

## **Tonight's Program – Friday November 11th...South Coast Cycling – Omnium Round 2**

- Little Trackeez handicap
- Junior & Senior Grades Heart Starters
- Little Trackeez – Flying 100
- Junior Grades Individual Pursuit (Omnium Event)
- Senior Grades Italian Pursuit
- Little Trakeez - Italian Pursuit
- Junior & Seniors Handicap
- Junior Grades – Scratch Races
- Senior C/B Grade – Elimination Races (Omnium Event C Grade)
- Senior D Grade – Scratch race (Omnium Event)
- Senior A Grade – Scratch race

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

- BE READY TO LINE UP PROMPTLY WHEN IT'S YOUR TURN TO RACE – which means get onto the track – quickly!!!
- EXIT THE TRACK IMMEDIATELY AFTER YOUR RACE IS DONE – 1 lap is enough after you finish your race

## **November 4th Results – Paul King Plumbing Series**

Heart Starter Senior A – L. Glasspool, C. Morgority, S. Eglinton, A. Schumacher.

Heart Starter Senior B – D. Drake, P. Crick, M. Young, M. Steel.

Heart Starter Senior C – D. Slater, G. Kernich, P. King, D. Symons.

Heart Starter Senior D – S. Harris, R. Tormet, J. Easson, D. Milne.

Heart Starter Junior 1 – B. Jones, J. Lim, E. Coulter, J. Lim.

Heart Starter Junior 2 – N. Crick, G. Currie, J. Jones.

Heart Starter Junior – J. Currie, A. Buckby, W. Mathwin, L. Slater.

Little Trackies 1/2 lap Handicap – G. Chaffey, S. Lennon, E. Mathwin, H. Durston.

Senior A Grade Lightning Handicap – A. Schumacher, D. Radzikiewicz, B. McIntyre, P. Fountas.

Senior B Grade Lightning Handicap – D. Drake, M. Steel, P. Crick, S. Hennessy.

Senior C Grade Lightning Handicap – G. Kernich, S. Harris, P. King, D. Symons.

Senior D Grade Lightning Handicap – L. Fleming, P. Marrone, N. Chaffey, J. Easson.

Junior Lightning Handicap – W. Mathwin, J. Jones, G. Currie, E. Coulter.

Italian Pursuit Senior A & B Team

02:05.21 – M. Young, S. Hennessy, D. Drake, P. Lechelt, A. Schumacher, L. Glasspool, S. Eglinton.

02:17.33 – P. Fountas, B. McIntyre, D. Radzikiewicz, C. Morgority, M. Chaffey, M. Steel, P. Crick.

Italian Pursuit Senior c & D Team

02:08.63 – P. King, D. Slater, J. Easson, S. Harris, R. Tormet.

02:11.60 – L. Fleming, D. Milne, N. Chaffey, P. Marrone, D. Symons, D. Slater.

Junior A Team Italian Pursuit

01:22.56 – J. Lim, B. Jones, B. Jones, B. Jones.

01:25.71 – T. Slater, E. Coulter, J. Lim, E. Birrane.

Junior B Team Italian Pursuit

01:46.77 – J. Jones, G. Currie, J. Currie, H. Nicholas.

01:49.90 – L. Slater, N. Crick, W. Mathwin, A. Buckby.

Italian Pursuit Junior Team .

01:12.57 – L. Crick, S. Lennon, E. Mathwin.

01:43.43 – G. Chaffey, H. Durston.

Senior A Scratch Race – L. Glasspool, C. Morgority, B. McIntyre, A. Schumacher.

Senior B Scratch Race – M. Young, M. Steel, P. Crick, D. Drake.

Senior C Scratch Race – P. King, D. Slater, G. Kernich, D. Symons.

Senior D Scratch Race – J. Easson, L. Fleming, D. Milne, P. Marrone.

Junior Scratch Race – J. Lim, B. Jones, E. Coulter, J. Lim.

Junior Scratch Race – N. Crick, G. Currie.

Junior Scratch Race – J. Currie, A. Buckby, W. Mathwin, L. Slater.

1/2 Lap Time Trial – E. Mathwin – 34.10, H. Durston – 34.40, L. Crick – 34.47, S. Lennon – 35.01, G. Chaffey – 41.27, O. Monaghan – 46.35, A. Monaghan – 47.31.

## Keep Your Head Up

Keeping the head up may sound simple, but many cyclists do not do this, especially in pack situations. Their focus falls on the back of the person in front of them or on the person's rear wheel, crankset, or cassette. These things should actually be in your peripheral vision. Your main focus should be beyond the rider in front of you to see what is coming up on the road. This means looking over the rider's shoulders (see figure 5.3). Many find this uncomfortable at first, believing that their main focus should be on the closest object because that's what they would crash into. Mastering the proper technique takes practice.

By looking ahead, you can modulate speed, avoid obstacles, line up for upcoming corners, change gears for upcoming hills, and see the motions of the front of the pack. You will be able to anticipate evasive maneuvers more quickly. If you can anticipate pack movements, you will most likely save energy by not having to brake hard or accelerate quickly to recover from changes in direction or speed.



**SCC E'Town Season Awards/Consistency Points** – as mentioned we are trying something a little different with a season long points series – we are going to split the juniors into grades like we have done for seniors. It's a little easier to split the seniors into grades but we will get there with the juniors. We are tinkering with the format – NOTE: SCC riders there will be an award exclusive to you as part of the series. More news next week. Here are the leaders so far...

### SENIORS

Eglinton	Simon	A	154
Schumacher	Alex	A	147
Radzikiewicz	David	A	116
Chaffey	Micheal	B	129
Nicholls	Isaac	B	128
Steele	Madeleine	B	111
Slater	David	C	136
Kernich	Gemma	C	121
King	Paul	C	94
Milne	David	D	148
Fleming	LeeAnne	D	135
Harris	Shane	D	128

### JUNIORS

#### (To Be graded)

Currie	Jacob	172
Currie	Grace	135
Nicholas	Hugh	128
Johnson	Shelby	108
May	Heather	108
Tattersall	Dan	102
Coulter	Ewan	101
Birrane	Ethan	91
Walker	Elliott	87
Walker	Lewis	87
Buckby	Alex	84
Siana	Tia	74

### Little Trakeez

Chaffey	Gemma	100
Lennon	Sophie	100
Durston	Holly	80
Dixon	Georgia	60
Dixon	Lauren	60
Monaghan	Annabelle	60
Monaghan	Owen	60
Crick	Libby	40
Mathwin	Eleanor	20

**Pictures of E'Town racing** Liz & Mick Young do a great job providing pictures each week of the action at Etown. If you would like copies of original pictures (free of charge) – Liz & Mick are happy to provide these of yourself or your kids racing. Please give Liz a USB with your name on it by December 2<sup>nd</sup> & get the pics loaded up for you. Print out & framed the pics would make some nice for Xmas presents.

Send us an email [email@southcoastcycling.org.au](mailto:email@southcoastcycling.org.au)