

Spoken Word



Sunshine Coast Cycling Club Newsletter

May 2007

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April was certainly a busy month for many members with the organising of the Tour de Sunshine Coast, the entire Tour committee, under the guidance of Dave Wighton, put in many long hours to make this years Tour a success. Thank you to our sponsors who generously gave such wonderful prizes for the random draws, your support was very much appreciated and it would be great if we could all give them support as well, they are Coast Cyclery, Griffin Solicitors, Smart Kiwi Tours, Live Now Financial Services, Pandanus Mooloolaba, The Sebel Maroochydore, Boost Juice, Sassy D's at Mudjimba, Kawana Automotive and Eats Eumundi. It was a case of you had to be there to win it and rumour had it that I was a winner of two random draws, I believe dancing lessons with Jamie Durie and dinner with Tom Cruise! Bummer!

Trek Tour and Anzac Day at Lakeside

by Dahl Drew

There were 25 starters in Elite B in the Prologue on Saturday morning. This was 2.4km or (1 lap) of the Lakeside Circuit. With all Brisbane based clubs well represented. I was on my Pat Malone and new it would be a tough weekend. I placed 4th in the Prologue even after messing up where the finish line was. I stopped pedalling still with 100 metres to go. Lost approx 10 secs and consequently placed 4th. My correct time would have had me win the Prologue by 2 secs. Anyway lesson for next time to listen to the officials before the race. And like Jack says "You only make those mistakes once".

The Crit in the afternoon was down to 15 starters as most riders who gained only 1 point in the prologue packed up their bat and ball and went home to sulk. This was a 60-minute Crit done in an anti clockwise fashion. This was a tough 60 min with an average of 43km/h. Dave Keevers rode well with the Victor Broncos boys and he pulled away half way through and gained a minute on the field. He was able to hang on and win by this margin. A great ride by Dave. I was able to finish with the bunch and get 3 points.

The Road race on Sunday was awesome. Field of 15 did 35 laps or 84km around the circuit in a clockwise fashion. Average speed of 38km/h for the distance in 30-degree heat was tough work. I had the family with me and they were parked in the field under the gazebo with the kids watching a DVD in the back of the car and my wife reading her girly magazines and waving her hand every 3 minutes that I went past. Cameron Hale broke away with 20km to go and stayed away to win by 30 secs. I finished with the bunch and placed 10th. The straight up lakeside is longer than you think and can leave you wanting if you make your move to early. Get the hint.

So it was a great weekend and as it was my first open race I felt that I went well especially with no teammates in the field.

As I am typing this I have just finished the Anzac Day Crit at Lakeside and placed 7th in Elite B. I attempted to correct myself from Sunday by leaving my run to the line a bit later. Unfortunately in bike racing things don't always go as planned. On the bell lap, going up to the top of the climb I was sitting about 5th wheel and ready to rock and roll down the right hander and into the straight. Well this quickly didn't eventuate with the field coming around me and 4 other riders on the outside, I quickly got pushed from 5th wheel to about 25th wheel

coming down the hill into the home straight. I knew I had to go but I got boxed in with about 300 metres left. After yelling out a number of expletives, I managed to find a hole and I buried myself with about 150m to go. I passed approx 15 riders and came home like a freight train to finish 7th. I crossed the line and knew that I left my run a bit late. But hey like I said – that's bike racing and like Jack says "You only make those mistakes once".

Anyway it would have been good to have some support from other SCCC riders, so please think about riding in open races, as they are good for the soul and a great way to test your metal and learn about racing tactics.

Looks like Dahl really means to give A Graders a shake up for the rest of the season, he is riding a new bike and is off to the track for some secret training.

Anzac 25 photos - please visit the following web site for some great photos from the race meeting
www.flickr.com/photos/adam_85/sets/72157600126521710/detail/

Results from the Trek Tour

Congratulations to the following members that competed in the Trek Tour.

Tony Mann 1st Crit, 3rd RR and 4th Prologue and an overall standing of 2nd
 Jack Hudson
 Tahlia Paskin
 Robert Thompson
 Michael Leask
 Max Forknall
 Renea Kunda
 Julia Emblin 4th Prologue, 3rd Crit
 Dahl Drew 4th Prologue
 Kevin Perrson
 Dale Lanini (heard you placed Dale but results not clear)
 Aaron Clarke
 Liam Clarke
 Sean Grimes 4th Prologue, 4th RR

Visit the CQ website for more updated details www.qld.cycling.org.au

New Look Web Site

The club website www.sunshinecoastcycling.com.au has a brand new look as well as a new forum, thanks to our web site manager Roger Keays. The new site is faster and easier to use and with the addition of the forum it is hoped that we will all be kept informed of the latest news, feel free to browse the new site and have your say on the forum. Members can also add their own photos and we are lucky enough to have our resident photographic fella from Hot Gossip contributing his wonderful photos to the site.

Personal Training Studio

Has anyone tried the Personal Training Studio at Mooloolaba yet?

Pricing is around \$59 a session, which includes the 45-minute one on one session and use of swimming pool, sauna and showers. The other option is to invest in a 10 week challenge which means you pay \$490 up front, saving \$10 a session.

Contact Nick at: gotraining@optusnet.com.au

Junior Column

- Merv McDonald

Well the Junior Development/Racing series where we raced at the Showground every Thursday afternoon at 5.00- 6.00pm has finished due to the failing daylight. Over summer a total of 18 different Juniors participated, so I guess we can say it was reasonable successful. On the last night I donated \$10 to the Junior who could beat their best 1 lap Time Trial by the biggest margin. This was won by Kirby Woods who beat her previous best time by a staggering 17 secs - Congratulations Kirby.

The Junior Development Saturday morning series has commenced again - 8.30am -10.00am. Fortunately we have been successful in keeping the use of the Nambour showground, when it is not required/booked for other uses.

On the occasions it will be in use (eg - Show - etc) we will be using Radar Hill Road, also at Nambour, it is getting more difficult to find suitable road(s) to Skill and Race Juniors.

Although the flyers and advertising have not gone out yet we already have got 8 new starters.

JUNIOR 2 DAY TOUR - 28 and 29 JULY

For those members who are not aware we will be conducting a 2-Day Tour for Junior riders on the above dates - Subject to Police, Council and Main Roads approval I am proposing it be held as follows -

Saturday 28 July - Stage 1 - Prologue Time Trial - North Arm School - Yanday

Saturday 28 July - Stage 2 - Road Race - North Arm School - Yandina

Sunday 29 July - Stage 3 - Criteriums - Kunda Park

Sunday 29 July - Stage 4 - Road Races - Nambour Showground

Age Divisions catered for will be Under.17 - Under.15 - Under.13 - Under 11 and Under.9
BOTH MALE AND FEMALE

We have been very fortunate in getting a Naming Rights Sponsor but we are now seeking sponsors for the following Age Categories -

Under.17 Female - Under.17 Male - Under.15 Female - Under.15 Male - Under.13 Female and Under 13. Male

We are looking for SPONSORS for these Age Categories and are seeking \$200-\$300 Cash for each Category

Male and Female. The Prize money on offer will be much more but will be boosted from the entry fees.

It is proposed to give Bicycle Components as prizes to the Under 11's and Under.9's

In addition to the Cash Prizes and Bicycle components there will be Jerseys for the Winners of each stage, KOM (QOM) and Sprints Jerseys for each Division (both male and female) also trophies and a give away bag to all entrants.

So if any member is aware of any Business's or individual who might be willing to become an Age Division Sponsor would you please let me know.

TEAMS TIME TRIAL - 22 JULY

This is fast approaching and Teams training will start soon. I hope we can enter Teams in all Age Divisions

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New Arrival

Congratulations to Tony and Claire Mann on the birth of their new son, brother to Cyrus and another grandchild for Laurence and Cindy.

Cotton Tree Tonne

The new ride christened the Cotton Tree Tonne is on this Sunday morning (**1st Sunday of every month**) 6am from Cotton Tree pool. They head to Noosaville for coffee via Yandina and Eumundi and back along the coast, over Bli Bli and back to Cotton Tree. Ride leader is Julian Porter, leave a message on the club web site forum if you are interested.

Interclub

Racing this Saturday (5th May) will be round 1 of the Interclub Series with the HPRW and Uni Clubs at **Lakeside**. Please note special start times - 2pm for B and D grades and 2.30pm for A and C grades. Sorry, only members of one of the 3 clubs can race - no visitors.

For further details on the series visit the club web site on www.sunshinecoastcycling.com.au

Shultz Toomey O'Brien Cystic Fibrosis Charity Ride and Criteriums

Rain turned away many riders from attending the Charity ride on Sunday 29th April; approximately 450 riders braved the drizzly start and raised money for a worthy cause. Great results from the members that raced in the Criteriums, see below for the official results:

Elite A Grade

Place	Name	Club
1	Grant Irwin	Rockhampton
2	Peter Thompson	Ipswich
3	Daniel McCulloch	Ffast
4	Daniel Morrison	Lifecycle
5	Craig Cahill	CATS
6	Ashley Hutchinson	Cairns

Hand Cyclists

1	George Kambouris	Balmoral
2	Darren Anderson	Victor Broncos
3	Mike Nugent	Hamilton

Masters Men D

1	Marcel Simpson	Sunshine Coast
2	Edwin Alexander	Hamilton
3	Neville Jordon	Logan
4	Eileen Whittaker	Sunshine Coast

Masters Men C

1	Todd Linford	Ffast
2	Tony Nolan	Bikeline
3	Neil Duncan	Wynnum Redlands

Masters Men B

1	Trevor Gordon	Ipswich
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4	Myles Skelton	Balmoral
5	Darron Shields	Sunshine Coast

2	Craig Wissler	Hamilton
3	Ashly Curtis	Balmoral

Under 11

1	Rory Bown	Sunshine Coast
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Masters Men A

1	Jeff Liddell	Sunshine Coast
2	Mark Hastie	Victor Broncos

Under 13

1	David Gordon	Ipswich
2	Jacob Rowney	Bikeline
3	Thomas Adcock	Sunshine Coast
4	Ryan Cavanagh	Sunshine Coast
5	Daniel Fitter	Sunshine Coast

Elite Women A

1	Carly Hibbard	Balmoral
2	Angeline Papajscik	Balmoral
3	Lorn Rowney	Goldstars

Under 15

1	Nic Schultz	Hamilton
2	Mat Scriven	Sunshine Coast

Elite C/Under 17

1	Eli Flannery	Sunshine Coast
2	Jon Erbacher	Uni
3	John Lindley	Bikeline

Elite B

1	Dahl Drew	Sunshine Coast
2	Brady Cumming	Bikeline
3	Mathew Hamilton	Ipswich
4	Stephen Handreck	Victor Broncos

Club Meeting

The next club meeting is on Thursday 3rd May at Pandanus Mooloolaba at 7pm, all members are invited to attend.

