



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
December 2000 Edition



Mongrel of the Year - Paul Rigby

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Big Piston winner - Dave McAlpine



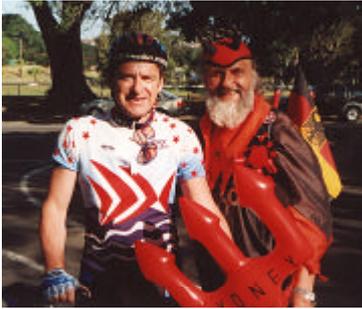
Clubman of the Year - Phil McKnight



Movers are groovers at the SCC Xmas



From the President's Chair



It is a great honor to take of the mantel of president of the Sydney Cycling Club.

I have been a member of SCC for over ten years and have witnessed the good and bad of club life. I believe the SCC should be seen to be the preserve of all its members, not just a few strong individuals and I look forward to talking to each member in the next few months, especially the new members to the club. In 2001, it is important that we maintain the traditions of a strong club with a variety of activities. However, please remember that all the committee and others who make these activities work

are volunteers. For all of us this is our social activity, we are passionate about our cycling, however, we have busy lives to live in other worlds!!

Since taking over from Phil at the AGM, it has been a busy time for your new committee, as highlighted in this newsletter there was successful vote in terms of constitutional change to membership, a new club tour (Wollongong and back), the kilo and conclusion to a very busy 2000 events series, announcement of riding winners (and others), the infamous SCC Christmas part (social highlight of the year), the enrollment of a number of new members, and the processing of applications forms from re-enrolling members. Please remember to get your money and forms back to George ASAP.

Also plans are in place for a busy 2001 with slightly less number of SCC racing events, a number of tours and several social functions are already planned. Full details will be in the next edition of the newsletter. There is at least 16 members going to Adelaide for the Tour Down Under.

As indicated else were in the newsletter our WWW site continues to attract great interest. The committee is looking at the possibility of sponsorship to improve the site and also set up an intranet site where photos, back issues of the newsletter and other material can be stored and available to members via a secure logon.

Also the committee is working on a riding code of good practice for distribution to members. I must say it is great to see a number of the "older and wiser" members standing up and imparting their knowledge to less experienced members about safety and skills of riding in a group etc.

From the committee all the best for the Xmas break and enjoy your cycling.

Doc



Reasons to Renew your Membership

All members should have by now received a reminder that club memberships are now due. Please complete and return the forms with your money to the club PO Box **ASAP**.

No further Newsletters etc if un-financial after 1/1/2001! Now that should be reason enough.

If you've lost your forms and not received them, please contact the Club Secretary, George Schneller.

Editor's Column



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

Sorry for those of you who have been hanging out for your monthly fix of SCC news and gossip? An executive decision was made this month to delay publication by a week, thus allowing all the results and gossip from the Christmas party to be published in a timelier manner. As you can see, it was well worth the wait.

This months edition is a big one with various reports from the 'Gong Tour and the Women's Training Camp at Forster. Eric has also penned a farewell from Canada. Read them all and enjoy.

As I mentioned above there's a good deal of end of year results to report. Read the race Secretaries

report for all the racing action plus checkout the final point score for 2000 to see how you all fared.

Note that the Contact List has been updated to reflect the new positions and contact information. Of particular note we welcome Stan Genakis to the new but unofficial position of Boutique Manager. Remember to call Stan for all your clothing needs. Stan has also been busy out and about again this month interviewing John Arkwright for the rider profile segment.

Finally, note that next months edition will be delayed a week due to a family holiday on my part. All the very best to you and your families over the festive season and I wish you all great cycling in 2001.

'til next month, take care on the road.

Malcolm

Stop the Press - NSW Crit. Championship

Ann Clarence, Tanya Bosch and Monique Batterman all took part in the NSW Criterium Championships held this past weekend at Sutherland. Cheered on by a very enthusiastic crowd including a good number of SCC riders, Ann made several breaks with Tanya acting as the block and eventually managed a very impressive 2nd place.

A full report with pictures will be available in next month's newsletter.

Web Site Statistics

Here's some info from the hits on the Club's web site over the past week.

<u>Requests</u>	<u>%bytes</u>	<u>Domain</u>
1277	35.48%	.au (Australia)
885	20.39%	[unresolved numerical addresses]
663	19.30%	.net (Network)
444	11.37%	.com (Commercial)
154	3.79%	.fr (France)
92	1.67%	.uk (United Kingdom)
79	1.99%	.de (Germany)
57	1.26%	.nz (New Zealand)
40	1.43%	.za (South Africa)
36	0.97%	.ca (Canada)
32	0.87%	.my (Malaysia)
31	0.47%	.cy (Cyprus)
26	0.41%	.cz (Czech Republic)
20	0.18%	.us (United States)
7	0.18%	.edu (USA Educational)
7	0.23%	.bg (Bulgaria)
1	0.01%	.nl (Netherlands)
<hr/>		
3851	100.00%	

The Social Report



Dear Cyclebuddies,

It is not a myth that SCC members know how to enjoy themselves, particularly to excess. Since the last newsletter the club has gently tussled at the AGM, farewelled Eric Waddell at Bronte, and by all accounts it seems that the Christmas and Awards function at Foresters was a merry way to end this year's activities. I think that many other clubs would be envious of the warm and gregarious manner with which we celebrate and share our membership of SCC.

My thanks to Paul Rigby for supplying the lights at Foresters and subsequently the 'violet' atmosphere – it's a shame that

more club members didn't hang around to sample the DJ's mix and some of the 'dirty dancing'. It certainly wasn't the Olympic Opening Ceremony but it seems finding time to do things like this for the club is never a problem for Paul. Thanks also to Lea-Ellen of course, for her sound advice and festive table decorations, and to the following committee and club members – 'Doc', Steve H, Meg and Dave Clarence for their involvement in the evening's preparations.



I suppose as SS I must be responsible for some gossip – although it is against my better nature. Some members arrived after spending nearly \$200 on pre-dinner vodkas. For those that did hang around to 'cut up the rug', we were privy to the exploits of an even smaller faction who just didn't want to go home at all! No prizes for guessing which SCC member woke in the later hours of Sunday morning to find a 'bindi' securely glued to his forehead? Not to mention the other two who spent all of Sunday cringing on the lounge with the curtains drawn after wandering home from Cleveland St Hotel at 4am. Onya fellas!

Now that 2001 is only days away, it's time to begin seriously planning events to herald in the millennium (yes, the real one!) and our Centenary of Federation. Obviously the usual fixtures, such as the Pool Comp and Trivia Night will remain, but this is your chance to make suggestions, to see functions in the calendar that **YOU WANT** to come to. My ears are listening, so let's chat.

Wishing everyone a safe and happy festive season.

Cheers!!

Sam



Tour Secretaries Report

There is a huge year of touring planned for this year, both weekend and day tours.

I sit here typing this having just completed the first tour of the summer, The Wollongong Tour. (It is just as well typing does not involve any leg movement.) Today's tour was so successful that we may have to include a few more long rides in the 2001 calendar. If anyone has any ideas or would like to organise a day tour then let me know – maybe one day between Christmas and New Year?

Upcoming weekend Tours include the Snowy Tour (25 March - do not miss this one!), the Kangaroo Valley Tour (May), Mudgee Tour (June) and Hunter Valley Tour (October). Also, if you are interested in the Tour Down Under in January - talk to Paul Rigby soon.

Organising Tours can be time consuming so I will be asking people to help out. Already, Bruce, Ann, Dave and Alan Ravel have volunteered to help - thanks guys.

I hope to see loads of people on the tours this year so give me lots of feedback to make sure we are organising the tours and style of touring that you all want.

Wollongong and Back – Legendary Stuff

About 40 people turned up for the start of Sunday's Tour, many turned at Waterfall but 22 went all the all the way to Wollongong.

Pete Scott earned hero status as ride captain and did an excellent job of keeping the bunch together; he also did a lot of extra kms in the process. Of particular note is the big assist Pete and Wayne gave Paul Davies and Malcolm from their positions off the back of the bunch on the way down (lots of wild animals, but not too much cycling in South Africa for Paul).



The scenery along the coast is spectacular and makes a great change to the normal highway scene. There are some fantastic downhill stretches but it really doesn't pay to dwell on them as they all turn into uphill later. The rest of the road could probably best be described as undulating. Tour pace is a somewhat undefined term and it tended to fluctuate on the downhills and whenever momentum was involved but people all stayed together and didn't feel too bad on arrival at the 'Gong.

There was only a half-hour stop for food after which Malcolm left us to build sandcastles with Samantha and his kids while Paul Davies decide to check out the train timetable and commute home.

The ride back was – hilly (to me they were no longer undulations). We kept a fairly steady pace and did a reasonable job of making sure the bunch kept together. Tony had a bit of a scare with his knee and some cramping but he found that his knee felt much better when riding uphill so the ride was really tailored for him. Pete captured quite a few pained facial expressions on film as people rode up Stanwell Hill - I know there were major quantities of sweat pouring down my face as I struggled up it. Congratulations to Wayne who I hear was the first up this hill. There was a quick stop at the coffee shop at Stanwell as people caught their breath and drank lots before moving on.



Backing up the Stanwell hill with the Waterfall hill was tough, very tough, but once at the top we were back in familiar territory and although 45km from home it felt like the ride was almost over. It is such a hard habit to kick and some may have even been tempted, but there was no paceline back. Phil however did a huge turn out the front for which I heard many people say they were thankful.

About 5km from Waterfall Norman got a puncture. Sub-hero status was given to Paul Rigby, Wayne and Alex for the help they gave Norman while the rest of us headed back to Sutherland to wait at the service station. I earned myself

6 demerit points as Tour organiser for not making everyone wait up at this point – sorry guys. I duly reprimand myself.

By the time we got to Southern Cross drive I think most people were looking forward to getting home. I heard our President ask whether 6km was too close to home to catch a taxi. The ex-Pres offered advice to the effect that if he did it would appear as a huge headline in the next newsletter, so Doc stayed with the bunch. It is far too close to the annual dinner to do anything that may earn you an award.

Breda and I deserve a special mention as the only women on the trip (we were also never last up a hill).

Thanks to everyone who came along and made it such a good day. A special thanks to all who did long turns out the front (I'd die without a wheel to sit on). It sounded like everyone really enjoyed the ride with terms such as "legendary" being used to describe it. Even while people were feeling the lactic in their legs they were suggesting we do more rides of this length.

In 12 months time the memory of going up Coalcliff, Baldhill and Waterfall will fade and even I will think a 180km ride to Wollongong sounds like a great idea.

Meg



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/>):

- Well if you're going to crash your car ... do it properly. **Marco Pantani** recently wrecked his Mercedes M class wagon big time during an outing. Seen on the right is the result of a one-hour trip when he smashed into 8 other vehicles after driving the wrong way up a one-way street. This is his fourth accident this year ... from the photo it looks to me like his climbing ability is limited to cycling ... obviously Mercedes don't meet the challenges he puts them through!



Farewell from Eric

As many of you know, our good friend and cyclist Eric Wadell left us recently to return to Canada. He's still in touch and sends us these words:

Greetings from the Cold North cycling mates (it was -17°C yesterday morning). Sadly I missed out on the Christmas Party, where I am sure everyone had a good time, lots of stories were told, and keenly sought-after trophies were awarded. I'm looking forward to reading about it in the December Newsletter.



Meanwhile, as some of you know, I did a 'dry run' of the annual prize-giving at my farewell dinner and it may just be appropriate that the event be recorded for posterity so here goes:

(Extract from my 'Prize-giving Speech' at Bronte, sometime in late November)

"When you move you go through your possessions and dispose of a lot of things. Most of mine went a few months ago, with the family, but I have come across a few cycling odds and ends which I would like to award to certain Club members tonight as a sort of dry run for the annual party in a couple of weeks time. Obviously I would prefer to offer something to everyone, but that's not possible, so please treat the winners as essentially random choices.

Punishment - I guess we had better start off with the ex-President. An important person, who sets the standards and the pace but has a problem with rain and, lets say, the absence of the usual comforts when far away from home!

I would like to offer this book, **Ride and be Damned** to Phil McKnight. It has some fine pictures but a lousy text, and it shows what racing was really like “in the Mother Country” in the tough old days when nothing stopped the riders.

Style - There are a few riders in the Club who have real style on their bikes. I'm thinking of Lumby, Pete Scott and Leigh Ringrose in particular. If, like most of us, they don't have a future they must surely have a past!

In recognition of that past I would like to award a British League of Racing Cyclists badge to Pete Scott.

Competition - As you know a couple of us “raced” in Europe this last northern summer, and what you often do after races is exchange clothing, particularly jerseys. Well this one comes from Lisieux. My brother-in-law lined it up for me. Of course you do these exchanges quickly, and you are pretty tired after what was, in this case, a 150km mad race through the lanes of a distant land. So I ended up with one too small for me!

I would like to offer the jersey to my mate Tony Johnson, who is really committed, has enormous potential, gets that aggressive glint in his eye when he's about to crush the competition on the hills. Hopefully it will encourage you, Tony, to plan a “European season” before too long, to give you a bit more experience and hence become just a little bit more cunning on the bike. It will make all the difference !

Memento - We all have things we are attached to. This jersey of mine, which you have all seen far too often, is one of them. It's the jersey of a Canadian team, based in Montréal in the late 80s. My son was in it. Canada is a tough country to cycle seriously in, with its 6-7 month season, but this one nearly made it. Immediately after the Barcelona Olympics they briefly turned professional, to participate in the professional road race that year and give strength and depth to Steve Bauer, who was getting to the end of his career. It was a brief moment of glory and excitement in our part of the country but they couldn't raise the necessary cash to survive. The team withdrew from professional cycling and some of the key sponsors swung to mountain bike support.

Where do you place things of sentimental value, which are keys to the past? In the cycle shop of course. So I'd like to offer this to Steve and Margaret Hogg, to pile up with the memories in a corner somewhere or to offer as a prize to the rider who comes 2nd in the Hilltop Series next year!

The Next Tour - Finally, there's the next tour. Some of us were touring cyclists in previous lives. The Club has a touring programme which is obviously going to be infused with a new lease of life. More and more members are living overseas and I'm going to have much more time - I'll be 'free-lancing' (certainly not 'retiring'). So I'd be most happy to organise something for you in a part of North America I've ridden a lot in : Québec, Maritimes, New England.



With that in mind, and because she's talked a lot about it, I'm offering these brochures on Québec to Meg Croft, to whet your appetite and make sure you start thinking about it seriously at this end. Remember 2001 is going to be a really good year for Sydney C.C.”

Thanks for everything my friends for the good times I had in the Club over the past three years. I am already looking forward to riding and racing with you when I come next year.

Eric

For Sale

Giant TCR 2 Road Bike, 2000 model, medium size, flight deck computer, 120mm or 120mm stem, Look 296 pedals, Shimano 105 9 speed, 2000 hollow cranks, new condition, hardly used, selling due to injury. Bargain at **\$1,650**.

Contact Tony Bell on 9311 4142 and leave a contact number.

SCC Rider Profile - John Arkwright

by Stan Genakis

You don't see much of this character throughout the year. He's in hibernation; it's only in warmer months he emerges, like a cheetah tearing apart everything that gets in its way. He even has trophy's to prove it.

Vital Statistics

Age: 42

Famous for: 15 minutes.

Marital Status: Young, free and single.

Lives in: Coogee.

Favorite Hangout: Underwater – diving preferably

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

A: Can't remember. About 5 years I think

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

A: Winning my first club kilo by 0.2s, when CW got docked 2 seconds for jumping the start and then got DQ'd for whinging (And he isn't even a POM!)

Q: What was your most embarrassing moment?

A: It was in my first SCC 2-lap TT coming up to the finish. My 'friend' Roy passed me going up the final hill and asked innocently if I'd thought about racing again. I think I just beat 13mins.

Q: Who's the best wheel in the club? I can't remember!

A: I guess I should go out on some more club rides!

Q: If you could make a change in the club, what would it be and why?

A: A bit more track racing would be nice.

Q: Most admired cyclist?

A: Eddy Merckx was my all-time hero. Lance is pretty impressive though.

Q: Favourite cycling team?

A: The British Track squad at the Olympics – How times change!

Q: What are you angry about?

A: My weight.

Q: What-talent do you wish you had?

A: An ability to diet.

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

A: The woman on the Relic Hunter – Well wouldn't you?

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

A: Anybody with wide shoulders.

Q: Who is your inspiration or mentor?

A: Roy Denoon was the best coach I've ever worked with. Jenny Longo is pretty amazing. I remember her riding the Student games in 1983. I think she won the road race, and she just hasn't stopped since.

Q: What are your personal goals?

A: Manchester 2001, old farts championships. I want to do 11.2 for 200m and <51s for the 750m TT.

Q: What are your Professional goals?

A: I'd like to get back into the more technical side of Physics – I'm not the world's greatest manager!

Q: Have you mechanical or musical skills?

A: I can play the guitar, but I'm not about to make any records. I used to take a few photographs in my mis-spent youth. Got a few published then started riding again.

Q: If you could change one thing about yourself, what is it?

A: My weight, by about 5 kilo's at the moment.

Q: What music are you listening to?

A: Bit of everything, from Chopin, through Bruce Springsteen to whatever is on the radio at the time.

Q: What are you reading?

A: Agatha Christie who-dunnit's. They put me to sleep in about 5 minutes so it takes me a long time to read one.

Q: What's your favourite Sunday breakfast?

A: Full English breakfast – shame about the diet!

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

A: I'm usually too nervous to enjoy anything. Rice is good as long as it is 4-5 hours before the event.

Q: What do you do to relax, after a long hard slog in the saddle?

A: Ride the rollers (OK, only kidding. Usually a bit of TV and a rest on the couch).



Q: What phrase do you never want to hear again?
A: When I first told Frank (Albion Cycles) that I wanted to ride the track again he said “they’ll eat you for breakfast, you’re not good enough”

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

A: In a quiet English Pub in the countryside.

Q: Ideal holiday destination?

A: The Alps were pretty good. I’d also like to go to South America.

Q: What’s your most favorite movie?

A: Don’t know. I’m very good at falling asleep at the movies. I enjoyed Primary Colours, and Bagdad Café was different.

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

A: My Aero Helmet. It cost me \$200 and was promptly banned in Australia before I even got it back into the country.

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

A: I like being able to think, so I’d rather not get Alzimers just yet.



Q: What would you never give up?

A: My eyes.

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

A: Same as I do now, but with more money and less aches and pains.

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

A: “The finish line came a bit early didn’t it”.

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

A: A beer.

Good luck in 2001 at Manchester John, SCC is right behind you. Merry Christmas and Happy New Year to all SCC members and their families ride smart and take care.

SCC Contact List

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Newsletter Submission Details: Next Deadline: **8th January, 2001.** Please submit articles to Newsletter Editor via e-mail or post to **108 Rothschild Ave, Rosebery, NSW, 2018** or **Club PO Box.**

Women's Training Camp Report

by Monique Batterham

Sally Thompson, Mari-Mar Cerezo, Kate Rowe and myself attended the women's training camp in Forster. Overall there were about 25 women of all ages, abilities and backgrounds. This compares to a total 160-licensed women in NSW.

We stayed in the Tiona Recreational Park, 15kms south of Foster. It was picturesque, right next to the lake and only metres away from the beach. The accommodation was lodge style, and much to my delight I was not sharing with any snorers, a problem that was rampant amongst many of the other rooms, and saw Kate spend the first night in her car to escape the unwelcome nasal tunes.

The camp consisted of training rides (imagine 80kms on Doncaster Avenue), skills and information sessions. Kristy Scrymgeour and Margaret Hemsley of the Australian Women's Team were on hand to share with us their large knowledge of cycling and racing and life as an elite athlete. We covered stretching, bike maintenance, diet, training, bunch etiquette, cornering and bike handling skills.

A large proportion of the time was consumed with looking at some of the bike fits. It was amazing that so many of these women had purchased reasonably expensive bikes, yet the bike shops did not even do a basic fit for these women. Some had bought bikes to do long kilometres on and now have knee injuries that will stay with them for years because the bike shops did not properly fit these women.

The weekend was fantastic in that I learnt so much, but also made so many new friends, which I hope to keep in contact with. There were women from Coffs Harbour, Taree, the Central Coast and Sydney. I wore my SCC jersey on Sunday, and had a few ladies interested in joining our club. I found I was able to really sell the social aspect of our club, and the tours. Talking to these women I discovered there is a great demand for clubs offering nice long slowish type rides for fun and fitness. Since the collapse of our gentlemen's ride, I was not sure if our club had anything to accommodate them. I truly believed the freakish pace of some of our Sunday rides would have been a big deterrent for these women. Maybe something to think about?

I must admit I thought I had a reasonable knowledge of cycling, but this weekend taught me that I have a lot to learn.

I thought I would share with the club some of the things which I found very useful, and which you may or may not have already known:

- Most elite cyclists, including road riders, track riders, sprinters etc, spend 80%+ of their time riding in E1. E1 is basically an easy ride. For those that do not use a heart rate monitor and do not know what E1 means, a good indicator is that you can talk continuously without needing to draw in a big breath before finishing a sentence. It was surprising to find that the biggest difference between the elite cyclists and us amateurs is not the hours spent training, but more the time spent recovering. It is the recovery that leads to improvement, not the training (keep this in mind next time you are tearing the legs off us on the way to Waterfall, this should be an E1 ride).
- Drinking only water on a long ride/race will actually dehydrate you as it flushes your system. You need a sports drink or equivalent. Water is fine for shorter distances.
- When braking any time other than on a straight line you should only use your front brake. It will noticeably improve your ability to corner.
- The importance of core stability. Swiss Balls are great for this [*Ed: Walter?*]. The importance of core stability came up in so many different scenarios. It is crucial to have both core stability and flexibility. If you suffer from back pains, chances are you are lacking core stability. Another easy way to tell is rocking whilst climbing. Rocking means that you are wasting energy. A good example of good core stability is Lance Armstrong; he keeps his upper body perfectly still while his legs are working like pistons.
- People are not getting this basic training from their clubs or riding groups. There is a huge need for education to be a basic part of club involvement. This was across the board. I saw girls that had been racing for years that were even worse than me at U-turns, and that really says a lot!!!
- Something that was discussed and unanimously agreed, female cyclists tend to be educated and highly intelligent. I found delight in the fact that there was such a diversity of backgrounds and everybody had great stories to tell. To me the highlight of the rides was the rotation, where the whole idea was to spend approx 10 minutes with each person getting to know them. I spoke to former elite body building champions, doctors, engineers etc. But everyone had one thing in common, the love of cycling. I have never been so motivated after talking to all these people!!!!

Race Secretary's Report

Yet another successful year of racing has passed, & by the time you read this, many trophies and shields would have been awarded to deserving winners during the Club's Xmas Party and Presentation Night. The winners are amongst the following list:

A Grade Pointscore

1st Paul Rigby
2nd Dave McAlpin
=3rd Frank Milner & Eddie Bosch

B Grade Pointscore

1st Paul Kelly
2nd Tom Klemola
3rd Johnathon Lewis

C Grade Pointscore

1st Monique Batterham
2nd Tanya Bosch
3rd Kate Rowe

Womens Pointscore

1st Monique Batterham
2nd Tanya Bosch
3rd Kate Rowe

Kilo Time Trial

A Grade John Arkwright
B Grade Johnathon Lewis
C Grade Con Roubis
Womens Monique Batterham

Frank Murray Memorial TT Series

1st Johnathon Lewis
2nd Monique Batterham
3rd Paul Kelly

Hilltop Road Series

1st Ann Clarence
2nd Eric Waddell
=3rd Tom Klemola & Alex Simmons

Criterion Series

1st Frank Milner
2nd Doc Guthrie
3rd Mel Licker

Two Day Tour

1st Alex Simmons
2nd Tony Johnson
3rd Ann Clarence

2 Lap Handicap Race

1st Mel Licker
2nd Walter Rolli
3rd Frank Milner

Hillclimb Time Trial

A Grade Paul Rigby
B Grade Johnathon Lewis
C Grade Malcolm Wade
Womens Monique Batterham



Paul Kelly



Monique Batterham

I would like to extend a personal thanks to all of the members who raced consistently during the year to make the Club's Race Calendar successful yet again, and also to those who unselfishly volunteered to handle when the call went out. During the year we have held no less than 24 Club events with unprecedented turnouts. The depth of talent has steadily risen during the last couple of years as evidenced by the smaller handicaps being offered during our handicap events.

We have had riders compete in about 15 Federation Open races, and collected medals at State, National and World Championships; probably the most successful season results by the Club since its inception.

Particular mentions must go to:

John Arkwright (I'm sure this level of success is unprecedented in this Club's history)

- various medals including gold at Metro, State & National Track Championships
- a silver medal, bronze medal and fifth placing in three events at the World Masters Track Championships held in Manchester, England.

Dave McAlpin - participated with success in many Open races including

- a 5th placing at Bathurst
- a 2nd placing in the Tamworth Two Day Tour
- completing the 180km National Cat 1 Goulburn to Canberra and finishing with C Grade.

Dave McAlpin, Phil McKnight, Pete Scott & Norman Rydge

- Bronze medal at the NSW State Club Teams TT Championships in the Mas1-3

Eric Waddell, Tony Johnson, Frank Milner & John Rutherford

- 7 seconds off a Bronze medal at that same event in the Mas4+

Ann Clarence, Meg Croft, Julie Avakian & Sarah Entwistle

- 5th at that same event, competing against current & former world & national champions, & beating some of the Mens Mas1-3 teams.

Sarah Entwistle

- 2nd fastest womens time at the NSW Individual Road TT Championships and first in her age group.

Eric Waddell, Tony Johnson, John Rutherford, Phil McKnight

- 4th, 5th & 6th placings at that same event.

R.S.

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!

- ➡ **Pinarello's do fail!** Yes it's true; seen at the recent Coogee criterium a professional Pinarello rider with a failed rear tyre! Mind you, just like our Pinarello riders someone else was changing the flat.
- ➡ Overheard at Eric's farewell. One of the female members in attendance was looking for a lift. "I can take you to Central" was one response; "I was going to offer you a lift to Bondi Junction" was another. "Jeez, I was looking to take you home!" was the third.
- ➡ On the recent Hunter Valley Tour, Lumby thought his luck was in when, on arriving at his assigned cabin for the evening, found a bag labeled 'Kate' sitting in the middle of the double bed. Apparently he excitedly queried another club member as to "who's Kate?" only to be told the bag belonged to Reg Shortland who had borrowed the bag from his daughter for the weekend. Bad (or is that bag?) luck Lumby!
- ➡ Uttered near the end of the recent 'Gong tour':
Rider A: Mate how long have we been riding?
Rider B: My computer says six and a half hours.
Rider A: Christ I don't go to work for that long!!!
Rider B: If I sat on the couch in front of the TV for that long my arse would be sore, never mind sitting on this F#\$@ing bike!"

- ➡ From the "**you read it here first**" file. Thanks to Johnathon Lewis, Hiroyuki, Monique, Rob Hood, Steve McMillan, Ann Clarence and Con Roubis and Tanya's son Anthony together with Steve again who helped out as models for photos she is submitting to "Australian Cyclist" on Riding Tips. The photo shows the group riding one handed and looking over their shoulder whilst holding a straight line. Scary isn't it! I know which wheel I'd be sitting on.



Club Calendar

Day	Time	Venue	Comments
2001 16-21 st Jan.	-	Adelaide	Tour Down Under, http://www.tourdownunder.com.au/
25-26 th Mar.		Jindabyne	SCC Snowy Moutains Tour
31 st Mar to 8 th Apr.	-	Oberon to Forbes	RTA Big Bike Ride, http://www.bicyclensw.org.au/events/index.html
19 th May to 10 th Jun.	-	Italy	Giro d'Italia
7-29 th Jul.	-	France	Tour de France, http://www.letour.fr/
8- 23 rd Sept.		Spain	Vuelta a España
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. Popular change is one lap of the Olympic road course.
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, pacelines 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.

The Sydney Cycling Club does not take responsibility for the conduct or safety of the training rides detailed on this program. Training can be dangerous and you do so at your own risk.

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

SCC Event Results

Ext. TT, Centennial Park, 11th November, 2000

Name	Grade	Two Lap Split	Finish Time	Place Overall	Place in Grade	Points
Paul Rigby	A	15:44	25:25.89	1	1	8
Dave Clarence	A	15:54	25:26.94 (PB)	2	2	7
Stan Genakis	A	16:07	25:40.57	3	3	6
Dave McAlpin	A	16:19	26:19.69	4	4	5
Eddie Bosch	A	16:44	26:42.03 (PB)	5	5	4
Johnathon Lewis	B	16:35	27:01.03 (PB)	6	1	8
Tom Klemola	B	17:08	27:28.03	7	2	7
Eric Waddell	B	17:57	28:33.53	8	3	6
Ann Clarence	C	17:56	28:37.28 (PB)	9	1	8
Monique Batterham	C	17:56	28:40.66 (PB)	10	2	7
Doc Guthrie	B	17:54	28:54.37 (PB)	11	4	5
Steve Hobart	A	18:10	29:09.03 (PB)	12	6	3
Tanya Bosch	C	18:32	29:38.28 (PB)	13	3	6
John Brady	C	19:00	30:21.47 (PB)	14	4	5
Steve McMillan	C	19:27	31:19.47 (PB)	15	5	4
Con Roubis	C	19:45	31:31.53 (PB)	16	6	3
Norman Rydge	A		Handler			6
John Newbery	A		Handler			6

SC TT, Centennial Park, 18th November, 2000

Name	Grade	Lap Time	Finish Time	Place Overall	Place in Grade	Points
John Arkwright	A	5:20.34	10:41.78	1	1	8
Dave Clarence	A	5:24.30	10:53.19 (PB)	2	2	7
Paul Rigby	A	5:31.53	11:15.13	3	3	6
Eddie Bosch	A	5:34.20	11:17.83 (PB)	4	4	5
Dave McAlpin	A	5:44.66	11:36.73	5	5	4
Tom Klemola	B	5:42.86	11:40.61 (PB)	6	6	3
Paul Kelly	B	5:47.73	11:56.88	7	1	8
Eric Waddell	B	5:59.72	12:04.58 (PB)	8	7	2
Malcolm Wade	C	6:17.13	12:43.95 (PB)	9	2	7
Tanya Bosch	C	6:18.44	12:44.70 (PB)	10	3	6
Steve McMillan	C	6:38.97	13:25.11 (PB)	11	1	8
Pete Scott	A			Handler		6

Kilo Championship, Port Botany, 2nd December, 2000

Name	Grade	Time	Place Overall	Place in Grade	Points
John Arkwright	A	1:05.49	1	1	8
Dave Clarence	A	1:11.02 (PB)	2	2	7
Paul Rigby	A	1:11.61	3	3	6
Johnathon Lewis	B	1:12.23 (PB)	4	4	5
Alex Simmons	A	1:12.32 (PB)	5	1	8
Paul Kelly	B	1:12.36 (PB)	6	5	4
Tom Klemola	B	1:14.43 (PB)	7	2	7
Dave McAlpin	A	1:15.77 (PB)	8	3	6
Tony Johnson	B	1:16.70	9	6	3
Doc Guthrie	B	1:16.89 (PB)	10	7	2
Con Roubis	C	1:19.43 (PB)	11	4	5
Monique Batterham	C	1:19.83 (PB)	12	5	4
Malcolm Wade	C	1:21.61	13	1	8
Tanya Bosch	C	1:24.08 (PB)	14	2	7
Ann Clarence	C		15		
Alan Lumb	B		16		6
George Schneller	C		17		

2000 Final Point Score

Date	16- Jan	29- Jan	12- Feb	26- Feb	25- Mar	09- Apr	29- Apr	13- May	20- May	03- Jun	17- Jun	24- Jun	15-Jul	05- Aug	05- Sep	09- Sep	09- Sep	10- Sep	07- Oct	23- Oct	04- Nov	11- Nov	18- Nov	02- Dec	F M	T O																																																																																																																																																																																																																																																																						
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Date	16- Jan	29- Jan	12- Feb	26- Feb	25- Mar	09- Apr	29- Apr	13- May	20- May	03- Jun	17- Jun	24- Jun	15-Jul	05- Aug	05- Sep	09- Sep	09- Sep	10- Sep	07- Oct	23- Oct	04- Nov	11- Nov	18- Nov	02- Dec	F M	T O																																														
Event	1 Lap TT	SC TT	LC TT	Ext TT	1 Lap TT	H'top Rd1	Crit Rd1	Crit Rd2	SC TT	Crit Rd3	2 Lap W'Race	LC TT	Crit Rd3	1 lap TT	LC TT	SC TT	Crit Rd5	H'top Rd2	Crit Rd6	H'top Rd3	Hill Climb	Ext TT	SC TT	Kilo TT	M	T A																																														
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Kate Rowe	6	8		7	6		3					7	1	4		2	6	12							6	62																																														
Malcolm Wade	3		6	6			1		2	1	5	6		6		3			1		7		8	6	30	61																																														
Ann Clarence						12								8		8									24	60																																														
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Meg Croft	5		6	5			1	1	1		1	5	1	3		1		9							4	38																																														
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Kim Gordon		6																								6																																														
Gary Stevenson		5				1																				6																																														
Graham Ford																1	5								1	6																																														
Sam Cooper		4												1											1	5																																														
Teri Sawers	4																									4																																														
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Kate Rowe	6	8		7	6		3					7	1	4		2	6	12							6	62																																														
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Sam Kosky	2		5		3	3																				13																																														
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Sam Cooper		4												1												5																																														
Teri Sawers	4																									4																																														

Please report all inaccuracies to the Race Secretary