



# The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club  
August 2000 Edition



Lance Armstrong celebrates his well deserved win in the Tour de France



Tony "de Rosa" Johnson leaps off the line at the State TT Championships



Eric in France

## Inside this month's 18 page edition:

President's Report .....	2
Daylight Saving Reminder .....	2
Editor's Column.....	3
Trivia Night .....	3
The ASS Report .....	4
Local and Overseas News.....	4
2 Day Tour - Date Change.....	5
Mudgee Tour Report .....	6
French Foray - Tour Report.....	7
Gran Fondo Pinarello Tour Report.....	10
Hunter Valley Spring Tour and Wine Tasting ..	12
News from the Bunch .....	12
Club Calendar .....	14
SCC Contact List.....	15
Race Secretary's Report.....	16
SCC Event Results.....	17
For Sale .....	17
2000 Progressive Point Score.....	18



Sarah Entwistle - new State Champ.



Phil 'Millar' McKnight powering to 6<sup>th</sup> place

## President's Report



During the past month, the Club lost two of its valuable members, Anton Allen and Jeff Linder. Anton has relocated to Hong Kong for a two year posting, whilst Jeff has begun training on Boeing 777s which, unfortunately don't fly from the US to Australia. We wish both these members all the best for the future.

The Club was very well represented at the NSW State Individual TT held late in July. Sarah Entwistle was our most successful competitor, finishing second overall in the Women's Masters category and fastest in her age division! Eric Waddell, although less prepared than last year, rode more consistently, managing to finish a very credible 4<sup>th</sup>!

Congratulations to Dave McAlpin who finished second in the recent Tamworth 2 day tour! If you've ever done one of these stage races, then you'll appreciate just what an achievement this was.

The Club has entered 4 teams for the NSW State Teams TT to be held on August 27. If you want to have a ride in this event, then please advise Steve Hobart or myself. We still require at least two Men in the Masters 1-3 category.

If you're looking to enter an Open race, the NSWCF entry form is now available on the Club's web site. The draft Summer 2000 Track program is also on the Club's site. FYI the Club's web site is consistently getting in excess of 220 "hits" per day. You should check the "What's New" Page on the Club's site to find addition information and news.

For those that haven't seen the emails, I'm giving the Olympic Trivia night on August 15 my own personal plug. Lea-Ellen has organised a great venue, the London Tavern, and even better prizes for the evening. I hope to see as many members there as possible.



While on the subject of plugs, the Club is putting together a weekend of touring and racing in the Hunter Valley in conjunction with the Rosemount Open road race on October 14 & 15. This weekend has something for everyone....whether you like touring, racing, wine tasting or just socialising, this weekend is for you. We have limited space as we've had to book the accommodation already, so get your name and deposit down as a priority. In the past, many members have done their first Open race on this weekend. The race is only 55kms long, and is graded down to D, so you'll be racing with people of your own ability.

The perennial "Tourists" have returned from the four corners of the Globe. You can pick them out at the end of a ride.....Doc's the one wearing everything from the Pinarello boutique, including the "Pork Pie" hat, Gary's the one wearing the "Cycle Italia" race cape and Norman's the one with 2% body fat after doing 3,500kms in 19 days in the US! James "Doc" Guthrie has prepared a report on his sojourns, appearing later in this issue.

*Phil*

### Daylight Saving Reminder

Don't pack those lights away yet. Due to the Olympics those of us living in New South Wales, Victoria, the ACT and Tasmania will start Daylight Saving two months earlier than normal this year, namely on **Sunday 27<sup>th</sup> of August**. Now if I remember correctly this means your clocks will go forward an hour which will mean it's darker first thing but lighter in the evenings. Bad news for club runs; good news for Centennial Park evening training.

For those of you computer users out there ... your PC or server may or may not change the time automatically. I know my employer has updated all computer systems with new specific year 2000 Olympic timezone rules to ensure computer times are correct around the organisation.

## Editor's Column



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

After a couple of quiet months this edition is a beauty!

Well the Tour de France is over for another 12 months. I must admit I went to work on the Monday after the last stage and a number of us cyclists were feeling a little down ... no more TdeF. For three weeks we'd been videoing and replaying each stage highlights and discussing it all the next week. And what a set of results; David Millar winning the opening TT in his first tour, Stuart O'Grady crashing out in the first week, Armstrong destroying his opposition on the first mountain stage, the valiant and then strange tactics of Marco Pantani and then just as brave attack by Jan Ullrich. Then SBS showed the last stage LIVE! All the time we were all praying for Robbie McEwen to take a stage win but it was not to be; mind you he combated severe bronchitis for the last 10 days and still ended up 2<sup>nd</sup> to Eric Zabel in the points competition. A great race all up and of course, a great lead up for the Olympics.

This month we have a reasonable amount of member news and gossip ... a number of the SCC bunch have disappeared overseas for various

lengths of time. Read up on the gory details in **News from the Bunch**.

After I forgot to hassle her last month **Meg Croft** has penned up a report from the Mudgee weekend. By all accounts a great weekend was had by all with most of the report contents being composed over one meal or another!

Both **Eric Waddell** and **Doc Guthrie** have been kind enough to write up their recent European adventures which makes great reading and I'm sure makes us all green (or is that yellow?) with envy. Thanks also to the Doc for the photos.

Your cover photos this month are from the NSW State TT Championships, most courtesy of Phil McKnight.

The now infamous Hunter Valley Tour is on again. The organising committee are looking for your commitment to attend so read the article further on for full details. Talking of social events, if you haven't already told Lea-Ellen you're coming to the Trivia night, read the ad in this issues and LET HER KNOW NOW!

'til next month, take care on the road.

*Malcolm*

### Trivia Night

Calling all cycling Trivia buffs. It's on again, the annual Trivia night. Come along; win prizes just for turning up. This year the questions will be divided into a prologue and 4 stages. Each stage winner receives a prize.

**Prologue:** Trivia for Dummies - if you fail this section, be very ashamed.

*(Example Question from last year "How many wheels has a unicycle")*

**Stage 1:** Olympic Trivia (cycling).

**Stage 2:** Olympic Trivia (swimming). We can't forget our Dawn, our Shane and our Duncan!

**Stage 3:** Tour de France and Giro d'Italia - mainly short term memory here but some long term memory maybe required.

**Stage 4:** Cycling History - only the oldies and those who give a damn will know anything about this section, or you could look it up. Questions are very broad and basic. Writing materials will be provided.

**When:** 15<sup>th</sup> August 2000 at 7:30pm

**Where:** London Tavern (upstairs), Cnr Underwood and Williams Streets, Paddington.

**RSVP:** Lea-Ellen Schneller (see SCC contact list).

# The ASS Report



## Pastries in the Park– it's over!

If you didn't make it to Pastries in the Park on Saturday July 8th, then you missed out on a tummy and taste bud treat. The mixed friands that were such a big hit at the Christmas party were also the first to disappear at PITP. As well as home made vegetable tart, cheese pockets, apple/pear strudel etc there were largish Danish pastries, both apricot and cherry that did a very fast disappearing trick. My apple and pear strudel was a bit tricky to pick up, but tasty if you took the trouble. George's mother's Hungarian apple slice drew rave reviews. The cocktail sausage rolls proved popular too, but Popeye

wasn't there, so some of the spinach pastries were left over.

Del Kelly, wife of Paul, kindly favoured us with her light mud cake, and it was a triumph! Thanks Del- if you are still craving more the recipe is available from Del.

## Olympic Trivia – London Tavern Paddington

August is the month of Olympic Trivia. Please mark Tuesday night August 15<sup>th</sup> in your diaries now and book with me now, if you haven't already. No booking = no eating, as I have to plan the food ahead of time. Our booking starts at 7.00 p.m., but we won't keep you up too late, as we know you have to train.

Sam Kosky, my capable assistant will act as presenter for the evening, writing materials will be supplied, all you need to do is come and play.

## Prizes Prizes Prizes

NETTI were generous last year, and have agreed to supply us with prizes again this year.

Phil is offering some new SCC wheel bags, we have some bike products courtesy of Mark Meltzer, some golf balls from Suzanne's company and the usual FlashFrames goodies from George and I - a Classic Red Dodge Viper (it was a red BMW last year). It isn't large enough to ride in, but the kids will love it. You might decide to keep it yourself, especially if your name is "Viper".

The Olympic Trivia Night is organized along the lines of a mini Tour, with a Prologue (Trivia for Dummies) and four Stages. There are prizes for each Stage winner and "Gold" medals for the overall winner or winning team.

## Hints Hints Hints

There is a prize for the Red lantern of the night, so you don't have to study anything at all to win something on the night! If you do plan to swat, then Olympic Cycling and Swimming, Tour de France and Giro d'Italia, plus Cycling History and good old common sense would be the places to look for Gold.

*Lea-Ellen*

## 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/>):

- ➔ I missed this from last month's edition. **Henk Vogels** continued his winning ways to take out the USPRO Championship race in a record time in Philadelphia. In a great leadup for his Sydney 2000 campaign, Vogels attacked and attacked again to beat the pro-American field home in convincing fashion.
- ➔ **O'Grady back on the bike.** As I'm sure we all know Stuart O'Grady crashed out of the Tour de France during the first week, breaking his collar bone in 3 places. According to his diary, published on the Ride Media web site he's back on the home trainer in Toulouse and apparently doing well. His plan is to get as fit as possible for the Olympics as quickly as possible. Using the SRM cranks on his bike he is able to measure his power output which he then sends to Brisbane for analysis. This in turn is sent to the Credit



Agricole coach who can then tell whether he's been taking it easy or digging deep. In Stuart's words, "you can't get away with anything anymore!".

- Reading his diary it looks like he's looking forward to Sydney; the Aussie team is the best he's seen since the '98 Commonwealth Games and with all the support from his own backyard he's hoping the team can unite and give us a performance we can all scream about.
- **Australia Olympic Team announced.** The board of Cycling Australia have confirmed 23 of its 27 nominations naming the men's and women's mountain bike and road cyclists, the men's track endurance and the women's track group.

The nominated cyclists are:

**Mountain Bike:** Cadel Evans, Paul Rowney, Rob Woods, Anna Baylis and Mary Grigson.

**Track:** Brett Aitken, Graeme Brown, Brett Lancaster, Brad McGee, Scott McGrory, Luke Roberts, Michael Rogers, Alayna Burns, Michelle Ferris, Lyndelle Higginson.

**Road:** Robbie McEwen, Stuart O'Grady, Nathan O'Neill, Henk Vogels, Matthew White, Juanita Feldhahn, Tracey Gaudry, Anna Wilson.

As we go to print, the men's track sprint group of four has yet to be finalised and will be announced later.

- **Junior Gold at World Track Championship.** Our Aussie juniors have already taken three gold medals at the World Junior Track Championships held at Fiorenzuola D'Arda in Italy. Kerrie Meares won the Junior Women's 500m TT, Mark Renshaw placed first in the Junior Men's Kilo event and Renshaw, Bayley and Niblett took out the Olympic Sprint event by a considerable margin.



- The route and dates for the **2001 Tour Down Under** have been announced. All the glamour and colour of international cycle racing will again sweep past the doorsteps and farm gates of many South Australians from 16-21<sup>st</sup> January 2001 as the Jacob's Creek Tour Down Under gets set to thrill spectators for it's third year.

Checkout the web site (<http://www.tourdownunder.com.au/>) for more information including route maps and a reminder to those wanting to go on the **SCC Tour Down Under** to register expressions of interest with Paul Rigby.

## **2 Day Tour - Date Change**

Due to a previously unknown clash with the NSW Masters Road Championships we've had to move the SCC 2 Day Tour to new dates, namely the 9<sup>th</sup> and 10<sup>th</sup> of September. Please check the **Club Calendar** for full details and revised dates of it and the LC TT that was scheduled on that date.

# *Mudgee Tour Report*

*By Meg et al, June long weekend*

Quite a few club members were heading to Mudgee to race. A few of us thought we'd organize a tour of the area for the same weekend - and so the Mudgee tour began. So much interest was shown in this spontaneous tour that it was difficult to find accommodation for the large group that indicated they'd come along. After all, it was a long weekend, there were a few festivals going on and there was the bike race. We managed to book some accommodation in Windeyer, a small (very small) town 30km outside Mudgee. John Kearney will tell you that it is the world's hardest place to find at 1:00am even if you are only 50 metres away from it.

After the good E-mail advice from Phil in the week leading up to the race on how to avoid bonking during the race, Phil was dropped at Windsor - he was not quite up to handling the pace and pressure of the Sydney traffic on a long weekend. A few others from the racing group also didn't make it, but Tony Johnson (sans Eric), Dave McAlpin, Paul Davies and Wayne Eastbourne did - they all stayed in town. Suzanne, Monique, Walter, John, Ann and I made up the Windeyer touring group.

On Saturday morning we started off bright and early at 11 am, while those racing were still warming up. It was a very scenic ride in the countryside with no traffic, and perfect weather. Monique had a few knee problems and had to turn back early but the rest of us continued to Rhyllstone (53km) for a 2 hour gourmet lunch. Lots of great food, wine and a log fire made it hard to leave, but we finally realized that the ride home would need to be made in haste to beat the setting sun. Our mad dash made some regret that they'd had pudding while Suzanne's pace improved by 5% as she tried to escape the fumes from Walter's alcoholic breath. We arrived back at the car park with about 10 minutes of sunshine to spare to find Monique curing her boredom by polishing her bike, she had already clocked up 5km riding around the car park practicing U-turns ("Tanya are you proud?" she asks).

We planned a big pasta dinner back at the van. Monique and Suzanne volunteered to mind the bikes while the rest quickly caught up with Paul and Caresse, had a beer and did the shopping, - the bike minders might dispute the use of the word "quickly". Suzanne and Monique showed some excellent potential as rally drivers as they raced back down the dirt roads to the vans and the showers that night.

It was a truly cordon bleu meal even though cooking facilities were limited and every saucepan was used. We discovered that using the stove, heater and kettle all at once blows fuses - don't remember what sets off smoke detectors. John enjoys the finer things in life and packed everything for this trip - just ask Walter. In return for the Touring group teaching him everything they knew about racing (this was done over one meal) John agreed to both join the club and attempt to teach us something about wines. After all he did describe one fine Hunter Valley wine as smelling like a pair of knicks after a nice long ride!

Sunday was another early 10am start and this time Tony joined us for the day. Paul and Caresse wanted to do some serious winery touring on their bikes and so left the bunch at the first vineyard - where Tony was staying. Wayne and Dave continued racing to ensure other clubs knew that SCC does more than just ride around Centennial Park. The tourers decided to ride the Saturday race route in reverse so Tony would get to revisit the hills he enjoyed the most. Once again the weather was perfect and the countryside beautiful. Walter has a need to have a mechanical on every tour and this time his chain got totally stuck in his derailleur for no apparent reason. It took a lot of black grease on a few hands to finally force it out. We had a coffee stop in Gulgong, which was in the throes of the Gulgong \$10 note festival and quite appropriately, the Salvation Army Band struck up as they saw us riding into town. The bunch continued at a nice easy pace with no long lunches (as there were no more towns) to a great downhill finish. After collecting the cars, we headed to Tony's friend's vineyard. Andrew and his wife were very hospitable, we had showers, a tour of the vineyard and a bit of a tasting of some elusive drop before heading into town for a meal at the Pub. Andrew joined us as did Paul and Caresse. Conversation at this dinner was very enlightening for some as it drifted in to the question of underpants under your knicks - it was getting late. If you look closely you'll find that Tony has stopped experimenting and has finally given up the underpants.

Monday we decided to beat the traffic back to Sydney and headed off early although there was a bit of a set back as we pondered how to hot wire John's car. We had all ridden about 200km had a great time and were pretty keen to return next year and make Mudgee a permanent entry in the SCC touring calendar - just let's book accommodation in advance.

# French Foray - Tour Report

By Eric Wadell

## Part One: Semi-Competitive Cycling in France



It's become an established practice for several Sydney CC riders to head north each year for the European summer season, sometimes to participate in organised tours and sometimes to race. While many of us already know about the joys of tours organised by Pino and various American and English groups, the primarily veteran "racing" scene is another matter. And that is what Eric and James have been doing recently, experiencing some of the joys of racing in Europe.

Irrespective of what El Presidente says, our trips were not "junkets". In both cases we were doing deadly working stuff – long days lecturing, supervising students, pursuing research (not women!) - with a bike slipped in on the side to unwind at weekends. Eric was based in Paris for a couple of weeks in late June-early July, while James was in London. The plan was to meet up in Nantes on July 1-2 to ride together.

France is a fantastic place for what are known as cyclo-sportif events. These are well-organised "races" against yourself, the clock or the other riders, involving mass starts with anywhere from a hundred or so to several thousand participants. There are several each weekend across the country and they are publicised in the monthly magazine *Le Cycle*. The big ones are part of a series, and results are cumulative for the season. The biggest event is L'Ardéchoise, which was held the weekend before I arrived: 12,000 riders and a choice of 5 distances and total climbing from 103km and 2060m to 252km and 4135m. It's going in the SCC calendar for next year!

With the help of my brother-in-law, a triathlete from Paris, I chose two small events, one in Normandy to race with him, and the other in the Loire valley to race with James.

### 1. Lisieux, 25<sup>th</sup> June

Lisieux is a cathedral town, famous for its pilgrimages to the shrine of Sainte-Thérèse. But our shrine for the day was the Louison Bobet gymnasium, the designated start. (you remember him? The cycling star of the 1950s.) Already at the hotel at breakfast Alain and I found we were not alone. There were a couple of other French riders staying, four from a London club, plus, of course, a scattering of devout-looking pilgrims. Even more surprising, in the restaurant we had gone to eat on the prior evening, when we said to the owner we wanted a substantial meal because we were participating in a cycle race the next day, he replied that he was too. He immediately went to get literature on the cycling tour he had participated in the week before in Corsica, adding that he was preparing for L'Étape du Tour in a few weeks and was planning to participate in the international veterans' championships in Catalonia in October. We were obviously in cycling country!

At the stadium there was the usual atmosphere: men preparing bikes, urinating, warming up and a few bored-looking wives, condemned to sharing their husbands' passion. But there didn't seem to be any female riders; just a bunch of males, mostly in their 40s and 50s, but a few young ones too. The race was 150km through rolling country and along mostly narrow country roads. We had a race car in front, motorcyclists to protect us along the road and people located at junctions.

We started at 9:30 prompt and set a gruelling pace of 40-50km/hr for the first 13 kilometres, hurtling down the whole width of a narrow country lane. I managed to work my way fairly close to the front. But it was to no avail. When we hit a long 2km climb I had still not warmed up and I slide irrevocably back and went over the top at the back of the 2nd group, which quickly became the third. The outcome of the race was sealed there and then. I found myself in a group of 20-30 riders, with my brother-in-law and one of his two club mates. At first we had the preceding group in our sights, but couldn't keep up with them. Just a few took turns up the front - including me as the race progressed



**Peeing Wall**

- and the rest sat comfortably behind. Narrow roads, tight corners, gravel and short climbs which you had to 'punch' over meant there was the odd fall and attrition at the back. It was still fairly fast - 35-40km/hr on the flat. Regrettably, we shot through the two feed zones with no chance of grabbing anything. On one long hill two-thirds of the way through the race we broke up into two groups, with me just making it over the top with the first group. Now we were down to 15 or so. At around 110-120km the speed dropped a bit, a few were obviously cramping and getting tired, myself among them, and I was running out of water. Fortunately Alain was close by and he shared his last bidon with me.



For the last 10-20km or so the speed picked up again and the restaurant owner, who was in our group and clearly knew the route, tried to ride away on several occasions but we made sure that didn't happen. Then we were in to town and there were a series of sudden, confused accelerations. We rode round a long series of corners and straights and no one seemed to know where the line was. So there was no mass sprint, a lot of tired legs, and I came in fourth or fifth in my group.

At the finish we were all handed two big plastic bags, one with immediate refreshments and the other containing a big bottle of local cider and a ripe Camembert cheese.

Then it was off to the showers, followed by the wait for the results and the prize-giving. They insisted I stay for the latter as they had a trophy for me as the rider who came from furthest away! As for the results, I came 63<sup>rd</sup> and Alain 64<sup>th</sup> out of a total of 138 finishers and 14 abandons. Our average speed was 32.5km/hr, compared with the winner's 37.6 but then he was a Regional 1 rider - the equivalent of the State elite in Australia!

All in all it was a good experience: the 'kermesse' atmosphere, the race feeling and tactics, the adrenalin rushes, knowing you can do it. My triathlete mates really enjoyed it, I didn't embarrass my brother-in-law, and we drank the country cider and ate the cheese to celebrate.

## 2. La Quelainaise

I had initially chosen Nantes to meet up with James because the Tour de France was passing through there. James also had an attractive academic contact there who reserved a room for us in a luxurious hotel in the centre of town. The cyclosporitif calendar had indicated there was an 'en ligne' race from Nantes to Quelaines on the Saturday. However, this had been changed to a 135km 'randonnée cyclosportive' beginning and ending in Quelaines, an obscure little village with, as to be expected in France, its own cycling club. This had me worried for two reasons: one, making it from Nantes to Quelaines in time for the race - some 130km at the crack of dawn, and two, not disappointing James by registering in too 'soft' an event. As it turned out we got thoroughly lost on the way and ended up by thundering down back roads at 120km/hr, arriving at the start with only 10 minutes to spare. But as we were the only international riders they were waiting for us! No time for breakfast in the community centre; just enough to get the 'dossards', change, check the bikes and we were off.

This was a different kind of event. The first 60km were cycled at a controlled speed of 30-35km/hr. The roads and the relief were the same as the week before and we had a similar sophisticated system to protect us. But this time we were some 220 riders, including at least half-a-dozen women and a couple of tandems. So it was even harder to make your way up to the front. And in spite of the controlled speed, the riders seemed pretty nervous with little talking and then, as we approached the 60km mark, riders started racing ahead to stop and pee. But it was all to no purpose. At 60km we arrived in a village, stopped and were directed to tables of sandwiches, cake, fruit and drink! We were given a 20 minute break, and then marshalled for the "race". Again a rapid start, with riders all across the road trying to get up to the front. It was so chaotic and dangerous that the marshalls stopped the race after 4 or 5 kilometres to remind us of the centre line rule. Then we were off through small villages and into rolling hills, every body forgetting about the centre line rule!!!



We both made the first climb in the leading group, but on the second there was a crash which I just managed to miss and made it over the top at the tail-end of the second group with James nowhere in sight. The lead

group was riding fast and progressively shedding riders, a number of whom we picked up. There were hills, a strong wind blowing across open fields, vicious turns - at one of which a few riders shot off in the wrong direction. At a feed station someone grabbed a bottle of water and it was passed slowly down our peleton of 15 or so riders. And then we started circling Quelaines. A sprint to the finishing line, where I made it in the middle of my bunch, and then a five-minute wait for James. I was 64<sup>th</sup> this time - a noted improvement on the week before since it put me in the top third - and James was 90<sup>th</sup> or so. A quick shower - quick because we had forgotten our towels, soap and shampoo in the haste to leave Nantes - and then off for the communal meal followed by the prize giving. The meal was long and the prize-giving slow, so James went off for a sleep in the car while I soldiered on at the table knowing as the 'international riders' we were due for a consolation prize. It finally came and they insisted I rush out, wake James and drag him on to the stage with me. A few brief words of thanks by us, and some noble sentiments about the Sydney Olympics, then we were off with our tee-shirts and our large plaster-of-Paris trophies.



The next day we rode the team time trial route (Nantes-St.Nazaire). We decided to drive out of town in the car, but as soon as we hit the main square we saw Crédit Agricole had a popular ride organised more or less along the same route. So we abandoned the car and joined it, admittedly late, virtually all of the riders having left long before. They told us the route was marked. And it was, more or less. But after a while we simply started following other cyclists, which is the last thing to do in France because there are so many of them. We got thoroughly lost, temporarily rediscovered the route close to a feed station, and then got lost again. We finally made it, after 50km+, to within 10km of the St-Nazaire bridge. But we were

thoroughly knackered by then and decided to turn round and struggle home. We just made it! Ate a late lunch of Alsatian 'pizzas' in town, another nap, a bit of the Tour, and then the evening with the our attractive academic's colleagues from France and Italy, watching the final of the European Cup. France won, and the whole town seemed to go mad. But it was an appropriate end to Sydney CC.'s French Foray.

The next day I headed off for Paris, James lingered for the finish of the stage into Nantes and the Team Time Trial, and then he headed off to England to continue working and to start dreaming of the 2001 SCC European Season.



**Lance Armstrong's Trek TT**



**Team ONCE warm up for the team TT**

# Gran Fondo Pinarello Tour Report

By James 'Doc' Guhrie, Treviso, Sunday 23<sup>rd</sup> July 2000.

When I signed up for the Gran Fondo Pinarello tour in the northern Italian town of Treviso, I thought I was in for a pleasant day in the sun touring the foothills of the Alps with a group of club riders. I signed up with Baxter (an English) tour company, who booked the hotel and organised my registration etc.

Upon arrival in Treviso, I started to notice people starting to call the tour a Race, I was not quite sure if this was an translation problem, as my Italian is zip.

A main disappointment for me was that Indiruin who was advertised as doing the Race, stayed in Paris to celebrate Armstrong's win. However, the Gran Fondo Pinarello Tour was a great success with over 3000 mad men and women bike riders undertaking either the short course of 130kms or the long course 200kms. There were many other nationalities including German, Austrian, and French.

The morning started with a 6am team meeting ready for the mass start of the Tour (read race!!!). We road out in a group of 14 who were on the Baxter tour. Only 4 of these were going to attempt the long course.



Where's Doc?

The race started with a mass start, yes 3000 riders, waiting for the Partenza from the starter. I have never seen so many top class Italian bikes and the king of them was the Pinarello. We were introduced to the likes of Fausto, Andrea Pinarello, and other Italian national and international riders.

The riders were groups of 500, arranged by numbers, allocated by date of entry and category you were in, my number was 913 (I was not worried by the number 13, as I was over whelmed by the atmosphere, just image an ancient walled Northern Italian town, narrow streets, maybe 5000 spectators, very loud music and introductions to the riders and over 3000 riders.....it was out of this world!!!



Proudly flying the SCC colours

As can be imagined the start was chaotic, however, my group made it out of the walled city without incident. As my race number was 913 I started with over 2000 riders behind..... The first 20kms was insane riding, at about 50 kph on flat and smooth roads. I had learnt from Eric in the France race, that it was important to keep a good position near the front. However, everybody else must have had this tip. I found myself fighting to just maintain my place, as many of those behind started to surge forward and those in front just went flat out. At one stage I looked up the road and for several kilometres there was just riders, 10 deep across the road going flat out!! (this was the start?)

At places where the road widened there were attacks from the back and when we came to bridges and major road works or one of those little Italian villages with narrow streets there was the sound of brakes squealing and I assume swearing in Italian. I only locked up a few times!!!!

By now, I had to ride like a mad person to maintain my position, even though it meant nearly blowing up in the first 20kms. I was placed about 850, with only about 2200 riders behind me trying to get my place and seeing up to 800 riders in front of me weaving across the country side.

As we passed lovely Italian villages and cycled across wide rivers, one did not have time to lift their head above the bars. On several occasions there were some near death experiences as the shout went up, Caduta!!! I managed to survive. Several times somebody would pull up next to me to congratulate me on my riding strength, however, my standard reply had to be " Non Parlo Italiano", but I did learn a few words on the ride.



Pinarello team car

The first real test came at 28kms as we went onto very narrow back roads and had to climb 300m, then after another 10kms, we started a 230m climb which was over a very short distance. I not sure of the grade but it was steep!!!!!!!!!!!!!!!!!!!!

Because of physics and the inability of fitting the number of riders onto much narrower roads, we had to stop on the climb, as the riders pushed to maintain their places. Without my Pinarello, I would not have survived this climb, for during the race it did not miss a beat, all it needed was a light weight Italian climber (not an overweight 87kg Sydney rider) and it would have finished well up the race order.

A constant stream of riders started to pass me on the climb, every one of them flat out and looking like they had done this kind of thing before. As you image, I lost about 300 places on this climb, those little Italian climbers were everywhere!!!



At about this stage, I spotted our group leader Dennis sitting in a ditch. I asked the usual polite question and he responded that he had broken his frame!! Later, I saw Dennis in tears as his new frame was taken out of the support vehicle. I gathered my strength after the climb and at the 60km mark looked left were the longer ride was going to see what looked like another 1000m climb—it looked like a bloody big mountain. (it reminded me of the previous day's ride up Monte Grappa). I decided the short route was the better option!

My ride over the shorter route now turned into a 60kph charge over rolling terrain, it was heaven! Our group started to pass other riders and I gained about 30 places. The mass desperation continued down the descents, I had fun wearing out some of my new expensive back tyre rubber as everybody seemed to lock up on several hairpin bends at 50kph. However, little did I know that around the corner was another goat track with a 417m climb. I think I lost another 400 places.

The ride was very well organised, it was like being on the “real” Tour. Police at very intersection and large groups cheering on the riders. At the top of the next climb there was another feed station with the now usual sound of bike and bodies hitting the ground as some riders stopped and others tried to ride through the chaos, as only the Italians could do!!!

By now, I was 78kms into the ride and was feeling the pain in the legs and back. We had a number of major descents with a top speed of 75 kph, my life just flashed by as we passed cars and other riders.

With only 30kms to go, the organisers thought we needed another climb, a short 230m climb which nearly broke my heart. I bonked with not enough of the white power and Andrew Grant's other mixtures, the country side was a blur and it was nearly 30 degrees with a head wind to boot. How come everywhere you ride there is a head wind!!!

The final stage of the ride involved a 25km dash in a group of about 100 riders and I saw speeds of between 45-60; there were several falls and much shouting, but everybody just rides on. I think we all assumed the support vehicle would pick up the bodies and bikes!!



**Italian steeds a plenty**

As we approached the walled city, there was 1000s of spectators and a big finish banner like the Tour, everybody started to sprint, except me and I lost another 75 places and drifted to the back of the bunch.

On the results sheet, I finished 1025 out of about 2300 that attempted the short course. I had an average speed of 29.8kph and even though I locked up the brakes several times, I didn't hit the asphalt like a number of my co riders. As well as covering 130kms, we climbed over 2200m during the race. I was the first back from the Baxter group and I am sure I was the first Australian across the line. All I can say is that I spent the afternoon in bed and didn't recover til early evening.

Overall, a fabulous experience, the Italian organisation was superb and I can say without any doubt it was the hardest ride of my life. At the finish line there was a massive meal provided, as well as all the sponsor tents with the lovely young Italian models in next to nothing handing out the drinks and food - as only the Italians can do. The vast range of machinery used by the riders was an eye opener, not only the fabulous Pinarello, but all other types of Italian machines all decked out with the latest racing gear.

For more information see Baxter tour WWW and [www.Pinarello.com](http://www.Pinarello.com)

# Hunter Valley Spring Tour and Wine Tasting

14<sup>th</sup> and 15<sup>th</sup> October



The ever-popular Hunter Valley race and tour weekend is on again. Also included this year is a wine tasting afternoon following the race on Saturday – see Assistant ASS's notice below.

Accommodation is being organised at the Pinaroo Tourist Park, Muswellbrook in deluxe on-site cabins, on a share basis. Cost will be less than \$20 per person per night.

Members wishing to compete in the race should ensure that their entry is lodged – see Race Secretary's notice in this newsletter.

There will be two days of touring. Saturday - approximately 100kms including part of the race circuit so that we can cheer our team. Sunday - approximately 80-100kms. Members who compete in the race on Saturday may join the tour group for the ride on Sunday.

Our Assistant ASS will also be organising dinner at a restaurant on the Saturday night. No doubt you will continue tasting wines purchased that afternoon.

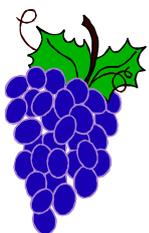


Please advise either Meg, Phil or Suzanne if you wish to participate in the race and/or tour and require accommodation. To confirm your booking we will require \$30 deposit to be paid by **Sunday 24<sup>th</sup> September**. After that date members will have to make their own accommodation arrangements.

Everyone had a great time on this tour last year. This will be spring cycling at its best! So if you haven't been on a tour this year and you know you will feel like a couple of nice rides in the fresh air on traffic-free roads after stressing out in the Olympic traffic, then this is the tour to be on in October.

**Hunter Valley Tour Committee,  
Meg, Phil, Suzanne**

***There's only one REAL reason to visit the Hunter Valley, and it's not to ride bikes. . .***



***. . . but to toast the god of wine, Bacchus.***

To compliment the hectic pace of the morning's racing and touring, what could be better than spending a few relaxing hours kicking back in the tasting rooms of some of Australia's premier and boutique wineries?

If enough people are interested to make a real afternoon of it, I am happy to plot a little course of 4 to 5 wineries (shouldn't be able to do more than that if we are able to book their tasting rooms).

Let me know via e-mail (or on a ride) if you are interested. You will need to give a **definite 'yes' or 'no' when paying your deposit.**

I will have to speak directly to the vintner – it's polite to give the number of people in the group.

You don't have to be a wine guru to join us and naturally we can take some of our purchases to dinner.

**Sam Kosky**

## **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!

- ➡ It has been reported that one of our members is using artificial stimulants to enhance performance. Yes that's right ... it was noticed the other week that the standard 'blue' water bottle had been replaced by a fresh cold bottle of Jolt Cola! Obviously this abuse will need to be monitored and appropriate samples obtained for further analysis!!
- ➡ A couple of quick "see you later's" this month. **Anton Allen** has disappeared off to Hong Kong for a couple of years. According to his e-mail he hopes to pay us surprise visits from time to time and has taken some rollers with him to maintain his fitness. Mind you he's after some tips on riding them ... "*any ideas how I can avoid braining myself on a set of rollers? Its like riding on an oil slick!*". Anton's maintaining e-mail contact so he'll keep up to date on any club news and gossip.

- ➔ **Sally Thompson** has also left us, this time for good old England. According to a number of sources she's gone OS to earn lots of \$\$ saving pommie pets whatever that means! Anyway she should be back at the end of October so we can all find out all the details then although apparently she didn't take her bike with her, so we might not see her when she gets back until she's worked off all those cream teas.

[Update#1] "I'm going to Skye cycling for a week with my friends from Liverpool in early September. They can lend me a bike & warm clothes! It will be a group of about 10 of us, should be fun.

I'm also missing cycling and friends & good coffee!"

[Update#2] Seems like she's been to "spinning classes", was surprised at how hard it was and is now worried she might end up with "huge legs so watch out!"



**How about these for patriotic shoes and socks?**

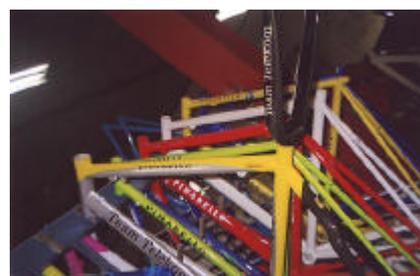
- ➔ We're also losing a long term member and bike toting 747 pilot **Jeff Linder**. According to Frank Milner, Jeff has impressed most of us over the years with his funny bike, his meager diet, his obvious charms with the opposite sex and, whenever the call is made, his awesome power in the biggest big ring in the club. (see [www.bikefriday.com](http://www.bikefriday.com)). Unfortunately his day to day job is about to change with United Airlines finally agreeing to let him actually take charge of an aircraft, being a nice shiny new Boeing 777 and according to the handbook in the glove compartment, it is unlikely to ever make it further West of San Francisco than Maui.

Now, destinations such as Paris, New York and Hawaii, a bigger pay cheque and the right to lock up drunk passengers may seem attractive to some of us, but Jeff is really upset that he will no longer be able to hang out with guys like us, listen to all of our petty gossip and all of the time know that he can ride us into the weeds at will.

We wish Jeff all the best and look forward to hearing from both Jeff and Anton as well as Sally on her return.

- ➔ **Potential new SCC members?** Pino D'aguianno has just announced the birth of his first borns. Yes that's right, Pino is now the proud owner of babies Luca and Siena. I'm sure we wish him and his wife all the best and suspect we'll now see him even less on club runs (or maybe that might be even more ... might need an excuse to get out of the house hey Pino?). With all the new Italian hardware appearing on club runs of late rest assured they'll not feel out of place if you bring 'em all along to the park for coffee. Now, do Pinarello or DeRosa make a two up stroller ...

- ➔ One recent Saturday morning coffee with all looking on, two shiny Pinarello's were leant lovingly against a tree in Centennial Park. A wise cracking SCC member watched the parking exercise and then came out with the gem "Watching you two park those was like watching the Bobsey twins in action!". Doc was so impressed he shook the wise cracker's hand.



**Happiness is a bunch of Pinarello frames**

- ➔ 2 female club members chatting on the Saturday ride:

Female #1: I can't believe you haven't been watching the Tour de France?

Female #2: Oh well; it's just a bike race and anyway, I don't know any of the riders. !!!!!

- ➔ The same SCC rider reputedly walked into a bike shop recently and asked the assistant for a "bike tube". "What size?" was the response. "Oh ... do they come in different sizes?" !!!!!
- ➔ You would have noticed a **For Sale** entry in this month's newsletter. Unfortunately (or fortunately depending on your point of view) it was mailed to me and should have been inserted into the last magazine. Due to a processing glitch (read messy desk at home!) the paperwork got lost and then found after the last edition had been issued. The entry was duly inserted and then Ann and Dave both informed me that Dave had decided to keep one of the bits of equipment originally listed as for sale. Shame that ... but what I wanted to know was did Dave actually know Ann had listed his TT wheels for sale in the first place???

## Club Calendar

Day	Time	Venue	Comments
15 <sup>th</sup> Aug.	19:30	London Tavern	Cycling and Olympic Trivia Night
2 <sup>nd</sup> Sep.	06:50	Ocean St. Gates	LC TT - FMM (8/7/.../1) Handlers: Tom Klemola & Dave Bullock
9 <sup>th</sup> -10 <sup>th</sup> Sep. ⇒ 9 <sup>th</sup>	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
⇒ 10 <sup>th</sup>	09:00	Yanderra	c) Hilltop Rd 2 (12/11/.../1). Handlers: TBA
16 <sup>th</sup> -21 <sup>st</sup> Sep. 23-24 <sup>th</sup> Sep. 26-27 <sup>th</sup> Sep. 30 <sup>th</sup> Sep.		Bankstown Fairfield Farm Eastern Suburbs Eastern Suburbs	Olympic Track Cycling <a href="http://www.olympics.com/eng/schedule/">http://www.olympics.com/eng/schedule/</a> Olympic Mountain Bike Olympic Road Race Olympics ITT
7 <sup>th</sup> Oct.	07:15	Heffron Pk.	Criterium Rd 6 (10/9/.../1) Handlers: TBA
9-15 <sup>th</sup> Oct.		Plouay (France)	World Championships <a href="http://www.uci.ch/">http://www.uci.ch/</a>
14-15 <sup>th</sup> Oct.		Hunter Valley	Hunter Valley Sprint Tour & Wine Tasting ( <i>see details in this edition</i> )
22 <sup>nd</sup> Oct.	09:00	Yanderra	Hilltop Rd 3 (12/11/.../1) Handlers: TBA
4 <sup>th</sup> Nov.	TBA	TBA	Hill Climb Championship - FMM (8/7/.../1) Handlers: TBA
11 <sup>th</sup> Nov.	06:50	Ocean St. Gates	Ext TT - FMM (8/7/.../1) Handlers: Teri Sawers & John Newbery
18 <sup>th</sup> Nov.	06:50	Cannons	SC TT - FMM (8/7/.../1) Handlers: Norman Rydge & Pete Scott
19 <sup>th</sup> Nov.	06:30	Moore Park	Sydney to the Gong ride.
2 <sup>nd</sup> Dec.	07:15	TBA	Kilo Championship - FMM Handlers: TBA
3 <sup>rd</sup> Dec.	08:00	North Sydney to Parramatta Park	RTA Cycle Sydney.
<b>2001</b> 16-21 <sup>st</sup> Jan.	-	Adelaide	Tour Down Under <a href="http://www.tourdownunder.com.au/">http://www.tourdownunder.com.au/</a>
31 <sup>st</sup> Mar to 8 <sup>th</sup> Apr.	-	Oberon to Forbes	RTA Big Bike Ride <a href="http://www.bicyclensw.org.au/events/index.html">http://www.bicyclensw.org.au/events/index.html</a>
<b>Regular Rides</b>			
Tuesday	06:00	Cannons	Watsons Bay hills ride, approx. 25km. Eastern suburbs hills and in-between flat bits. Faster riders wait up at the top of Military Rd. for new kids/the hill-challenged. Back at approx. 7am to Bar Coluzzi ( <i>café</i> ) in Bondi Junction.
Wednesday	06:00	Cannons	Coaching session focusing on developing rider fitness and general riding skills.
Thursday	06:00	Cannons	Foreshore Road/La Perouse, approx. 35km. Fast clip [35-40ish] with three even faster [40-55km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.

Saturday	06:30	Cannons	La Perouse ride, 45km. The bunch rolls easily until Foreshore, picking up the pace at La Perouse for the run home. Faster riders hammer off the front but the main bunch re-groups after first hills and finishes the ride as together as possible. Rounds off at Bar Coluzzi, Bondi Junction about 8.20am  <i>or</i> Regular Time Trials, Criteriums or Road Races as per published calendar in latest newsletter. At the conclusion of TT's all members are invited to attend a bunch training skill session, starting at 07:45 at the Cannons.  <i>or</i> Gentlemen's Ride, medium/average fitness level, 45km. Ride with the main bunch until the pace picks up at Port Botany, then roll off the back to complete the ride at a slower pace. Finish at Bar Coluzzi as above about 8:30am.
Sunday	06:30	Randwick Gates	Waterfall ride, 90km+. Medium to hard ride, out at 28-35km, some turn round at Sutherland (60km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120km) or Royal National Park (110km). Main bunch U-turns, 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.

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 Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
<b>President:</b>	Phil McKnight	9960 7479 (h) 8338 9966 (w)	porterbg@ozemail.com.au
<b>Immediate Past President:</b>	Vacant		
<b>Secretary:</b>	Paul Rigby	0419 205 113 (m)	prigby@ozemail.com.au
<b>Treasurer:</b>	Gary Stevenson	9360 5575 (h)	garystev@ozemail.com.au
<b>Race Secretary:</b>	Steve Hobart	9698 9440 (h) 9598 9474 (w) 0416 146 804 (m)	shobart@comtech.com.au
<b>Race Sec. Assistant:</b>	Malcolm Lyons	9518 1297 (h)	m.lyons@hri.org.au
<b>Tour Secretary:</b>	Vacant		
<b>Social Secretary:</b>	Lea-Ellen Schneller	9398 7092 (h) 9319 2899 (w) 0417 771 955 (m)	Gales@bigpond.com
<b>Social Sec. Assistant:</b>	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	samkosky@one.net.au
<b>Newsletter Editor:</b>	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	malcolm.wade@bikerider.com

**Submission Details:** Next Deadline: **4<sup>th</sup> September, 2000**. Please submit articles to Newsletter Editor via e-mail or post to **108 Rothschild Ave, Rosebery, NSW, 2018** or **Club PO Box**.

## Race Secretary's Report

During the weekend of **14<sup>th</sup> & 15<sup>th</sup> of October** many SCC members will enjoy a great weekend in the Hunter Valley competing in the **Rosemount Estate Open** on the Saturday &/or participating in the Club's **Hunter Valley Tour**. This weekend is generally the most popular racing/tour event on the calendar, so please ensure that you inform Meg Croft soon if you would like to participate.

July has been a reasonably quiet month on the racing front with only two club races scheduled. The 4<sup>th</sup> criterium of the series finally saw the scratch riders get up after the chopping block experienced favourable handicaps in the previous races. Remembering that only the best 4 results from the 6 race series contribute towards the trophy, no less than 10 riders are still in with a chance of winning the criterium series. Each rider can still gain another 20 points from the remaining 2 races.

Congratulations to John Arkwright who blitzed the field during the 1 lap TT help on the 5<sup>th</sup> of August. John is in training for the World Track Championships in Manchester during late October. On an exceptionally cold morning, 10 of the 22 riders clocked PBs which is a great effort.

During the previous month the SCC flag was flown at several Open races. Dave McAlpin finished the Tamworth 2 Day Tour in 2<sup>nd</sup> place which is a fantastic result & Paul Davies also competed. Dave McAlpin & Mel Licker competed strongly in the Parramatta Open at Kurrajong.

The Club had a very strong turnout for the NSWCF Individual Road Time Trial Championships held 30<sup>th</sup> July with the following results:

Sarah Entwistle	2 <sup>nd</sup> Women's Masters
Eric Waddell	4 <sup>th</sup> Masters 6/7
John Rutherford	6 <sup>th</sup> Masters 5
Tony Johnson	5 <sup>th</sup> Masters 4
Phil McKnight	6 <sup>th</sup> Masters 2
Dave McAlpin	9 <sup>th</sup> Masters 2
Wayne Eastburn	12 <sup>th</sup> Masters 1
Monique Batterham	14 <sup>th</sup> Women's
Mel Licker	28 <sup>th</sup> Men's
Ryan Catzel	32 <sup>nd</sup> Men's



For the State Club Road Teams Time Trial Championship to be held on the 27<sup>th</sup> August, SCC is entering two Vets 1/2/3 teams, a Vets 4+ team & a women's team. During the previous Sunday, 20<sup>th</sup> August, many of those same riders will be competing in the State Masters Road Championships, also at Calga. We wish them well & look forward to reading about their results in the next Newsletter.

There has been some date changes in race calendar. Most notable, the **SCC 2 Day Tour has been rescheduled to the weekend of 9<sup>th</sup> & 10<sup>th</sup> of September**.

Below are some upcoming Open races:

Sun 20<sup>th</sup> August, **NSWCF Masters Road Championships**, Entries close 28/7/00

Cnr. Ourimbah and Jones Rds, Calga, Entry fee \$15

9.20am WM 1,2 65kms, 9.30am Div 1 105kms, 9.40am Div 2 105kms, 10.30am Div 3 80kms, 10.40am Div 4 80km3, 11.10am WM 3+ 40kms

Information only NSWCF Office 02 9738 5850

Sun 27<sup>th</sup> August, **NSWCF Club Road Teams Time Trial Championship**

Cnr. Ourimbah and Jones Rds, Calga (the Club has entered 4 teams)

9:30am Mas 4+ 20kms, 9:45am Mas 1/3 30kms, 10:15am Women 30kms

Information only NSWCF Office 02 9738 5850

Sun 3<sup>rd</sup> September, **Sutherland CC**, Entries Close 11/8/00

Waratah Park, Rawson Ave., Sutherland.

Men, Women, Masters. Prize money \$2000, Entry fee \$15

Information only Jim Eades Ph. 02 4294 2079, Dave Watson Ph. 02 9545 2655

*R.S.*

## SCC Event Results

### criterium Round 4, Heffron Park, 15<sup>th</sup> July, 2000

Name	Grade	Start Time	Finish	Points
Phil McKnight	A	0:00	1	10
Paul Rigby	A	0:00	2	9
John Brady	A	0:00	3	8
Mel Licker	A	0:00	4	7
Frank Milner	A	0:30	5	6
Anton Allen	A	0:00	6	5
Eric Waddell	B	0:30	7	4
Monique Batterham	C	3:30	8	3
Tanya Bosch	C	3:30	9	2
Paul Davies	A	0:00	10	1
Roy Keyes	B	1:30	11	1
Paul Kelly	B	0:30	=12	1
Meg Croft	C	3:30	=12	1
Andrew Price	B	1:30	=12	1
Kate Rowe	C	3:30	=12	1
Walter Rolli	B	1:30	=12	1
Dave Bullock	C	3:30	=12	1
Steve McMillan	C	3:30	=12	1
Eddie Bosch	A	0:30	=12	1
Tony Johnson	B	0:30	=12	1
Steve Hobart	A	1:30	=12	1

### 1 Lap TT, Centennial Park, 5<sup>h</sup> August, 2000

Name	Grade	Time	Place Overall	Place in Grade	Points
John Arkwright	A	5:08.76 (PB)	1	1	8
Eddie Bosch	A	5:31.55 (PB)	2	2	7
Mel Licker	A	5:31.99	3	3	6
Dave Clarence	A	5:34.05 (PB)	4	4	5
Tony Johnson	B	5:44.30 (PB)	5	1	8
Wayne Eastburn	A	5:44.64	6	5	4
Mike Larkin	B	5:47.83	7	2	7
Johnathon Lewis	B	5:48.73	8	3	6
Paul Davies	A	5:51.08	9	6	3
Stan Genakis	A	5:53.58	10	7	2
Paul Kelly	B	5:56.26	11	4	5
Doc Guthrie	B	5:57.26	12	5	4
Anne Clarence	C	6:09.83 (PB)	13	1	8
Monique Batterham	C	6:09.95 (PB)	14	2	7
Malcolm Wade	C	6:24.30 (PB)	15	3	6
Tanya Bosch	C	6:25.17	16	4	5
Kate Rowe	C	6:26.55	17	5	4
Meg Croft	C	6:27.11	18	6	3
Dave Bullock	C	6:31.55	19	7	2
Ryan Catzel	C	6:33.11 (PB)	20	8	1
Steve McMillan	C	6:48.30 (PB)	21	9	1
Sam Cooper	C	6:57.33 (PB)	22	10	1

### For Sale

- **Cannondale Delta V1000 MTB 18"** (medium). Shimano XT/LX gears; Coda bars, brakes & cranks; Headshox front suspension. Excellent condition, hardly used: **\$2,500**. Contact David or Ann Clarence on **9326 4710**.

## 2000 Progressive 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	C	T
Event	1 Lap	SC TT	LC TT	Ext TT	1 Lap	Hilltop Rd1	Crit Rd1	Crit Rd2	SC TT	Crit Rd3	2 Lap W'Race	LC TT	Crit Rd3	1 Lap	R	O
Name															FMM	T
<u>A Grade</u>																
Phil McKnight	7	8	8		7	1			6	1		6	10		11	54
Paul Rigby	8	6	7	8	8	5							9		9	51
Frank Milner		1		1	1		7	10	6	7	6	4	6		30	49
Mel Licker					6					9	8	8	7	6	16	44
Dave McAlpin	4	4		4			6	1	8	1	3	7			2	38
Anton Allen	6	5	4	7		1	1	1	7				5		7	37
Eddie Bosch							10		5	1	2	5	1	7	12	31
Paul Davies	5	6	5	3	2	1	1	1	2	1			1	3	4	31
Stan Genakis	1	3	3	5	6	1						6		2		27
Pete Scott		7	6	6					3							22
Leigh Ringrose					3	4		1	4	8					9	20
John Arkwright	6													8		14
Malcolm Lyons	3		2	2	4	2				1					1	14
Steve Hobart	2	1	1	6								3	1		1	14
Wayne Eastburn					5	1		1						4	1	11
Steve Hogg	1	2	6													9
John Brady													8		8	8
Dave Clarence						1								5		6
Alex Simmons							6									6
John Rutherford			1	1												2
John Newbery	1															1
Phil Gomes							1								1	1
<u>B Grade</u>																
Paul Kelly	7	6	5	5	7	1	8	7	8	1	1	6	1	5	17	68
James Guthrie	1	1		6	4	11	9	9	5	10		5		4	28	65
Tony Johnson		6	6	8	1	6		4	1	1	1	7	1	8	6	50
Tom Klemola	4	7	8	7	8	9		1	2						1	46
Eric Waddell	3			4	2	10	5	3	7	2	1		4		14	41
Steve Youngman	8	3	1	2	6			8	3						8	31
Rob Wilson	6	5	7		6		1		1	1					2	27
Walter Rolli						6			4	4	7		1		5	22
Michael Larkin	1		2		5				6					7		21
Johnathon Lewis					6							8		6		20
Alan Lumb	5	2	3	6	1	1										18
Sally Thomson			4		3	7	1								1	15
Mark Meltzer		8						1							1	9
Dave Warneford	2			3												5
Simon Kenny		4														4
Bruce Field			1	1												2
Roy Keyes													1		1	1
<u>C Grade</u>																
Monique Batterham			8	8	4		6		8	1	4	8	3	7	10	57
Kate Rowe	6	8		7	6		3					7	1	4	4	42
Dave Bullock	7	7	7	4	5		1	1	4				1	2	3	39
Tanya Bosch					8	8	4			6		6	2	5	12	39
Malcolm Wade	3		6	6			1		2	1	5	6		6	2	36
Con Roubis					7	1	1	6	6	5		4			12	30
Meg Croft	5		6	5			1		1		1	5	1	3	2	28
Tim Youngman	8	6		6				2	3						2	25
Ann Clarence						12								8		20
Sam Kosky	2		5		3	3										13
Andrew Price									7	3	1		1		4	12
Danielle Jolly							2	5	5						7	12
Ian Cranston		3	4	3												10
Steve McMillan						1	1	1		1	1	3	1	1	4	10
George Schneller						1				6	1					8
Kim Gordon		6														6
Gary Stevenson		5				1										6
Sam Cooper		4												1		5
Teri Sowers	4															4
Richard Kerr									1							1
Ryan Catzel														1		1
<u>Women (top 5)</u>																
Monique Batterham			8	8	4		6		8	1	4	8	3	7	10	57
Kate Rowe	6	8		7	6		3					7	1	4	1	42
Tanya Bosch					8	8	4			6		6	2	5		39
Meg Croft	5		6	5			1		1		1	5	1	3	2	28
Ann Clarence						12								8		20

Please report all inaccuracies to the Race Secretary