



Central Districts Cycling Club

DECEMBER 2010

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Welcome

Welcome to our special Christmas edition of the CDCC Newsletter.

Don't forget to renew your licence before December 31!

Don't forget to have a safe and happy Christmas and New Year! Tessa!

Junior Track Cyclist of the Year

CDCC Member, Matt Glaetzer, topped off a memorable year when he was named Junior Track Cyclist of the Year—Male at the recent Cycling Australia Awards in Melbourne. Congratulations Matt!



Matt pictured with Cameron Meyer and Anna Meares.

Photo by John Veage, CA website

Other South Australians honoured at this year's awards were Anna Meares, Mavic Elite Track Cyclist of the Year—Female and Ian Pedler, Australian Sports Commission Volunteer of the Year—SA.

Junior Commission Expressions of Interest

Source: Cycling SA website, Ian Pedler

Further to the recent announcement regarding the appointment of Mardi Brougham to chair the Cycling SA Junior Commission, expressions of interest are sought by persons who would like to serve on this important commission.

If you have an interest in developing the sport and would like to serve on this commission, please indicate this via email to Max Stevens at max.stevens@cyclimg.org.au before close of business on Friday January 7, 2011 to allow appointments to be made and a meeting of the new commission held later in January. It would be helpful if you could also include in this expression of interest some comments regarding what you have to offer the commission and any particular roles you would like to contribute to (eg fundraising, development, publicity etc).



Recent Racing & Placing

Congratulations to the following CDCC members who competed in recent racing:

2011 Oceania Track Cycling Championships, Adelaide SuperDrome, November 24-27

Men U19 3000m Individual Pursuit	Alex Edmondson	Gold medal
Elite Men 1000m Time Trial	James Glasspool	Silver medal
Men U19 5km Scratch Race	George Tansley	Gold medal
Elite Men 15km Scratch Race	Damien Howson	Bronze medal
Elite Men 30km Points Race	Damien Howson	4th place
Men U19 Omnium	Alex Edmondson	Silver medal
Elite Men Team Sprint	Matthew Glaetzer	Bronze medal
	(with Alex Bird, AIS & Peter Lewis, AIS)	
	James Glasspool	4th place
	(with Mitchell Bullen, NSWIS & Gary Ryan, ACTAS)	
Open Madison	Alex Edmondson	Bronze medal
	(with Mitchell Benson, WAIS)	
	George Tansley	4th place
	(with Caleb Ewan, NSWIS)	

South Coast CC Summer Track, Edwardstown, November 26

Junior C Grade Scratch Race	Leanne Ward	3rd place
Junior B Grade Scratch Race	Bonnie Grant	1st place
	Tessa Manning	3rd place
Junior A Grade Scratch Race	Bradley Ward	2nd place
	Bradley Knobben	4th place
Senior D Grade Scratch Race	Ben Knobben	4th place
Senior C Grade Scratch Race	Tony Brennand	1st place
	Andrew Grant	2nd place
Senior B Grade Scratch Race	Paul King	2nd place
Senior A Grade Scratch Race	Alex King	2nd place
Junior Handicap	Leanne Ward	1st place
	Tessa Manning	3rd place
	Bradley Knobben	4th place
Senior D Grade Handicap	Ben Knobben	2nd place
Senior C Grade Handicap	Andrew Grant	1st place
	Tony Brennand	4th place
Senior B Grade Handicap	Ian Cox	2nd place
	Daniel Symons	4th place

Please note:

Due to the amount of race results to report in the newsletter, only places 1-4 will be included.

All results are taken from the Cycling SA website or the host club website as available.

Recent Racing & Placing



South Coast CC Summer Track, Edwardstown, November 26—continued

Junior C Grade Scratch Race	Leanne Ward	1st place
Junior B Grade Scratch Race	Bonnie Grant	1st place
	Tessa Manning	3rd place
Senior D/C Grade Scratch Race	Tony Brennand	1st place
Senior B & Junior A Scratch Race	Bradley Ward	1st place
	Ian Cox	3rd place
Senior A Grade Scratch Race	Alex King	2nd place

Rendition Homes SA Junior Criterium Championships, Victoria Park, November 28

JB11	Dan Tattersall	Gold medal
JG11	Leanne Ward	Silver medal
JB13	Bryce Gassner	Gold medal
JW15	Bonnie Grant	Gold medal
	Tessa Manning	Silver medal
JW17	Alexandra Manly	Silver medal
	Carla Franson	4th place
JM17	Joshua Harrison	Silver medal

Port Adelaide CC Points Race Criterium, Edwardstown, November 28

A/B Grade	Alex King	4th place
C Grade	Paul King	1st place (on sprints)

South Coast CC Summer Track, Edwardstown, December 3

Junior C Grade Scratch Race	Leanne Ward	1st place
Junior B Grade Scratch Race	Dan Tattersall	1st place
	Bonnie Grant	2nd place
	Tessa Manning	4th place
Junior A Grade Scratch Race	Joshua Harrison	2nd place
Senior C/D Grade Scratch Race	Andrew Grant	3rd place
Senior A/B Grade Scratch Race	Ian Cox	3rd place
	Daniel Symons	4th place
Junior B/C Handicap	Dan Tattersall	3rd place
	Bonnie Grant	4th place
Junior A Handicap	Matthew Gassner	1st place
Senior C/D Handicap	Andrew Grant	3rd place
Senior A/B Handicap	Ian Cox	3rd place
	Daniel Symons	4th place

Recent Racing & Placing



Rendition Homes Teams Series

Round 7
November 30
George Tansley
SASI Team
O'Grady
1st place

Round 9
December 14
Scott McPhee
SASI Team
O'Grady
3rd place

South Coast CC Summer Track, Edwardstown, December 3—continued

Junior A Grade Elimination	Joshua Harrison	1st place
Senior A/B Elimination	Ian Cox	2nd place
	Daniel Symons	4th place
Junior B Grade Scratch Race	Bonnie Grant	1st place
	Tessa Manning	2nd place
	Dan Tattersall	4th place
Senior Scratch Race	Ian Cox	2nd place
	Daniel Symons	3rd place

2010 Rendition Homes State Omnium Championships, Adelaide SuperDrome, December 4-5

Men U19	Alex Edmondson	Gold medal
	George Tansley	4th place
Men MAS3	Paul King	Bronze medal

South Coast CC Summer Track, Edwardstown, December 10

Junior 3 Heartstarter	Leanne Ward	1st place
Junior 2 Heartstarter	Tessa Manning	1st place
	Bryce Gassner	2nd place
Junior 1 Heartstarter	Bradley Ward	2nd place
	Matthew Gassner	3rd place
Junior Reverse Race	Leanne Ward	1st place
	Dan Tattersall	2nd place
Senior C/D Reverse Race	Tony Brennand	2nd place
	Ben Knobben	4th place
Junior 1/2 Handicap	Leanne Ward	1st place
	Tessa Manning	4th place
Junior 3 Handicap	Matthew Gassner	1st place
Christmas Cup on Wheels (Senior Handicap Final)	Tony Brennand	2nd place
	Ben Knobben	3rd place
Junior 2/3 Le Mans Handicap	Bryce Gassner	1st place
	Dan Tattersall	2nd place
Junior 1 Le Mans Handicap	Matthew Gassner	2nd place
	Bradley Ward	4th place
Senior C/D Le Mans Handicap	Ben Knobben	4th place
All in Scratch Race	Bradley Ward	3rd place

Recent Racing & Placing



**Best wishes
to James
Glasspool**

**James
recently
sustained
some very
nasty burns
as a result of
a racing
incident at
Rockhamp-
ton.**

**We wish
James a
speedy
recovery
from his
injuries.**

Port Adelaide Individual Time Trail, Outer Harbour, December 12

Seniors Scott McPhee 3rd place

South Coast CC Summer Track, Edwardstown, December 17

Junior 3 Scratch Race Dan Tattersall 1st place

Leanne Ward 3rd place

Junior 2 Scratch Race Tessa Manning 2nd place

Bryce Gassner 3rd place

Junior 1 Scratch Race Bradley Ward 2nd place

Bradley Knobben 4th place

Senior Scratch Race Ian Cox 2nd place

Junior 3 Handicap Dan Tattersall 1st place

Junior 1/2 Handicap Bryce Gassner 1st place

Matthew Gassner 2nd place

Tessa Manning 4th place

Senior Handicap Ben Knobben 4th place

Junior Le Mans Handicap Tessa Manning 1st place

Junior Elimination Bradley Ward 1st place

Bradley Knobben 2nd place

Senior Elimination Ian Cox 2nd place

Ben Knobben 4th place

Junior Scratch Race Bryce Gassner 1st place

Dan Tattersall 3rd place

Junior 1 Scratch Race Bradley Ward 2nd place

Bradley Knobben 4th place

All in Scratch Race Bradley Ward 2nd place

Ian Cox 3rd place

Bradley Knobben 4th place



Merry Christmas from Cycling Australia

From Cycling Australia e-Cycle December Edition

Upcoming Events

Source: <http://www.sa.cycling.org.au/>

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| 26 Dec | The City of Holdfast Bay Cycling Championships, SCC |
| 2 Jan | PACC Breakfast Club Summer TT Series |
| 7 Jan | South Coast Cycling Club Summer Track, Edwardstown |
| 9 Jan | Built Environs Cyclo Sportif #3, Williamstown |
| 14 Jan | South Coast Cycling Club Summer Track, Edwardstown |
| 16-23 Jan | 2011 Santos Tour Down Under |
| 16 Jan | Rendition Homes Santos Women's Cup—Stage 1, East End Circuit |
| 16 Jan | SHMCC Junior Criterium Racing, Victoria Park |
| 17 Jan | Rendition Homes Santos Women's Cup—Stage 2, Victoria Park |
| 17 Jan | NCC Graded Criterium Series, Victoria Park |
| 19 Jan | Cycling SA Unley Classic Open Criterium |
| 23 Jan | PACC Breakfast Club Summer TT Series |
| 26 Jan | South Coast Cycling Club Australia Day Racing, Edwardstown |
| 28-30 Jan | State Junior Track Championships, Adelaide SuperDrome |

Anti-Doping: Get Educated!

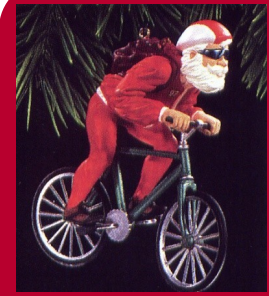
Source: *Cycling Australia website*

The Australian Sports Anti-Doping Authority (ASADA) e-Learning is a new anti-doping education tool developed for the Australian sporting community by the Australian Sports Anti-Doping Authority (ASADA).

The core six 20-minute modules, called Pure Performance Online, provide you with the opportunity to learn about the key areas of anti-doping. It covers topics such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

A further 15-minute module is available if you want become a Pure Performance Supporter. This module provides you with the information and resources you need to share the anti-doping message amongst your sporting community.

It is easy to use and FREE. Get started today by visiting www.asada.gov.au.



Chewing gum improves cycling performance



Peter Reaburn is an Associate Professor in sport science at Central Queensland University. This article was recently published on the Cycling Australia website.

Source: <http://www.cycling.org.au/>

Introduction

Caffeine is the World's most commonly used drug. It is often used by cyclists as an ergogenic aid during both training and competition. In our sport, research has shown that caffeine improves performance in a single 1 km time trial and 40km steady-state time trial performance. But what effect might it have on typical road races, point score races on the track, or 'crits' where there are repeated sprints during longer endurance events. A recent New Zealand study investigated the effects of caffeinated chewing gum on fatigue during repeated high-intensity sprints in cyclists.

The Research

Nine well-trained young male cyclists (24 ± 7 years, $VO_{2max} = 62.5 \pm 5.4$ ml/kg/min) who trained on average 10.5 hours per week were tested. None of them were high caffeine users. They completed four lab sessions each consisting of four by five-minute sets of 30-second sprints with five sprints in each set and 30-seconds easy spin between each sprint. An easy five minute spin was done between sets one and three and a 10-minute easy spin between sets two and three. During the 10-minute spin, the chewing gum was given as six pieces of commercially-available, spearmint-flavoured caffeinated chewing-gum (Jolt®) or as a placebo of similar-looking and tasting, commercially available non-caffeinated chewing-gum (Spearmint Extra®). Cyclists chewed the gum for five minutes and then spat it out before doing sets three and four of the sprints.

The Results

The average power output (watts) in the first 10 sprints (sets 1 and 2) relative to the last 10 sprints (sets 3 and 4) declined by $5.8 \pm 4.0\%$ in the placebo trials but only $0.4 \pm 7.7\%$ in the caffeine trials. The reduced fatigue in the caffeine trials equated to a 5.4% improvement in overall cycling performance in favour of caffeine. The researchers also measured two hormones in saliva and found that the delayed fatigue in the caffeine trials was associated with elevated testosterone (an anabolic – muscle repairing and building hormone) and decreased cortisol (a stress hormone) concentrations in the caffeine trials. Both these hormone responses are good for athletes in terms of recovery from training and racing. No gut upsets were observed in the cyclists despite the caffeine dose being equivalent to about 2.5 No Doz or three cups of coffee in one hit.

The So What?

This is a really applied study that strongly suggests that taking caffeine by chewing gum may be the way to go for track or road cyclists requiring a kick in performance during the closing stages of an event like a points race, criterium or road race where fatigue becomes a factor. Importantly, it also suggests it may enhance recovery by positively affecting hormones important for recovery. I say 'suck it and see'.

References

Paton, C., Lowe, T, and Irvine, A. (2010). Caffeinated chewing gum increases repeated sprint performance and augments increases in testosterone in competitive cyclists. *European Journal of Applied Physiology*. 110(6): 1243-50.

Stop Press: State Track Medallists



Congratulations to the following CDCC members who were awarded medals at the **2010 U19, Elite and Masters Track Championships** held at the Adelaide SuperDrome, December 17-19.

Scratch Race

U19 Men	Alex Edmondson	Gold
	George Tansley	Silver
Elite Men	Damien Howson	Gold

Keirin

Elite Men	Matthew Glaetzer	Gold
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Sprint

Elite Men	Matthew Glaetzer	Gold
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Individual Pursuits

Elite Men	Damien Howson	Gold
	Scott McPhee	Bronze
U19 Men	Alex Edmondson	Gold
Masters Men 3	Paul King	Gold

Points Race

Elite Men	Damien Howson	Gold
U19 Men	Alex Edmondson	Gold
	George Tansley	Bronze

Time Trial

U19 Men	Alex Edmondson	Gold
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Madison

U19 Men	Alex Edmondson & George Tansley	Gold
	Damien Howson & Ed Bissaker (NCC)	Bronze

Congratulations to all CDCC members who participated in the championships.