



Central Districts Cycling Club

MAY 2009

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Welcome

Welcome to our new look CDCC Newsletter. We hope to have an issue out in the second week of every month.

We would like to receive input from members, so if you have any ideas for articles, or news that you would like to share, please contact us by e-mail at mtmaning@adam.com.au.

Regular features that we hope to include are Upcoming Events, Rider Profile, Race Results, and Training Tips to name a few.

We are kicking off this issue with a Rider Profile featuring our U13G 2008/09 Track Season Club Champion, Tessa Manning, who is co-editing this Newsletter with me, Janine Paris (Tessa's Mum).

Remember that the club has some great new clothing available. Please contact Tania Franson for details at brianfranson@bigpond.com.

We hope you enjoy the Newsletter and happy cycling!

Janine & Tessa

Upcoming Club Events: Enter Now

Central Districts Junior and Women's Tour

Friday, July 10

Entries are now open via the Cycling Australia race entry system.

Entry fee for all categories: \$60.00

**Closing date for entries:
Sunday, June 28.**

Late entries are accepted until Sunday, July 5, **but will incur a late fee of \$20.00.**

<http://>

[www.centraldistrictscc.com.au/
tour.htm](http://www.centraldistrictscc.com.au/tour.htm)

Contact: :Andrew Grant

Mobile: 0418 199 021 (AH)

CDCC Mt Pleasant Road Race Results

Junior A

I P. Mundy

Junior A Reserve

I S. Croft

Junior B

I S. Fromentin

Junior C

I J. Yuen

Senior A

I R. Gill

Senior B

I N. Underwood

Senior C

I M. Spranz

Senior D

I B. Wauer

Full results to be published on our website:

<http://www.centraldistrictscc.com.au/>

"Thank you to Andrew Grant and CDCC for running 4 Junior grades at a road race for the first time I can remember here in SA with the introduction of the A reserve grade for riders to bridge the gap between A grade and B grade."

Ian Pedler

Committee News

The AGM was held on April 27.

Elected Committee:

President Graeme Zucker

Vice President Ken Little

Treasurer Paul King

Minutes

Secretary Marie Hedley

Clothing / Membership

Tania Franson

Web Master / Race Director

Andrew Grant

Newsletter Janine Paris &

Tessa Manning

Committee Dave Parker

Eric Cook

Lee Hubbard

Roger Glaetzer

Alison King

Centrals Tour Training Day — 30 May

Following the cancellation of the Peter Stevens Road Race set for May 30 all juniors are invited to a training day for the Centrals Tour at Flaxley on this day instead. More details to come but keep this afternoon free. At

around 1:30 PM on Saturday May 30 you are invited to meet at Flaxley (near Mt Barker) and ride the race circuits for the Centrals Tour in July followed by a BBQ afterwards. If you are planning to ride the Centrals Tour this is a

must so you can get an advance taste of the pleasures of Retort Hill. If you are not planning to ride the Centrals tour this is still a must.

Source: SA Junior Cycling Bulletin 4 May 2009.

Upcoming Events

- | | |
|---------|---|
| 23 May | Tour of the Riverland |
| 30 May | Inaugural Victoria Park Criterium |
| 3 June | Winter Track Series |
| 7 June | Built Environs Cycling SA State Road Time Trial Championships |
| 13 June | John Venturi Road Race Kangarilla |
| 14 June | Port Adelaide CC Individual Time Trial |

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



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Junior Track World Championships

We would like to congratulate CDCC members

Matthew Glaetzer, James Glasspool and Dale Parker

for being selected in the National Team to compete at the Junior Track World Championships in Russia, 11—15 August.

We look forward to watching your preparations at the Adelaide Superdrome and supporting you by purchasing lots of fundraiser chocolates (keep them coming) and coffees.

CDCC Raffle Reminder

For those of you who have not returned your raffle books, please get them to Tania Franson **ASAP** – sold or unsold—but preferably **sold!**

Remember that all proceeds will assist our **Junior State Road National Representatives.**



Club Champions 2008/09

We would like to congratulate the following members for being named Club Champion in their category for the 2008/09 Track Season:

U13G	Tessa Manning
U13B	William Little
U15W	Carla Franson
U15M	Bradley Ward
U17M	Kyle Franson
U19M	Lachlan Ambrose
Open Men	Paul King

Thanks to The Franson Family, Paul King Plumbing and Graeme Zucker for sponsoring the Champions' medals.

Rider Profile: Tessa Manning

Tessa is 11 years old and is a Year 6 student at Rose Park Primary School. She first became interested in track cycling after seeing the Pocket Rockets race at the Velodrome. She has been racing for 18 months.

Her current track bike is very well known at the Velodrome and is an orange Cecil Walker. She also owns a GT Aggressor Mountain Bike but her dream bike is the Felt Lavender Road Bike.

Tessa's favourite cyclist is Anna Meares and her favourite track event as a participant is (surprise, surprise) the 500m time trial. Her favourite track event as a spectator is the Sprint.

Tessa's cycling ambition is to represent Australia at the Olympic Games and her training tip is "Ride, but not all the time, have some variety."

Her favourite food is Mum's Tuna Mornay.