

The Sydney Cyclist

The Monthly Magazine of the Sydney Cycling Club

sydneycyclingclub.org.au

September 2002

Sponsored by **Clarence St. Cyclery**

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On your contribution and other events.

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Yep! He bounces.

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Thank you to all contributors!

Susan the photographer, Paul the wheelman, PhilMc, Andrew Price, Deb Pearce and Richard Scriven.

Women Defend TTT Title

On the podium: just like stuffing a Volkswagen



Two Day Tour

Another tough day for one and all.



Naaaah ya didn't win mate....nice try though.



President's Address

Alex Simmons

Congratulations to all the SCC teams that participated in the State Championships of the Teams Time Trial. All six teams rode well especially the Masters Women, who did us proud by defending their GOLD, medal from last year and the 2nd SCC Women's team with a BRONZE medal. Fantastic effort! The men also performed well but the 1st team unfortunately suffered a couple of punctures. The Masters 4+ were just out of the medals. A big thank you to those that put in a huge effort to organize our participation this year, especially Peter Montford and Tanya Bosch. Also many thanks to the supporters and helpers and Steve and Margaret Hogg for their hospitality at the post TTT BBQ.

Congratulations also to the winners and participants at the Club's 2-day tour. Another good roll up showing our Club race events are as popular as ever with some great results from our newer members. Day one saw all groups coming together in the Criterium and day two saw the scratchies struggle. Next up is something new on the Club's racing calendar – the Club Championship race on 15 September – so get your pedaling shoes on and have a go at this inaugural event or offer your support on the day. The Race Secretary will need some helpers.

I attended a NSW Cycling Federation open forum last weekend. Major issues discussed at this riveting forum were:

- Changes to the Club Combine policy (removal of defined rider limits – and number of Clubs in combine can be readily increased by application).
- Competition rule changes - there are likely to be a number of rule changes proposed to the competition rule book;
- Dunc Gray Velodrome is open to anyone interested in hosting events on Friday nights through the summer.

Please contact me if you are interested in knowing more about the above.

Those of you that are interested in the running of the Club (which I hope is everyone – it's your Club) will be interested to know that copies of the Minutes of the Club Committee meetings are now available on the Club's website. This is the first time such minutes have been published for all members to view on a regular basis and will give all members better visibility of Committee business and decisions.

If you have any questions about club business, then by all means contact myself or another member of the Committee. Normally we try to respond quickly, although sometimes this is not always possible. Over the last month, the Committee has received a number of enquiries regarding its decisions and handling of Club business. In an effort to address a number of these issues, an open letter from myself has also been posted onto the web site for all to view.

As always, there are some matters that attract different views. The Committee tries to represent the interests of the whole Club and inevitably at times this attracts criticism from some. If you think we could do something better, then by all means help us with constructive suggestions. We are always open for ways to learn and improve.

One particular criticism is that there is a perception that riders who race and ride in the “A bunch” are elitist and this is dividing the club between those who wish to race and the rest of the membership. What do you think?

I'm not so sure I agree with this criticism, however if members feel intimidated by those that race then we need to make changes to make sure it is less daunting and something to aspire to. Participation in racing and willingness to have a go is to be encouraged for all members. It's fun and the experience makes us all better riders. I can assure you that the Club's racers and “A graders” want everyone to participate in this aspect of Club life. But my opinion is only one. You tell us.

Finally, a preliminary date has been set for the AGM in November so look out for news on that. At this stage I don't intend on re-nominating for the 2003 Committee, as the increasing demands on my professional life are not allowing me to devote the time the position of President deserves.

All the best and safe riding always

Clarence St. Cyclery

THE ULTIMATE BIKE SHOP

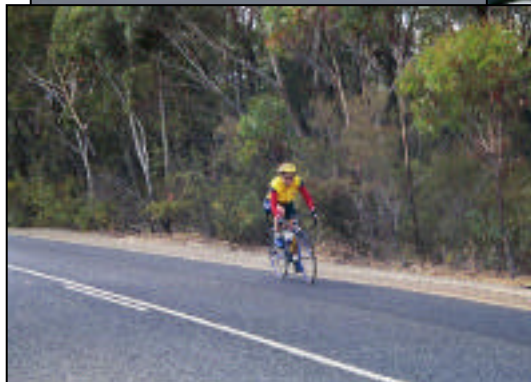
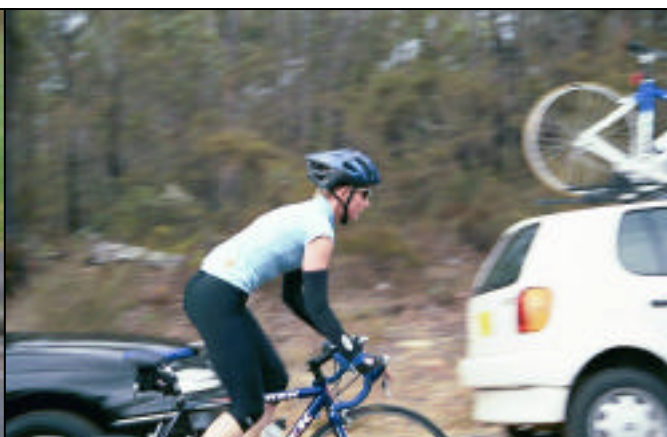
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George Speaks.

George Schneller

The Annual General Meeting

The AGM is scheduled for Wednesday night November 13th 2002. The venue and further details will be sent to all members in early October. All committee positions are declared vacant at that time. The 2003 committee will be elected at the AGM from nominations received by the secretary. If you are interested in being on the committee or have any queries regarding the AGM, a copy of the SCC constitution is available in the member's only section of the website.

Minutes on the website

Minutes from all committee meetings held this year have been posted on the members only section of the club's website. For members who receive the newsletter in hard copy, the club's website can be found at <http://www.sydneycyclingclub.org.au> The username and password for the member's only section is emailed out to members monthly and can also be obtained from the

newsletter editor Phil Gomes on 0412 412 865 or the club's webmaster Phil McKnight on 0419 278 932.

Cycling NSW affiliations closing for 2002

There are no further new membership rides scheduled before Cycling NSW closes affiliations for 2002. Forms already in circulation will be processed but must be received before the cut-off date later in September. The club will begin to accept new members again in December once forms become available.

Our Good Wishes to Karl Bellamy for a speedy and complete recovery from his injuries. Thanks to those members who contributed to Karl's help fund.

Be careful out there

Karl Bellamy Update

Many of you would know that Karl Bellamy suffered significant injuries a couple of weeks ago as a result of a crash while competing at Heffron Park. By all accounts it was simply one of those unfortunate accidents and Karl came off second best. I am happy to report that Karl is out of hospital and still has his sense of humor even though it will be some time before he's back on the bike. Looks like a little more surgery is needed. The well wishes and offers of support he has received from club members have really helped him so thanks everyone for looking out for one of our own.

The crash has left Karl (self employed) out of work for a while and so in an effort to help in some way, the members of Randwick Botany and Sydney Cycling Clubs along with other riders at Heffron Park have pooled the race receipts, winnings and other donations for one week. We have collected just over \$1,000 for Karl to help him through a tough couple of weeks. Our thanks to RBCC, SCC members and the Heffron crowd for their generosity.



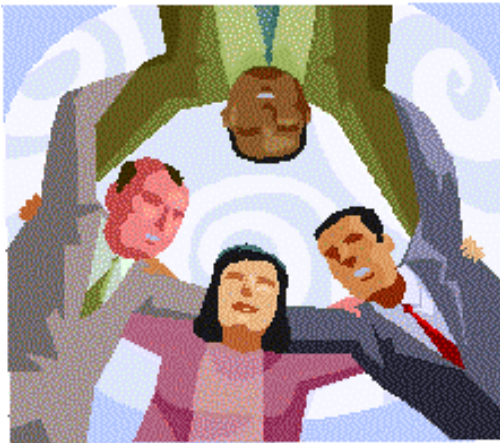
The Social Set

Events and AGM reminder from Sam Kosky



THEATRESPORTS ADVENTURE

SUNDAY 27TH OCTOBER
DRINKS AT TRINITY BAR FROM 5PM
DINNER AT THE RUSTIC CAFE, CROWN ST,
SURRY HILLS 6PM
THEN ON TO BELVOIR ST THEATRE FOR
THEATRESPORTS



Have your say or contribute at the SCC AGM!

WEDNESDAY, NOVEMBER 13 2002
VENUE: TBA

ALL POSITIONS ARE OPEN SO NOMINATE NOW.

SCC CHRISTMAS FUNCTION AND AWARDS DINNER

FRIDAY 13TH DECEMBER FOX AND LION FOX STUDIOS
MOORE PARK



We need your nominations!!!!

WE NEED YOUR NOMINATIONS FOR CLUBMAN/WOMAN OF THE YEAR, MONGREL AWARD, BENT SPOKE AWARD, BIG PISTON AWARD AND MULTI FOOL TOOL AWARD.

Mudgee Tour News

Richard Dodds on The Mudgee Tour scheduled for the weekend of October 19th-20th.

Mudgee country roads offer some terrific riding away from our busy urban life, it's one of Australia's oldest towns so if you're into history and heritage attractions you'll find plenty to do after your ride. There is also no shortage of restaurants, pubs, and cafes. Check out more at the Mudgee website -

<http://www.ozwebsolutions.com/news/welcome.cfm?townid=mudgee>

Option A

\$100 per person: includes two nights, accommodation (Friday and Saturday night). Share room basis.

Option B

\$200 per person: as above but you get the whole room to your self.

Meals: Meals are not included in the cost.

Location and Accommodation:

Winning Post Motor Inn

101 Church St MUDGEE

Ph: (02) 6372 3333

Contact: Marlene

www.winningpostmotorinn.com.au

The Winning Post Motor Inn offers a buffet breakfast for around \$15 per person or you can order from the standard breakfast menu.

Dinner on Saturday night will be arranged. Details on venue TBA. Cost will be approximately \$40/person for a three course meal.

You will need to look after yourself for Friday night's dinner and for lunches.

Payments:

Payment must be via Cheque payable to: Richard Dodds. All payments sent to: Richard Dodds, 27B Beaconsfield Street, Beaconsfield, NSW 2015.

Ride Descriptions:

Saturday: approximately 100-150 km, Sunday: approximately 90-120 km

Vacancies are limited so book early then secure your place with your payment. Let me know ASAP via e-mail rads102@hotmail.com if you wish to come along on this tour. Please state your preferred room option.

If you are new to the club, I encourage you to take part in the touring events. They are a great way to get to know other club members and get fitter at the same time. So see you on tour.

Racing with Tanya

The Club Championships

Congratulations to all who competed in the two day tour and especially to those who completed all three stages. A special congratulations go to Dan O'Callaghan who won the road race and the tour overall, Phil McKnight, Simon Pardey and Daniel Hynes winning their respective grades in the time trial, Tim Rice for winning the crit and to Phil McKnight and Simon Kenny for the fastest times in the crit and the road race. Thanks so much to the handlers who volunteered without being asked. It makes my job so much easier. There has been a suggestion that we have two handicap groups for Hilltop as the Waratah club has for their handicap days. I was wondering if I could get some feedback on this.

The club championships are the next big challenge. The inaugural club championships will be held on Sunday 15th September starting from West Head at 8am. There will be trophies awarded according to division (open men, open women, Masters Men 1, Masters Women 1 etc). There will be two bunches. The first bunch will be open men, Masters Men 1-3 and the second bunch starting five mins behind will be Mens Masters 4+, open women and masters women. A first will be awarded if there are only 1 or 2 riders but a second will only be awarded for four riders and a third for five riders or more in a division.

This is a chance to compete in your age group rather than in a handicap or in a grade. The course is tough but suited for good road riders. If this is successful we will think about introducing a criterium and a time trial club championship to suit other kinds of riders.

This is the course description. Start at the West Head Car park, head back down West Head Road for roughly 11K; turn right down Liberator General San Martin Drive towards Akuna Bay, down the hill to the bay; up the opposite hill, turn left into McCarr's Creek Road and then turn left again into West Head road. Head back to West Head and the start finish line. The course itself is roughly 40K. More details will be supplied by email. I would appreciate if you could pre register with me please.

There are some opens I want to encourage riders to enter. The State Masters Road Championships are on the 28th September at Wagga. The course is undulating but not too hard. The State Masters Criterium championship is on the 19th October on the Dunc Gray crit circuit and the Lidcombe criterium series are worth having a go. It would be great to see a lot from the club out there either supporting or competing. If you have any questions about these opens please give me a ring or drop me an email.



ITT and TTT tales

From the pits, pics and words by Anon

Congratulations to the six Sydney Cycle Club riders who participated in the CNSW Individual Time Trial Championships at Calga August 11. Conditions although clear and sunny were quite blustery with a strong wind blowing. This, coupled with the change in distance to 40kms (just over 42kms actually - but who's counting) ensured it would be a tough ride regardless.

SCC were represented by Tim Rice in Masters 1 [1:13:46], Phil McKnight and Stuart Davis in Masters 2 [1:08:44 and 1:22:32 respectively], Paul Kelly in Masters 3 [1:10:52 . . Paul rides a Kestrel], Paul Russell in Masters 4 [1:16:05] and Tony Johnson in Masters 5 [34:57] Masters 5, 6 and 7 did the 20km course.

The Sydney boys performed well in all divisions with most placing in the top five or six across their Masters group. Entrants came from all over NSW, so the standard was always going to be high. However the boys rose to the challenge.

I'm pleased to report that as far as I know, no one got to see breakfast twice and Tim Rice chose not to ride to Calga as a warm-up. However Tim did get involved in SCC bunch racing on Saturday, concluding with a big night out on Saturday - just the preparation you want before a 40km time trial. Paul Kelly only fronted up hoping to pick up the concourse award (did I mention Paul has a Kestrel) but still had to ride the course regardless. Phil was hmmm Phil . . 'nuff said. And in classic SCC tradition, one rider who didn't quite make it (guess who) is still on the Freeway looking for the Calga turnoff.



The men and women get down to business



The Vets 4+ team consisted of Michael Griffiths, Walter Rolli, Paul Russell and Tony Johnson, (with great back up from support riders, David Solomon, and John Rutherford, plus our support team on the day of driver Robi Russell, team mechanic Alan Lumb and general cheerleaders Stewie et al)

The big day dawned in drizzling rain after about 6 weeks of dry weather, and conditions didn't improve from there!

We decided to warm up by riding out to our start point, and by then it was pouring down and we wondered why we had bothered to turn up at all. At that point one team member (who shall remain nameless) discovered that the new cleats he'd fitted the night before wouldn't go into the pedals!!!

The rest of us left him in the tender care of the support crew and eventually we only just made our start time with 2 minutes to spare. There was just enough time to rip off sodden over clothes and off we went.

What a place to have the start. Straight into a nasty uphill! However, we stuck to our "plan" which was Paul and I doing the longer turns on the undulating bits, Walter was our "battering ram" down the long downhill stretches, and Mikes job was to lead us up the long hills.

The rain eased at the start, but the road was awash the whole way making it very difficult to sit safely on the wheel in front.

We persevered and eventually knew we weren't stone last because Walter took us steaming past a Waratahs team on that descent to the bottom of "blood hill" at about 70k's!

Walters job was done at the bottom of blood hill, Mike took us to the top where we hammered to the finish.

We ended up with 5th place from the 17 teams who finished, which wasn't too bad although it was disappointing a podium finish eluded us, again!



Above: I guess the red dog pills worked

Below: Driving it to the line



The Club Patron

The many travels of Phil Liggett

After a great Tour de France especially if you were American, Aussie or a Brit . I went directly to the Commonwealth Games. It was a typical warm welcome in Manchester, where my precious laptop was stolen on the first morning. All info was backed up in London, except my vital e-mails and addresses, so I had to wing my way around the race commentaries. Still, no one seemed to mind!

The Manchester velodrome is the best, and the Aussie team pursuiterers were brilliant as they broke the world record, the highlight of the Games for me. Of course, it rained for the week I was there, but gone are the bad old days when we would have been sitting around waiting for it to stop (it didn't) because the track had no roof!

British sport has improved vastly with the introduction of lottery funding and had our riders not been split into the home nations of England, Scotland, Wales, etc, then you guys would have had your medal tally halved!

I'm at home now, answering a lot of mail and managed to get my first rides in at the weekend for six weeks. Sore bum now, but a nice 150kms passed beneath the wheels. I have some long charity rides coming up. In very hilly and beautiful countryside around the Peak District and mid-Wales. Not a flat road in sight and 25 per cent climbs commonplace. It's all worth it, but I sometime ask, why? when I get passed by 70kg kids looking back at me!

I hear that Sydney is struggling to find a winter this year, so I hope you are all getting the miles in. Next up for me is the Vuelta e Espana, but I will cover this from direct pictures into London for American TV. For three weeks I get to be a commuter on the tube with briefcase!

My best wishes to you all

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For more information contact Tim Rice 0416 095 889

Tim@IDEAssociates.com.au

For Sale

Roadie Rules - Relieving Road Rash

You've come down hard and left skin on the road, knicks/jersey/body are hurt bad – What do you do now?

- 1) Check your bike for damage.
- 2) Get to a hospital if it's serious, if not....
- 3) Peel off your tattered knicks/jersey, grab a non-toxic surfactant like chlorhexidine, or sterile saline and head for the shower (saline is 0.9% sodium chloride).
- 4) Using a squirt or a spray bottle, clean the wound to remove gravel, dirt and hitchhiking bacteria. Use a sterile gauze pad to remove hard to shift gravel.
- 5) Avoid hydrogen peroxide or povidone-iodine for large wounds. If you must use them, rinse them off the wound 5 minutes after use; they can delay tissue healing.
- 6) Allow the skin around the wound to dry, and then apply a dressing. Your choice of dressing will depend on whether the wound is oozing gently or gushing like a geyser.
- 7) Use transparent film dressings for shallow wounds where wound exudate is light. (e.g. OpSite®, Tegaderm®, Cutifilm®).
- 8) Use a non-stick absorbent dressing covered by a film dressing (or an island dressing) for moderate exudate; or a thin gel dressing which absorbs exudate.
- 9) For deeper wounds with profuse exudate hydrogel or hydroactive dressing (e.g. DuoDerm®) is needed and medical advice should be sought. In this case,

antibiotics may be required. If pain increases, or if in any doubt, seek medical advice. Moist wound healing techniques are superior to older dry methods and reduce pain, healing time and scarring.

Dressing too small?

Transparent film dressing will stick to itself and can be tiled over the wound.

Cyclist's First Aid Kit:

Chlorhexidine
antiseptic (eg Hibitane®, Savlo®)

Sterile saline
OpSite® or Tegaderm® or Cutifilm®
transparent film

Duoderm® gel dressings or Cutinova*

Hydro® Non-allergenic tape for edges eg
Micropore®, Leukopore®,

Gauze swabs (for use as padding over film dressings)

How to remove film Dressings: Stretch the edges then gently lift off, then replace. They can usually remain in place for about 3 days.

More information:

World Wide Wounds, Wound Education & Research Group Monash University

The Editor



I'll give this editorial thing a go.

I'll also try to be a bit provocative in this column. So I'll start with bunch speeds; we really need to pick things up a bit folks, after taking a long break I came back to a 'B' bunch that was just creeping along. It was slower than ever, so I rode away and joined the 'A' bunch where I lost a lung somewhere between Dolls point and Taren Point Bridge. I think every one has to make an effort tho keep the pace going, If that means a short turn at a higher pace then do it, but don't suffer at the front and slow everyone down. Remember we are a racing and training club not a touring group. It seems we now ride to the level of the slowest rider. Lets change it and get fit.

Now the other casualty of this slothfulness is the 'A' bunch, there were five riders to take it all the way to Waterfall. Now I know we can do better, there are a number of you who should be giving the "A" bunch a go (names can be supplied upon request). Start with the 'A' guys and if the pace is too high and you get dropped, roll back to the next bunch. As the weeks go by you will find yourself at a whole new level and I'd be happy because I'll have another wheel to suck.

Oh and another thing, lets not forget to wave at the other Clubs as we see them. They are our comrades in this insane pursuit of ours.

Contact list

<u>Position</u>	<u>Who</u>	<u>Phone</u>	<u>E-mail</u>
President:	Alex Simmons	0411205283 (m)	alex.simmons@bigpond.com
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Secretary:	George Schneller	9319 2899 (w) 0418581951 (m)	FlashFrames@bigpond.com
Treasurer:	Suzanne Lyndon	9327 4678 (h) 0412355455 (m)	Suzanne.Lyndon@chapeast.com.au
Race Secretary:	Tanya Bosch	9369 1436 (h) 0419217974 (m)	onyabike@ozemail.com.au
Tour Secretary:	Richard Dodds	0419729206 (m)	rads102@hotmail.com
Social Secretary:	Samantha Kosky	9518 1518 (h) 9568 9370 (w)	samkosky@optusnet.com.au
Boutique Manager :	Stan Genakis	9746-5954 (h)	stangenakis@hotmail.com
Newsletter Editor:	Philip Gomes	0412417865 (m)	transition@optusnet.com.au
Submission Details:	Next Deadline: 2nd October 2002 . Please submit articles to Newsletter Editor via e-mail or post to 61 Union St, Erskineville, NSW, 2043 or Club PO Box.		

Weekly SCC Rides

Tuesday	06:05	Cannons	Watsons Bay hills ride, approx. 25 km. Eastern suburbs hills and in-between flat bits. Faster riders wait up at the top of Military Rd. for new kids/the hill-challenged. Back at approx. 7am
Wednesday	06:05	Cannons	Coaching session focusing on developing rider fitness and general riding skills. Popular change is one lap of the Olympic road course.
Thursday	06:05	Cannons	Foreshore Road/La Perouse, approx. 35 km. Fast clip [35-40ish] with three even faster [40-55 km] intervals, back in the park at 7ish. We wait up for training enthusiasts but not quite as religiously as Tuesday.
Saturday	06:35	Cannons	La Perouse ride, 45 km. Two bunches leave the park rolling easily until Foreshore, then the first bunch picks up the pace at La Perouse for the run home via Maroubra Beach with a paceline developing along Anzac Parade. Second bunch does the same route at a slightly slower pace with an emphasis on bunch riding. All round off back in the park for coffee about 8.20am or Regular Time Trials, Criteriums or Road Races as per published calendar in latest newsletter. At the conclusion of TT's all members are invited to attend a bunch training skill session, starting at 07:45 at the Cannons.
Sunday	06:35	Cannons	Waterfall ride, 90 km plus. Medium to hard ride, out at 28-35 km, some turn round at Sutherland (60 km). At Waterfall, smaller groups sometimes go on to Stanwell Tops (120 km) or back through the Royal National Park (110 km). Main bunch U-turns, pacelines back to Sutherland, collects the stragglers, then a fast ride back to the park for breakfast. Or a more medium paced ride, medium/average fitness level. Same route as above or maybe Short or Long Cronulla (60-70km), Kurnell or Cape Solander (70-80 km) or maybe even Sutherland, then back via Como and Hurstville (70 km). All rides finish back in the park for breakfast (approx 9:30).
First Sunday of the Month	06:35	Cannons	Club Jersey Ride. 100 km plus. Typically combined group goes north to Church Point, where the faster or more keen riders split off heading for Akuna Bay with the rest of the bunch going straight to Terry Hills for coffee at the Bonds Nursery. All then regroup for the ride back.

All rides leave from the appropriate venue in Centennial Park unless otherwise specified. For club events, please ensure that you either turn up to handle when rostered or find a replacement. Dates for the NSWCF Open races are subject to confirmation.

The Sydney Cycling Club does not take responsibility for the conduct or safety of the training rides detailed on this program. Training can be dangerous and you do so at your own risk.

SC TT: Short Course Time Trial

LC TT: Long Course Time Trial

Ext TT: Extended Course Time Trial

FMM : Frank Murray Memorial Trophy

- **1 point awarded for riding and finishing the event.**
- **Penalties for drafting or breaking in TT's will be 30 secs.**
- **6 points will be awarded for handling once in a season, 1 point thereafter.**

Registration: TT's at start by 06:40, first rider off at 06:50 SHARP! No restarts allowed for missed starts.

Race Sec's decisions are final.

Calendar of Events

Day	Time	Venue	Comments
Sun 15th Sept	08:00 am	West Head	Inaugural SCC Road Race Championships.
Sun 22 nd Sept	-	Olympic Park	Olympic Park criterium.
Sun 15 th Sept	08:00 am	West Head	Club Championships. Handlers TBA. No points awarded.
Sat 28 Sept	-	Wagga	NSW State Masters Championships, men and women.
Sun 29th Sept	-	Wagga	Masters Handicap at Wagga.
Sat 5th Oct	07:15 am	Heffron	Criterium Rd 4, (10/...../3). Handlers: Phil McKnight, Simon Pardy, Deb Pearce.
Sat 12th Oct	06:30 am	Cannons	Hillclimb Rd 2, (8/...../1). Handlers: TBA.
5th-14th Oct	-	TBA	World Masters Games, all cycling events included.
Sat 19th Oct	-	Dunc Grey	NSW Masters Championships, Bass Hill circuit.
19 – 20 Oct	-	Mudgee	SCC Mudgee Tour, Winning Post Motor Inn. Contact Richard Dodds
Sat 26th Oct	06:30 am	Cannons	LC TT, (8/...../1).Handlers: Annaliese Aerts, Dan O'Callaghan, Andrew Hudson, Andrew Gresham.
Sun 26 Oct	6:00 pm	Belvoir St Theatre	Theatre Sports Adventure. Contact SamKosky
26-27 Oct	-	Wee Jasper	MTB weekend. Contact Tanya Bosch: onyabike@ozemail.com.au
Sat 3 rd Nov	-	Five Dock	Five Dock Criterium.
2 nd - 9th Nov	-	Sydney	Gay Games, cycling events held in Centennial Park etc.
Sat 9 th Nov	07:15 am	Heffron	Criterium Rd 5, (10/..../3). Handlers: Jonathan Lewis, Frank Milner, Tim Youngman.
Wed 13 th Nov	7:00 pm	TBA	SCC Annual General Meeting.
Sat 23 rd Nov	06:30 am	Cannons	1 Lap TT, (8/..../1). Handlers: Martin Henery, Scott Thompson, Bruce Field, Kevin Crowie.
Sun 24 th Nov	-	Olympic Park	Olympic Park Criterium.
Sat 7 th Dec	07:15 am	Breakwater	Kilo, (8/.../1). Meet at Cannons @ 06:30. Handlers: TBA.
Fri 13 Dec	-	Fox Studios	SCC Christmas Dinner and Awards night, Fox and Lion.

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