

25 May 2010 12:34:09 pm

📄 Laying The Foundations...

So its been awhile since my last blog. I have been pretty flat out with training. We have just finished a pretty intense 3week block and today I am enjoying some RnR and allowing my body to recover and get ready for another cycle by this time next week. I am training quite well. I think for the first time since I have been riding I have come off a break feeling like I am still a bike rider. In other words it was effortless, I just felt good even though I was creeping!

With just over 2months now before we head off for our Pre Commonwealth Games training camp I am feeling a little anxious and want to start seeing some good times and to feel good, but I also know that I need to relax a little bit and remember that we are heading into a big block now and its the time of the year where its cold, training is hard and its a slog. I will undoubtedly have some good days and some bad days. I also have to remember that I dont start feeling any of those things until we start our taper...which is over 4months away! I am very excited about the Commonwealth Games and every time I see an ad on TV for them I get goosebumps and butterflies in my tummy!

I have been really enjoying the gym. I have always liked gym but have struggled a little with it over the past five years as I tended to be really inconsistent with my lifts. The past five weeks have been really great, I have steadily improved and already I am well ahead of where I was even before worlds. That for me has been a huge confidence booster as I reckon come World Championship time I will be a heck load stronger and more powerful - which should transfer onto the bike. I think I have stopped developing and am starting to fit into my body a bit more now. My techniques in almost every exercise are pretty much perfect, it took me some time to perfect this, as it meant I often had to drop the weight a bit and focus on technique before I allowed myself to go up in weight...this is really important as hopefully (touch wood!) it will prevent any injuries when I start lifting maximal weights. It also means for example that when I do a squat I am doing full squats (so basically my butt is touching my calves at the bottom) rather than most of the others who just do parallel squats (which is still very good). This will help me on the bike to get power in more extreme ranges so I should be able to be in a more aero position and produce the same power! Its quite exciting and something that has taken a good two years to start to feel the benefits of the hard work, its transferring onto the bike aswell as I am in a better position aerodynamically.

On the bike I have been suffering a chronic injury after a bad crash on the road last year. I have a small tear deep in my hip which has essentially allowed my whole left leg to become 'loose' in a matter of speaking. What has happenend over time is that I have been sitting on the side of my saddle rather than straight because my left leg has this great range of movement to protect the hip. Over time this has caused some pretty major biomechanical issues in my body and prior to the World Championships was causing my some intense pain of which I had to undergo two physio sessions a week, plus a visit to the doctor plus some strong anti inflammatory to get me through the worlds. After returning from the Worlds the AIS has been amazing in figuring out the issues mechanically and have put together a rather

aggressive action plan which aims me to be in proper shape by May next year. YES I know that seems such a long time away but the issues I have are things that just wont get better over night I'm afraid...and in a worse case scenario I may require micro surgery on my hip (fingers crossed it doesnt come to that). So I am actually finally sitting straight on my saddle the last week or so and I feel very awkward and the pain has returned to its worst for a few days, but its the kind of pain that aches rather than comes and goes after training...which tells me its the muscles working in its proper ranges again. I give myself another good three weeks at least before I start to feel straight again. In time I believe that I will be a better athlete for all of this - and I keep reminding myself how fast I rode crooked so imagine how fast I'll ride when I am straight!

Life outside of cycling is improving for me. I am learning a language, I have settled into my uni course and have gotten out and met a few new friends! I am enjoying being in Adelaide despite the onset of winter and I have good feelings about the lead into London over the next two years!

So at the moment I am what I call 'laying the foundations' for the upcoming season...or as Gary West my coach says 'putting the pennies in the bank'...this is what I consider the important time of the season because the work I do now will not show until October for the Games and in March for the Worlds and if I dont do the work now I cant expect the results I want.

Until another few weeks...take care all!

25 Apr 2010 02:40:41 pm

161

With 161 days to go until the Opening Ceremony of the 2010 Commonwealth Games I returned back to my home away from home - Adelaide to begin official training. Whilst we are all still technically on our break until tomorrow I have been back on the bike for just over two weeks now, enjoying some time away from the track out on the road. My last two road rides have been a little sad and sorry out in the wind and rain of Adelaide and the weather is only going to get worse as we enter winter. I love Adelaide in the summer...not so much in the winter!

I am looking forward to the challenges that this year will throw at me and I am not so foolish to think that that rainbow I won just over a month ago now came easily. A lot of blood, sweat and tears went into achieving that jersey and it is hanging proudly in my room as a reminder of all that went into simply being able to pull it over my head and stand on top of the podium. A great ex athlete and World Champion told me a few weeks ago that that second jersey I won in Denmark will be the hardest one I will ever win as retaining a World Title is a lot harder to do than winning it for the first time. In 2009 Anna and I were the underdogs, this year, this time we were expected to win and we did. But the most important thing we walk away with, I think, is the knowledge that we can be better when we need to be and we will stop at nothing to continue to be better - to be the best.

Whilst I came away from the worlds with that special jersey I only came away half satisfied after falling short on achieving my goals in Denmark. In the individual events I made some inroads and achieved some of my personal goals but also made a lot of mistakes and still cant help but feel like I really am still only such an amateur at this sport - even though its my 5th year on the bike. I have gone back to the drawing board over the past few days thinking about my strengths and weaknesses and how to turn my weaknesses into strengths and how to make my strengths stronger. Its always an exciting but confronting time - for its like pulling me apart and analysing everything no matter how much I may not want to confront some things. The amount of work I have set myself over the next 161 days is going to be challenging but I know that if I can pull it off it will pay back in a big way. But more importantly it will serve as a foundation for the sort of preparation that I will undergo leading into the Olympic Games...in 824 days!

So over the next 161days I have next to no races before Delhi so most of my entries will be about training and day to day life in Adelaide. I hope you enjoy reading.

Take care all.

Karls

19 Apr 2010 06:00:01 pm

 Commonwealth Games Queens Baton Relay!

Today Ashlee Ankudinoff and myself were very proud to represent Cycling and carry the Queens Baton in the Commonwealth Games Relay! It was such an amazing experience and one which I will remember forever. I have never done anything like it before and it was crazy!

It was a great day in Sydney and such a perfect setting - the Sydney Opera House! We met some amazing people including Sophie Delizio and Keirin Perkins as well as Netball stars Catherine Cox and Susan Pratley. WE got interviewed by a lot media including some Indian TV channels. A lot of the questions were answered revolved around the growing security concerns in India. From my perspective I know that the Australian Government and Cycling Australia would not be sending us if there was a massive issue. I think the security will be adequate and I am very much looking forward to putting on the green and gold and bringing home some gold bling!

I travel back to Adelaide after my break this Friday to start official training. I have been back on the bike for nearly two weeks now and I am feeling surprisingly good! This season will be a good season I can feel it already!

Until next time all take care! 😊

Karls

Comments

Congratulations from Italy!!!

By : **Stefano** @ Time : 21 Apr 2010 06:18:44 pm : [Email](#) :

I think it's really great that you find the time to write in detail about your races and your feelings! Thanks from a fan in Italy and go Aussies!!!

You are Fabulous

By : **Sven** @ Time : 23 Apr 2010 09:38:25 pm :

I think it is fabulous that we get to hear about your adventures and successes! Thanks so much. Keep up the good work. PS Your pictures look great!

19 Apr 2010 05:47:41 pm

 World Championships Day 5

Hey guys,

The final day of the World Championships concluded for me with the Keirin.

The day started off slowly for me as my legs were still in a world of hurt after my severe cramping in the sprint the day prior. I was lacking some confidence in my ability to pull up and it showed in my first round, where I was very timid and didnt do much which subsequently saw me finish third and have to go through the repechage.

In the rep I rode a slightly better race, but just scrapped through in a bit of last minute desperation as I didnt want my worlds to finish on a bad note. I ended up haveing to come three wide in the last bend to get over the top of my opponents to get through to the second round. I was feeling a bit better after this race and went into the second round with that elusive self belief starting to creep back in.

The second round was very fast and very hard, a heat worthy of a Worlds Final. I rode a good race and was proactive in my ride and finished second to Victoria Pendleton from GBR to make it into my first senior World Championship Keirin! I was very excited and had achieved my goal of making the final. Unfortunatley my fellow team mates Anna Meares and Emily Rosemond failed to make the major final and had to race off for the minor final in which Anna proved her superior ability and won by a good few bike lengths.

In the major final I was pretty pumped and was happy to say I had my head back on (just in time!). I found myself at the back of the field as the bike swung off and so I made a good move around the bunch to the front and waited for a wheel to come. I don't usually like riding and racing off wheels but my discussions with my coaches all pointed towards the fact that my best chance of winning this Keirin was coming off a wheel in second place. Well I was in that second place and a big hitter in Simona Krupeckaite from Lithuania came around me. I sat her wheel for the remainder of the race but found myself boxed in by the other big hitter Victoria Pendleton. Vicky is an amazing athlete and was able to ride wide the remainder of the race to finish second leaving me no opportunity to move out. I felt like I didn't touch my pedals at all and unfortunately finished 4th missing out on a medal in a photo finish. I was lucky not to crash as well as I came underneath Simona in the final straight as she left the sprinters lane and then re-entered it. Simona ended up winning, which was a bit of a controversy, but none the less it was a great ride by her and a deserved win.

I was happy to end the championships on a reasonably good note. 4th place is a great achievement and gives me the confidence that I can only do better.

I know go on a small break of two weeks before getting back into it for the Commonwealth Games in October. I'm very excited about both my break and the Games. Until next time - everyone take care and please do comment on my blog and keep me updated on all your tales - biking or not! 😊

Karls

28 Mar 2010 01:53:29 am

📅 World Championships Day #3

To say that I have had highs and lows at this Championships is a slight understatement. BUT yesterday wasn't all that bad. I love the Sprint. It is I believe the toughest of all 4 sprint events and I think that's why I like it so much. Sprint qualifying was up first and with some very fast times already set before me I knew that the track was quick and that I could do something special. I did indeed. I smashed my Personal Best by over 0.15 tenths of a second to finish in 8th spot in a time of 11.202. Shuang Guo from China qualified first in a super fast time of 10.918 with Anna Meares continuing her great form here in second place in 11.037.

In the first round I met fellow Aussie team mate Emily Rosemond who rode 11.444. A sudden death round saw me taking no chances against her and I defeated her easily in a great time of 11.5. I was happy with this performance as I hadn't really used much gas and to ride 11.5 in a round is something I hadn't ever done before. Things were looking good!

In the second round I had a tough opponent in last year's silver medal winner in the sprint - Willy Kanis from the Netherlands. I have raced Willy a fair bit before and the more I race her the more confident I get and last night was no different. I nullified all her typical tactics and rode the race to my strengths to defeat her again in a time of 11.5! I was feeling quietly confident and very excited with this new found speed in my

legs! 😊

In the quarter finals I met a formidable opponent in Simona Krupeckaite from Lithuania. We are both very similar riders with a big jump and lots of length so I knew it was going to be a matter of going out there and riding a smart race and getting ready to hurt! But disaster struck for me before I even got on the bike. As I got up to get on my bike my left hamstring cramped really badly and as I tried to stretch it out my left quad also cramped. For those of you who have cramped before I am sure you can imagine my predicament. I had two minutes to present myself to the line and with everyone telling me to relax and breathe and stretch out my legs I was getting really angry. I was in so much pain I was crying. All I needed to do was get on the line and roll and around and then if I was still bad I could come back for another shot in the second round. I somehow got on my bike and for the three laps managed to get myself back into the right head space to race. But I just didn't have the legs. Simona beat me easily and as I got off my bike my body seized up again. I had 70 minutes between the rounds and I couldn't sit still otherwise I would seize up so from when I got my first cramp and when I finished racing (about 2 hours later) I was moving the entire time. This is not a good thing for a sprinter.

In the second round against Simona I made a major tactical error and didn't even contest the sprint. Was I disappointed? Hell yes. I have never felt so shitty with myself after a race before. I have made some silly mistakes before but I got absolutely punished by Simona. In all fairness I too would have done the same to her had the roles been reversed and this is sprinting for you...show no mercy and expect to receive none. That's the way it is. In a few years time when I am the best in the world I can tell you right now I will show no mercy to some young sprinter who is cramping! And that's the way of the world.

So I was in the 5th to 8th ride off. I had some pretty tough competition and had I had better legs I would have been very confident going into the race. But I cramped during the sprint again in the final lap and had to settle for 6th spot. There was no way in the world I was going to risk a crash in a minor placing race. It was a really upsetting way to finish what started out as a really good day.

I had some wise words thrown at me from various people during the evening which helped to make me feel a bit better about the situation but in all honesty I am devastated. Sure it's not the end of the world but I train all year for this moment and to have my body 'reject me' as I was told is really annoying.

The cramping is an issue I have dealt with before, but not as bad as last night so I will be seeing a few doctors and nutritionists when I get home to try and see what is going on...It's definitely not a hydration issue so we will have to do some homework and see what is really going on.

Today I am feeling the effects of the cramps...I am very sore in the left side and still feel at times like I am going to cramp. I am doing everything I can to get myself back up and fighting fit, but if I am to be honest at this stage I am not looking so good. I want to race the Keirin and make up for yesterday...but I also have to be mindful of the fact that my body is hurting a lot right now.

Until tomorrow...when I decide my fate...take care everyone! 😊

Karls

"History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats."

B. C. Forbes

go girl go

By : **ron pollock** @ Time : 28 Mar 2010 06:17:55 am : [Email](#) :

keep your head up young lady you've got the goods.

26 Mar 2010 08:30:13 pm

 Team Sprint World Championships Day #2

WORLD CHAMPIONS AND WORLD RECORD HOLDERS! 😊

Day two of the Worlds kicked off for Anna and I with the Team Sprint. As defending World Champions we started the qualification at the end of the field and had the privilege of watching everyone else set some pretty amazing times. Last year we rode off in the first heat so to be at the other end of the field was a totally different experience.

Our qualification was filled with a few mishaps. We were lined up against the Dutch and in the first attempt the Dutch false started and then in the second attempt Anna's wheel slipped. We lined up for the third time and were successful at getting away. For Anna and I to keep our cool after those few problems is a total credit to us...to Anna especially as her job is very important to get me up to speed. We rode a World Record time of 33.047 and set the fastest time to set ourselves up for a shot at taking the gold medal.

In the final we didnt have any mishaps on the start line and Anna got away to an amazing start to set me up for the quickest lap I have ever ridden. We finished first in another World Record time of 32.9 to be the first women ever to ride under the 33second barrier. 😊

The Chinese finished second in an incredible time of 33.1 and the Lithuanians finished 3rd also in an amazing time of 33.1.

The night before I had a bit of a breakdown because of my poor result in the 500m Time Trial. Anna is such an amazing athlete and person that she is half of the reason why I was able to put my head back on and come out and show the world what I can do. I think that is a testament to her. Thankyou Anna. Thankyou also to my loved ones who believe in me and inspire me to do the hardest thing possible - believe in myself.

Last night was anotehr great night for the Aussies with the Womens Team Pursuit also claiming gold. Ash Ankudinoff, Sarah Kent and Josie Tomic defeated the Poms to claim the rainbow jersey! CONGRATS MY LADIES! 😊 Travis Meyer had a great ride in the scratch race and Jason Niblett and Shane Perkins also rode well in the

keirin. Jack Bobridge claimed 3rd in the Individual Pursuit to put Australia at the top of the medal tally with 4 World Titles and 1 bronze medal. GO AUSSIES!

Today I line up in the Sprint...I want this one, lets see what I can do...after last nights performance I have a new found belief in myself and I am excited. I am still a little taken aback by how fast I, we, rode last night. BRING IT!

Photos to come later.

Take care all! 😊

*"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."*Anatole France

25 Mar 2010 07:25:36 pm

📷500m Time Trial WORLD CHAMPIONSHIPS Day #1

As the saying goes you usually get what you train for. Whilst I havent not trained for the 500, it has taken a little less of a focus for me the past 6months as we head into the Olympic Games (the 500 is unfortunatley not an Olympic event). I still love the event, which is why I was quite disapointed with my result last night but all my training is geared towards the Team Sprint second lap and the Sprint currently, which is why I ride standard bars rather than Time Trial bars.

As I said I got what I trained for which was an average first lap (I havent done as much start work as what I did leading into last years worlds) and a pretty good second lap to give me an overall time of 34.349, about .140 of a tenth off my personal best. My aims going into the event was to crack the elusive 34second barrier and get into the top 5. I placed 6th, the same as last year.

Fellow team mate Anna Meares brought the rainbow jersey back to Australia in a very very fast time of 33.3 seconds. A personal best for her and just a little off the World Record set last year. Simona Krupeckaite from Lithuania placed second and a surprising 3rd place went to Olga Panarina from Belarus. Five women went under the 34second mark which is I think the best results ever and goes to show how far womens sprinting has come.

As I said I was disapointed with my result and couldnt help but shed a few tears in the pits. I have very good form at the moment and I felt I let myself down with my result. BUT today is a new day and today I go into the Team Sprint as defending World Champion in the best form of my life with a great team mate who is also in very great shape. I am looking forward to tonight - I am not going to lie and say that I am not nervous cause I am quite nervous, but I have to use those nerves for good things. I intend on doing so. Bring it!

Last night Australia won two World Titles the second going to Cameron Meyer who absolutley smashed the Pointscore. He made it look very easy - which is saying something at this level. It was a much deserved win. In other events Sarah Kent placed 13th in the Individual Pursuit and she is looking good to ride very well in the Teams Pursuit tonight with Ash Ankudinoff and Josie Tomic. The male sprinters finished 7th in the Team Sprint - a result that is not reflective of their current form

but we all have good and bad days. Good luck to all the Aussies racing today, lets bring home the bacon!

Until tomorrow, wish Anna and I good luck!

Take care all,

Karls 😊

"The important thing is this: To be able at any moment to sacrifice what we are for what we could become." Charles Dubois

Go

By : **Lenneke** @ Time : 26 Mar 2010 07:31:51 am :

Break a leg!

22 Mar 2010 07:33:14 pm

📁Copenhagen

Hi all,

Well finally the team and I arrived in Copenhagen on Friday to the lovely cold weather! Despite the cold its actually really nice here and the change in temperature isnt actually that bad. The trip over was a little long and tedious, but then again 28hours travelling is never usually breathtakingly amazing! I took a few snaps with my new camera that I bought in Singapore, see below:

Scottys camera work:



16 Mar 2010 01:08:57 pm

☐ And so it begins...

Tomorrow the team and I leave for Copenhagen for the World Championships. It feels like it has been a long time coming, its been a long season and I am looking forward to seeing what I can do next week. We have a big team this year, 19riders in total and nearly as many staff to go around as well.

Last night we had our team dinner and were officially welcomed into the team and wished good luck. It was nice to sit down with the staff and the rest of the riders and also thank the staff who do so much for us all year around. We made a special presentation to our motor bike rider, David Short, who has spent alot of time with us, particularly in this last phase, riding for us. He does a great job and we thanked him with a signed jersey from the sprint group.

As for form, we had trials yesterday - or as Gary my coach likes to say: 'Rehersals!'. It was a good chance to just get the cobwebs out of the legs and put the legs on the line a bit. I rode really well, and so did the rest of the team, including the endurance riders. Next week will be quite exciting I feel - from the whole team.

I will update you all with a blog when we arrive, let you know how the weather is and how the trip went! Wish me luck! 😊

Karls

Luck

By : **Mothership** @ Time : 20 Mar 2010 05:16:12 am :

You don't need luck you have done all the hard work!

01 Mar 2010 05:53:54 pm

☐ Revolution #6

On Saturday the AIS sprinters and myself headed over to Melbourne to race in the 6th Revolution. Its always a quick in and out trip for us and we're pretty lucky that the flight is only 60min! It was to prove to be a long day for us with the boys riding in the afternoon session in the heats of the Melbourne Cup on Wheels, whilst us girls got to kick back in our hotel in the city! 😊

I was lucky enough to have a 8strong cheer squad on hand with my family and good family friends, the Duttons, there to watch me race. The racing consisting for us girls with a womens sprint in which I defeated the young Malysian rider Fatehah in the heat to go through to a 3up final against fellow team mates Anna Meares and Emily Rosemond. A 3up is a race in which I dont ride many of so it was a bit of a suck it and see type race with me taking teh lead with 2laps to go. Coming into bell lap I let Anna

slide in front of me and lined her wheel up down the back straight to try and come around. It was one of the first times I have ridden from behind against Anna and was pretty happy with my attempt, just failing to pip her on the line. I take a lot of confidence out of the race as I normally struggle to get around the top riders in the world like Anna.

Next up was a bit of an unusual scenario for us with a Keirin and a sprint match against the junior under 19 men. They are at about the same level in terms of speed as the Victoria Pendletons (GBR) of the world so it was a good test of form as we enter the last prep phase leading into the World Championships. I drew a race against young up and coming sprinter Aaron Cooper from Victoria who rode 11.08 at the recent Australian Titles. With their pride on the line the boys definitely stuck it to us, with them winning all three heats. In my race against Aaron, my tactic was to come around him and wind him up. I did both things successfully, and again just missed out on pipping him on the line. It was a great race ran in an impressive 11.5, so I again took great confidence out of it as I know I am well on my way to some good form for the Worlds.

The last race of the night was the Keirin against the men. My tactic tonight was to do something I rarely do and that was to sit in and make a move as late as possible. As it turned out when the bike swung off I was sitting in second last wheel and had to re think my tactics. A flyer was taken by one of the junior men and when he hit the front and started to fast stall I reacted on instinct and made a big move around the outside. I surprised myself a little with how quickly I managed to get over the top of everyone - and know that my jump is in good condition at the moment! I wasn't quite strong enough however to get in front of eventual winner Cooper, and sat two wide for half a lap before going backwards! Ha-ha! 😊 Had it been just women I am fully confident I would have been able to get around the field and put myself in a good position to win.

The night was tough with 5 quality races completed in just over 2 and a bit hours. I undergeared myself a little in the racing which was a little unintentional and could have contributed to why I couldn't quite get over my opponents, so I will have to be a little smarter with my gear choices at the Worlds.

All in all it was a fantastic time and I enjoyed being able to see my family. FINALLY we enter our taper now and I am looking forward to the legs starting to feel good for the first time in a year! It's hard to believe that only a year ago I was crowned World Champion and had the best meet of my career to date. I go into Copenhagen with a quiet confidence and hope that I can bring home a rainbow (or two 😊) again!

I shall update again just before we leave for Copenhagen and then it's time to take some money out of the bank and spend it all over the 5 days of racing! Bring it! 😊

Karls

19 Feb 2010 05:58:03 pm

 Media Commitments

Hi all,

I shall be on SBS TV for the Australian Championships coverage on Sunday 21st of

February as well as Channel Ten in Adelaide tomorrow night for a feature with Anna Meares.

I should also be featuring in the Daily Telegraph in Sydney tomorrow as well as the Melbourne equivalent paper. 😊

Check them all out if you get a chance!

Karls

07 Feb 2010 07:17:58 pm

📄 4 Australian Titles and 2 Australian Championship Records!

The last day of the 2010 Australian Titles ended for me with my pet event the 500m Time Trial. I thought going into the race that anything below a 34.5 would be realistic considering the week I have had and the training that I have done as well as the shocking 9am start! Well I didn't disappoint! I rode a new Perso. Best time of 34.208 seconds to take home my 4th Title of the week in an Australian Championship Record time. I smashed the old record by 3 tenths of a second which was very satisfying!

I am pretty stoked with my efforts this week and I would like to put a special mention out there to my Gary West (Westy) who puts up with me! I have told Gary this many times but I believe in him and his program 110% and I think this week is a testament to him, the program and his belief in me. There is more to come though! 😊

I would also like to pay a special mention to my young up and coming sprinter friends in Madison Hamlyn who won the coveted Champion of Champions crown today, pipping me on the line with a silver medal in the Omnium to go with his 4 Australian Titles! Well done Madison! And also to Holly Williams who won 3 Australian Sprint Titles this week and who is showing some great potential! I wish you both and the rest of the team the best of luck in Italy later this year at the Junior World Champs! AUSSIE AUSSIE AUSSIE OI! 😊

For me now I get a nice 4 day break from track! And I start the recovery and rebuilding process tomorrow. With 6 weeks to go till the worlds I am looking forward to the fine tuning and speed work of this phase. Update from my pre worlds training camp in a few weeks everyone! Take care and ride fast! 😊

Comments

[A great way to end a week](#) Admin menu : [[Edit](#)] [[Delete](#)]

By : **iridedaily** @ Time : 07 Feb 2010 07:46:38 pm :

Hi Kaarle, a fantastic week, all done very professionally I'm sure. The trust and faith you have in Gary is sure mutual.

[Congratulations](#) Admin menu : [[Edit](#)] [[Delete](#)]

By : **Mother** @ Time : 07 Feb 2010 07:57:45 pm :

Wish I was there to see it babe! You look awesome in GOLD! Many many many more to come! I love y
the stars and back, Mothership!

[Champion x 4](#) Admin menu : [[Edit](#)] [[Delete](#)]

By : **Mags** @ Time : 08 Feb 2010 04:51:57 pm : [Email](#) :

Hi Kaarle, congratulations on all of your performances this week and for all of your efforts leading up t
You deserve it!

[Can we see Video of you at the Nationals?](#) Admin menu : [[Edit](#)] [[Delete](#)]

By : **Mags** @ Time : 11 Feb 2010 10:10:35 am : [Email](#) :

Hi Kaarle

when can we see the video of you performing at the Nationals. I heard that SBS might be broadcasting
Mags

06 Feb 2010 10:11:28 am

 Australian Keirin Champion

Last night I won my third Australian title of the meet!! In the heat the first three
riders to cross the line made it through to the final. My tactic was simple, lead out
and let them try to come around. They couldnt get around! I finished 1st to set
myself up for the chance to win my third Aussi Title.

In the final I lined up with some great opponents including Nettie Edmondson, Cass
Kell and Melissa Hoskins. I had a different tactic going into this race - to race from
behind. I knew that I could probably defintley win it by leading out and I thought that
that is what everyone would expect from me. So as the gun went off at the start I
slowly went off the line to sit in at third wheel. There was a bit of rough riding at the
front between Melissa Hoskins and Caitlin Todd fighting for second wheel, but Mel
decided to sit out in the wind two abreast next to Caitlin for the entire motor paced

5 and a bit laps! As the bike went off I was biding my time watching the front girls and keeping an eye on the girls at the back. I struggle a little bit with patience in Keirins and as we came down the back straight with one and half to go my impatience got the better of me a bit and I made my attack around the field. It was a strong move and I got to the front easily when all of a sudden I heard what I thought was the commissaires gun going off. As I looked behind me I saw that there had been a crash. What I thought was the gun going off was actually Cass's wheel puncturing and I had backed off the gas so much that the girls chasing me caught up to me! AHHAH! 😊 so down the back straight I made my last move which ended up being enough to hold off Nettie and the young Chinese Taipei rider. I was a little confused after the race as to whether it would be re run or not, but the rules in the Keirin are that the race will only be restarted if something dramatic happens in the first 30m. So I learnt something last night - in the Keirin its hell for leather all the way and you should never look back!

Young Madison Hammond from Victoria also won the Junior U'19 mens Keirin last night and he matches me this meet with his Australian Titles in the Sprint and the Keirin. I mention this because Madison and the young Victorian male sprinters have a bit of a rivalry between Anna, Nettie and myself! At the last Revolution event in Melbourne we lined up next to them in the Keirin for a men V women race. Madison took the race that time BUT on February 27th Anna, Nettie and I will get our chance for some revenge at the next Revolution. Madison and I have had a few words over this rematch with some lines being thrown out there like 'BRING IT!' and 'ITS ONNNNNN!'. Haha 😊 This time I believe we will be racing the men in some sprint rounds so a word of warning boys: "I hope you like the fence because us girls will showing you what looks like!" hehehehehehe 😊

I am lucky enough to have a day off today - sort of! I have no racing today but I am off to the track to train with Anna! 7 days straight of track! I love it! 😊 On Sunday morning I will have my shot at winning my 4th Australian Title in the 500m Time Trial. I will be trialling some different things again in this event and I wouldn't mind having a crack at setting the Australian Championship Record held by Anna Meares of 34.5...we shall see how I go!

This afternoon I have a radio interview with Simone Thurtell on ACS Radios' Grandstand show, so tune in and listen this afternoon between 2 and 3pm.

Until Sunday everyone! 😊

05 Feb 2010 11:49:02 am

📄 Australian Sprint Champion!

Last night I won my 2nd Australian Title and my 5th one all up by winning the Sprint. I really wanted this jersey the most as it is an event that I see unlimited potential in for myself.

In the quarter finals I met ACT rider Caitlin Todd and defeated her two nil to progress through to the semi finals. In the semis I met an international competitor from China

Taipei who had also competed in Beijing with me a week and a bit ago. She had qualified quite well so I wasn't going to leave anything to chance against her. I defeated her also in two straight rounds to set myself up a spot in the gold medal ride off against fellow NSW team mate Cassandra Kell. Cass is a powerhouse and after watching her semi final rides against Netti Edmondson from SA I put my gear up a bit in order to keep the speed high to take the 'oomph' out of her jump. This worked really well for me and I again defeated her two nil in the final to win another Australian Championship Jersey! 😊

I was lucky enough to have quite a cheer squad in the crowd last night with Meg Thompson, with whom I used to live with when I first moved to SA - Meg could be heard a mile away with her "go Kaaaaaaaarrrrrllllleeeeeeeee"! I also had my step dad Ken and my brother Jack cheering for me. My brother has just taken up cycling recently and now he is an avid cycling fanatic. I also had my dad, Grahame and his brother Robert (My uncle), his partner Ruth and a family friend John who builds Penny's Farthings for the current womens World Champion Penny Farthing racer! I also had many friends in the crowd as well so it was nice to win in front of them. I haven't seen my Uncle in many years so it was great to catch up with them and see that they are doing well!

I was a little surprised by my legs last night, they felt not too bad which I think is a good sign going into the next 6 weeks. I am definitely still slightly fatigued from Beijing and the training load prior to Beijing but I have worked hard through this meet here and my legs feel like they are adapting to the load. Next week will be well watched and managed because going into our last phase of prep for the worlds it's all about being able to give 110% in every effort and recovery is crucial.

Tonight I compete in the Keirin and I will be after my 3rd title for the week! Last year I got stitched up a bit with the QLD girls so no matter who is racing tonight I will be out for some revenge! Wish me luck! 😊

Comments

Congrats! Admin menu : [\[Edit\]](#) [\[Delete\]](#)

By : **Mags** @ Time : 05 Feb 2010 07:17:10 pm :

Congratulations Kaarle!

03 Feb 2010 04:15:28 pm

🏁 Sprint Qualifying

YAY! Finally I have cracked the 11.4 barrier, even if only by a little it feels good to finally ride a PB in the 200 after two years! I set a new Australian Championships Record of 11.383 to qualify first for tomorrow's racing.

As they say though medals are not won or lost in the qualifying and I still have some formidable opponents to come up against in the racing tomorrow. I am looking forward to the challenge.

I draw some very big positives from today's ride. I tried some new things and whilst they were pretty big risks, they seemed to have paid off and from my point of view I have tapped into something that could be a very big weapon for myself in the future and this is just the beginning. But most of all I think I have a lot more to give this season in terms of time, we enter our last phase of prep for the worlds next Monday which sees finally more speed work being introduced. Today I rode a PB off no speed work...I reckon in 7 weeks time I should be flying! 😊

Well I am off to go training (you would think I would get the afternoon off but no!)...this meet for me largely is just a training phase and there is no better training than racing.

Take care all, my next entry will be tomorrow after the sprinting is done and dusted...wish me luck! 😊

03 Feb 2010 10:13:09 am

📄 Australian Champion!

Last night I teamed with up with fellow NSW team mate Madison Law to win my first Australian Title in the Team Sprint - my 4th in total and Madisons first ever. Having never ridden together before, the qualifying round was always a bit of a suck it and see type of race. We ended up qualifying 2nd to SA in a time of 35.9.

We both knew that we had to pull something special out to take home the title, so after a brutal 12 minutes recovery between heat and final (IT HURT! 😞) we lined up again, this time on the backstraight to ride the final. This time we both nailed everything (despite myself hitting a marker down the home straight on the last lap - OPPS! 😞) to take home the title in a time of 35.657 - over 4 tenths of a second faster than SA. Madison rode a very good first lap and I rode a much better last lap than I did in the heat so it worked out perfectly.

To say that we were both stoked is an understatement! I was so happy to team up with such a young talent in Madison and standing on the podium with her was an absolute pleasure. I hope next year we can defend that title together! 😊

Today I have the sprint qualifying, and with the legs a little sore and sorry from gym two days ago and a late night in drug control last night I am looking forward to the challenge of the 200m TT. Today it's about experimentation for me and I am looking forward to seeing what I can do.

Until this afternoon...wish me luck! 😊

Comments

congratulations Admin menu : [\[Edit\]](#) [\[Delete\]](#)

By : **Matt McG** @ Time : 03 Feb 2010 10:37:57 am :

well done Kaarle, sounds like you did the rainbow suit proud. Good luck over the next few days!

Go Admin menu : [\[Edit\]](#) [\[Delete\]](#)

By : **Lenneke** @ Time : 03 Feb 2010 11:12:49 am :

Break a leg Kaarle!

02 Feb 2010 09:14:26 am

 Australian Championships 2010

Hi all,

The Australian Championships kick off today with the Team Sprint for myself and fellow NSW junior up and comer Madison Law. Originally I was not scheduled to ride Team Sprint, however having been a junior myself its always a great opportunity to ride with the senior riders and hopefully learn a few tricks of the trade. Madison and I are very excited to be riding together and I hope that I can teach her a few things to help make her Aussie Titles a success. I also get to don the Rainbow Skinsuit for the last time this season in my World Championship winning event and so its an honour and something I take great pride in doing. 😊

Throughout the week I have the Sprint over Wednesday and Thursday, the Keirin on Friday and the 500m Time Trial on Sunday morning. With Beijing over and done with I am training through these championships with my sights set firmly on riding at my peak in Copenhagen in March for the World Titles. My form is a little unknown at this point in time, Beijing was definitley not a true indication of where I am at currently and so I go into Nationals with an open mind and with no expectations, this event for me is largely a time to test new things, going through the motions and testing myself under expectation and pressure.

Tonight, with Emily Rosemond and Anna Meares not riding the Nationals, our biggest competition will come from young guns Annette Edmondson and Steph Morton from SA. Since the Team Sprint was introduced into the Nationals 7years ago it has been won by QLD every year! This year (finally!) it will no longer by a QLD title! Stay tuned for an update tomorrow morning on how Madison and I go together in the Team Sprint! Hopefully we can bring the Australian Title home to NSW for the first time ever - although I am sure no one will be going down without a fight! 😊

Karls
27 Jan 2010 11:38:50 am
Beijing World Cup Day Two and Three

Hi all,

Well days two and three for me again had a mixed bag of results. Day two consisted of the Time Trial for me. I ended up finishing 4th overall in a time of 34.510seconds, with Willy Kanis from the Netherlands winning and Anna Meares rounding out the podium in 3rd. A reasonable effort from me, but a little off where I thought I could be for this time of the year...a consistent pattern of results thus far over this meet. I trialled the few things we were experimenting with but came up with the conclusion that it was an unrealistic measure of how the changes went because of the little form that I had, I stuffed up my start but I had the best second lap I have ever had in a Time Trial. As a result the same changes will be made for me at the Australian Championships next week and I think it will be a better measure of how the changes go.

Day three was the keirin, and like the sprint I was going in with the purpose of challenging myself. The keirin is a funny event, I used to think largely it revolved around a lot of luck and which wheels you tried to sit etc. But I dont buy into that. I dont think I have ever ridden a keirin with the intention of 'sitting' a specific persons wheel and trying to get a free ride around the track to get a medal. Call that silly if you like as I am pretty much sacrificing a medal opportunity, but in time I figure the chances I am always giving myself to win will eventually pay off with a win, I dont want to come second I want to win...at the moment its a little frustrating because I put myself in the best positions to win and thus far I have lost...every time in a major race.

I ended up I suppose with the unlucky draw in the first round having the toughest heat of the four, but I dont really think that is a bad thing sometimes. I drew 7th position out of 7 people and so my intention of challenging myself was a forced one, as I had to ride from the back after I failed to draw a position somewhere near the front. That aside I found myself in a weird situation. Instead of looking over my shoulder continuously and trying to anticipate the attack (which is what I usually do - ride from the front) I was the one watching from behind and making the attack. It was surreal in a way, and for the first time EVER in a race when I went (accelerated) it was aggressive, powerful and strong...and I have the evidence to back that up on my SRM power meter (a device which measures how much power, speed and cadence one does in a race). I was a little dumbfounded to be honest, I felt like I did in training. My acceleration from last to first took me only one straight and it was a matter of hanging on with one and a bit laps to go. In which I couldnt! I got pipped on the line by Shuang Guo from China (the current World Champion in the Keirin) and good friend Mirim Welte from Germany. I wasnt disapointed I didnt make it through as I had ridden an awesome race, and I felt like I had made a massive in road into the way in which I should ride a Keirin.

So having not qualified for the second round I found myself in the repechage, where the winner gets to go through to the second round. Its a bit of a do or die situation as it makes the race a lot more edgier as only one of the 6 people will go through. I found myself again in the toughest heat and drew again the last number in the heat, so I was forced to ride again from the back! It turns out however that the Russian

and the Belaruissan were working together and so as the Russian slowed down to let the Belarussian in, I messed up their plans by coming underneath and sneaking up to third wheel! I was a little stunned at myself because I just did it, there was no thinking, I just did it - something again I have never really done before, it showed to me that I was actually becoming a racer!

So I found myself not at the back but also not at the front. It was a little tougher as I had to keep my eye on the front people as well as watch the back, so as the derny swung off I was one second watching the back anticipating the attack then look forward to see I was a little far off the front people, so I would accelerate look behind again and it made me a little panicked. My tactics however ended up playing out well, despite the fact that I attacked a little earlier having gotten a little impatient. I ran out of gas again up the home straight to the finish line to be beaten by Olga Panarina (the Belarussian). It didnt matter anyway as I was eventually relegated for throwing a nice little hook in the last bend to try and fend off Panarina. I never throw hooks but I said to myself if I am leading into the home straight that I needed to make it hard for the riders behind me to come around...I did that with the first hook but for some unknown reason threw a second hook which caused me to go out of the red line (which is not allowed in the final 200m). So I was relegated. I copped a bit of a word from Gary West my coach which was fair enough, as I was also told that had I have held my line I probably would have won...but as they say should-a, could-a, would-a huh. I did the wrong thing and was penalised accordingly.

So the Beijing World Cup was over for me...three days over with way more lows than highs and three days of the true test of my character I suppose. I can say that my ability to overcome is pretty damn good as I have had plenty of practice, but I only had to overcome because of my own mental battles. I am defintley mentally strong, I just need to tweak a few things to get the best out of my legs. Who ever said that sprinting is 90% mental and 10% phsyical is so right. The fact of the matter is this. I know I have worked harder, trained harder, rested harder and done all the 1percenters better than any other athlete out there that I am up against...its just a matter of tweaking a few things in my mental prep and let my legs do the talking...8weeks until the World Championships all, lets see what my legs have to say there! 😊

Until the Australian Titles next week everyone! 😊

23 Jan 2010 04:33:29 pm

Beijing World Cup Day One...

Hi all,

Day one as usual at a world cup kicked off for me with the sprint. I was looking forward to it as despite the hard training load we were under I was displaying some reasonable form heading into this meet. I however tend to sometimes get a little ahead of myself and impatient and went in with some pretty high expectations of myself - which ended up being my downfall. 😊

I think all things happen for a reason and yesterday it didnt happen for me! Whilst it

was devastating and it hurt like hell to be so disappointed in retrospect failing here yesterday has already in just over 24hours made me a better person and a better athlete. Whilst my final result (6th overall - in the world!!!) is pretty good and I am definitely not so much disappointed with that final result as it was my mental mindset and prep that failed on me. I said in an earlier blog that the sprint eludes me slightly - its an event that I struggle with and that I am constantly at battles with - but when I do master it, I will be the best in the world. Yesterday proved that for me. I have been told I over think it sometimes...so my new mindset going into nationals next week is to not think about it all! Now that will be interesting! 😊

Looking back I can say that I am my own worst enemy at times in that I am very hard on myself, I am a perfectionist and hate to loose! But I think at the end of the day those traits in my personality will contribute to me as the ultimate athlete. Right now I am still learning how to control these attributes and make them work for me. All good things take time - it wasnt my time yesterday!

That aside the racing was a good expereince. The track here is very different to any I have ever ridden. The straights are very long and feel like they go on for an eternity! I qualified in a very poor 11.619, to seed me in tenth position (not an ideal spot). In the first round I met Emily Rosemond, a fellow teammate where I defeated her to go on to the quarter finals. In the quarter finals I met a Chinses girl (not sure of the spelling). She defeated me in two straight rides. I raced her pretty well and am happy to say that I executed my race plans to the tee, but at the end of the day I was up against a faster opponent and was beaten on legs not on ability. That meant that I was in the ride off for the minor placings of 5th-8th. This is always a hard race to ride as the vairibility is much higher with 4 riders on the track. The best position to be in is usually second wheel. I was able to snag that spot after some sparring with two of the riders and set myself up for a good shot at finishing 5th. I had an attack from Clara Sanchez from France around the outside. Clara is a very experienced rider and made it hard for me but I stood my ground (something that I have been scared to do because it sometimes gets rough and the chances of falling are greater) and it was a little sketchy there for a bit but I was deteremined to win. I ended up finishing 6th to Willy Kanis from the Netherlands, a good result considering the days events.

Tonight I race in the 500m Time Trial. I am very excited about this race! I am trying many different things tonight just because I can! My warm up will be altered as well as a few mechanical adjustments. It will be interesting to see how it pans out! Wish me luck all!

Peace out from China Town 😊

Comments


[Updates](#) Admin menu : [\[Edit\]](#) [\[Delete\]](#)

By : **Rob McCulloch** @ Time : 25 Jan 2010 09:59:28 am : [Email](#) :

Hi Kaarls

Love the site and it's great to read your updates, please keep them coming as pop loves to hear how you are travelling.
Good Luck

20 Jan 2010 01:33:48 pm

 A birthday abroad...

Hi everyone,

Well I am finally here in Beijing after I naively thought that the trip was going to be an easy 8hours or so. How wrong I was. A nice 7hour flight from Adelaide to Malaysia followed by another 6hour flight from Malaysia to Beijing. Although things weren't all too bad with Anna Meares, Shane Perkins, Daniel Ellis and I being upgraded on the first flight to business class thanks to some of the staff sacrificing their own upgrades! It was divine! However the second flight proved less luxurious as I was back in economy and the plane had no in flight entertainment! How old school is that?! Whilst I slept the majority of this last flight it still proved a tedious job. We might get to fly all around the world and say I have been to almost every continent its not all fun and games, us track riders don't get the luxury usually of being in business class and when you sit down for 14hours or so in a pressure filled plane and then be expected to race at you're best 48hours later it is sometimes a very tough ask. That aside it is a part of my job and I love it! You also learn the tricks of the trade pretty quickly like waiting until last to get onto the plane and snatching any spare seats, or asking for an exit aisle or window seat, or getting massages at the place where you have a stop over.

I celebrate my 22nd birthday (I feel old saying that!) today in the nice 2degree weather here in Beijing, which is much warmer than originally anticipated so that was a nice surprise. The team sung me happy birthday on the bus on the way to the hotel (courtesy of Anna Meares – thanks Anna!) and I was pleasantly surprised with a nice pink hat and a voucher at super cheap auto (I am getting a new car!) from the 'sprint group', a scratchy from Jason Niblett and his wonderful fiancé Michelle Brown and some yummy chocolates from Sarah Kent! I also received lots of nice messages from home as well and some more yummy food in the form of a some very rich chocolate cupcakes from Berthy May.

After a bit of a debarkle at the airport with luggage – the truck that was collecting our bags was parked about 200m away over about 3 lanes of traffic. Apparently in China the pedestrians at the pedestrian crossing do not have right of way so as we all stumbled out onto the road with our some 35bike boxes and luggage we were playing dodge the crazy drivers. It was scary yet quite funny at the same time. Eventually we all gave up paying attention to the cars and just fixed our sights on the path across the road and made a bee line for it! We copped a few horns to say the least! Ha-ha

We eventually made it to the hotel in one piece where I am writing now where I was very glad to be roomed with Anna Meares. Although I am sure Anna wishes she scored the single room to herself! I don't think I am too bad to room with! Ha-ha. Today we have two sessions at the track, just some easy rollers to get the flight out of our legs followed by a track session this evening. I am keen to get on the track – it

looks very nice!

Until tomorrow everyone...I shall find out what the saying for goodbye is in Chinese – but for now...bye! 😊

Comments

Happy Birthday Admin menu : [\[Edit\]](#) [\[Delete\]](#)

By : **Merricke Mason** @ Time : 21 Jan 2010 12:02:00 pm : [Email](#) :

Happy Birthday and all the best of luck - Merricke

Happy Birthday Admin menu : [\[Edit\]](#) [\[Delete\]](#)

By : **Mother** @ Time : 23 Jan 2010 05:59:24 pm :

Love you babe

16 Jan 2010 07:39:20 pm

🗨️ Curious...

Hi all,

Well in response to Mag's blog comment asking the following questions below, I'd thought I'd throw it out there and get others to ask some questions if they so desire! So comment on my blog if you have a question! 😊

What is your favourite cycling event?

My favourite event varies to be honest. At the moment my focus is on the sprint. I like the sprint for the mental and physical challenge. I think that if you can master the sprint then you really can call yourself a true sprinter. But it only became my favourite event after the 500m Time Trial was axed from the Olympics. So when I first started riding my favourite was definitely the Time Trial. Everything I do is in anticipation for the Olympics and the Sprint is the title I most desire.

What is your strongest event?

I would have to say currently my strongest event/s are the standing events (i.e. the Team Sprint and the Time Trial). I have a very good start and that is a key skill for these events, which is why I am able to get on Anna Meares' amazing 18.6 first lap for the Team Sprint! With the Team Sprint now an event at the Olympic Games I think on a personal level Anna and I have a pretty amazing team and I know that between now and then that we're only going to get faster - so its probably the

strongest event for me currently leading into London.

How does the team sprint work?

Team Sprint varies for males and females. Males ride with three team members and females ride with two. The Team sprint goes over 2laps for females and 3laps for males respectively. Its basically a race against the clock - which team can complete the distance in the fastest time possible. The starter (or lead rider) begins in the starting gates (a device which locks you're bike in before realeasing at the end of a countdown) and completes the first lap of the race. The second rider starts at the same time and must get into the 'slipstream' of the first rider. As the first rider 'swings up' at the end of the first lap the second rider goes on to complete the second lap as fast as they can. For the boys this goes on for another lap. There is a qualifying round and a finals round. In the qualifying the teams with the top 4 fastest times go into the final where they race off for each medal (1versus 2; 3 versus 4). This is the event I won my World Title in with Anna Meares in Poland last year. Anna and I also hold the Worlds Best time for the Team Sprint - currently, we hope to better that very soon! 😊

Which events will you be competing at in Beijing?

In Beijing next week I will be competing in the Sprint, 500m Time Trial and Keirin. I am riding for my professional team Jayco so I will not be competing in the Team Sprint unfortunatley as I am the only female in Team Jayco. So Anna and I have only one ride together this season before we head into Copenhagen for the Worlds, which we did at the Manchester World Cup late last year - which we won! 😊

Comments

Thanks for enlightening me! Admin menu : [\[Edit\]](#) [\[Delete\]](#)

By : **Mags** @ Time : 17 Jan 2010 05:25:03 pm :

Thanks Kaarle
for that info - I understand the team sprint much better now!
Best of luck next week!

Thanks for not including me! Admin menu : [\[Edit\]](#) [\[Delete\]](#)

By : **Jefwee** @ Time : 18 Jan 2010 12:16:55 pm :

Hi kaarle its jack mcculloch do you remember your brother? why didnt you include me in your story

from jack

15 Jan 2010 05:00:43 pm

 Welcome!

Hi everyone,

Well this is my first post for my new website! I am very excited about my new site and many thanks go out to the people who help set this up, in particular Mel Cruden for designing and putting it all together and Maggie Elliott for the wonderful photos.

This week marks the end of our final preparations for the last round of the World Cups for the 2009/2010 season. I travel to Beijing next Tuesday with the team and am looking forward to testing out the legs after a solid month and a bit of tough training. I am not expecting any ground shattering results in Beijing but I am looking forward to testing out a few new ideas that Gary West (my coach) and my team have come up with in preparation for the World Championships in Copenhagen at the end of March, Beijing for me is more an opportunity to really take myself out of my comfort zone and trial some different things.

After Beijing I head home for a day to celebrate my 22nd birthday, which I will spend in Beijing, with my family before heading back to Adelaide to get ready for the Australian Titles in early February. After Nationals we enter my favourite time of the year with lots of speed work on the track in anticipation for the Worlds. The World titles prove an important meet for me not only because of the 4rainbow jerseys up for grabs in my discipline the sprint but also as a chance to qualify myself a spot in the Australian team for the 2010 Commonwealth Games in India.

So its going to be a busy few weeks of go go go for me and I hope that you enjoy sharing the experience with me as I race and train!

Take care all!

Karls

Comments

[Australian titles](#) Admin menu : [[Edit](#)] [[Delete](#)]

By : **Corinna M** @ Time : 15 Jan 2010 09:52:34 pm :

Looking forward to seeing you ride at the Australian titles in Feb.

Gr8 website, gives us an idea of how hard you have worked to get where you are today 😊

Keep up the awesome work 😊

Corinna x

Beijing Admin menu : [[Edit](#)] [[Delete](#)]

By : **Grandma** @ Time : 16 Jan 2010 08:46:55 am :

Good luck in Beijing Kaarle, as usual I will be cheering for you.
Love you,
Grandma

Favourite Event? Admin menu : [[Edit](#)] [[Delete](#)]

By : **Mags** @ Time : 16 Jan 2010 05:28:24 pm : [Email](#) :

Hi Kaale\your website looks awesome. You and your website designer have done a brilliant job! Well done!
I'm curious...
What is your favourite cycling event?
What is your strongest event?
How does the team sprint work?
Which events will you be competing at in Beijing?
Mags x

Kaarle Admin menu : [[Edit](#)] [[Delete](#)]

By : **M Henley** @ Time : 20 Jan 2010 10:59:20 am :

Hi Kaarle, I am your great-aunt (which I only found out last month) but have been interested in your achievements as seen on TV news bulletins etc. From now on we will be following your successes with avid interest. Love from
Margarete Henley (formerly Savage)

Margarete Admin menu : [[Edit](#)] [[Delete](#)]

By : **Kaarle** @ Time : 27 Jan 2010 01:28:44 pm :

Hi Margerete,

Please send me you're email address, I keep in contact with my family also via email.
My email address is kaarlemcculloch@hotmail.com

Thanks for keeping updated with my progress on the bike!

Love Karls