

Logan City Cycling Club Newsletter

info@logancyclingclub.org.au

28 June 2010

Coach's Spot



Weeks Results

Only results I have are from the Toowoomba Tour. Logan CCC rider Trent experienced his first National Road Series event. Trent experienced the lot, an early crash on day one which was a nasty one, he managed to scrape home and continue another day. First stage saw the first 80km done at an incredible pace in just under 50kph. Ave speed for the tour was 44kph for 18hrs.

The last day with 2 stages and an extremely hard hill top finish with riders scattered for Klm's. The crit to follow saw many riders fail to go any further with Trent also retiring. His Team Erdinger was 14th placed. An awesome effort from these young men, we started with the 2 youngest in the start list, outside of the U/19 National team, the youngest team, made up of U/19's. The plan was simply to race, learn and try to finish, we nearly succeeded.

This would have to be the best event run in Qld and a credit to all involved in making it a worthy event.

Weeks Events

Tuesday SW1 Training 4.30

Saturday Jnr TT Championships Magnesium Drive, all juniors from Tuesday's sessions to regulars welcome.

Sunday Senior TT Champs

www.auscyclecoaching.com.au

Dave Carman
0428743517

FOR SALE

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

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Captain's Corner

Good turn out this week for Tuesday training, all the usual suspects there.

I've noticed Dave W. picking up the pace these last few weeks, me and Dave joined the club on the same day approx. 20 months and the difference in him is fantastic, keep it up Dave.



I missed all participation in club events this weekend; I'll be interested in the times of the ITT and looking forward to this weekend's club championship time trial.

Only a couple of weeks before the Tour de France starts and SBS have all the stages live this year so there could be some red eyes at the early weekend rides, COME ON WIGGINS!!!

Sounds like Dave's team are having a good Tour de Toowoomba, could we see Dave Carman as a Directeur Sportive in next year's TdF.

Safe riding, cheers John E.

SUNDAY RIDE 4 July

As the club championships are on next week. Sundays reverse Riverloop is still on but numbers will be down and anyone wishes to ride needs to find their own way

Cheers Jack b

Sunday Ride

MS Brissie to Bay 27-06-10 – 50klm

The Brissie to Bay bike ride raises money for the MS Society charity. This year we raised \$300,000 for their research. Nearly 4000 riders participated. Our club was well represented considering all that is going on with bike riding at the moment. This is my third year at it. The very first time I did the ride 50klm was a massive achievement for me. It is a bit easier these days. A good friend of mine was riding with me. It was great to chat and catch up.

We came across John and Phil at Southbank doing a very early early River Loop. We saw Ron with his son on the ride. Bridget was there too but never caught up with her. At Wynnum we ran into Marcel and Russel (cant believe he beat me by 6 seconds) Thompson.

Back at Musgrave Park I caught up with Don who sometimes rides with us on Saturdays and Sundays. Running into people everywhere. It was nearly like that on the ride also. There were not too many wobbly riders on the way to Wynnum but on the way back when the 25klm riders joined in what a schmozel (it is that how you spell it). Mums and Dads and kids on mountain bikes all over the place. We gave them a wide berth. As much as the road lanes would let us.

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There were a couple of spots on the way down when we sat in a group flying along at 38-39. Now that was fun.

All in all a good ride. Averaged 28.5 which were good for the conditions. Great fun and we raised a lot of money for a good cause. It is a good feeling to do things for other people and not just ourselves.

Thanks to all those involved in Saturdays Time Trial practice. It was also good fun. How darn quick and noisy was Fordo on that bike of his. Also welcome to our two newest members who did the TT with us on Saturday. Jamie and Michael Watson. They went pretty goodo for their first hit out. Say hello and make them feel welcome. This is one of the reasons that make our club special. We are friendly and encourage everybody. Keep up the good work.

Have a great week.

Train hard for each other.

Keep Encouraging our young riders

CannonDave



Sunday Ride

The schedule ride took the group through the city what we call the river loop. Jack did tell me how many were there, typical me I can't remember I think 14. So a nice size group for this time of year. The temperature was pleasant when we left Springwood, however after the mandatory pleasure (relief) stop at the university it soon became rather cool.

The ride was conducted in a very orderly fashion with just a little sprint up Dutton Park hill which to my surprise was won by Robyn. Then down to Stones Corner for a coffee and I have to say it is very hard going to beat Con to the coffee shop so once again he took out the points race.

Coffee was good, as was the service. Then home via Mt Gravatt and the group could hardly contain the excitement. To my surprise Robyn required a few more body guards than normal. There were a few whispers of sore legs from the Saturday race. At this point I said my good byes and I trust everyone made it home. In total 80ks approx and a nice steady pace considering traffic lights.

LAST WEEK'S RESULTS

LCCC - Juniors

Juniors - ITT

25/06/2010 - Small Circuit (1 laps)

	<u>Place</u>	<u>Finish</u>	<u>Handicap</u>	<u>Actual</u>	<u>Points</u>
Emma Pratt	1	08:13	02:00	06:13	3
Kobe Swan	2	07:16	01:00	06:16	3

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LCCC - Seniors

Seniors - ITT

26/06/2010 - Mid Circuit

	<u>Place</u>	<u>Finish</u>	<u>Start Time</u>	<u>Actual</u>	<u>Club Points</u>
Glenn Fordham	1	37:54	09:00	28:54	3
Tony Pratt	2	39:25	08:00	31:25	3
Kevin Jones	3	40:12	07:00	33:12	3
Ben Carman	4	37:21	04:00	33:21	3
Craig Worthington	5	43:41	10:00	33:41	3
Russell Thompson	6	45:57	12:00	33:57	3
Con Boukojiannis	6	40:57	07:00	33:57	3
Michael Watson	8	39:13	05:00	34:13	3
John Kelley	9	40:19	06:00	34:19	3
Nic Mercier	10	39:38	05:00	34:38	3
Brendan Pitman	11	37:41	03:00	34:41	3
Jamie Watson	12	40:47	06:00	34:47	3
Damian Ong	13	35:50	01:00	34:50	3
Gary Donald	14	43:01	08:00	35:01	3
Lee Kingaby	15	37:22	02:00	35:22	3
Ron Griffey	16	44:25	09:00	35:25	3
Stephen Duller	17	47:39	11:00	36:39	3
David Buttrum	18	41:13	04:00	37:13	3
David Williams	19	40:29	02:00	38:29	3
Robyn Stanley	20	42:17	03:00	39:17	3
Charlene Smith	21	49:16	01:00	48:16	3

E Grade

Jessica Pratt	1	21:35	06:00	15:35	3
Jessica Goodwin	2	21:32	04:00	17:32	3
Alasdair Maclean	3	22:57	05:00	17:57	3
Conor Anglim	4	21:13	03:00	18:13	3

Marshalling - Jason Noye

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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	Total
Alasdair Maclean	2	2	0	3	2	2	2	2	3	2	2	2	2	2	0	3	2	3	36
Ben Carman	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	16	2	3	51
Brendan Pitman	0	0	0	0	0	2	0	0	0	0	0	0	0	2	0	0	0	3	7
Bruce Creswell	0	0	3	3	0	3	0	0	0	0	0	0	0	2	2	2	0	0	15
Charlene Smith	0	0	0	0	0	5	0	0	2	0	0	0	0	0	2	0	0	3	12
Chris Scott	0	0	0	0	0	2	0	0	2	2	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	29
Con Boukojiannis	0	2	1	2	0	2	2	0	2	2	0	0	2	0	1	1	2	3	22
Connor Anglim	2	2	0	0	2	4	2	2	4	4	0	0	2	2	4	0	0	3	33
Craig Worthington	2	5	4	2	2	0	0	0	2	2	0	0	2	0	2	0	2	3	28
Damian Ong	0	0	0	0	0	2	3	0	2	0	0	0	0	0	2	2	0	3	14
Damien Barnier	0	3	0	0	2	2	0	0	0	2	0	0	0	0	0	0	3	0	12
Damien Morris	2	0	0	0	0	0	0	2	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	43.5
David Ivers	0	0	0	2	2	2	2	2	2	2	2	0	0	0	0	0	1	0	17
David Williams	2	2	2	3	0	0	3	2	10	2	2	2	2	2	2	5	3	3	47
Dermot Anglim	2	1	0	0	2	2	2	2	2	0	0	0	0	2	0	2	2	0	19
Gary Donald	0	2	0	5	0	2	2	0	0	9	0	7	2	0	0	4	3	3	39
Gerrard French	2	2	2	2	0	0	2	0	0	2	2	0	2	0	0	0	0	0	16
Glenn Fordham	0	4	10	0	2	1	0	0	0	0	0	0	0	0	3	5	5	3	33
Jackson Carman	0	4	4	2	2	2	1	2	2	2	2	0	2	2	2	7	0	0	36
Jamie Watson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	3
Jason Noye	0	0	2	0	0	0	0	0	0	2	0	4	0	0	0	5	0	0	13
Jessica Goodwin	0	0	8	0	0	3	2	2	0	2	0	2	2	2	2	0	2	3	30
Jessica Pratt	2	4	0	0	2	0	4	2	7	10	2	2	2	2	2	6	4	3	54
Jim Robbie	0	0	0	0	2	0	2	0	0	0	2	0	0	0	0	7	2	0	15
John Deery	0	0	0	0	0	4	4	0	0	0	0	0	2	2	5	0	0	0	17
John Evans	2	2	3	4	2	2	2	0	0	2	2	5	2	0	2	3	2	0	35

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John Kelley	0	2	0	3	2	2	0	0	0	2	2	6	2	0	0	0	2	3	26
Kayla Morris	0	1	2	0	2	1	1	0	11	0	0	1	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	47
Kevin Swan	0	0	2	0	0	0	0	0	5	0	2	2	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	27
Leon Marsh	0	0	0	0	0	0	0	2	0	5	0	0	0	2	3	0	0	0	12
Mark Kelly	0	0	0	2	0	0	0	0	2	6	0	2	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	3
Michael Watson	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	3
Myles Matthews	0	4	2	2	0	0	0	0	2	2	0	2	2	0	0	2	4	0	22
Nicholas Mercier	2	2	4	1	0	0	4	2	0	1	0	0	2	0	2	0	1	3	24
Pat Wilson	0	3	0	0	0	3	0	0	6	0	0	0	0	0	2	0	0	0	14
Paul Cordina	0	0	0	2	0	0	1	2	5	0	0	0	2	2	2	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	25.5
Robyn Stanley	0	0	0	4	0	2	2	2	8	7	2	2	2	2	0	4	0	3	40
Ron Griffey	2	4	2	0	0	2	2	2	2	10	2	0	2	2	1	0	0	3	36
Russell Thompson	0	5	2	4	2	0	2	0	0	3	0	1	2	0	1	2	4	3	31
Ryan Biss	2	0	0	0	0	0	0	0	0	0	0	0	2	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	19
Sharon Jones	0	2	2	2	0	2	0	2	2	0	2	2	0	2	0	0	2	0	20
Stephen Duller	2	0	2	2	2	2	2	0	5	8	0	3	2	2	0	0	2	3	37
Tony Pratt	2	2	3	3	2	4	2	2	4	0	2	10	2	2	4	10	2	3	59
Trent Carman	0	0	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0	10

Juniors

Emma Pratt	2	0	0	0	2	0	0	0	3	0	2	3	2	0	2	3	4	3	26
Kobe Swan	0	0	2	2	0	0	0	2	4	0	2	4	0	0	2	4	0	3	25