SYDNEY CRITERIUM '87

Best Circuit, Spectacular Location

$2,500.00 Prize Money

Sunday, 21st June

Mrs. McQuaries Road, Botanical Gardens

Juniors	7.45 a.m.	1 Hour	Plus 3 Laps
Vets & Women	9.00 a.m.	1 Hour	Plus 3 Laps
Seniors	10.15 a.m.	2 Hours	Plus 3 Laps

**Separate Womens Prizes, Primes
Lap of the Day for Seniors**

Entries Close 31.5.87
Box 2343 P.O., North Parramatta

**Information: Bruce Vote
(02) 358 5388 (W), (02) 399 9452 (H)
Promoted by Sydney Cycling Club**

(Imprimatur Press)

SYDNEY CRITERIUM
(JUNE 21 ,1987)

Race rules ... Gap Of The Day ?	Insurance
Sponsorship	Park closure , payment
Police	P.R.
Sunde ... Media , programmes	N.S.W.C.F. payment
Council	Prizes / cheques on the day
U.T.A.	Advertising , promo , flyers
Parking	Janeen
Press releases	

Race rules , primes ,lap prizes	Gas burners
Union liaison ... bunting etc.	Water boilers
Commissairs	John Sunde
Phil Bates ... announcer , barriers	Brooms
Platform / podium	Brooms
St.Johns Ambulance	Brooms
Brooms	

P.A. system	Road closure sign
Transport	Publicity
Flowers	Field preps on day .
Notice boards	Finish judges
Chalk board ... stall	
Name tags	
Newsletter	
Clip-boards	

Chief judge	Official race timer
Power leads	Whistles
Finishing judges	Witches' hats

Chief Marshal	
Parking	
(Gate / entry officials	Hire information
(Tom Wilhelm	Entry table
(Spencer White	Adviser on event
	Dogs' body

Race information	
Race instructions	
Race results / result sheets	Programme
List of prize winners	Announcer
	Media
	Result sheets

Hire stall
Organise erection
Deliver snacks / urns etc
Garbage from stall

Stall ladies	Typewriter
Arrange catering purchases	Esky
Raffle money / prize display	Air pots etc
Pricing	Plastic cups etc
Volunteers	

Video of event

EDITORIAL

What a great job Bruce Vote did in organising club members to be a 'mobile crowd' . Most club members were present at either or both of the photographic sessions for an advertising agency who enlisted Bruce's help . With assistance from Robert Greig , Bruno Sibilia and Owen Lowe , all members were phoned at least twice. Because of Bruce's efforts the S.C.C. is $20000Ø better off !
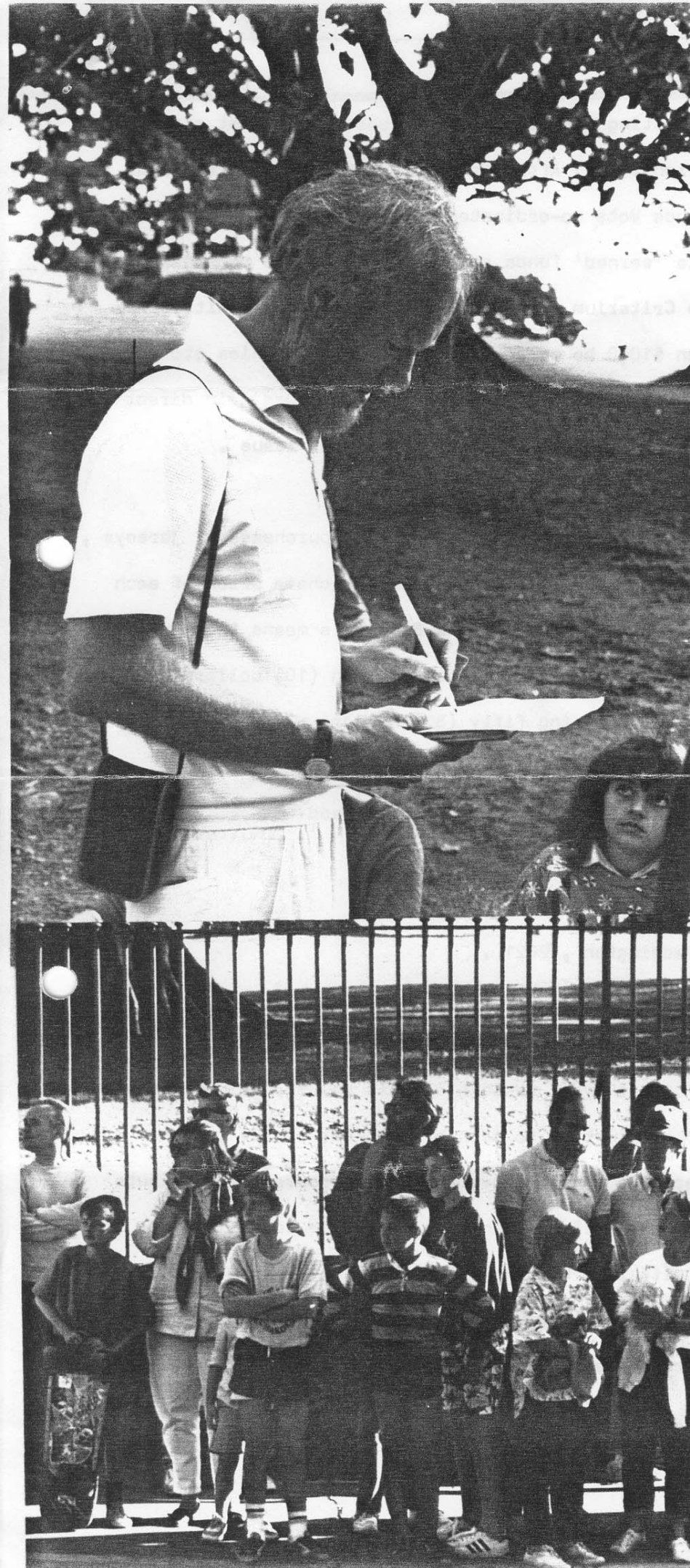
Peter Smith has done a sterling job on our Criterium dodger (see cover , this issue) . Many thanks .

Andy Doldissen has been busy on his work's computer and has designed quite a few embellishments for following newsletters . Keep an eye out for these in the future . He also provided the two accompanying photos... Bruce Vote and fan , crowd scene .

The 'JOBS LIST' provided in this issue , for the Criterium , is not an accurate one , but it does show the extent of tasks to be completed on and before the day . Have you volunteered to assist yet ? Please remember that you must be at Lady Macquarie's Chair by 6.30 am on Criterium day , if you wish to park your vehicle within this area .

This MAY issue is published in June because the editor took time off to get married .

The 1987 SCC Criterium

NEWS

At a recent Committee meeting several decisions were arrived at after
quite a bit of discussion . (a) After earning $2000 for our efforts as
a spectator crowd (Bruce Vote co-ordinated club efforts) the Committee
has deemed that this is 'earned' funds and so should not be considered
as Sponsorship for the Criterium . This being the case the Committee has
ruled that no more than $1000 be made available for prizemonies etc at
our event . The balance is to be spent so that club members gain direct
behefit from their efforts ... More on this in our next issue .

Since the recent promptings and reminders concerning purchases of jerseys ,
the Committee has wiped the Club subsidy from the perchase price of each
jersey ordered/paid for from this date (June 8) . This means that any new
orders or outstanding payments have increased by ten (10) dollars per
garment , the total price now being fifty (50) dollars .

Please note that all correspondence should be addressed to ...

Sydney Cycling Club

P.O. Box   547

Paddington , 2021 .

REMEMBER , on   June 21 you must be within Mrs Macquarie's Rd before
6.30 a.m. if you wish to pask your vehicle at this venue . Volunteers are
definitely required from this time to help arrange the stalls , erect
tents , set up road barriers and P.A. system , sweep course , distribute
witches' hats etc, etc, etc . If you can spare any time to assist here ,
or during the morning with time keeping or marshalling or shop keeping ,
you will be welcomed with open arms . Please assist to help the Club's
major event another very successful day .

8 ASSESSING YOUR OWN CORONARY RISK

By completing the que̶stionnaire on the following pages, you can get an approximation of your own risk of coronary heart disease. The questionnaire applies only to people aged between 30 and 69 who have not had a heart attack. The questionnaire is adapted from the National Heart Foundation of Australia and deals with age, family history, weight and lifestyle. Part A is self-assessment. Points are scored and a table giving low, average and high body weights according to height, age and sex is used to complete Part A.

The next step is to have your blood pressure and blood cholesterol levels checked (Part B: Medical Assessment) by your doctor or a National Heart Foundation risk assessment centre. The telephone number and address of your State's centre is given on page 14.

By adding your point scores for Parts A and B you have a subtotal risk score (A+B).

You now have to adjust the subtotal risk score for HDL levels, by determining the appropriate HDL multiplier from the table below.

HDL Level (mmol/l)	Multiplier Factor Men	Multiplier Factor Women
0.70-0.89	×1.82	–
0.90-0.99	×1.49	–
1.00-1.14	×1.22	×1.94
1.15-1.29	×1.00	×1.55
1.30-1.39	×0.82	×1.25
1.40-1.54	×0.55	×1.00
1.55-1.69	×0.45	×0.80
1.70-1.79	–	×0.64)
>=1.80	–	×0.52

HDL multiplier. (From Ann. Int. Med. 90:85, 1979)

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A: SELF ASSESSMENT

Put your scores in this column

Age:	If you are between 30 and 39, score 2
	If you are between 40 and 49, score 4
	If you are between 50 and 59, score 8
	If you are between 60 and 69, score 14
Smoking:	If a non-smoker, score 0
	If less than 10 cigarettes per day, score 4
	If between 10 and 20 cigarettes per day, score 8
	If more than 20 cigarettes per day, score 12
Physical activity:	If physically active at work, score 4
	If inactive at work but active at leisure, score 6
	If inactive at work and leisure, score 8
Family history:	If there is no history of coronary heart disease in the family, score 4
	If your family history of coronary heart disease is not known, score 6
	If one or more parents, brothers or sisters died of coronary heart disease
	–after the age of 55, score 8
	–before the age of 55, score 14
Weight: (See if your weight for height is low, average or high in the weight chart below)	If your weight for height is low, score 4
	If your weight for height is average, score 6
	If your weight for height is high, score 8
	If your weight for height is very high, score 10

TOTAL FOR PART A _____

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B: MEDICAL ASSESSMENT

Blood pressure:	
Systolic pressure less than 110:	−6
Systolic pressure between 110 and 125:	−4
Systolic pressure between 126 and 145:	0
Systolic pressure between 146 and 155:	4
Systolic pressure between 156 and 170:	6
Systolic pressure between 171 and 185:	10
Systolic pressure more than 185:	14

Blood cholesterol levels:	
Less than 4.7 m eq/l (185 mg %):	−6
4.8-5.4 m eq/l (186-210 mg %):	−4
5.5-6.1 m eq/l (211-235 mg %):	0
6.2-6.7 m eq/l (236-260 mg %):	6
6.8-7.4 m eq/l (261-285 mg %):	10
7.5-8.0 m eq/l (286-310 mg %):	14
More than 8.0 m eq/l (310 mg %):	18

TOTAL FOR PART B _____

TOTAL FOR PART A _____

SUB TOTAL (PART A & B) _____

RISK SCORE _____

Ideal weights

WOMEN: In normal clothing and wearing shoes with one inch heels.

Height ft in cm	Age 17-19 st lb kg	20-24 st lb kg	25-29 st lb kg	30-34 st lb kg
5 0 152	7 10 49	7 11 49.5	8 0 51	8 3 52
5 1 155	7 12 50	7 13 50.5	8 2 52	8 5 53
5 2 158	8 1 51.5	8 2 52	8 4 52.5	8 7 54
5 3 160	8 3 52	8 5 53	8 7 54	8 10 55.5
5 4 163	8 6 53.5	8 7 54	8 10 55.5	8 13 57
5 5 165	8 9 55	8 10 55.5	9 0 57	9 2 58
5 6 168	8 12 56.5	8 13 57	9 4 59	9 6 60
5 7 170	9 1 57.5	9 3 58.5	9 7 60.5	9 10 62
5 8 173	9 5 59.5	9 6 60	9 11 62	10 0 63.5
5 9 175	9 10 62	9 11 62	10 1 64	10 4 65.5
5 10 178	10 0 63.5	10 2 64.5	10 6 66.5	10 9 67.5
5 11 180	10 5 66	10 7 67	10 11 68.5	11 0 70
6 0 183	10 10 68	10 12 69	11 2 71	11 4 72

Table compiled from standard tables issued by the Institute of Anatomy, Canberra.

MEN: In normal clothing and wearing shoes with one inch heels.

Height ft in cm	Age 17-19 st lb kg	20-24 st lb kg	25-29 st lb kg	30-34 st lb kg
5 2 158	8 6 53.5	8 11 56	9 2 58	9 5 59.5
5 3 160	8 9 55	9 0 57	9 5 59.5	9 8 61
5 4 163	8 13 57	9 4 59	9 9 61.5	9 11 62
5 5 165	9 4 59	9 8 61	9 12 62.5	10 1 64
5 6 168	9 8 61	9 11 62	10 1 64	10 4 65.5
5 7 170	9 12 62.5	10 1 64	10 5 66	10 9 67.5
5 8 173	10 1 64	10 5 66	10 9 67.5	10 13 69.5
5 9 175	10 5 66	10 10 68	11 0 70	11 4 72
5 10 178	10 9 67.5	11 0 70	11 5 72	11 9 74
5 11 180	10 13 69.5	11 5 72	11 10 74.5	12 0 76.5
6 0 183	11 4 72	11 9 74	12 1 77	12 5 79
6 1 185	11 9 74	12 0 76.5	12 6 79.5	12 10 81.5
6 2 188	12 0 76.5	12 5 79	12 12 82.5	13 2 84

Table compiled from standard tables issued by the Institute of Anatomy, Canberra.

35-39			40-44			45-49			50 and over		
st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg
8	6	53.5	8	10	55.5	9	1	57.5	9	6	60
8	8	54.5	8	12	56.5	9	4	59	9	8	61
8	11	56	9	0	57	9	5	59.5	9	10	62
8	13	57	9	3	58.5	9	8	61	9	12	62.5
9	1	57.5	9	5	59.5	9	10	62	10	0	63.5
9	4	59	9	8	61	9	13	63	10	4	65.5
9	6	61	9	12	62.5	10	3	65	10	7	67
9	11	62	10	2	64.5	10	7	67	10	11	68.5
10	2	64.5	10	6	66.5	10	11	68.5	11	1	70.5
10	6	66.5	10	10	68	11	2	71	11	6	72.5
10	11	68.5	11	1	70.5	11	7	73	11	11	75
11	2	71	11	6	72.5	11	12	75.5	12	2	77.5
11	6	72.5	11	11	75	12	4	78.5	12	8	80.5

35-39			40-44			45-49			50-54			55-59		
st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg	st	lb	kg
9	9	61.5	9	11	62	9	13	63	10	3	65	10	5	66
9	11	62	10	0	63.5	10	2	64.5	10	5	66	10	7	67
10	0	63.5	10	3	65	10	5	66	10	8	67	10	10	68
10	4	65.5	10	6	66.5	10	8	67	10	11	68.5	10	13	69.5
10	7	67	10	10	68	10	12	69	11	0	70	11	2	71
10	11	68.5	11	0	70	11	2	71	11	4	72	11	6	72.5
11	1	70.5	11	4	72	11	7	73	11	8	73.5	11	10	74.5
11	6	72.5	11	9	74	11	11	75	11	13	76	12	0	76.5
11	11	75	11	13	76	12	2	77.5	12	4	78.5	12	6	79.5
12	2	77.5	12	4	78.5	12	7	80	12	9	81	12	11	82
12	7	80	12	10	81.5	12	12	82.5	13	0	83	13	2	84
12	13	82.5	13	2	84	13	4	85	13	6	86	13	7	86.5
13	4	85	13	8	87	13	11	88	13	12	88.5	13	13	89

The HDL multipliers are derived from results of the Framingham study and give approximate adjustments in coronary risk scores. The subtotal score (A+B) is multiplied by the HDL multiplier to give the final point score.

This score is used to obtain predicted coronary risk. There are five levels of coronary risk: low, below average, average, above average and high.

Remember that average risk for Australians is not an ideal or acceptable risk because coronary heart disease in Australia is still the number one killer and Australia ranks among the highest in the world in deaths from coronary heart disease.

MEN

POINT SCORE

Age	Low Risk	Below Average Risk	Average Risk	Above Average Risk	High Risk
30-39	Below 15	15-19	20-29	30-34	Above 34
40-49	Below 20	20-24	25-34	35-39	Above 39
50-59	Below 25	25-29	30-39	40-44	Above 44
60-69	Below 30	30-34	35-44	45-49	Above 49

WOMEN

POINT SCORE

Age	Low Risk	Below Average Risk	Average Risk	Above Average Risk	High Risk
30-39	Below 15	15-19	20-24	25-35	Above 35
40-49	Below 15	15-24	25-29	30-39	Above 39
50-59	Below 25	25-34	35-39	40-44	Above 44
60-69	Below 40	40-44	45-49	50-54	Above 54

Coronary risk according to point scores.

The ideal group to be in, of course, is the low-risk group, for which total adjusted point scores are below

30 in men and below 40 in women, depending on age.

An approximation of your coronary risk can be given by using Part A: Self-assessment alone. The inclusion of your levels of blood pressure and blood cholesterol can be added on to your point score from Table A, and the total of (A+B) also used as a point score for determining coronary risk. The inclusion of HDL levels, however, gives a more accurate prediction.

Compare yourself with the following examples. Patricia is aged 40 [4 points], smokes less than 10 cigarettes a day [4 points], is physically active at work [4 points], does not know her family history of coronary heart disease [6 points], is 155cm tall and weighs 45kg. From the weight chart her weight for height is average [6 points]. Her total point score from Part A (self-assessment) is 24 points. Her coronary risk is therefore average based on self-assessment.

Patricia's systolic blood pressure is 114 [minus 4 points] and her blood cholesterol level 4.9 [minus 4 points]. The total for her medical assessment (B) is therefore minus 8 points.

The sum of her self-plus medical assessments is 24 − 8 = 16 points, bringing her into the below average risk group for her age.

Patricia's blood HDL level is 2.0, giving her an HDL multiplier of 0.52. Her adjusted point score is therefore 16 × 0.52 = 8.32. Her final adjusted coronary risk is in the low risk group (below 15 points).

Robert is also aged 40 [4 points], is physically inactive at work but active at leisure [6 points] and has one parent who died of coronary heart disease after the age of 55 [8 points]. His height is 170cm, and weight 56kg, giving him low weight for height [4 points].

Robert's point score for Part A (self-assessment) is 22 points, which places him in the average coronary risk group.

When he sees his doctor, Robert finds that his systolic

blood pressure is 130 [0 points] and his blood cholesterol level is 7.2 [10 points]. His point score for self plus medical assessments is therefore 32 points, which places him at above-average risk for coronary heart disease.

Robert's blood HDL level is a low 0.7. His HDL multiplier is ×1.82, giving him an adjusted total point score of 32 × 1.82 = 58 points. Robert's low HDL has placed him in an even higher risk category, and he is now at high risk for coronary heart disease.