

**Volunteers -**

**Thank You!**

**14/03/14**

**Sign On**

*Liz & Katrina*

**BBQ**

*Darren & Mary*

**Gate Keeper**

*Chris Webb*

**Officials**

*David Schultz*

*Set Up Steve W.*

**Pack Up**

*Neil R. & David M.*

**21/03/14**

**Sign On**

*Liz & Katrina*

**BBQ**

*Tony & Bron*

**Gate Keeper**

*Michelle Crick*

**Officials**

*Ken & Roger*

**Set Up**

*Richard & Neil*

**Pack Up**

*David Milne*

# E-town News

2013-2014 SUMMER TRACK



MARCH 14, 2014

## Results 07/03/14



### Heart Starters

Sr A Grade: D. Radzikiewicz, M. Ireland, S. Hennessy, P. Bole-Schneider

Sr B Grade: A. Gwiazdzinski, T. Lennon, B. McIntyre, P. Crick

Sr C Grade: M. Chaffey, A. Foundas, R. Lam, T. Manning

Sr Women: L. Fleming, H. Osborn, L. Green, H. Webb

Jr: E. Walker, P. McIntosh

### Handicaps

Sr A Grade: S. Hennessy, M. Young, P. Bole-Schneider, M. Ireland

Sr B Grade: S. Harris, C. Spence, P. Crick, B. McIntyre

Sr C Grade: R. Lam, T. Manning, A. Reid, A. Foundas

Sr D Grade: N. Russell, L. Green, H. Webb, H. Osborn

### Jr Time Trial (1 lap)

P. McIntosh 48.00 sec; E. Walker 52.41 sec

### Keirins

Sr A Grade: D. Radzikiewicz, M. Ireland, S. Hennessy, M. Young

Sr B Grade: P. Crick, A. Gwiazdzinski, B. McIntyre, P. Fountas

Sr C Grade: M. Chaffey, A. Foundas, T. Manning, R. Lam

### Jr Backward Race

E. Walker, P. McIntosh

### Little Trackies Italian Pursuit

Team Gemma 42.17 sec; Team Nathan 46.46 sec

### Motor Pace

Sr A/B Grade: D. Radzikiewicz, M. Ireland, S. Hennessy, A. Gwiazdzinski

### Scratch Races

Sr C Grade: M. Chaffey, A. Foundas, T. Manning, R. Lam

Sr D Grade: L. Fleming, N. Russell, H. Osborn, L. Green



21/03

King of Bling's E-town Omnium Series

28/03

End of Season & Presentation Night



14/03 UpFront Bikes Series



Union  
Cycliste  
Internationale



# Rider Profile: Alex Gwiazdzinski

**Age:** 17

**Occupation:**

Check-out chick at Woolworths, Student (year 12 this year- woo...)

**What got you into cycling?**

Ash Bryans, a teacher at my school when I was in year nine, decided to give the SSSSA (Secondary School Sport South Australia) School's tour cycling event a try. A number of schoolmates, along with myself decided to give it a go, and about half of us eventually continued to take up the sport, and go on to be where we are now.

**What bike(s) do you ride?**

Mountain bike: Trek 4500

Road bike: Specialized Roubaix Elite SL2 Apex

Track bike: Felt TK3

**What is your dream bike?**

Probably along the lines of a Cervelo S5, Sram Red, Zipp 404 wheels. I do like a good aero bike (unlike the Roubaix...)

**How long have you been racing?**

Funnily enough, my first race away from the schools tour was here at Edwardstown, at the start of the season in October 2012. So you can take from that that I'm still pretty new to it all, haven't even gotten to a second road season yet...

**Favourite Cyclists:**

Tough one, probably one of the classics, either Jensie, Cancellara or Cavendish.

**Favourite food:**

Another toughie, probably anything sweet...

**Favourite cycling event as a spectator:**

Probably the People's Choice Classic in the CBD before the Tour each year.

**Favourite cycling event as a participant:**

Anything with the word 'crit' in it...

**Favourite place to ride:**

Probably along the esplanades at Glenelg and Brighton around sunset- it's absolutely beautiful on the right day.

**What's your cycling ambition?**

Ultimate goal which is somewhat realistic, would just to be able to reach National Road Series level, and be able to take part in an NRS race.

**Do you have a training tip to share?**

While I should still be in the position of asking training tips from everyone else, probably that Consistency is Key. Keep the legs rolling over nice and consistently, instead of in bursts. it's a lot less fatiguing.

**Thank you Alex for providing us with your profile.**



Safety at the track is everyone's responsibility, even when you're not riding. Parents are reminded to teach their children the importance of looking for cyclists before they cross the track. With only two weeks to go we don't want any pedestrian vs. cyclist incidents.



Government of South Australia  
Office for Recreation and Sport