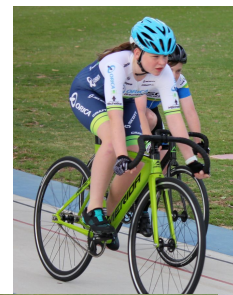


**South Coast Cycling - Friday TRACK RACING RESULTS Etown 8 Nov 2019.**



Heart Starter Seniors - S. Hennessy, B. McIntyre, J. Kelly, T. Earl.  
Heart Starter Junior 1 - O. Hofer, A. Kelly, A. Corbett, G. Mahney.  
Seniors Handicap - T. Earl, G. Warren, B. McIntyre, S. Hennessy.  
Junior Handicap - P. Earl, M. Hennessy, B. Stewart, J. Anderson.  
Junior Handicap - P. Earl, J. Anderson, B. Stewart, G. Mahney.  
Italian Pursuit Senior Teams



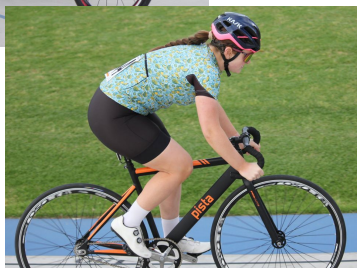
01:27.91 - G. Zlatkovic, T. Earl, S. Hennessy, C. Warren.

01:24.25 - J. Kelly, G. Warren, B. McIntyre, J. Anderson.  
Junior Team Italian Pursuit .

01:32.80 - P. Earl, B. Stewart, C. Warren, J. Anderson.  
01:30.00 - G. Mahney, A. Corbett, A. Kelly, O. Hofer.



Sr Grade Motor Pace 10 laps - B. McIntyre, J. Kelly.  
Junior Grade Motor Pace 6 laps  
C. Warren, O. Hofer, A. Kelly, A. Corbett.



**A extremely sad week for our cycling family**

Condolences to the family and friends of Kieran Modra who passed away on Wednesday morning. Such a sad thing to happen to someone who was loved & respected by all in our cycling family. RIP Kieran Modra.

Also we wish the best of luck for Matt Glaetzer who is fighting through his recent cancer diagnosis. We are all here for you Matt and hope that you can still fulfill your dream of Australian Olympic Team selection for the Tokyo 2020 Olympic Games.

**Spotlight on Volunteers – Cathy Braithwaite**

Continuing with the focus on the hard working people who do such much for our sport – Cathy Braithwaite was awarded Cycling South Australia Life Membership a few years ago. That's saying something they don't just had those awards out.

Cathy is the heart & soul of SCC who for many years has run the show at Etown Friday night racing. That doesn't even scratch the surface with the hours that Cathy puts in for our club organizing events, putting in many hours of hard work not to mention that she had a major role in getting our beautiful new Etown track together & made it a reality. So if you ever need inspiration to put your hand up for any of the jobs that need doing – it's volunteers like Cathy that make our sport the best. Thanks Cathy !!!!





### **Mt Gambier & SCC Track Carnival**

January 4th & 5th 2020  
Make your accommodation booking  
Early Bird Entries open in the next 2 weeks

Sponsorship needed ... please contact Catherine



**Who is this back in March 2009?**



### **Edwardstown Bowling Club Quiz Night**

Saturday 23 November  
7pm start  
\$10 per person

BYO Supper- Bar will be open  
SCC has 2 table booked already  
If you are interested in coming along  
Please email Catherine before Monday 11 Nov.

### **A note from Flinders University Researchers – on the Coach Developer Program**

Dear players, parents and coaches,

A few weeks ago we sent out details regarding a project being undertaken by researchers from Flinders University who are conducting an evaluation of the coach developer project currently being provided to our club. The research they are conducting aims to develop a model of best practice for club coach development and our club is benefiting from being able to be involved in the coach developer program.

The researchers would like to thank those who have completed the survey. If you have not had time completed the survey yet, it takes less than 10 minutes to complete and can be accessed via this

link: [https://qualtrics.flinders.edu.au/jfe/form/SV\\_8bQzekB4MduRRTn](https://qualtrics.flinders.edu.au/jfe/form/SV_8bQzekB4MduRRTn)

Be assured that any information provided will be treated in the strictest confidence and participants are not individually identifiable in the resulting report or other publications. You are, of course, entirely free to discontinue your participation at any time or to decline to answer particular questions.

Please an information sheet with further information about the study and the link to the online questionnaire, please email South Coast Cycling [mail@southcoastcycling.org.au](mailto:mail@southcoastcycling.org.au)

Any enquiries you may have concerning this project should be directed to the researchers by e-mail at [shane.pill@flinders.edu.au](mailto:shane.pill@flinders.edu.au)

Thank you for your attention and assistance.



### **Need a BT? Rikki Belder has some goodies for sale ...**

BT Ultra Track Bike (51cm frame) available for purchase: This was the first ever 51cm Ultra frame produced, purchased new, directly from the manufacturer (BT) in March 2016. The bike was ridden for 2 years, with the final ride being in March 2018 in the National Track Championships keirin final. The frame was built by Cycling Australia's head mechanic, and was fitted with a brand new Shimano Dura-ace bottom bracket, which is still in as-new condition. The bike has been stored indoors at all times, and the frame is free from scratches or marks - it has been very well looked-after! The selling price for the frame (including bottom bracket) is \$5450, and the following components can be purchased in addition: Izumi Super-toughness chain - ridden for only 2 weeks leading up to Nationals 2018 (\$55); Wheelset - Suntour hubs, medium-depth rim track wheels (\$150) - (please enquire for inspection); Spacers and headstem: 110 and 135 mm FSA headstems available (\$40); Look Keo 2 Max carbon pedals (\$90); Teschner aero-bars (\$50). Please contact Rikki Belder if you are interested: [rikki.belder@gmail.com](mailto:rikki.belder@gmail.com); or contact via Facebook message.

**We are at E-town 3 nights a week** - training on Monday nights for juniors & newbies, Wednesday nights for Senior training & Friday night racing. See the website for all the details.

**A big thank you to Mick & Liz Young for the great action pictures included here.**

**Contact us via Email:** [email@southcoastcycling.org.au](mailto:email@southcoastcycling.org.au) **Website:** <http://southcoastcycling.org.au>

**Facebook:** South Coast Cycling Club **Twitter:** @SthCoastCycling.