

Logan City Cycling Club Newsletter

info@logancyclingclub.org.au

05 July 2010

Coach's Spot



Weeks Results

Well done to all who competed in the individual Time Trial Club Championships. Medals will be presented to all at the Christmas presentation later this year.

Upcoming weeks events

Tuesday training at SW1

Junior's session 4.30-5.30, I will have some skill activities this week for all Juniors now that the final prep for the juniors attending the state titles is over.

Just a reminder for the newer members attending training, a gold coin donation is much appreciated which in return goes to the Junior Development Fund, and a big thanks to those that continually throw one in the bucket each week.

Good luck to all Juniors competing at the Junior state road titles this weekend.

Effective 1 July, discount membership fees will be available with full membership benefits applicable until 31 December 2010.

The discounted membership is available for 'racing' category membership only and the fees are as follows:

Category	\$
Open (Elite U23)	160.00
Juniors U19	120.00
Junior (U17, 15)	80.00
Junior (U9,11,13)	67.00
Masters (30-64)	135.00
Masters (65+)	80.00

The published fees are the Cycling Queensland and Cycling Australia component only and there will be an additional club fee added.

Safe Cycling

www.auscyclecoaching.com.au

Dave Carman

0428743517

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FOR SALE

<http://www.dynamicbikesservice.bikeit.com.au/bikes/show/100130583-fondriest-tf3-ultegra-6700>

Captain's Corner

Saturday morning was a bit wet and cold, it was just me and Glenn at Sonic for 5.30, Rod and Richard went on the 5.15.

Glenn dragged me round to Mt Gravatt where we did some reps on the hill then Glenn went off for some racing at Murarrie and I headed back down to Sonic for a coffee with the rest of the crew. There was a fair turnout considering the weather.



Sunday saw the Club Championship Individual Time Trial. It was freezing at the start at 7.30 but by the time we'd all finished we'd certainly warmed up. Some great times were recorded with Glenn, unbeatable at the moment, taking the honours.

Everybody enjoyed the course with its hills and wind, there was a great turnout which hopefully will be reflected in members interested in the State Team Time Trial which is in September I think, it would be great if we could have full teams of 4 this year, last year a couple of teams rode off with only 3 members and it does make it tough.

Safe riding cheers John E

REGISTRAR RANTINGS

It is great to see a few new members. Well done to the Watson brothers. They are slotting in quite well to club racing. Sunday's time trial saw them both turn in some pretty hot times. On Saturday we had a new member join up as well. He has got a 6 month racing licence. His name is Jonathan Bridge. Welcome Jonathan. This Tuesday we will have a couple of juniors sign up and join as well. I had a phone call and email from a couple of young women who want to join us on Saturday's coffee ride. They have a view to taking up the novice course later in the year (hope we have one). Therefore the two young women and Jonathan will probably join us on Saturday's ride. Please make them all feel welcome and encourage them.

A little encouragement goes a long way. (and I should know)

Sunday's time trial was a great event. Fordo is a machine. He was flying. Well done to all our riders. Speaking of machines, Big Dave B turned in a scintillating time. He has really given us "D" graders a challenge to chase him down. Once again Big bad Ben did a hot time and

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he only just turned 15. What really worries us D graders is Jacko. He will back on the bike this week after breaking his hand. He will be another one that kicks our butts.

We are a friendly mob and encourage everybody. Keep up the good work.

Have a great week.

Train hard for each other.

Keep Encouraging our young riders

CannonDave



Profile of 16.93Klm Club Time Trial Championship Course



Juniors - Club Championship ITT

03/07/2010 - Mid Circuit

	Place	Finish	Start	Actual	Points
Novices					
Lance Davies - 3 kms	1	09:46	03:00	06:46	3
Cassidy Davies - 3kms	2	09:34	02:00	07:34	3
Shauna Maclean - 3kms	3	11:19	01:00	10:19	3
U11					
Kobe Swan - 6 kms	1	16:27	04:00	12:27	3
U13s					
Connor Anglim - 6kms	1	18:09	06:00	12:09	3
Emma Pratt - 6 kms	2	17:57	05:00	12:57	3
U15s					
Jessica Pratt - 6 kms	1	19:21	09:00	10:21	3
Alasdair Maclean - 6 kms	2	20:10	08:00	12:10	3
Jacob King - 6 kms	3	21:45	07:00	14:45	3
Marshalling - Gerrard French					5

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LCCC - One Lap Dash

<u>Rider</u>	<u>26/01/2010</u>	<u>23/02/2010</u>	<u>6/04/2010</u>	<u>27/04/2010</u>	<u>29/06/22010</u>
	<u>Time</u>	<u>Time</u>	<u>Time</u>	<u>Time</u>	<u>Time</u>
Alan Davies	00:00	00:00	00:00	01:51	01:55
Alasdair Maclean	02:24	02:18	02:21	02:19	02:20
Ben Carman	01:50	01:50	01:48	01:45	01:50
Ben Kelley	00:00	00:00	03:03	00:00	00:00
Brendon Pitman	00:00	00:00	00:00	01:39	01:43
Bruce Creswell	00:00	00:00	00:00	02:01	00:00
Cassie Davies	00:00	00:00	00:00	00:00	02:53
Christian Peterson	03:10	02:11	00:00	02:18	00:00
Connor Anglim	02:26	02:20	00:00	02:17	02:15
Craig Worthington	01:55	00:00	00:00	00:00	00:00
Damien Barnier	01:43	00:00	00:00	00:00	00:00
Damien Morris	00:00	01:52	00:00	00:00	00:00
Dave Buttrum	00:00	01:57	00:00	00:00	00:00
Dave Williams	00:00	01:57	01:58	01:59	01:59
David Ivers	02:03	02:06	02:04	00:00	00:00
Dermot Anglim	01:53	01:58	00:00	01:58	01:52
Emma Pratt	02:29	00:00	02:24	00:00	02:22
Glenn Fordham	01:39	00:00	00:00	00:00	00:00
Gerrard French	00:00	00:00	01:52	00:00	00:00
Jack Bult	00:00	00:00	01:54	00:00	00:00
Jackson Carman	01:58	02:00	01:58	01:53	00:00
Jacob King	02:50	00:00	02:36	02:34	00:00
Jamie Watson	00:00	00:00	00:00	00:00	01:42
Jessica Goodwin	00:00	02:18	00:00	02:14	00:00
Jessica Pratt	02:08	02:12	02:00	02:00	01:59
Jim Robbie	01:39	00:00	01:45	00:00	00:00
John Derry	00:00	00:00	00:00	01:42	00:00
John Evans	01:45	00:00	01:42	00:00	00:00
John Kelley	01:46	00:00	01:47	00:00	00:00
Kayla Morris	01:57	00:00	00:00	00:00	00:00
Kevin Jones	00:00	01:41	01:41	01:41	00:00
Kevin Swan	00:00	00:00	02:04	00:00	00:00
Kobe Swan	00:00	02:24	02:18	00:00	02:32
Lance Davies	00:00	00:00	00:00	00:00	02:40
Lee Kingaby	01:54	00:00	00:00	00:00	00:00
Leon Marsh	00:00	01:57	00:00	01:56	02:00
Megan King	03:01	00:00	00:00	00:00	00:00
Michael Watson	00:00	00:00	00:00	00:00	01:48
Nic Mercier	00:00	01:40	00:00	00:00	00:00
Paul Cordina	00:00	02:02	00:00	01:56	00:00
Phil Baker	00:00	00:00	00:00	01:47	00:00
Richard Donin	00:00	00:00	00:00	00:00	02:01
Russell Thompson	02:00	00:00	00:00	00:00	00:00
Robyn Stanley	00:00	02:10	02:07	02:09	02:11
Ron Griffey	00:00	01:55	02:00	01:58	01:59
Sam Wylie	00:00	01:45	01:45	00:00	00:00
Sharon Jones	00:00	02:29	02:30	02:34	00:00

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Shauna Maclean	00:00	00:00	00:00	00:00	02:56
Stephen Duller	01:49	00:00	00:00	01:54	01:58
Steve Lawrence	00:00	00:00	00:00	01:49	00:00
Tony Pratt	01:53	01:48	01:43	01:42	01:46
Trent Carman	00:00	00:00	00:00	00:00	01:44

Seniors - ITT Club Championship

04/07/2010 - Redland Bay

16.95kms

			Start		Club
	Place	Finish	Time	Actual	Points
Glenn Fordham	1	49:05	24:00	25:05	3
Tony Pratt	2	48:48	22:00	26:48	3
Gavin Ponting	3	49:55	23:00	26:55	3
Jim Robbie	4	30:01	03:00	27:01	3
Ben Carman	5	48:27	21:00	27:27	3
Sam Wylie	6	47:15	19:00	28:15	3
John Evans	7	48:31	20:00	28:31	3
Michael Watson	8	45:01	16:00	29:01	3
John Kelley	9	44:29	15:00	29:29	3
Gary Donald	10	40:35	11:00	29:35	3
Lee Kingaby	11	31:07	01:00	30:07	3
Russell Thompson	12	32:16	02:00	30:16	3
Jamie Watson	13	42:20	12:00	30:20	3
Brendon Pitman	14	43:29	13:00	30:29	3
Con Boukojiannis	15	48:02	17:00	31:02	3
Jack Bult	16	39:26	08:00	31:26	3
Jason Noye	17	56:48	25:00	31:48	3
Len Hardy	18	38:49	07:00	31:49	3
David Buttrum	19	38:01	06:00	32:01	3
Leon Marsh	20	41:11	09:00	32:11	3
David Williams	21	38:21	05:00	33:21	3
Nic Mercier	22	47:31	14:00	33:31	3
Robyn Stanley	23	39:27	04:00	35:27	3

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LCCC - Club Points - 2010

Seniors	1/12/2009	5/12/2009	12/12/2009	23/01/2010	26/01/2010	13/02/2010	20/02/2010	23/02/2010	13/03/2010	20/03/2010	6/04/2010	10/04/2010	17/04/2010	27/04/2010	8/05/2010	15/05/2010	5/06/2010	25/06/2010	29/06/2010	4/07/2010	Total
Alan Davies	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0	2	
Alasdair Maclean	2	2	0	3	2	2	2	2	3	2	2	2	2	2	0	3	2	3	2	3	41
Ben Carman	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	16	2	3	2	3	56
Brendon Pitman	0	0	0	0	0	2	0	0	0	0	0	0	0	2	0	0	0	3	2	3	12
Bruce Creswell	0	0	3	3	0	3	0	0	0	0	0	0	0	2	2	2	0	0	0	0	15
Charlene Smith	0	0	0	0	0	5	0	0	2	0	0	0	0	0	2	0	0	3	0	0	12
Chris Scott	0	0	0	0	0	2	0	0	2	2	0	0	0	0	0	0	0	0	0	0	6
Christian Peterson	2	3	4	4	2	0	3	2	2	1	0	0	0	2	3	1	0	0	0	0	29
Con Boukojiannis	0	2	1	2	0	2	2	0	2	2	0	0	2	0	1	1	2	3	0	3	25
Connor Anglim	2	2	0	0	2	4	2	2	4	4	0	0	2	2	4	0	0	3	2	3	38
Craig Worthington	2	5	4	2	2	0	0	0	2	2	0	0	2	0	2	0	2	3	0	0	28
Damian Ong	0	0	0	0	0	2	3	0	2	0	0	0	0	0	2	2	0	3	0	0	14
Damien Barnier	0	3	0	0	2	2	0	0	0	2	0	0	0	0	0	0	3	0	0	0	12
Damien Morris	2	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	4
David Buttrum	2	0	3	0	0	2	2	2	0	7	0	2	2	0	4	9.5	5	3	0	3	46.5
David Ivers	0	0	0	2	2	2	2	2	2	2	2	0	0	0	0	0	1	0	0	0	17
David Williams	2	2	2	3	0	0	3	2	10	2	2	2	2	2	2	5	3	3	2	3	52
Dermot Anglim	2	1	0	0	2	2	2	2	2	0	0	0	0	2	0	2	2	0	2	0	21
Gary Donald	0	2	0	5	0	2	2	0	0	9	0	7	2	0	0	4	3	3	0	3	42
Gavin Pointing	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	3
Gerrard French	2	2	2	2	0	0	2	0	0	2	2	0	2	0	0	0	0	0	0	5	21
Glenn Fordham	0	4	10	0	2	1	0	0	0	0	0	0	0	0	3	5	5	3	0	3	36
Jack Bult	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	3
Jackson Carman	0	4	4	2	2	2	1	2	2	2	2	0	2	2	2	7	0	0	0	0	36
Jacob King	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	3
Jamie Watson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	2	3	8
Jason Noye	0	0	2	0	0	0	0	0	0	2	0	4	0	0	0	5	0	0	0	3	16
Jessica Goodwin	0	0	8	0	0	3	2	2	0	2	0	2	2	2	2	0	2	3	0	0	30

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Jessica Pratt	2	4	0	0	2	0	4	2	7	10	2	2	2	2	2	6	4	3	2	3	59
Jim Robbie	0	0	0	0	2	0	2	0	0	0	2	0	0	0	0	7	2	0	0	3	18
John Deery	0	0	0	0	0	4	4	0	0	0	0	0	2	2	5	0	0	0	0	0	17
John Evans	2	2	3	4	2	2	2	0	0	2	2	5	2	0	2	3	2	0	0	3	38
John Kelley	0	2	0	3	2	2	0	0	0	2	2	6	2	0	0	0	2	3	0	3	29
Kayla Morris	0	1	2	0	2	1	1	0	11	0	0	1	0	0	0	0	0	0	0	0	19
Kevin Jones	2	2	4	4	0	3	2	2	2	4	2	9	2	2	2	0	2	3	0	0	47
Kevin Swan	0	0	2	0	0	0	0	0	5	0	2	2	0	0	0	0	0	0	0	0	11
Lee Kingaby	0	2	2	0	2	4	0	0	0	2	0	8	2	0	2	0	0	3	0	3	30
Len Hardy	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	3
Leon Marsh	0	0	0	0	0	0	0	2	0	5	0	0	0	2	3	0	0	0	2	3	17
Mark Kelly	0	0	0	2	0	0	0	0	2	6	0	2	0	0	0	0	0	0	0	0	12
Mark Vaughan	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
Michael Watson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	2	3	8
Myles Matthews	0	4	2	2	0	0	0	0	2	2	0	2	2	0	0	2	4	0	0	0	22
Nicholas Mercier	2	2	4	1	0	0	4	2	0	1	0	0	2	0	2	0	1	3	0	3	27
Pat Wilson	0	3	0	0	0	3	0	0	6	0	0	0	0	0	2	0	0	0	0	0	14
Paul Cordina	0	0	0	2	0	0	1	2	5	0	0	0	2	2	2	0	0	0	0	0	16
Richard Moore	0	0	2	0	0	4	4	0	0	0	0	2	2	0	2	9.5	0	0	0	0	25.5
Robyn Stanley	0	0	0	4	0	2	2	2	8	7	2	2	2	2	0	4	0	3	2	3	45
Ron Griffey	2	4	2	0	0	2	2	2	2	10	2	0	2	2	1	0	0	3	2	0	38
Russell Thompson	0	5	2	4	2	0	2	0	0	3	0	1	2	0	1	2	4	3	0	3	34
Ryan Biss	2	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	4
Sam Wylie	0	2	0	0	0	3	3	2	2	2	2	2	0	0	0	0	1	0	0	3	22
Sharon Jones	0	2	2	2	0	2	0	2	2	0	2	2	0	2	0	0	2	0	0	0	20
Stephen Duller	2	0	2	2	2	2	2	0	5	8	0	3	2	2	0	0	2	3	2	0	39
Tony Pratt	2	2	3	3	2	4	2	2	4	0	2	10	2	2	4	10	2	3	2	3	64
Trent Carman	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	2	0	12
Juniors																					
Emma Pratt	2	0	0	0	2	0	0	0	3	0	2	3	2	0	2	3	4	3	2	3	31
Kobe Swan	0	0	2	2	0	0	0	2	4	0	2	4	0	0	2	4	0	3	2	3	30
Cassie Davies	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	3	5
Lance Davies	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	3	5