the NZ agent for the Fantic range of trials irons. Ray tells us that the Fantic 243 costs \$5595. If you want to know more about the range contact him at 46 Sylvan Ave, Northcote, Auckland 9 or tele. (09) 4180854.

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There isn't a lot in this newsletter this month. It had had to be posted early for Easter and no one has sent anything in to be printed. I've run out of ideas too.

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FOR SALE, FOR SALE. From Craig Guy who was at the Champs comes the following. A TLR 250 \$2500.00 ONO or trade a TY175. This is a 1986 model. Telephone Hastings (070) 782825.

