



# The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club  
August 2001 Edition



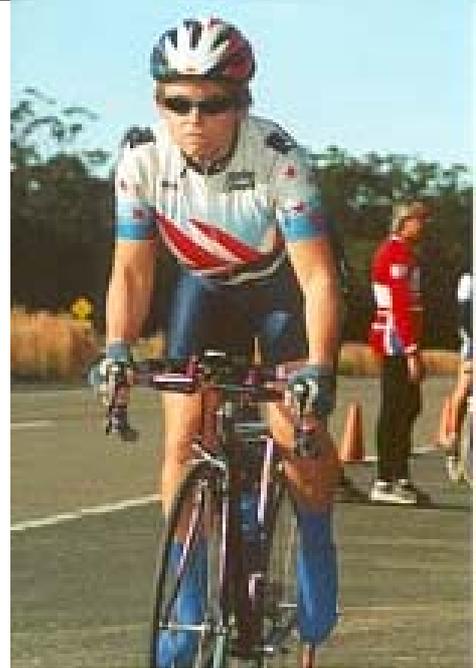
**Peter Montford, 3<sup>rd</sup> place in Masters 2 NSW TT**  
© Ernie Smith

### Inside this month's 11 page edition:

From the President's Chair.....	2
From the Secretary's Desk.....	3
Editor's Column.....	3
Mountain Bike and Ski Weekend.....	3
Tour Secretary's Report.....	4
Trek Team Report.....	5
SCC Contact List.....	5
SCC Race Reports.....	6
News from the Bunch.....	7
Club Calendar.....	8
Social Secretary's Report.....	9
SCC Event Results.....	10
SCC Teams Time Trialing Training Page.....	10
2001 Progressive Point Score.....	11



**Phil and Paul atop Mont Ventoux**



**Tanya Bosch leaves the start gate at Calga**  
© Ernie Smith



**Photos from recent tours of Sardinia and Italy**



## *From the President's Chair*



It is a sunny afternoon and the newsletter editor, Malcolm, is on my back to write the President's report, so he can finish this edition of the newsletter.

This past Saturday morning, I was pleased to see so many SCC members participating in either the one lap time trial (about 30), the normal ride to La Perouse (about 25) and a couple of other rides. This was especially pleasing as many of us were still recovering from the previous evening's great Tour de France night.

It has been a very long time since an SCC pace line has been involved in a serious accident. I am afraid to report that this past Sunday there was a very serious accident on the way back from waterfall. Paul Rigby, who as was on his first ride back after the Tour, reported it was like the American Post team time trial, a brief touch of

wheels and those following going down. I can only again state that our sport is dangerous and you must think of the bunch at all times. We wish those with broken bones quick recovery.

As usual, Malcolm has packed the newsletter with the information about the future and snapshots of recent SCC members past activities. Included in the following pages are photos from the various European SCC travellers including Gary's Tour of Italy, Stephen and Gangs' ride in Sardinia and, of course, Phil and Paul's grand trip to the Tour de France.

On the Tour de France, the big winners of the SCC competition were Frank Milner, Anna Murray, Jochen Schroeder and Meg Croft. Our sponsor, Clarence St. Cyclery was good enough to provide some Tour jerseys and water bottles for the prizes. A big thanks to Stan Genakis for organising the competition and Sam Kosky for organising the dinner.

Many of us have enjoyed our club patron Phil Liggett's commentaries on SBS every night for the last three weeks and also the two live stages. We are indeed privileged in Australia, as the British TV audience does not have such a wide coverage or any riders to cheer for. Also this year we had our own person reporting on the Tour scene, the one and only Paul Rigby who was seen by many to provide insights into the awesome attack by Armstrong on the slopes of l'Alpe d' Huez. (clearly this year, the committee will have to consider a new award for the most prominent media junkie among its members). I am now dreaming about an opportunity to participate in next year's Tour de France. If you have the means and the abilities, it is time to start the dreaming, as from dreams come the reality of being a rider on some of the great European climbs and a spectator of one of the greatest sporting events.

Failing that, how about the Tour Down Under? My recent visit to Adelaide coincided with the launch of the 2002 Tour Down Under. There will be three new stages in the 2002 Tour and it will be held from January 15<sup>th</sup> to 20<sup>th</sup>. Tour organizers are attempting to bring 10 European teams and have increased the field to 104 riders. For more details see [www.tourdownunder.com.au](http://www.tourdownunder.com.au)

The winter clothing orders have now been delivered and distributed and many members have commented on the great new winter top and wind jackets. I would personally like to thank Stan, Phil and George for making this a possibility. As an interested observer, I know how much work has been put into ensuring quality garments, new designs and a very reasonable price. This can only happen because very professional people donate their time to the club to create new products. For the few knockers out there, just compare our whole range of SCC merchandise with any other clubs offerings!

Also Peter Montford and Tania Bosh are organizing at least four Sydney Cycle Club team time trials for the up coming state championships. I know they are looking for helpers. If interested, please contact them directly.

The big local issue has been the activities associated with the Centennial Park lands draft transport plan. A GREAT BIG thanks to the people behind the scenes who have been working very hard: Steve Hobart, Sam Reuben, Martin Renwick, John Buckton (President RBCC), Sam Kosky, Steve Hogg, the Clarences & Dave South (Waratah Vets). Armon Hicks, Teri Sawers & others have also providing invaluable advice, particularly for the next step of developing an appropriate strategy for the press & politicians. We will also be approaching the other nearby clubs & asking that they join us.

The next step is to get as many signatures on petitions as possible to send to Bob Carr & to state parliament if it comes to that. We have included a copy of a petition with this newsletter. Please get as many signatures as possible and return it to the address listed on the petition by the end of August.

In conclusion, it is a very important time for individual club members to stand up and be counted in the battle to save Centennial Park as a safe heaven for cycling. If we are not careful, the money grabbing parking meters and commercialised events will become the focus of the Peoples' Park existence and cycling which has had an association with the Park for most of the last century will become an activity conducted on the children's cycle path and only for the inexperienced.

*Doc*

## From the Secretary's Desk

### National Cycling Road Championships

Cycling Australia has asked me to bring to your attention the inaugural **National Club Road Championships** to be held in Mooloolaba from September 17<sup>th</sup> to September 22<sup>nd</sup>, (Mooloolaba is one hours drive north of Brisbane on the Sunshine Coast.)

The event is open to full members of all cycling clubs affiliated with Cycling Australia and gives club members an opportunity to represent their club at national level. The championships will coincide with Mooloolaba Masters Week. Club colours must be worn, and all sponsors approved and registered.

Events on offer include a Road Race, Individual Road Time Trial and Club Pairs Time Trial. The club that accumulates the greatest number of points will be named Australian Champion Club. For more details contact Cycling Australia on 02 9644 3002, fax 02 9644 3006, or email [Daniel.Hutchinson@cycling.org.au](mailto:Daniel.Hutchinson@cycling.org.au) or myself at [Gales@bigpond.com](mailto:Gales@bigpond.com).

Cycling Australia will also hold a Sportnet & Information Technology forum and a General Club Forum on Thursday 29<sup>th</sup> September, the rest day of the National Club Road Championships. The forums will demonstrate how to construct and manage an Internet site for club activities, and will allow discussion on the future direction of cycling in Australia. If you are interested in attending the forums, or have any item for the agenda please let me know.

### Thank You Cycle Centennial

I want to personally thank Steve Hobart, Sam Reuben and the other members of Cycle Centennial, for their energetic efforts to preserve cycling as we know it in Centennial Park. Keep up the good work guys, we appreciate all your hard work on our behalf.

Be Careful Out There!

*George*

### Mountain Bike and Ski Weekend

Yes, for those of you who like to mountain bike and ski, Bruce and Elaine Vote are putting on a weekend down at Jindabyne:

**Date:** 29<sup>th</sup> September to 1<sup>st</sup> October

**Where:** 3-Way Inn, Jindabyne

**Cost:** \$100 (includes three nights accommodation, breakfasts and dinner on the Saturday).

Full details from Bruce on 0418 219 625 or [bruceelaine@bigpond.com](mailto:bruceelaine@bigpond.com)

## Editor's Column



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

Things have been a little hectic this past month and as such there are no big articles in this month's edition, just a wrap-up of the past month's activities with a good number of photos from our overseas trippers plus

some local shots from the recent state TT championships.

That said, I need to thank both Alex Simmons and Jono McCormack for their reports on SCC and team Trek racing activities. Well done to all and keep up the great results.

'til next month, take care on the road.

*Malcolm*

# Clarence St. Cyclery

## THE ULTIMATE BIKE SHOP

104 Clarence St, Sydney NSW 2000

Phone: 02 9299 4962

Fax: 02 9261 3802

# Tour Secretary's Report

## 15-16 September 2001 - Cessnock/Wollombi Tour

The days are starting to get a bit longer, warmer and drier so it is time to start planning the next tour. This time we will be visiting the Lower Hunter Valley region around Cessnock and Wollombi (the home of Dr Jurd's Jungle Juice). There is some great riding in this area.

The plan is to travel up on the Friday night and cycle about 100-120km on both Saturday and Sunday before travelling back to Sydney. I will organise accommodation in a hotel or motel and of course there will be a big dinner on the Saturday night.

There are a lot more wineries in the Lower Hunter than there are in the Upper Hunter so if you are keen to do some wine tasting it should be easy to find a few wineries to visit. The long kilometres and the fresh air will be great training for the NSWCF Masters Road Championships on 30 September.

Let me know by return email ([meg.croft@froggy.com.au](mailto:meg.croft@froggy.com.au)) if you are interested in joining what will be another great Club Tour. I will need a non-refundable \$50 deposit by 26 August.

## Sunday 7 October 2001 - Palm Beach /Patonga (a challenging 180 km)

I know you have all been waiting for a hard, challenging ride so Steve Hogg has come up with one. He warns it is 180 km, very hilly so you'll need to be fit.

Destination: Patonga via Palm Beach (180 km)  
Date: Sunday 7<sup>th</sup> October 2001  
Time & Place: Cannons, 6:30am  
Ride Captain: Steve Hogg  
Terrain: Hilly - especially the ride out of Patonga  
Sag Wagon: At this stage we are planning on having a sag wagon that will meet everyone at the Cannons in

the morning and then meet up with the group again at Patonga. It is not feasible for the sag wagon to follow the group to Palm Beach.

Let me know if you want to come on this ride so I can give Steve an approximate number and then I can forward you details as they come to hand.

## 2002 - Québec-Canada Tour

Eric has done some serious thinking about the proposed Québec-Canada tour and has forwarded some ideas. His inspiration has been the Grand Prix de Beauce ([www.grandprixcycliste.com](http://www.grandprixcycliste.com)).

"This is the local stage race which is now the most important event of its kind in the whole of North America. UCI category 2.4 tour, which brings in some big teams: Mapei, Mercury-Viatel, Saturn etc. This year there were 19 teams in all, including 2 from South Africa, 1 each from Belgium, France, Germany, Mexico, Poland (MROZ), a 2nd Italian team, two other US, and 5 Canadian. Among them were 3 Australian riders: Henk Vogels, Baden Cooke and - AND HENK VOGELS WON THE TOUR.

The Grand Prix is preceded the Saturday before by the Classique de Québec (road race), which all the teams participate in. And then, of course, two weeks beforehand in Montréal is women's World Cup race, where Geneviève Jeanson crushed the field this year.

*In addition the weather is generally good at this time of year and, since I know some of the organisers, we could closely follow some of the Grand Prix stages if we wished."*

Now that was just to wet your appetite! If you are interested in coming on tour in about July/August next year then send me an email and I will forward you the rest of Eric's thoughts on a possible itinerary.

*Meg*



Phil and Paul atop some of the legendary French Col's



# Trek Team Report

By Jono McCormack

The results from the past month or so are as follows;

- 🚲 Rosemount estate road race; 1<sup>st</sup>, 4<sup>th</sup> and 7<sup>th</sup>.
- 🚲 Muswellbrook explorer road race; 3<sup>rd</sup>.
- 🚲 Gunnedah to Tamworth handicap; 1<sup>st</sup>
- 🚲 Coonabarabran to Gunnedah: 1<sup>st</sup> and fastest.
- 🚲 3<sup>rd</sup> Sutherland Criterium

Nash Kent, is on his 2<sup>nd</sup> overseas trip for the year and is due back in Australia at the end of the month. He has been in Holland racing for the past 5 weeks, and he has had some good results and when he gets home I will send further information out to you.

Anthony Challinor has started racing the Tatts's cup races in Victoria and has some solid races after the first two weeks of the 5-week series.

The team is gearing up for the National Championships in Brisbane in about 6 weeks or so and we are all looking forward to that.

The other races coming up shortly include:

- 🚲 Penrith open
- 🚲 Cootamundra 2 day tour
- 🚲 Grafton to Inverell
- 🚲 State club teams' championships
- 🚲 Tour of Sunraysia (Victoria)
- 🚲 National Championships;
  - 2 man team time trial
  - Individual time trial
  - Road race
- 🚲 Hornsby to Swansea Road race which doubles as the State road race
- 🚲 Hornsby to Swansea 2 criteriums



I will keep you up to date with these results as the season progresses

## SCC Contact List

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
<b>President :</b>	James Guthrie	9357 6993 (h) 0402 153 453 (m)	<a href="mailto:James.Guthrie@mq.edu.au">James.Guthrie@mq.edu.au</a>
<b>Club Patron:</b>	Phil Liggett		
<b>Secretary:</b>	George Schneller	9319 2899 (w) 0418 581 951 (m)	<a href="mailto:FlashFrames@bigpond.com">FlashFrames@bigpond.com</a>
<b>Treasurer:</b>	Suzanne Lyndon	9742 6242 (h) 0412 355 455 (m)	<a href="mailto:Suzanne.Lyndon@chapeast.com.au">Suzanne.Lyndon@chapeast.com.au</a>
<b>Race Secretary:</b>	Steve Hobart	9698 9440 (h) 8249 5581 (w) 0416 146 804 (m)	<a href="mailto:shobart@comtech.com.au">shobart@comtech.com.au</a>
<b>Race Sec. Assistants :</b>	Tanya Bosch & Dave Clarence	9369 1436 (h) 0419 217 974 (m) 9326-4710 (h)	<a href="mailto:onyabike@ozemail.com.au">onyabike@ozemail.com.au</a>
<b>Tour Secretary:</b>	Meg Croft	9398-7476 (h) 9449-0192 (w)	<a href="mailto:dkclarence@ozemail.com.au">dkclarence@ozemail.com.au</a> <a href="mailto:meg.croft@froggy.com.au">meg.croft@froggy.com.au</a>
<b>Social Secretary:</b>	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	<a href="mailto:samkosky@optusnet.com.au">samkosky@optusnet.com.au</a>
<b>Social Sec. Assistant :</b>	Lea-Ellen Schneller	9398 7092 (h) 0417 771 955 (m)	<a href="mailto:Gales@bigpond.com">Gales@bigpond.com</a>
<b>Boutique Manager :</b>	Stan Genakis	9746-5954 (h) 9466-3210 (w)	<a href="mailto:stangenakis@hotmail.com">stangenakis@hotmail.com</a>
<b>Newsletter Editor:</b>	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	<a href="mailto:malcolm.wade@bikerider.com">malcolm.wade@bikerider.com</a>
<b>Newsletter Submission Details:</b>	Next Deadline: <b>3<sup>rd</sup> September, 2001</b> . Please submit articles to Newsletter Editor via e-mail or post to <b>108 Rothschild Ave, Rosebery, NSW, 2018</b> or <b>Club PO Box</b> .		

# SCC Race Reports

By Alex Simmons

## **Coonabarabran to Gunnedah, 105km Handicap, 7 July 2001 – “Mixed Blessings”**

Another hardy band of Sydney riders lined up to take on one of the tougher handicaps of the season, with the following riders competing: Team Trek riders Matt Smithson, Brian Appleyard, Anthony Challinor and Jonathon McCormack, all off scratch, and Stan Genakis, Alex Simmons, and Michael Avakian at 20 minutes.

Conditions were cold with drizzling rain, which was to come and go throughout the race. The road heading East was in good condition, but fairly dead. For the uninitiated, the first 65km are continuous undulations designed to sap the strength of all. The remainder of the race is basically flat, with a finish in Gunnedah, which required several corners to be negotiated before the finishing straight.

Sydney's Brian Appleyard continued his good form, getting up from scratch to win the event (and fastest time) from Peter Milostic (Penrith CC). Unfortunately Brian's time has not been listed in the official race results. (By the way, the race record is held by Eddie Salas - 2:10 @ 48.5km/h). Congratulations to Brian and the team.

The finish was interesting with 3 scratch riders (including Matt Smithson of Sydney) following the Police car, which turned off the race circuit when it was expected to take the race line. Still, it is the rider's responsibility to know the finish...

As for the three Sydney riders comprising the “20-minuters” they found themselves lasting, on average, about as long as their World War I RAF pilot namesakes. Now in an effort to get good copy for this publication, Alex, Stan and Michael posed for a start line photo by trusty team support, Julie Avakian. Little did they realise that while grinning for the camera (despite the cold), the 20-minute bunch was departing behind them! It was only when the call “16-minute bunch to the line” did the troika realise their predicament (a timing mistake based on a bum steer from the starting official). Still, it's always the rider's own fault.

The three, having missed their starting bunch, set off anyway, deciding it wise to leave immediately, ride steadily, warm up and join with the next bunch when it came through.

Plan B didn't last long, with Alex making it precisely 500 metres down the road when he punctured. So Stan and Michael continued on while Alex only briefly considered a restart with scratch or chopping block after getting a repair back at the start line. Sense prevailed with some 20-30 hills to attack in the first half of the race and Alex walked back to the start and got in the car to give Julie some company.

Stan was, by this stage, bursting with energy and while riding easily, Michael found it was taking a bit longer to get warmed up. They both joined the 16-minute bunch as planned. Unfortunately for Michael, the early exertions and tough course saw he and several other riders struggle to hold on over the relentless undulations. Michael managed to ride with the following bunches for some time until a fairly long, cold and occasionally wet ride pushed him to the limit (pedalling with only one leg over the final climb of the day as the other had seized).

Stan on the other hand managed to slot into the groups as the faster bunches came through with the scratch bunch finally catching the leading group with 20km to go. Things were going well for Stan, however, as one of the scratch riders came through on Stan's line and his rear skewer slotted neatly into Stan's front wheel. Both riders broke several spokes and were lucky to stay upright. Race over, red rover. Stan then sat in the sag wagon, contemplating what could have been and the repair of his Mavic Helium.

Still it all made for a lively discussion that night at the local restaurant with some quality home made soup and pasta washed down with some red wine being the favourite choice for the combatants.

## **Gunnedah to Tamworth Road Race, 107km, 8 July 2001**

Another cold and grey day greeted riders for the second race of the weekend. In contrast to the Saturday race, this graded scratch race provided a flat start to the race that travelled South/Southeast from Gunnedah, through Breeza until the race turns East/Northeast through undulating countryside on its way through Werris Creek, Currabubula, Duri and onto Tamworth. Road conditions were variable, with one 2km section of dirt/semi mud, and a few very poor sections, which needed to be carefully negotiated. The final 10km is basically flat with a long straight finish.

Division 1 (107 km in 2:30.52 @ 42.6 km/h) – “Appleyard Cleans Up.”

Brian Appleyard of Team Trek continued his good form taking out the sprint to win the Division 1 race. This effort rounded out an excellent weekend, which included his win the day before. Well done to Brian and the Trek Team for another excellent performance.

Division 4 (107km in 2:49.57 @ 37.8 km/h) – “Stan's the Man”

**Congratulations** go to Stan Genakis, who finally broke through today to register his first open win. This is the third podium finish for Stan this season. All those Adelaide “junk miles” are starting to pay off! The race began lively enough with three Sydney riders lining up: Stan, Alex Simmons and Michael Avakian. Stan, having been unable to find a bike shop to repair his busted Helium from his altercation the day before, borrowed a front wheel from Alex who used his spare.

Alex rounded out his fabulous weekend of racing by making it 17km into the race before his second puncture of the weekend ended any hopes of glory (the expletives emanating from Alex's mouth were fortunately not heard by the Commissaire following the race). Puncture repaired, Alex set about the chase but found several others riders with similar predicaments requiring assistance. Alex settled for a decent training ride, finishing the race just to stay warm. At the post race interviews, Alex "Neil Stephens" Simmons was heard to say, "yeah – I'll have to have a word to the mechanic about that".

Michael fared better, and with Alex out of the race, he took on super-domestique duties at the front of the bunch, while Stan was sizing up the race. Eventually however, bunch positioning started to take its toll as the race changed direction and fought strong head and cross winds on the undulating roads through to the finish. The echelon was always going to be tough to hang on to and many riders struggled to stay in touch. Eventually the rubber band broke and Michael finished the race with a group a couple of minutes down.

Several attacks saw a breaks form and regroup throughout the race. With 50km to go, one break of 4 riders looked a little more serious and Stan decided to bridge the gap, taking 2 other riders with him. They soon found themselves in a bunch of 7, most prepared to work together to hold the bunch at bay. This became the winning break, with 5 of the 7 staying together through to the finish. Stan had the better legs in the sprint, winning by several bike lengths.

Julie Avakian, who sacrificed her chance to race, provided great team support, driving the team car and having sandwiches ready for the boys after the finish (thanks Julie). The presentations, while elegantly simple in that uniquely country way, were not easy to watch – it was bitterly cold and the rain was starting to have its say on the day.

Now just dare Stan to wear his fluoro-yellow winner's jersey on his next training ride. It's truly dazzling!

### **Parramatta Open, 22<sup>nd</sup> July 2001 – "Another SCC Success"**

Team Sydney once again showed its mettle in the lower grades with Dave McAlpin recording a **win** in the 66km Parramatta Open Division 4 race. Leigh Ringrose also made the podium with a 4<sup>th</sup> place.

Other SCC riders competing were: Alex Simmons, Simon Kenny, Wayne Kenny and Paul Davies. Joachin Schroeder once again was the only representative in the Division 2 race. No report on the Div 2, 99km race other than to say Joachin came 6<sup>th</sup> in a tough race where a 2 man break away took the honours.

The Division 4 race course consisted of 2 x 33 km laps of an undulating circuit, located not at Parramatta but at East Kurrajong – about 15km past Windsor in the foothills of the Blue Mountains. One fast descent followed by a sharp climb at 5 km from the start of each lap proved to be a test for many riders. Of a bunch of approximately 45 riders, Sydney and Sutherland both had good representation and dominated the race tactics with riders from each team attacking at various stages.

Wayne and Alex were the most aggressive on the flatter sections, with Leigh and Dave attacking on the 2<sup>nd</sup> climb of the day. The chase back onto the bunch following the climb on each lap made the race interesting for us "hill challenged" riders.

In the final quarter of the race, Alex, with the aid of Paul kept the attacks under control. Dave was also most attentive and spotted a slight hesitation in the bunch to make a break with 1500 metres to go. Alex then made life a bit difficult for the chasers.

Dave's move paid off handsomely as the bunch left its charge way too late. It was amazing to see how long it took for bunch to get going with the chase really only starting to rev up with 500m to go.

Leigh hung on in the final sprint to claim 4<sup>th</sup> place. Alex sat up having done his work earlier and the other SCC riders all finished with the bunch.

Congratulations to Dave and Leigh and well done to all the SCC competitors. This was as close to teamwork riding as I've seen in our club.

Next stop – the Tamworth Tour....

## **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!

- 🚲 Which SCC member recently asked the race secretary, the day before the one lap time trial, whether that race could be rescheduled as it clashed with the Tamworth Tour, and this member wanted to break 5 minutes & do a PB?
- 🚲 One of the downsides of riding Tour de France climbs on the day; stay away from freshly painted banners and logos on the road. I'm told one of our recent overseas tourists is still trying to remove white paint from the down tube!

## Club Calendar

Day	Time	Venue	Comments
25-26 <sup>th</sup> Aug. ⇒ 25 <sup>th</sup>	06 :50	Cannons	2 Day Tour. Points awarded to respective series, NOT to overall point score. a) SC TT – FMM Handlers: TBA
	08 :00	Heffron	b) Criterium Rd 4 Handlers: TBA
⇒ 26 <sup>th</sup>	09 :00	Yanderra	c) Hilltop Rd 2 Handlers: TBA
7 <sup>th</sup> Sep.	19:30	O Bar, Surrey Hills	Trivia Night, \$20 per head by 4 <sup>th</sup> September.
8 <sup>th</sup> Sep.	06:50	Cannons	SC TT – FMM (8/7/.../1) Handlers: Wayne Eastburn, Richard Kerr & Pete Scott
8-23 <sup>rd</sup> Sep.	-	Spain	Vuelta a España
15-16 <sup>th</sup> Sep.	-		SCC Cessnock/Wollombi Tour. See <a href="#">Tour Secretary's Report</a> in this issue for more information.
29 <sup>th</sup> Sep.	07:15	Heffron Pk.	Criterium Rd 5 (10/9/.../1) Handlers: Alex Simmons & Sally Thomson
29 <sup>th</sup> -1 <sup>st</sup> Oct		Jindabyne	Bike and Ski long weekend (see <a href="#">details</a> in this issue).
6 <sup>th</sup> Oct.	06:50	Ocean St. Gates	LC TT – FMM (8/7/.../1) Handlers: Steve Youngman, Tim Youngman & Carl Horn
7 <sup>th</sup> Oct.	06:30	Cannons	Palm Beach /Patonga one day tour. See <a href="#">Tour Secretary's Report</a> in this issue for more information.
13 <sup>th</sup> Oct.	07:15	Heffron Pk.	Criterium Rd 6 (10/9/.../1) Handlers: John Rutherford & Jonathon Lewis
14 <sup>th</sup> Oct.		Eastern Creek	Go-Karting at Eastern Creek ( <i>tentative</i> ) <a href="http://www.easterncreekkarts.com.au">www.easterncreekkarts.com.au</a>
20 <sup>th</sup> Oct.	06:50	Cannons	Handicap 2 Lap Wheel Race Handlers: Walter Rolli, Robert Hood & Con Roubis
27 <sup>th</sup> Oct.	TBA	TBA	Hill Climb – FMM Handlers: TBA
10 <sup>th</sup> Nov.	06:50	Ocean St. Gates	Ext. TT – FMM (8/7/.../1) Handlers: Mike Larkin & John Kearney
13 <sup>th</sup> Nov.		TBA	SCC Annual General Meeting
24 <sup>th</sup> Nov.	07:15	TBA	Kilo – FMM (8/7/.../1) Handlers: TBA
14 <sup>th</sup> Dec.		TBA	SCC Christmas Function
<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. 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, pacelines 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.

## Social Secretary's Report

Hi everyone,

It seems that the heavens are shining on us as we continue to bask in this 'Claytons' winter. It's great to know that so many of you took the time to submit letters to the Cycle Centennial stating your objections to the plans for the park. We know it is one of our greatest resources and we should all feel inspired by the hard work of Steve Hobart, Sam Rueben and Martin Renwick who have represented our club on the committee. Centennial Park Trust may very well have been revving up the bulldozers and slapping on that green paint if these guys hadn't taken the initiative to put so many things into motion. We may have won the battle temporarily but we certainly haven't won the war.

Congratulations of a different order must go to the winners of the Tour de France tipping competition. It was very close but ultimately won on count back by Frank Milner. 2<sup>nd</sup> place was Anna Murray, 3<sup>rd</sup> Jochen Schroder and 4<sup>th</sup> Meg Croft. A big thanks should go to Stan Genakis for organising the competition and to Clarence Street for providing the jerseys as prizes.

**Our Tour de France dinner** was a cosy affair at Bistro Meshi in Paddington. The warmer weather allowed us to sit comfortably in their covered garden courtyard, amongst flags and floral pinwheels courtesy of Year 3 Newington language students and cardboard Eiffel Tower miniatures in red, white and blue. Everyone was in high spirits and we were able to welcome back several SCC members from travels further afield including our president.

**The Trivia Night** is the next event on the club's social calendar. Check this out – fantastic finger food, stylish venue, a few hours of entertainment, cash prizes and of course the company of your mates - all for the tiny cost of \$20. What a bargain! Details below. As usual bookings are essential – it means I can ensure that everyone has a place to sit and there is plenty of food to eat. Start thinking about who you might like on your team - tables must be a minimum of 4 and a maximum of 6 and look for the e-mail invite coming to your computer screen soon.

Here's hoping we can keep the winter woollies to a minimum for a few weeks more.

*Sam*

Function	Date	Location	Cost	Payment
Trivia Night	Friday 7 <sup>th</sup> September 7:30pm	O Bar, Clarendon Hotel, 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
<b>Closes Mon. 3<sup>rd</sup> September</b>				

# SCC Event Results

## Criterium Round 2, Heffron Park, 21<sup>st</sup> July, 2001

Name	Start Time	Place Overall	Series Points	Grade	Place in Grade	C'ship Points
Alex Simmons	0:00	1	10	A	1	8
Pete Montford	0:00	2	9	A	2	7
Steve Hogg	0:00	3	8	A	3	6
Andrew Hudson	2:15	4	7	B	1	8
Frank Milner	2:15	5	6	A	4	5
Paul Davies	1:00	6	5	A	5	4
Paul Kelly	0:00	7	4	A	6	3
Leigh Ringrose	0:00	8	3	A	7	2
Dave McAlpin	0:00	9	2	A	8	1
Tony Johnson	2:15	10	1	B	2	7
Tanya Bosch	4:15	11	1	C	1	8
Steve McMillan	4:15	12	1	C	2	7
Eddie Bosch	1:00	13	1	A	9	1
Meg Croft	2:15	14	1	C	3	6
Derek Hemsworth	1:00	15	1	A	10	1
Tom Klemola	1:00	16	1	A	11	1
Bruce Field	4:15	17	1	C	4	5
Craig Warner				B	Handler	6

## 1 Lap TT, Centennial Park, 4<sup>th</sup> August, 2001

Name	Grade	Time	Place Overall	Place in Grade	Points	PB / Margin
Pete Montford	A	5:09.82	1	1	8	
Phil McKnight	A	5:18.03	2	2	7	
Pete Scott	A	5:26.97	3	3	6	
Tom Klemola	A	5:31.07	4	4	5	
Steve Hogg	A	5:35.37	5	5	4	
Paul Kelly	A	5:36.82	6	6	3	PB - 4 secs
Stuart Davis	B	5:40.66	7	1	8	PB - 1 <sup>st</sup> time
Simon Kenny	B	5:42.82	8	2	7	
Eddie Bosch	A	5:42.85	9	7	2	
Frank Milner	A	5:42.91	10	8	2	
Simon Pardy	A	5:49.22	11	9	1	PB - 1 <sup>st</sup> time
Carl Horn	B	5:58.50	12	3	6	PB - 2 secs
Tony Johnson	B	5:59.97	13	4	5	
Richard Kerr	C	6:07.07	14	1	8	
Tanya Bosch	C	6:07.50	15	2	7	
Meg Croft	C	6:12.69	16	3	6	
Doc Guthrie	B	6:14.58	17	5	4	
Sally Thompson	B	6:18.75	18	6	3	
Steve McMillan	C	6:21.01	19	4	5	PB - 0.4 sec
Kate Rowe	C	6:23.89	20	5	4	
Julie Howard	C	6:28.23	21	6	3	PB - 2 secs
Breeda Kelly	C	6:30.44	22	7	2	
Ross Theo	C	6:35.70	23	8	1	PB - 1 <sup>st</sup> time
Beth	C	6:45.73	24	9	1	PB - 1 <sup>st</sup> time
Bruce Field	C	6:54.23	25	10	1	PB - 1 <sup>st</sup> time
Marguerite Young	C	7:24.23	26	11	1	PB - 1 <sup>st</sup> time
Rob Hood	B		Handler		6	
George Schneller	B		Handler		6	

## SCC Teams Time Trialing Training Page

(by [Peter Montford](#))

Date and Time	Where	Goals and Event
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>

## 2001 Progressive Point Score

Date Event Name	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	21-Jul Crit Rd2	04-Aug 1 Lap FMM	TOTAL C'SHIP
<b>A Grade</b>												
Phil McKnight	6	8	7	6	6	5	8	6			7	59
Tom Klemola	3	6	4	5	1	6	5	6	1	1	5	43
Paul Kelly		5	6	3	5	1	4		6	3	3	36
Pete Scott			3	7			7	8	4		6	35
Stan Genakis	7	7	5			7		6				32
Peter Montford	1		2	1		6	6			7	8	31
Dave Clarence	5	6	6	8			3					28
Alex Simmons		1			2	4		5	7	8		27
Paul Davies	1	3	6			2	1	7	2	4		26
Paul Rigby		1	8		7	8						24
Steve Hogg						1			8	6	4	19
Frank Milner	1	1	1		6	1			1	5	2	18
Eddie Bosch	6		1		4	1				1	2	15
Dave McAlpin	4	1			3				5	1		14
Leigh Ringrose	1	2	1	2	1	1			3	2		13
Jochen Schroeder					8	3						11
John Arkwright	8											8
Jonathon Lewis	2		1	4		1						8
Wayne Eastburn					1		6		1			8
Dave Pye		4					2					6
<b>B Grade</b>												
Tony Johnson	2	5	7	8	4	6	8	8		7	5	60
Rob Hood		4	8	7	1	8	7		7		6	48
Doc Guthrie	4	8		6	1						4	23
Simon Kenny					8	7					7	22
Andrew Hudson					6				8	8		22
John Rutherford	7	6	4		1							18
George Schneller		2	3	5	1						6	17
Kelvin Haisman	5	3	1		3	4						16
Carl Horn	3		5		1						6	15
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
Craig Warner	1	1	1			3				6		12
Alan Lumb	1	1	1	6								9
Stuart Davis											8	8
Ann Clarence	6		2									8
Sam Reuben					2				6			8
Roy Keyes					1	6						7
Andrew Price									6			6
Mark Meltzer							4					4
<b>C Grade</b>												
Richard Kerr	7	8	6	7	5	7	5	8	6		8	67
Meg Croft	6	7	7	8		6	8	7		6	6	61
Tanya Bosch	8	6	8		6	3	4		5	8	7	55
Steve McMillan	2	1	4	6	7	1	2	5	6	7	5	46
Malcolm Wade	4	4	3			5	7	6	8			37
Heydon Miller	5	6	5	5		4						25
Bruce Field	1	1		3		2	6		1	5	1	20
Julie Avakian					8		6					14
Steve Youngman	1	1	1	2		8						13
Kate Rowe				6			3				4	13
Julie Howard	1	2				1			3		3	10
Tim Youngman	1	1	1	4		1						8
Dave Bullock	1					6						7
Dan O'Callaghan									7			7
Hiroyuko Toyozumi					6							6
Paul Montesin							6					6
Breeda Kelly	3										2	5
Pino D'aguiano		5										5
Ross Theo							1		2		1	4
Anneliese Aarts									4			4
<b>Women (top 5)</b>												
Meg Croft	6	7	7	8		6	8	7		6	6	61
Tanya Bosch	8	6	8		6	3	4		5	8	7	55
Julie Avakian					8		6					14
Monique Batterham	6	6	1									13
Kate Rowe				6			3				4	13

Please report all inaccuracies to the Race Secretary. Members with a total of 3 points or less have been removed for editorial reasons