

leader's red jersey, was one of several riders to hit the asphalt on a slight downhill section of road with around 9km to race.

### Dancing horse tames Red Bulls

**FORMULA ONE:** Ferrari's Fernando Alonso will start on pole for tonight's Italian Grand Prix, ending Red Bull's dominance this Formula 1 season. Mark Webber was fourth-fastest and Sebastian Vettel sixth for Red Bull, whose cars had taken pole in 12 of the first 13 races. Second-fastest qualifier was reigning world champion Jenson Button in a McLaren, followed by Alonso's teammate, Felipe Massa. Alonso, a dual former champion, is fifth in the driver's standings, 41 points behind championship leader Lewis Hamilton, who starts fifth alongside Vettel. "It's a fantastic place, to have pole position in Italy for Ferrari," Alonso said.

### Accused trio allowed home

**CRICKET:** Three Pakistan cricket players questioned by British police over claims they were involved in a spot-fixing scandal have returned home to protests by angry cricket lovers. Test captain Salman Butt and bowlers Muhammad Aamer and Muhammad Asif landed in Lahore yesterday in time for the Muslim holiday of Eid. A few hundred protesters picketed the airport with banners and waved shoes as a sign of the players' disgrace. But they did not get a chance to confront the accused players as they were whisked away through a back exit. The trio was released by police without charge.

### Oz struggles without Loz

**BASKETBALL:** Australia, missing star Lauren Jackson, has lost 89-56 to the US in a world championships warm-up match in Connecticut. But the Aussies still had a big front-line led by 203cm Elizabeth Camburg. The 19-year-old scored the Opals' first six points and finished with a game-high 18. Camburg was the Aussies' only consistent offence in the first quarter as the US built a 26-16 lead. Australia cut the deficit to 31-22 after two three-pointers from Hollie Grima, but the US answered with 15 straight points, the last five by Maya Moore. The world titles begin in the Czech Republic on September 23.

### Arrold steps up for Roos

**HOCKEY:** A late Nicole Arrold goal yesterday ensured the Hockeyroos finished their World Cup campaign on a positive note after defeating Korea 2-1 in Argentina. The win saw Australia finish in fifth place and gives it momentum for next month's Commonwealth Games. "Although we didn't make the semis we have actually played some good hockey here at the World Cup," said coach Frank Murray. Determined to win for retiring Kim Walker, the Hockeyroos looked the more attacking team. Casey Eastham levelled for the Hockeyroos just before half-time. And with two minutes remaining, Arrold scored from a penalty corner.

**Robbie Rhodes**

Picture: WOTASHOT PHOTOGRAPHY

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

**HANDY HINTS Week 1**

- Get your bike serviced before the race.
- The Cape to Cape terrain is more a soft surface than hard rock, so a coarse tyre tread pattern is recommended.
- A good saddle can make or break you in this race.
- Get long-fingered gloves, as they give added protection from thorns on bushes and sharp leaves.
- By carrying all your fluid on your back in a hydration pack, the extra weight becomes dynamic, meaning that as you move your body around to control the bike, the extra weight on your back helps you keep balanced.

For more information go to [www.cape2cape.com.au](http://www.cape2cape.com.au)

# Rhodes tackles tough track

By BEN PAPALIA

A FOUR-DAY mountain bike race across 210km of rugged landscape is a gruelling thought, but for WA elite rider Robbie Rhodes it is a cracking opportunity.

The 18-year-old is preparing to tackle his first Cape To Cape mountain bike race, a 210km, four-stage race from Cape Leeuwin to Dunsborough.

WA's mountain bike equivalent of the Tour de France is expected to attract hundreds of riders from across Australia, and that is why Rhodes wants to compete.

"It just looks like a really good event," he said. "I've heard it's a tough course and good competition and I haven't had the chance to do it before."

"It's a cracking

opportunity and I'm really looking forward to it." Rhodes is a proven winner in tough conditions, having being crowned the 2009 Cross Country series under-19 champion.

His preparation includes riding three hours a day to and from university including some off-road riding.

Together with Margaret River talent Rowan Brown,

he will form elite team Merida Flight Centre Racing, which will have stiff competition.

Top 10-ranked marathon rider Troy Glennan will be joined by top five national cross country champion Shaun Lewis to form the elite Rock Star team, while national mountain bike star trio Katherine O'Shea, Dan McConnell and Robbie Huicker form TORQ.



groups to counter any over-the-edges weight on your back helps you keep balanced.  
For more information go to [www.cape2cape.com.au](http://www.cape2cape.com.au)

Picture: WOTASHOT PHOTOGRAPHY

# Rhodes tackles tough track

By BEN PAPALIA

A FOUR-DAY mountain bike race across 210km of rugged landscape is a gruelling thought, but for WA elite rider Robbie Rhodes it is a cracking opportunity.

The 18-year-old is preparing to tackle his first Cape To Cape mountain bike race, a 210km, four-stage race from Cape Leeuwin to Dunsborough.

WA's mountain bike equivalent of the Tour de France is expected to attract hundreds of riders from across Australia, and that is why Rhodes wants to compete.

"It just looks like a really good event," he said. "I've heard it's a tough course and good competition and I haven't had the chance to do it before."

"It's a cracking River talent Rowan Brown,

opportunity and I'm really looking forward to it." Rhodes is a proven winner in tough conditions, having being crowned the 2009 Cross Country series under-19 champion.

His preparation includes riding three hours a day to and from university including some off-road riding.

Together with Margaret Hucker form TORQ.

he will form elite team Merida Flight Centre Racing, which will have stiff competition.

Top 10-ranked marathon rider Troy Glennan will be joined by top five national cross country champion Shaun Lewis to form the elite Rock Star team, while national mountain bike star trio Katherine O'Shea, Dan McConnell and Robbie Hucker form TORQ.

## UZ struggles without Loz

**BASKETBALL:** Australia, missing star Lauren Jackson, has lost 89-56 to the US in a world championships warm-up match in Connecticut. But the Aussies still had a big front-line led by 203cm Elizabeth Cabbage. The 19-year-old scored the Opals' first six points and finished with a game-high 18. Cabbage was the Aussies' only consistent offence in the first quarter as the US built a 26-16 lead. Australia cut the deficit to 31-22 after two three-pointers from Hollie Grima, but the US answered with 15 straight points, the last five by Maya Moore. The world titles begin in the Czech Republic on September 23.

## Arrol steps up for Roos

**HOCKEY:** A late Nicole Arrol goal yesterday ensured the Hockeyroos finished their World Cup campaign on a positive note after defeating Korea 2-1 in Argentina. The win saw Australia finish in fifth place and gives it momentum for next month's Commonwealth Games. "Although we didn't make the semis we have actually played some good hockey here at the World Cup," said coach Frank Murray. Determined to win for retiring Kim Walker, the Hockeyroos looked the more attacking team. Casey Eastham levelled for the Hockeyroos just before half-time. And with two minutes remaining, Arrol scored from a penalty corner.

# WIN THE ULTIMATE CAPE TO CAPE PACKAGE

Set in an iconic backdrop of world-famous surf beaches, rocky outcrops and national forests, Cape to Cape MTB is a four-day mountain bike race through WA's South West that challenges riders of all levels.

And thanks to AvantiPlus Cannington and The Sunday Times, we are giving one lucky reader the chance to win the ultimate mountain biking package. Your prize includes a Scott Spark 60 2011 model valued at \$2500, Fox FX Flux Helmet, Fox Low Pro Hydration Pack and Dirtpaw Full Finger Gloves.

For your chance to win SMS your full name, address and postcode.

SMS **197 253 27**

Competition closes at 11.59pm on September 22. SMS entries cost 55c inc GST, max higher from mobiles. Salmat Interactive.



# CAPE TO CAPE MTB WESTERN AUSTRALIA

## 14-17 OCTOBER 2010

# MARGARET RIVER

Register Now Online at [www.cape2cape.mtb.com](http://www.cape2cape.mtb.com)



perth **now** .com.au

Sunday Times