

■ cycling

From sails to spokes

By MICHAEL WHITING

KEEP your eyes on Jack Anderson, who in just five years has transformed himself from a national sailing champion to one of Australia's next great cycling hopes.

Anderson, 22, is about to depart for his third year of racing overseas, this time with new Swedish team sprocketprocyling.com which is based in Wales.

The heady heights of European cycling is a world away from the teenager who sailed his 125 class dinghy around Manly Harbour and collected five Queensland and one Australian gold medal in the process.

"But after watching the Tour de France on SBS I thought 'I'll give this a crack'," he said.

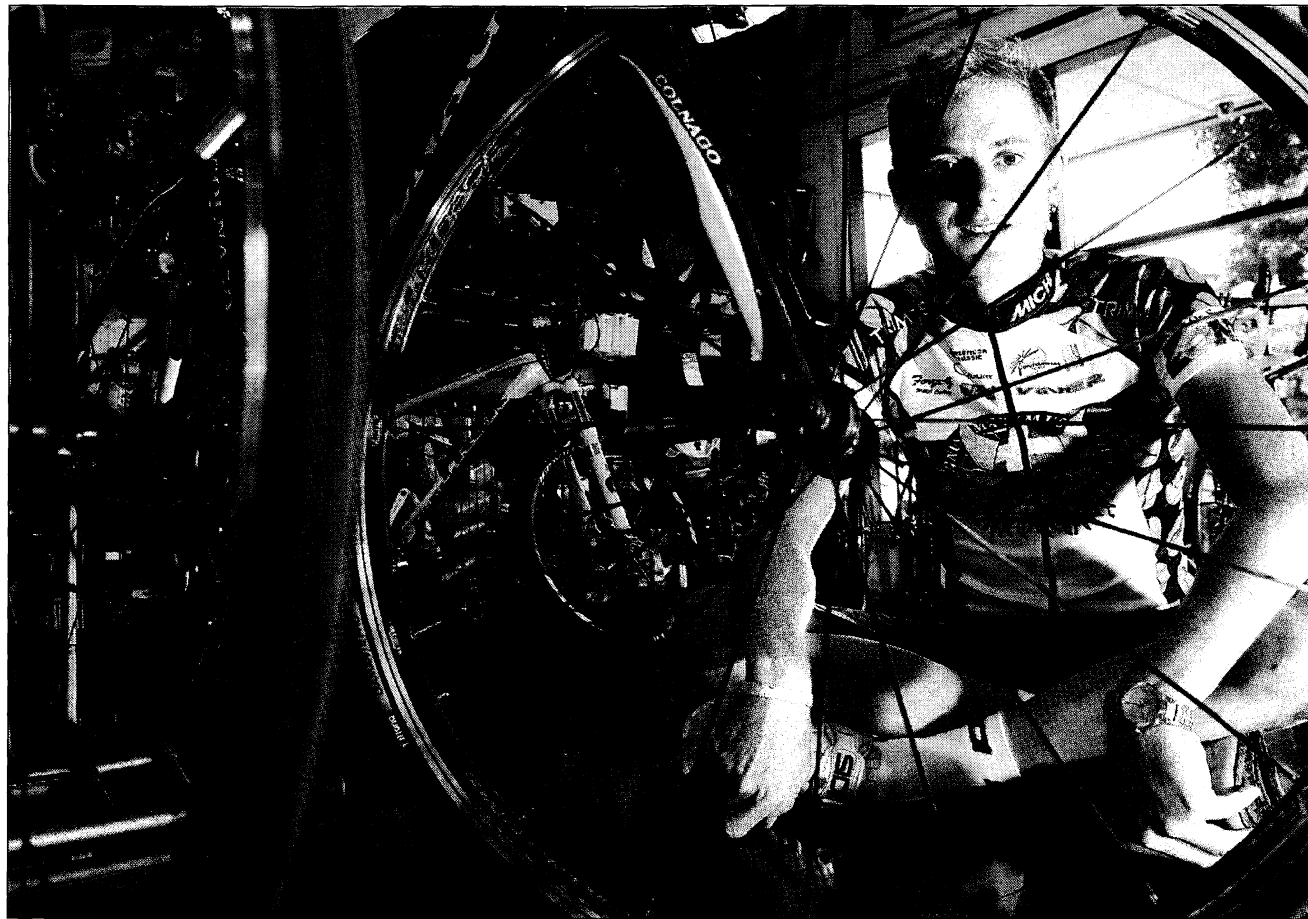
"I started doing it and thought it was all right.

"I had never done any cycling whatsoever.

"I had done some cross-country running at school but that was the extent of my endurance."

It didn't take long for the lightly-framed 184cm Anderson to make inroads on two wheels.

Training 500km-1000km a week, he won both the road and time trial state championships inside his first three years and was



SPROCKET ROCKET: Jack Anderson has joined a Swedish cycling team after success in sailing.

Picture: John Gass

snapped up by an Italian team in 2008.

He then won the Oceania time trial championships, won his first professional race in Belgium, and represented Australia at the

under-23 world championships in 2009.

Working at Wilston's Velo Cycles, Anderson stamped his class with a second placing at the national elite time trial championships, which

has him zeroing in on a long career.

"In these lower teams we're on OK money, but you do it for the lifestyle," Anderson said. "You don't do it for the money, it's

definitely a lifestyle thing.

"It feels like I have been riding forever, but when you look at all the things I've done I guess it's a surprise.

"It has all happened quite quickly."

■ rugby league

Strap on the boots

RUGBY league legend Mal Meninga has teamed with representatives from Queensland's three NRL franchises to promote the code's 2010 Sign-on Blitz.

The Broncos' Corey Parker, Cowboy Antonio Kaufusi and Titan Ashley Harrison will appear with the State-of-Origin mentor and a group of young Queenslanders in a television commercial to promote the sport.

The *Great Game. Great Mates. Great Fun. For Life.* campaign reflects the ideology which has helped league prosper in Queensland.

Meninga urged prospective junior players to join a club.

"Rugby league is a fantastic sport and I urge young boys and girls to get down to their local club and sign on," he said. "Parents can also get involved. It's a rewarding experience to help out at your club or to referee or run the water in a game that means so much to the kids."

Players who join a club this year will also receive a *My Season* book which contains coaching tips, posters and information for players and their parents.

"I'd encourage all parents and boys and girls to read the book and work through the activities and monthly competitions," Meninga said.

■ For more information visit www.qrl.com.au or call the QRL on 3367 6000.