

Tonight's Program – Friday December 9th... South Coast Cycling Omnium Series Rnd 4

- Little Trackeez Handicap
- Junior & Senior Grades Heart Starters
- Little Trackeez Flying 100m
- Junior Grades – Flying 200m (Omnium Event)
- Senior Grades – Time Trial (Omnium Event)
- Little Trakeez Time Trial
- Junior & Senior Grades – Team Sprint
- Junior Grades – Scratch Races
- Senior D Grade Scratch Race
- Senior C Grade Points Race (Omnium Event)
- Senior A & B Grade Scratch Races



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 – Paul King Plumbing Series

Heart Starter Senior A – A. Foundas, T. Manning, R. Lam, P. King.
 Heart Starter Senior B – D. Drake, M. Chaffey, M. Young.
 Heart Starter Senior C – A. Foundas, T. Manning, R. Lam, P. King.
 Heart Starter Senior D – D. Milne, N. Chaffey, L. Fleming.
 Heart Starter Junior 1 – L. Walker, A. Miller.
 Heart Starter Junior 2 – E. Walker, A. Johnson, E. Birrane.
 Little Trackies 1 lap Handicap – O. Atherton, A. Kelly, H. Durston.
 Little T's 1/2 lap Handicap – G. Chaffey, L. Dixon, G. Dixon, T. Edwards.
 Italian Pursuit Senior Team
 01:52.16 – M. Young, M. Chaffey, S. Hennessy, P. Davis, D. Drake, S. Eglinton.
 01:54.91 – P. Fountas, J. Kelly, D. Miller, D. Cripwell, A. Schumacher, A. Schumacher.
 Italian Pursuit Senior Team
 01:40.94 – D. Milne, S. Harris, R. Lam, A. Foundas, L. Walker.
 01:43.52 – N. Chaffey, L. Fleming, P. King, D. Slater, T. Manning.
 Junior A Team Italian Pursuit .
 00:55.78 – E. Birrane, L. Walker, L. Walker.
 0:59:38 – A. Johnson, E. Walker, A. Miller.
 Little Trackies 1 Lap Time Trial – O. Atherton – 1:00.95, A. Kelly – 1:04.41, H. Durston – 1:05.40,
 G. Dixon – 1:25.26, L. Dixon – 1:28.53, G. Chaffey – 1:38.12, T. Edwards – 1:58.65.
 A Grade Madison – S Eglinton & A Schumacher, D Drake & M Young, S Hennessy. & D Cripwell,
 E Walker. & L Walker.
 Senior Lightning Handicap – N. Chaffey, L. Fleming, D. Slater, D. Miller.
 Jr L. Walker – 0, A. Miller.
 Jr E. Walker – 0, A. Johnson, E. Birrane.
 Jr L. Walker – 0, A. Miller.
 Jr A. Johnson – 0, E. Walker, E. Birrane.
 Little Trackies Handicap – A. Kelly, O. Atherton, H. Durston.
 Little Trackies Handicap – L. Dixon, G. Chaffey, G. Dixon, T. Edwards.
 Senior All In Scratch Race – A. Schumacher, S. Hennessy, D. Cripwell, D. Slater.
 Little Trackies – A. Kelly, O. Atherton, H. Durston.



Boxing Day Crits/Straight Line Sprints – HAVE YOU NOMINATED? Boxing Day is only 2 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



One week TO GO - Christmas Cup On Wheels – the last night of racing for 2016. Dress up your bike

Handicaps & novelty races with Le Mans starts from the grass.

There will be **presentations in the footy clubrooms after racing** so lets send off 2016 track & celebrate what has been a great track season so far.



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

SENIOR				JUNIOR				TRAKEEZ		
Schumacher	Alex	A	236	Currie	Jacob	228	Chaffey	Gemma	180	
Walker	Lewis	A	223	Walker	Elliott	221	Lennon	Sophie	160	
Hennessy	Sean	A	220	Birrane	Ethan	218	Durston	Holly	120	
Chaffey	Micheal	B	207	Nicholas	Hugh	191	Dixon	Georgia	100	
Young	Michael	B	176	Johnson	Shelby	188	Dixon	Lauren	100	
Drake	Dan	B	172	Currie	Grace	182	Crick	Libby	80	
Slater	David	C	219	May	Heather	168	Monaghan	Annabelle	80	
Harris	Shane	C	214	Coulter	Ewan	131	Monaghan	Owen	80	
King	Paul	C	148	Tattersall	Dan	123	Edwards	Tabitha	60	
Milne	David	D	243	Mathwin	William	120	Fountas	Nicholas	40	
Fleming	LeeAnne	D	216	Kohn	Tessa	119	Mathwin	Eleanor	40	
Chaffey	Nicole	D	213	Buckby	Alex	112	Kelly	Annabelle	20	

SA Juniors at NJTS - Congratulations to all the S.A. juniors who travelled up to Queensland last week & put in some great performances. With 1 more round to go - the last is in Adelaide at the Superdrome so why not get along & show your support. We missed you last Friday at E'town kids! Special mention to Heather May who is leading the Women U17 category. Go South Aussies go



Studies have shown that riding a bicycle everyday makes you more awesome than the general population.



your eCards
someecards.com

Email: email@southcoastcycling.org.au Web: <http://southcoastcycling.org.au> Facebook: South Coast Cycling Club Twitter: @SthCoastCycling

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