

127.2km race. Race favourites Nicole Cooke, of Great Britain, and German Judith Arndt appeared to have the gold and silver medal in their keeping as they led into the final turn. But Bronzini, Vos and Johansson cut the lead dramatically over the last 500m. Italy won the race last year

No stranger to danger

By BEN PAPALIA

PROFESSIONAL downhill racer John Waddell knows all about the dangerous risks involved in mountain bike racing.

In 2003, the Perth rider was seriously injured after an horrendous crash at the Mont Sainte Anne World Cup in Canada and spent 22 days in a coma.

But the local mountain bike legend — a consistent World Championship representative for Australia — never shies away from an event, explaining why he is again saddling up for the annual Cape To Cape Mountain Bike challenge. "This is my fourth Cape To Cape," Waddell said. "It's a great race and very competitive, but also a lot of fun. And the atmosphere is fantastic, which is what I love about it."

And for a fresh challenge, Waddell is partnering girlfriend Joy for the 210km trek, starting on October 14.

"It's the first time she's done the full race," he said.

Waddell will have to draw on every bit of experience and stamina for this year's epic race. He leaves for Canberra on Tuesday to take part in the Solo 24 Hour MTB World Championships in Australia's most gruelling solo mountain bike race — arriving back in Perth just two days before Cape To Cape begins.

WA's mountain bike equivalent of the Tour de France is a four-stage race from Cape Leeuwin to Dunsborough beginning on October 14. The lure of a \$10,000 prize pool has attracted some of Australia's best downhill riders.

struggling to maintain contact on the final climb.

But she regrouped bravely as Cooke and Arndt scooted clear.

"It is the best sprint I have ever done in my life," she said. "I started (my sprint) at the 500m. I knew it was the only possibility; to wait, wait, wait."

win the under-23 road race on Friday in a bunch finish, challenging the popular theory that the two big hills that have to be negotiated 11 times will put paid to the finishing specialists long and a crowd of at least 100,000 expected to watch a bike race.

"I probably would've said you're dreaming, mate," he said.

The Queensland is quietly

ago that the sport would leave such heights in Australia — hosting the worlds, an Australian rider defending the title, a lap of honour at the Grand Final for the team, and a crowd of at least 100,000 expected to watch a bike race.

"I probably would've said you're dreaming, mate," he said.

CAPE TO CAPE
WESTERN AUSTRALIA
14-17 OCTOBER 2010
MARGARET RIVER

HANDY HINTS Week 4

Careful preparation of your bike for a multi-day MTB event (such as the Cape to Cape) is essential

To avoid being stuck out on the track, you will need to know how to:

- Fix a flat tyre
- Adjust your brakes
- Adjust your gears
- Correctly clean and re-lubricate your bike

- The more you clean your chain and cassette, the longer they will last.
- You can buy rotor/brake-pads safe degreasers that won't cause any problems when sprayed on the brakes.
- If you own a carbon frame, be sure to use a carbon-friendly bike wash and degreaser.

Driessen back to bolster Heat roster

By BRAD ELBOROUGH

THE Perth Heat has bolstered its roster by

run average of 2.25, with a 1-0 win-loss record from six outings. Heat assistant general

"He'll be used as middle relief, for three or four innings, before the closer comes in."

"He's only young but the side was already shap-

The Heat's new senior coach, Brooke Knight, is due into Perth from the US next Sunday and Dale said the side was already shap-

ahead of Yamaha's Valentino Rossi, Ducati's Casey Stoner and Yamaha's championship leader,

Jorge Lorenzo. It was some consolation for the factory Honda team, who saw their world championship hopes slip away on Friday when team leader Dani Pedrosa crashed in practice.

Unstoppable Kristina

BOWLS: Kristina Krstic is the new Australian Under-18 girls' singles champion after a dominant display on the Gold Coast during the week. Krstic faced SA's Breeanna Dickson in the title decider, but the match was over before it began with Krstic far too good, winning 21-6 against one of the most promising players in Australia. Krstic was joined by Kelli Rogalski to claim bronze in the girls pairs, while the foursome of Rogalski, Jaimee Lim, Rechelle Cole and Ashayla Johnson claimed bronze.

Rusty Nadal aced

TENNIS: Spain's world No. 1 Rafael Nadal converted just two of 26 break-point chances yesterday as he lost his Thailand Open semi-final 2-6 7-6 (7-3) 6-3 to compatriot Guillermo Garcia-Lopez. The surprise winner, who handed Nadal only his eighth loss of the season against 61 wins and six titles, will today face Jarkko Nieminen, of Finland, who beat German Benjamin Becker 6-3 6-2 in their semi-final. Nadal is the winner of the past three Grand Slam titles.

Opals shine again

BASKETBALL: The Opals have rebounded from their quarter-final loss to the Czech Republic for a consolation 78-73 win over world No. 2 Russia in their classification game at the world championships. The win means the Opals will face France or Korea in a battle for fifth place today. Liz Cabbage finished with 19 points and eight rebounds for the Opals, while Lauren Jackson (17 points, nine boards) and Penny Taylor (19 points, eight boards) also stepped up.

Fanning delivers

SURFING: Reigning world champion Mick Fanning claimed his second-consecutive Quiksilver Pro