

South Coast Cycling



Summer Program Newsletter

19 December 2008

Club email secretary@southcoastcycling.org.au
Web page southcoastcycling.org.au
Face book www.facebook.com/group.php?gid=19152478395



South Coast Cycling's committee would like to wish Everyone a Safe & Enjoyable Christmas and a Happy New Year We would also like to thank everyone for supporting the club in 2008 See you all back @ Edwardstown 2nd January

Donations Wanted

Join South Coast Cycling
To give a Christmas present to the
Carer's of Malawi.

Bicycle ambulance - \$296

In Malawi, there are no flashing lights and sirens when these Bicycle Ambulances transport the sick, but that doesn't make them any less effective. As a mode of transport, they're effective, practical and with your help, cheap to get on the road! Help get behind these carers as they pedal their way to save the day.

How does this gift help?

A bicycle ambulance for the Blantyre District Health office will safely transport expectant mothers and chronically ill patients to the nearest health centre. "By making it possible for many people to access district health services earlier and more easily, [bicycle ambulances] contribute to improved quality of life both for those who need treatment and the volunteer carers who get them there." Bridgette Thorold, Southern Africa Program Coordinator, Oxfam Australia.

Please place
your donations
into the Tin at
the BBQ or
see Catherine
/Ken



ENTER NOW South Coast Cycling

City of Holdfast Bay Cycling 2008 Championships

26 December
GLENELG 9am start

See Ken or Catherine
Tonight

South Coast Cycling's Corsa Cycle Centre Series

January 2, 9, 16, & 30
Edwardstown Velodrome 6.15 start
Enter on the night Juniors \$5 Seniors \$10



Bicycle Express Series

Aimee	Alsbury	23	David	Schutz	20
David	Miller	96	Luke	Betros	26
Chris	Spence	109	Dallas	Zimmer	61
Michael	Young	112	Andrew	Giles	53
James	Goldsmith	31	Carly	Light	101
Julian	Blackwell	28	Robert	Riebolge	43
Nigel	Knowles	92	Tony	Brennand	97
Lee	Stevens	20	David	Knight	73
David	Peacock	21	Mark	Gregory	98
Vicki / Felicity	Birks / Johnson	20	Stu	Clement	69
Alan	Hincks	92	Alana	Hannsbergan	20
Paul	King	46	Anthony	Braithwaite	101
Rob	Laing	81	Alex	Bates	102
Kira	Mason	27	Renee	Braithwaite	72
Grant	Moffitt	119	Peter	Szegedi	112
Jeremy	Smith	51	Robyn	Vast	68
Michael	Ward	55	Heath	Pillen	83
Stephen	Haldun	30	Steve	Buchanam	53
Bryan	McIntyre	79	Liz	Jones	40
David	Slater	61	Allan	Yuill	81
Peter	Lechelt	26	Patrick	Page	27
Richard	Morton	49	John	Lockwood	81
Andrew	Grant	45	Felicity	Laing	47
Aaron	Draxler	104	Kain	Gardner	32
Ian	Fromentin	63	Leigh	Pridmane	25
Gemma	Kernich	96	Jason	Moore	20
Tim	McEvoy	79	Silvia	Schweininger	20
Ian	Pedler	53			

Kyle	Franson	105	Kai	Giles	130
Ben	Grant	63	Bonnie	Grant	26
Alex	King	77	Joe	Higgison	116
Fraser	Northey	89	James	Higgison	97
Thomas	Morton	60	Griff	Knight	73
Robert	McCarthy	57	Peter	Pedler	102
Alex	Edmondson	32	Bradley	Ward	117
Carla	Franson	110	Lachie	Buchanam	73
Samantha	Fromentin	119	Che	Thomas	82
Scott	Hallandal	87	Tessa	Manning	125
Chis	Holmes	126	Matthew	Holmes	68
Sam	Richardson	119	Jeane	Park	32
James	Buchanam	85	Jason	Yuen	32
Nikki	Boyle	24			

SA Cycling Coming Events

DECEMBER

- 21 PACC Graded Criteriums
- 26 South Coast Cycling's SKINS City of Holdfast Bay Criterium Championships & Straight Line Sprints – Glenelg
- 28 PACC Graded Criteriums

JANUARY

- 5 South Coast Cycling Cora Cycle Centre Series E/town
- 9 South Coast Cycling Cora Cycle Centre Series E/town
- 16 South Coast Cycling Cora Cycle Centre Series E/town
- 30 South Coast Cycling Cora Cycle Centre Series E/town

Track riders need to be aware of a recently amended rule regarding wearing sunglasses while riding track

The following is a new rule 3.9.19 recently adopted in the Australian Technical Regulations:

3.9.19 The wearing of dark tinted eyeglasses by competitors shall not be permitted on Velodromes during Competition and Training under the following conditions:

- Indoor Velodromes, at all times
- Outdoor Velodromes, after sunset or when velodrome lights are on.

This regulation does not affect the wearing of eyeglasses for protective reasons, i.e. with clear or coloured light enhancing lenses. *From SA Cycling Web Page*

REMEMBER

Renew Your Membership Now!

A reminder that your 2008 Cycling SA licence expires on 31 December! So don't leave it until the last minute, renew your licence now!

Save on time and paperwork, and renew online! Or, hardcopy membership forms are available through your club, or download and print your own copy.

If you wish to change clubs while renewing, or alter your license category for 2009, please call Samantha Gooding as soon as possible at Cycling SA's office on (08) 8260 1800. Please note the Cycling SA office will be closed over Christmas and New Year so please call Samantha before then!

If you've already joined up for 2009, you can expect your new membership card in the mail very soon, if not already

Masters & Veterans Series

The three race series is open to all Veteran and Cycling Australia licensed riders (Women over 30 and Men over 35).

Race 1 Sunday 18 January 2009

Mt Barker - Graded Criterium
Start 9:00am

Race 2 Thursday 22 January 2009

Victor Harbor - Graded Scratch Road Race
Start 9:30am

Race 3 Saturday 24 January 2009

"The Range" - "Tom Trowbridge" Time Trial
Start 9:00am

Entry Fee: \$25 per race; or \$60 for all three races (SA Vets & CA licensed Riders)

(Non SA Vets must purchase a \$20 race permit)
Entries close: 6:00pm Wednesday 31 December 2008

