



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
February 2000 Edition



What an ugly sight ...



Frankie, Anne and Meg climbing during the TDU



KOM shots from the Tour Down Under

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Bunch out riding during the Tour Down Under



President's Report



Confucius say, “don’t believe everything you hear from white man in park”. This couldn’t be more appropriate for Club life than over the past twelve months. Some of the complete rubbish I’ve heard being peddled around is A. absurd, B. scurrilous and C. downright divisive. I’ve abstained from entering into a “war of words” with those peddling this garbage as I think it unhealthy for the Club in general. Personal vilification I can handle, attacks on my professional conduct I can handle, attacks on the state of my marriage I can handle, but I draw the line when someone attempts to besmirch my propriety with Club funds. During the time I have been President, \$200 has been spent on part funding of food & drinks consumed at a meeting of team leaders and helpers in preparation for the SCC round of the NSW Criterium series. This was documented in the financial statements tabled at the AGM held in November. When the Committee meets, each member brings with them, anything they care to drink and each

member pays for any food consumed, themselves! The Club has never paid for food or drinks consumed at a Committee meeting during the time I’ve been President. Those members of previous regimes should abstain from projecting their own past practices onto the incumbents.

I make no apologies for decisions taken by the Committee. In November 1999, the Club held an AGM with one of the prime objectives being to elect a Committee to manage the Club’s affairs over the following twelve months. Members were given ample opportunity to have themselves elected or nominate someone they thought would do the best job for the Club. The Committee was elected completely unopposed! This is a clear mandate to run the Club as the Committee deems is in the best interests of the Club. If you take issue with respect to any decision taken by the Committee, then there are proper channels and processes that you must bring into play. I would ask you to consider long and hard any such action.

On a much brighter note, I’m absolutely stunned with the turnouts to the first competitive events held this year. Twenty seven riders, a record for a 1 lap T/T I would suggest. I thought I was at the Kilo by mistake! I’ve never seen so many PB’s! Check Steve Hobart’s results and reports later to see how you’re comparing to your buddy, who’s probably told you he’s been off the bike!

Some of the Club’s tour dates have been set. The Snowy is a great tour as is Kangaroo Valley. Check later in this issue to see what tours suit you.

Thirteen SCC members ventured to the Tour Down Under (TDU) during January.

What a great time! Check out the report later, compiled by Paul Rigby and edited heavily by Doc Guthrie and only slightly edited by me! We certainly saw a lot of hills.

There will be a **General Meeting** to be held at Bronte Surf Club, February 23, at 7:00pm. This is an open forum for members to discuss ideas that will hopefully improve the offerings of the Club in general. If you’ve got any ideas then make sure you turn up. This is an opportunity to have your say in what you think the Club should or shouldn’t be offering.



At a meeting last year, the Committee decided to introduce a “**Ride Captain**”. This would be any member of the Committee present at a Club ride. This person will make an announcement prior to the ride departing, giving some general guidance on the route etc and any special considerations. Please pay attention to this person, and please don’t attempt to get the ride rolling before the Ride Captain has had their say.

Whilst on the subject of etiquette, if you require some hard copy information pertaining to Club records, or some more formal information, the Club Secretary is the proper person to contact.

The NSWCF should have the draft Winter Road Calendar out in the next two weeks. As soon as it’s available a copy will be made available so you can set your goals for the season and get out there training. It also helps, if you let Steve Hobart know if you’re doing any open racing so he can advise the state handicapper. That’ll stop you being sent off with Peter Milostic’s bunch. If you’re competing on Tuesday night or Saturday afternoon at Heffron Park or any other race venue, make sure you take your Club receipt if you’ve not received your race license (we’ve only got 4 back from the NSWCF so far). In most cases, no license/receipt means, no race!

Just as a final PLUG, I've been wearing the latest Club Knicks. 650km in the Adelaide hills, and I can say they are great. \$75 is very reasonable for top quality knicks with SCC logo printed on the side panels and a hygienic one piece "Monolith" chamois. We have both men's and women's sizes in stock for immediate delivery. Check this and the last newsletter or the Club's web site for the pictures. We also have new stock of the Club jersey. If you felt out of place in the Club photo at Captain Cook's monument on Australia Day, then you better get a new Club jersey! Same price as the knicks.

Contact me via **8338 9966** (wk) or **porterbg@ozemail.com.au** to place your order.

Phil McKnight

RTA Big Bike Ride

Yes, it's on again. The **2000 RTA Big Bike Ride** is a social event of mammoth proportions, supporting and raising money for a cause that many of us have seen first hand, **Multiple Sclerosis**. This year, being the 10th Anniversary of these rides, there will be a **huge two week affair!** Starting in Tweed Heads on the far North NSW Coast on March 25th, you'll ride through Murwillumbah and Byron Bay before heading inland to Casino and Grafton before the first rest day at Coffs Harbour. Then it's off to Nambucca Heads, South West Rocks, Port Macquarie, Taree and Gloucester where another rest day awaits. Finally, it's south again through Dungog, Cessnock and Ourimbah to finish on the 9th April in Hornsby. Your tent and kit bag is transported for you. All you have to do is ride. Daily distances this year range from as little as 40km on the first afternoon to 105km on the Port Macquarie to Taree day. Of course once you've arrived at your destination there's nothing to stop you adding some extra k's if you so desire, otherwise just relax, see the local sites and sample the local eating and drinking establishments.



This is an annual tour for a number of SCC members and this year will be no exception. Cost for Bicycle NSW members is \$880 plus transport and insurance options.

For more information contact **Malcolm Wade** (see contact list) or grab the info and entry form off the web at

<http://www.ozemail.com.au/~bikensw/events.htm>

SCC Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President:	Phil McKnight	9960 7479 (h) 8338 9966 (w)	porterbg@ozemail.com.au
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Secretary:	Paul Rigby	0419 205 113 (m)	prigby@ozemail.com.au
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Race Secretary:	Steve Hobart	9698 9440 (h) 9598 9474 (w) 0416 146 804 (m)	shobart@comtech.com.au
Race Sec. Assistant:	Malcolm Lyons	9518 1297 (h)	m.lyons@hri.org.au
Tour Secretary:	Vacant		
Social Secretary:	Lea-Ellen Schneller	9398 7092 (h) 9319 2899 (w) 0417 771 955 (m)	Gales@bigpond.com
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Submission Details:	Next Deadline: 6th March, 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.

After the quiet of Christmas and New Year, the SCC has been 'back into it' this month. A bunch of our members

travelled to Adelaide to watch the **Tour Down Under**. Read the report and see the photos supplied by Pete Scott and Phil McKnight (I think ... I know he scanned 'em). Seems to me like they all had a good time.

Stan Genakis has been out and about interviewing club rogues for repeat performances of his infamous '20 Seconds with Stan' column. Read the first entry for this year.

I've put together a quick summary of the Australian National Road Championships held earlier this

month down in Victoria. Turned out the organisers had hoped the winner would come from an Aussie based in Europe so our National jersey would be seen overseas this year (like last year's champion Henk Vogels). Unfortunately it was not to be for the men's side of the event.

The club points score championship has started in earnest with two TT's held during the month. Full results are provided. Also, note the club calendar has been updated and expanded to include the preliminary race schedule and some club tours. Check out all the new entries.

Finally, very little club gossip this month. Come on, give us the dirt!

Take care on the road.

Malcolm

Snowy Mountains Tour

Dig out your arm warmers, dust off your booties, here's the first official SCC tour of the year! The Snowy Mountains tour is always well attended and a good base for training miles, hill climbing and descending technique. As always, Bruce and Elaine Vote will put on a great spread and provide excellent accommodation with Jindabyne just minutes away for those still hungry or seeking evening entertainment.

Date: 4-6th March, 1999 (arrive Friday 3rd for an early Saturday start)

Venue: Three Way Inn, 4 Ingebyra St. Jindabyne.

Cost: \$55 per head. Includes 3 nights accommodation, 3 breakfasts and dinner on Saturday night.

Rides: Saturday: Jindabyne, Dalgety, Cooma (lunch), Berridale, Jindabyne. 150km. Alternatives are drive to Berridale, then ride to Dalgety to meet main bunch (120km), shortening this even further by finishing at vehicles back in Berridale (100km).

Sunday: Jindabyne to Thredbo return 80km

Monday: Jindabyne, Berridale, Dalgety, Jindabyne. 80km

Contact **Snowy Mountains Tour Director Bruce Vote** on 9344 8156 or 0418 219 625 or **Malcolm Wade** (see contact list) for further details and bookings.

Club Clothing

Stock of club short sleeved Jersey's and the long awaited SCC Knicks are now available. Prices are a very reasonable \$75 each.



If you want to view the club offerings more fully, checkout the "boutique" page on the SCC Web site. You can get there via the link on the **Home** page.

To purchase an item of apparel, please contact the SCC Boutique Manager and Club President, **Phil McKnight** (see contact list). Sorry the Bib Knicks are only available in Small & XSmall as yet. More stock is on order.



Tour Down Under Report

by Paul Rigby, edited by the Pres and the 'Doc'

Disclaimer – The Doc says “What happens on tour, stays on tour”

Once again members of SCC travelled to Adelaide to combine some training with viewing of the Tour Down Under. 13 members made the trip this year, together with another 17 riders we formed the full complement of 30 who travelled with Pino and Italia Spring Tours.

While not full of the first year virginal excitement and energy, we still managed to have a fantastic week with the emphasis more on riding and socialising than last year.

Most of the group arrived on Monday afternoon to be met with a 35 degree day. We assembled our bikes and with a few exceptions, went for a quick spin to check that all the equipment was in working order. That evening Pino held a welcome drink and briefing, after which we wandered off to the local pub for a few drinks and dinner. Some felt the effects of too much \$7.99 champagne the next day!!

Day 1 – Tuesday

The next morning was our first ride, a long steady 125 km. Luckily for us this was the hottest day of the week, it was 32 deg at 6am!! The max was about 35 and this scared a few people, who suffered, but luckily kept the fluids up. After coffee at Maclaren Vale we tackled the infamous Old Willunga Hill. The bunch took this climb at their own pace and we settled in to some smaller groups once we were at the top.

We rode back to Adelaide in the heat of the day, arriving home at about 2pm, a little sore and ready for a swim and a sleep.

The previous evening Meg had mentioned that she had to return her sister's bike when she returned to Sydney and so she took a few advisers to the bike shop to check out the bargains. Luckily for her she found a 2nd hand Colnago in mint condition that was just her size. The salesman had almost no work to do and was rubbing his hands together with glee, as about 6 SCC riders talked her into buying the bike, that was an absolute bargain.

That evening we wandered up to the City and viewed the evening Criterium, together with 52,000 of our closest friends. This gave us a taste of what was to come over the next 5 days.



Last year's winner, Stuart O'Grady on Day 1

Day 2 – Wednesday



After a hard Tuesday, Wednesday was a flat spin to Port Adelaide. This gave us a chance to stretch out the legs without getting sore. Although this ride had its own highlight last year, this year it was Pino attacking the bunch on the right and with the call “up, up, up, up”, big chain rings engaged and the bunch was motoring at 50kph!! However, one member was so tired from the previous day, that he had to hang around the back of the bunch.

After some breakfast we jumped into the Tarago for some race viewing. We didn't quite make it on to the race route before the police closed the roads, so we took an alternate route to get to the climb of Menglers Hill, the 2nd KOM of the day.

Due to the grade of the hill, most of the bunch came over together and quite slowly. As the peleton was passing a photographer managed to stick out onto the road and so brought down 2 riders (ala this year's TDF). This caused the peleton to stop – the Doc was amazed that they could stop on a very very steep hill for so long without taking their feet out of the pedals (he's obviously not taken track stand lessons from Phil !)

The Pres, anxious to fulfil a lifelong dream, dashed across the road to push the fallen rider up the hill. This would have been fine, except that Ch9 filmed the dash and as Phil had a camera hanging around his neck, he was then named on the evening news as the cameraman who brought down the bunch!! Thankfully the next day, the “Adelaide Advertiser” had a front page picture of the incident, and Phil was shown in the crowd on

the opposite side of the road to the offending cameraman! Not bad, only day 2 and the Club is on TV and in the papers!!

We then raced across to Hahndorf to watch a Sprint, where we met Phil Anderson and Phil Liggett. After some lunch we headed back to Adelaide.

Meg was chomping at the bit to pick up her new Colnago, so with her two henchmen she went to the bank and withdrew her savings and happily exchanged them (the savings that is, not the henchmen) for a new bike.

Day 3 – Thursday

We headed out at 7am to face the first serious hills of the week. The climb up to Norton Summit certainly proved a challenge to all riders. Pete Scott wasn't happy climbing alone, so he pushed some of the slower riders up the hill. By the end of the week I'm sure Pete's arms were sore from pushing so many people. We regrouped at the top of the climb and pressed on.

About 10km later, the 3 lead riders missed a turn and so descended 8km back into the outskirts of Adelaide. 50 mins later the riders reappeared after climbing back up the 8km. The Doc who was in the lead bunch, has now stated he will never do a turn on the front again, especially going down hill!!

We then descended the aptly named Corkscrew Rd. Most riders should remember this road as we hit about 80km/h on the descent. I'm sure it will prove as popular next year, when Pino has promised that we will climb back up it.



After climbing through Gorge Rd we made our way to Lobethal where we stopped for coffee. A few more climbs and descents kept us busy for the next 40km when we descended back into Adelaide via Greenhill Rd.

Once again, after some breakfast we jumped into the Taragos and headed off to the race. Today's vantage point was Old Willunga Hill, which the pros climbed much faster than we had the previous day. The crowds on the Hill were much smaller than last year, as the finish was just down in Maclaren Vale.

Day 4 – Friday

Yet another challenging day was ahead as we rolled out. As the weather had turned slightly, we faced a headwind and also a bit of rain. We made our way up to Aldgate, via Cherry Gardens and Mylor. Pino took us over a tough little climb, that certainly had us remembering to take him off the Christmas Card list. After stopping for a very dubious coffee, we looped back into Adelaide.

A smaller group headed out to the race start at Unley about 10km from Adelaide with the intention of riding behind the race convoy for the first 5km that was "neutral". Well you couldn't imagine the feeling as 8 SCC riders, rode in formation behind the peleton convoy down the main street of Unley, lined with 10,000 spectators, all cheering. That evening a group dined at the famous Penfolds Magill Restaurant, with its 7 courses and Penfolds wine to match. For once the Pres

behaved himself as this was a mixed night and great fun was had by all. Some of the younger members went into Rundle St for a quiet ale or seven.

Day 5 – Saturday

Saturday was a scheduled day off, but never the less a small group went for a spin. The purpose of this was two fold – the first reason was to spin out the already trashed legs, the other was to indulge in the staple diet of SCC – GOSSIP. We swapped stories of adventures from the previous night. The Magill bunch, although having eaten and drank a lot, had all managed to return home.

One other member, however, was last seen at 4am dangling off the arm of an 'Amazon'. We speculated on his fate, but remained unconcerned.

Later that day we drove out to the Barossa Valley, where we watched the race climb over Menglers Hill. The missing SCC member was notably absent.

When we returned to the apartments the rider missing from the night before had still not returned, so we started to get a little worried, although not too worried. We had a beer and some dinner and while watching videos of the Tour de France that evening we really began to worry. At about 10.30pm the decision was made to call the police.

The description given to the police was as follows: An aging 5 foot 10 inch, 40 year old badly bleached blond haired male from Sydney. Pino was heard to say, he was not responsible for the hair.

Just after 11pm when the Missing Persons report had been filed, the rider walked in and wondered what all the fuss was about. Everything was forgiven when all we got as an explanation was a wry smile and the comment – “Now we can all get some sleep!!”

Day 6 - Sunday

The last day was a 125 km loop through the hills via Belair, Mylor, Lobethal, Cudlee Creek and Inglewood to Adelaide. The climb to Belair was a 4km test for all, and we stayed pretty much together until Hahndorf where we stopped for coffee. After coffee we rode together to Lobethal. Pino sat in the back of the sag wagon after the coffee stop and took photos of the bunch (see insert). We rolled through Lobethal and enjoyed the little climbs and descents, after which we rode the sweeping bends around the reservoir at Cudlee Creek. After a little climb into Highbury we enjoyed a 10km descent back into Adelaide.



Doc and Pete Scott have a serious discussion

That afternoon the race was a 96km road circuit around the city of Adelaide. Most of us wandered down to the course to watch a few laps, before escaping the heat and watching the stage on SBS.

That evening we had a quiet drink and cake to celebrate Meg's birthday before our final dinner at Henley Beach.



Day 7 – Monday

With the exception of a few crazy people, most riders opted to sleep in and pack up. We had some breakfast and headed to the airport and home the Sydney.

In summary, we enjoyed a great week of riding, race viewing and socialising. There's a little bit for everybody in the tour to the Tour Down Under. Once again Pino did a fantastic job and we all had little to worry about other than how long the next hill was and when we could stop for coffee. There were 2 masseuses on hand to rejuvenate the tired muscles, which we all needed.

In total we rode about 550km, slightly more than last year and some riders may have done a little bit more. No doubt we will return in 2001, I would urge everybody to think about coming as it is an excellent week.

General Meeting

There will be a General Meeting to be held at the Bronte Surf Club on the 23rd February at 7pm. This is an open forum for members to discuss ideas that will hopefully improve the offerings of the Club in general. If you've got any ideas then make sure you turn up. This is an opportunity to have your say in what you think the Club should or shouldn't be offering.

20 Seconds with Stan

by Stan Genakis

SCC Rider of the Month is **Pete** 'climbing machine' **Scott**, (the Frank Vanderbrouke of the SCC peleton). I presented him with some questions, read on for the answers.

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

A: 7yrs.

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

A: Vets Team TT 1999.

Q: What was your most embarrassing moment?

A: Wearing white joggers when I first joined the club. Thinking back, what a dag!

Q: Most admired cyclist?

A: Groucho Marx. The way he rode in THE BIG STORE got me to where I am today - Lets not forget PANTANI of course.

Q: Favourite cycling team?

A: Don't have one.

Q: What are you angry about?

A: Nothing comes to mind.

Q: What-talent do you wish you had?

A: Sprinting would be nice.

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

A: Tori Amos. I hear she's been trying to track me down.

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

A: THE PILOT!

Q: Who is your inspiration or mentor?

A: Couldn't think of one.

Q: What are your personal goals?

A: To get back my fitness on the bike and then some.

Q: What are your Professional goals?

Good luck this year Pete. I'm sure you will make us suffer in any SCC event you participate. Ride safe and take care.

A: To one day get back to being a musician-but the cycling is getting in the way.

Q: Have you mechanical or musical skills?

A: Yes, I'm a Bass player. Have you heard the one about.....

Q: What music are you listening to?

A: Papa by Salif Keita, Murder Ballads of Nick Cave and Money Jungle with Duke Ellington and Charles Mingus.

Q: What are you reading?

A: A Biography of Billy Strayhorn - Lush Life.

Q: What is your favourite Sunday breakfast?

A: My Dad used to make me a mixed grill with liver etc years back. Anything but that!!

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

A: Go Girl...

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

A: At home..

Q: Ideal holiday destination?

A: Israel and Egypt. Why isn't the club paying?

Q: What is your most favourite movie?

A: Couldn't think of one.

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

A: Relaxation.

Q: What would you never give up?

A: Desserts and Chocolate.

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

A: Probably Beer...

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!

- ➡ This publication has been assured there is absolutely no truth in the rumour that Robbie McEwen's alleged indecent behaviour during the recent Tour Down Under was in anyway caused by or directed at a group of SCC members or anything that they might have been doing at the time of the alleged incident ⚡

The ASS Report



Well Cyclebuddies,

You've had a really long rest from those e-mails and intrusive social announcements, but here we are in the New Millennium, so it's time to bite the bullet.

February brings you the first SS report in the Year of the Golden Dragon!

I hope you all enjoyed the holiday season and the New Year Celebrations. I had hoped to present you with a social calendar for the entire year at this time, but my modest efforts have to take second place to our race calendar, which will hopefully be in this issue.

Therefore I must request your indulgence. I am still working on the year of fun to come.

Several helpful members have given me suggestions for innovative social events. If you have ideas too, please don't be bashful, share with the rest of us! I intend to produce the Social Calendar in next month's magazine, so gets those pencils moving.

Long time member Pete Smith leaves us for Sunny Queensland

Pete Smith has been a much loved, admired and appreciated member of the Sydney Cycling Club for many years. Many current members owe their enthusiasm for the sport to Pete's love of the sport and his encouragement to new cyclists.

A Farewell dinner at the Little Snail on January 8th, helped us to say goodbye to Pete and Joan. Their departure was sudden as the furniture removalists made off with their furniture and life in their Paddington terrace became less appealing.

We are yet to hear from Pete or Joan, but we hope that sunny Queensland appreciates them, as we do. We wish them both health, wealth and happiness.

Your ASS,

Lea-ellen



The Three Amigos!




Steve and Mac



Pete and Joan Smith at their recent farewell

Club Calendar

Day	Time	Venue	Comments
12 th Feb.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Meg Croft & John Newbery
26 th Feb.	06:50	Ocean St. Gates	Ext TT (8/7/.../1) Handlers: Doc Guthrie & Malcolm Wade
4-5 th Mar.		Jindabyne	Snowy Mountains Tour (see details in this edition)
11 th Mar.	06:50	Cannons	Handicap 2 Lap Wheel Race (8/7/.../1) Handlers: Paul Rigby & Eric Waddell
25 th Mar.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Stan Genakis & Simon Kenny
25 th Mar. - 9 th Apr.	-	Tweed Heads to Sydney	RTA Big Bike Ride http://www.ozemail.com.au/~bikensw/events.htm
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.
8 th Apr.	09:00	Yanderra	Hilltop Rd 1 (12/11/.../1) Handlers: TBA
30 th Apr.	07:15	Heffron Pk.	Criterium Rd 1 (10/9/.../1) Handlers: Tom Kemola & Dave Bullock
6-7 th May	-	Kangaroo Valley	Kangaroo Valley Tour (<i>tentative</i>)
13 th May	07:15	Heffron Pk.	Criterium Rd 2 (10/9/.../1) Handlers: Leigh Ringrose & Dave McAlpin
13 th May - 4 th Jun.	-		Giro d'Italia
20 th May	06:50	Cannons	1 Lap TT (8/7/.../1) Handlers: Frank Milner & Gary Stevenson
3 rd Jun.	07:15	Heffron Pk.	Criterium Rd 3 (10/9/.../1) Handlers: Walter Rolli & Kate Rowe
24 th Jun.	06:50	Cannons	LC TT (8/7/.../1) Handlers: Monique Batterham & Phil McKnight
1 st -23 rd Jul.	-		Tour de France http://www.letour.fr/
15 th Jul.	07:15	Heffron Pk.	Criterium Rd 4 (10/9/.../1) Handlers: John Rutherford & Alex Simmons
5 th Aug.	06:50	Cannons	1 Lap TT - FMM (8/7/.../1) Handlers: Dave Clarence & Anne Clarence
26-27 th Aug. ⇒ 26 th	06:50	Cannons	2 Day Tour a) SC TT - FMM (8/7/.../1). Handlers: TBA
	08:00	Heffron	b) Criterium Rd 5 (10/9/.../1). Handlers: TBA
⇒ 27 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: Pat Hammond & Deirdre Grace
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.	Criterium Rd 6 (10/9/.../1) Handlers: Steve Youngman & Tim Youngman
14 th Oct.	06:50	Ocean St. Gates	Ext TT - FMM (8/7/.../1) Handlers: Teri Sawers & Steve Hogg
9-15 th Oct.		Plouay (France)	World Championships http://www.uci.ch/
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

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.
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 <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. Typically combined group goes north to Akuna Bay where the faster riders split off heading for West Head and the rest go half way, then head directly to coffee at Church Point. 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

Local and Overseas News

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

- ➡ MADRID, Spain (Reuters) -- **Miguel Indurain**, five-time winner of the Tour de France, has been voted Spain's sportsperson of the century in a poll organised by the country's biggest selling newspaper, *Marca*.

Indurain, who dominated cycling with successive victories in the Tour de France from 1991-95, picked up 62 % of the votes.

Former Real Madrid soccer player Alfredo di Stefano was second with 8.4 percent. In the same poll of Spanish sports fans, American basketball player Michael Jordan won the international vote with 37 percent. Brazilian soccer great Pele was second with 14 percent.



Race Secretaries Report

What an impressive start to what should be a great season ! The first race, a one lap time trial held on the 15th of January had 27 starters while the second race, a short course time trial held on the 29th of January had 23 starters.

Equally impressive were the times with quite a few personal bests being shattered ! During the one lap race, 19 of the 27 riders recorded PBs including Meg by a huge 30 secs, Malcolm Lyons by 29 secs, Anton Allen by 26 secs, Steve Youngman by 16 secs & Phil McKnight by 13 secs. During the two lap race Mark Meltzer destroyed his PB by a massive 51 secs, Anton by 36 secs, Kate Rowe by 29 secs, Dave McAlpin by 23 secs & Phil by 21 secs - & this was on a day that was quite tough & windy.

The race calendar for 2000 is outlined in this newsletter. It looks quite similar to that of last year. Again, the Criterium series will involve six races with the best four results contributing towards the trophy. The Hilltop road race series will be the best two results of three races. The FMM trophy will involve the complete range of time trial distances and types. The Hill Climb Championship is likely to be held at a new venue in the National Park.

Finally, congratulations to the following riders who have performed exceptionally well during 1999 and have deserved a promotion. Anton, Paul Davies, Malcolm Lyons and Frank Milner have jumped to A grade, while Tom Kemola has moved up to B grade. Most of these riders have been riding for less than one year & should keep improving.

To all the new members just joined, enjoy the racing, training and touring that the Club offers.

R.S.

Paul Davies competes at a recent Heffron Crit.



Australian Open Road Championships

Held in Port Arlington, Victoria on a 10.8km circuit, this year's Compaq Australian Open Road Championships produced worthy winners in the form of **Jamie Drew** and '99 World Cup champion **Anna Wilson**.

The women's event, held in damp conditions, caused Kathy Watt to fall early in the event shortly before a breakaway formed which was never caught. This group of 5 stayed away to sprint for the finish which Wilson won easily from Alison Wright and Tracey Gaudry.

In the men's event, held in drier conditions, there were a few early unsuccessful attacks. This was followed by hard turns by many of the favourites which reduced the bunch for the remainder of the distance. At the end, it was Jamie Drew who broke away taking Jeremy Hunt with him. Hunt powered away to win on the line with Drew crossing a close second to claim the championship as the highest placed Aussie. Scott Sunderland took out third place honours ahead of Corey Sweet and Robbie McEwen.

Men - 195km

- | | |
|---------------------------------------|---------|
| 1. Jeremy Hunt (GBr) Big Mat Auber 93 | 4:58:56 |
| 2. Jamie Drew (Vic) | 0:01 |
| 3. Scott Sunderland (NSW) Palmans | 1:13 |

Women - 97km

- | | |
|------------------------------|---------|
| 1. Anna Wilson (Vic) Saturn | 2:45:47 |
| 2. Alison Wright (ACT) | 0:07 |
| 3. Tracey Gaudry (Vic) Timex | 0:11 |

SCC Event Results

1 Lap TT , Centennial Pk, 15th January 2000

Name	Grade	Time	Place Overall	Place in Grade	Points
Paul Rigby	A	5:08.89 (PB)	1	1	8
Phil McKnight	A	5:09.80 (PB)	2	2	7
Anton Allen	A	5:21.14 (PB)	3	3	6
Paul Davies	A	5:22.77 (PB)	4	4	5
Dave McAlpin	A	5:23.55 (PB)	5	5	4
Malcolm Lyons	A	5:25.33 (PB)	6	6	3
Steve Hobart	A	5:26.02 (PB)	7	7	2
Stan Genakis	A	5:29.08	8	8	1
Steve Youngman	B	5:31.58 (PB)	9	1	8
John Newbery	A	5:34.27	10	9	1
Steve Hogg	A	5:39.14	11	10	1
Paul Kelly	B	5:40.64 (PB)	12	2	7
Rob Wilson	B	5:41.42	13	3	6
Alan Lumb	B	5:46.14	14	4	5
Tom Kemola	B	5:49.55 (PB)	15	5	4
Eric Waddell	B	5:54.20 (PB)	16	6	3
Dave Warnaford	B	5:54.64 (PB)	17	7	2
Doc Guthrie	B	5:55.33	18	8	1
Erol Ozdirik	B	5:58.89 (PB)	19	9	1
Mike Larkin	B	6:00.49 (PB)	20	10	1
Tim Youngman	C	6:08.02 (PB)	21	1	8
Dave Bullock	C	6:10.52	22	2	7
Kate Rowe	C	6:18.27 (PB)	23	3	6
Meg Croft	C	6:19.58 (PB)	24	4	5
Teri Sawers	C	6:22.42	25	5	4
Malcolm Wade	C	6:25.95 (PB)	26	6	3
Sam Kosky	C	6:45.61 (PB)	27	7	2
John Arkwright	A		Handler		6

SC TT , Centennial Pk, 29th January 2000

Name	Grade	One Lap	Finish Time	Place Overall	Place in Grade	Points
Phil McKnight	A	5:14.73	10:35.40 (PB)	1	1	8
Pete Scott	A	5:22.45	11:00.45	2	2	7
Paul Rigby	A	5:26.10	11:03.45	3	3	6
Anton Allen	A	5:25.35	11:04.51 (PB)	4	4	5
Dave McAlpin	A	5:34.76	11:13.92 (PB)	5	5	4
Stan Genakis	A	5:39.95	11:23.76	6	6	3
Mark Meltzer	B		11:40.00 (PB)	7	1	8
Tom Kemola	B		11:43.82 (PB)	8	2	7
Paul Kelly	B	5:44.99	11:46.76 (PB)	9	3	6
Steve Hogg	A	5:42.14	11:49.70	10	7	2
Rob Wilson	B		11:51.95	11	4	5
Simon Kenny	B	6:01.95	12:06.67 (PB)	12	5	4
Steve Youngman	B	5:51.57	12:07.82	13	6	3
Steve Hobart	A		12:18.73	14	8	1
Alan Lumb	B		12:19.26	15	7	2
Frank Milner	A		12:20.32	16	9	1
Doc Guthrie	B	6:20.64	12:45.67	17	8	1
Kate Rowe	C		13:10.51 (PB)	18	1	8
Dave Bullock	C		13:12.17	19	2	7
Tim Youngman	C		13:15.99 (PB)	20	3	6
Gary Stevenson	C		13:32.35	21	4	5
Sam Cooper	C		14:07.67	22	5	4
Ian Cranston	C		14:12.33 (PB)	23	6	3
Tony Johnson	B		Handler			6
Paul Davies	A		Handler			6

2000 Progressive Point Score

Date	16- Jan	29- Jan	T O
Event	1 Lap	SC TT	T A L
<u>A Grade</u>			
Phil McKnight	7	8	15
Paul Rigby	8	6	14
Anton Allen	6	5	11
Paul Davies	5	6	11
Dave McAlpin	4	4	8
Pete Scott		7	7
John Arkwright	6		6
Stan Genakis	1	3	4
Steve Hogg	1	2	3
Malcolm Lyons	3		3
Steve Hobart	2	1	3
John Newbery	1		1
Frank Milner		1	1
<u>B Grade</u>			
Paul Kelly	7	6	13
Steve Youngman	8	3	11
Tom Kemola	4	7	11
Rob Wilson	6	5	11
Mark Meltzer		8	8
Alan Lumb	5	2	7
Tony Johnson		6	6
Simon Kenny		4	4
Eric Waddell	3		3
Dave Warnaford	2		2
James Guthrie	1	1	2
Erol Ozdirik	1		1
Michael Larkin	1		1
<u>C Grade</u>			
Tim Youngman	8	6	14
Dave Bullock	7	7	14
Kate Rowe	6	8	14
Meg Croft	5		5
Gary Stevenson		5	5
Sam Cooper		4	4
Teri Sawers	4		4
Malcolm Wade	3		3
Ian Cranston		3	3
Sam Kosky	2		2
<u>Women</u>			
Kate Rowe	6	8	14
Meg Croft	5		5
Teri Sawers	4		4
Sam Kosky	2		2
Sam Cooper		4	4



Brad McGee leads his team during the Tour Down Under



McEwen and Sweet



The Doc in his element during the Tour Down Under

