

**SAPSASA
Cycling
Championships**

Date: Thursday,
21 November

Venue:

Edwardstown
Oval

The day will consist of three cycling events: Sprint Time Trial (250-400 m), Derby (500 m scratch race) and a skills course looking at bike control and skill. Competitors may use road, track or BMX bikes.

Usual safety requirements will apply. An Australian approved helmet and a roadworthy bike will be required.

The competition will be open to Year 6 and Year 7 students.

Medallions will be awarded to the winning riders in each year level in each competition for both boys and girls.

For information & nomination forms go to:

[http://
www.decd.sa.gov.au/
sport/files/links/
Cycling.pdf](http://www.decd.sa.gov.au/sport/files/links/Cycling.pdf)

Or contact Dave
Gomer:
dgomer@optusnet.
com.au

E-town News

2013 - 2014 SUMMER TRACK



NOVEMBER 1, 2013

Results 25/10/13



Senior Scratch Races (1)

A Grade: J. Park, D. Grixti, S. Hennessy, W. Little
B Grade: C. Spence, M. Young, B. McIntyre, A. Gwiazdzinski
C Grade: S. Harris, P. Fountas, P. Schneider, M. Chaffey
D Grade: C. Jones, R. Tormet, M. Jones, B. Bowden

Junior Scratch Races (1)

Jr1: O. Jones, E. Walker, B. Bosworth, E. Coulter
Jr2: T. Slater, T. Fox, L. Green
Jr3: A. Cutts, A. Barr, L. Walker

Senior Time Trials

A Grade: J. Park 35:53, S. Hennessy 37:29, D. Grixti 37:82, D. Radzikiewicz 38:52
B Grade: A. Gwiazdzinski 38:31, B. McIntyre 39:47, C. Spence 40:14, M. Young 40:81

Senior Motor Pace

A Grade: J. Park, D. Grixti, S. Hennessy, M. Ireland
B Grade: A. Gwiazdzinski, B. McIntyre, M. Young, C. Spence
C Grade: R. Webb, P. Schneider, M. Chaffey, J. Park
D Grade: C. Jones, M. Jones, T. Manning, B. Hughes

Junior Handicap

Jr H/cap: E. Walker, B. Bosworth, E. Coulter, O. Jones

Senior Scratch Races (2)

C Grade: R. Webb, P. Fountas, T. Lennon, P. Schneider
D Grade: R. Tormet, K. Little, M. Jones, B. Hughes

Junior Scratch Race (2)

Jr 1/2: O. Jones, T. Fox, E. Walker, B. Bosworth

Junior Motor Pace

Jr 2/3: A. Cutts, A. Barr, L. Walker, D. Ryan, P. McIntosh

Little Trackies Time Trial

G. Chaffey	46:51	L. Crick	1:10:30
G. Bosworth	36:54	I. Austin	1:14:42
S. Austin	1:05:94	J. Jones	1:27:47

Winner!

Winner!



Chicken Dinner!!

Well, pizza actually...
Macini Bikes Australia
Series Presentation Night
in the Townies Bar,
Friday, November 8!



01/11 Macini Bikes Australia Series



08/11 King of Bling's E-Town Omnium
Series + Presentation



15/11 UpFront Bikes Series

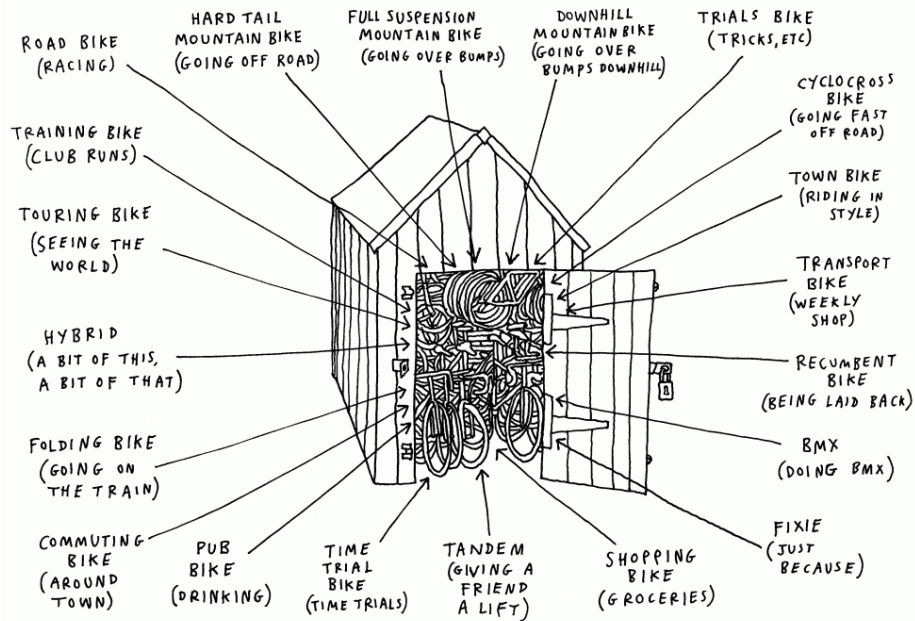


Union
Cycliste
Internationale



BICYCLES

WHY YOU MIGHT NEED MORE THAN ONE



cyclingcartoons.com / by @davewalker

Rider Profile: Lee-Anne Fleming

Age: WMAS2

Occupation: Owner Director of Ride-a-Bike Right, a cycling education business.

What got you into cycling?

Had always ridden a bike but wanted to turn it into a sport, I went to the Track (Superdrome) for a corporate event and was hooked!

What bike(s) do you ride?

Track, road, CX, MTB/Commuter and about 40 bikes for work - 12" for 4 year olds through to bikes big enough for 6 foot men. And some balance bikes too.

What is your dream bike?

One that is self-cleaning.

How long have you been racing?

Three years

Favourite Cyclist: Anna Meares

Favourite food: Chocolate & coffee

Favourite cycling event as a spectator:

Track World Champs

Favourite cycling event as a participant: CX

Favourite place to ride:

In Adelaide, along the Torrens

What's your cycling ambition?

To have fun and keep fit (and beat Gemma at States - JUST ONCE!).

Do you have a training tip to share?

You should ask "Do I Train?" - No.

Thank you Lee-Anne for providing us with your profile.

"Townies Bar" will only be open on
Presentation Nights:

8 Nov, 13 Dec, 14 Feb, 28 Mar



Government of South Australia
Office for Recreation and Sport

