WEST COAST MASTERS CYCLING COUNCIL Inc.
Newsletter – June 2008

Newsletter kindly sponsored by:

Plan B
WEALTH MANAGEMENT

Forthcoming Events

All events start at 9.00am unless otherwise advertised. Nominations $10 or as notified.
6 July – WMCC Memorial Race Handicap 54km (6 laps) – **Note** nominate **7 days in advance**. Cash and trophies as prizes.
13 July - Graded Scratch, Pickering Brook.
20 July – Lakes Bikes Graded Scratch, Wandi.
27 July – Fleet Cycles 70km handicap – York-Beverley and return. – **Noms** 7 days in advance. **Over $1,000 in prizes**, plus trophies.
3 August – Graded Scratch – Herne Hill.
10 August – Graded Scratch, Mt Helena – 9.30am start.
16 or 17 August (keep an eye on the web page for actual date and other details) – Collie - Lowden Handicap.

National Championships 2009

Hot News: 2001 was the last time we ran the AVCC National Championships. Well, our turn has come around again and 2009 will see us run Road, Criterium, Time Trial and Track Championships. Make a note of the dates: Friday 13th November (track – time trials, pursuits, scratch races); Saturday 14th (criterium and time trials); Sunday 15th (road).

We have tentatively agreed that the criteriums will be held on the Speed Dome circuit, the time trials at Herne Hill, and the road races at Chidlow. At Chidlow the older age divisions will be run on the 'A' circuit, while the younger age groups will use the longer 'B' circuit. So, plan your season and set your training goals for November 2009!

Race Results

25 May, Gr. Scr. Dog Hill, Baldivis

A hint of rain saw only a small field of 54 riders contest the Dog Hill event. Heavy rain on the previous day must have frightened off many folk but those who did turn up enjoyed almost perfect conditions, with hardly a breath of wind and sunshine. All grades rode steadily, as reflected in the circuit times that were consistent for each division throughout the racing. Only in lap three was there a marked shift when 'A' grade chased down Atilla Nagy's Hungarian friend Les Sebastey, who had started the lap with a lead of about 300m. Their 16minute lap was the fastest of the day, though overall little distinguished their lap times from those of 'B' grade. At the finish it was a heads down effort, with Andrew Brierley just holding off George Miller and Les Sebastey, with the Paul Brown taking 4th place ahead of the recently returned Dave Townson and Garry Collett.

'C' grade witnessed the only successful break of the day when Paul Whighton and Jon Dooner cleared off to take line honours by about half-a-minute from the bunch that was led in by Gary Boterhoven, Bob Stephens, Mark Burke and Ken Dupuy. Jon Dooner did the gentlemanly thing by

waving Paul Wighton through, thus acknowledging his major part in the break.

'B' grade saw the closest finish of the day when Danny Kelsall put in a great effort to hold off a flying Steph Ratcliffe by a couple of centimetres. Ian Turner kept up his recent good form when finishing half-a-length behind, to beat Brent Clapham into fourth place, while Bob Addy who had been seen blasting away at the front of the bunch was fifth.

'D' grade saw the only 'incident' of the day when Larry Ross was unfortunate when falling on a corner, and Fran Watson very nobly stopped to help him. Larry had a few mint scrapes but lost too much time to get back to the bunch. In the bunch sprint, Andrew Lorrimar proved strongest of the day when beating Roy Swift by a metre or so, while Brian Kennedy was third.

A grade, 74km (7 laps)
1. Andrew Brierley; 2. George Miller;
3. Les Sebastey; 4. Paul Brown;
5. Dave Townson; 6. Gary Collett;
7. Brian Farrelly; 8.Nick Foster;
9. Ian Lyne; 10. Atilla Nagy;
11. Paul Moke. Average: 17m 10s per lap.

'B' grade, 74km (7 laps)
1. Danny Kelsall; 2. Steph Ratcliffe;
3. Ian Turner; 4. Brett Clapham;
5. Bob Addy; 6. Nic Crane; 7. Dave Equid;
8. Paul Hare; 9. Geoff Marshall;
10. Steve Ware; 11. Paul Slocombe;
12. Bruce Campbell; 13. Chris Peniston;
14. Ian McFall. Average: 17m 25s per lap.

'C' grade, 64km (6 laps)
1. Paul Wighton; 2. Jon Dooner;
3. Gary Boterhoven; 4. Bob Stephens;
5. Mark Burke; 6. Ken Dupuy;
7. Andrew Bennett; 8. Malcolm MacWatt;
9. Trevor Robson; 10. John Wighton;
11. Ron Master; 12. Chris Hunt;
13. Jeff Usher; 14. Pat Coolican.
Average 18m 05s per lap.
'D' grade, 53km (5 laps)
1. Andrew Lorrimar; 2. Roy Swift;
3. Brian Kennedy; 4. Jack Iveson;

5. Paul Crespi; 6. Alan Taylor.
Average: 20m 35s per lap.

1 June, Graded Scratch, Pickering Brook
The same old story – a night of torrential rain and storms – those of little faith staying away – and then, glorious conditions for the race for the 50 riders who faced the starter.

Fifteen riders started in 'A' and 'B' grades, 13 in 'C' and 7 in 'D'. There were a few riders who found a need to hone their climbing legs, while Lee Parker and Keith Winch in 'A', John Dooner in 'C' and Terry Lack in 'D' suffered the puncture bug. Racing was tight in the first three grades, while 'D' grade saw a few burn offs, though there were four riders there for the kill. A few brave souls attempted to break away, with perhaps Peter Shanley in 'B' being the most prominent along with Jeff Usher and Trevor Robson in 'C', though even those breaks never amounted to more than a couple of hundred metres for a lap or so. On the bell lap in 'A' grade, George Miller broke away on the final climb and managed to hold a 30-metre lead over Gary Wight who was fast chasing George down when he crossed the line. Paul Moke took the bunch sprint for third place while Gary Collett and Nick Foster filled the remaining cash-paying places.

In 'B' grade, Wal Crowley and Peter Shanley also gained a 50-metre lead on the climb that they kept to the finish before Wal came over Peter in the sprint. Matt Wilding took the bunch sprint for third, while Ian McFall, Ian Turner, Barry Wanless who finished in the first six, just headed the rest of the closely packed bunch.

The 'C' graders rode at a consistently fast pace recording 13m 20secs for three of their six laps, but no-one was able to split the field. In the bunch sprint Mark Burke who has been knocking on the door for quite a while, recorded a good victory over Bob Stephens, Chris Hunt, Paul Wighton, Ron Master and the rest of the 11 survivors.

The 'D' graders gave no quarter in their race. Denis Cosgrove had to change a wheel but got back to the bunch after a hard chase and still finished third. Len Hall was prominent at the head of the field and was still strong enough to beat Paul Crespi into second place, while Dave Nangle also finished in the breakaway group to take fourth place.

'A' grade –60km – 8 laps
1. George Miller; 2. Gary Wright;
3. Paul Moke; 4. Gary Collett;
5. Nick Foster; 6. Graeme Muston;
 7. Dave Townson; 8. Ian Lyne;
9. Jorge Botello; 10. Jamie Somers;
11. Brian Farrelly; 12. Frans Buissink;
13. Roger Shooter; 14. Keith Winch.
Average 12m 35secs (full laps)

'B' grade 52.5km – 7 laps
1. Wal Crowley; 2. Peter Shanley;
3. Matt Wilding; 4. Ian McFall;
5. Ian Turner; 6. Barry Wanless;
7. Laurence Wynne; 8. Steph Ratcliffe;
9. George Law; 10. Dave Equid;
11. Wayne Hartas; 12. Mario Librizzi;
13. Dale Cammack; 14. Chris Peniston.
Average 13m 15secs per lap (full laps).

'C' grade 45km – 6 laps
1. Mark Burke; 2. Bob Stephens;
3. Chris Hunt; 4. Paul Wighton;
5. Ron Master; 6. Trevor Robson;
7. Jeff Usher (sorry to the rest - camera malfunction). Average 13m 35secs per lap.

'D' grade 35km – 5 laps
1. Len Hall; 2. Paul Crespi;
3. Denis Cosgrove; 4. Dave Nangle;
5. Andrew Lorrimar; 6. Brian Kennedy;
7. Pat Coolican.
Average 15m 30secs per lap (full laps)

8 June, Graded Scratch, Chidlow 'A'
A brisk morning that helped prevent overheating on the undulating 'A' course at Chidlow, saw a field of 45 riders on the start line. To those who stayed away because they believe Chidlow is too far away from civilization, try drawing a circle from the Perth City Post Office and realize that its actually closer to that point than some other courses on our calendar!!

'A' grade saw nine starters who rode the hills as if they didn't exist. All were together until the final lap when Terry Andrews decided he would live for another day and sensibly packed. On the long rise to the fire-station finish, George Miller (lightweight George) bobbed ahead for a comfortable 10metre win. Paul Moke, Gary Wright and Jason Rolfe were all in with a chance for second place with 5 metres to go when Paul lunged to take himself across the line by a tyre-width, with Gary taking a very close third.

As is the norm, 'B' grade with 18 riders was the largest group of the day. There were no fireworks or anything that looked like a serious attack until two laps to go when Brett Clapham took a 50-metre lead, to be followed out of the bunch by Peter Shanley, Bob Addy, and Frans Buissink. The final lap saw an unassailable lead by Peter, Bob and Frans who continued to ride strongly, and to finish in that order. Wal Cowley proved strongest in the bunch sprint when finishing fourth, while Ian McFall and Danny Kelsall also finished in the money.

'C' grade witnessed steady progress by the closely packed bunch until just before the start of the final lap when Jeff Usher started the rot that disintegrated the field when he attacked and took a 50-metre lead. With the group still closely packed together there were few willing to take bets on Jeff staying on the front for too long but they were proved wrong and his effort helped split the field – so much so that the finish was a judge's dream. Powering up to the finish Paul Wighton added to recent laurels when beating Jeff to the line by a good 40-metres, with Bob Stephens a further 100-metres behind to take third place. Trevor Robson was 20-metres further back while Ken Harvey 'trying out' with an injured shoulder, free-wheeled the final 50-metres to take fifth place.

There were seven starters and seven finishers in the 44km 'D' grade event. Lapping just over the 21minute mark the group looked comfortable and it appeared

as if the effort was left to the uphill sprint. This saw Denis Cosgrove rise to the occasion when holding off a fighting Len Hall, while Larry Ross finished a few metres behind in third place.

Presentations were held at the Chidlow Inn midst hamburgers, chips, wedges, cheese nachos and other healthy fare, by which time the sun was shining brightly and folks had recovered to talk about the thrust and parry of the day's racing!

'A' grade –77km –7 laps
1. George Miller; 2. Paul Moke;
3. Gary Wright; 4. Jason Rolfe;
5. Ian Lyne; 6. Gary Collett;
7. Atilla Nagy; 8. Dave Townson.
Fastest lap 17m 50s; Average 18m 10secs.

'B' grade 66km – 6 laps
1. Peter Shanley; 2. Bob Addy;
3. Frans Buiisink; 4. Wal Crowley;
5. Ian McFall; 6. Danny Kelsall;
7. Steph Ratcliffe; 8. George Law;
9. Geoff Marshall; 10. Paul Slocombe;
11. Ian Turner; 12. Dave Equid;
13. Paul Hare; 14; Bruce McLennan;
15. Brett Clapham.
Average 18m 45secs per lap.

'C' grade 55km – 5 laps
1. Paul Wighton; 2. Jeff Usher;
3. Bob Stephens; 4. Trevor Robson;
5. Ken Harvey; 6. Mark Burke;
7. Neil Dodge; 8. Bill Wingrave.
Average 19m 05secs per lap.

'D' grade 44km – 4 laps
1. Denis Cosgrove; 2. Len Hall;
3. Larry Ross; 4. Roy Swift;
5. Brian Paxman; 6. Dave Nangle.
Average 21m 55secs per lap.

15 June, Graded Scratch, Neerabup
What a day! Lashing cold rain, strong gusty blasts and 34 hardy souls turned out for their Sunday morning Fix. For once it didn't rain around us, or before, or after the race, yet folks rode hard and all deserved a medal. In particular, a special word for Brian Kennedy for being the oldest starter at 75 years of age and having driven up from Bunbury for the occasion. Brian, who rode in 'C' grade because only

two from his usual 'D' grade turned up, stayed with the bunch for five of 8 laps, was seen at one stage to be holding 'B' grade, and finished well within himself.

The eight 'A' graders moved well to lap at 13m 20secs and though there were a few attacks, no one was strong enough (or perhaps prepared to) stay out in front for too long. The sprint into the wind saw a hard won victory to George Miller who sounded like a banshee in pain as he expelled what was left in his lungs when crossing the line. Ian O'Brien finished a couple of lengths behind and just ahead of Paul Moke and the rest of the survivors.

'B' grade witnessed the bravest ride of the day when Phil Johnston decided to go it alone with six laps to go. At the bell he still had 20seconds on the bunch, but Phil who had been lapping at a steady 13m 25s got caught on the final run in, to finish in 9th place towards the end of the bunch. Bob Addy, relishing the 'Brit' weather conditions in which he had grovelled in his youth, opened a gap with a lap to go and was joined by Frank Norton. The two caught and passed Phil Johnston but at the end of the race the bunch was only a few seconds down. In a painfully slow sprint caused by a particularly hard blast of wind, Bob clawed his way to the line for first place, Frank being unable to come off his wheel. Ace sprinter Mick Russell finished at the head of the bunch in third place, while Steph Ratcliffe Chris Norris, Bruce MacLennan and the remaining survivors were close behind.

'C' grade covered the first two laps at a faster pace than 'B' grade (the handicapper is thinking of promoting them all!), though there was a noticeable slow down in the last couple of laps. Everyone appeared happy to ride in a cosy bunch for most of the race, and it was only in the final 150metres that the group split in the sprint to the line. Trevor Robson used the occasion to break his duck, while Mark Burke was yet again in the winnings when he finished a couple of lengths behind. Denis Cosgrove promoted from 'D' grade to finish third, showed that it wasn't the

handicapper's mean nature that had caused the shift but his own potential as a sprinter. Peter Maxwell came out of retirement to score a good fourth ahead or regulars, Chris Hunt and Jon Dooner.

'A' grade –75km 10 laps
1. George Miller; 2. Ian O'Brien;
3. Paul Moke; 4. Nick Smith;
5. Keith Winch; 6. Lee Parker;
7. Gary Collett.
Fastest lap 12m 30s. Average 13m 20secs.

'B' grade 76km – 9 laps
1. Bob Addy; 2. Frank Norton;
3. Mick Russell; 4. Steph Ratcliffe;
5. Chris Norris; 6. Bruce Maclennan;
7. Wal Crowley; 8. Dave Equid;
9. Phil Johnston; 10. Eric Simillion;
11. Gavin Lawson.
Average 13m 40secs per lap.

'C' grade 60km – 8 laps
1. Trevor Robson; 2. Mark Burke;
3. Denis Cosgrove; 4. Bob Stephens;
5. Peter Maxwell; 6. Chris Hunt;
7. Jon Dooner; 8. Jeff Usher;
9. Paul Wighton; 10. Brian Kennedy.
Average 14m 30secs per lap.

22 June, Graded Scratch, Mt Helena
What a pleasant contrast with conditions at the previous Neerabup event when 63 riders ventured forth to enjoy the sunshine and calm conditions on the Bunning/Toodyay Road circuit. The 'marshal' situation raised its ugly head before the race and only an appeal by the President saved the day, resulting in Len Hall gallantly sacrificing his ride to stand on a corner.

The premier grade saw an excellent turnout of 18 riders and with Eddy Hollands in the field everyone knew there would be fireworks. Attack flew fast and furious but the first two laps went by with the field remaining intact. On the third lap Eddy Hollands and Dave Berglund rode smoothly over the line with the closest rider a minute behind, and after attacks within the bunch the field had truly fragmented by the start of the final lap, to the extent that a handful of the riders decided to spectate the finish rather than to face another 20km ride. The finish saw Eddy ride to a comfortable victory, with Dave Berglund some 20metres behind. There was a very close fight for third place, when Ray Gillespie beat Andrew Brierley by a tyre width, while George Miller, Marty van Moorsel and the rest of the survivors followed in their wake.

As is usual these days, 'B' grade had the largest field of the day with 21 riders but within a lap or so were down to 19, as Danny Kelsall started walking after suffering a puncture, and new recruit Brian Walsh had the bad luck to ship a chain, go off course and then having got back to the circuit, to punctur again. Not an auspicious start with the club! All looked serene for the first two laps but then things went to pieces for some of the riders as attacks went off the front. Strongman of the day was Frans Buissink who burnt the rubber over the hilly part of the course, to finish at least 40 seconds clear. Collie visitor Mark Paget finished second, while Brett Clapham and Paul Slocombe both finished at 20metre intervals to respectively take third and fourth places. Another half-a-minute separated them from the bunch that was led in by the bobbing figure of Wal Crowley, with Gavin Lawson and Mario Librizzi both close behind to fill the prize placings.

In 'C', with a two lap race there was little time to play around and on the first circuit Paul Wighton and Nick Crane decided to open up a gap. This they held to the finish, Paul riding away to an easy victory (and almost certain promotion following two wins in three races) while Nick was some 15 seconds behind in second place. There was a close packed rush to the line for the bunch that resulted in an excellently timed sprint by Mark Burke who just beat Trevor Robson, Bob Stephens, Chris Hunt and the rest across the line.

'D' grade suffered from a small field of eight riders, thus making it difficult for anyone burnt off to hope for company to the line. Paul Crespi showed he was in

excellent form when appearing to ride with ease when gaining a 30metre gap on the first lap. He kept form in the second and final circuit when beating Larry Ross and Roy Swift comfortably up the rise to the finish. Home rider Dave Nangle (he lives 50metres from the start) finished with them but an impressive ride was also made by Brian Paxman, the oldest rider of the day, who finding himself a good minute down after the first lap, rode hard to close the gap to about 150metres by the end of the event.

'A' grade –80km - 4 laps
1. Eddie Hollands; 2. Dave Berglund;
3. Ray Gillespie; 4. Andrew Brierley;
5. George Miller; 6. Marty van Moorsel;
 7. Paul Lamond; 8. Ian Lyne;
9. Gary Collett; 10. Jason Rolfe;
10. Graeme Muston; 13. Paul Moke.
Average per lap 32 mins.

'B' grade 60km – 4 laps
1. Frans Buissink; 2. Mark Paget;
3. Brett Clapham; 4. Paul Slocombe;
5. Wal Crowley; 6. Gavin Lawson;
7. Mario Librizzi; 8. Laurence Wynne;
9. Dave Equid; 10. Frank Norton;
11. Ian McFall; 12. Steph Ratcliffe;
13. Bruce MacLennan; 14. Goff Marshall;
15. Paul Hare; 16. Steve Dodd;
17. Wayne Lally;
Average 32m 50secs per lap.

'C' grade 40km – 2 laps
1. Paul Wighton; 2. Nic Crane;
3. Mark Burke; 4. Trevor Robson;
5. Bob Stephens; 6. Chris Hunt;
7. Peter Maxwell; 8. Bill Wingrave;
9. Roger Steinkrieg; 10. Jeff Usher;
11. Jon Wighton; 12. Ken Dupuy;
13. Denis Cosgrove.
Average 34m 15secs per lap.

'D' grade 40km – 2 laps
1. Paul Crespi; 2. Larry Ross;
3. Roy Swift; 4. Dave Nangle;
5. Andrew Lorrimar; 6. Brian Paxman;
7. Jack Iveson; 8. Denis Robinson.
Average 40m 30secs per lap.

Menzies- Kalgoorlie 1 June
Taking the 100 year-old classic by storm our members excelled in one of Cycling Australia's major event. Taking line honours was Paul Lamont, with Terry Andrews in second. Dave Berglund was fourth overall, and Bob Addy sixth. Mick Russell it is reported to have sacrificed all when acting as lead-out for the winning group when entering Kalgoorlie. Also finishing in the leading group were Mick himself, Geoff Marshall, Brian Buck, and Atilla Nagy. Steve Lack and Fenton Moran also competed (apologies to other members who might have also been present!). In the criteriums, Bob Addy performed strongly to take 1st place in 'D' grade, just beating second-placed Atilla Nagy to the line.

So, congratulations to all.

Amendment
In the last newsletter I inadvertently (meaning blundered!) when I put John Wighton down twice in the Time Trial Championship results – once in the 45-49 year division and the other in the 55-59 year division. The 40-44 year was correct but it was Paul who should have been listed in the 55-59 division where he placed third with a time of 1h 11m 05s, and a plus 3m 16s age standard. Grovelling apologies!

Marshals
Those who rode at Mt Helena discovered that we are now at crisis point regarding marshals. We needed only three but could only muster two on the day. If we don't get sufficient marshals on the courses then we will be forced to cancel races. Our permits have to be approved by local shires and also by the police and if we don't apply by the regulations we are breaking the law. Contact us if you can help! Note all our marshals are paid!

MJD/June'08