



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
July 2001 Edition



Stan accepts 3rd place at Rosemount

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Gary enjoying lunch in Italy



Misty start to Rosemount Tour

From the President's Chair



Having just arrived back to a very cold Saturday morning in the park, I was reminded why we have winter clothes and why the numbers on our rides decrease at this time of year. Only the brave and stupid would ride in such cold conditions!

I have been lucky enough to live my dream of riding in Europe during our recent winters. I have just returned from one of our club member's, Pino D'Aguannor's, Giro of Sardinia in Italy (we promise to bore you with a full report and lots of holiday snaps in the next newsletter, which hopefully will make you envious). There were four SCC members in the group of ten riders (Pino, Norman Ridge, Steven Shein and myself), and we had a great time! The weather was perfect, Sardinia is not flat and we rode about 750kms in 10 days and also experienced several category 1-tourist

vistas. Norman was in training for his European yachting season and we wish him success in the World Masters' Championship Laser boat series in Ireland next month.

In all it was a very pleasant experience and I have been lucky enough to be in Europe for several of the past Sydney winters for similar riding holidays. This was one of the best yet!!! Also there is great hope for all of us, as on this tour was a 67 year old doctor from Melbourne who did not miss a kilometre. There are still many long years left in all of us to cycle and if personal circumstances permit, live the dream of cycling in the European spring and early summer, especially the Italian Giro, Tour de France, Tuscany or some other tour. Speaking of the Tour de France, two members of the SCC are currently in early training in the French Alps and will follow the last 2 weeks of the Tour; we await Phil and Paul's photos and personal insights into the Tour in the next newsletter.

Whilst in Italy, we were able to watch live on TV, Armstrong's impressive win in the Tour of Switzerland. The former tour winner's success has further heightened speculation that the long awaited battle of the giants will be a centrepiece of the Tour. Will Armstrong make it three in a row and then retire? Will Ulrich ride into first place? Will an outsider get up? We all can discuss the outcome of the three-week battle at the SCC Tour dinner (see [Social Secretary's Report](#))

The committee is working very hard to improve our club and the outcomes of several of the initiatives this month are reflected in this newsletter. First, the club has increased 50% in size this year; we now have nearly 150 members. This has created some strains on our stock of SCC clothing and also the issue of inexperienced bunch riders. Please have some tolerance, as both matters are being dealt with. Second, the opens racing season is in full swing, the Trek Team has had some early success (see [Trek Team Report](#)) and we also have several individual riders who are competing (see [SCC Race Reports](#)).

Thirdly, two members are recovering from serious spills and both of them were experienced riders. The one positive from this is that the B grade points competition is now open for others, as both Robert and Tony are having an enforced absence from their bikes.

Fourth, Steve Hobart has agreed to set up a steering group to oversee the introduction of an intranet site for the club and we are seeking volunteers to help. We have allocated a sizable amount of money for building this site. Please contact Steve Hobart (shobart@comtech.com.au) if you can be on the intranet steering group.

Fifth, for some unknown reason we were not approached to provide input into the DRAFT transport and access plan for Centennial Park. A reading of the just released document indicates that if all the proposed changes go ahead, then the type of cycling we undertake in the park will be gone for ever. Several of the committee are now trying to participate in the consulting project by attending meetings etc. For more details please read the Draft plan on (<http://www.cp.nsw.gov.au/research/consult.htm>) and you will see how bike unfriendly the suggestions are, it makes the idea of speed humps a few years ago, look like a benefit for cycling in the park. Please individually participate in the current consulting process.

Sixth, also we continue to have input into the plans for the airport tunnel and the provision of access for cyclist to this part of the road system.

Seventh, we have had some supply problems with our winter clothing order. Mainly issues of quality control and specifications, we are expecting the three items in the next few weeks. I hope club members will not be disappointed, as all three items look great.

Eight, at our last Committee meeting a budget was approved which means there will be some slight changes to the previously announced subsidies for club events. Please note that all club fees (the \$50 for each member) will be spent on supporting the newsletter, WWW, and to subsidise sanctioned tour, social and racing activities.

Finally, don't forget our sponsor Clarence Street Cyclery (<http://www.cyclery.com.au>) for your entire bike needs: including new bikes, repairs and accessories. Many of the Clubs new initiatives would not be possible without their generous sponsorship. Remember to mention you are member of SCC for the 15% discount.

Doc

From the Secretary's Desk

New Members

The orientation/assimilation of new members is going well under the guidance of Dave Clarence – thanks to those members who have given up their time to come along to help with these “familiarisation” rides. People wishing to join in a ride should contact Dave Clarence or myself. Contact details are listed later in this newsletter.

Club Clothing

In Phil's absence I am following up outstanding clothing orders with Netti. After some problems, and a few more grey hairs, all winter orders should be available next week. Member response to Phil McKnight's modelling of the prototype just before he left for France was very positive! Unfilled summer jersey orders should also be available in the near future. To those new members who are still waiting on their club jerseys, thanks for your patience, it's about to be rewarded.

Lights

I've said it before and I'll say it again - Cyclists need to be seen to be safe. Lights worn under vests are not visible from any distance, nor are lights with low batteries. Cars coming up behind you need to know that you are there. Don't be dim, do yourself a favour and shine brightly on the roads!

Special General Meeting

The committee is planning to call a special general meeting later in the year to consider the option of changing the membership year from the current November 1st to October 31 to a more practical calendar year, January 1 to December 31st. The date and venue of the special general meeting will be advised and proper notice given to all members.

Casualty List

Recent casualties of our sport include Rob Hood and Tony Johnson. Both suffered injury following serious altercations with the road. The good news is that they are both recovering. Rob and Tony, and all club members who have come down hard in the past, will agree that cycling can be a very dangerous sport, even for the careful cyclist. Accidents can happen, so be careful out there!

George



George and Con with Wally and Wen from the USS Kitty Hawk during their recent visit at LaPeruse

Editor's Column



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

This month has seen our members out and about competing in Opens. Jono McCormack and Graeme Moffett of Team Trek and Alex Simmons, Dave McAlpin and Stan Genakis have written these up. All groups have performed admirably and we should be all proud of their efforts in flying their respective Team colours. Photos are courtesy of the ever snapping Pete Scott.

Along with the recent Rosemount Open weekend was a tour for the less racing inclined. From the report

written by Meg it appears, as always, all had a great time.

We have a number of items for sale this month ... it appears some of our members have been pre-spring cleaning. Check out the [For Sale](#) column for more information.

For those of you who receive this newsletter in hardcopy; you will have noticed this month the new '2-up' format. I hope it's readable and it halves the printing costs.

'til next month, take care on the road.

Malcolm

Sunday Ride Start Change

Can all members please note that due to increased bunch numbers the **Sunday ride** start has been moved from Randwick Gates of Centennial Park to the **Cannons**, in line with all other SCC rides.

Tour Secretary's Report

Judging by the feedback over the last week I think it is safe to say that everyone enjoyed himself or herself on the Hunter Valley Tour. Twenty-six people made it to Muswellbrook for the weekend - about half raced in the Rosemont Open. It was great to see so many of the guys out there in the club colours. Stan did really well getting 3rd place in D-grade but the rest of the race details I will leave up to the guys to relate.

This year we all stayed in motel accommodation in Muswellbrook, which was a lot more comfortable than the caravan I shared last year. Saturday morning was frosty and there were a few people who were disappointed that they didn't discover their electric blankets the night before. Sam Reuben confirmed it was 3°C outside - he could see the temperature display inside his car as he waited outside in the frost for the NRMA to unlock his keys from his car (courtesy of Simon).

The touring group was in for a big day and headed off early to ensure they would be in time to see the race start. (For the last 2 years the touring group has managed to miss the race start - even last year when we drove there!) It took a while for the group to warm up and there were a few moments when we were spread out across the countryside but we eventually made it to the start with time to spare and were able to watch the starts for all grades.

We sent the D grade guys off with a big cheer but we did notice that some of them pretended not to know their personal cheer squad.

Forgoing any wine tasting at Rosemont Estate the touring group rode onto Denman for a slow lunch. There was the choice of a shortcut at Denman but everyone opted against it. The route around to Jerry's Plains consisted of very scenic, undulating countryside with the hills not quite long enough to make life too difficult although some may dispute this. Debbie won overall QOM while Jamie pipped Breeda for the instantaneous hill sprint points. Richard Dodds earned a huge number of brownie points (and some beer and some champagne) from Marguerite for the helping hand that propelled her up the hills. ("Richard, get your hand off her backside", "No, no, leave it there, please"). There was a few complaints because we did not stop to do any wine tasting but when confronted with the choice of wine tasting off to the left at Arrowfield or the big hill in front on the Golden Highway the hill won. (This hill had at least one person regretting that they'd eaten their \$11 worth of hot food at the breakfast buffet.) The road across to Muswellbrook from the highway was just too nice to waste so a bit of a spontaneous pace lining gave the women a bit of a work out. As the group neared home a polar bear cross-bred dog came at us and gave us a scare. Luckily it backed off before Carol had a chance to demonstrate the deadly postie kick.

It was 4:00pm and 124 km later when we finally arrived at the motel. It was the longest time some people had ever spent on their bike saddle while for others it was the longest distance that they had ever cycled. Everyone was looking forward to a hot shower, a comfortable seat, a few drinks and a good night out and no one was disappointed. The food at Palatino's restaurant was delicious and plentiful - we even had a few DNFs with the gourmet pizzas (never fear they ended up in jersey pockets the next day).

Sunday morning was just as cold as the day before however there was also a thick fog. Only Stan, Jochen and Dave McAlpin were racing (160 km), the rest of us did the now annual ride to Gundy. The fog was so thick that the race start was delayed an hour and our touring group rode right into the middle of the start. After assuring the race commissaire that we were turning off in a few km we were able to continue our ride in between the A/B and C/D race starts.



Our ride began like something from the Blair Witch Project with people disappearing off into the mist in search of a succession of people who had just disappeared looking for the last person. I was starting to wonder if there would be anyone left. Eventually everyone came back and we rode up to Glenbawn Dam.

There was a bit of a climb to the top of the dam and a huge descent down the other side. Those keen to get back to Sydney turned around at this point and went back via a circular route while the remainder went on to Gundy. The poor lady at the Gundy shop was not prepared for a group of cyclists to descend upon her with orders of hot chocolates, cappuccinos and skinny whatevers and had a bit of trouble keeping up with the orders. She was most appreciative of Breeda and I when we jumped in behind the counter and gave her a helping hand - so if your toasted sandwich ended up with too many or too few fillings then blame us. I said we would warn her next year before we arrived but I think I said that last year - oopps.

The ride back to Muswellbrook saw Michael, Simon, Andrew and Dan do some nice long turns at the front - so glad they didn't disappear permanently into the mist. We returned via the back roads rather than the highway and ended up at the race finish just in time to see the A/B grade group turn around the corner for the sprint to the finish line - I have no idea who won. We had cycled 92 km by the time we got back to the motel now all that remained was to drive the remaining kilometres back to Sydney.

Quebec 2002

I have received some more emails from Eric Waddell who is keen to get the Quebec 2002 tour happening. He has some great ideas re: possible tour routes which incorporate following some major races held in Quebec

in June/July. Could anyone who is interested in touring Quebec next year please let me know ASAP. We need to work out vague numbers and what time of year is most suitable for people.

Meg

Social Secretary's Report

Calling all foodies and trivia buffs - your social secretary needs YOU!!

As we sit with remote controls paused and SBS lingering in our eyes, the Tour de France approaches. Hopefully you have all entered Stan's tipping competition and the racing gives you an appetite because in observing club history a dinner is on the near horizon to celebrate the conclusion of the Tour de France. Open your diaries to Friday 3rd August now and make a note for 7:30pm at Bistro Meshi, 26 Heeley St Paddington. I have negotiated a 3-course menu for \$35 and would like prepayment ASAP via my postbox. Please make your cheques out to Bistro Meshi. Of course, you will get a personal invitation via e-mail but get in quick! They can only fit so many comfortably so don't be the one to miss out. As usual all partners are welcome. No payments will be accepted on the night and bookings will close on Tuesday 31st July. The restaurant is licensed and byo (corkage discounted to \$3.50 per bottle - more details in the invite).

While I'm at it let's think about the Trivia Night. Ready to test those brain cells? Ready to impress your friends with your knowledge of unimportant detail? Ready to stimulate the grey matter? Absolutely! Flick that calendar to Friday 7th September (can't say you haven't been warned) and mark in SCC Trivia Night 7:30pm at the O Bar in Surry Hills. Fantastic Finger Food for \$20 a head and lots of variety in questions and topics. Your job is to find a team of 4 or 5 people and come along. Naturally there will be prizes and goodies for everyone. Again I'll be taking prepayment by cheque to my post box made out to the O Bar.

So, if that is all a bit overwhelming here it is in short hand. Please note the cut-off dates.

Have a snug and safe July. Enjoy Le Tour!!

Sam

Function	Date	Location	Cost	Payment
Tour De France Dinner	Friday 3 rd August 7:30pm	Bistro Meshi 26 Heeley St Paddington	3 courses Licensed or BYO wine (no BYO on beer), \$3.50 corkage per bottle. \$35 per head	Cheque to "Bistro Meshi" c/o Sam Kosky PO BOX 218 Petersham 2049 Closes Tue 31 st July
Trivia Night	Friday 7 th September 7:30pm	O Bar Surry Hills	Finger food Bar is open for drinks \$20 per head	Cheque to "O Bar" C/o Sam Kosky PO BOX 218 Petersham 2049 Closes Tues 4 th September

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Trek Team Report

By Jono McCormack and Graeme Moffett



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Eurobadalla 2

Day Tour,

Batemans Bay

In the first Road Race Matt and I (Jono) got in the early break that stayed away. Matt came 2nd and I came 5th on the stage. In the

afternoon Crit,

Brian came through for 3rd in a very close finish.

On the second day in the Handicap we were all off scratch and did not catch the limit markers who ended up with the overall win but we did come in 2nd for fastest time.

It was a good weekend of racing and we were happy with the teams' results for the weekend.

National Road Series, Barkly Challenge, Mt Isa, 16-17th June

This is one of the most professionally organised and run races in the country and if you're after a great weekend of racing you should definitely consider competing next year. The team was at almost full strength, with 7 of the eight-team members present. The race is run over two days with three stages on day one and one on the second day.

The race began with a 3.2 km prologue along a narrow, twisting, one wide bike path. Peter Milostic from the Penrith team won in a time of 3.40' with Trek's Nash Kent fishing 3rd and Graeme Moffett finishing 10th at 10 sec. The second stage saw a break go fairly early and with 48 km covered in the first hour the pace was really on. Anthony Challinor finished 4th gaining 48 sec on the bunch at the end of the stage, taking him to second overall.

The third stage of the day was a 50-lap town centre criterium around an 800-metre circuit. Breaks came and went but the team did a great job holding the race together to ensure Anthony remained in second place overall. Kevin Poulton, competing in only his second race wearing Trek colours finished a very close second in the dash for the line.

The final Stage was 180 km out and back along a surprising tough undulating course. Trek controlled the race for the first 80 km jumping on every move and ensuring that nothing got away. Kevin Poulton covered a move by Caravello's Wayne Anderson with 110 km to go, and thanks to some great team riding was not seen again to the finish. Gaining 4 minutes at one stage, Kevin, dropped the Caravello rider and eventually won the stage by two minutes and subsequently the race

overall. To win a Cat 1 tour so convincingly was a great achievement from such a young team.

Results for Mt Isa National Road Series tour:

- 🚲 Prologue: 4th
- 🚲 Stage 1 Road Race: 4th
- 🚲 Stage 2 Criterium: 2nd
- 🚲 Stage 3 Road Race: 1st and 2nd
- 🚲 **Overall: 1st (Kevin Poulton), 3rd (Anthony Challinor) and 9th (Nash Kent) plus 1st Team's classification**

National Road Series, Townsville, 23-24th June

Anthony Challinor travelled to Townsville to race the National Series road race over 165km.

On a hilly course Anthony was prominent in all of the day's major breaks and through the final climbs of the day was in the thick of the action to come in 7th for the day, taking a swag of National Series points with him, keeping him in good contention for the National Series overall points score. Anthony is currently in the top 10 riders, and is aiming for a top 5 finish in the overall National Series for the year.

Rosemount and Muswellbrook Opens, 30th June and 1st July

Mat Smithson had a great ride to win the Rosemount open ahead of two Caravello riders. A break of 11 riders escaped after just 12 km which contained 4 Trek / SCC riders, 4 Caravello and three non-attached riders. On a hilly circuit Anthony Challinor attacked with

around 60 km to go to ensure that Caravello would have to do the bulk of the work. Over the race Brian Appleyard and Mat Smithson both Trek, as well as two Caravello riders Clayton Smith, tour of Canberra winner, and Phil Thaurx bridged to the lone Team Trek/SCC rider. With around 20km to go Brian punctured and Anthony experienced a mechanical problem,

leaving Mat to contend with both the Caravello Riders. After 15km of chasing one attack after another Mat ended up winning the sprint to bring up his first open win of the season.

The Muswellbrook Explorer is held over 160 km on a very hilly and technical circuit. After beating the Caravello boys the day before the three Trek riders who lined up at the start were sure this would be a day of payback. After numerous attacks the race settled down and a war of attrition took place.

Peter Milostic eventually triumphed, with Kevin continuing his good form from Mt Isa to finish 3rd.

Just a side note: Two members of the Trek team are off overseas this month, although for two very different reasons. Nash Kent has secured a ride with a Dutch Top Comp team for 8 weeks and will be racing throughout Holland and Belgium whilst Graeme Moffett will be following the Tour de France for two weeks on a Graham Baxter Tour.

June has been a great month for Team Trek/SCC, great results, and a huge amount of exposure for the team. With the kind of form that all the riders seem to have at the moment, July will surely be just as successful.

Graeme Moffett

SCC Race Reports

By Alex Simmons, Dave McAlpin and Stab Genakis

Ken Dinnerville Handicap, Dapto

Simon Kenny placed 2nd in the Annual 90km Ken Dinnerville handicap at Dapto recently. Paul Davies managed to finish somewhere around 11th-15th. The winner rode away from the bunch at the KOM point (12km to go) and was never caught, with Simon winning the sprint for 2nd.

It was a great effort. Paul, Simon and I were in the same bunch at 23 minutes, which rode strongly and became the leading bunch at about the 50km mark. Both Paul and I were dropped towards the end of a fairly testing, undulating and occasionally quite hilly course. This bunch was never caught.

Jonathon McCormack, of Team Trek was awarded fastest time, so congratulations to him are also well deserved!

Our German hard man, Joachen Schroeder, also raced with the bunch at 4 minutes, and rode well but the later bunches just didn't manage to catch up.

The course was tough with the energy sapping dead roads taking their toll on many riders. The race was very well organised with marshals placed on all intersections. I would recommend it for future SCC outings as the Dapto race is an easy day trip.

Mudgee Road Handicap (100km)

Two riders and a support member represented Sydney CC at this year's Mudgee Road Handicap; Leigh Ringrose (with 16 minutes start on scratch) and myself (Alex Simmons at 13 minutes) were competing. Karen Hickmott (of "Team Hickmott" fame) provided great support (thanks a mill!). Limit was at 30 minutes.

Mudgee put on perfect training and racing weather. Cool, bright and sunny conditions with only light winds to test the riders.

Deciding it wise to find out what the course entailed, I set out on the Saturday to ride the course, along with "Team Hickmott" (aka John and Peter). We rode the 100km course at a steady pace with a break for lunch at Gulgong. For those who are not familiar, it is a very good course on the typically dead and occasionally rough country roads. Three climbs of approx 2 km long greet the riders within the first 30 km, which soon sorts out the groups into the "wanna be's" and the "possibles".

After the climbs it's a fast run into Ulan (@40km) where the race changes direction and starts the grind to Gulgong (@62km) and then winds back towards Mudgee with a long uphill drag of approx 30km before a fast finish back in town.

The countryside around Mudgee is beautiful and I can see why it has been the destination of previous club tours. The Country Comfort Hotel is also highly recommended (complete with indoor heated pool & spa, massages available, restaurant and large rooms). My training day was completed with a great dinner accompanied by good company and a couple of glasses of the local red wine.

Race Day dawned and I was a little nervous at having 10 minutes wiped from my previous handicap start time (and not yet finishing with the bunch). It was also an interesting experience to see Leigh Ringrose and Randwick Botany rider Chris White starting three minutes in front of me!

As predicted, the early climbs split up the bunches pretty quickly. Some of the earlier riders were soon picked up around the 30km mark, including Leigh who suffered a mechanical (dropped chain) and tried in vain to chase back onto his bunch. Leigh settled into the new bunch and it was heartening to see another SCC shirt.

The 10-minute bunch then caught my group at Ulan and we formed a fast moving bunch, which hammered between Ulan and Gulgong with a pace of between 45 and 48 km/h along the false flats and uphill drag. At Gulgong we were still 3 minutes from the group in front. However, the impetus was lost after Gulgong and we never managed to gain any time on the leading group.

The scratch bunch finally caught us on the long uphill drag at the 80km mark and the pace lifted, especially as we motored up the final climb (@90km). I managed to hang on over the top for the run home and worked my way to the front to see the scratchies sprint for fastest time. Leigh's earlier exertions took their toll and he didn't quite hang on over the last climb, finishing a couple of minutes later.

Mechanical failures can be quite costly, as Leigh's cost him the chance to stay with what turned out to be the winning bunch, which was made up of the 16 and 20 minutes riders. Better get that derailleur checked Leigh!

Results:

- 🚲 Winner: James Ryan, Penrith Panthers (16 minute bunch) 2:35:41 @ 38.5 km/h
- 🚲 Fastest Time: Warren Doyle, Northern Sydney (scratch) in 2:23:15 @ 41.9 km/h
- 🚲 Sydney CC: Alex Simmons (13 minutes bunch) 2:36:15 @ 38.4 km/h
Leigh Ringrose (16 minute bunch) approx 2:41 @ 37.3 km/h

15th Annual Rosemount Estate Open, 30th June

Timed to coincide with the SCC Hunter Valley Tour (see separate report), Sydney was well represented at this year's race, with the following riders competing:

A Grade: Team Trek riders Matt Smithson, Brian Appleyard, Anthony Challinor, Jonathon McCormack and Graeme Moffett

B Grade: Joachin Schroeder

D Grade: Stan Genakis, Alex Simmons, Dave McAlpin, Pete Scott, Leigh Ringrose, Michael Avakian, Simon Kenny and Paul Kelly

E Grade: Sam Rueben and Steve McMillan

Conditions were good; it was very cool with only light winds. Roads were typical country undulating roads with their fair share of holes and minor obstacles. No major climbs but enough uphill gradients to encourage plenty of attacks. The occasional causeway river crossing (one with 6-9 inches of water for A&B grades) made life interesting.

Pete, Leigh and Stan rode the 40km to the start, which turned out to be a big mistake. Team Sydney had to endure 3°C temperatures and one rather feisty dog that nearly took a piece out of Leigh's leg. Further down the road a cyclist not so lucky was lying on side of the rode with bite marks in her calf! The troika managed to arrive at the start in one piece for the sign on.

A Grade: 95 km (2:28.05 @ 38.5km/h)

Team Trek performed very well, with Matt Smithson taking the honours after a very tough one-on-one sprint with Caravello rider Phippil Thuaux. Caravello took 2nd and 3rd with Team Trek riders Anthony Challinor and Brian Appleyard rounding out the top five places a few seconds later. Matt had to endure a bit of a working over by the Caravello riders in the run home but managed to overcome his 2:1 disadvantage in their breakaway. The A-Grade autobus arrived a few minutes later with the breakaways having the race sewn up. Well done boys!



B Grade: 75.6 km (2:00.48 @ 37.6km/h)

Joachin "ICE Train" Schroeder again put in a solid performance in the B Grade race, finishing in the bunch sprint.

D Grade: 55.8 km (1:29.30 @ 37.4km/h)

D Grade was a little more crowded with by far the biggest bunch of the day. Some smiles (and embarrassed grins for others) as the SCC Cheer Squad let out a resounding roar for the bunch rolling out at the start! Nice one girls.



As always, the best place to be (for safety) is near the front of the bunch, but of course that is not always easy with 60 other riders all wanting the same thing. There were constant attacks throughout the race (particularly in the 2nd half of the race) from a handful of stronger riders, with Sydney riders always there to join the break or close it down. Paul Kelly, Dave McAlpin, Simon Kenny and Alex Simmons (once he had worked out which way to turn at the first corner!) all chased, shut down or joined attempted breaks (damn that Marconi rider!), with Alex demonstrating his domestique qualities ("3 votes for MVR for Alex" – Stan).

Pete Scott and Michael Avakian spent the race trying to stay upright, both experiencing some novel riding techniques demonstrated by fellow racers. Pete still has the STI lever of another racer's bike imprinted on his butt and

Michael should have brought his mountain bike given the number of forced sojourns off-road.

Leigh Ringrose managed to get away on the final and most serious break of the day with two other riders. Unfortunately for Leigh, and despite the efforts of team mates to control the bunch, they were swept up in the final kilometres with the bunch punching along at 45-50km/h.

The ensuing bunch sprint saw a mad dash for the line, which was pretty hairy for those not right at the front. The sight of riders right across the road must have been an interesting one from the middle of the bunch. By then it was impossible to navigate through to the front. Stan followed Alex's wheel until "Gian-Alex Fagnini" became slightly boxed in with 100m to go, then launched his own assault on the line, first going to the right then left to find a clear path, finishing in a credible 3rd place behind riders from Marconi and Penrith. Alex managed 7th with the remaining Sydney riders finishing at the head of the bunch just outside the top 10. Stan says thanks to John Arkwright for his advice on sprinting that sees Stan with his 2nd podium finish for the year.

E Grade: 55.8 km (1:34.00 @ 35.6km/h)

The E Grade race saw Sam Reuben perform excellently in his comeback to racing with an 8th place in the 3rd bunch sprint of the day. Sam missed his having his riding buddies Rob Hood and Steve McMillan alongside. Rob of course was a no show after his attempt earlier in the week at repainting the road markings on Anzac Parade in a new colour "hint of brain". Unfortunately for Steve McMillan, he paid the price for riding to the race start (a very cold and fairly tough 40km), which

took the sting out of his legs. The pre-race effort eventually told on the undulating course and he had to finish the race without the assistance of the bunch (don't worry Steve – we've all been there). As an aside, the official race results show Simon Kenny taking 7th place in the E Grade race. A pretty good effort considering Simon rode in D Grade!

All up, a top effort by the Sydney riders and supporters.

Muswellbrook Road Race, 165km, 1st July

This tough race was contested by members of Team Trek (Anthony Challinor and Graeme Moffett), and Joachin Schroeder in the Division 1 race and Dave McAlpin and Stan Genakis in the Division 2 race. The rest of us sensibly went on a touring ride.

The race start was delayed by one hour due to the foggy conditions. It was cold and difficult wait, as the riders had to find novel ways to stay warm for the extra hour. 165km, a couple of sizeable climbs (both with KOM prizes) and two intermediate sprints were in front of the riders before the finish line.

Division 1 (A & B Grades)

No placings for Sydney riders in this tough race. Peter Milostic (Penrith), who rode away from his breakaway group in the final stages of the race, finished solo to take out Div 1. Joachin once again proved his qualities and came in with the main bunch, unfortunately missing the break away despite having the legs on the final climb.

Division 2 (C & D Grades)

65 riders lined up for the Div 2 race. Even when the race started, the first 20km to Scone were neutral due to the fog (the only reason Alex said he didn't line up was that he didn't want to be embarrassed by being dropped during the neutral!).

Once through Scone the race headed gradually uphill and out of the fog to Owen's Gap at 40k. This proved the decisive section in the race with only 20 riders (14 C grade and 6 D grade) making it over in the first group. Unfortunately for Stan, he didn't manage to stay with the leading group. He was suffering from his exertions in contenting the 1st sprint prim, the previous day's riding - 80km plus the race, and the extra glass of red the night before (not to mention the "Carbo loading" of a pie and sausage roll). From then on the rest of the field had no chance of catching the 20 riders as the group powered down the other side.

The rest of the route was a rolling and scenic trip out through Merriwa and back to Muswellbrook on some of the course used in the previous day's Rosemount race. The lead bunch of 20 worked well together with only a few riders not doing turns (with Dave being the biggest offender). At least one rider attacked on each of the rolling hills whittling the bunch down to 15 by the last KOM at 150k. Dave was the only rider to get dropped on the KOM & rolled in about 2 minutes behind the other 14 riders.

The next bunch of around 12 riders was a further 8 minutes back with Stan taking out several of the other riders in a hectic sprint for 16th place. Another bunch came through after further 10 minutes.

It was a very tough race ("probably the most I have ever suffered" - Dave) on rolling dead roads but the scenery was excellent and there was very little traffic for the whole race.

As Dave says, "I'll be back stronger next year and hope that more SCC riders attempt the challenge".

For Sale

Steve Turner has three signed National Team Jerseys that he wishes to sell:

- 🚲 Spanish National Team Jersey signed by Abraham Olano
- 🚲 French National Team Jersey signed by Laurent Jalabert
- 🚲 British National Team jersey signed by Chris Boardman and David Millar

All three have been folded and beautifully framed in mahogany and glass, with royal blue backgrounds. The cost of the framing alone was \$220 per item. For the real cycling enthusiast they are a rare find. The cost of these jerseys in Europe or the UK would be around AUD\$575-\$700. I'm not sure whether to attach a price or look for bids. Whichever way we cut it I'm happy to give the club a 12.5% commission for a sale to a member.

Please contact Steve Turner on 9810 5535 (h), 0411 213 214 (mobile) or e-mail bellagi2@hotmail.com for further information.

Track Bike 54cm (plus a sets of wheels)	\$650
Mavic hub/Velocity Rim Track Wheels	\$150
Polar XTrainer Plus	\$400
(3 x Speed Sensor, 2 x Cadence Sensor, 1 x Computer Interface)	
Rolf Vector Pro wheel set	\$1200
(Campag fitting, 9 speed cluster, Continental Supersonic)	

Please contact David Bullock on 9516 1547 (h) or 0408 166 055 (mobile) for further information.

SCC Contact List

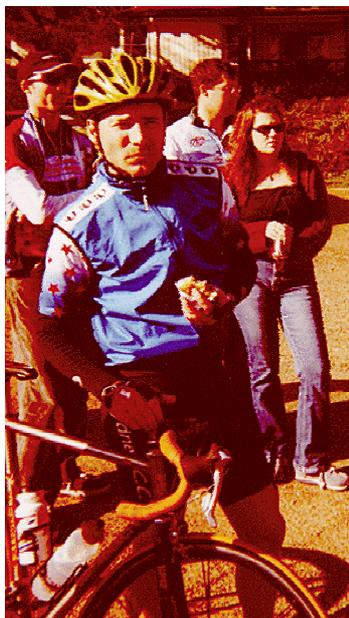
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Newsletter Submission Details:	Next Deadline: 6th August, 2001. Please submit articles to Newsletter Editor via e-mail or post to 108 Rothschild Ave, Rosebery, NSW, 2018 or Club PO Box.		

Waxing or Shaving?

If you are tired of bending over in the shower every second day to keep those legs in shape, why not Wax instead? You only have to Wax every 4-6 weeks to keep the growth in check.

Have your legs Waxed by a professionally trained therapist at Glebe for only \$25

Call Kristie on 0407 66 88 05



**Carbo loading prior to
Rosemount Open**



Photo ssnt in recently by a concerned SCC member!

Race Secretary's Report

Again, more action on the Open racing front than the club calendar as the club's representation and results at the higher level continue to impress.

Long Course Time Trial – 9th June. On what was a very cold morning, we had quite a disappointing turnout with only 9 starters. Congratulations to Pete Scott, Tony Johnson & Richard Kerr for the fastest times in their respective grades.

First Criterium – 23rd June. Finally, we had fine weather & a start to the Criterium Series. A field of 23 starters contested this handicapped event which isn't a bad turn-out for mid winter.

NSWCF Open Results – During the previous month the Sydney Cycling Club again had great representation and success in various Opens including:

- 🚲 Sydney Masters Road Championships
- 🚲 Mudgee Road Handicap
- 🚲 Rosemount Open – Stan Genakis claimed 3rd place in D grade
- 🚲 Townsville – National Series Cat 1 race (Trek Team)
- 🚲 Mt Isa Tour – National Series Cat 1 race (Trek Team)

In this newsletter are various reports of these races. Congratulations to all riders who have made the journeys to participate and represent the club, irrespective of results.

Randwick Botany CC Criteriums. From the Randwick Botany CC web site:

- 🚲 9th June - Joachen Schroeder & Alex Simmons claimed 2nd in A & B grades respectively
- 🚲 16th June - Joachen picked up 2nd in A grade again
- 🚲 23rd June - Joachen was yet again the bridesmaid with a 2nd in A grade

Scheduled NSWCF Open Races. The following NSWCF Open races have approaching entry close dates:

- 🚲 Sutherland Criteriums - Sunday 29th July (entries close 6th July)
- 🚲 Tamworth 2 Day Tour - Sat 4th & Sun 5th August (entries close 13th July)
- 🚲 Penrith RR & Handicap - Sun 12th August (entries close 20th July)
- 🚲 Goulburn Classic (185 kms) - Sun 19th August (entries close 27th July)
- 🚲 Cootamundra Classic - Sat 25th August (entries close 3rd August)

Steve

SCC Teams Time Trialing Training Page

(by Peter Montford)

Date and Time	Where	Goals and Event
Sat 14 July. 0735	Park	Skills practice
Sun 15 July. 1035 onwards	Calga	State individual TT championships
Sat 21 July. 0635	Park	Skills practice and interval work
Sat 28 July. 0635	Park	Skills practice and interval work
Sat 4 August. 0635	Park	Skills practice
Sun 5th August. 0800	Calga	Australian time trail association 25k TT
Sat 11 August. 0650	Park	SCC 1 lap TT, then skills practice and interval work
Sun 12 August. 0900	Calga	Team training session on the course sorting out the bugs
Sat 18 August 0635	Park	Skills practice and interval work
Sat 25 August. 0650	Park	SCC 2 lap TT
Sun 26 August. 0900	Hilltop	Ride race as team at least until hill
Thur 30 August. (Time to be determined)	Park	Last polish

For a more complete itinerary and details please refer to <http://members.optusnet.com.au/~decade/TTHome.html>

Club Calendar

Day	Time	Venue	Comments
7-29 th Jul.	-	France	Tour de France, www.letour.fr and www.cyclingnews.com/results/2001/tour01/tdfrance01main.shtml
21 st Jul.	07:15	Heffron Pk.	criterium Rd 2 (10/9/.../1) Handlers: Craig Warner & Phil Gomes
3 rd Aug.	19:30	Bistro Meshi, Paddington	Tour de France Dinner, \$35 per head by 31st July.
4 th Aug.	06:50	Cannons	1 Lap TT – FMM (8/7/.../1) Handlers: Paul Rigby, Glen Butterworth & Leigh Ringrose
11 th Aug.	07:15	Heffron Pk.	criterium Rd 3 (10/9/.../1) Handlers: Peter Bodor & Andrew Hudson
25-26 th Aug. ⇒ 25 th	06 :50	Cannons	2 Day Tour. Points awarded to respective series, NOT to overall point score. a) SC TT – FMM Handlers: TBA b) Criterium Rd 4 Handlers: TBA c) Hilltop Rd 2 Handlers: TBA
	08 :00	Heffron	
⇒ 26 th	09 :00	Yanderra	
7 th Sep.	19:30	O Bar, Surrey Hills	Trivia Night, \$20 per head by 4 th September.
8 th Sep.	06:50	Cannons	SC TT – FMM (8/7/.../1) Handlers: Wayne Eastburn, Richard Kerr & Pete Scott
8-23 rd Sep.	-	Spain	Vuelta a España
15-16 th Sep.	-		SCC Cessnock/Wollombi Tour
29 th Sep.	07:15	Heffron Pk.	criterium Rd 5 (10/9/.../1) Handlers: Alex Simmons & Sally Thomson
6 th Oct.	06:50	Ocean St. Gates	LC TT – FMM (8/7/.../1) Handlers: Steve Youngman, Tim Youngman & Carl Horn
13 th Oct.	07:15	Heffron Pk.	criterium Rd 6 (10/9/.../1) Handlers: John Rutherford & Jonathon Lewis
14 th Oct.		Eastern Creek	Go-Karting at Eastern Creek (<i>tentative</i>) www.easterncreekkarts.com.au
20 th Oct.	06:50	Cannons	Handicap 2 Lap Wheel Race Handlers: Walter Rolli, Robert Hood & Con Roubis
27 th Oct.	TBA	TBA	Hill Climb – FMM Handlers: TBA
10 th Nov.	06:50	Ocean St. Gates	Ext. TT – FMM (8/7/.../1) Handlers: Mike Larkin & John Kearney
13 th Nov.		TBA	SCC Annual General Meeting
24 th Nov.	07:15	TBA	Kilo – FMM (8/7/.../1) Handlers: TBA
14 th Dec.		TBA	SCC Christmas Function
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. Two bunches leave the park rolling easily until Foreshore, then the first bunch picks up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. Second bunch does the same route at a slightly slower pace with an emphasis on bunch riding. All round off back in the park for coffee 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.

Sunday	06:30	Cannons	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 back through the Royal National Park (110km). Main bunch U-turns, pachelines back to Sutherland, collects the stragglers, then a fast ride back to the park for breakfast. <i>or</i> a more medium paced ride, medium/average fitness level. Same route as above or maybe Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80km) or maybe even Sutherland, then back via Como and Hurstville (70km). All rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:30	Cannons	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

LC TT, Centennial Park, 9th June, 2001

Name	Grade	Time	Place Overall	Place in Grade	C'ship Points	PB / Margin
Pete Scott	A	15:12.89	1	1	8	
Paul Davies	A	15:21.48	2	2	7	
Tom Klemola	A	15:27.57	3	3	6	
Tony Johnson	B	15:37.54	4	1	8	PB - 13 Secs
Alex Simmons	A	15:49.35	5	4	5	PB - 1min 15secs
Richard Kerr	C	17:10.10	6	1	8	
Meg Croft	C	17:12.88	7	2	7	
Malcolm Wade	C	17:25.10	8	3	6	PB - 5 secs
Steve McMillan	C	17:59.23	9	4	5	
Phil McKnight	A		Handler		6	
Stan Genakis	A		Handler		6	

Criterion Round 1, Heffron Park, 23rd June, 2001

Name	Start Time	Place Overall	Series Points	Grade	Place in Grade	C'ship Points
Steve Hogg	0:20	1	10	A	1	8
Alex Simmons	0:00	2	9	A	2	7
Paul Kelly	0:20	3	8	A	3	6
Dave McAlpin	0:00	4	7	A	4	5
Pete Scott	0:00	5	6	A	5	4
Leigh Ringrose	0:20	6	5	A	6	3
Paul Davies	0:20	7	4	A	7	2
Andrew Hudson	3:30	8	3	B	1	8
Malcolm Wade	3:30	9	2	C	1	8
Wayne Eastburn	0:00	10	1	A	8	1
Rob Hood	0:20	11	1	B	2	7
Dan O'Callaghan	3:30	12	1	C	2	7
Richard Kerr	3:30	13	1	C	3	6
Frank Milner	0:20	14	1	A	9	1
Tanya Bosch	3:30	15	1	C	4	5
Anneliese Aarts	3:30	16	1	C	5	4
Sam Reuben	0:20	17	1	B	3	6
Tom Klemola	0:20	18	1	A	10	1
Julie Howard	3:30	19	1	C	6	3
Ross Theo	3:30	20	1	C	7	2
Bruce Field	3:30	21	1	C	8	1
Steve McMillan				C	Handler	6
Andrew Price				B	Handler	6

2001 Progressive Point Score

Date Event Name A Grade	03-Feb 1 Lap	10-Feb SC TT	24-Feb LC TT	10-Mar Ext TT	01-Apr Hilltop Rd 1	28-Apr 1 Lap	26-May SC TT	09-Jun LC TT	23-Jun Crit Rd 1	Total C'ship
Phil McKnight	6	8	7	6	6	5	8	6		52
Tom Klemola	3	6	4	5	1	6	5	6	1	37
Stan Genakis	7	7	5			7		6		32
Paul Kelly		5	6	3	5	1	4		6	30
Pete Scott			3	7			7	8	4	29
Dave Clarence	5	6	6	8			3			28
Paul Rigby		1	8		7	8				24
Paul Davies	1	3	6			2	1	7	2	22
Alex Simmons		1			2	4		5	7	19
Peter Montford	1		2	1		6	6			16
Dave McAlpin	4	1			3				5	13
Eddie Bosch	6		1		4	1				12
Leigh Ringrose	1	2	1	2	1	1			3	11
Jochen Schroeder					8	3				11
Frank Milner	1	1	1		6	1			1	11
Steve Hogg						1			8	9
John Arkwright	8									8
Jonathon Lewis	2		1	4		1				8
Wayne Eastburn					1		6		1	8
Dave Pye		4					2			6
B Grade										
Tony Johnson	2	5	7	8	4	6	8	8		48
Rob Hood		4	8	7	1	8	7		7	42
Doc Guthrie	4	8		6	1					19
John Rutherford	7	6	4		1					18
Kelvin Haisman	5	3	1		3	4				16
Simon Kenny					8	7				15
Andrew Hudson					6				8	14
Monique Batterham	6	6	1							13
Mike Avakian					7		6			13
Mike Larkin	8					5				13
Shane Maundrell		7	6							13
John Kearney					5	2	5			12
George Schneller		2	3	5	1					11
Alan Lumb	1	1	1	6						9
Carl Horn	3		5		1					9
Ann Clarence	6		2							8
Sam Reuben					2				6	8
Roy Keyes					1	6				7
Craig Warner	1	1	1			3				6
Andrew Price									6	6
Mark Meltzer							4			4
C Grade										
Richard Kerr	7	8	6	7	5	7	5	8	6	59
Meg Croft	6	7	7	8		6	8	7		49
Tanya Bosch	8	6	8		6	3	4		5	40
Malcolm Wade	4	4	3			5	7	6	8	37
Steve McMillan	2	1	4	6	7	1	2	5	6	34
Heydon Miller	5	6	5	5		4				25
Julie Avakian					8		6			14
Bruce Field	1	1		3		2	6		1	14
Steve Youngman	1	1	1	2		8				13
Kate Rowe				6			3			9
Tim Youngman	1	1	1	4		1				8
Dave Bullock	1					6				7
Julie Howard	1	2				1			3	7
Dan O'Callaghan									7	7
Hiroyuko Toyozumi					6					6
Paul Montesin							6			6
Pino D'aguianno		5								5
Anneliese Aarts									4	4
John Slater		3								3
Breda Kelly	3									3
Glen Butterworth	1		2							3
Ross Theo							1		2	3
Women (top 4)										
Meg Croft	6	7	7	8		6	8	7		49
Tanya Bosch	8	6	8		6	3	4		5	40
Julie Avakian					8		6			14
Monique Batterham	6	6	1							13

Please report all inaccuracies to the Race Secretary. Members with a total of 1 point have been removed for editorial reasons