

Tonight's Program - Friday October 14th...Thanks to Paul King Plumbing

- Little Trackeez handicap
- Junior & Senior Grades Heart Starters
- Little Trackeez Time Trial
- Junior & Senior Grades Handicaps 1-3 laps
- Little Trakeez handicap
- Junior & Senior – Italian Pursuit
- Junior & Senior Grade Scratch races

So we can maximize the daylight we have at this stage of the calendar ...

- PLEASE BE READY TO LINE UP PROMPTLY WHEN IT'S YOUR TURN TO RACE
- PLEASE EXIT THE TRACK IMMEDIATELY AFTER YOUR RACE IS DONE – 1 lap is enough after you finish your race

October 7th – was Track Information Night

If you attended we hope it was worthwhile & you got any questions answered. We would like to sincerely thank Annabel Digance MP and Marion Councilor Tim Pfeiffer for attending the session.

Both Annabel and Tim are obviously very passionate about the local area and in particular the Edwardstown Oval precinct. The hard work they have put in to get the upgrade of the velodrome & surrounds is much appreciated by all who use the facilities especially us in the cycling community.

We heard some great news that the velodrome upgrade will become a reality – with the money set aside the track upgrade is expected in the new 2-3 years.

October 7th Results

Heart Starter Senior A - S. Eglinton, M. Holdener, T. Lennon, M. Ireland.

Heart Starter Senior B - A. Schumacher, I. Nicholls, M. Steel, A. Schumacher.

Heart Starter Senior C - D. Slater, G. Kernich, S. Woodwiss, R. Lam.

Heart Starter Senior D - T. Green, J. Easson, L. Fleming, N. Chaffey.

Heart Starter Junior 1 - D. Tattersall, S. Johnson, E. Coulter, E. Birrane.

Heart Starter Junior 2 - L. Slater, J. Currie, H. Nicholas, A. Buckby.

Little Trackies 1/2 lap Handicap - S. Lennon, O. Managlan, A. Monaghan, G. Dixon.

Senior A Grade Lightning Handicap - B. McIntyre, M. Holdener, M. Ireland, B. Simpson. Senior B Grade Lightning Handicap - M. Chaffey, A. Schumacher, M. Steel, I. Nicholls.

Senior C Grade Lightning Handicap - R. Lam, R. Tormet, S. Woodwiss, G. Kernich.

Senior D Grade Lightning Handicap - S. Harris, M. Jones, N. Chaffey, D. Milne.

Junior Lightning Handicap - J. Currie, S. Johnson, L. Slater, H. Nicholas.

Little Trackeez Handicap - S. Lennon, L. Dixon, G. Chaffey, G. Dixon, O. Managlan, O. Monaghan.

Senior A Scratch Race - S. Eglinton, M. Holdener, B. Simpson, B. McIntyre.

Senior B & C Scratch Race - J. Bessell, A. Schumacher, I. Nicholls, M. Steel.

Senior D Scratch Race - D. Milne, J. Easson, T. Green, R. Lam.

Junior Scratch Race - D. Tattersall, S. Johnson, E. Coulter.

Junior Scratch Race - E. Birrane, H. Nicholas, A. Buckby.

Junior Scratch Race - O. Atherton, L. Slater, G. Currie, J. Currie.

Time Trial - S. Lennon - 43:58,

A. Monaghan - 50:10, L. Dixon - 51:27, O. Managlan - 51:46, G. Dixon - 44:63. G. Chaffey - 54:73.

Volunteers

Always on the lookout for volunteers...if you can help please

BBQ cooks, Bike set up, Clerk of the course, Coaching Assistant, Gate Keeper, Judge, Lap Scorer,

Pack Up, Set Up, Sign On, Stop Watch Operator, Track Volunteer etc. etc.

Please visit the volunteering link on the web page under the "Track 2016/17" menu & let us know how you can pitch in...or approach one of the committee members who can assist in any queries.

Track Training

South Coast CC has made a strong commitment to providing training for newbies & experienced riders alike. We have a great venue at our disposal & the club has invested time & money in having a number of club members become qualified coaches. There are 2 weekly sessions in place...

Monday nights from 5.00-6.30pm for novices & inexperienced riders

Wednesday nights from 6.00-7.30pm (5.30pm warm ups) for seniors & invited juniors

See webpage for more info on training here...

<http://southcoastcycling.org.au/track-season-2016-17/track-training-information/>

Club Newsletter

We will always have a weekly newsletter to hand out on Friday nights. If you have a story to tell on anything cycling & want to share it with your fellow trackies, why not let us know about it & we can include your story here. Newbie experiences, racing tips, training tips anything goes (almost)!

Send us an email email@southcoastcycling.org.au

NJTS in Sydney

Congratulations to all the SA juniors who went to Sydney last weekend for NJTS. Heather May had a great weekend in particular leading the JW17 category.

Race Licence Renewals 2017 See here <http://www.sa.cycling.org.au/News/All-News/Road/2017-memberships-are-now-available>

Ever wondered what having a race licence means – here are some of the benefits – tell your friends!!!

Ability to affiliate with a club, Ability to enter club, state and national races, Access to club rides and resources, Coverage of non-Medicare medical expenses (i.e. Dental and Physio), 24/7 Third Party Property Damage (excluding sanctioned races), 24/7 Third Party Personal Injury, 24/7 Professional Indemnity Insurance*, Income Protection**, Access to Bike Insurance, Help support grassroots cycling programs Let's Ride and She Rides, Advocacy for safer cycling conditions, Access to International Insurance. Stay connected with online news and updates, Exclusive Member prices and discounts, Discounts available for current Mountain Bike Australia, BMX Australia and Triathlon Australia members

Club Website: <http://southcoastcycling.org.au>

Facebook: **South Coast Cycling Club**

Twitter: **@SthCoastCycling.**