

CYCLIST PROFILE

Liz's made an immediate impact as a committee member this season, with the introduction of the social Christmas ride which was very successful. She also developed some new promotional material for the Club which looks really impressive. Contrary to her claims of being hopeless on the hills, Liz has shown glimpses of good form through the hills.

NAME: Liz McNaughton

BIRTH PLACE: Adelaide, South Australia

OCCUPATION: Operations Manager, Imaging the South. Diagnostic Imaging Specialists

FAVOURITE CLOTHES: My new ones!

FAVOURITE FOOD: Teriyaki Fish

FAVOURITE DRINK: Shaw and Smith SSB

FAVOURITE MUSIC: Has to be David Bowie. But like lots of different genres.

WHAT I WOULD CHANGE IN THE WORLD:

Stop population explosion

PET HATES: Hmm don't really have any Pet Hates

REASON FOR GETTING INTO CYCLING: Sick of my brother regaling all his exploits (or so called)

FAVOURITE EVENT: 2-up time trials

MOST ENJOYABLE ASPECT OF THE

SPORT: Social interaction with my fellow SWCC members (yeah right!!!)

ANY EMBARRASSING MOMENTS IN

TRAINING/RACES: The usual of course – when I didn't get out of the cleats quick enough

– but that was when I first started riding

TRAINING PARTNERS: Sue and Greg and my Captain Stirling mates when I get to ride in Perth

HOBBIES/INTERESTS: Cycling of course – but love spending time with friends and the movies

SPORTING BACKGROUND: No sporting background, just keeping fit

FAVOURITE TRAINING AREA: Kalamunda and Ferguson Valley – shame I'm hopeless on hills, but I do like riding in the country.

FAVOURITE TRAINING SESSION: Sprint sessions

SPORTING HERO: Cadel (sorry Allen!)

BIGGEST INFLUENCE OF SPORTING CAREER: What sporting career!!!

WEEKLY TRAINING: Far too much work to get out too much. But when I do I like to mix cycling with running and now rowing.

GOALS THIS SEASON: Hmm stop working so much so I can ride with Group 2

LONG TERM GOALS: Long term is not on the radar at the moment. Short term goal is training for Italy in June.

BIGGEST ACCOMPLISHMENT: Get through the last 2 years.

