

# South Coast Cycling

Club email    [secretary@southcoastcycling.org.au](mailto:secretary@southcoastcycling.org.au)  
Web page     [southcoastcycling.org.au](http://southcoastcycling.org.au)  
Face book    [www.facebook.com/group.php?gid=19152478395](http://www.facebook.com/group.php?gid=19152478395)



## EDWARDSTOWN 26 FEBRUARY 2010 NEWSLETTER

### Interclub Championships featuring the Adelaide Cup Wheelrace.....



**Monday March 8<sup>th</sup>**  
**10 am**  
**Seniors \$15 Juniors \$10**

**Proposed events 1 lap time trial / Club  
Team Sprint /  
Sr Team Pursuit / Scratch Race /  
Handicap**

Club Team combinations (U11/13) (U15/17), (U19/Open  
Men) (Women U19, Open, Masters) (Master Men)

**Nomination by 5 March on South Coast cycling  
web page or at club racing**

**Proposed program – events & team combinations  
maybe changed**

**All subject to entries and time permitting**



### Coming Events .....

- 26 Feb - South Coast Cycling Track
- 28 Feb - Norwood CC Club Criteriums
- 28 Feb - Pt Adelaide 125 ys B'day Crit
- 3 Mar - Port Adelaide Cycling Club Track
- 5 Mar - South Coast Cycling Track Racing
- 7 Mar - IGA Cyclo Sportif
- 7 Mar - Norwood CC Club Criteriums
- 8 Mar - South Coast Cycling Interclub  
Champs & Adelaide Cup on Wheels
- 10 Mar - Port Adelaide Cycling Club Track
- 12 Mar - Cycling SA Elite, Masters & U19  
Track Championships
- 19 Mar - South Coast Cycling Track Racing

### Standish Cycles Unley Series .....

**Friday February 26, March 5, 19, 26**



Standish Cycles Unley is today a specialist cycling store, with all staff having extensive experience within the industry. They offer the complete range of Specialist Mountain, BMX, triathlon and road bikes, plus an extensive range of accessories and clothing, supported by after sale service and repairs.

**Shop 1, 290 Unley Rd, Hyde Pk Ph,  
82719733    scu@senet.com.au**



**Australasian Schools Cycling Cup, the  
"Tour de France" for schools.....**

**3 -days of competition 23 ~ 25 Mar 2010**

The ASCC is an opportunity for your school to compete in a professionally conducted, multi-discipline competitive cycling event.

Students can enter as many or as few events as they want, however, the more students in your team and the more events they enter will assist your school to collect the overall Peter Bartels Perpetual Trophy.

- BMX (Shepparton)
- MTB: Cross Country and Down Hill (Mt Major)
- Road Racing; Individual and Teams Time Trial;  
(Dookie); Hill Climb (Mt Major)

For further information go to  
**<http://www.schoolscyclingcup.com.au>**



## Interclub Championships featuring the Adelaide Cup Wheelrace.....

Name .....

Club ..... Category .....

Email address .....

I will be attending the Interclub Championships & Adelaide Cup on Wheels  
Interclub Championships & Adelaide Cup Wheelrace - fee pd

☐☐

## Weekend Away ..... Everyone Welcome ..... May 7 – 9

Camp Willochre Melrose @ the base of Mount Remarkable

Come along and enjoy the fresh air, start your road season training, relax next to the pool or join in mountain bike rides, bush walk along the various trails take part in the activities that will be organised for the entire family.

The weekend away is open to Cycling SA members, families and friends to attend. Fully catered and transport can be arranged from Adelaide.

Melrose is located approx 2 ½ hours north of Adelaide, via Clare (Main North Road), or up highway 1, and turning at Port Germein to cross the ranges.

COST - adults \$75 U18 \$60

If you would like to register or have any questions, please email [cawaite@bigpond.com](mailto:cawaite@bigpond.com)



### Presenters and Assessors for Coach Training Programs in 2010

Cycling Australia, BMX Australia and MTBA are looking for expressions of interest from potential presenters and assessors for delivering Coach Training Programs in 2010.

Applications are requested to present and assess on the CycleSkill, Level 1 BMX, Level 1 Mountain Bike and Level 1 Road & Track Coach Training Programs.

Ideally, prospective presenters/assessors will have a presenter/assessor qualification and be an accredited coach in the relevant discipline. However, applications will be welcomed from those wishing to go through training to meet the presenter/assessor criteria.

For further information, please contact Brendan Moriarty, National Coaching & Development Manager:  
[brendan.moriarty@cycling.org.au](mailto:brendan.moriarty@cycling.org.au).

