



## Rider Profile

### Lucy Brearley

U15 Road, Track, XC MTB

Favorite cycling discipline? *XC MTB*

Most enjoyable race so far? *Southern Division Road Championships*

What music do you like? *Everything. Favorites at the moment are Hawk Nelson and Paramore*

Would it be more fun to be a bird or a fish? *Definitely a bird, I think an eagle*

Other interests? *Irish Dancing and Violin*

Favorite dinner your mum cooks? *Mum does great BBQ's*

Anywhere in the world that would be interesting to live for a while? *Poland*

Worst habit you have? *Umm, chewing my finger nails*

Do you have a pet? *We have a dog*

Any career plans yet? *I want to be a police officer or an ambulance officer*

Do you eat pizza with your hands or cutlery? *Hands! lol*

## What's on'

Wednesday	club	MTB Training	U9-u17	Bong Bong
5 June	club	Road	U15-u17	Canyonleigh
6 June	open	Road	U9-u17	Mt Annan
6 June	club	MTB	U9-u17	Fitzroy Falls
12 June	club	Road	U9-u17	Hanging Rock
12-13 June	open	Road Tour	U9-u17	Tamworth
13 June	CE	MTB	U15-u17	Yellomunde
19 June	Inter	Road	U15-u17	Illawarra
20 June	club	MTB	U9-u17	Bong Bong
20 June	CE	MTB	U15-u17	Husky
26 June	club	Road	U15-u17	Bundanoon
26 June	CE	MTB	U15-u17	Nowra
3 July	Inter	Road	U15-u17	Macarthur
3 July	CE	MTB	U15-u17	Rocky Trail
3-4 July	open	Road Tour	U11-u17	Canberra
4 July	club	MTB	U9-u17	Wingello
10 July	club	Road	U15-u17	Greenhills
17 July	club	Road	U15-u17	Wombeyan
18 July	CE	MTB	U15-u17	SCUM 6hr
24 July	club	Road	U15-u17	Canyonleigh
25 July	club	MTB	U9-u17	Bong Bong
31 July	club	Road	U9-u17	Hanging Rock

For more information see SHCC and Cycling NSW websites. Check closing date for entries. Information subject to change.

**Southern Highlands Cycling Club**

[www.southernhighlandsccl.com.au](http://www.southernhighlandsccl.com.au)

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# Southern Highlands Cycling Club

Junior Newsletter  
June 2010

## Camp Quality MTB 4hr

Mother Nature gave her blessings and riders were treated to a fantastic day and an excellent track for the Camp Quality race meeting. SHCC juniors clearly loved the Fitzroy Falls layout and produced the results to prove it. Peter McKellar Stewart was first home in Open men (2<sup>nd</sup> outright). Many of our junior riders rode the entire event solo with all the usual suspects enjoying the relaxed atmosphere and the opportunity to mix it up against riders that are usually team mates at endurance events. Best of the midgets were team of three, Angus Onisforou, Dan McGee and Nicholas Lockett who shamed a few oldies finishing with 8 laps. Jamie Hill did himself and club proud awarded the officials prize for the most polite mannered racer. Contrasted by an unnamed junior who received a special mention for the best fart while racing. The honorary SHCC junior award goes to Fiona Martin who found time on her last lap to explore the ancient zen philosophical question 'does a tree falling in the forest still make a sound if you can't hear it because you just knocked yourself unconscious whilst becoming one with the tree'. Fiona was astral projected from the forest to Bowral hospital and later released bruised but fortunately not broken. No word as yet on whether Fiona discovered any answers or Nirvana. Thankyou to everyone that supported this fantastic charity.

# Junior News

SHCC will host the NSW State Championships for both MTB short course and MTB XC on the weekend of the 14-15 August.

Pencil the 25<sup>th</sup> and 31<sup>st</sup> of July into your calendars for MTB working bee's to get the Bong Bong and Fitzroy Falls tracks ready for the state championships.

Friday night winter track racing at Dunc Grey Velodrome starts this month. Junior development U9-U13. Racing U13-U17.

Entries are open for the Canberra Junior and Womens Tour 3-4 July. This is the biggest and best tour of the year and a fantastic experience not to be missed. So enter online and start training now!

The MTB committee is in the process of identifying and mapping all the MTB trails in the Southern Highlands. You can help out by letting Brendan or Rod know about any secret trails so we can work towards developing a legal trail network.

Talking about MTB trails the club is interested to develop 4X and DH tracks and racing. If your interested to get involved in these gravity events let us know

Latest word on the resurfacing of the Bowral velodrome is that everything is ready to go. Kevin has come good with his promise of the cash and council have been working very hard on all the necessary planning and arrangements. The hotmix will go down in September when the weather warms up

## Wagga Junior Tour report

What does Lance Armstrong and SHCC juniors have in common? They stomp the competition by training in the mountains. Three local riders attended the Wagga Junior Road Tour. Caleb Ewan, U17A, was unstoppable putting in an outstanding TT time then picking up bonus time in both road races to win out over an extremely competitive field by 10 seconds. Illawarra Academy debutant Alex Delamont, U17B, was sensational, 2<sup>nd</sup> fastest TT time and two 3<sup>rd</sup>'s in bunch sprints in the road races. Alex finished 3<sup>rd</sup> overall only beaten by time bonuses. Keep an eye on this guy, as his experience grows expect his performance to increase. Speaking of riders to watch out for, Tom Delamont, U15B, is the fastest improver in the club at the moment. Every time he gets on the bike Tom gets better and the Wagga Tour was no exception. 5<sup>th</sup> after the TT, Tom was looking at a podium finish before a clash in the bunch forced his retirement with a damaged rear wheel. Not at all deterred this little champion got it all together in the final road race cutting through a big pack to cross the line in 3<sup>rd</sup>. Tom's transition over the past year from MTB'er to champion road racer has been astonishing and his results at state level considering he is a first year U15 rider suggest there is more to come.

## Club Road Racing

Who says big guys can't go up hills fast. U15 junior powerhouse Jese Webb seems to be back to his pre-crash performance level judging by his recent road results. Racing over 44km's the constant climbs of the two laps of the Greenhills course neither dampened his spirits or drained his energy reserves with Jese powering up Bendooley leaving the competition in his wake to take a convincing win in D grade at the KOM finish line. Will Court finished fast just missing the win in B grade. Caleb Ewan played with the A grader's like a cat with a mouse riding away, up hill, in the last 100m for the easiest of wins. Supergirl, Lucy Brearley, was the best of the junior grade winning the uphill sprint finish by the narrowest of margins. I think some old person won C grade.

## Club MTB Racing

Seemingly not content to merely run with the pack. 'Unless you're the lead dog the view never changes' might very well be the SHCC juniors battle cry. After two rounds of the XC series junior riders are leading the way. Road specialist Alex Delamont and bright shining XC star Peter McKellar Steward have managed one win each, in A Grade, between their open racing commitments. Harry Hearne and Josh Higson have B grade all tied up with a win and a 2<sup>nd</sup> each. Both riders have been demonstrating real and continuous improvement at the club level and as team-mates in recent open endurance events. C Grade, also known as the oldies sanctuary remains a banned class for juniors with riders effectively shuffled from D straight to B grade. DH rider Daniel Mikic and Tom Delamont are on equal points in D Grade with a win and a 2<sup>nd</sup> each the pair providing some very close racing. Ella Scanlan Bloor always looks comfortable leading the pack and tops the sheet in the women's class. Darcy Longworth leads Tearloch Carr in the premier class the u13's

## Cycling Secrets (the stuff that no-one talks about)

Getting chain grease on your legs is a really bad look. I'm not completely sure why it is such a no-no but it is. And having grease marks on both legs is apparently horrendous.

Fortunately there are strategies available to address this most important of problems. You can practice unclipping with your left leg first to avoid uncontrolled contact with the front sprocket and chain. Or you can be a complete rebel and just not give a damn 😊