

South Coast Cycling - Friday Track Racing Results E'Town 15 Nov 2019



Heart Starter Seniors - L. Stevens, B. McIntyre, S. Hennessy, L. Walker.
Heart Starter Senior D - R. Lam, G. Warren, G. Zlatkovic.,
Heart Starter Junior 1 - C. Warren, T. Stevens, N. Crick, A. Kelly.
Little Trackies - M. Hennessy.

Seniors Handicap - G. Warren, S. Hennessy, L. Stevens, B. McIntyre.

Junior Handicap - G. Mahney, A. Kelly, H. Blackburn, N. Crick
Senior Grade Handicap - L. Stevens, B. McIntyre, R. Lam, J. Kelly.
Junior Handicap - M. Hennessy, H. Blackburn, T. Stevens, A. Kelly.

Italian Pursuit Senior Team

01:23.51 - J. Kelly, G. Warren, L. Walker, C. Warren.
01:20.39 - G. Zlatkovic, R. Lam, L. Stevens, B. McIntyre.

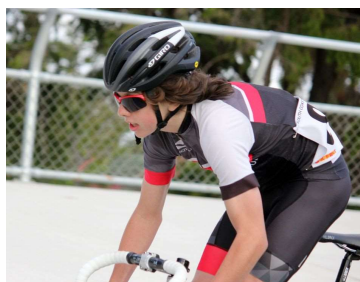
Junior Team Italian Pursuit .

01:04.74 - H. Blackburn, N. Crick, C. Warren.
01:08.00 - A. Kelly, G. Mahney, T. Stevens.

Time Trial – Seniors B. McIntyre - 39.92, L. Walker - 40.01, L. Stevens - 40.13, R. Lam - 40.92, J. Kelly - 43.29. J. Kelly - 43.29, G. Warren - 46.95, S. Hennessy - 47.03, G. Zlatkovic - 47.99.
Juniors A. Kelly - 45.11, T. Stevens - 45.73, C. Warren - 46.03, N. Crick - 46.16. H. Blackburn - 47.63, G. Mahney - 49.39,
Little Trackies - M. Hennessy - 1:56.67,

All In Motor Pace 3 groups concurrently

3 Laps - N. Crick, H. Blackburn, G. Mahney,
7 Laps - T. Stevens, A. Kelly, G. Zlatkovic.
11 laps - L. Walker, L. Stevens, B. McIntyre.



Boxing Day Crits & Straight Line Sprints – Glenelg December 26th 2019

Our world famous Boxing Day tradition is on again...keep an eye on entryboss – do us a favour, nominate early and get your friends on board. We used to say “near The Buffalo” but that isn't there anymore! This event has been going since 1980 so history is building & there have been many Australian champions, TDU riders & local legends that race this event. We love Glenelg – one of the best days on our cycling calendar.

Mt Gambier Track Event

New dates announced – due to a clash on the cycling calendar in the South East ... we are looking to move the date – stay tuned. Let's support racing in the country just like our country friends support racing in Adelaide.

Safety – it's always a good time to make sure we are being safe



- Unless otherwise noted, all Cycling Australia rules apply during all races
- The safety of yourself and others comes first at all times
- Helmet must be worn at all times when riding and must be securely fastened
- Do not use offensive language
- Both hands should be on the handlebars at all times
- Be responsible for the safety of the bicycle you are riding ensuring everything is correctly tightened and tyres are in good order and correctly inflated.
- Bring enough water/ fluid for yourself
- Always ride a straight line in all sprints
- It is important take extreme care when crossing the track to the infield
- Shoulders must be covered at all times when riding on the track
- Always be observant and considerate of others using the track
- Tubular tyres must be securely glued to rims



Socks and overshoes used in competition may not rise above the height defined by half the distance between the middle of the lateral malleolus and the middle of the fibula head.



✓ Shoes covers are now **allowed** for using in track disciplines.



We need volunteers to spread the load and you do not need to be a Cycling Australia member to help out, anyone can chip in to give a hand.

Don't be shy – if you can help on and off the track – with jobs such as judging, lap scoring, bbq cook –please see Catherine or Ken if you are able to assist.

Junior Gear Restriction – a reminder

Gear restrictions apply to all junior cyclists in events conducted under Cycling Australia regulations on the road and track. It is the parent's responsibility to ensure that their children's bikes apply with this ruling. Gear restrictions apply to all junior cyclists in events conducted under Cycling Australia regulations on the road and track. The restrictions referred to is the distance one revolution of the crank arm will propel the bicycle, this is known as the 'roll out'. The gear restrictions apply to each of the following member categories:

- Junior Under 19 = 7.93 metres
- Junior Under 17 = 7.00 metres
- Junior Under 15 = 6.00 metres
- Junior Under 13 = 5.50 metres
- Junior Under 11 = 5.50 metres
- Please note that all competitors are required to satisfy a roll out for all junior events.



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 head-stem: 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; 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 Website: <http://southcoastcycling.org.au>

Facebook: South Coast Cycling Club Twitter: @SthCoastCycling.

BIKE TALK

Cycling jargon can be confusing for the new comer. Here are a few words and terms that might be used by other cyclists around you.

Attack: An aggressive acceleration (jump) to cycle away from another rider or group of riders.

Bidon: A commonly used French word meaning water bottle.

Blocking: A legal method of impeding the progress of the riders in a bunch in an effort to allow team mates to break-away.

Break / Break-away: A rider or group of riders that are a distance from the main group / bunch of riders in a race.

Bridge / Bridge a Gap: Getting across to a rider or number of riders ahead of you.

Bunch: A group of 6 or more cyclists. The main bunch in a race is often referred to as the peloton or pack.

Bunny Hop: To lift both front and rear wheels at the same time to get the bike airborne, to avoid or get over an obstacle.

Cadence: The rate of pedalling. Pedal revolutions per minute (rpm).

Clincher Tyres: Conventional tyres with inner tube. Also called high pressure tyres.

Dab: A term to describe the touch of the ground with the foot while riding a difficult mountain bike trail.

Dropped: Describes rider(s) that have failed to keep pace with the group/bunch they were riding with.

Drops: The curved section on Road and Track bike handlebars where the rider grips for the best racing position.

Fire Trail: Usually a rough but wide trail intended for use by vehicles in the advent of a fire in the bush, forest, National/State Park, property etc.

Fall Line: The most direct line down a hill. Mountain bikes generally operate best just off the 'fall line' when climbing or descending.

Hammering: Going your absolute hardest, giving it your maximum effort.

Jump: The initial acceleration before a sprint or break away.

Massed Start: Events where all competitors line up together and leave the starting line at the same time.

MTB: An acronym for "Mountain bike".

Knicks: Padded lycra bike shorts.

Leadout: A race tactic in which a rider accelerates to top speed for the benefit another rider. The following rider uses the drafting effect to race past for the final sprint.

Pitch / Gradient: Is any notable upgrade or downgrade on a trail / road.

Prime: A special prize awarded to the race leader on selected laps of a Criterion race or the 1st rider to reach a specified land mark in a Road race (Pronounced Pream).

Runout: The area just below a steep section of trail where you attempt to regain control after a fast descent. The longer the runout, the faster the descent that is possible.

Single track: Any mountain bike track too narrow for vehicle access.

Sitting On / Drafting: This where a cyclist rides directly behind another to conserve energy by slip streaming. A rider sitting-on/drafting, is shielded from the wind, which makes riding easier.

Throwing the Bike: A technique used in the final metres of a sprint finish where the rider attempts to push the bike as far forward as possible, hoping to edge out another sprinter.

Singles: Are tyres that have the tube sewn inside the outer tyre casing.

Turns: "Taking a turn" is where each cyclist rides at the front of their respective bunch or group in turns of 100 to 200m.