



## SOUTH COAST CYCLING

### Coming SCC events

**TONIGHT - Upfront Bikes Series,  
King of Bling & Buzz Massage**

### Presentation

**in the Football Club Rooms**

Thanks to the following Sponsors

King of Bling - Chris Spence

Buzz Massage - Renee Hennessy

UpFront Bikes – Michael & Nic  
Chaffey

**2 March Corsa Cycle Centre Series**

**9 March Corsa Cycle Centre Series**

**13 March – Interclub Track  
Championships**

### UPFRONT BIKES

Service and upgrade all bikes and wheel chairs (even the old ones-steel is real!).

Service all major brands of Fork and shock.

Offer a frame and fork (re)aligning service.  
Build/repair and true wheels.

Replace/upgrade bearings in wheels, bottom brackets, and frames.

Fit tubeless tyre kits.

Fit you to your bike-for you

Sell, use and recommend quality products from.

#### Come and see the range

If you are out of town, or just think O'Halloran Hill is a bridge too far, you can email them for a price, post your parts to them for repair and they will post them straight back ASAP.

You can even BUY bits from UPFRONT Bikes by checking current stock [www.upfrontbikes.com](http://www.upfrontbikes.com) and we can have your dream bits delivered.

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**UPFRONT BIKES**



"Good grief, Mary! That was a close one!"

# On His Bike at 100

**FRENCH cycling enthusiast Robert Marchand has set a new hour-long cycling record - at the age of 100.**

The centenarian rode 24.25km in 60 minutes watched by crowds of cheering supporters at the International Cycling Union (UCI) velodrome in Aigle, Switzerland.

Marchand kept a steady pace and was hardly out of breath when he finished, telling his fans: "I could have gone faster, I didn't want to."

The feat does not threaten the 49.7km achieved by Czech cyclist Ondrej Sosenka in 2005 at the age of 29, but it will be recognised by the UCI in a new over-100s category.

"It will be official," said Frederic Rey, an official at the World Cycling Centre, the headquarters of the UCI.

Marchand, who marked a century in November, enjoyed cycling as a teenager but only returned to the sport at the age of 78.

He is a keen member of his local club in Ardeche, south-central France, which helped co-ordinate the record attempt.

**"Doing a little bit of sport every day, that's the secret,"** said president of the L'Ardechoise club Gerard Mistler, who described Marchand as a role model.

"He's someone who has always enjoyed working, who is always in good humour, and who has always been sporty."

"He has never smoked and sometimes drinks alcohol but nothing to excess."



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"FRED, DIDN'T I TELL YOU TO WEAR A HELMET?"

## 3.2 HELMETS

**3.2.01 An approved helmet must be worn at all times whilst riding. 1/5/2011**

**3.2.02 1. In all road events with the exception of international UCI events, an Australian Standards approved (AS/NZ 2063) helmet shall be worn.**

**2. In all track events competitors shall wear an approved AS2063, ANSI, Snell or EN approved helmet. 1/5/2011**

3.2.02 A helmet must carry the relevant approval sticker confirming approval and certification to AS/NZ 2063 before a cyclist is permitted to start in any cycling event.

3.2.03 For UCI road calendar events, competitors shall wear an approved AS/NZ 2063, ANSI, Snell or EN bicycle helmet. International competitors may wear a helmet, other than the above, provided the helmet is approved by the UCI, or the federation that they are registered with. Any exception is subject to the approval by local authorities.

3.2.04 To obtain such approval (ref 3.2.04 above), the promoter must apply to conduct the event under an exemption permitting the wearing of non-Australian Standard helmets. Such an application must be made under the special events legislation of the respective State in which the event is being conducted.

The events for which such an application may be sought include, but may not be limited to;

- ☐ UCI Road World Cups (Men and Women)
- ☐ One-day Road Races or multi-stage Tours which have been approved for inclusion on the UCI calendar
- ☐ The Australian Open Road Championships or similar event, where overseas or professionally contracted riders with a UCI registered team are competing and the results contribute to UCI ranking points

3.2.05 For the individual pursuit and track time trials approved helmets shall bear either AS/NZ 2063, ANSI, Snell or EN bicycle helmet approval

3.2.06 Any modification to an approved helmet is strictly prohibited, including; swapping or tampering with stickers; structural or aerodynamic modification.

Failure to comply with this regulation will result in the rider being withdrawn from the event in addition to any other penalty that may be applied by the race official.

For Cycling Australia sanctioned events a helmet must be undamaged and unaltered and have a certification sticker affixed showing the helmet is approved. There are a few companies approved to certify helmets to this standard so the sticker may vary in appearance but the important thing is that it has "AS 2063" marked on it.

Cycling Australia recommends that you ensure before you buy a new helmet, either through a bike shop or internet, that the helmet has the certification affixed to it.

**NO APPROVED HELMET = NO RIDE.** The proper wearing of safety approved helmets is an Australian Road Rule enforceable by the Police

## Cycling Australia Technical Regulation