

Logan City Cycling Club Newsletter

info@logancyclingclub.org.au

17 May 2010

There is a meeting for the Summer Series on Wednesday night – 19 May @ 7.30pm

Coach's Spot



Weeks Results

The seniors club racing on Saturday saw a dead heat between Dave Buttrum and Richard Moore, well done guys in staying away for the 55km handicap. Well done to all who competed and finished on what was a longer race than normally; Jackson taking first and fastest line honours in the U/15 juniors, Kobe Swan winning the junior race.

Results below.

Weeks Events

Tuesday training at SW1 4.30. All juniors please bring trainers in case of rain again.

Sunday will see the Kangaroo Point Junior carnival at Crestmead, good luck to all.

www.auscyclecoaching.com.au

Dave Carman

0428743517

Belt-Up high visibility sports belt.

I had one of these belts at the club race on Saturday. They fit around your hips for night / early morning rides. Can view them at www.belt-up.com.au

Spoke to the lady today and the price is going up from \$20 to \$30 on Tuesday night. So if you want one get in now to get a bargain.

Have ordered one for Russell, Captain John, and Garry with ours.

Cheers, Maree

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Captain's Corner

Yet again I was missing from club training due to work commitments, no excuses this week.

It was the same old toughies out early on Saturday morning, Rod and Pat on the 5.15 ride and Glenn and I at the 5.30 ride, and yes it was freezing!!!! John Deery joined in at Rochedale. When we got back to Sonic there were a few more there than last weekend it was nice to see Robyn back from her trip to Tassie.

Only one puncture this week which was good

I think there were a few holding back for the racing in the afternoon which was a long hard handicap. Dave B. and Richard M. did well to hold on for a dead heat, holding hands as they crossed the line apparently, I wonder if there was a celebratory kiss as well?!?!?.

Tony ended up with 3rd and the fastest time, he really is riding strong at the moment. The uphill finish is a great idea even though it hurts like hell. A special mention to Russell who managed to add a couple of hundred metres to the race distance, if you need an explanation I'm sure Russell will oblige!!!!

I think there were a few guys racing at Pimpama on Sunday, I gave it a miss instead concentrating on some undulating hill work including the horrendous West Mt. Cotton Road, I'm sure we'll hear how they went during the week.

Great to see Matt Lloyd winning the 6th stage of the Giro and then Cadel Evans take the next.

Cheers and safe riding John E

FOR SALE

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

Sunday 16 May Three points ride to Cleveland

Five riders set out from Macca's on what was to be a cold and cloudy Sunday morning.. Len and myself joined the group at the Hyperdome . On our way out we spotted two of the Logan riders who were on their way to tackle Mt Tamborine , not much was said as we passed each other but we knew what lay ahead of them. We however had our own demons to conquer -, the 11 hills on the way to Cleveland.

Jack and I conferred, we were determined to count every one of those hills to make sure there really was 11. As we approached the third hill the conversation stopped, the heart rate elevated and from then on we lost count , never mind there will be next time or perhaps we just use google earth to count them.

As the ride progressed the enthusiasm to complete all the three points was waning rapidly and there were a number of conversations threatening some kind of revolt; this was quickly resolved at one of the traffic lights and we all agreed that this would be the **two point** ride to Cleveland. There was still further confusion when we came to a cross road at Cleveland; do we go right or do we go left , half us went right and the other half went - you guessed it left .



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After another conference we all decided to go right.. Some of us were concerned that David would report us to the Sunday route selection committee for changing the route but we assured him that what happens on the ride stays on the ride.

In true Logan fashion there was a sprint to the light house and Len showed he had the legs to take the sprint out,; however we all put it down to him not riding on Saturday and the fact that we weren't trying that hard . At the light house there as a swarm of riders all with similar shirts and with police escorts,, we never quite worked out what they were riding in aid of .

Our stop at Banjoes was relatively uneventful other than the waiter forgetting Robyn's Mocca. This was after Robyn lay praise on the Banjo's franchise which apparently exists deep in the depths of Tasmania, this was not the only piece of information that Robyn imparted on the day; she also pointed out Clive Palmers old unfinished house (mansion).

The ride back was through Rochedale which we never look forward to, but we do it never the less .

All in all it was a good ride despite not seeing the sun at any point of the ride

Con

CLAYTONS BIKE RACE 16-05-10

The race you have when you are not having a race.

I was all pumped up to race at Pimpama on Sunday after enjoying watching our club race on Saturday. Richard and Big Dave went well. It was great standing on the corner taking a few photos of the riders and listening to 4KQ golden oldies songs on my transistor. (old bugger aren't I) I got a phone call Saturday night to tell me we could not race because of the 200 klm rule. Rules are Rules!!! It did not apply to juniors. So some of juniors went to race. I was asked if I wanted to join a few who were going down that way anyhow and stopping at Oxenford for coffee.

When I heard who was going I felt a bit nervous but decided if I got dropped it was safe enough to limp along by myself. Seven riders eventually combined at Chetwynd St and headed off down the track. I found the pace quick and just kept up. Coach got a flat at Yatala roundabout and changed it so quick we only got a small breather and then into it again. The coach stopped at Le Mans to watch our juniors race and Bruce and Paul turned around at Dreamworld.

That left four of us to continue to Simons at Oxenford. We sat down for a feed inside where it was warm. I did not have my coke because of how chilly it was outside. In fact it was chilly the whole ride. We all kept our arm warmers on for the entire ride. Stopping at Coomera for a comfort stop, exploratory surgery was required because of the temperature.

We stopped at Le Mans to see how our juniors were going in the racing. We took off again and Damian led the charge through the Pimpama hills with Jason a close second. The more mature aged riders (Rod and myself) were not that far behind the young ones. The rest of the ride went smoothly with a couple of randoms joining us for a while.

Most rides I write about usually involve lots of chatting. I did not do too much talking as all my energy was used on keeping up. It was a good hit out for myself as Metros are coming

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up on the 29th May. Thanks guys for letting me ride with you. Don't know how juniors went but I am sure they did us proud.

Training is on at SW1 on Tuesday and Spin class is on at Sonic on Wednesday 5-6pm. I actually enjoy training and riding for a purpose now.

Have a great week.

Train hard for each other.

Keep Encouraging our young riders

LCCC - Seniors

<u>Seniors - Handicap - 14 laps</u>					Club
15/05/2010 4.12km Circuit	Place	Finish	Handicap	Actual	Points
Richard Moore	1	1:43:54	00:00	1:43:54	9.5
David Buttrum	1	1:43:54	00:00	1:43:54	9.5
Tony Pratt	3	1:47:46	18:00	1:29:46	10
Jim Robbie	4	1:47:46	18:00	1:29:46	7
Ben Carman	5	1:47:46	16:30	1:31:16	16
Glenn Fordham	6	1:47:53	18:00	1:29:53	5
Gary Donald	7	1:48:05	12:00	1:36:05	4
John Evans	8	1:48:05	16:30	1:31:35	3
Myles Matthews	9	1:48:05	16:30	1:31:35	2
Dermot Anglim	10	1:48:05	08:00	1:40:05	2
Paul Matthison (FFST)	11	1:49:33	08:00	1:41:33	
Bruce Creswell	12	1:51:46	08:00	1:43:46	2
Damian Ong	13	1:52:50	12:00	1:40:50	2
Russell Thompson	14	1:56:06	12:00	1:44:06	2
Robyn Stanley	15	1:58:18	00:00	1:58:18	4
Cory Morris	16	1:58:41	00:00	1:58:41	2
Con Boukogiannis	DNF	0:00:00	00:00	00:00	1
Jackson Carman - 8 Laps	1	1:04:52	05:00	0:59:52	7
Jessica Pratt - 8 laps	2	1:04:53	04:00	1:00:53	6
Alasdair Maclean - 8 laps	3	1:11:16	00:00	1:11:16	3
Christian Peterson - 8 laps	DNF	0:00:00	00:00	0:00:00	1
Commissairing - Maree Carman - allocated to Ben					10
Marshalling - Charlene Smith					
Marshalling - Jason Noye					5
Marshalling - David Williams					5

LCCC - Juniors

<u>Juniors - Handicap</u>					
15/05/2010 - 4.12km Circuit (2 laps)	Place	Finish	Handicap	Actual	
Kobe Swan	1	17:51	01:00	16:51	
Emma Pratt	2	17:54	00:00	17:54	

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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	Total
Alasdair Maclean	2	2	0	3	2	2	2	2	3	2	2	2	2	2	0	3	31
Ben Carman	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	16	46
Brendan Pitman	0	0	0	0	0	2	0	0	0	0	0	0	0	2	0	0	4
Bruce Creswell	0	0	3	3	0	3	0	0	0	0	0	0	0	2	2	2	15
Charlene Smith	0	0	0	0	0	5	0	0	2	0	0	0	0	0	2	0	9
Chris Scott	0	0	0	0	0	2	0	0	2	2	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	29
Con Boukojiannis	0	2	1	2	0	2	2	0	2	2	0	0	2	0	1	1	17
Connor Anglim	2	2	0	0	2	4	2	2	4	4	0	0	2	2	4	0	30
Craig Worthington	2	5	4	2	2	0	0	0	2	2	0	0	2	0	2	0	23
Damian Ong	0	0	0	0	0	2	3	0	2	0	0	0	0	0	2	2	11
Damien Barnier	0	3	0	0	2	2	0	0	0	2	0	0	0	0	0	0	9
Damien Morris	2	0	0	0	0	0	0	2	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	35.5
David Ivers	0	0	0	2	2	2	2	2	2	2	2	0	0	0	0	0	16
David Williams	2	2	2	3	0	0	3	2	10	2	2	2	2	2	2	5	41
Dermot Anglim	2	1	0	0	2	2	2	2	2	0	0	0	0	2	0	2	17
Gary Donald	0	2	0	5	0	2	2	0	0	9	0	7	2	0	0	4	33
Gerrard French	2	2	2	2	0	0	2	0	0	2	2	0	2	0	0	0	16
Glenn Fordham	0	4	10	0	2	1	0	0	0	0	0	0	0	0	3	5	25
Jackson Carman	0	4	4	2	2	2	1	2	2	2	2	0	2	2	2	7	36
Jason Noye	0	0	2	0	0	0	0	0	0	2	0	4	0	0	0	5	13
Jessica Goodwin	0	0	8	0	0	3	2	2	0	2	0	2	2	2	2	0	25
Jessica Pratt	2	4	0	0	2	0	4	2	7	10	2	2	2	2	2	6	47
Jim Robbie	0	0	0	0	2	0	2	0	0	0	2	0	0	0	0	7	13
John Deery	0	0	0	0	0	4	4	0	0	0	0	0	2	2	5	0	17

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John Evans	2	2	3	4	2	2	2	0	0	2	2	5	2	0	2	3	33
John Kelley	0	2	0	3	2	2	0	0	0	2	2	6	2	0	0	0	21
Kayla Morris	0	1	2	0	2	1	1	0	11	0	0	1	0	0	0	0	19
Kevin Jones	2	2	4	4	0	3	2	2	2	4	2	9	2	2	2	0	42
Kevin Swan	0	0	2	0	0	0	0	0	5	0	2	2	0	0	0	0	11
Lee Kingaby	0	2	2	0	2	4	0	0	0	2	0	8	2	0	2	0	24
Leon Marsh	0	0	0	0	0	0	0	2	0	5	0	0	0	2	3	0	12
Mark Kelly	0	0	0	2	0	0	0	0	2	6	0	2	0	0	0	0	12
Mark Vaughan	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
Myles Matthews	0	4	2	2	0	0	0	0	2	2	0	2	2	0	0	2	18
Nicholas Mercier	2	2	4	1	0	0	4	2	0	1	0	0	2	0	2	0	20
Pat Wilson	0	3	0	0	0	3	0	0	6	0	0	0	0	0	2	0	14
Paul Cordina	0	0	0	2	0	0	1	2	5	0	0	0	2	2	2	0	16
Richard Moore	0	0	2	0	0	4	4	0	0	0	0	2	2	0	2	9.5	25.5
Robyn Stanley	0	0	0	4	0	2	2	2	8	7	2	2	2	2	0	4	37
Ron Griffey	2	4	2	0	0	2	2	2	2	10	2	0	2	2	1	0	33
Russell Thompson	0	5	2	4	2	0	2	0	0	3	0	1	2	0	1	2	24
Ryan Biss	2	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0	4
Sam Wylie	0	2	0	0	0	3	3	2	2	2	2	2	0	0	0	0	18
Sharon Jones	0	2	2	2	0	2	0	2	2	0	2	2	0	2	0	0	18
Stephen Duller	2	0	2	2	2	2	2	0	5	8	0	3	2	2	0	0	32
Tony Pratt	2	2	3	3	2	4	2	2	4	0	2	10	2	2	4	10	54
Trent Carman	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	10

Juniors

Emma Pratt	2	0	0	0	2	0	0	0	3	0	2	3	2	0	2	3	19
Kobe Swan	0	0	2	2	0	0	0	2	4	0	2	4	0	0	2	4	22