

Friday Feb 10th 2017... **South Coast Cycling Club racing**

A friendly reminder on a few of the basics we hold dearly at E'town...easy to drop the ball on these but let's keep it all in mind!

- Most important rule number 1 – at all times E'town is all about having fun
- Hold your line at all times – look after your buddies out there
- Take a half lap turn when it is your turn – you don't want to get a reputation do you?
- No need for multiple wind down laps – please exit the track asap after your race is complete

February 3rd – Azimuth Scaffolding Series Results



Heart Starter Senior A – L.Walker, D.Miller, P.Lechelt, T.Lennon

Heart Starter Senior B – D.Drake, M.Young, J.Bessell, G.Kernich

Heart Starter Senior C – D. Kubilius, S.Harris, R.Lam

Heart Starter Senior D – T.Green, D.Milne, L.Flemming

Heart Starter Junior 1 – J.Currie, E. Landman, G. Currie.

Heart Starter Junior 2 – H.May, E.Coulter, E.Birrane, M.Natt

Little Trackies 1 lap Handicap – G.Chaffey, T.Edwards, S.Lennon, H.Durstun



Italian Pursuit Team - Sr A/B 1st D.Drake, L.Wiker, T.Lennon, 2nd P.Lechelt, M.Young, J.Bessell, B.McIntyre
Sr C/D 1st N.Chaffey, G.Kernich, D. Kubilius, D.Milne 2nd S.Harris, R.Lam, L.Flemming, T.Green

Italian Pursuit Team - Jr 1st H.May, S.Johnson, G.Currie, M.Natt 2nd E.Birrane, J.Currie, E.Coulter, E.landman



Senior A/B Grade Handicap - M.Young, D.Drake, L.Walker, D.Miller
Senior C Grade Handicap - R.Lam, G.Kernich, D. Kubilius, S.Harris
Senior D Grade Handicap - N. Chaffey, L. Fleming, D. Milne
Junior Handicap – H.May, S.Johnson, E.Coulter, M.Natt

Time Trial 1 lap - Juniors E. Birrane – 42.87, M. Natt 43.02, S.Johnson 43.36, E. Coulter – 43.59, J. Currie – 53.97, E. Landman – 54.48, G. Currie – 58.93
Little Trackies S. Lennon - 0:58.39, H. Durstun - 1:01.40, G. Chaffey - 1:26.12, T. Edwards - 1:28.74

Time Trial 1 Lap Senior C Grade R.Lam 40.33, D. Kubilius, 40.79, S. Harris 42.34, G. Kernich 42.88 & Time Trial 1 Lap Senior D Grade – T.Green 44.91, N.Chaffey 46.86, L.Flemming 55.13

Senior A Italian Scratch Race – L.Walker, D.Miller, T. Lennon, B. McIntyre
Senior B Italian Scratch Race - D. Drake, M. Young, J.Bessell

Senior C Italian Scratch Race - D. Kubilius, G. Kernich & Senior D Italian Scratch Race - N. Chaffey, D. Milne, T.Green

Juniors Scratch race 1 – J.Currie, E. Landman, G. Currie. & Juniors Scratch race 2 – H.May, S.Johnson, E.Birrane, E.Coulter

Little Trackies Handicap - G. Chaffey, T. Edwards, H. Durstun, S.Lennon



Cyclo-Sportif Round 1 – Sunday February 12th - SCC is your host at Snapper Point



No too late to get into this – we have been working hard in conjunction with CSA to make this event a success.

Snapper Point is pretty much a cycling paradise – we all know that – TDU can't be wrong using that beautiful coastline as a backdrop,

You can nominate on the day – it might hit your hip pocket a little more to do so but the option is there.

Best to nominate online as always though – so why not get your team together. FYI SCC is hosting round 4 on April 2nd.

Interclub Club Championships 2017 – Monday March 13th

Gear up!!! Helmets on! The countdown has begun. Get together with other members of you club and race for your club
2017 Interclub Track Championship – Monday 13 March – 10 am Edwardstown Velodrome



Not only is it motivation to get out there and compete as a club, which we rarely get to do... Adelaide Cup day events are fun.

There is something to suit everyone. We have team events and individual events.

So it is time to dust of your track bike and get some practice in at SCC Wednesday night training sessions for seniors and /or Friday night track racing.

Nominations open soon.

<< Look at the team formations going on here – this was from 2012 - PACC on the front

South Coast riders holding Australian and State records/ best times (brag time)

Did you know South Coast female riders hold several current Australian and South Australian track cycling records.

Australian Records: 500m Team Sprint - Elite women at an Australian Championship **Rikki Belder** and **Stephanie Morton**

SA records: Flying 200m - Elite women in SA - **Stephanie Morton** (SCC) (10.937)

JW17 in SA – **Heather May** (SCC) (12.580)

Team Sprint - Elite women in SA - Anna Meares (PACC)/ **Stephanie Morton** (SCC) (33.215)

Elite women SA rider anywhere - Anna Meares (PACC)/ **Stephanie Morton** (SCC) (32.546)

JW19 – **Rikki Belder** (SCC)/ Sinead Noonan (??) (37.828)

Team Pursuit - Sophie Edwards (NCC)/Laura Reid (PACC)/**Brooklyn Vonderwall** (then SCC)/ Olivia Wheeler (PACC) (3.44.413)

Track Training Continues at full steam ahead – 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/>

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

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