

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 27 NOVEMBER 2009

Gold for SASI

SASI Associate Scholarship holder Rohan Dennis won Gold as part of the Australian Team Pursuit at the Melbourne Track World Cup. The Team was only the 2nd team to ride a sub 4mins on Australian Soil.

Rohan Dennis also claimed a silver medal at the same event in the Individual pursuit. Rohan qualified fastest but was beaten in the final.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 25 SEPTEMBER 2009

Gold at the World Championships

SASI's **Jack Bobridge** won a gold medal in the U23 time trial at the UCI Road Cycling World Championships held in Mendrisio, Switzerland this week. Jack posted a time of 40min44.79sec for the 33.2km distance to finish ahead of second placed Nelson Oliveira of Portugal and third placed German Patrick Gretsch. Jack is the first Australian to claim the U23 time trial crown and has had a fantastic season. He won both the U23 time trial and U23 road race crowns at the Australian Championships and two silver medals, individual pursuit and team pursuit at the Track World Championships in March.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 31 JULY 2009

Cycling News

SASI Athlete **Sam Willoughby** won the Elite Junior Men's World BMX Title over the weekend.

Willoughby became the first elite junior male to win back to back titles after he successfully defended his crown at the UCI BMX World Championships held in Adelaide last weekend.

SASI's **Tiffany Cromwell** won the 2nd Stage of the Tour Feminin En Limousin in France. Riding for the Australian National Team

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 12 JUNE 2009

SASI News and Highlights

Congratulations to **Jack Bobridge** for winning a stage at the ***U23 International Thuringen Road Tour in Germany.***

Well done to **Amber Halliday** for placing 7th in the Time Trial Stage at The **Tour of Prince Edward Island Road Tour in Canada.**

Well done to **Dale Parker** & **Carly Light** (SASI NTID) for winning the SA State Individual Time Trial Championships in U19m & Elite Women respectively.

Tim Roe won Stage 5 of the Tour of Korea on Wednesday 10th June.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 4 JUNE 2009

Top Ten Finish

SASI Pro Scholarship holder **Tiffany Cromwell** placed 7th overall at the Montreal Women's World Cup Road Cycling Race held last weekend. This was a top 10 finish in a world-class field. She will now make her way to Europe to join up with the AIS Women's Road Cycling Team.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 8 MAY 2009

Bobridge takes a winning run to Germany

SASI Athlete **Jack Bobridge** (Team AIS) has claimed victory in the U23 Eschborn-Frankfurt City Loop race in Germany. Bobridge completed the 140-kilometre event in a time of 3:30:57, outclassing Austrian National Team pair Daniel Schorn and Matthias Brandle in a sprint across the line. The win continues a run of impressive results from Bobridge which have included gold medals on the road in both the time trial and road race in the U23 division at the Australian Open Championships in January whilst on the track in the individual and team pursuit events the 19 year old claimed Oceania titles, Australian titles and silver medals at the World Championships.

Bobridge signed with American-owned Pro Tour team Garmin Slipstream this week. He will join his new team mates from the 1st of January. The 19-year-old is currently racing with the Australian Institute of Sport in Europe and will join his new teammates including Tour de France stage winner Christian Vande Velde from January 1.

Australian Team for UCI BMX World Championships

Yesterday Cycling Australia and BMXA announced the Elite & U19 riders nominated to the Australian team for the UCI BMX World Championships being staged in Adelaide, South Australia from 20 to 26 July. SASI will be represent by 2008 Talented Athlete Award winners **Matthew Willoughby** in the Men's Elite category and **Anthony Dean** in the Men's Under 19 category. Full SASI Scholarship holders **Sam Willoughby**, Matthew's younger brother, who is currently competing overseas at the moment will also compete in the Men's Under 19 category.

Tim Roe wins Jelajah Malaysia – Malaysia, April 19-26, 2009

SASI Pro cyclist **Tim Roe** won the 8-day Jelajah Malaysia recently. Tim's win was sealed on the 117km stage 7, with a strong win up to Genting, which including the severe climb to the Genting highlands.

Jongewaard impresses in 2 rounds of the MTB World Cup XC Germany & Belgium

Chris Jongewaard posted 2 very impressive results recently in round 2 & 3 of the UCI MTB XC World Cup events held on May 2 and 3, 2009. Chris was 13th and 19th respectively, which represents a step up from last years World Cup results.

Cromwell powers away from the pack

SASI scholarship holder **Tiffany Cromwell** dominated the women's field of the Sea Otter Classic road race held recently, winning by a wide margin after a successful solo breakout from a lively pack.

The spritely Cromwell took advantage of a gorgeously clear, warm California day, to blaze ahead of the peleton on her own volition. It was a bold breakaway that paid victorious dividends for the rising star.

"Today was like a perfect day almost. I am really excited, a win is a win, and it's always a good feeling," said Cromwell.

Carlee Taylor dominates Tour of Canberra - ACT, Australia, May 2-May 3, 2009

SASI athlete **Carlee Taylor** dominated last weekends Canberra Tour by winning the Pro Women's event by 18 seconds. Carlee won the important last stage, which included the climb up Corin Dam. SASI NtiD female **Carly Light** won the Women's B grade event.

SASI's U19 Road TT tradition continues

Dale Parker continued SASI's strong record in the U19 Road Time Trial events at last week National Championships with a strong 2nd place behind Western Australia's Luke Durbridge. Dale is following in the footsteps of Jack Bobridge (2nd 2007) and Rohan Dennis (1st in 2007 & 2nd in 2008) Sophie Ootes (1st in 2008).

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 3 APRIL 2009

SASI at the World Track Championships

SASI Athletes **Rohan Dennis** and **Jack Bobridge**, along with team mates Cameron Meyer and Leigh Howard, have come away with a 2nd in the Men's 4000m Teams Pursuit at the World Track Championships in Poland recently. Bobridge also claimed 2nd place in the Individual Pursuit at the championships. Bobridge and Dennis are now on their way to Italy to continue racing as part of the AIS U23 Road Cycling Team.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 27 MARCH 2009

Transition from Rowing to Cycling

This week the Amy Gillett Foundation announced former SASI Rower, now a SASI Cyclist **Amber Halliday** as its 2009 Cycling Scholarship recipient. The announcement took place at Monash University's Wind Tunnel training facility, in the presence of some of Australia's most talented elite female cyclists, including last year's scholarship recipient and SASI athlete **Carlee Taylor**. Amber has had some outstanding results in the last few months in her transition from Olympic Rowing to Cycling.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 20 MARCH 2009

BMX News

The SASI Canoe sprint squad has returned from the 2009 National Championships held at 2008 BMX Junior World #1, and SASI Junior athlete of the year, **Sam Willoughby** defeated Beijing Olympic Gold medallist Maris Stromberg TWICE on his way to a narrow second place at a the "NBL Jackpot Nationals" BMX event in Las Vegas, USA, on the weekend. A slight mistake at the start of the Final cost Sam crucial time, and he went into turn one level with Olympic Champion Stromberg and another rider, Christian Becerine. Sam was able to pass Stromberg into second place, but couldn't overcome Becerine. Not a bad result for an athlete still classed in the junior category!

Sam now moves on to Desoto Texas for the USAC National Championships, where he will race in the Junior Elite events on Friday and Sunday this coming weekend

SASI Coach overseas

SASI's Cycling Head Coach Gary West who is also currently acting in the National Sprint Coach role left for Poland this week to coach the National Track Cycling Sprint team at the 2009 Track Cycling World Championships.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 20 February 2009

SASI Cycling News

- SASI cyclist **Alexis Rhodes** had an easy victory in Geelong last weekend, winning the Elite Women's event at the 2009 Oceania Road Cycling Championships. The 24-year-old finished the 93.6km course at Portarlington, in a time of 2hr30min05sec, to be 1min53sec clear of the main field. Rhodes was hungry for a win after her second placing in the time trial at the Scody Australian Open Road Championships last month.
- South Australian 'wonderkid' **Jack Bobridge** rode 4min18.663sec to qualify fastest for the final of the 4km Elite Men's Individual Pursuit, breaking the Australian Championship record set by Brad McGee on the same track in 1997. He will face West Australian Cameron Meyer (4min20.430sec) in the race for gold tonight, while Travis Meyer (4min24.354sec) lines up against Leigh Howard (VIC) (4min25.970sec) to decide the bronze medal.

Bobridge said he would like to add the All Comers record to his list tonight, which means he needs to better the 4min18.515sec ridden by Germany's Robert Bartko to win gold at the Sydney Olympic Games in 2000.

- SASI athletes dominated last week's 40km Oceania Road Cycling Individual Time Trial events with SASI's **Chris Jongewaard** winning the Elite Men's TT and **Chris Martin** in 3rd place. In the Women's 25km TT, **Alexis Rhodes** was a strong 2nd

to reining champions Bridie O'Donnell with **Amber Halliday** producing an impressive performance in 4th place, and **Rachel Neylan** 6th.

- Four South Australian cyclists, three of which are SASI athletes, were this week named in the National U19 team to compete in the World Championships in Moscow during early August. **Nettie Edmondson**, **James Glasspool**, **Dale Parker** and **Matt Glaetzer** won selection in the National Track Team.
- **Nettie Edmondson** has again won the time-honoured award of "Champion of Champions" at the recent National Track Cycling Championships. Nettie won three gold medals and a silver medal out of the four events she contested. This award recognises the best athlete at the National Track Cycling Championships.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 13 February 2009

National Track Cycling Championships

In the AWD tandem category, the SASI pair of **Felicity Johnson** and **Katie Parker** came away with a gold medal in the VI Women's Km final. They posted a time of 1min11.773sec, this time was only 1 second off their silver medal winning time at the Beijing Olympics last year.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 30th January 2009

Fourth National Title win for Jongewaard

Missing out on the Beijing Olympics was far from SASI Scholarship holder **Chris Jongewaard's** mind as he claimed his fourth Australian National Cross Country title in Canberra on Sunday. Jongewaard's win makes it his third consecutive title.

Jongewaard dominated from the start, posting an impressive finishing time of one hour and 57.08 seconds over the five-lap event.

SASI performs at 4X MTB National Championships

Last weekend at Mt Stromlo in Canberra, SASI athlete Sam Willoughby performed consistently all day to win 2nd place at the 2009 Australian 4X Mountain Bike National Championships. This was Willoughby's second attempt at competing in a 4X race, the previous at a World Cup. Placing 2nd in both these events has put him in good stead for the World Championships to be held in Canberra in early September. Willoughby will return to his BMX now in preparation for his next big race in the USA, Oldsmar Florida.

CYCLING HIGHLIGHTS FOR THE WEEK ENDING 23rd January 2009

SASI Cycling at the AYOF

SASI athlete **Nettie Edmondson** has won all four female sprint events at the AYOF in Sydney, winning the Sprint, 500m Time Trial, Keirin & Team Sprint. Nettie posted a Personal Best time and AYO Record in the 200m Sprint TT (11.69sec). **James Glasspool** and **Dale Parker** both SASI athletes also performed extremely well at the AYOF. James won two out of four Gold medals in the sprint events, one in the 1000m Time Trial and he also achieved a new Australian U19 and AYO Record with a time of 1.03.97sec. The second was won with fellow South Australian Matt Glaetzer in the Team Sprint. Dale Parker won the 3000m Individual Pursuit in a near World Record time of 3.17.25 seconds (WR = 3.16.68).