



Rider Profile

Nicholas Lockett

U13 Road, Track, XC MTB, BMX, Tri

As a result of difficulties obtaining answers directly from Nicholas we were forced to interview his mother, Lena Lockett.

Why did you agree to this interview? *So you would leave my son alone*

Nicholas rides a wide range of disciplines, which one is your favorite? *I like the Velodrome racing but Nic's favorite is the Road*

Did Nic once ask you if he could race his little sister after hearing about a race for two year olds? *Yes, he was very disappointed when he realized it was actually a horse race.*

What do you feed Nic in preparation for race day? *Lots of pasta the night before*

What is the biggest thing you have learnt about cycle racing? *Not to worry if it's raining because the track dries fast! Apparently!*

What is the earliest start you have had to head off for a days racing? *5am. It's hard to get a decent coffee that early*

Has Nic promised to take you to France? *Yes he has and he better not ditch me for some girl.*

What's on'

Wednesday	club	MTB Training	U9-u17	Bong Bong
8 May	club	Road	U9-u17	Hanging Rock
8 May	CE	MTB	U15-u17	Wollongong
9 May	club	MTB	U9-u17	Bong Bong
15 May	club	Road	U15-u17	Bundanoon
15-16 May	open	Road Tour	U9-u17	Wagga Wagga
15-16 May	Camp Quality	MTB	U9-u17	Fitzroy Falls
16 May	CE	MTB	U15-u17	Nowra
22 May	club	Road	U15-u17	Greenhills
23 May	club	MTB	U9-u17	Welby
29 May	club	Road	U15-u17	Wombeyan
29 May	CE	MTB	U15-u17	Canberra
29-30 May	open	Road Tour	U9-u17	Goulburn
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

Southern Highlands Cycling Club

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Junior Newsletter
May 2010

Mont 24 MTB report

It took a pair of teams strategically stacked with ageing champions for the clubs seniors to equal the juniors feat of two podiums at the Mont 24. Once again our young chargers had a big entourage of senior riders to keep them company as they whizzed by on-route to another impressive year at Canberra's premier MTB endurance event. Mixed juniors team, **CatchUs** Peter McKellar Stewart, Ella Scanlan Bloor, Zac Bollinger, Josh Millbank, Jackson Streeter and Hayden Streeter dominated their class winning by over 2 laps and finishing an astonishing 69th



outright. Junior men's team **Highlander Boys**, Harry Hearne, Jamie Sell, Josh Sell, Jamie Hill, Josh Higson and Robert Kell joined forces and took on the heavy hitters in the premier junior class. The boys have been growing in experience and results of late but this was indeed a big arena and their collective performance was a clear signal they can challenge the nations quickest riders. The top four teams were very close all event. Our boys' third place, 114th outright was an awesome effort. Considering the young age of the team members big futures await our MTB marvels.

Junior News

Congratulations to Alex Delamont who trialed successfully with the Illawarra Academy of Sport. Alex has been awarded a scholarship and has been training with the squad. It will be straight into the deep end for our emerging dynamo with the team likely to debut their new lineup at the Wagga tour.

Don't forget to enter the Wagga junior road tour season opener 15-16 May, and the Goulburn junior road tour 29-30 May. Enter online on the Cycling NSW website.

Friday night winter track racing is on at Dunc Grey Velodrome in June. Racing u13-u17. Junior development u9-u13

The club is in the process of developing a MTB strategic plan. Get involved and let us know how we can improve MTB trails.

With a new road season upon us don't forget to check your gearing roll-out distance is correct for your age category.

Remember to get along to Camp Quality's weekend of MTB rides and events on 15-16 May at Fitzroy Falls. Details are at www.campquality.org.au

Caleb Ewan had a very busy schedule last month at the Australian Junior Track Championships. Caleb rode every event over the three days including the team's events coming away with two silver and three bronze medals. In fact his worst result all meeting was a sixth place. A fantastic result considering the events included sprints and endurance distances. Caleb, you are a Superstar!

Wingello 5hr report

Well once again the promise of reports left the editor feeling all emotionally damaged and disregarded. Fortunately we were able to track down an interview with Eddie the flying ant that had an altercation with Dan McGee on the Saturday night. Thanks for talking with us. What can you tell us about the incident on Saturday evening? *No problem. It was a fairly normal arvo. There was a few more MTBer's around than usual. I like to watch them in the bush sometimes. They are quite simple folk and gentle on their bikes often getting off the bikes to push them up the steep hills. So when did you come across Dan? I had just finished dinner, a nice mix of wombat droppings and tree sap. Actually the tree sap was awful. So when I saw Dan ride past I just couldn't resist indulging in a bit of earwax. Dan was the smallest MTBer and seemed an easy target. Yes go on. Well I had only just got inside Dan's ear and tasted that sweet, sweet, earwax when Dan stuck his finger in and squashed me. Every time I tried to get out Dan kept poking me in with his finger, all the time jumping about like a manic jack in the box. We all ended up at the casualty department where I was extracted from Dan's ear by a kind Doctor. The whole situation was very embarrassing and ever since all my mates have been teasing me and calling me a waxer. I will be steering clear of MTB riders in the future. That's for sure.*

Club Summer Series

Following on established tradition, our junior riders were well represented in the SHCC summer season results. Both grades were taken out, on points, by junior riders. Alex Delamont won A-grade and Will Court took the honors in B-grade. Over the long series consistency is the key and riders that can't get to every round watch the average points per races ridden results. Caleb Ewan had the 2nd highest A-grade average just behind club champ Daniel Abbotomy. Tom Delamont started his run late and showed continuous improvement to stay ahead of the handicapper finishing with equal to the highest average per round in B-grade. Junior restricted gearing rules helped the older riders in the fastest time points score with the clubs oldest junior Richard Vollebreght topping the sheet

Southern Division Road Championships

It would be unfair to point out that the SHCC juniors out performed the seniors on the day although they made up only a fifth of the SHCC entries. Or to mention as the air



thickened in the car park with the seniors stories of how hard the days racing had been and recollections of the enormous adversities they had faced in their faltered attempts at victory, the juniors were already laughing and drinking fizzy atop the playground equipment. Just look at the adjoining photo taken at the presentation. What do these smiling kids really know about the true meaning of suffering on the bike? They just go out there and ride flat out and win medals and think it's all just a load of fun. Well it can't last forever. One day they will be seniors and know the true meaning of disappointment and just how cruel racing at the divisional level can be. So go ahead kids laugh it up while you can.

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

Modern Bikes might have heaps of gears but you shouldn't really use them all. The reason is the often misunderstood problem of chain alignment. The inner front chain ring is designed to operate with the inner $\frac{3}{4}$'s of the rear cluster while the bigger outer front chain ring should be used on the outer $\frac{3}{4}$'s of the rear cluster. If you have three front chain rings the middle should be used on the middle section of the rear set. This is to minimise chain misalignment which increases sideloading and leads to premature wear and breakage; of chains, sprockets, bearings and derailleurs. ☺