

## Flying 200

### November 7

#### Seniors

D. Miller 12.18  
D. Radzikiewicz 12.41  
P. Lechelt 12.70  
S. Hennessy 12.88  
A. Gwiazdzinski 12.90  
J. Kelly 13.04  
P. Fountas 13.10  
P. Bole-Schneider 13.25  
J. Hopgood 13.33  
P. Crick 13.42  
C. Waters 13.62  
B. McIntyre 13.65  
T. Lennon 13.78  
C. Thomas 13.87  
M. Ireland 14.27  
P. King 14.99  
M. Damiani 13.04  
R. Tormet 14.71  
R. Wallis 15.00  
B. Franson 15.13  
V. Riches 15.39  
T. Manning 15.62  
G. Kernich 15.65  
A. Reid 16.25  
L. Fleming 16.71

#### Juniors

L. Walker 14.77  
D. Ryan 14.87  
H. Osborn 15.66  
E. Walker 16.52  
H. Le Fournour 17.08  
A. Johnson 17.81  
E. Coulter 19.12

# E-town News



2014-2015 SUMMER TRACK

NOVEMBER 14, 2014

## Program for rest of the season

### November

14 King of Bling – Omnium  
21 UpFront Bikes Series  
28 UpFront Bikes Series



### December

5 UpFront Bikes Series  
12 Paul King Plumbing – Wheelrace  
19 Corsa Cycles **Christmas Cup on Wheels**, Parade and **Presentation**

### January

2 SCC – New Year Training Session  
9 King of Bling – Omnium  
16 UpFront Bikes Series  
**Monday 26** Hage & Harris **Australia Day Carnival**  
30 UpFront Bikes Series



### February

6 UpFront Bikes Series  
13 Paul King Plumbing – Wheelrace  
20 SCC – Training Session and **Presentation**  
27 King of Bling – Omnium



### March

6 Asset Engineering Series  
**Monday 9** Hage & Harris **Interclub Championships**  
13 Asset Engineering Series  
20 King of Bling – Omnium  
27 Corsa Cycles End of Season and **Presentation**



### Volunteers required:

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

# SCC Summer Track Series: October 17, 24, 31

## A Grade

1st	P. Bole-Schneider
2nd (equal)	S. Hennessy, P. Lechelt
3rd	D. Radzikiewicz

## B Grade

1st	B. McIntyre
2nd	P. King
3rd	A. Gwiazdzinski
4th	C. Waters

## C Grade

1st	C. Jones
2nd	A. Muir
3rd	T. Wyeld
4th	S. Harris

## D Grade

1st	L. Green
2nd	V. Riches
3rd	R. Wallis

## Junior 2

1st	E. Walker
2nd	E. Coulter
3rd	H. Le Fournour

## Junior 1

1st	L. Walker
2nd	M. Holland
3rd	D. Tattersall



## Performance of the series – Che Thomas

## Watermelon Juice aids recovery?

Peter Reaburn reported on an article in “Bridging the Gap” suggesting that drinking watermelon juice pre-exercise can aid recovery, reducing muscle soreness. Here are some key points taken from the website (<http://www.cycling.org.au/Get-Involved/Participation/Bridging-the-Gap-How-watermelon-juice-helps-recovery>):

### The Research

Seven healthy and active sport science students completed a repeat sprint cycling test once every five days. One hour prior to each test, they drank one of three drinks: 500 ml of natural watermelon juice (containing 1.17 grams of the amino acid citrulline), 500 ml of enriched watermelon juice (containing 6 grams of citrulline = 1.17 grams natural plus added 4.83 grams), and a placebo created to look and taste like watermelon juice.

One hour after drinking the 500 ml, each subject warmed up on a cycle ergometer for 5 minutes at 75 watts then completed 8 x 30 second sprints separated by one minute of rest then a 3 minute cool down. The researchers measured heart rates during each test, blood lactate during and after the tests, and both ratings of perceived exertion (6-20 scale) and muscle soreness levels (1-5 scale) immediately after the test then 24 and 48 hours after the tests.

### The Results

There were no differences in cycling performance, ratings of perceived exertion, lactate values or heart rates during the tests. Muscle soreness was no different between the three drinks immediately after or even 48 hours after testing. However, 24 hours after testing, both the watermelon juice and enriched watermelon juice drinks resulted in lower levels of muscle soreness than the placebo drink, with no difference between the two watermelon drinks.

The theory is that the amino acids found in watermelon (citrulline and arginine) aid blood flow and decrease inflammation.



**Government of South Australia**  
Office for Recreation and Sport

