

Friday January 10th 2020 - Welcome to E'town 2020

Well Mother Nature sure isn't co-operating lately at E'town - too hot for Xmas Cup on Wheels back on December 20th, too hot for Friday Night Track on January 3rd. So after a lack of racing over the festive season - fingers crossed we can get things moving along & back to normal.

Australia Day Track Carnival 2020 – Monday January 27th

Here's a blast from the past – Australia Day 2015 ...

Juniors on the podium...**Braydon Jones** was first home with **Maevie Moroney Plouffe** the first young woman, **Elliot Walker** second and **Dan Tattersall** third.

The 2020 Australia Day Carnival will be held at Edwardstown Velodrome on Monday 27 January. This is the first Australia Day race on the new & improved track which now has a totally brand new surface & fencing.

Race Time: 10.00am - 2.00pm

Highlights on the Program of events include;

Wheel races for Senior Men & Women and Juniors, Scratch races, Handicaps, all the events that E'Town is famous for. All ages & abilities are catered for. Come & help us celebrate Australia Day.

Regular Entries up to Wed 23 January 2020

Category	Standard Fee
Senior (Open, U19, Masters)	\$30
Junior (Racing)	\$20
Little Trackies (Participation Events)	\$10

Little Trackies - Please use "Junior Participation" entry category to trigger \$10 pricing.

All Nominations Close
11.59pm Wednesday 23rd
January 2020

Many thanks to our generous sponsors ... Adelaide Bike Fit, Payneham Cycling Club, Renee Hennessy – Massage, Paul King Plumbing, Tailwind Cycles - Bicycling Australia/Clare Classic & South Coast Cycling.



Mt Gambier Track Event - 2020 Track Carnival

SCC and MGCC are coming together to co-host a two day track Carnival on the 8th and 9th of February at the Blue Lake Sports park, Mt Gambier.

Racing will be Saturday afternoon and Sunday morning, plenty of time to travel down the morning before and head home Sunday afternoon.

Blue Lake Sport Park Velodrome, Mt Gambier SA

See entryboss & nominate now - Race Time: 1.30pm - 5.30 pm



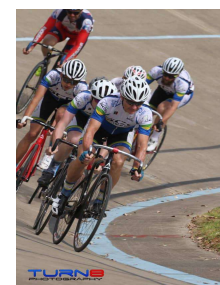
Highlights on the Program of events include – Wheel races for Juniors and Seniors Men & Women

Regular Entries up to 2nd February 2020 - All Nominations Close
11.59pm Tuesday 2th February 2020

Thank you to our generous sponsors - City of Mount Gambier, Payneham Cycling Club

Don't miss your chance to enjoy a weekend away with some great racing & enjoy the company of our country friends.

<< Thank you to Turn 8 Photography for these pictures of the action from last years Mt Gambier 2 day event.



Christmas Cup on Wheels 2019

With the hot weather forcing cancellation of racing – all roads lead to presentations, food & drinks in the clubrooms. Here's a few snaps...



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

Another successful event back on December 26th - thank you to our hard working committee, members, sponsors and supporters who all play their part in ensuring it's always an event to remember.

Les Gill Men's Glenelg Street Race

- 1st Justin GASSNER
- 2nd Tom CHAPMAN
- 3rd Leo SIMMONDS

City of Holdfast Bay Women's Mayors Trophy

- 1st Tiffany CROMWELL
- 2nd Amber PATE
- 3rd Natalie REDMOND



Do you know anyone who does this a lot or maybe too much?

... maybe they are smarter than you!!!

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.

What about this?

... sounds like team work !!!

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

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>

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