

Results 31/10/14

Heart Starters

Senior A: P. Lechelt, R. Kennedy, M. Ireland, D. Bottrill

Senior B: P. Crick, A. Gwiazdzinski, B. McIntyre, P. King

Senior C: C. Jones, A. Muir, R. Webb, T. Wyeld

Senior D: L. Green, R. Wallis, V. Riches, L. Fleming

Junior 1: L. Walker, D. Tattersall, B. Jones

Junior 2: E. Walker, E. Coulter, S. O'Grady

Little Trackies Handicap

H. Le Fournour, J. Currie, L. Crick, N. Crick

Lucky Draw Handicaps

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

Senior B: J. Austin, T. Lennon, B. McIntyre, C. Waters

Senior C & D: L. Green, R. Wallis, A. Muir, C. Jones

Junior 1 Handicap

L. Walker, D. Tattersall, H. Le Fournour, S. O'Grady

Little Trackies Scratch race: J. Currie, N. Crick, J. Jones

Little Trackies ½ lap ITT: Jasmine 0:47, L. Crick 0:50

Team Sprints

Senior A/B

02:10.20 – King, Lechelt, Young, Walers, Thomas, Bole-Schneider, Kennedy

02:10.80 – Austin, Crick, McIntyre, Gwiazdzinski, Lennon, Fountas, Radzikiewicz

Senior C/D

01:22.50 – Wallis, Little, Manning, Rosie

01:26.40 – Green, Fleming, Riches, Double

Juniors

01:26.80 – H. Le Fournour, E. Coulter, L. Walker

01:29.30 – D. Tattersall, E. Walker, B. Jones, S. O'Grady

Little Trackies Handicap: J. Jones, J. Currie

Motorpace Races

Senior A: M. Ireland, P. Lechelt, C. Thomas, P. Fountas

Senior B: P. King, A. Gwiazdzinski, B. McIntyre, P. Crick

Senior C: C. Jones, R. Webb, T. Wyeld, L. Rosie

Senior D: L. Green, L. Fleming, S. Little, R. Wallis

Junior 1 Keirin Race

L. Walker, B. Jones, D. Tattersall, E. Walker

A special word from our sponsor: Chris' story



Chris Spence, known as the King of Bling, is sponsoring racing at Edwardstown for another season. Earlier this year, Chris had a horrific crash and here's his story in his words:

My story that everyone should know

On Sunday March 23rd I set off on a CX ride with Mark Gregory and Daniel Johns and had a massive crash, although I can't remember much of that day, I broke C2 vertebrae in half.

The operation that I had a few days later was very dangerous, of which my odds of surviving were not good. This operation to fuse C1 and C2 vertebrae took almost 7 hours and the next 10 days it was still unknown if I was to recover well. Once I was stable from the operation I was transferred to the Repat Hospital for physiotherapy where I had to learn to walk and start building up my strength, in only 20 days all of my muscles wasted away and I had lost 12 kilos.

The next 3 months at home proved to be very challenging, having to wear a neck brace whenever I was out of bed (2 hours a day). Walking with Marion every day helped me heaps and friends coming by to see me lifted my spirits greatly. Weekly visits to the hospital for CT, MRI scans + X-rays became the norm.

Once out of the neck brace intensive physiotherapy started at the Flinders Hospital and every day I would do more than what was asked which came at a cost, I was already on strong medication but now that too had to be increased so that I could get through each day.

Next I started Hydrotherapy which is another level of pain to help me improve my mobility and strength plus I started going to a gym 4 times a week. I go through stages of depression which I try to hide plus have countless nightmares which haven't abated yet.

As each week goes by I am improving ever so slow and have decided to start riding my rollers to help get my balance right so maybe one day I can ride my bikes again.

Thanks for sharing your story Chris and for being such a great supporter of racing at E-town!

Volunteers required:

<http://southcoastcycling.org.au/volunteers-required/>

