

# The Sydney Cyclist

June 2006

## Australian Masters Championships 2006



Tanya Bosch



Phil McKnight



Liam Kelly



Tim Rice



Grant Hansen



Pete Montford



Jeff Sofair



Stan Genakis

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# Australian Masters Championships 2006 - Results

## Australian Masters Criterium Championships

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MMAS3 Gold Medal, Liam Kelly  
Australian Masters 3 Criterium Champion

## Australian Masters Road Race Championships

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MMAS2 41<sup>st</sup> Stan Genakis  
MMAS3 5<sup>th</sup> Liam Kelly

## Australian Masters 20km Individual Time Trial Championships

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MMAS2 13<sup>th</sup> Stan Genakis 29:24.59  
18<sup>th</sup> Jeff Sofair 30:35.17

MMAS4 7<sup>th</sup> Peter Montford 28:26.61  
11<sup>th</sup> Phil McKnight 29:11.47  
16<sup>th</sup> Pete Scott 30:49.19

MMAS7 11<sup>th</sup> Grant Hansen 32:46.70

## Australian Masters Sprint Championships

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MMAS3 4<sup>th</sup> Tim Rice 200m in 12.308

## Australian Masters Derby Track Championships

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WMAS4 Silver Medal, Tanya Bosch

## Australian Masters Track Time Trial Championships

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MMAS3 9<sup>th</sup> Tim Rice 750m in 55.721sec  
WMAS4 Silver Medal, Tanya Bosch 500m in 42.527

## Australian Masters Pursuit Championships

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MMAS3 7<sup>th</sup> Alex Simmons 3000m in 3:55.068min  
MMAS4 6<sup>th</sup> Phil McKnight 3000m in 3:50.968min

## Australian Masters Points Race Championships

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WMAS4 Silver Medal, Tanya Bosch

# Australian Masters Championships 2006 - Reports

## Sally Thomson

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Having attended a wedding the previous evening on the Central Coast and stayed overnight at my parents I was dropped off at the race start at Somersby by my mum.

It was a cool morning and as I couldn't fit a trainer in my backpack I did a sort of warm up on a side road. There was a good turn out for a women's race with about 28 starters in masters 2 and 3 (racing together). The course was a 12.6km loop that we were to do only 3 times as us poor women can't race very far according to the cycling Federation. It was quite a good circuit and I was feeling ok (I didn't drink too much wine at the wedding!)

About 2/3 of the way through the first lap the women were following their favoured race routine of – "lets just roll along and have a chat until the sprint" so I thought I would liven things up a little. I made a bit of a break, not planning to stay away, only to wake everyone up, which it did as they chased and soon caught me.

When the bunch regrouped around me I was about the middle of the field when I watched an all too familiar scene play out in front of me. I think one of the women panicked when another woman came a bit close to her (I guess she hasn't learned to use her elbows yet).

Suddenly this woman in front of me went from cycling vertically to cycling at a 45-degree angle. Then she took out the woman on her left who fell while the woman who started it all dropped to the ground in front of me, her bike flying up in the air to land next to her – it seemed like slow motion and unfortunately I was surrounded and couldn't get out. I braked, the woman on my left fell, a woman ran into the back of my bike and fell, another woman behind fell, the woman on my right managed to escape the pile-up. I managed to get my feet out of my pedals and stop, after bumping over one of the bikes in front of me. Amazingly I was still upright, surrounded by bodies and bikes!

By the time I had disentangled my bike and got going again the bunch had a large gap on me and the wind had increased. I couldn't get back on and lost sight of the bunch. At this time I took a wrong turn and started heading onto the F3 so I did a U-turn, had no idea where I had gone wrong, and decided enough was enough.

I found the road I had been driven on to get to the race in the morning and rode back to the start so I could collect my backpack and head back to Sydney.

I thought it would just be a short cycle to Mount White where I could have a coffee and bacon and egg roll to keep me going on the cycle back to Sydney but I got that wrong! It was a very long trip back to the café and by the time I got there I had to weave my way through the motorbikes and take a number and wait, but I couldn't go on without some food so wait I did. I had also forgotten how long that hill is from Brooklyn Bridge and by the time I reached Hornsby I was buggered.

The wind had increased dramatically, now a cross head wind, the traffic was unpleasant and I had ridden 105km. Upon seeing there was a fast train to Central in 5 minutes my mind was made up and I only had the 10km trip from Central to get me home. So my race was a disappointment but at least I got a good ride in.

# Australian Masters Championships 2006 - Reports

## Tanya Bosch

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As you know I got a 3rd silver in the scratch (we didn't have a points as you need 10 riders to have a points race) It was very tactical and with 3 laps to go I was in the front so tried to control it. I probably rode the best all week in this week as I managed to beat Donna Meehan but had another Waratah rider flash past me on the line Penny Rowthbotham.



I didn't ride the crit. I was on the Masters Commission that organised the championships and volunteered Friday and Sunday which basically meant saying goodbye to the crit.

The other thing: I set a record for the 50+ 200m fly (there was no record down) and broke the 50 + 500m TT Australian record which had belonged to Penny Rowthbotham.

Generally I was disappointed with my Nationals performance but I am still going to the Worlds in September and try for a medal especially in 500m TT.

Thanks to the club for their support

## Alex Simmons

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I withdrew from the race with about 2-3km to go, just couldn't get back into race properly after clipping Grant Law's wheel and crashing 1/3<sup>rd</sup> way in. Shame, I was doing ok up 'til then, well in the hunt.

It sure was quick, we were averaging 48km/h at the time I came down and the sprints were 65km/h.

Same 3 riders on podium as at the States where I just missed out on a count back.

# Australian Masters Championships 2006 - Reports

## Peter Montford

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Flying over the frozen Siberian wilderness I can't but think how easy our lives are compared to some political prisoner banished to a gulag decades ago. As cyclists we create in our lives a sense of challenge that has all but disappeared in our consumerist, safe and insured society. Cycling creates some of this challenge, sometime we succeed and much of the time we seem to fail, but the bigger battle goes on inside us.

Several weeks ago a number of Sydney's finest accompanied me up to Calga for an ATTA TT to test our legs before the Australian TT titles. On the day, one of the club's up and coming A grader displayed considerable panache and determination to both set a PB and hold me off from catching him. In the process self belief as a cyclist grew. For me the day did not go to plan, I was beginning to come down with the cold/flu that has had some rider wondering when their teeth were going to fall out. But the greater disaster was I lost my self belief as I questioned what! I was doing out there and thought about stopping more than once.

What has this to do with the Australian TT Master titles you might be asking?

Well watching Stan Genakis, Jeff Sofair, Phil McKnight (Up close but not personal) and Peter Scott (with a rear periscope) TT around the Regatta centre reminded me that when you believe in yourself and focus you generally walk away with a better performance. Perhaps the most important thing is that retrospectively you will assess that "I did my best on the day" whereas when doubt creeps in one rarely feels good post performance no matter how well you went (unless you fluked a win). An insidious side of this doubt is the tendency to brag, or talk up oneself or, worse belittle your fellow competitors, both pre and post an event. At times it seems to me that for many members of the club, beating one's club mate's is more important than beating the real competition.

Not much doubt was displayed (but I bet some was felt) at the Regatta centre apart from some claims that "there was more wind in our wave than your wave"

Indeed Grant Hansen, Peter Scott, Jeff Sofair and Stan Genakis all took part in their first Australian TT titles and fought different internal battles and conditions.

Stan battled his internal pacer (it won) he would have won the 750 metre dash if there was one on the day. Hopefully Alex and Polar can get his clock working better.

Jeff took on some savage gusts and claimed a draw.

Scotty in his first serious comeback ride toiled with his legs, lungs and a fearsome minute man.

As for Phil his PB pursuit ride of two days before was making itself felt in his legs. Nevertheless his trademark smoothness was as evident as always. Grant's performance would have left many a 30 year old in his wake.

As for me apart from going out slightly too hard (alright I admit it I went really hard in the first lap) I only payed for it in the last half a lap and had a good ride. With 32 seconds separating me from the bronze I going to continue to believe and dream of a podium place, but mostly still enjoy the act of TTing.

# Where the bloody hell were ya?

Dear Committee

I competed recently in the Masters National Cycling Championships in both the road & track events.

I was very disappointed at the lack of entries by SCC members.

I can't understand why a Club that has a membership that is almost exclusively masters could field so few entries.

It's frustrating to look around at the healthy number of entries by other clubs that have either fewer members in total or fewer masters category members than SCC.

Yes, the level of competition is higher in some cases than say Saturday afternoon at Heffron. Yet I see there being no shame in competing regardless of the level of the other competitors. If we all worried about measuring up to the other entrants, then only the top three would bother to enter.

With the NSW State Road TT on June 25 at Calga, I see this as an opportunity for the Club to field a greater number of entries. It's a simple straight forward point to point course that anyone can ride.

This event is only a few weeks away.

Regard  
Phil McKnight



To register for the Individual Time Trial championships at Calga, please go to [www.nsw.cycling.org.au](http://www.nsw.cycling.org.au)

<b>Event No:06140</b>	<b>NSW Junior U19, Elite &amp; Masters ITT Championships - Calga</b>
<b>Promoter:</b>	Cycling NSW
<b>Event Date:</b>	Sunday 25 June 2006
<b>Venue:</b>	Calga
<b>Closing Date:</b>	Sunday 11 June 2006 <b>No Late Entries</b>
<b>Start Time:</b>	9:00am
<b>Categories:</b>	JM19, JW19, U/23, Elite Men, Elite Women, Men Masters, Women Masters
<b>Entry Fee:</b>	\$25 JM19 \$25 JW19 \$25 U/23 \$25 Elite Men \$25 Elite Women \$25 Men Masters \$25 Women Masters
<b>Prize Money:</b>	Cycling NSW Medals

# Where the bloody hell are ya?

## WE'RE ALL AT ROSEMOUNT!!

### RSVP NOW FOR THE HUNTER VALLEY TOUR

If you turn up for a bunch ride on Saturday 22nd July you might well be asking this! The Rosemount Tour and Race weekend is confirmed with significant interest in racing, touring and, strangely, the food and wine aspects!

We ask that if you haven't let us know that you would like to come to do it now. Sydney CC "exclusive" accommodation has been booked and we are now sizing up a team bus.

To book your seat, email [iconaussie@yahoo.com.au](mailto:iconaussie@yahoo.com.au)

In your RSVP, please confirm the following:

- I'll be on the team bus - or I'll be driving?
- I'll be staying with the team - or I'll be booking my own accommodation?
- I'll be racing/touring/socialising only?

So, the ride choice is yours for the last weekend of the Tour de France 2007 - Port Botany or Pokolbin?

### FAQ's

#### What bus is there and how much will it cost?

The club, with the generous support of our sponsors, is subsidising the cost of our transport to Rosemount.

The Sydney CC coach departing around 4pm Friday 21st July has sound and video system, reclining seats, aircon and toilet facilities.

The coach cost will be approximately \$60 per person and will include not only travel to our accommodation and back, but also to the race and dinner on Saturday night. There is also an option of doing a wine tasting tour with lunch in the vineyards on Sunday. The cost will also cover bike transport.

#### Where are we staying and what will it cost?

We have booked out the Cessnock YHA, about 3 hours from Sydney, exclusively for SCC for Friday and Saturday nights - this accommodation will be able to house most if not all of us! It is worthwhile noting that it will take approximately an hour to get to the race on Saturday. A variety of shared and double rooms are available with the average cost being only \$30 per person per night.

#### Can I bring my partner?

Yes - partners are most welcome.

#### What is the race like?

The race is staged on a winding country road starting and finishing, not surprisingly, at Rosemount Estate, Denman.

There are actually two events over the weekend though the shorter distance race on Saturday, the Rosemount Open, is more popular than the Muswellbrook Explorer, a 165km race on Sunday.

The Open is a graded road race, A to E for men and women's A and B grade, over 55 to 100km depending on your grade. It is perhaps one of the less demanding road races with no significant hills, just some short climbs to test your ability, though no Opens are easy.

#### What tours will there be?

Tour routes are to be confirmed though it is most likely that ride options on Saturday will include 90, 120 to 150km option (stopping for lunch and morning tea).

On Sunday we will have a more leisurely ride of around 60 - 80km. Unlike Kangaroo Valley, the region is not well known for its challenging climbs so expect reasonably flat conditions with some rolling hills and occasional descent climb.

**Barry Doosey**  
President

# Another tough day in Italy

Another day in Forli watching the Giro live for three hours on the big big screen... great racing today with the riders being in the saddle for over 7 hours and in one of the most difficult days on tour. At least it is not raining and snowing as it was the other day.

They have just gone over the Passo Pordoi and all is great for Ivan Basso. However, only a few Australian riders left and Matti White got mentioned on TV.

We have just had a phone chat with Claudio who rode with us in Sydney in January; he is at the finish at the Passo di San Pellegrino after riding over the last 4 climbs. He and his group have been on national TV today a few times, as the pink club outfits look good on TV.



The photo on the left is from one of the days at the Giro, and it is not all about the bike racing. La Gazzetta dello Sport sponsors the race!!!

This photo (below) is me in training in Tuscany with support vehicle. Last weekend I was to do the Nove Colli [http://www.novecolli.it/mainsite\\_eng/home.asp](http://www.novecolli.it/mainsite_eng/home.asp) which was in memory of Pantani, as it was his training route.



However, I chickened out, but not because:

1. It was the 9 hills of 210 kls, 3650 meters of climbing and about 10 hours in the saddle.
2. It was the 3.30 start to get to the race on time for a 6.30 start.
3. It was not the prediction of showers and cold weather.
4. It was not the fact that I was still underdone in terms of climbing.
5. It was not because I had a flu coming on.....

In the end it was that I was s\*& scared by the fact there was going to be over 10,500 mad Italian amateur cyclists, all trying to do their best and impress their mates in a do or die effort...the roads were awash with thousands of different local club outfits!!!

Riccardo did ride it in 9.40 minutes and in order to finish he had to do it at "a smelling rose pace".

However, on finishing he said it was the hardest gran fondo he has ever done. This year he is aiming to achieve the "prestigious medal" for attempting at least 7 of the 9 hardest GF in Italy in 2006. At the moment he has only 3 left and summer is on the way!!

Next Friday, I should attempt my first GF on this trip, not sure if 72km or 120km yet.

Then the week after I will catch up with Pino's Italia Spring Tour and spending the 4 - 9, June in Vinci (30 km from Florence) at Andrea Tafi training place.

All for now  
James (the doc)



# Kangaroo Valley Tour 2006

Many thanks to Alan Revell for all his help in organising the KV Tour



Heading for Robertson



Fitzroy Falls



Coffee outside



Coffee inside



Bundanoon



Picnic lunch before heading home on Sunday



Collection of bikes



Past and present Tour Secretary's both turning 40 this year!