



# Central Districts Cycling Club

DECEMBER 2009

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Rider Profile:

Bradley Ward

## 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 contact Tania for all your club clothing (see page 7 for details)!

Don't forget to nominate for the CDCC Track Spectacular!

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

## CDCC Members Shine in New Zealand

The 2010 Oceania Track Championships were held in Invercargill, New Zealand, November 11-15. Five young South Australians, including CDCC members Alex Edmondson, James Glasspool and Matthew Glaetzer competed under the guidance of David Short. It was a highly successful meet; the team returned with 17 medals between them.

Matthew Glaetzer came home with 4 gold medals - U19M Keirin, U19M Sprint, U19M Team Sprint and U19M 4000m Team Pursuit.

Alex Edmondson is the new Oceania U19M Points Champion and was a member of the winning U19M Pursuit team. He was also second in the U19M Individual Pursuit. James Glasspool came 2nd in the Men's Team Sprint and 3rd in the Men's Kilo TT. We must also acknowledge

the fantastic achievements of Nettie Edmondson (1st Women's 500TT, 3rd Women's Sprint, 1st Women's Team Sprint, 2nd Women's Keirin) and Steph Morton (2nd Women's Sprint, 3rd Women's 500TT, 3rd Women's Keirin).

Thanks to Roger Glaetzer and David Short for the results.



## Upcoming Club Event

### CDCC Track Spectacular + State Points Champs

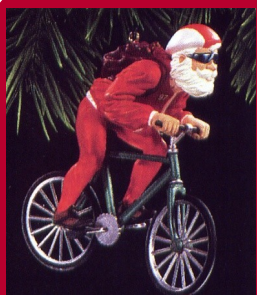
#### Adelaide Superdrome, January 16

On-line nominations are now open for this rescheduled event which includes races in the following categories: Open Men & Women, Masters, Juniors (all grades). Feature races include the Vic Barrell Open Wheel Race, Women's Cup, U17 Dennis Ellison Wheel Race, U17 Nell Fowler Time Trial and the U15/U13 Phil Bertholini Handicap. The event will also include the State Points Champs for U19 Men & Women and Elite Men & Women.

Regular entries close January 2, late entries close January 8.

Open \$17 / Juniors \$12

# Recent Racing & Placing



## 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.

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

## SCC Track Racing, Edwardstown, November 6

Junior A Grade Scratch Race 1	Carla Franson	2nd place
	Samantha Fromentin	4th place
Junior B Grade Scratch Race 1	Bradley Ward	2nd place
	Bradley Knobben	3rd place
Junior C Grade Scratch Race 1	Tessa Manning	4th place
Junior C2 Grade Scratch Race 1	Dan Tattersall	4th place
Senior A Grade Scratch Race 1	Kyle Franson	3rd place
Senior B Grade Scratch Race 1	Paul King	1st place
Senior C Grade Scratch Race 1	Tony Brennand	3rd place
Senior D Grade Scratch Race 1	Ben Knobben	3rd place
Junior Handicap	Dan Tattersall	2nd place
	Bradley Ward	4th place
Senior D Grade Handicap	Brian Franson	1st place
	Ben Knobben	3rd place
Junior A Grade Elimination	Carla Franson	3rd place
Junior B Grade Elimination	Tessa Manning	4th place
Junior C2 Grade Scratch Race 2	Dan Tattersall	1st place
Senior A Grade Scratch Race 2	Alex King	2nd place
	Kyle Franson	3rd place
Senior B Grade Scratch Race 2	Paul King	1st place
Senior C Grade Scratch Race 2	Tony Brennand	2nd place
Senior D Grade Scratch Race 2	Ben Knobben	4th place

## SHMCC/CDCC Largs Bay Cycles Junior Criteriums, Victoria Park, November 8

A Grade	Kyle Franson	2nd place
	Alex King	3rd place
B Grade	Samantha Fromentin	3rd place
	Justin Gassner	4th place
C Grade	Jamie Rose	1st place
	Nikki Boyle	2nd place
	Bradley Knobben	3rd place
D Grade	James Chambers	3rd place
E Grade	Bryce Gassner	1st place

## 1 lap time trial (results by grade)

A Grade	Kyle Franson	2nd place	40.4 kmh
	Alex King	=3rd place	40.0
B Grade	Justin Gassner	2nd place	40.0
	Samantha Fromentin	=3rd place	39.2



# Recent Racing & Placing



## I lap time trial (results by grade) - continued

C Grade	Jamie Rose	=2nd place	37.7 kmh
D Grade	James Chambers	3rd place	33.9
E Grade	Bryce Gassner	1st place	31.0

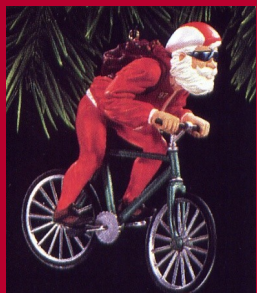
## Port Adelaide Cycling Club Time Trial, November 8

A Grade	Jon Houston	1st place	43.46 kmh
B Grade	Lachlan Hedley	4th place	35.41

## SCC Track Racing, Edwardstown, November 13

Junior A Grade Scratch Race	Carla Franson	1st place
	Bradley Knobben	4th place
Junior B Grade Scratch Race	Bonnie Grant	3rd place
	Tessa Manning	4th place
Junior C Grade Scratch Race	Dan Tattersall	1st place
Senior D Grade Scratch Race	Ben Knobben	2nd place
	Brian Franson	3rd place
Senior C Grade Scratch Race	Tony Brennand	1st place
Senior B Grade Scratch Race	Paul King	4th place
Senior A Grade Scratch Race	Alex King	4th place
Junior A Grade Keirin	Carla Franson	2nd place
	Bradley Ward	4th place
Junior B Grade Keirin	Bonnie Grant	1st place
	Tessa Manning	3rd place
Junior C Grade Keirin	Dan Tattersall	1st place
Senior D Grade Handicap	Brian Franson	2nd place
	Andrew Grant	4th place
Senior C Grade Handicap	Tony Brennand	4th place
Senior B Grade Handicap	Paul King	4th place
Junior Handicap	Dan Tattersall	2nd place
Junior A Grade Backward Race	Carla Franson	2nd place
	Bradley Ward	4th place
Junior B Grade Backward Race	Bonnie Grant	2nd place
	Tessa Manning	3rd place
Junior C Grade Backward Race	Dan Tattersall	1st place
Senior D Grade Keirin	Andrew Grant	1st place
	Brian Franson	3rd place
Senior C Grade Keirin	Tony Brennand	1st place
Senior B Grade Keirin	Paul King	1st place
Senior A Grade Keirin	Kyle Franson	4th place

# Recent Racing & Placing



Rendition  
Homes Teams  
Series

Round 4  
December 1  
Damien  
Howson  
SASI Team  
O'Grady  
1st place

## NCC Open Criteriums, Victoria Park, November 17

A & B Grade Lachlan Glasspool 4th place

## NCC Open Criteriums, Victoria Park, November 24

A Grade Alex Edmondson 2nd place

B Grade Lachlan Glasspool 3rd place

## SAPSASA Cycling, Edwardstown Velodrome, November 26

Year 6 Girls' Time Trial Bonnie Grant 1st place 45.81 s

Tessa Manning 2nd place 49.16 s

Year 6 Boys' Time Trial Jordan Miller 2nd place 48.11 s

Year 7 Boys' Time Trial William Little 6th place 48.57 s

Year 6 Girls' Derby Bonnie Grant 1st place

Tessa Manning 2nd place

Year 6 Boys' Derby Jordan Miller 3rd place

Year 6 Girls' Skills Course Bonnie Grant 1st place

Tessa Manning 2nd place

Year 6 Boys' Skills Course Jordan Miller 2nd place

Year 7 Boys' Skills Course William Little 7th place

## Port Adelaide Semaphore Criteriums, November 29

Bendigo Bank Dash for Cash Dale Parker 2nd place

Junior A Grade Criterium Justin Gassner 1st place

Junior B Grade Criterium Samantha Fromentin 1st place

Carla Franson 2nd place

Bradley Ward 3rd place

Bradley Knobben 4th place

Junior C Grade Criterium James Chambers 4th place

Open A Grade Criterium Dale Parker 2nd place

Alex Edmondson 3rd place

Open C Grade Criterium Kyle Franson 1st place

Alex King 2nd place

## NCC Open Criteriums, Victoria Park, December 1

A & B Grade Scott McPhee 2nd place

## Port Adelaide / South Coast Roller Frenzy II, Edwardstown, December 4

Fastest Junior Woman Carla Franson

Roller Frenzy II Champion Kyle Franson

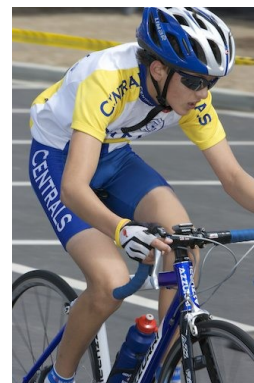
## SHMCC/CDCC Largs Bay Cycles Junior Criteriums, Victoria Park, December 6

A Grade Lachlan Glasspool 1st place

Justin Gassner 2nd place

B Grade Carla Franson 2nd place

C Grade Nikki Boyle 3rd place



Bradley Knobben



Kyle Franson

# Recent Racing & Placing



## Junior Criteriums, Victoria Park, December 6—continued

D Grade	Jordan Miller	1st place
	William Little	2nd place
	Tessa Manning	3rd place
E Grade	Bryce Gassner	1st place
	Dan Tattersall	2nd place

## Handicap

Combined A & B Grade	Joshua Harrison	2nd place
	Carla Franson	4th place
Combined C, D & E Grade	Matthew Gassner	2nd place

## 1 lap time trial (results by grade)

A Grade	Lachlan Glasspool	=1st place	42.1 kmh
	Kyle Franson	3rd place	41.2
	Justin Gassner	4th place	40.8
B Grade	Carla Franson	3rd place	37.7
C Grade	Matthew Gassner	4th place	36.0
D Grade	William Little	1st place	32.5
	Jordan Miller	2nd place	32.2
	Tessa Manning	3rd place	31.0
E Grade	Bryce Gassner	1st place	30.3
	Dan Tattersall	2nd place	26.5

## NCC Open Criteriums, Victoria Park, December 8

A Grade	Alex Edmondson	2nd place
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## 2009 National Sprint Grand Prix Support Races, October 17-18

### Saturday October 17

#### 10 lap scratch race

Junior A Grade	Samantha Fromentin	3rd place
Junior B Grade	Bradley Knobben	2nd place
	Bradley Ward	3rd place

#### 20 lap scratch race

Open A Grade	Damien Howson	1st place
	Alex Edmondson	3rd place
Open B Grade	Kyle Franson	1st place

#### Elimination Race

Junior B Grade	Bradley Ward	2nd place
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#### Motor Pace

Open A Grade	Scott McPhee	2nd place
	Alex Edmondson	3rd place
Open B Grade	Kyle Franson	2nd place
	Alex King	3rd place

# Recent Racing & Placing



## 2009 National Sprint Grand Prix Support Races, October 17-18

### Saturday October 17—continued

#### Points Race

Open A Grade	Damien Howson	2nd place
	Scott McPhee	3rd place
Open B Grade	Kyle Franson	1st place

#### 25 lap scratch race

Open A Grade	Damien Howson	2nd place
	Alex Edmondson	3rd place
Open B Grade	Alex King	1st place
	Kyle Franson	2nd place

### Sunday October 18

#### 10 lap scratch race

Junior B Grade	Bradley Ward	2nd place
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#### 20 lap scratch race

Open A Grade	Alex Edmondson	1st place
	George Tansley	2nd place
	Damien Howson	3rd place
Open B Grade	Kyle Franson	1st place
	Alex King	2nd place

#### Motor Pace

Junior A Grade	Carla Franson	3rd place
Junior B Grade	Bradley Ward	2nd place

#### Points Race

Open A Grade	Alex Edmondson	1st place
	George Tansley	2nd place
	Damien Howson	3rd place
Open B Grade	Kyle Franson	1st place
	Alex King	2nd place

#### Elimination

Junior B Grade	Bradley Ward	3rd place
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#### Elimination

Open A Grade	Alex Edmondson	1st place
	George Tansley	2nd place
	Scott McPhee	3rd place
Open B Grade	Kyle Franson	2nd place
	Alex King	3rd place

# Upcoming Events

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

15 Dec	Norwood CC Open Criteriums
15 Dec	Rendition Homes Teams Series Race 6
16 Dec	Kilkenny Cycling Club Track Racing
18 Dec	South Coast Cycling Track Racing
19 Dec	Cycling SA State Omnium Championship
20 Dec	IGA Cyclo Sportif
22 Dec	Norwood CC Open Criteriums
26 Dec	South Coast Cycling City of Holdfast Championships Incl. Women's State Criterium Champs
3 Jan	Port Adelaide Time Trial
5 Jan	Norwood CC Open Criteriums
6 Jan	Port Adelaide Cycling Club Track Racing
10 Jan	Junior Criteriums, Victoria Park
16 Jan	CDCC Track Spectacular + State Points Champs

## Cycling SA's Hot Weather Policy

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

With the recent blast of summery hot weather, and more on the way, please be reminded that Cycling SA and its member clubs have in place a hot weather policy.

**Road and criterium racing** will be cancelled or postponed on any race day where the Bureau of Meteorology forecast the temperature to be 37 C or higher in the 4:00pm Adelaide metropolitan forecast issued the day before the event **unless it is clearly stated in the race information otherwise**. For slightly cooler weather the event may be modified or shortened by the Chief Commissaire to help the riders and officials cope with the heat.

**Track racing** is held in hot weather as the race durations are much shorter and there is time to recover and cool down between events - but again the race program may be modified to suit the conditions and participants.

Remember, whether you're a rider, club volunteer or race official, look after yourself in hot weather - drink and carry plenty of water and wear sunscreen! Take the time to read about and understand heat illness, look after yourself and your riding mates when training or racing in hot weather.



### Club Clothing

Tania Franson will be lodging a bulk order with the manufacturer on Monday, 18 January for personalised items such as short sleeved tops, track pants, warm up jackets.

Items will be delivered early February.

Tania is also placing an order for jerseys, knicks and skinsuits which should be available mid February.

Call Tania to place an order: 85 385 165.

# Rider Profile: Jordan Miller



<b>Age</b>	<b>12</b>
<b>Occupation</b>	<b>Student</b>
<b>What got you into cycling?</b>	<b>Going and watching the Tour Down Under</b>
<b>What bike(s) do you ride?</b>	<b>Hillbrick, Avanti</b>
<b>What is your Dream Bike?</b>	<b>Pinarello</b>
<b>Who is your favourite cyclist?</b>	<b>Andy Schleck</b>
<b>How long have you been racing?</b>	<b>Half a year</b>
<b>What is your favourite cycling event as a spectator?</b>	<b>Tour Down Under</b>
<b>What is your favourite cycling event as a participant?</b>	<b>Tour Down Under Challenge</b>
<b>Where is your favourite place to ride?</b>	<b>Eagle on the Hill</b>
<b>What's your cycling ambition?</b>	<b>To go to the Olympics</b>
<b>What is your favourite food?</b>	<b>Beef ravioli</b>

*Have a Safe and Happy Christmas!*