

# SYDNEY SPEED SKATING CLUB

## What is Short Track Speed Skating?

Short track speed skating is a competitive form of ice racing where between 4 and 8 skaters race around a 111.12 metre oval ice track. Skaters reach speeds of up to 50 km/h while jostling for position around tight corners. It differs from long track speed skating, which is held between 2 skaters on a 400 metre oval.



Short track was brought into the public spotlight in Australia by Steven Bradbury who won gold at the 2002 Winter Olympics when all of his competitors crashed out at the last corner while vying for the gold medal. However, the sport has a long history in Australia and at Macquarie Ice Rink.

## Rules

While at times a speed skating race can look like a wild free for all, there are rules that protect the safety of the skaters on the ice. Skaters can be disqualified for impeding other skaters, including pushing or blocking them.

Skaters are required to wear protective equipment including a helmet, gloves, knee pads, shin and neck guards. Most modern speed suits are cut resistant, made with Kevlar fibres.

## Who is SSS?

SSS, the Sydney Speed Skating Club was revived in 2013 but the club has its roots in the early history of speed skating in Sydney. SSS is made up of a dedicated group of volunteers who are committed to the growth of the sport and the development of our skaters. Our members include previous national champions and international representatives.



## Speed Skating and Macquarie Ice Rink

Speed skating has been present at Macquarie Ice Rink, on and off since the rink opened in 1981.

Seen to the right is a photo of a relay event from the early days of the rink.



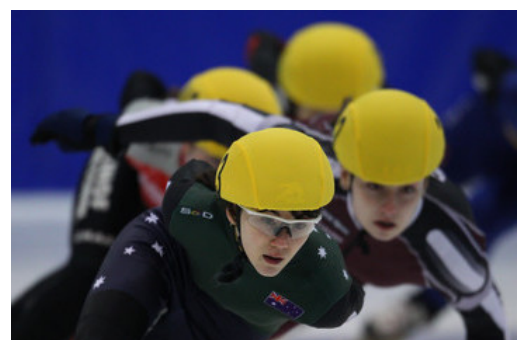
In 1991 Macquarie Ice Rink played host to the World Short Track Speed Skating Championships and the home crowd advantage was put to good use by the Australian men's relay team; they won the gold medal in the 5000m event. They went on to win Australia's first Winter Olympic medal with a bronze in the 1992 Lillehammer games.

## A Promising Future

While speed skating in Australia is not widespread, we are certainly punching above our weight on the world stage.

Recent achievements by young Aussies include:

- [Deanna Lockett](#) won the 1500m Ladies bronze medal at the 2013 Junior World Championships in Sochi, Russia. She also ranked 4<sup>th</sup> overall.
- Mark Chong has been the Junior Europa Cup Champion for 2 years running in 2012 and 2013.



**When do you train?**

At present, team SSS trains at 9:15pm on Friday nights at Macquarie Ice Rink. Members also skate at other rinks across Sydney. Speed Skating classes are also held at Macquarie on Thursday nights from 7:30pm.

**How can I join?**

New skaters are welcome to come and try speed skating at classes on Thursday nights from 7:30pm. They should register through Macquarie Ice Rink by phoning 9888 1100. Advanced skaters can join us at training on Fridays from 9:15pm.

**For More Information**

More information is available on our website, [teamsss.weebly.com](http://teamsss.weebly.com)



'Macquarie Speed'

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