

NJTS

South Coast junior riders competed in round 3 of the National Junior Track Series (NJTS) at the weekend, held at the new Anna Meares velodrome which will soon host the Commonwealth games. NJTS gives riders experience both on and off the track. Racing in velodromes which they have not been at before, riding against good riders from other states to practice race tactics and positioning and big bunches of riders in each race. The events also help with learning how to race when you have been on flights or travelled a long way by car, not sleeping at home, being self-sufficient and organised for your race, exposure to drug testing, building and packing your bike for flights. Also managing eating enough at a long event to keep energy up and in staying hydrated as it was hot particularly this weekend in Queensland.

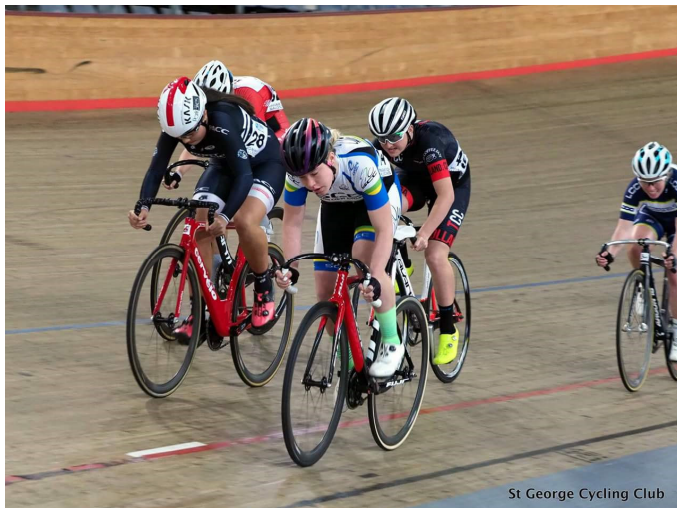
All the South Coast riders rode well, particularly Ella Sibley who had a great event and is now coming 3rd in the series in u17 girls.

Thank you to the SA team managers.

We all look forward to round 4 in Adelaide, 11th and 12th of January where more South Coast riders will be able to compete.

Angus Miller (U17 SCC)

(Photo credit St George Cycling Club) Shelby Johnson giving it heaps.



St George Cycling Club