

Tonight's Program – Friday December 2nd... Paul King Plumbing Series

- Little Trackeez Handicap
- Junior & Senior Grades Heart Starters
- Little Trackeez Time Trial
- Junior Grades – Sprint Derby (2 rounds)
- Little Trackeez Handicap
- Junior & Senior Grades – Italian Pursuit
- Junior Grades – Scratch Races
- Senior Grades – Scratch Races (for those not in Madison event)
- Senior Grade – Madison



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 25th Results – South Coast Cycling Omnium Series

Heart Starter Senior A – L. Walker, S. Eglinton, S. Hennessy, D. Radzikiewicz.

Heart Starter Senior C – T. Manning, G. Kernich.

Heart Starter Senior D – D. Milne, N. Chaffey.

Heart Starter Junior 1 – K. Thomas, E. Walker, A. Johnson, N. Davies.

Heart Starter Junior 2 – J. Lim, E. Birrane, S. Johnson, H. Nicholas.

Heart Starter Junior – W. Mathwin, N. Crick.

Little Trackies 1/2 lap – G. Chaffey, T. Edwards

Little Trackies 1 lap – S. Lennon, H. Durston, L. Crick, E. Mathwin.

Individual Pursuit Seniors – L. Walker – 2:35.00, S. Eglinton – 2:43.00, T. Lennon – 2:44.00, J. Bessell – 2:45.35, D. Miller – 2:47.07, P. Fountas – 2:48.00, D. Radzikiewicz – 2:50.00, B. McIntyre – 2:50.74, T. Manning – 2:58.00, G. Kernich – 2:59.49, S. Hennessy – 3:00.51, N. Chaffey – 3:11.84, D. Milne – 3:19.00.

Junior A Team Italian Pursuit

02:23.55 – W. Mathwin, J. Lim, E. Birrane, H. Nicholas, K. Thomas, N. Davies, J. Lim.

02:28.83 – N. Crick, S. Johnson, A. Johnson, H. May, T. Slater, E. Walker, E. Walker.

Italian Pursuit Little Trackeez.

02:13.08 – G. Chaffey, L. Crick, H. Durston.

02:30.72 – T. Edwards, S. Lennon, E. Mathwin.

Senior All in Handicapped Elimination – L. Walker, S. Eglinton, T. Lennon, S. Hennessy.

Junior Elimination – K. Thomas, N. Davies, H. May, A. Johnson.

Junior Elimination – E. Birrane, S. Johnson, J. Lim, H. Nicholas

Little Trackeez 1 Lap Time Trial, S. Lennon – 1:07.96, L. Crick – 1:13.10, H. Durston – 1:14.11, E. Mathwin – 1:26.08, G. Chaffey – 1:28.26, T. Edwards – 2:01.05.



Boxing Day Crits/Straight Line Sprints – Boxing Day is only 6 weeks away – this is one of the highlights on the Cycling Calendar in Adelaide. We are very lucky to be able to race on the closed street circuit at Glenelg near the Buffalo. We are proud to offer races for all ages & abilities – there are Women Only Races & we are keen to get as many Women riding as possible. Nominations are open on-line – go to our web page/see the link on our facebook & twitter pages. A link will be up soon on the CSA calendar also. We get fantastic support from City of Holdfast Bay. Did you know that the Boxing Day crits are also a major part of the yearly Bay Sports Festival. Here is the link to nominate...

<https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=21278&OrgID=8734>

Xmas Cup on Wheels – December 16th 2016



It's only 2 weeks until our world famous Christmas Cup On Wheels – the last night of racing for 2016. Time to start planning how to dress up your bike & get into the Xmas spirit. Handicaps & novelty races with Le Mans starts from the grass. Tinsel, Santa Costumes & elves we've had it all over the years. There will be presentations in the footy clubrooms after racing. Here's a likely lot enjoying the Xmas Cup on Wheels from 2008. Recognise anyone?



Safety and etiquette during races

Communicate with other riders to make them aware of your presence, whenever necessary. As is the case during training, the lead rider of a group will peel off the front of the line in the corners. Be prepared for this, especially if you are trying to pass the group from above. If you are the second-placed rider in a race, do not follow the lead rider up the track when (s)he peels off. Always take your turn at the front of the line, and then peel off. Following the leader up the track is dangerous, as the third rider in the line will not expect this to occur, and may be in a position where his/her front wheel overlaps your rear wheel. During sprint laps (a race official will ring the bell), do not change your line! No one expects the lead rider to peel off; the absolute rule is that every rider will sprint in a straight line during that lap.

After the race

After the race finish riders must continue to hold their line until it is safe to move to the top of the track. Riders must exit the track once they come around to the front straight after the finish of their race.

Never cross the track while a race is in progress. Wait until the race has ended before crossing the track. Always look before crossing the track, as slower riders may still be finishing a race or trying to access the gate to leave the track. RESPECT OTHERS !!!

Track Training

Numbers have been strong at our 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/>

SCC E'Town Season Awards/Consistency Points – as mentioned we are trying something a little different with a season long points series. SCC riders there will be an award exclusive to you as part of the series.

SCC ETOWN CONSISTENCY POINTS

SENIOR				JUNIOR			TRAKEEZ		
Schumacher	Alex	A	195	Currie	Jacob	228	Chaffey	Gemma	160
Hennessy	Sean	A	192	Nicholas	Hugh	191	Crick	Libby	80
Eglinton	Simon	A	184	Johnson	Shelby	188	Dixon	Georgia	80
Chaffey	Micheal	B	182	Birrane	Ethan	182	Dixon	Lauren	80
Young	Michael	B	148	Currie	Grace	182	Durston	Holly	100
Drake	Dan	B	140	Walker	Elliott	181	Edwards	Tabitha	40
Slater	David	C	195	May	Heather	168	Fountas	Nicholas	40
Harris	Shane	C	194	Coulter	Ewan	131	Lennon	Sophie	140
Kernich	Gemma	C	146	Tattersall	Dan	123	Mathwin	Eleanor	40
Milne	David	D	216	Mathwin	William	120	Monaghan	Annabelle	80
Fleming	LeeAnne	D	188	Kohn	Tessa	119	Monaghan	Owen	80
Chaffey	Nicole	D	181	Buckby	Alex	112			

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**** Thank you to Liz & Mick Young for most of the pictures used in this weeks newsletter ****