



# Central Districts Cycling Club

NOVEMBER 2010

## INSIDE THIS ISSUE:

Safety Information from CA	1
Recent Racing & Placing	2-6
Apology to Alex King	7
Upcoming Events	7
Taking in Crushed Ice	8

## Change to Bicycle Helmet Safety Standards

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

The original Australian consumer product safety standard for bicycle helmets of AS2063: 1996 has been updated to AS2063: 2008. It is important to note that both versions will be legal to use on or off road. For Cycling Australia sanctioned events a helmet must be undamaged and unaltered and have a certification sticker affixed showing the helmet is approved. There are a few companies approved to certify helmets to this standard so the sticker may vary in appearance but the important thing is that it has "AS 2063" marked on it.

Cycling Australia recommends that you ensure before you buy a new helmet, either through a bike shop or internet, that the helmet has the certification affixed to it. **NO APPROVED HELMET = NO RIDE.** The proper wearing of safety approved helmets is an Australian Road Rule enforceable by the Police.

Pictured below, CDCC members Ian Cox (front) and Paul King racing in the Norwood CC Criteriums at Victoria Park.



Photo By Kevin Anderson, Chameleon Photography:  
[kevin@chameleonphotography.com.au](mailto:kevin@chameleonphotography.com.au)

# 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:

## **Port Adelaide CC Sumer Track, Adelaide Super Drome, October 21**

Open C Heartstarter	Andrew Grant	2nd place
Open A Heartstarter	Alex Edmondson	1st place
	Kyle Franson	3rd place
Junior Standing Lap	Jeone Park (44.42 km/h)	3rd place
	Carla Franson (39.70 km/h)	fastest female
Open A/B Derby	Alex King	2nd place
Junior C Scratch Race	Alexandra Manly	1st place
Junior B Scratch Race	Carla Franson	1st place
Junior A Scratch Race	Joshua Harrison	3rd place
Open C/D Scratch Race	Andrew Grant	3rd place
Open A Scratch Race	Alex Edmondson	1st place
	Damien Howson	2nd place
Junior Wheelrace Final	Alexandra Manly	4th place
Open Wheelrace Final	Alex Edmondson	1st place
	Justin Gassner	4th place

## **Junior Criteriums, Victoria Park, October 24**

A Grade Division 1	Joshua Harrison	2nd place
A Grade Division 2	Bradley Ward	1st place
	Carla Franson	4th place
C Grade	Bryce Gassner	3rd place
D Grade	Dan Tattersall	1st place

## **Norwood CC Criteriums, Victoria Park, October 24**

A Grade	Scott McPhee	1st place
---------	--------------	-----------

## **Junior Criteriums, Victoria Park, October 31**

A Grade Division 1	Joshua Harrison	3rd place
A Grade Division 2	Matthew Gassner	3rd place
	Carla Franson	4th place
B Grade	Alexandra Manly	2nd place

## **Norwood CC Criteriums, Victoria Park, October 31**

A Grade	Scott McPhee	4th place
D Grade	Paul King	3rd place
	Ian Cox	4th place



# Recent Racing & Placing



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

## Port Adelaide CC Summer Track, Adelaide Super Drome, November 4

Open C/D Points Race 20 laps	Andrew Grant	2nd place
Open A Points Race 30 laps	George Tansley	1st place
	Alex Edmondson	2nd place
Junior B/C Points Race 15 laps	Alexandra Manly	2nd place
Junior A Points Race 15 laps	Joshua Harrison	3rd place
	Carla Franson	4th place
Junior B/C Points Race 30 laps	Alexandra Manly	1st place
Junior A Points Race 40 laps	Joshua Harrison	4th place
Open A Points Race 70 laps	Alex Edmondson	1st place

## South Coast CC Summer Track, Edwardstown, November 5

Heartstarter Junior 1	Bradley Ward	1st place
	Matthew Gassner	2nd place
Heartstarter Junior 2	Bonnie Grant	1st place
	Tessa Manning	2nd place
	Bryce Gassner	3rd place
Heartstarter Junior 650 Class	Dan Tattersall	2nd place
Heartstarter Senior B	Paul King	2nd place
Heartstarter Senior D	Ben Knobben	2nd place
Handicap Junior A	Bradley Knobben	1st place
Handicap Junior B	Tessa Manning	1st place
	Bonnie Grant	2nd place
	Bryce Gassner	3rd place
Handicap Junior 650 Class	Leanne Ward	1st place
Handicap Senior D	Ben Knobben	1st place
Scratch Race Junior A	Bradley Knobben	1st place
	Bradley Ward	2nd place
Scratch Race Junior B	Bonnie Grant	1st place
	Tessa Manning	2nd place
	Bryce Gassner	3rd place

# Recent Racing & Placing



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

## Cycling SA State U23 & Elite Road Championships, November 7

Elite Men	Jon Houston	Silver
U23 Men	Lachlan Ambrose	Bronze

## South Coast CC Summer Track, Edwardstown, November 12

Junior Heartstarter	Tessa Manning	1st place
	Bryce Gassner	2nd place
Senior I Heartstarter	Alex King	3rd place
Junior Handicap	Leanne Ward	1st place
	Bradley Ward	3rd place
	Bryce Gassner	4th place
Senior I Handicap	Alex King	2nd place
	Ian Cox	4th place
Reverse Scratch Race Juniors	Tessa Manning	2nd place
	Bryce Gassner	3rd place
Junior Scratch Race	Matthew Gassner	2nd place
	Bryce Gassner	4th place
Senior Scratch Race	Alex King	1st place
	Bradley Ward	3rd place

## Central Districts CC Track Night, Adelaide Super Drome, November 13

Junior C Grade Scratch Race	Tessa Manning	2nd place
	Braden O'Shea	3rd place
Open D Grade Scratch Race	Tony Brennand	2nd place
Junior Women's Scratch Race	Carla Franson	2nd place
Open C Grade Scratch Race	Ian Cox	2nd place
Junior B Grade Scratch Race	Matthew Gassner	1st place
Open B Grade Scratch Race	Justin Gassner	3rd place
Junior A Grade Scratch Race	Joshua Harrison	3rd place
Open A Grade Scratch Race	Alex Edmondson	1st place
	George Tansley	2nd place
Bertholini Handicap U15	Tessa Manning	1st place &
	Paul King Plumbing	1st Woman
Dennis Ellison Wheelrace U17	Alexandra Manly	GD Auto Electrics
		1st Woman

# Recent Racing & Placing



Rendition  
Homes  
Teams  
Series &  
CDCC  
Members

## Round 2

George  
Tansley 2nd

## Round 3

Damien  
Howson 1st

## Round 4

George  
Tansley 1st

## Round 5

George  
Tansley 1st

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

### Central Districts CC Track Night, Adelaide Super Drome, November 13

Vic Barrell Handicap	George Tansley	1st place
	Alex Edmondson	2nd place
Junior C Grade Scratch Race	Tessa Manning	2nd place
	Braden O'Shea	3rd place
Junior B Grade Points Race	Alexandra Manly	1st place
	Matthew Gassner	3rd place
Junior A Grade Points Race	Joshua Harrison	2nd place
Open D Grade Points Race	Tony Brennand	1st place
Open A Grade Points Race	Alex Edmondson	1st place
	George Tansley	3rd place

### Port Adelaide CC Summer Track, Adelaide Super Drome, November 18

A Grade Omnium	Lachlan Glasspool	2nd place
	Alex King	3rd place
Junior C Keirin	Bonnie Grant	1st place
Junior B Keirin	Carla Franson	3rd place
Junior C Derby	Bonnie Grant	3rd place
Junior C Scratch Race	Bonnie Grant	2nd place
Junior B Scratch Race	Carla Franson	1st place

### South Coast CC Summer Track, Edwardstown, November 19

Junior C Scratch Race	Dan Tattersall	2nd place
	Leanne Ward	4th place
Junior B Scratch Race	Bonnie Grant	1st place
	Tessa Manning	2nd place
Junior A Scratch Race	Bradley Ward	1st place
	Matthew Gassner	4th place
Senior D Scratch Race	Ben Knobben	2nd place
Senior C Scratch Race	Daniel Symons	1st place
	Andrew Grant	3rd place
	Tony Brennand	4th place
Senior B Scratch Race	Ian Cox	4th place
Junior C Scratch Race	Dan Tattersall	2nd place
	Leanne Ward	4th place

# Recent Racing & Placing



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

## South Coast CC Summer Track, Edwardstown, November 19

Junior B Sprint (2 laps)	Bonnie Grant	1st place
	Tessa Manning	2nd place
Junior Elimination	Bradley Ward	3rd place
	Matthew Gassner	4th place
Senior C Elimination	Tony Brennand	1st place
Senior B Elimination	Ian Cox	1st place
	Bradley Ward	4th place

## Norwood CC Criteriums, Victoria Park, November 21

A Grade	Lachlan Glasspool	4th place
D Grade	Ian Cox	4th place

## Junior Criteriums, Victoria Park, November 21

A Grade Division 1	Joshua Harrison	3rd place
A Grade Division 2	Matthew Gassner	3rd place
	Bradley Knobben	4th place
B Grade	Alexandra Manly	1st place
D Grade	Dan Tattersall	2nd place

## Junior Criterium Series Results

A Grade Division 1	Joshua Harrison	3rd place
A Grade Division 2	Matthew Gassner	3rd place
B Grade	Alexandra Manly	1st place
D Grade	Dan Tattersall	1st place



Centrals Juniors in action at Victoria Park

Left: Tessa, Bryce & William

Right: Jeone, Brad Knobben, Matthew, Carla

photography: John Gassner

# Apology to Alex King



**Best wishes to Kyle**

**Kyle Franson was recently involved in an incident which left him with a broken collar bone.**

**Kyle was back racing on the weekend, just 3 weeks after the event.**

CDCC member Alex King is riding for Euride Racing in the Rendition Homes Team Series.

This was omitted from the list published in last month's newsletter. Sorry Alex, congratulations and good luck with your racing in the coming rounds.

Pictured second from the left, Alex in action in his Euride kit.

Photo By Kevin Anderson, Chameleon Photography



## Upcoming Events

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

- |        |   |
|--------|---|
| 26 Nov | Victorian State Championships (BMX), Frankston                    |
| 26 Nov | South Coast Cycling Club Track, Edwardstown                       |
| 28 Nov | PACC Points Race Criterium A-E Grades, Edwardstown                |
| 28 Nov | Cycling SA State Junior Criterium Championships, Victoria Park    |
| 30 Nov | NCC Graded Criterium Series, Victoria Park                        |
| 30 Nov | Rendition Homes Teams Series, Victoria Park                       |
| 3 Dec  | South Coast Cycling Club Track, Edwardstown                       |
| 4 Dec  | State J19 Elite Masters Track Championships, Adelaide Super Drome |
| 5 Dec  | Built Environs Cyclo Sportif #2, The Range                        |
| 5 Dec  | SA State Series Round 5 (Dynamite), BMX, The Cove                 |
| 7 Dec  | NCC Graded Criterium Series, Victoria Park                        |
| 7 Dec  | Rendition Homes Teams Series, Victoria Park                       |
| 10 Dec | South Coast Cycling Club Track, Edwardstown                       |
| 12 Dec | PACC Breakfast Club Summer TT                                     |
| 12 Dec | 300 Lap Derby, Adelaide Super Drome                               |
| 14 Dec | NCC Graded Criterium Series, Victoria Park                        |
| 14 Dec | Rendition Homes Teams Series, Victoria Park                       |
| 17 Dec | South Coast Cycling Club Track, Edwardstown                       |
| 18 Dec | State J19 Elite Masters Track Championships, Adelaide Super Drome |
| 21 Dec | NCC Graded Criterium Series, Victoria Park                        |
| 21 Dec | Rendition Homes Teams Series, Victoria Park                       |



# Taking in Crushed Ice

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

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

Taking in crushed ice before events in hot/humid conditions may help performance.

## Introduction

Pre-cooling in an ice bath, air conditioning, or wearing an ice vest has consistently been shown to benefit performance in endurance events. However, these strategies require equipment, logistical problems and make us uncomfortable before events. This recent research has used ice crushed up in a blender as a way to cool the body down. The question was asked, will it also help endurance performance in the heat? The results say yes!

## The Research

Seven endurance-trained male cyclists and triathletes ( $27.7 \pm 3.1$  years;  $81.4 \pm 9.1$  kg) completed two 40 km cycling time trials in a climate chamber ( $30^\circ\text{C}$ , 75% humidity) preceded by 30 minutes of either crushed ice ingestion (ice mixed in a blender and  $1.4^\circ\text{C}$ ) or normal tap water ( $26^\circ\text{C}$ ) consumption amounting to 6.8 grams per kilogram of body weight. During the 40 km cycling time trial, gut (measured using a pill that transmits gut temperature) and skin temperatures, cycling time, power output, heart rate, blood lactate, ratings of perceived exertion and thermal sensation were measured at set intervals with the athletes consuming tap water at regularly throughout the test.

## The Results

Pre-cooling lowered the core body temperature after ice ingestion significantly more than in the control condition ( $36.7 \pm 0.7^\circ\text{C}$  vs.  $37.3 \pm 0.2^\circ\text{C}$ ). This difference remained evident until about a sixth of the way through the time trial was completed on the bike. No significant differences existed between conditions at any time point for skin temperature, rating of perceived exertion, or heart rate. Crucially, the cycling time trial completion time was 6.5% faster in the ice ingestion when compared with the normal water condition (Ice:  $5011 \pm 810$  seconds, Water:  $5359 \pm 820$  seconds).

## The So What?

Crushed ice ingestion was effective in lowering body temperature and improving subsequent 40 km cycling time trial performance. This strongly suggest that when about to do an event in the heat, consider having a slurrried ice drink before you race. I couldn't see any reason why a sports drink slurry couldn't do the same thing.

## References

Ihsan, M., Landers, G., Brearley, M. and Peeling, P. (2010) Beneficial effects of ice ingestion as a precooling strategy on 40-km cycling time-trial performance. *International Journal of Sports Physiology and Performance*. 5(2): 140-51.