



Central Districts Cycling Club

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father & son
team of Paul &
Alex King

Welcome

Welcome to this month's edition of the CDCC Newsletter.

The road season is nearly finished and summer track is about to start. It would be great to see more CDCC members at Edwardstown on Friday nights. PACC are big supporters of this racing and it would be good to have some inter-club competition. Great atmosphere & great racing.

Welcome to new junior member Millie Keane.

Tessa!

Stop Press: Australian Junior Road Championships

The Australian Junior (U17, U15) Road Championships were held at Stromlo Forest Park, Canberra, over the weekend of September 11-13. A large number of South Australians travelled to Canberra for the event, including some of our CDCC junior members.

At the time of publishing, the results of the Individual Road Time Trials and the Road Races were available. Samantha Fromentin and Carla Franson finished 4th and 6th in the JW15 8km TT and Samantha finished 2nd in the 25km Road Race. Alex Edmondson finished 4th in the JM17 13km TT and 6th in the 68km Road Race.

Congratulations to all who participated.

Cycling SA State Road Championships

The Cycling SA State Road Championships were held at Williamstown over the weekend of August 22-23.

The Junior U19 category was taken out by Scott McPhee. Fellow CDCC members Alex Edmondson (JM17) and Samantha Fromentin (JW15) also took out the championship in their categories.

Lachlan Glasspool and Kyle Franson finished 6th and 7th respectively in the JM17 group; Bradley Knobben, Bradley Ward and Jamie Rose finished 6th, 7th and 8th respectively in the JM15 group. Carla Franson and Nikki Boyle finished in 2nd and 3rd place respectively behind Samantha Fromentin. Congratulations to all competitors on their effort.



Scott McPhee

Photograph: Kevin Anderson / Chameleon Photography

Chameleon Photography: kevin@chameleonphotography.com.au

Recent Racing & Placing

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

Kilkenny CC's Winter Track Series, August 5

Open B Grade	Heartstarter	Paul King	1st place
Junior A Grade	Heartstarter	Kyle Franson	3rd place
	Point Score	Kyle Franson	2nd place
	Scratch Race	Kyle Franson	3rd place
Junior B Grade	Heartstarter	Bradley Ward	2nd place
	Scratch Race	Bradley Ward	2nd place
Junior C Grade	Heartstarter	Jordan Miller	1st place
	Sprint	Jordan Miller	2nd place
	Scratch Race	Jordan Miller	1st place

Norwood CC Burra Junior Handicap Races, August 8

Junior A Grade	Alex Edmondson	1st place	fastest time
Junior B Grade	Carla Franson	1st place	
	Nikki Boyle	3rd place	
	Samantha Fromentin	5th place	
Junior C Grade Target TT	William Little	Av. Speed 27.2	target 24.0

Norwood CC Burra Junior Scratch Races, August 9

Junior A Grade	Alex Edmondson	1st place
Junior C Grade	William Little	3rd place

Jim Pascoe Road Race, August 15

Junior A Grade	Alex Edmondson	1st place
Junior C Grade	Bradley Ward	2nd place
	Bradley Knobben) same time

Hector Fletcher Memorial Race, August 29

B Grade	Lachlan Ambrose	5th place
Junior A Grade	Alex Edmondson	1st place
	Kyle Franson	5th place
	Alex King	6th place
Junior C Grade	Carla Franson	3rd place
	Bradley Ward	5th place
	Bradley Knobben	6th place
Junior D Grade	Jordan Miller	6th place
	William Little	7th place

Kilkenny CC's Winter Track Series, September 2

Junior A Grade	Heartstarter	Alex Edmondson	1st place
	Mini Scratch	Alex Edmondson	1st place
	Scratch Race	Alex Edmondson	1st place
		Kyle Franson	3rd place
Junior B Grade	Heartstarter	Carla Franson	2nd place
	Mini Scratch	Carla Franson	2nd place
		Bradley Ward	3rd place
	Scratch Race	Carla Franson	2nd place
Junior C Grade	Heartstarter	Jordan Miller	3rd place
	Mini Scratch	Jordan Miller	2nd place
	Scratch Race	Jordan Miller	3rd place



CDCC Juniors at the State Road Championships. From top: Lachlan Hedley, Kelly Rose, Bradley Ward, Alex King

Good luck to the following CDCC members who are racing in the Rendition Homes Team Series, beginning October 10: James Glasspool (Orbea), Dale Parker, Alex Edmondson, Damien Howson & Scott McPhee (SASI Team O'Grady), and Jon Houston (Trak Cycles—Legacy).

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

Movin' on Up: October 1

A large number of our Junior members will be moving up a classification as of October 1 and we wish them all the best in meeting this challenge.

William Little, Bonnie Grant, Tessa Manning and India Short will join the U15 category. Nikki Boyle, Carla Franson, Sam Fromentin, Bradley Ward and Bradley Knoben will progress to U17. Alex Edmondson, Kyle Franson, Lachlan Glasspool, Ben Grant, Ollie Haubrich, Lachlan Hedley and Alex King will join the U19 group. Lachlan Ambrose and James Glasspool will leave the juniors for U23 category. (Apologies if you are not included, I do not have year of birth of all members.)

Information on rollout and gearing can be found on the Cycling Australia website:

<http://www.cycling.org.au/default.asp?Page=9497&MenuID=Membership/20013/0/>

[http://www.cycling.org.au/site/cycling/national/downloads/Attachments/](http://www.cycling.org.au/site/cycling/national/downloads/Attachments/Rolloutmm.xls)

[Rolloutmm.xls](http://www.cycling.org.au/site/cycling/national/downloads/Attachments/Rolloutmm.xls)

Upcoming Events

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

20 Sep	Kilkenny CC Red Devils Hillclimb (final road event)
27 Sep	Victoria Park Criterium (Grades A-E, no juniors)
1-5 Oct	Australian Masters Road Cycling Championships, Canberra
7 Oct	Port Adelaide Cycling Club Track Racing
9 Oct	Port Adelaide/South Coast Roller Frenzy 1
9 Oct	South Coast Cycling Track Racing
10 Oct	Rendition Homes Teams Series Race 1
10-18 Oct	World Masters Games, Sydney

Graphpak-NCC Consistency Award

Source: SA Junior Cycling Bulletin

The Graphpak-NCC Consistency award is awarded to the junior rider who accumulates the most points from 9 events during the road season.

Four CDCC members finished in the top 10:

Alex Edmondson finished 2nd (8 events); Samantha Fromentin tied for 3rd place (7 events); Carla Franson finished in 4th place (8 events) and Alex King tied for 6th place (9 events).

Robert Jon-McCarthy from Sturt Holdfast Marion CC took out the award narrowly from Alex.



Union
Cycliste
Internationale





Wikipedia
Cycling
Quotes:
“ I wouldn't
sell my bike
for all the
money in the
world.
Not for a
hundred mil-
lion, billion,
trillion dol-
lars!”
Pee-wee
Herman in
Pee-wee's Big
Adventure
(1985)

Rider Profile: Carla Franson

Age	14 years
Occupation	Student
What got you into cycling?	Pedal Prix with Nairne Primary
What bike(s) do you ride?	White & Orange NRT Track Bike, White & Orange SUB Rosa 2
What is your Dream Bike?	An orange BMC
Who is your favourite cyclist?	Sarah Ulmer
How long have you been racing?	20 months
What is your favourite cycling event as a spectator?	Omnium Racing
What is your favourite cycling event as a participant?	2000m pursuit
Where is your favourite place to ride?	The Velodrome
What's your cycling ambition?	To go as far as I can in Track Cycling.
What is your favourite food?	Turkish Delight
Do you have a training tip to share?	Realize your potential, commit with no guarantee.



Can you help?

Andrew Grant is progressing well with the redevelopment of the club website, but he needs new photos for the main website image. He is looking for action photos of club members racing in their club or state racing clothes (No sponsors clothing). If you can help Andrew, please contact him by e-mail:

sports.strategies@bigpond.com.

Rider Profile: Kyle Franson

Age	15 years
Occupation	Student
What got you into cycling?	Doing Pedal Prix with Nairne Primary and went on from there.
What bike(s) do you ride?	Avanti Quantum 2.0 road bike and an NRT carbon track bike
What is your Dream Bike?	Scott Addict or CRI
Who is your favourite cyclist?	Stuart O'Grady
How long have you been racing?	20 months
What is your favourite cycling event as a spectator?	The Madison
What is your favourite cycling event as a participant?	Elimination and Point Races
Where is your favourite place to ride?	Through the Adelaide Hills
What's your cycling ambition?	To become as good as I can be and see how far I can get.
What is your favourite food?	Any form of pasta.
Do you have a training tip to share?	Don't do the Harrogate Loop! No, seriously, do the K's, it all pays.



Moscow Report by Matt Glaetzer

Thanks to Matt Glaetzer for providing the following insight into his experience at the Junior Track & Road World Championships, Moscow.

"First of all we had to cope with the 18 hours in the plane flying to Moscow. Jet lag was the main thing on my mind throughout the plane flight and also the first three days in Moscow. I knew I needed fresh legs for the training we were going to do and it took about 4 days for my legs to feel better.

Moscow was a real eye opener for me because I had never been overseas before and to see a different culture was a fantastic experience. The first thing that struck me about Moscow was that there were countless rundown apartments and not a single house other than 40 minutes away from the city. Along with the apartments, some of the roads were with out any lanes! There could either be three rows of traffic going one way and one going the other or two either way. We had instances where a car would accelerate around our van into oncoming traffic and narrowly miss a head on collision when coming back onto the right side of the road. It was certainly a huge eye opener to how other people live let alone survive in Russia.

When competition started I realized that I was up against the best possible competition in the world for my age. One of the things I wanted to get out of the trip was experience, being able to compete against a quality competition was an extremely valuable experience. I learnt an enormous amount about tactics, awareness and the level of competition that I will be up against next year."

Silver medal for Dale Parker

In the team pursuit the quartet of individual pursuit World Champion and World Record holder, Michael Hepburn (QLD), road time trial champion Luke Durbridge (WA), Dale Parker (SA) and Peter Loft (TAS) broke the junior world record to qualify fastest for the a gold medal final.

The Australian time of 4min05.352sec pipped the record set earlier in the qualifying round by Russians Konstantin Kuperasov, Victor Manakov, Ivan Savitskiy and Matvey Zubov (4min05.931sec) who had slashed almost two seconds off the record of 4min07.715 set by their Russian predecessors in 2003.

In the final the Russians went out fast and at the halfway mark of the 4km race were almost two seconds up on the Australians. But the Aussies stuck to their race plan and began to peg back the lead. However in the final kilometre things went horribly wrong when a touch of wheels saw Loft hit the deck. Unfortunately he crashed just as Durbridge swung up to finish his turn on the front.

"Because the crowd was so loud I didn't hear the call that we were down to three riders and I swung back down to take fourth wheel position," said Durbridge. "That left a big gap and from there - there was no way I was getting back on."

Their rivals rode on to reclaim the World Record for Russia with a final time of 4min04:646sec.

Source: Cycling Australia website