

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 21 November 2008

### Results from the Oceania Track Cycling Championships in Adelaide

**SASI's Jack Bobridge** rode a stunning time in the final of the 4000m Individual pursuit at the Oceania Track Cycling Championships held in Adelaide last week. Jack's time of 4.18.67 is a World-class time. Jack's time represents the fastest time ever ridden by an Australian in Australia and only Brad McGee has ridden a faster time anywhere in the World.

SASI Athlete **Rohan Dennis** was also superb in winning the bronze medal in the same event with a time of 4.26.45. Fellow SASI scholarship holder **Nettie Edmondson** won the U19 Women's Sprint as well as the 500m-time trial and she came 3rd in the Women's Team Sprint with QAS rider Emily Rosemond. Young **Dale Parker** continues to deliver World Class performances. Dale won the U19 men's Individual Pursuit in a sensational time of 4.21.35. This was Dale's first time over 3000m after graduating from U17's.

**Lisa Jacobs**, SASI NtiD athlete won the Doherty Tour held in Victoria recently , beating a strong women's field including Bridie O'Donnell.

The SASI Cycling Program welcomes Ben Cook to its team. Ben commences his position as the new SASI NtiD coach. Ben previously worked as a casual coach with SASI Talent Search.

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 7 November 2008

### Scholarship selection trials

SASI MTB XC athlete **Chris Jongewaard** stormed home on Saturday to win the 1st Round of the National Mountain Bike Cross Country event at Eagle Park in the Adelaide Hills. Chris was never headed in the gruelling event and won comfortably.

**Travis Frisby**, a SASI Associate Scholarship holder competing in his first NS Cross Country event finished a creditable 11th overall and 5th in the U23 division.

SASI athletes **Jack Bobridge** and **Rohan Dennis** are both training well at the Cycling Australia's National rack Camp in Adelaide. Both athletes are preparing for up coming World Cup Events.

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 17 October 2008

### SASI in Tasmania

Cycling Australia's National Road Series concluded last weekend with the final stage being a 6-day tour of Tasmania. The tour attracted over 100 of Australia's best male road cyclists from all over Australia including the VIS, NSWIS and QAS as well as several Beijing Olympians. **Jack Bobridge, Rohan Dennis, Chris Jongewaard, Sean Boyle, Matt Benson, Reuben Menaud-Young** and **Chris Martin** represented SASI on the Tour.

### **Results**

**Overall General Classification – TOUR:** 3<sup>rd</sup> Jack Bobridge, 4<sup>th</sup> Tim Roe (riding for SA team, Savings & Loans) and 6<sup>th</sup> Chris Jongewaard.

**Overall Classification – SPRINT:** 2<sup>nd</sup> Chris Jongewaard and 4<sup>th</sup> Jack Bobridge

**Overall Classification KOM:** 2<sup>nd</sup> Jack Bobridge, 3<sup>rd</sup> Tim Roe, 4<sup>th</sup> Chris Jongewaard and 9<sup>th</sup> Rohan Dennis

**Overall Classification CRITERIUM:** 1<sup>st</sup> Chris Jongewaard

**Overall Classification TEAM:** 2<sup>nd</sup> SASI-ToG

**Most Aggressive:** 1<sup>st</sup> Jack Bobridge

### **SASI Squad news**

**Matthew Benson** has won the Riverland Junior and Overall Sports Star of the Year. Matt is on scholarship with SASI Cycling while living in the Riverland and completing year 12 studies.

## **CYCLING HIGHLIGHTS FOR THE WEEK ENDING 26 September 2008**

### **SASI Cycling Squad news**

SASI cyclists have performed well on the Domestic Road racing scene this year with the final ranking for the National Road Series being announced this week. The NRS comprised of 5 events held over the past 4 months in Tasmania, New South Wales, Western Australia and Victoria.

**Tim Roe** finished a close 2nd on the overall Elite Men's ranking while **Rohan Dennis, Carlee Taylor** finished the series in 4th position (despite missing some events due to National team duties) in the Men's U19 and Elite Women's sections. **Sophie Ootes** finished 3rd in the U19 Women's event.

**SASI - SA Cycling - Ballistic** competed in the final HPV Pedal Prix last weekend at Murray Bridge and despite finishing 4th in the event, we managed to finish 2nd overall, when considering the 3 events. Big thanks to the SASI Talent Search crew, who conducted field-testing during the event.

## **CYCLING HIGHLIGHTS FOR THE WEEK ENDING 8 September 2008**

### **SASI Cycling Squad Highlights**

SASI athletes **Carlee Taylor** and **Tiffany Cromwell** had strong performances with the National Women's Road Team in the Trophée d'Or Féminin, a five-day tour in France held recently. Despite the race being relatively flat Carlee and Tiffany were always prominent and finished 16th & 20th respectively.

SASI professional scholarship athlete, **Alexis Rhodes** has been named to the National Road team to compete in the World Road Championship in Italy, commencing September 23rd. Alexis joins other South Australian, Stuart O'Grady in the Road team.

Last weekend **Chris Jongewaard** and **Travis Frisby**, both athletes on the SASI Cycling Squad, represented Australia in the 8th round of the UCI World Cup, MTB-XC event in Canberra. This was Travis's first taste of World Cup competition while Chris finished in 10th position.

SASI BMX athlete **Sam Willoughby** put in a stunning performance in finishing 2nd in the UCI World Cup 4X, MTB event held last weekend in Canberra. Sam, who is the World Junior BMX Champion, competed in the elite men's category. Two Beijing Olympians, Jared Graves and Luke Madill were 1st and 3rd respectively.

World Junior Track Champion and SASI Scholarship holder, **Rohan Dennis** won the 4th stage in the 8 day Tour of the River Murray race earlier this week. Dennis was able to breakaway with 2 other riders with a few Km's to go and won the sprint convincingly. This is his most important win so far in open company following his move from junior ranks.

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 25 July 2008

### U19 Junior World Cycling Championships

Some impressive results were achieved from SASI Talent Search identified athletes at the UCI World Junior Cycling Championships in Cape Town, South Africa from 12-20<sup>th</sup> July.

**Rohan Dennis:** Gold medal, 4000m Team Pursuit  
(SASI) Silver medal, 3000m individual pursuit

**Nettie Edmondson:** Silver medal Women's Sprint  
(SASI) 4th Women's Keirin  
5th Women's 500m time trial

**Sophie Ootes:** 5th Women's 15km individual Road time trial  
(SASI - NTID)

Sophie was identified through SASI Talent Search at Pembroke School in 2003, Rohan and Annette were identified in 2004, Rohan from Endeavour College and Annette from St Johns Grammar School. None of these athletes had any experience in cycling prior to their involvement with the Talent Search Program. All athletes are currently SASI Scholarship holders in Cycling

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 4 July 2008

## **Olympic Games Nominations**

Cycling Australia has released the names of cyclists that it intends to nominate to the AOC.

The nominated cyclists include three South Australians, SASi cyclists Jack Bobridge (SASI Full Scholarship holder) & Luke Roberts (SASI Pro Scholarship holder) join Stuart O'Grady (former SASI scholarship holder).

For Stuart O'Grady it will be his fifth Olympic Games, Luke Roberts third while Jack Bobridge has been nominated for his first Olympics.

It is an outstanding performance by Jack, who will turn 19 in a few weeks, he is a former dual Junior World Champion.

### **CYCLING HIGHLIGHTS FOR THE WEEK ENDING 13 June 2008**

Cycling Australia is pleased to announce the cyclists it intends to nominate to the Australian Paralympic Committee for selection in the Australian Team for the 2008 Paralympic Games being staged in Beijing from September 6 to 17.

Amongst national athletes, four SASI HP scholarship holders athletes are in the mix.

Kieran Modra BVI Tandem (Hallett Cove), Felicity Johnson (BVI Tandem (Brooklyn Park), Melissa Leckie HC DIV B (Broadview) and Katie Parker (Bridgewater), pilot for Johnson, have qualified for nomination through either recording of qualifying time, being eligible to compete in a 'ring fenced' event (Nations must select riders that are eligible for events that the IPC have selected to protect the viability of that event) or accepting a 'Bipartite Commission Invitation' (Riders selected by the IPC to compete at the Games to ensure the participation of the top athletes).

Cycling Australia will nominate cyclists to the APC on June 18.

### **CYCLING HIGHLIGHTS FOR THE WEEK ENDING 6 June 2008**

## **Juniors star for Australia at BMX World Champs**

South Australian Sam Willoughby (SASI Cycling) has snared the gold medal in the junior men's final at the UCI BMX World Championships in Taiyuan, China

"That's my big goal," said Willoughby who even after being presented with his gold medal was still finding it hard to absorb his win.

"It still seems like a bit of a dream," he said. "I still can't believe I'm a World Champion!" "I won every run and going into the final I just knew I had to do one more and I did it," he said. "My main goal in the final was to nail the first jump and I knew if I got over the first jump smooth I'd win and that's how it worked out."

Cycling Australia's National Performance Director for BMX, Scott Sharples, says Willoughby was impressive throughout the day's competition not just in the way he rode but in how he dealt with the pressure.

"He's only a first year junior but he was poised and in control and that was the best thing about him," said Sharples. "He went into every race cool, calm and collected and knowing what he had to do."

The 16 year old is in Grade 11 at Brighton High School and has been racing BMX since he was six years old. China is his fourth World Championships and the first time he was won gold.

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 16 May 2008

Ranked as the second toughest climb in world cycling by Michael Horan, the Mt Baw Baw Road Classic including Victorian Mountain Climbers Championship was on again.

SASI (Team O'Grady) athlete Carlee Tavloe did extremely well and came first in the Elite Women's title. Tavloe completed the 94kilometre ride in less than four hours. Second place went to L Jacobs (SASI NtiD), third P Mullens and in fourth place F Spargo.

### **AUSTRALIAN U19 Road Cycling Championships - Murwillumbah NSW**

The Australian U19 Road Cycling Championships in Murwillumbah in NSW was on recently with SASI athletes doing extremely well in the Championships.

First place in the 15 kilometre U19 Female individual Road Time Trial went to SASI NTiD athlete Sophie Ootes.

SASI athlete Rohan Dennis came in second place in the 24.5 kilometre U19 Male individual Road Time Trial.

### **Congratulations**

Chris Jongeward (SASi MTB Full scholarship) had an impressive win last week end in the Benelux Cup in Ronse, Belgium.

Jack Bobridge continues to shine in his first European racing campaign, with a 8th place on GC in the five day Tour of Berlin. Jack riding for the South Australia.com/AIS outfit was very prominent throughout the tour. The Tour was won by fellow teammate Travis Meyer from Perth.

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 2 May 2008

### Australian team for the 2008 BMX World Championships confirmed

- Sam's success

Cycling Australia has confirmed SASI athlete Sam Willoughby will join the National team for the BMX 2008 World Championships.

The Australian National Championships saw Sam take away the Junior Elite male title. He is now sitting on a high, as number one in the world.

The team announcement will see this year's National team head to the 2008 World Championships contest being raced at Taiyuan, China from May 29 to June 1.

#### Elite Women

- Tanya Bailey (Mariginiup, WA - 15/03/1981)
- Nicole Callisto (Beechboro, WA - 12/11/1987)
- Melissa Mankowski (Moranbah, QLD - 25/08/1988)

#### Junior Women

- Rachel Bracken (Aitkenvale, QLD - 30/06/1991)
- Lauren Reynolds (Clifton Park, WA - 25/06/1991)

#### Elite Men

- Jared Graves (Toowoomba, Qld - 16/12/1982)
- Kamakazi (Jimboomba, QLD - 08/03/1981)
- Luke Madill (Cranebrook, NSW - 28/05/1980)
- Khalen Young (St Helens Park, NSW - 20/11/1984)

#### Junior Men

- Joshua Callan (Healesville, VIC - 08/04/1991)
- Michael Chasteauneuf (Croydon, VIC - 15/01/1991)
- Steven Janssen (Nerang, QLD - 17/01/1990)
- **Sam Willoughby (Trott Park, SA - 15/08/1991)**



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## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 4 April 2008

### Oceania Mountain Bike Championships

The Australians dominated the cross-country competition on the second day of the UCI Oceania Mountain Bike Championships in Nelson, New Zealand. Both Australian National Cross Country Champions won their respective races with SASI's **Chris Jongewaard** and Melbourne's Dellys Starr reconfirming their current positions as two of only four Australian riders on the shadow team for the Beijing 2008 Olympics.

Jongewaard had to fight for the lead, which was taken by former Athens Olympian, Sid Taberlay from Tasmania. Multi-Australian titleholder Taberlay, who finished sixth at the Commonwealth Games, led convincingly during the first four of six laps of the 8.4 km course - eventually opening up a 20 second lead on his rival. In the final two laps, Jongewaard not only made up the deficit and quickly reclaimed the lead with a 45 second advantage. He won in a record 2:00:19. Taberlay could not answer and placed second at 1:18 with Victorian Dan McConnell claiming third nearly four minutes down. All three riders are only Australia's shadow team for the Olympics. The top New Zealander was Invercargill's Marcus Roy in sixth place.

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 14 March 2008

### Pre Season Tournament

The SASI Netball Team participated in a Mini Pre-Season Tournament at ETSA Park on Sunday 9<sup>th</sup> March. All players had an opportunity to take the court and the results were very pleasing. The Tournament gave the SASI Netball Squad a taste of what the upcoming season was going to be like, as many players had not played against State League Teams previously.

The State League commences on the 28<sup>th</sup> March and coincides with the new Australian Championships. As well as looking forward to the start of the season, all SASI scholarship holders are involved in either the Under 17's, 19's or 21's Australian Championship Teams with Scholarship holders Ashton Hurn and Alice Murt being named captains of the Under 17's and Under 19's respectively.

Former SASI Scholarship holders [Sheree Wingard](#) and [Georgia Beaton](#) have been included in the Thunderbirds Team of 12 to participate in the National League Pre-Season Cup in Sydney next weekend. [Kristen Hughes](#), [Natalie Medhurst](#), [Emily Beaton](#), [Natalie von Bertouch](#), [Bianca Reddy](#) and [Alex Hodge](#) - all previous SASI Scholarship Holders along with [Moonia Gerrard](#) (Sydney Swifts), [Kate Keveridge](#) (Perth Orioles), [Melissa Rowlands](#) (Melbourne Phoenix Squad) will represent the Thunderbirds in this competition against the other Australian Teams and all 5 New Zealand Teams.

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 15 February 2008

### SASI Athletes dominate at National Track Cycling Titles

[Annette Edmondson](#), [Rohan Dennis](#) and [Stephanie Morton](#) have taken the Australian Track titles by storm and we congratulate all riders who are part of the **South Australian-Built Environs State Team** in Sydney.

### South Australia dominate under-19 Women's Sprint

[Annette Edmondson](#) showed her class for the second time this week by easily taking the gold medal in the sprint, needing just two heats to relegate [Stephanie Morton](#) to the silver medal.

The young South Australian explained that she trains almost everyday with Morton, which made the final a little easier – knowing that little more about her opponent.

"We are quite lucky that we are good mates, as it really helps to have a training partner who is at that level as it just helps the both of us go better," Edmondson explained.

"I was a bit embarrassed by my ride in the semi-final, but it made me concentrate and focus on the final," the 16 year old said, referring to her semi-final ride off where Sinead Cosgrove was disqualified in the second heat for coming into the sprinters' line.

In the ride for the bronze medal, Philippa Hindmarsh was too good for Sinead Cosgrove, taking her place on the podium in the minimum two heats.

Earlier in the day, South Australia's Annette Edmondson, 16, claimed the women's U19 500m time trial crown with a scorching ride less than a tenth of a second outside the world record. The reigning junior Oceania Champion averaged 51.28km/hr and set a new Australian record with 35.101sec, eclipsing Kerrie Meares' 1999 mark of 35.740sec.

"I didn't know I was so close to the world record and I was just hoping to break 36, so yeah I am pretty happy," said Edmondson.

Queenslander Philippa Hindmarsh took the silver medal in 36.916sec with another South Australian, Stephanie Morton, securing third place (36.943sec).

### Dennis dominates Under-19 points race

South Australian Rohan Dennis, winner of the individual pursuit in near world record time, dominated the points race to take his second individual gold medal ahead of New South Wales team-mates Luke Davison and Alex Carver.

"I was hoping for a medal in this, but first is definitely a surprise. I wasn't feeling that good after the pursuit; it was a pretty hard ride. I was worried about the West Australians, they were strong, but I was more concerned about NSW, they're so strong in the sprints, especially Alex and Luke," noted Dennis after the run.

The early sprints were shared between three riders. Jordan van der Togt (Western Australia) took the opening sprint by a clear margin, but was caught midfield as the second sprint approached and was unable to find his way clear. Teammate Michael Freiberg took the second, and Carver the third to move into the early lead. At that point, both Dennis and Davison sat on four points.

The remaining 70 laps were characterized by repeated attacks immediately after each sprint, but none of the attackers were able to take a lap. Dennis powered around the outside with a turn of speed not normally expected from a pursuit specialist to take the fourth sprint and move into the lead. "I've been doing a lot of endurance, long rides over the past couple of months," he said later. "That probably would have helped!"

Thomas Richards (Queensland) countered after the sprint and took Daniel McIntyre (Victoria), Luke Durbridge (WA), Alastair Louitt (ACT) and teammate Micheal Hepburn clear, but the South Australians combined to close the break down. Davison capitalized on Dennis' efforts to claim the mid race sprint, but Dennis hung tough to finish third and keep a two point buffer on the New South Welshman.

When Dennis held off Davison to take the sprint at 40 laps to go, and backed up ten laps later with his third sprint win, he had accumulated 21 points to Davison's 12. The eighth sprint was the only time Dennis finished out of the points, but Davison only managed fourth, leaving him eight points adrift with two sprints remaining.

Davison took the penultimate sprint, but second places to Dennis gave him a virtually unbeatable six-point buffer, and despite a last ditch effort from Richards to take a lap, the chase

by Carver to win the final sprint and overhaul Freiberg to claim the bronze medal allowed Dennis to follow Davison home in third place and wrap up an impressive win.

Dennis admitted he was never sure if his lead was big enough to hold on. "I thought I had to get a few points in the last sprint to make sure. I knew I was six points up before the last one but I still wasn't 100 percent sure at the end – I thought it might be double points for the last sprint."

## **TALENT SEARCH CYCLING**

Both Annette Edmondson and Rohan Dennis were identified through the SASI Talent Search Program in 2004. Annette was identified through Talent Search Testing at St John's Grammar School and Rohan at Endeavour

College. Neither Annette or Rohan had any experience in cycling prior to entering the Talent Search Program at the start of 2005. Their results at the recent National Titles are fantastic achievements.

## CYCLING HIGHLIGHTS FOR THE WEEK ENDING 1 February 2008

### **Cross Country Mountain Bikers Olympic Selection.**

Potential Olympic cross country mountain bikers today made steps towards their selection for the Beijing 2008 Olympics. The men's defending national champion **Chris Jongewaard** claimed another victory. The UCI recently announced one men's spot for the Olympics, so the competition has been heating up.

Jongewaard was not challenged after the first lap of five. The defending National Champion, found the technical sections suited him. The 28 year-old from Adelaide finished the five lap course in 2 hours, 2 minutes and 12 seconds to give him first place in front of Athens Olympian Sid Taberlay who claimed second place and Victorian Dan McConnell who placed third.

"I just knew that I would have it over these guys on the technical sections," admitted Jongewaard.

"I thought I'd give it a bit of a test on the first climb. Going down the descent I just gapped them. I rode my own race and went on with it."

Three of the men have already gained positions on the shadow team. Chris Jongewaard, Sid Taberlay and Daniel McConnell have already made it onto that team however gaining his second title has significance to Jongewaard personally.

"It's a good feeling to win the title again," he said.