



# Central Districts Cycling Club

JULY 2009

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## Welcome

Welcome to this month's edition of the CDCC Newsletter. At the recent Cycling SA AGM, our club president Graeme Zucker was awarded life membership of Cycling SA, great recognition of Graeme's work.

Good luck to our CDCC members at the Junior Track World Championships to be held in Russia next month; James Glasspool, Matthew Glaetzer and Dale Parker. Annette Edmondson is also in the Australian Team. This month's rider profile features James Glasspool.

Good luck also to our participants in the Centrals Junior and Women's Tour this weekend. The first stage is a Criterium at Victoria Park on Friday, July 10.

Tessa!

## Samantha Fromentin wins GC at Tour of Shepparton

Congratulations to Central Districts Cycling Club U15W rider, Samantha Fromentin, won every stage of the Tour of Shepparton to win the General Classification in her category. The Tour of Shepparton was held in June and made it a Victorian Tour double after Samantha's win in the Tour of Ararat held in May.

U17M rider, Alex Edmondson, won the individual time trial stage and finished 5th in the GC.

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



Samantha in action at the State TT

## Dale Parker wins 300 lap Derby

Congratulations to Dale Parker on his convincing win in the Kilkenny CC North Adelaide Cycles 300 Lap Derby held on Saturday, June 27, at the Superdrome. Dale gained 15 laps on his competition and won six of the sprints. Of the 24 starters, 9 riders completed the two hour event.

Special mention also to CDCC member Damien Howson who finished 5th in the event. See Recent Racing & Placing on page 2 for a list CDCC members who featured in the Support Events.



# Recent Racing & Placing

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

## John Venturi Road Race, Kangarilla, June 13

Open A Grade	Dale Parker	7th place	KOM
Open E Grade	Paul King	3rd place	
Junior A Grade	Kyle Franson	2nd place	
	Alex King	3rd place	
	Ben Grant	5th place	
Junior B Grade Women	Carla Franson	1st place	
	Kelly Rose	3rd place	
Junior B Grade Men	Lachlan Hedley	1st place	
	Daniel Symons	3rd place	
	Bradley Knobben	5th place	
	Jamie Rose	6th place	
Junior C Grade	Bonnie Grant	3rd place	

## Port Adelaide CC Time Trial, June 14

A Grade	Jon Houston	3rd place (41.74 kph)
C Grade	Tony Brennand	3rd place (31.55 kph)
D Grade	Michael Harris	4th place (29.61 kph)
Junior A Grade	Lachlan Hedley	1st place (33.02 kph)
Junior C Grade	William Little	2nd place (28.38 kph)

## Alphutte Restaurant Classic, June 20

Seniors	Dale Parker	8th place	fastest time
Juniors A & B Grade	Lachlan Glasspool	4th place	
	Lachlan Hedley	5th place	
Junior C Grade	Bonnie Grant	3rd place	

## 300 Lap Derby Support Events, June 27

Junior C Grade Scratch Race	Jamie Rose	3rd place
Junior B Grade Heartstarter	Joshua Harrison	2nd place
Junior B Grade Scratch Race	Joshua Harrison	2nd place
	Carla Franson	3rd place
Junior A Grade Heartstarter	Alex Edmondson	1st place
Junior A Grade Scratch Race	Alex Edmondson	1st place
	Kyle Franson	3rd place
	Open B Grade Heartstarter	Paul King
Open B Grade Scratch Race	Paul King	1st place

## Port Adelaide CC Graded Scratch Racees, June 28

Open A Grade	Lachlan Ambrose	2nd place
Open C Grade	Lachlan Hedley	First unplaced junior

The New Zealand national women's team has targeted the Central District Junior and Women's Tour as a major event for its female riders. A world class contingent of riders will race the stage event in July. NZ Team Director Eddie Bright says "it was so good last year we've doubled our interest and will bring over twelve women this time".

Source:

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

## Upcoming Events

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

- 4-26 July      Tour de France  
 10-12 July     Central Districts Junior and Women's Tour  
 19 July        Port Adelaide CC Two-up Time Trial  
 23-26 July     2009 UCI BMX World Championships  
                     Adelaide Showgrounds  
                     <http://www.bmxworlds2009.com/>  
 25 July        Keith Thurgood Memorial Handicap  
 5 August       Winter Track Series  
 7-15 August    Junior Track & Road World Championships  
                     Moscow, Russia

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 EXPERIENCE THE RIDE

## Sponsorship of Junior & Women's Tour

CDCC wish to acknowledge the support of the following individuals and businesses for their sponsorship of the Junior & Women's Tour:

<b>Lee Hubbard</b>	<b>Fulton Hogan</b>
<b>Paul King Plumbing</b>	<b>Adelaide Hills Getaway</b>
<b>Omega Trophies</b>	<b>Nairne Market</b>
<b>GD Auto</b>	
<b>Adelaide Hills Cycles</b> (prize assistance)	

## CDCC: A Brief History

Central Districts Cycling Club was founded in the late 1950s. A Junior tour catering for U16 riders was started in 1967 during a period of high popularity. Races usually were run in the northern districts and Barossa Valley. A very strong track focus saw development of our own track at Ramsay Park, with a coal ash over tar surface. It was a very fast track with good banking, but was a little bumpy in parts making for an exciting ride. Unfortunately a downturn in membership in the 1980s saw the track handed over to the Elizabeth City Soccer Club. Remnants are still there on Womma Rd. More recently the Junior Tour has been opened to U19 riders and has proven very popular with cyclists across Australia. (Source: <http://www.centraldistrictscc.com.au/>)

If anyone has any photos or recollections of CDCC in days gone by, we would be interested in publishing them in future newsletters.



# Rider Profile: James Glasspool

<b>Age</b>	18 Years
<b>Occupation</b>	Shop Assistant (SCU)/ cyclist
<b>What got you into cycling?</b>	I had been doing pedal prix for a year and decided to train for the pedal prix events, I found cycling was a lot better and I seemed to have some potential.
<b>What bike(s) do you ride?</b>	I have a black BT cyclone for my track bike and I have an Orbea Opal (team issue) for my road bike provided by Team Type One
<b>What is your Dream Bike?</b>	I already have my track bike but probably a Cervelo S3 with sram red
<b>Who is your favourite cyclist?</b>	I would have to say that Sir Chris Hoy has been one of my biggest inspirations. A very professional rider and has won 4 Olympic Gold medals. He is also a kilo rider and I believe kilo riders are a tough breed!
<b>How long have you been racing?</b>	I have been racing for over 3 seasons now. And have only ever done one full road season.
<b>What is your favourite cycling event as a spectator?</b>	Would have to be watching the tour or the Olympics
<b>What is your favourite cycling event as a participant?</b>	I seem to go well at the "kilo" (kilometre time trial), so that is my favourite because of the success I have had with it, but another favourite event is the Keirin.
<b>Where is your favourite place to ride?</b>	I enjoy riding through the hills (although I'm not good at it) I enjoy the scenery and quiet areas.
<b>What's your cycling ambition?</b>	To win the Junior World Kilometre Time Trial this year and go to the Olympics, Commonwealth Games and Senior World Championships.
<b>What is your favourite food?</b>	Pizza and lasagne as well as maccas!
<b>Do you have a training tip to share?</b>	It is the "one percenters" - i.e. doing your training, stretching recovering etc. - that determine who wins and who loses a bike race!

