



The Sydney Cyclist

Official Newsletter of the Sydney Cycling Club
May 2000 Edition



The burglars at Hilltop

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En-route to Penrith ... and then back again!



The Doc proving that having the right equipment does count at Hilltop.



Wayne Eastburn and Norman Ridge at the start of the Canberra-Goulburn



President's Report



The Club Criterium series got underway on April 29 with a startling 24 competitors. Eddie Bosch took the honours, followed by a fast finishing Doc Guthrie. Frank Milner was given a competitive handicap and had a look on his face like the cat that just swallowed the canary! Remember round 2 is on May 13. We will be holding a skills session after this race, with the focus on cornering. The difference between A grade & C grade in a Criterium, CORNER SPEED! Learn how to go faster with less effort.

Paul Rigby, Wayne Eastburn & myself flew the SCC colours in the Canberra Tour last weekend. What a tough race! If you think you've done enough training to get through this alive, think again! You've probably only done half the K's you should have. None of us completed all 3 stages!

A large contingent will be competing in the Mudgee Open on June 10 & 11. Please let me know if you're interested in racing this event so we can organise accommodation and transport. Fax your entry to the NSWCF but remember entries generally close 3 weeks before the event with no late entries being accepted for handicap events. There are a large number of Opens that will have SCC members competing, so if you're interested, let us know so we can include you in the numbers for any arrangements.

I was planning on giving a big report on the SCC Annual Pool comp, held at the Beach Hotel Bondi last month. However, it was such a pitiful turnout, I couldn't really report on 8 members standing around having a few drinks and the odd game of pool here & there, now could I? Lea-Ellen went to a good deal of trouble organising some very nice prizes, only to have a poor attendance. A portable CD player for the best female player went home unopened as not one women showed up!

Kangaroo Valley is scheduled for this weekend. I hope we have the numbers and the weather to ensure this vital tour goes ahead this year. If you read this before the tour, make sure you have let Malcolm Wade know you're attending.

I've had a few complaints about the bunch etiquette on the Saturday morning La Perouse rides. Call the holes & bumps, hold your line & please save the social chat till the Coluzzi Bar!

Phil



Phil Anderson with the TDU crowd



Poser!

Club Picnic

When: Sunday, May 21st at 12 noon.

Where: BBQ area near the children's cycling track at Centennial Pk.

What to bring: Your family plus anything you want to eat and drink..

What will happen: Fun and Games for all, prizes for kids both large and small.

Please RSVP to Lea-Ellen

Editor's Column



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

Last month your newsletter was a little lacking in content. The reverse is true this month. Reports have been coming in from all over the place; Meg

Croft (with help from some others) has kindly compiled a write up from the **Snowy Tour**. There will be some photos next month.

Paul Rigby and President Phil have written up their efforts from the recent **Canberra-Goulbourn** and **Canberra 2 Day Tour** with photos supplied by Phil and the Doc.

For you web surfers out there, I've also included an updated version of **Cycle News on the Web**. There is also a bit of local and overseas news which I've compiled for you including some great photos from the European Spring Classic.

Finally, a big "well done" to Mark Meltzer, Nanami and Bob who all recently competed and completed the Forster Ironman Triathlon. To have the strength, both physically and mentally to take part in this event is something special and you should be proud of what you have achieved.

Take care on the road.

Malcolm

The ASS Report



I hope you all had a happy and safe Easter, and that you didn't get reflux from eating too much chocolate. George and I went up to not-so-sunny Queensland for 5 days. Sad to say, it rained the whole time. We arrived home to numerous smiling faces telling tales of beautiful Sydney weather... guess we should have stayed home! (I'm pleased to say that the undercarriages on our Qantas flights worked just fine.)

The highlight of our trip was getting to see Pete and Joan Smith at Runaway Bay and Don Beavis at Robina on the Gold Coast. Joan cooked us all a wonderful lunch, thanks Joan. Although only in the house for two weeks there wasn't a packing carton in sight, I was very impressed with this demonstration of industry and organisation.. Despite the inclement weather they all seem really enthusiastic about their move north. Don has even managed to chose a spot reminiscent of Centennial Park with ducks, water hens, reeds and water lilies as part of the view. Hi Don, Hi Pete if you are reading this!

Annual Club Pool Tournament

April was the month for our Club Pool Tournament. I couldn't make it, so President Phil very kindly filled in for myself and Sam, who also couldn't make it. This meant Phil travelling from Mascot to Mosman and back to Bondi on a weeknight, so he was a bit disappointed that only 7 of you showed up. Some of the prizes weren't awarded, if you had come, you might have won! Last year's attendance was much better, but it seems that memories of the hail storm have haunted you all.

Club Picnic - Club Picnic - Club Picnic

The club picnic is planned for Sunday May 21st at 12 noon. It will only be held if enough people show an interest, so if you are thinking of coming, please let me know. Phone me on 9319 2899, my mobile is 0417 771 955 or you can fax me on 9698 5938. Our proposed picnic spot is the barbecue area next to the children's cycle track, as it is close to amenities and cooking facilities for the sausage/steak/prawn on the barby brigade. It's bring your own food and wine. Depending on the ages of those attending, games and 'yes small prizes' will be on offer. I really had fun buying these, so start that phone ringing guys!

Lea-Ellen

Snowy Tour Report

by Meg, Sam, Paul, Eric et al

The impressive turnout for the Snowy Tour (approx 27 people and one large well-behaved dog) was warmly welcomed by Bruce and Elaine. Those who arrived early on Friday indulged in an easy roll to 'the Diggings' and a swim in Lake Jindabyne. The last arrived close to midnight - by which time the rowdy bunch on the balcony had gone to bed.

Saturday morning dawned to misty rain but by the time we'd indulged in one of Bruce and Elaine's gourmet breakfasts and Tom had got his bike together, the weather had improved slightly. The original idea was to head to Cooma (150km) to watch the Tour de Snowy, but the weather forced a change of plans and the bunch rolled out to Berridale via Dalgety (80km). We didn't go anywhere very fast, there were a few accidents along the route mainly on the notorious pick-a-plank bridges. Alan Smith was the first, he managed to stay upright but as he was not wearing gloves he cut his hand to pieces. Then there was the total collapse of Steve McMillan's rear wheel. Luckily Steve wasn't injured and he was able to thumb a lift back to Jindabyne on a passing truck - this was to be the end of Steve's cycling for the weekend, he was then put on Darren walking duties (Frankie's dog). Sally was next to come down near Dalgety, landing on her bum. Sally's new theory on plank bridges is that you have to take those b_____s fast. We made it to Berridale for lunch where it appeared we provided the whole village with work, as we placed our lunch orders locals arrived to help out in the kitchen.

Eight of our keener cyclists who like head winds and cold temperatures extended the ride by a 40 km loop through the countryside but the rest returned to Jindabyne via the main road. After warm showers it was down to the bakery to eat lots, drink coffee and watch those foolhardy souls on the extended ride return looking more than a bit done in.

If your name was Allen or you were a male of British descent you didn't waste time eating at a bakery (you barely wasted time showering), it was straight down to the pub to drink a Guinness or 12 and earn yourself a T-Shirt. It ended up being a Club effort but by Sunday afternoon, after 36 glasses of Guinness the lads had earned themselves 3 x T-shirts which they proudly modelled that evening at dinner (next time they may find it easier to just pack a few clean shirts before leaving Sydney). Bruce and Elaine put on a great dinner Saturday night with the club supplying a few bottles of wine and we all settled in for a relaxing night at the lodge.

The sun came out on Sunday and we headed up to Thredbo. Prior to departure Bruce said that a triathlete had done the 36km in under 1½ hrs which didn't sound too hard to beat. Tom remembers a tough hill at around 15km that left him longing for his 'granny gear' (on the bike he left at home) while Allen Revell found he didn't need anything smaller than his big chain ring - was he just trying to make the rest of us feel bad? The first hill split the bunch up into a few groups but we all regrouped at one of Thredbo's many cafés to have a well earned morning tea. It was here that we met up with John Stanton's best man and caught up on John's wedding plans - Sally just knows everyone.

While some people lounged around soaking up the sun, there was a breakneck race from Thredbo to the Ski-tube for the 10 trying to make it to Charlotte's Pass. Luckily, Paul 'I only have 3 gears' Davies went ahead and stopped the train for the rest of us. The ski-tube waited - there were only five tourists on the train and, it seems, money and numbers talk. (note that the 'Guinness lads' weren't up for the ride to Charlotte's Pass - what was that about the brew containing lots of iron and being good for your riding?). After a steady climb up to the Pass, it was a quick visit to the lookout before we literally took off down the mountain. The plan was to regroup and have something to eat at Perisher but so much for a food stop anywhere after Thredbo. Perisher was declared a nutritional wasteland and everyone was left to break their PB downhill speeds on an empty stomach.

It is a myth that it is all down-hill from Charlotte's Pass to Jindabyne - there was a little hill in particular around the Guthega turn off that had a few of us breathing harder - it may have even had John Rutherford regretting his selection of bike for this tour. Tony Johnson had to take it easy on the downhills as the old Vetta just kept shaking - bet he would have liked to have had the De Rosa for that weekend. There are a few good stories about the ride back from Charlotte's Pass.

Eric recalls, "that fantastic ride from Perisher to Jindabyne, where Paul acted as my domestique to chase Leigh, Malcolm and Pete. We got up to speeds of 83km/hr and eventually caught Leigh (who was, by then, losing contact with Malcolm and Pete), at which point I "rode away" from him and Paul, to come in 3rd at Jindabyne. There I walked proudly into my room and announced my maximum speed only to be told by the

lanky Northumbrian (name forgotten) that his speedo had hit 91km/hr on the ride directly back from Thredbo - although he had difficulty believing it.”

Paul remembers it slightly differently, apparently Eric sat on his wheel for 14½km of the 15km downhill, and complained that the pace was too fast!

Of course there was a huge refuel at the bakery when we got in and a few cooled down with a swim in the lake. There was a bit of a pool comp at the Pub in the afternoon with Sally and Pete the unbeaten champions (no prizes at this pool comp). The Grand Prix video game in the corner of the pub was hotly contested by Leigh Ringrose and his partner, Susan – Susan winning of course. Others were content to relax and gaze at the view from the balcony in the crisp twilight.

Pizza, beer, wine, long phone calls to Adelaide and bicycle videos from the 1970’s were the order of the evening. After dinner entertainment featured an ‘ancient’ Tour de France video with dubbed sound effects during the hill descents, corny but delightful camera angles and nostalgic (in retrospect) interviews.

There were only 10 people remaining for the ride on the Monday (even Bruce had to go to work) and only Paul, Pete, Eddy, Tony and Mike made it all the way out past ‘the Diggings’ (50 km). The young grasshopper tried to take on the old master for the long 15km downhill sprint back to Jindabyne but Pete just toyed with Paul and left him gasping before the finish line– better luck next time Paul!

It was a great weekend of riding and socialising and as Mike said, “it was so cheap that I could have gone twice!”

Thanks Elaine, Thanks Bruce!

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/>):

- **Samaranch awards Merckx.** Eddy Merckx was recently awarded the award for “Rider of the Century”, which was awarded by the International Cycling Union (UCI). The award was given during the course of the ceremony being hosted in Paris, where the president of the IOC, Juan Antonio Samaranch, presented the award. Merckx, who rode 14 seasons as a pro, accumulated 445 victories including 5 Tour de France, 5 Giri d’Italia, 3 Worlds and 7 Milano-Sanremo.
- **Museeuw wins Paris-Roubaix.** Johan Museeuw (Mapei Quick-Step) proved to the world what a champion he his by winning the 98th edition of this year’s Paris-Roubaix. The win was even more impressive considering the same race two years ago nearly ended his cycling career after a crash in the infamous Arenberg forest, a fact not forgotten as he crossed the finishing line some 250m in front of a chasing bunch lifting his left leg in triumph.
- **Peter Milostic off to Europe.** Some of you might remember Peter Milostic as our guest speaker at last years Annual Dinner in November. Well, reported in the latest Bicycling Australia magazine, after much work Peter’s been lucky enough to score a season riding for French amateur road team ASPTT Nancy. Peter will race three to four times a week in France and be supplied with an apartment and basic food money. Onya Peter, I’m sure I speak for us all when we wish you all the best.



Johan Museeuw riding the cobbles



- **Mario Cipollini** (Saeco) recorded is 150th victory by winning Stage 1 of the Tour de Romandie.
- Aussie rider **Henk Vogels** (Mercury) has won the first stage of the Vuelta Ciclista a la Rioja. Vogels was able to take advantage of his position and the work of his teammate and compatriot Jamie Drew, to surprise the other riders contending the sprint.

Open Race Reports

by Paul Rigby

Canberra-Goulburn

Seven riders from the club travelled to Canberra to compete in the Canberra-Goulburn on April 16 2000. The riders were: Phil McKnight, Paul Rigby, Malcolm Lyons, Norman Rydge, Stan Genakis, Paul Davies and Wayne Eastburn. James Guthrie and John Hickmont also came along to drive the vehicles.

We set out for Canberra on Saturday afternoon, the bus full of tales and stories of what we could do and how we were going to do it – fuelled no doubt by the plethora of cycling magazines floating around in the back of the bus. After an otherwise uneventful journey we arrived in otherwise uneventful Canberra. In true SCC style we stayed at the Parkroyal – for some the highlight of the weekend.

That night at dinner we spent our time complaining about the service and the cold instead of planning our race tactics for the following day – this was to be our undoing less than 24hrs later.

The following morning we rode around the corner to the start line and proceeded to warm up. After a quick photo on the start line we were off. With all seven riders riding the same grade we made our presence felt at the front of the race for the first few kilometres. Instead of all suffering like dogs we managed to control the pace without doing too much work and after 50km we were all still up the front.

The bunch stayed pretty much together up until the feed zone, which was at the top of the only major climb. Some riders managed to pick up an extra bidon, while others certainly need to work on their bidon collection skills (maybe a good thing to practice on Wednesday mornings!!). One rider tried three times, managing to drop each one, causing the riders behind a few problems.

After the feed the race rolled along, and all of the SCC riders were still present at the front. As we hit the freeway with about 25km to go we started to make our first mistake. As we had all 7 riders still present we made quite a formidable group at the front, no other club was that well presented. Even though we had watched the well drilled teams of Telekom and Saeco at the end of the tour stages, we didn't get ourselves organised at the front and pick up the tempo, while trying to set up the win for our sprinter. The race was rolling along at about 60km/h, and yet we were riding like we were all trying for the win on our own.



All smiles before the start



It's all over - the group after the finish

With about 4km we made our second mistake – nobody knew where the finish line was. The pace at this point was quite high, 60+km/h and we were racing into Goulburn, so we knew the finish couldn't be that far away. As we got very close to the end there was a sweeping left hand turn followed by a sweeping right hand turn, followed 400m later by the finish line. We were all swamped in the last two turns, and the best we could manage was to finish with the bunch.

After a quick re-fuelling stop we headed home to Sydney, a bit sore and tired, and a lot wiser.

The two things we learnt were – 1. Cycling is a team sport and we should have worked for one or maybe two riders 2. Always know the course and especially where the finish is.....

No doubt we will get to practice these lessons at the next open – Mudgee, to be held on 10th June.

Krusty the Clown takes the Canberra Tour D grade – Sideshow Bob nowhere to be found

Phil McKnight, Wayne Eastburn and I travelled to Canberra last weekend to compete in the Canberra Tour. This is arguably one of Australia's toughest open races.

Phil and I set off on Friday afternoon, with Avril Swan from Turrumurra CC. Avril was to compete in the women's A grade prologue that afternoon, but after some unexplained handicapping which placed her in B grade, she decided not to race. After winning B grade 2 years ago, she decided that B grade was not for her. Therefore, she made it a weekend of training instead.

After watching the Prologue, we drove the race route, so as not to repeat the mistake of the Canberra-Goulburn. If the roads were not going up, they were going down. This certainly opened our eyes to the 3 stages ahead. There sure were some difficult climbs out there !

After a restless night's sleep, plagued by dreams (nightmares ?) of long climbs, we set off for the start line. As this race was being held by the ACTCF, there was a lot of confusion from people who had entered on NSWCF entry forms (beware, if ever you do this race) so the registration lines were quite lengthy. After registering we warmed up and next thing we were off.

Stage 1 – 38km

The D grade bunch rolled out on a fine and sunny Saturday morning. About 65 riders made up the bunch and after a perilous 10km descent we attacked the first KOM climb. This was a 3km climb, and for those of you who have ridden in Adelaide, it was a climb to match anything to be found in the Adelaide hills. The bunch was hammering up at a great pace, my heart rate climbed to over 175 and stayed there. As we approached the KOM line there was a mad dash to the line. As neither Phil nor I had the legs to attack we suddenly found ourselves off the back. After swearing under my breath we madly struggled back on, and after a few kms we were back with the bunch, who had shrunk to about 30 riders. As we rolled along the back of the circuit, we managed to recover, before another crazy descent followed by another KOM climb. This time we managed to stay with the bunch and after covering the remainder of the course, we were suddenly contesting the sprint. Phil managed 6th place, while I rolled in for 12th.

Stage 2 – 76km

After a 2hr recovery we set off on Stage 2. This was 2 laps of the morning circuit, covered in the opposite direction. The weather was fantastic, sunny and 23. A great day for doing anything other than bike racing. The first lap was as hard as the morning and we were certainly feeling the effects of a hard 38km a few hours earlier. After perfecting our descending in Adelaide, Phil and I led the bunch down the first major descent of the stage (this was the 3km climb from the morning) this was quite exhilarating at 70 km/h with 40 riders right behind us. Wayne decided to call it a day after the first lap, a good decision based on the amount of time he had lost. Phil was dangling off the back a little on the climbs, but was still in there. I felt pretty good, especially as after the first lap the bunch slowed down to about 30km/h. About 10km into the second lap I decided to have to take things into my own hands and launched a quiet attack. I managed to put some time into the bunch and climbed the 3rd KOM of the day on my own. After about 20mins out in front, the bunch reeled me in, by which time I was pretty well wasted.



Bunch climbs Gunning

We descended the long descent again, however this time we were not in front. After the descent we faced a long climb towards the finish. Both Phil and I were well off the pace and finished together, 5½ minutes down on the bunch.

Stage 3 - 72km

After a night's recovery we dragged our tired legs down to the start line again. I was not really in the mood for racing, and had really already decided not to start. We had a quick SCC conference on the line and decided to start after seeing we were 25th & 26th on GC. However, we had planned to stop at the first KOM line. Our plan worked well and we met Avril at the KOM and rolled out for a quite ride in the hills. In true SCC style, when the going got tough, the tough got going and pulled the pin. We certainly carried the flame for the Sydney Coffee Club !!! All that equipment, and no ability.

Two hours later we rolled back to the start/finish line feeling very sore and a little worse for wear. The club President was certainly flattered as Stephen Hodge, the race organiser, dubbed him "Mr pull the pin" when he tried to retrieve his race licence. He then went on to remark that completing 2 out of 3 stages was not bad for someone from Sydney! Then he added that coasting around Centennial Park wasn't really like the real thing! Phil told him we'd be back next year to wipe the roads with a few ACT locals! As we were packing up the D grade bunch rolled in for the sprint. We watched Krusty the Clown defend his yellow jersey and take home the silverware.

In all, it was an interesting weekend. If anyone is interested in doing this race next year I can only recommend that you start training about now for 2001.

Cycle News on the Web

by Malcolm Wade

For those of you web literate people out there, there's a wealth of cycle related information available to you. There are stacks of sites out there and I've listed a few that I tend to frequent to find out news and information:

- ➔ **Bicycling Australia** <http://www.bicyclingaustralia.com/>
Web page version of the magazine. Daily results and news service plus a moderated forum, stolen bike listing service and comprehensive buyers' guide.
- ➔ **Cycling4all: Facts & Figures** <http://www.cycling4all.com/>
"One stop shop" cycling website. Latest news, race results, rankings and analysis.
- ➔ **Cycle Racing Results and News Service** <http://cyclingnews.com/>
One of the premier sites around (used to be Bill's), Cyclingnews has daily updates and some useful archives including photos and team information. Also has a good list of Aus. URLs and diaries from Australians Jay Sweet and Tracey Gaudry. Worth watching.
- ➔ **CNN/SI - Cycling** <http://www.cnn.com/cycling/>
Associated with the huge CNN site, this is their cycling part of it. Not too bad with daily updates but not one of the best from my point of view although does sometimes have good photos.
- ➔ **Commonwealth Bank Cycle Classic** <http://www.cycleclassic.com.au/>
Official site of the Commonwealth Bank Cycle Classic with daily updates during the tour (23-31st October, 1999). Actually a sub-set to **Cyclingnews.com**.
- ➔ **Cyclegossip.com!** <http://www.cyclegossip.com/>
Cycle news and gossip from the world of European professional cycling including daily updates.
- ➔ **Cycling Australia** <http://www.cycling.org.au/>
Cycling Australia's or Australian Cycling Federation Home Page. Contains local results.
- ➔ **NSW RTA Cycle Route Maps** <http://www.nsw.gov.au/>
RTA research has revealed that whilst cycleways exist there is limited knowledge within the communities of NSW of their location. To this end the RTA has developed the Draft State Bicycle Network Strategic Maps, which catalogue cycleways in Sydney, Newcastle, Central Coast, Illawarra and selected major rural NSW centres. The information provided on the Strategic Maps is being converted into a useable, attractive series of cycleway maps for everyday use by cyclists. Click on the **Transport** icon on the above home page, then select **RTA - Bicycle Maps**.
- ➔ **RIDE Cycling Review** <http://www.ridemedia.com.au/>
Published by Rob Arnold, this site is really starting to take shape now and thanks to the diligent work of Frank Gonzalez, you'll find a good dose of cycling-related reading each and every day. You'll also find really great diaries from Stuart O'Grady and Henk Vogels. All this make this site worth a review.
- ➔ **Sydney Cycling Club** <http://www.sydneycyclingclub.org.au/>
A damn fine site worth reviewing at every chance you get; but then we're biased aren't we.
- ➔ **Tour de France** <http://www.letour.fr/>
Official site of the Tour de France. Daily updates during the tour (1st-23rd July, 2000), plus a good place for previous tour information. This site also hosts information and results from other European classics including the Paris-Roubaix and La FlècheWallone.
- ➔ **Tour Down Under** <http://www.tourdownunder.com.au/>
Official site for the Tour Down Under with daily updates during the tour (18th-23rd January, 2000). Also has previous years site available for review.
- ➔ **International Cycling Union** <http://www.uci.ch/>
Official UCI home page. Useful for race calendars.
- ➔ **VeloNews** <http://www.velonews.com/>
Daily cycle race updates plus lots of links and other good cycling stuff.

If you know of any other sites which you feel deserve a mention let me know and I'll publish this list on a bi-monthly basis.

Club Calendar

Day	Time	Venue	Comments
13 th May	07:15	Heffron Pk.	criterium Rd 2 (10/9/.../1) Handlers: TBA
13-14 th May		Forster	Tour de Femme (contact Kate Rowe for details)
13 th May - 4 th Jun.	-		Giro d'Italia
20 th May	06:50	Cannons	SC TT (8/7/.../1) Handlers: Frank Milner & Gary Stevenson
21 st May	12:00	Centennial Pk.	Club Picnic
3 rd Jun.	07:15	Heffron Pk.	criterium Rd 3 (10/9/.../1) Handlers: TBA
6 th Jun.	19:00	al dente?	Giro d'Italia Celebration Dinner
17 th Jun.	06:50	Cannons	Handicap 2 Lap Wheel Race Handlers: TBA
24 th Jun.	06:50	Ocean St. Gates	LC TT (8/7/.../1) Handlers: Paul Rigby & Phil McKnight
1 st -23 rd Jul.	-		Tour de France http://www.letour.fr/
8 th Jul.	08:30	Centennial Pk.	Pastries in the Park
15 th Jul.	07:15	Heffron Pk.	criterium Rd 4 (10/9/.../1) Handlers: TBA
5 th Aug.	06:50	Cannons	1 Lap TT - FMM (8/7/.../1) Handlers: John Rutherford & Alex Simmons
15 th Aug.	19:00	Olympic/London Tavern	Olympic Trivia Night
19-20 th Aug ⇒ 19 th	06:50	Cannons	2 Day Tour a) SC TT - FMM (8/7/.../1). Handlers: TBA
	08:00	Heffron	b) Criterium Rd 5 (10/9/.../1). Handlers: TBA
⇒ 20 th	09:00	Yanderra	c) Hilltop Rd 2 (12/11/.../1). Handlers: TBA
9 th Sep.	06:50	Ocean St. Gates	LC TT - FMM (8/7/.../1) Handlers: Tom Klemola & Dave Bullock
16 th -21 st Sep. 23-24 th Sep. 26-27 th Sep. 30 th Sep.		Bankstown Fairfield Farm Eastern Suburbs Eastern Suburbs	Olympic Track Cycling http://www.olympics.com/eng/schedule/ Olympic Mountain Bike Olympic Road Race Olympics ITT
7 th Oct.	07:15	Heffron Pk.	criterium Rd 6 (10/9/.../1) Handlers: TBA
9-15 th Oct.		Plouay (France)	World Championships http://www.uci.ch/
14-15 th Oct.		Hunter Valley	Rosemount Tour (<i>tentative</i>)
22 nd Oct.	09:00	Yanderra	Hilltop Rd 3 (12/11/.../1) Handlers: TBA
4 th Nov.	TBA	TBA	Hill Climb Championship - FMM (8/7/.../1) Handlers: TBA
11 th Nov.	06:50	Ocean St. Gates	Ext TT - FMM (8/7/.../1) Handlers: Teri Sawers & John Newbery
18 th Nov.	06:50	Cannons	SC TT - FMM (8/7/.../1) Handlers: Norman Rydge & Pete Scott
2 nd Dec.	07:15	TBA	Kilo Championship - FMM Handlers: TBA
Regular Rides			
Tuesday	06:00	Cannons	Watsons Bay hills ride, approx. 25km. Eastern suburbs hills and in-between flat bits. Faster riders wait up at the top of Military Rd. for new kids/the hill-challenged. Back at approx. 7am to Bar Coluzzi (<i>café</i>) in Bondi Junction.
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>
President:	Phil McKnight	9960 7479 (h) 8338 9966 (w)	porterbg@ozemail.com.au
Immediate Past President:	Vacant		
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Treasurer:	Gary Stevenson	9360 5575 (h)	garystev@ozemail.com.au
Race Secretary:	Steve Hobart	9698 9440 (h) 9598 9474 (w) 0416 146 804 (m)	shobart@comtech.com.au
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Tour Secretary:	Vacant		
Social Secretary:	Lea-Ellen Schneller	9398 7092 (h) 9319 2899 (w) 0417 771 955 (m)	Gales@bigpond.com
Social Sec. Assistant:	Samantha Kosky	9344 3443 (h)	samkosky@one.net.au
Newsletter Editor:	Malcolm Wade	9662 0464 (h) 9227 0263 (w)	malcolm.wade@bikerider.com
Submission Details:	Next Deadline: 5th June, 2000 . Submit articles to Newsletter Editor via e-mail or post to 108 Rothschild Ave, Rosebery, NSW, 2018 or Club PO Box .		

Race Secretaries Report

During the month of April I "lived" in Buenos Aires, Argentina, which has one of the most congested, polluted and dangerous road systems in the world. A mix between New York City & Bangkok, & the most bike unfriendly place imaginable. I am certainly happy to be back in Sydney where one can ride a bike for fitness & stay alive. No more complaining about Sydney traffic again !

The Criterium & Hilltop Road series commenced in April. Congratulations to newcomer Eddie Bosch who won the first Criterium in his first race with the Club, & to Anne Clarence who easily won the first Hilltop, being her first race of the season. As there were more Championship points on offer this month you may notice that you have moved somewhat within your grade's pointscore.

Because we appreciate that you lead a busy life & cannot compete in every race, you are able to miss two Criteriums and one Hilltop & still be eligible to win either series. The Criterium series comprises six races with your best four results counting. The Hilltop Road series comprises three races with your best two results counting.

There are a couple of NSWCF Open races scheduled for May, June & July that some members may be interested in. If you have missed any entries closed dates, still contact the organisers or the NSWCF to find out whether you can still enter & pay a late fee. Further details can be found on Cycling Australia's web site <http://www.cycling.org.au/>



A happy Robbie McEwen, despite the European weather.

Sat 13th May & Sun 14th May - Great Lakes CC, Forster, Tour de Femme
Entries Close 21/4/00

Women's Mast, U19/17 Women's 2 Day Tour, 3 Stages - 4 Grades - A/B/C & D

Prize money \$2000 Entry fee \$42 (Includes Dinner Ticket, Sat. Night)

Information only: Kate Rowe (SCC member) Deb Steele 02 6555 6516 Kate McIntosh 02 6555 2545

Sun 14th May - Bathurst CC, Entries Close 21/4/00

Men, Women, Veteran, U19M/W, Entry fee \$15 all divisions

Information only John Stephens 02 6337 1122

Sat 20th May & Sun 21st May - Eurobodalla Cyclists & Tri Club, Entries Close 28/4/00

2 Days of Racing Men, Women, Masters, U19/M/W, 7 Grades, Numbers Permitting

Prize money \$2000 Plus Entry fee \$25 (for 3 events)

Information only Bruce Frazer 02 44711413(AH)

etc@sci.net.au or www.sci.net.au/ectc

Sun 28th May - Hunter Districts CC, Entries Close 5/5/00

Men, Women, Masters, U19/M/W, Prize money \$2000 Plus Entry fee \$15

Information only Ian Lovell, BH 02 4921 3117, AH 02 4954 4022

Sat 3rd June - Wagga CC, Entries Close 12/5/00

120km Handicap, Men, Women, Masters, U19/M/W, Prize money \$3000 Entry \$20

Information only Pat Robinson 02 6921 5772 (work) 02 6921 1773 (ah)

Sun 4th June - Lavington CC, Entries Close 12/5/00

Wagga to Albury, 130km Handicap, Men, Women, Masters, U19/M/W

Prize money \$2500 Entry fee \$20, Information only Greg Featonby 04 0802 4022

Sat 10th June - Mudgee CC, 100km Handicap Entries Close 19/5/00

Men, Women, Masters, U19/M/W, Entry fee \$15

Sun 11th June - Mudgee CC, Criteriums, Entries Close 19/5/00

Men, Women, Masters, U19/M/W, Entry fee \$10

Information Ian Morgan, Mudgee Cycles 02 6372 4000

Sun 25th June - 88th "Goulburn to Camden" Classic Entries Close 2/6/00

185km Graded Scratch Race (3 Grades), Men, Women, Masters

Prize money T.B.A. Entry fee \$40, Information only NSWCF Office 02 9738 5850

Sat 1st July - Dubbo CC, Entries Close 9/6/00

Nyngan to Dubbo 160km Handicap, Men, Women, Masters
Prize money \$3000 Entry fee \$20, Information only
Darrell Wheeler 02 6882 9899

Sun 2nd July - Dubbo CC, Entries Close 9/6/00

60km Handicap, Men, Women, Masters, U19/17/M/W
Prize money \$1000, Entry fee \$10, Information only
Margaret Hazell 02 6884 8127

Sat 8th July - Gunedah CC, Entries Close 16/6/00

Coonabarabran to Gunnedah, 105km Hd'p,
M/W/Mas/U19/M/W

Prize money TBA Entry fee \$20

Information only John Hickey 02 6742 5099 NSWCF Office 02 9738 5850

Sun 9th July - Tamworth CC, Entries Close 16/6/00

"Gunnedah to Tamworth", 107km Graded Scratch Races, 6 Grd's
Men, Women, Veteran, U19/M/W, Prize money TBA Entry fee \$20
Information only Mike Sissons 02 6762 4588

Sun 16th July - Penrith Panthers CC, Entries Close 23/6/00

Men, Women, Masters, U19/M/W, 8:00am Men/Vet A Grade 165km
Inc. "Gary Payne" Memorial, Hawkesbury Lookout Hill Climb
12:00pm M/W/Vet/U19/M/W 108km Group Handicap
Prize money \$2000 Entry fee \$15
Information only Danny Gatt 02 9625 4282

Sat 22nd & Sun 23rd July - Tamworth CC, Entries Close 30/6/00

2 Day Tour" - 4 Grades - Men, Women, Vet. & U19/M/W
Entry fee \$50, Information only Mike Sissons 02 6762 4588

Sun 30th July - NSW Individual Road Time Trial Championships, Entries Close 7/7/99

Men, Women, Masters, U19Men, U19Women

Entry fee \$15 Information only NSWCF Office 02 9738 5850

R.S.



Peleton in the Netherland forest of Exloo

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!

- ➡ Only one piece of fun reported from last month. The Penrith-Bulli One Day Tour was well attended; by all accounts the early morning train trip out to Penrith was filled with merriment. Unfortunately, by the time the bunch got off the train at Penrith it was pouring with rain, causing the entire bunch to purchase tickets back to Central and then they all got back on the same train to head back into town. To cap off the entire adventure, Gary Stevenson managed to get a flat on the platform at Penrith!



Peleton climbing Simplon Pass in the Swiss Alps during the Tour de Romandie

SCC Event Results

Hilltop Round 1, Yanderra, 9th April 2000

Rider	Start	Finish	Corrected	Place	Grade	Points
Anne Clarence	0.00	1:43.33	1:43.33	1	C	12
Doc Guthrie	12.00	1:44.54	1:32.54	2	B	11
Eric Waddell	12.00	1:44.54	1:32.54	3	B	10
Tom Klemola	12.00	1:44.54	1:32.54	4	B	9
Tanya Bosch	3.00	1:44.54	1:41.54	5	B	8
Sally Thomson	12.00	1:44.54	1:32.54	6	B	7
Tony Johnson	12.00	1:44.54	1:32.54	7	B	6
Paul Rigby	26.00	1:50.07	1:24.07	8	A	5
Leigh Ringrose	20.00	1:50.07	1:30.07	9	A	4
Sam Kosky	0.00	1:51.17	1:51.17	10	C	3
Mal Lyons	20.00	1:51.28	1:31.28	11	A	2
Phil McKnight	26.00	1:52.16	1:26.16	12	A	1
Dave Clarence	20.00	1:52.21	1:32.21	13	A	1
Gary Stevenson	0.00	1:54.17	1:54.17	14	C	1
Stan Genakis	26.00	1:54.39	1:28.39	15	A	1
Paul Davies	26.00	1:54.39	1:28.39	16	A	1
Paul Kelly	20.00	1:54.57	1:34.57	17	B	1
Steve McMillan	0.00	1:56.13	1:56.13	18	C	1
Wayne Eastburn	26.00	1:56.41	1:30.41	19	A	1
Con Roubis	3.00	1:58.15	1:55.15	20	C	1
Anton Allen	26.00	2:01.57	1:35.57	21	A	1
Alan Lumb	20.00	2:03.16	1:43.16	22	B	1
George Schneller	12.00	2:04.35	1:52.35	23	C	1
Pino D'aguiano	3.00			DNF		

Criterion Round 1, Heffron Park, 29th April 2000

Name	Grade	Start Time	Finish	Points
Eddie Bosch	B	1.30	1	10
Doc Guthrie	B	1.30	2	9
Paul Kelly	B	1.30	3	8
Frank Milner	A	3.00	4	7
Monique Batterham	C	4.00	5	6
Eric Waddell	B	1.30	6	5
Tanya Bosch	B	3.00	7	4
Kate Rowe	C	4.00	8	3
Danielle Jolly	C	4.00	9	2
Dave Bullock	C	3.00	10	1
Meg Croft	C	3.00	11	1
Anton Allen	A	0.00	12	1
Paul Davies	A	0.00	13	1
Rob Wilson	B	1.30	14	1
Sally Thomson	B	1.30	15	1
Phil Gomes	B	0.00	16	1
Con Roubis	C	3.00	17	1
Steve McMillan	C	4.00	18	1
Malcolm Wade	C	4.00	19	1
Mal Lyons	A	0.00	DNF	1
Sam Kosky	C	4.00	DNF	1
Alex Simmons	A	Handler		6
Walter Rolli	B	Handler		6
Dave McAlpin	A	Handler		6

2000 Progressive Point Score

Date	16- Jan	29- Jan	12- Feb	26- Feb	25- Mar	09- Apr	29- Apr	T O
Event	1 Lap	SC TT	LC TT	Ext TT	1 Lap	Hilltop Rd1	Crit Rd1	T A L
Name								
A Grade								
Paul Rigby	8	6	7	8	8	5		42
Phil McKnight	7	8	8		7	1		31
Anton Allen	6	5	4	7		1	1	24
Paul Davies	5	6	5	3	2	1	1	23
Pete Scott		7	6	6				19
Stan Genakis	1	3	3	5	6	1		19
Dave McAlpin	4	4		4			6	18
Malcolm Lyons	3		2	2	4	2		13
Steve Hobart	2	1	1	6				10
Frank Milner		1		1	1		7	10
Steve Hogg	1	2	6					9
Leigh Ringrose					3	4		7
John Arkwright	6							6
Mel Licker					6			6
Alex Simmons							6	6
Wayne Eastburn					5	1		6
John Rutherford			1	1				2
John Newbery	1							1
Dave Clarence						1		1
B Grade								
Tom Klemola	4	7	8	7	8	9		43
Paul Kelly	7	6	5	5	7	1	8	39
James Guthrie	1	1		6	4	11	9	32
Tony Johnson		6	6	8	1	6		27
Rob Wilson	6	5	7		6		1	25
Eric Waddell	3			4	2	10	5	24
Steve Youngman	8	3	1	2	6			20
Alan Lumb	5	2	3	6	1	1		18
Sally Thomson			4		3	7	1	15
Tanya Bosch					1	8	4	13
Eddie Bosch							10	10
Mark Meltzer		8						8
Michael Larkin	1		2		5			8
Walter Rolli							6	6
Johnathon Lewis					6			6
Dave Warneford	2			3				5
Simon Kenny		4						4
Bruce Field			1	1				2
Phil Gomes							1	1
C Grade								
Dave Bullock	7	7	7	4	6		1	32
Kate Rowe	6	8		7	7		3	31
Monique Batterham			8	8	5		6	27
Tim Youngman	8	6		6				20
Meg Croft	5		6	5			1	17
Malcolm Wade	3		6	6			1	16
Sam Kosky	2		5		4	3		14
Anne Clarence						12		12
Ian Cranston		3	4	3				10
Con Roubis					8	1	1	10
Kim Gordon		6						6
Gary Stevenson		5				1		6
Sam Cooper		4						4
Teri Sawers	4							4
Danielle Jolly							2	2
Steve McMillan						1	1	2
George Schneller						1		1
Women								
Kate Rowe	6	8		7	7		3	31
Monique Batterham			8	8	5		6	27
Meg Croft	5		6	5			1	17
Sally Thomson			4		3	7	1	15
Sam Kosky	2		5		4	3		14
Tanya Bosch					1	8	4	13
Anne Clarence						12		12
Kim Gordon		6						6
Teri Sawers	4							4
Sam Cooper		4						4
Danielle Jolly							2	2

Please report all inaccuracies to the Race Secretary