



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
March 2000 Edition



SCC at Captain Cooks landing place on Australia Day

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Relaxing in the park after a Sunday Ride



The President works hard during his 500m and Pursuit efforts in the recent State Championships



President's Report



March already! I can hardly believe two months of the year are gone already.

The Club had been allocated the first round of the NSW Criterium series. Unfortunately the timing of the event and the large cost attached to running the event, has meant the Club has declined the offer to host the event. Like most other authorities, Centennial Park are charging on a user pays basis, with a charge of \$270 per hour being levied for park usage alone.

By the time you read this, the Snowy tour will have been run and won. Unfortunately, I'm away for this tour, but I understand there are a record number of tourists. Many thanks to Bruce and Elaine Vote for hosting the Club and the obvious subsidy that goes with it!

The turn out to Club events is staggering. Twenty three starters for the extended course held last Saturday. Usual numbers in the past have languished around 10! This is the same for the Long course held two weeks earlier. We've been getting record numbers to Saturday and Sunday Club rides, with thirty six plus for a Saturday now the norm. Some members still have to get used to riding with such large bunches.

We held a Club General Meeting on Feb 23 at Bronte Surf Club. I'd like to thank Graham Ford for extending the invitation to the venue. This meeting was set up as an open Forum, where members could discuss ideas for taking the Club forward and an opportunity to discuss recent events. Out of the meeting came two major initiatives.

1. **Skills sessions:** these have been set up to improve members general riding skills as well as specific skills such as cornering, climbing, pace lining etc. These are to be held after every Club TT and Criterium. We held the first one last Saturday. The group was so large, we had to break it into three. Make sure you come to these if you want to improve any aspect of your riding. If you don't do the TT, then do an abbreviated La Perouse and meet at the Kiosk at 7:45 for the briefing.
2. **Wednesday training sessions:** these have been set up to improve the fitness of those interested in attending. The sessions start at 6:00am and run until 7:00am entirely in the Park. This could be extended if demand warrants. The sessions are set up so most riders will be riding at 80% plus of their ability for 45 minutes. Meet at the Kiosk for a 6:00am briefing and a prompt roll out.

On the subject of training rides, I'd like to point out their purpose. These exist primarily so members can increase their fitness. I've heard the entire debate over the years about waiting for riders not as strong who've been dropped from the bunch etc. These rides should not degenerate into a situation where all the rides are paced to the ability of the weakest rider. A weaker rider shouldn't expect the bunch to wait on every hilltop or after every fast section. Equally the stronger riders should not be made feel guilty for not waiting. The effect here would be stronger riders would not bother to ride with the Club. Remember that you only get stronger training with riders above your ability. Here are some basic guidelines to our rides and their pace.

Tuesday: Watsons Bay. Easy pace until the bottom of Military, where the pace climbs with the incline of the road. Regroup whilst slowly rolling along the flat top section. From here on there are no specific waiting points, but a cruise between pinches. There are more than enough loops and short cuts so you can rejoin the bunch if dropped.

Thursday: La Perouse. Easy roll out to Foreshore, where the bunch hammers for a 5km interval. Regroup at the end of Foreshore. From here the bunch pace lines back along the route to the park. Everyone generally stays together from the end of Foreshore.

Saturday: La Perouse. Easy roll out until the Cemetery. Here the pace goes up and never slows down. If you're not as fast as some, then turn left towards Anzac Pde instead of going to the turn around at La Perouse. On this ride, if you get dropped, you get dropped! There are a number of short cuts to avoid the Mons and Torrington pinches. The best way to hang on.....come to the Wednesday sessions and get fitter!

Sunday: Waterfall. This is a 90km ride. Easy roll all the way out to Sutherland. If you get dropped before Sutherland, that's because you should be there! The easier paced bunch turns off towards Cape Solander or other destinations as agreed. After the turn around at Waterfall, the pace really hots up, rolling over at 45-55kph, culminating in a sprint into Sutherland. The bunch then regroups at the Burmah service station. Get watered up and fed quickly as this stop isn't too long. Pace lining back to the Park, generally around 35-

45kph. Don't attempt to sit on the front of the bunch at 25kph when you're blown, in the hope of not getting dropped. You'll just end up feeling the wrath of stronger riders who know you shouldn't be there. This ride generally averages 29+kph.

Remember, there is a "Ride Captain" in control of every bunch. Listen to this person as they call the shots. If the pace is too hot or too slow, they'll soon let you know. If you don't know how a pace line works or can't stay with the bunches, come to the Club training and skills sessions.

Calling all Open Race competitors. They're are at least six SCC riders wanting to do the opening race of the season. The annual Canberra to Goulburn on Sunday April 16. This is a graded scratch, so you'll only be racing against riders of similar ability. If you think you'd like to have a go, let me know and I'll put you on the list. If we get enough riders, then we'll hire a bus and trailer. Entries close with the NSWCF three weeks before the event. Phone them (9796-1344) and get them to fax you an entry form. Fax this back with your credit card details and you're in. Start training now.

See you all in two weeks.

Phil McKnight

SCC Contact List

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Submission Details:	Next Deadline: 10th April, 2000 . Submit articles to Newsletter Editor via e-mail or post to 108 Rothschild Ave, Rosebery, NSW, 2018 or Club PO Box .		

Editor's Column



Well here we are again, another month, another newsletter.

This month we have the next instalment of the ***Rider Profile of the Month*** by Stan Genakis. Thanks Stan.

Last month has seen an increase in club gossip; read the ***news from the pack*** and laugh. ***Locally and Internationally*** there's also been a good lot of news.

I dug out the results of the Tour Down Under and compiled a stage by stage account of racing on the road.

Last month, for those of you who get the newsletter electronically I trialed attaching a formatted

membership list to the mail out. There were a couple of comments about the format and this was re-iterated at the February meeting of members at the Bronte Surf Club. This month I've changed the format somewhat and attached a hard copy for those members who receive their copy by Aussie Post. This process ensures we all have a common list of members to work from.

Finally, next months edition will be a little later than normal 'cause I and a couple of other SCC members will be away on the RTA Big Bike Ride. Never fear, my first task upon return will be to pull together the newsletter and get it out to you all.

Take care on the road.

Malcolm

Rider Profile of the Month

by Stan Genakis

Can you believe it's March already and another SCC Rider Profile of the Month. Can you guess who it is? Here's a clue, I heard she's sizzling hot on the dance floor.

Q: How long have you been a member of the club?

A: Five and a half years.

Q: What was your most memorable occasion with the club?

A: Winning the women's Canberra 2 day Tour B Grade in 1995.

Q: What was your most embarrassing moment?

A: Falling off my bike in front of the traffic.

Q: Most admired cyclist?

A: Petra Rossner.

Q: Favourite cycling team?

A: US Postal.

Q: What are you angry about?

A: The blasé attitude of many people towards the environment – how it's taken for granted. The many environmental catastrophes happening around the world lately are indicative of the sad state of the world.

Q: What talent do you wish you had?

A: Singing and time trialing!

Q: Who would you most like to meet and why?

A: Peter Garrett – he is a sincere, dedicated person who works for what he believes in.

Q: Who would you least like to sit next to on a long plane flight?

A: A very fat person who needs an extension for their seat belt!

Q: Who is your inspiration or mentor?

A: Peter Garrett and Helen Caldicott.

Q: What are your personal goals?

A: To help people and make some sort of difference somewhere in the world.

Q: What are your Professional goals?

A: To get into animal and plant conservation and environmental work.

Q: Have you mechanical or musical skills?

A: I am very rusty at the piano and I'm learning to salsa!

Q: What music are you listening to?

A: Miles Davis, Indigo Girls, Aretha Franklin, Rolling Stones, Tigramuna, K D Lang, classical.

Q: What are you reading?

A: Environmental Philosophy (for Uni) and The Flower Boy.

Q: What's your favourite Sunday breakfast?

A: Scrambled eggs on Turkish toast.

Q: What's your favourite pre-race dinner?

A: Spaghetti bolognese

Q: What phrase do you never want to hear again?

A: How are you all.

Q: Where would you most like to be on a Saturday night?

A: Dancing.

Q: Ideal holiday destination?

A: Bhutan.

Q: What's your most favourite movie?

A: The Big Chill.

Q: What's the most expensive bit of clothing you purchased?

A: Waterproof motorbike jacket.

Q: The one thing you can't do without?

A: Friends.

Q: What would you never give up?

A: Cycling, motorbike riding and good food!

Q: What would you like to be doing at age 60?

A: Cycling and dancing.

Q: What would be your last words on your gravestone?

A: Why didn't you just toss my ashes into the sea?!

Q: Your last \$10 what would you spend it on?

A: Food.



Thanks Sally and good luck in 2000. Until the next edition take care.

Tour Down Under Results

After last month's report on how the SCC performed during their 'Tour Down Under' it occurred to me that nowhere had there been a wrap up of the real "Tour Down Under" results. So here goes, main content courtesy of cyclingnews:

Stage 1 50,000+ people were on hand to see Dutch rider Koos Moerenhout of the Farm Frites team win the opening stage, a 52-kilometre street race in Adelaide.

Moerenhout slipped from the grip of 12 other breakaway riders to win on his own, completing the 52 kilometres in just over an hour. Graham Brown of the United Water-AIS squad finished second and Brad McGee, riding for French team Francaise des Jeux was third. They were part of a 13-rider break that went away on lap 6 of 18, never to be seen again by the peloton. As well as these three placegetters, the leaders included defending champion Stuart O'Grady of Credit Agricole, Brett Aitken and his Sunsmart Mitsubishi teammate Scott Sunderland and Big Mat sprinter Jay Sweet.

Stage 2 Australian U-23 rider, Michael Rogers (Sunsmart-AIS) won the 2nd stage of the Tour Down Under, in the process taking the leader's jersey from Stage 1's Koos Moerenhout of the Netherlands.

Rogers was part of an eleven man group that came in a massive 26 minutes in front of the main peloton in the 150 km stage from Adelaide to Goolwa. The break was initiated by Dane Rene Jorgensen (Memory Card-J&J) who attacked from the gun, later being joined by a group of 10 at the halfway point. The break included Rogers, Stuart O'Grady (Aus, Cred-Ag), Alexander Vinokourov (Kaz, Telekom), and Emmanuel Magnien (Fra, FdJ) amongst others, and they battled a stiff headwind (though not overly hot temperatures) all the way into Goolwa.

These 11 are now the only likely contenders for the overall classification, with four stages to come.

Stage 3 Cooler weather greeted riders as they headed out for the longest stage of the tour - 184 km from Glenelg to McLaren Vale, passing through the seaside suburb of Victor Harbour.

The attack came from a Big Mat-Auber93 rider, Stephane Berge, who escaped very early in the race and quickly established a lead on his way toward the first climb. This was Sellicks Hill (58 km, 330m high), and Berge was already 9:54 ahead of the bunch. He also took the points for the first sprint at Myponga (60km) before being treated to a downhill run of 50km into the seaside resort of Victor Harbour. The second sprint at 107 km was a formality for him, despite battling a strong headwind that put the rest of the race 25 minutes behind schedule.

Then began the slow, gradual grind for the next 50 km up to the second KOM at Old Willunga Hill (163 km). Despite the conditions, he had enough of a lead - it was up to 14 minutes at one stage - to take the KOM points with 24 km to go. After this, it was another pleasant downhill to the finish at McLaren vale, where he happily took the victory, although his eventual winning margin was 1:45.

In the overall classification, there was no change to Mick Rogers' leader's jersey as none of his rivals gained any real time on him.

Stage 4 The conditions were once again cooler as the peloton continued their journey around South Australia in the Tour Down Under. The 136 km course for stage 4 was fairly challenging, full of numerous short, steep climbs that were bound to split the bunch in pieces by the end of the stage.

After the first sprint at 49 km, won by Tristan Hoffman (Ned, MC-J&J), three riders split off the front of a rapidly dwindling bunch. These were stage 1 winner Koos Moerenhout (Ned, Farm Frites), Joeg Ludwig (Ger, Saeco) and Ludovic Turpin (Fra, Ag2R). The three built a small gap, but managed to hold it at 30 seconds for a while to a group of 18 riders, containing Stuart O'Grady (Aus, CA), as well as most of the other members of the top 11 on GC. However, tour leader Michael Rogers (Aus, AIS) was struggling with the pace and could not hold on to this crucial group.

In the final sprint for the line, it was Telekom rider, Steffen Weseman who prevailed (just), over Pascal Herve (Fra, Polti) and Stuart O'Grady. There were once more problems with picking the actual winner, although this was eventually sorted out by the organisers.

With Rogers losing contact, this meant that there was a new leader of the tour. Gilles Maignan (Fra, Ag2R) who held a slender 15 seconds lead over Stuart O'Grady.

Stage 5 The peloton had to contend with 156 km of racing through the South Australian wine country, with the obligatory two sprints and hill climbs along the way. The conditions were once again cool - 20

degrees celsius or so, with a light wind blowing. While the race so far has been fairly tame in terms of any hard racing by the European pro's, they changed their minds today and turned up the pace.

Riders were suffering from the outset, as the peloton climbed out of Gawler towards the first sprint of the day. There was a split after 15 km, with a large group of riders getting off the front of the bunch, with most of the driving being done by the European teams. Tour contender, Stuart O'Grady was not to be seen up the front and was clearly having an ordinary day. However, both Erik Zabel (Ger, Telekom) and Robbie McEwen (Aus, Farm Frites) were showing signs of form and were prominent in the break.

By the two-thirds mark, there were only 18 riders left in the race, and these had split into a group of 8 chased by 10. The bunch was more than 11 minutes back, with the retirement of note being sprinter Jimmy Casper of La Francaise des Jeux. The groups came together for the finish which was led out by Zabel, zig-zagging across the road to win comparatively easily from Massimiliano Mori and Jacob Moe Rasmussen.

Stage 6 The final day of the Tour Down Under was a comparatively short stage - a 20 lap, 96 km circuit race around Adelaide's city centre. While there was a cool breeze blowing, the sun was out and it was going to be quite a warm finish in front of an estimated crowd of 50,000.

By lap 6, a relatively serious break had formed containing six riders, two of whom were from the Sunsmart team: Cadel Evans and Sean Sullivan (Aus), along with Mateos Perez (Spa, Polti), Alessandro Guerra (Ita, Saeco), Guillaume Auger (Fra, Big Mat) and Tristan Hoffman (Ned, MC J&J). The six had established a sizable gap on the main peloton which grew to around two minutes by the eighth lap. However, not all of the riders made it this far: Evans and Hoffman crashed on the seventh lap and were out of the lead. This left four in front who were being chased by a group of eight some 30 seconds behind. The peloton, still containing tour leader Maignan, as well as O'Grady and Wesemann was being led by Maignan's Ag2R teammates.

On the bell lap, the break was down to three - Sullivan had been dropped and was left to fend for himself in front of a bunch that was chasing hard. The break had only 30 seconds and were losing time over the final 5 km. With the finish line in sight, they were finally swallowed up and it came down to a bunch finish. The result: a stage victory for Australia's Robbie McEwen (Farm Frites) who bested two former yellow jersey wearers in the Tour de France - Jan Kirsipuu (Est, Ag2R) and Stuart O'Grady (CA) taking a valiant third. Apparently, McEwen's and O'Grady's teams had started to work together in the closing laps to set up one of them for the win, and it certainly paid off for them.

This was partial recompense for O'Grady who wanted to win his home tour for the second time, however Frenchman Gilles Maignan was a worthy winner. The sprint competition was won by Guillaume Auger (Big Mat) after his efforts today, with Sandy Casar (FDJ) as the best young rider. The French riders and teams certainly enjoyed considerable success in this tour, with Ag2R and Credit Agricole taking out the top two team prizes.

General Classification

1. Gilles Maignan (AG2r Prevoyance) 19:02:27
2. Stuart O'Grady (Credit Acrigole) @0:00:12
3. Steffen Wesemann (Telekom) @0:00:14

Under 23

Sandy Casar (Francaise des Jeux)

King of the Mountain

Rene Jorgensen (Memory Card-Jack & Jones)

Overall Sprint Classification

Guillaume Auger (Big Mat)



Cycle News on the Web

by Malcolm Wade

For those of you web literate people out there, there's a wealth of cycle related information available to you. There are stacks of sites out there and I've listed a few that I tend to frequent to find out news and information:

- ➔ **Bicycling Australia** <http://www.bicyclingaustralia.com/>
Web page version of the magazine. Daily results and news service plus a moderated forum, stolen bike listing service and comprehensive buyers' guide.
- ➔ **Cycling4all: Facts & Figures** <http://www.cycling4all.com/>
"One stop shop" cycling website. Latest news, race results, rankings and analysis.
- ➔ **Cycle Racing Results and News Service** <http://cyclingnews.com/>
One of the premier sites around (used to be Bill's), Cyclingnews has daily updates and some useful archives including photos and team information. Also has a good list of Aus. URLs and diaries from Australians Jay Sweet and Tracey Gaudry. Worth watching.
- ➔ **CNN/SI - Cycling** <http://www.cnn.com/cycling/>
Associated with the huge CNN site, this is their cycling part of it. Not too bad with daily updates but not one of the best from my point of view although does sometimes have good photos.
- ➔ **Commonwealth Bank Cycle Classic** <http://www.cycleclassic.com.au/>
Official site of the Commonwealth Bank Cycle Classic with daily updates during the tour (23-31st October, 1999). Actually a sub-set to **Cyclingnews.com**.
- ➔ **Cyclegossip.com!** <http://www.cyclegossip.com/>
Cycle news and gossip from the world of European professional cycling including daily updates.
- ➔ **Cycling Australia** <http://www.cycling.org.au/>
Cycling Australia's or Australian Cycling Federation Home Page. Contains local results.
- ➔ **NSW RTA Cycle Route Maps** <http://www.nsw.gov.au/>
RTA research has revealed that whilst cycleways exist there is limited knowledge within the communities of NSW of their location. To this end the RTA has developed the Draft State Bicycle Network Strategic Maps, which catalogue cycleways in Sydney, Newcastle, Central Coast, Illawarra and selected major rural NSW centres. The information provided on the Strategic Maps is being converted into a useable, attractive series of cycleway maps for everyday use by cyclists. Click on the **Transport** icon on the above home page, then select **RTA - Bicycle Maps**.
- ➔ **RIDE Cycling Review** <http://www.ridemedia.com.au/>
Published by Rob Arnold, this site is really starting to take shape now and thanks to the diligent work of Frank Gonzalez, you'll find a good dose of cycling-related reading each and every day. You'll also find a diary from Stuart O'Grady.
- ➔ **Sydney Cycling Club** <http://www.sydneycyclingclub.org.au/>
A damm fine site worth reviewing at every chance you get; but then we're biased aren't we.
- ➔ **Tour de France** <http://www.letour.fr/>
Official site of the Tour de France. Daily updates during the tour (1st-23rd July, 2000), plus a good place for previous tour information. This site also hosts information and results from other European classics including the Paris-Roubaix and La FlècheWallone.
- ➔ **Tour Down Under** <http://www.tourdownunder.com.au/>
Official site for the Tour Down Under with daily updates during the tour (18th-23rd January, 2000). Also has previous years site available for review.
- ➔ **International Cycling Union** <http://www.uci.ch/>
Official UCI home page. Useful for race calendars.
- ➔ **VeloNews** <http://www.velonews.com/>
Daily cycle race updates plus lots of links and other good cycling stuff.

If you know of any other sites which you feel deserve a mention let me know and I'll publish this list on a bi-monthly basis.

The ASS Report



March is with us and, sad to say, yet another (very special) member has sold up their Sydney home and is heading north. Sydney Cycling Club founder and life member Don Beavis is leaving Sydney for the Gold Coast. Perhaps Don and Pete Smith can be persuaded to start up a sub-branch of the SCC up there. With all those spare bedrooms, maybe we should have a Gold Coast Tour?

A very special farewell is planned for Don, on Tuesday night March 21st. Mark that date down in your calendars. The restaurant selection is between Italian and Thai, and it won't be the Little Snail. (Big sigh of relief from vegetarians in the club). It's hard to

pin Don down here but there are some great Thai restaurants to choose from, and Italian is a perennial favourite. The mussels again Don?

Other planned events are the Snooker Night at the Beach Hotel Bondi on Tuesday night April 18th, prizes to include personal CD players etc, a Club Picnic on May 21, a chance to bring the family along and show off your culinary expertise, a night out in the Sydney home of Ferrari's Little Italy on June 6th, an extra "Pastries in the Park" morning on July 8th to celebrate Walter Rolli's and my birthdays on July 7th. (I'll be half a century, cough, splutter, if that's something to celebrate).

In August in the run up to the Sydney Olympics we will have an Olympic Trivia Night, with three sections. Olympic Cycling, Tour de France Trivia and Australian Cycling Trivia, by then you should all know the answers. Each section will offer prizes and they will be well worth winning. The venue will be either the Olympic Hotel or the London Tavern, depending on numbers. Those attending the 1999 Trivia Night will remember the great food!

At the recent club meeting on February 23rd, Samantha Kosky very generously volunteered to help out with social functions. Thanks Sam, every little bit helps. Deirdre Grace has been run off her feet helping Pat with work and was relieved to hand over the task to Sam.

Your ASS,

Lea-Ellen

Canberra to Goulburn

Anyone interested in competing in the NSWCF Canberra to Goulburn event on Sunday 16th April should contact Paul Rigby who is coordinating transport and accommodation.

We need people to drive support vehicles, so if anyone enjoys watching pain (including partners) please let Paul know that you would love to help out.

Entries (\$35) must be faxed to NSWCF on 9796 1488 by Friday 24th March. Forms are available from Steve Hobart, Paul Rigby or NSWCF.

Further details can be obtained from NSWCF on 9796 1344 or by email - cyclingnsw@sportnet.com.au

News from the Bunch

Here's the general gossip from out and about. As always, reported (almost) anonymously and never letting the true facts get in the way of a good story!

- ➡ **Decision maker of the month** goes to Suzanne Lyndon who, after briefly discussing the purchase of a new bike with a few club members turned up one Sunday with a bright new Trek. Compared to others in the club who had been talking about getting a new steed, what sort it should be, what componentry is best, what colour would be best and in one certain case had to be finally forcibly dragged off to a shop etc etc etc ... Suzanne should be commended on her ability to make the decision.
- ➡ Good to see our club Press and Media Relations Office, **Steve "the Viper" Turner** back from a nearly 12 month sabbatical, something about partaking in some macho sport, truth be known it was probably the drinking component only!. In true Viper fashion, after just over a week of being back in the saddle riding with the club his acid tongue and general wit had managed to offend and generally piss off a number of members. Onya Steve!
- ➡ **Mosman Phil Lives!** Seen on the big scoreboard at the recent NSW Track Championships held at Bankstown, "and now appearing, thanks to Dunc Gray for lending his first track bike ... Mosman Phil!".

Local and Overseas News

Current national and international news (typically sourced from <http://www.cyclingnews.com>, <http://www.velonews.com> or <http://www.InfoCiclismo.com/>):

- Courtesy of Cycling4All's Website at: <http://www.cycling4all.com/>

After a stage in the Vuelta a Mallorca some riders of the Rabobank team wanted to train. So they started to ride behind the car of Sport Director Adri van Houwelingen. The speed went up to 70 kms/hr on a road where the speed limit is 50 kph. And yes, there was the "Guardia Civil" and Adri van Houwelingen got fined 25,000 pesetas, which he had to pay immediately.

Right at the same moment another car passed, which was also going far over 50kph. There was Sport Director Teun van Vliet from the Team Farm Frites team with Robbie McEwen behind his car, also training. Once again, the "Guardia Civil" stopped them and Teun van Vliet was also fined 25.000 pesetas, which unfortunately he had no money to pay. So - as a good colleague - Adri van Houwelingen opened his wallet again and paid the fine for Teun van Vliet. "That's why I am working for a bank", said Adri with a smile on his face.

- **Australian Men's road squad named** (courtesy of cyclingnews)

The Australian National Cycling Federation have named the 12 man "long" Olympic road squad for this year. The team will be narrowed to five by Games time to contest the 239 km road race and the 47 km individual time trial.

According to national road coach, Shayne Bannon, it will be hard to make the choice. Currently, we have such a depth of talent in the professional cycling ranks that the competition to make the Olympic team will be very fierce," said Bannon. But it also means we can expect to have a very competitive team with all the riders highly motivated and with an honest belief that we can succeed."

Under the 2000 Australian Olympic Team Nomination Criteria the two riders who are highest ranked on the UCI (International Cycling Union) rankings at the end of June will be nominated to the Australian Olympic Committee for team inclusion. For the rest of them selectors will be looking for consistent performances particularly in World Cup (one day) races and we'll also be looking at what sort of a role they play in their professional teams and how well they carry out that role," said Bannon.

Men's Olympic Road Squad

Jamie Drew (Vic), Jonathan Hall (NSW), Patrick Jonker (SA), Robbie McEwen (Qld), David McKenzie (Vic), Stuart O'Grady (SA), Nathan O'Neill (Qld), Peter Rogers (ACT), Scott Sunderland (NSW), Jay Sweet (SA), Henk Vogels (WA), Matthew White (NSW).

Bradley McGee (NSW) and Michael Rogers (ACT) have also been named in the road squad subject to achieving selection in the track squad.

- For those of you planning a trip to Europe in 2001 the Tour de France for that year will start at the English Channel coast with an eight-kilometer prologue in the port city of Dunkirk on July 7. Reported in InfoCiclismo, the first stage begins at Saint-Omer and ends at Boulogne-sur-Mer after 200 kilometers of circular touring. The second stage starts at Calais and should take the riders into Belgium but the finish town has yet to be decided. Organisers said Dunkirk was one of the Tour's traditional stopovers. "It first held a stage back in 1911 during the ninth Tour de France and has since hosted 16 stages, the last time in 1995," a statement from the organisers said.
- Our own **Stuart O'Grady** featured heavily in the early spring classic, **Het Volk**, held on 26th February in Belgium. A group of 16 broke away from the main peleton over the climbs midway through the race but after that "I got to 150 kilometers OK, but the final 50 were tough, I kept trying to get away as I was the only rider there from our team, but I blew up". The eventual winner, Johan Museeuw, broke away from his bunch of 4 escapees with 14km to go on the last stretch of cobbles and went on to record his first Volk victory by 52 seconds. O'Grady finished 16th overall, 1:58 down.



Museeuw's winning move came on the cobbles with 14km to go.

Club Calendar

Day	Time	Venue	Comments
11 th Mar.	06:50	Cannons	Handicap 2 Lap Wheel Race (8/7/.../1) Handlers: Paul Rigby & Eric Waddell
21 st Mar.	19:00	(Thai)	Don Beavis Farewell (call Lea-Ellen for details and bookings)
25 th Mar.	06:50	Cannons	1 Lap TT (8/7/.../1) Handlers: Stan Genakis & Doc Guthrie
25 th Mar. - 9 th Apr.	-	Tweed Heads to Sydney	RTA Big Bike Ride http://www.ozemail.com.au/~bikensw/events.htm
28 th Mar. - 2 nd Apr.		Bankstown Calga	National Masters Track & Road Championships
2 nd Apr.	06:00	Central Station	Penrith to Bulli One Day Tour Train to Penrith, then ride to Bulli and return to Sydney - 170km.
9 th Apr. (Sun)	09:00	Yanderra	Hilltop Rd 1 (12/11/.../1) Handlers: TBA
16 th Apr.		Canberra	NSWCF Canberra to Goulburn (contact Paul Rigby for details)
18 th Apr.	19:00	Beach Hotel - Bondi	Club Snooker Night
29 th Apr.	07:15	Heffron Pk.	Criterion Rd 1 (10/9/.../1) Handlers: TBA
6-7 th May	-	Kangaroo Valley	Kangaroo Valley Tour (<i>tentative</i>)
13 th May	07:15	Heffron Pk.	Criterion Rd 2 (10/9/.../1) Handlers: TBA
13 th May - 4 th Jun.	-		Giro d'Italia
20 th May	06:50	Cannons	SC TT (8/7/.../1) Handlers: Frank Milner & Gary Stevenson
21 st May	12:30	Centennial Pk.	Club Picnic
3 rd Jun.	07:15	Heffron Pk.	Criterion Rd 3 (10/9/.../1) Handlers: TBA
6 th Jun.	19:00	al dente?	Giro d'Italia Celebration Dinner
24 th Jun.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Monique Batterham & Phil McKnight
1 st -23 rd Jul.	-		Tour de France http://www.letour.fr/
8 th Jul.	08:30	Centennial Pk.	Pastries in the Park
15 th Jul.	07:15	Heffron Pk.	Criterion Rd 4 (10/9/.../1) Handlers: TBA
5 th Aug.	06:50	Cannons	1 Lap TT - FMM (8/7/.../1) Handlers: John Rutherford & Alex Simmons
15 th Aug.	19:00	Olympic/London Tavern	Olympic Trivia Night
19-20 th Aug ⇒ 19 th	06:50	Cannons	2 Day Tour a) SC TT - FMM (8/7/.../1). Handlers: TBA
	08:00	Heffron	b) Criterion Rd 5 (10/9/.../1). Handlers: TBA
⇒ 20 th	09:00	Yanderra	c) Hilltop Rd 2 (12/11/.../1). Handlers: TBA
26 th Aug. - 17 th Sep.	-		Vuelta a España
9 th Sep.	06:50	Ocean St. Gates	LC TT - FMM (8/7/.../1) Handlers: Tom Klemola & Dave Bullock
16 th -21 st Sep. 23-24 th Sep. 26-27 th Sep. 30 th Sep.		Bankstown Fairfield Farm Eastern Suburbs Eastern Suburbs	Olympic Track Cycling http://www.olympics.com/eng/schedule/ Olympic Mountain Bike Olympic Road Race Olympics ITT
7 th Oct.	07:15	Heffron Pk.	Criterion Rd 6 (10/9/.../1) Handlers: TBA

9-15 th Oct.		Plouay (France)	World Championships http://www.uci.ch/
14-15 th Oct.		Hunter Valley	Rosemount Tour (<i>tentative</i>)
22 nd Oct.	09:00	Yanderra	Hilltop Rd 3 (12/11/.../1) Handlers: TBA
4 th Nov.	TBA	TBA	Hill Climb Championship - FMM (8/7/.../1) Handlers: TBA
11 th Nov.	06:50	Ocean St. Gates	Ext TT - FMM (8/7/.../1) Handlers: Teri Sawers & John Newbery
18 th Nov.	06:50	Cannons	SC TT - FMM (8/7/.../1) Handlers: Norman Rydge & Pete Scott
2 nd Dec.	07:15	TBA	Kilo Championship - FMM Handlers: TBA

Regular Rides

Tuesday	06:00	Cannons	Watsons Bay hills ride, approx. 25km. Eastern suburbs hills and in-between flat bits. Faster riders wait up at the top of Military Rd. for new kids/the hill-challenged. Back at approx. 7am to Bar Coluzzi (<i>café</i>) in Bondi Junction.
Wednesday	06:00	Cannons	Coaching session focusing on developing rider fitness and general riding skills.
Thursday	06:00	Cannons	Foreshore Road/La Perouse, approx. 35km. Fast clip [35-40ish] with three even faster [40-55km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Saturday	06:30	Cannons	La Perouse ride, 45km. The bunch rolls easily until Foreshore, picking up the pace at La Perouse for the run home. Faster riders hammer off the front but the main bunch re-groups after first hills and finishes the ride as together as possible. Rounds off at Bar Coluzzi, Bondi Junction about 8.20am <i>or</i> Regular Time Trials, Criteriums or Road Races as per published calendar in latest newsletter. At the conclusion of TT's all members are invited to attend a bunch training skill session, starting at 07:45 at the Cannons. <i>or</i> Gentlemen's Ride, medium/average fitness level, 45km. Ride with the main bunch until the pace picks up at Port Botany, then roll off the back to complete the ride at a slower pace. Finish at Bar Coluzzi as above about 8:30am.
Sunday	06:30	Randwick Gates	Waterfall ride, 90km+. Medium to hard ride, out at 28-35km, some turn round at Sutherland (60km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120km) or Royal National Park (110km). Main bunch U-turns, paelines back to Sutherland, collects the stragglers, then a fast ride back to park for breakfast. <i>or</i> Gentlemen's Ride, medium/average fitness level. Ride with the main bunch to Taren Pt. then maybe Sutherland or Waterfall as best you can with the main bunch (60-90km), Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80km) or maybe even Sutherland, then back via Como and Hurstville (70km). Rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:30	Randwick Gates	Club Jersey Ride. 100km+. Typically combined group goes north to Church Point, where the faster or more keen riders split off heading for Akuna Bay with the rest of the bunch going straight to Terry Hills for coffee at the Bonds Nursery. All then regroup for the ride back.

All rides leave from the appropriate venue in Centennial Park unless otherwise specified. For club events, please ensure that you either turn up to handle when rostered or find a replacement. Dates for the NSWCF Open races are subject to confirmation.

Legend: SC TT= Short Course Time Trial
LC TT= Long Course Time Trial
Ext TT= Extended Course Time Trial
FMM = Frank Murray Memorial Trophy

Note: 6 points will be awarded for handling once in a season
1 point will be awarded for riding and finishing the event
Penalties for Drafting or Breaking in TT's will be 30secs
Race Sec's decision's are final. No correspondence entered into

Race Secretaries Report

Yet another impressive month in terms of both numbers at races and personal bests. To have 23 starters at the Long Course and Extended time trials is unheard of. The Club certainly is getting stronger as quite a few riders who have started the sport within the last twelve months continue to improve. All should auger well in Open races this year where SCC should have larger than normal representations. With the race results I have included the margins by which riders have improved their PBs.

Please note that there are quite a few changes to the **Handling Roster**. I have needed to shuffle people around for a variety of reasons. Also, I have purposely not rostered people for trophy events and series races such as the Criteriums and Hilltops, but will be calling for willing volunteers prior to each race.

Please ensure that you are able to handle when rostered. Alternatively, you **MUST** arrange a replacement or let me know!!! A couple of people have simply not turned up as promised so far which can only disadvantage or inconvenience others. Without handlers we simply have no event.

There are also a few **changes to the Racing Calendar** to remove clashes with NSWCF Open events.

The draft NSWCF programme is out. Below are the dates of the events which may be of interest to SCC members. As of 8th March, further programme details have NOT been released to the clubs. As soon as I have details of distances, entry fees, entry closing dates, start times, locations, etc, I will forward them in the following Newsletter and by email. Until details have been released, the NSWCF will not impose late entry fees.

Finally, if you are even considering competing in an Open event during the year please let me know before the end of March so I can advise the State Handicapper of your correct handicap. All SCC riders will be either D or E grade. If I do not know of your intention to race at this level, you may find yourself in a higher grade when you go out to compete!

April

Sun 16 th	Canberra to Goulburn
Fri 21 st	NSW Criterium Championship Round – Sutherland CC (<i>series to be confirmed</i>)
Sun 23 rd	NSW Criterium Championship Round – Illawarra CC
Mon 24 th	NSW Criterium Championship Round – Caravello CC
Sat 28 th & Sun 29 th	Canberra Tour (formerly Canberra Milk Race)

May

Sat 13 th & Sun 14 th	NSW Criterium Championship Round – Bathurst CC / Bathurst Road Races
Sun 28 th	Hunter District Road Race, Newcastle

June

Sat 3 rd & Sun 4 th	Wagga Memorial Handicap
Sat 10 th & Sun 11 th	Mudgee Road Handicap & Criteriums
Sun 25 th	Goulburn to Camden

July

Sat 1 st & Sun 2 nd	Nyngan to Dubbo Road Handicap / Dubbo Criteriums
Sat 8 th & Sun 9 th	Coonabarabran to Gunnedah / Gunnedah to Tamworth
Sun 16 th	Penrith Panthers Road Race & Handicap
Sat 22 nd & Sun 23 rd	Tamworth 2 Day Tour
Sun 30 th	NSW Individual Road Time Trial

August

Sat 12 th & Sun 13 th	Cootamundra Cycle Classic Road Handicap / Recovery Road Handicap
Fri 18 th to Sun 20 th	National Mens Individual Road Championships - Wangaratta
Sun 27 th	NSW Road Club Teams Time Trial

September

Sun 3 rd	Masters Road Handicap – Tolland CC
Fri 8 th to Sun 10 th	Swansea Criteriums / Hornsby Criteriums / Hornsby to Swansea Road Race

October

Sat 14 th & Sun 15 th	Rosemount Open / Muswellbrook Road Races / SCC Hunter Valley Tour
Sun 29 th	NSW Men/Women Road Championships – Southern Highlands

R.S.

SCC Event Results

LC TT , Centennial Pk, 12th February 2000

Name	Grade	Time	Place Overall	Place in Grade	Points
Phil McKnight	A	14:29.54 (PB)	1	1	8
Paul Rigby	A	14:42.82	2	2	7
Pete Scott	A	14:50.06	3	3	6
Paul Davies	A	15:00.00 (PB)	4	4	5
Anton Allen	A	15:11.14 (PB)	5	5	4
Stan Genakis	A	15:12.01 (PB)	6	6	3
Tom Klemola	B	15:53.42 (PB)	7	1	8
Mal Lyons	A	15:57.85 (PB)	8	7	2
Rob Wilson	B	15:58.00	9	2	7
Tony Johnson	B	16:06.39 (PB)	10	3	6
John Rutherford	A	16:13.60	11	8	1
Paul Kelly	B	16:20.57 (PB)	12	4	5
Sally Thomson	B	16:26.73	13	5	4
Alan Lumb	B	16:26.95	14	6	3
Steve Hobart	A	16:30.14	15	9	1
Mike Larkin	B	16:33.73 (PB)	16	7	2
Steve Youngman	B	16:44.85 (PB)	17	8	1
Monique Batterham	C	17:11.67 (PB)	18	1	8
Bruce Field	B	17:44.45	19	9	1
Dave Bullock	C	17:47.82	20	2	7
Malcolm Wade	C	18:03.56	21	3	6
Sam Kosky	C	18:33.56 (PB)	22	4	5
Ian Cranston	C	19:24.20 (PB)	23	5	4
Meg Croft	C		Handler		6
Steve Hogg	A		Handler		6

Ext TT , Centennial Pk, 26th February 2000

Name	Grade	Two Lap Split	Finish Time	Place Overall	Place in Grade	Points
Paul Rigby	A	14:46	24:11.41 (PB)	1	1	8
Anton Allen	A	15:42	25:21.45 (PB)	2	2	7
Pete Scott	A	15:31	25:23.60	3	3	6
Stan Genakis	A	15:36	25:29.32 (PB)	4	4	5
Dave McAlpin	A	15:50	25:55.09 (PB)	5	5	4
Tony Johnson	B	16:08	26:15.49 (PB)	6	1	8
Paul Davies	A	16:00	26:18.49 (PB)	7	6	3
Tom Kemola	B	16:06	26:25.49 (PB)	8	2	7
Alan Lumb	B	16:08	26:30.82 (PB)	9	3	6
Mal Lyons	A	16:19	26:50.01 (PB)	10	7	2
Paul Kelly	B	16:32	27:00.07 (PB)	11	4	5
John Rutherford	A	16:42	27:25.39	12	8	1
Eric Waddell	B	16:54	27:31.50 (PB)	13	5	4
Dave Warneford	B	16:53	27:33.50 (PB)	14	6	3
Steve Youngman	B	17:16	28:15.76 (PB)	15	7	2
Frank Milner	A	17:36	28:45.39	16	9	1
Monique Batterham	C	17:52	29:06.60 (PB)	17	1	8
Kate Rowe	C	17:58	29:13.76 (PB)	18	2	7
Tim Youngman	C	18:06	29:15.67 (PB)	19	3	6
Meg Croft	C	18:00	29:19.07 (PB)	20	4	5
Bruce Field	B	18:20	30:00.38	21	8	1
Dave Bullock	C	19:12	30:56.10 (PB)	22	5	4
Ian Cranston	C	19:27	31:42.89 (PB)	23	6	3
Steve Hobart	A		Handler			6
Malcolm Wade	C		Handler			6

2000 Progressive Point Score

Date	16- Jan	29- Jan	12- Feb	26- Feb	T O
Event	1 Lap	SC TT	LC TT	Ext TT	T A
Name					L
A Grade					
Paul Rigby	8	6	7	8	29
Phil McKnight	7	8	8		23
Anton Allen	6	5	4	7	22
Paul Davies	5	6	5	3	19
Pete Scott		7	6	6	19
Dave McAlpin	4	4		4	12
Stan Genakis	1	3	3	5	12
Steve Hobart	2	1	1	6	10
Steve Hogg	1	2	6		9
Malcolm Lyons	3		2	2	7
John Arkwright	6				6
Frank Milner		1		1	2
John Rutherford			1	1	2
John Newbery	1				1
B Grade					
Tom Klemola	4	7	8	7	26
Paul Kelly	7	6	5	5	23
Tony Johnson		6	6	8	20
Rob Wilson	6	5	7		18
Alan Lumb	5	2	3	6	16
Steve Youngman	8	3	1	2	14
Mark Meltzer		8			8
Eric Waddell	3			4	7
Dave Warneford	2			3	5
Sally Thomson			4		4
Simon Kenny		4			4
Michael Larkin	1		2		3
Bruce Field			1	1	2
James Guthrie	1	1			2
Erol Ozdirik	1				1
C Grade					
Dave Bullock	7	7	7	4	25
Kate Rowe	6	8		7	21
Tim Youngman	8	6		6	20
Monique Batterham			8	8	16
Meg Croft	5		6	5	16
Malcolm Wade	3		6	6	15
Ian Cranston		3	4	3	10
Sam Kosky	2		5		7
Kim Gordon		6			6
Gary Stevenson		5			5
Sam Cooper		4			4
Teri Sawers	4				4
Women					
Kate Rowe	6	8		7	21
Meg Croft	5		6	5	16
Monique Batterham			8	8	16
Sam Kosky	2		5		7
Kim Gordon		6			6
Sally Thomson			4		4
Teri Sawers	4				4
Sam Cooper		4			4



NSWCF Open Races

If you are even considering competing in an Open event during the year please let **Steve Hobart** know before the end of March so that he can advise the State Handicapper of your correct handicap.

All SCC riders will race in either D grade or E grade (where available).

If the State Handicapper has not been advised of your correct grade then you may find yourself in a higher grade when you go out to compete! Not much fun after a long drive to Dubbo or Coonabarabran.