

# E-town News



2015-2016 SUMMER TRACK

MARCH 11, 2016

**Only 3 more events...**

**11/03**

Paul King Handicap

**14/03**

Interclub Champs

10 am start

**18/03**

SCC End of Season +  
Presentations

## Results: Geoff Hardy Track Cycling 04/03/16

### Heart Starters

Senior A/B: S. Hennessy, S. Eglinton, L. Walker, D. Radzikiewicz

Senior C: A. Welch, D. Slater, S. Woodwiss, C. Spence

Senior D: R. Wallis, T. Green, L. Fleming, N. Chaffey

Junior 1 Handicapped: E. Walker, A. Johnson, L. Walker, E. Coulter

### Handicaps

Little Trackies 1/2 lap: G. Chaffey, S. Lennon, E. Lentakis

Senior A/B: A. Gwiazdzinski, M. Young, P. Fountas, C. Thomas

Senior C: S. Harris, C. Spence, S. Woodwiss, G. Kernich

Senior D: N. Chaffey, L. Fleming, V. Riches, T. Green

Junior: G. Bridge, E. Coulter, S. Johnson, H. May

Little Trackies Handicap: G. Chaffey, S. Lennon, E. Lentakis

### Senior A/B Team Sprints

00:55.90 S. Harris, P. King, S. Eglinton; 00:55.67 D. Radzikiewicz, T. Lennon, M. Young;

00:55.90 C. Thomas, B. McIntyre, P. Lechelt; 00:56.66 A. Gwiazdzinski, L. Walker, S. Harris;

00:55.67 S. Hennessy, M. Franks, M. Chaffey

### Senior C Team Sprints

01:01.08 T. Green, G. Kernich, C. Spence; 00:58.94 D. Slater, S. Woodwiss, A. Welch

### Senior D Team Sprints

00:43.42 L. Fleming, R. Wallis; 00:46.41 V. Riches, N. Chaffey

### Junior Italian Pursuit

01:30.16 J. Currie, S. Johnson, E. Coulter, A. Johnson

01:28.82 G. Bridge, G. Currie, H. May, E. Walker

### Junior Handicapped Scratch Race

E. Walker, A. Johnson, H. May, E. Coulter

Little Trackies: G. Chaffey, S. Lennon, E. Lentakis

Time Trial: G. Chaffey 53.65; S. Lennon 41.65; E. Lentakis 34.89

### Senior A/B Team Sprints

55.43 S. Harris, P. King, S. Eglinton

56.42 D. Radzikiewicz, T. Lennon, M. Young

55.95 C. Thomas, B. McIntyre, P. Lechelt

55.96 A. Gwiazdzinski, L. Walker, S. Harris

55.14 S. Hennessy, M. Franks, M. Chaffey

55.46 D. Radzikiewicz, S. Eglinton, C. Spence

### Senior C Team Sprints

0:58.97 T. Green, G. Kernich, C. Spence

1:11.99 D. Slater, S. Woodwiss, A. Welch

### Senior D Team Sprints

43.65 L. Fleming, R. Wallis

44.14 V. Riches, N. Chaffey

# End of Season Presentations

Townies Bar, March 18



## Health Benefits of Cycling

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/cycling-health-benefits>

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle.

It only takes two to four hours a week to achieve a general improvement to your health. Cycling is:

- Low impact – it causes less strain and injuries than most other forms of exercise.
- A good muscle workout – cycling uses all of the major muscle groups as you pedal.
- Easy – unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don't forget.
- Good for strength and stamina – cycling increases stamina, strength and aerobic fitness.
- As intense as you want – cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout
- A fun way to get fit – the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or places.
- Time-efficient – as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trams, trains or buses with healthy exercise.

Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.

The health benefits of regular cycling include:

- |                                   |   |
|-----------------------------------|---|
| increased cardiovascular fitness  | increased muscle strength and flexibility |
| improved joint mobility           | decreased stress levels                   |
| improved posture and coordination | strengthened bones                        |
| decreased body fat levels         | prevention or management of disease       |
| reduced anxiety and depression.   |   |

