

GIPPSLAND 3 DAY TOUR

6 7 8 JUNE
2015

Wellington CC



Warragul CC



Leongatha CC



Race Director: Provided by Host Clubs

Time Keeper: Paul Yeatman

Presentations and lunch will follow on from the race finish of all grades at the Heyfield Bowls Club so please come along to enjoy a meal, chat and celebrate the race.

- 2014 Winners -

'A' Cyrus Monk , Warragul - 'B' Paul Yeatman, Warragul
'C' Ash Kozak, Latrobe City - 'D' Frank Benstead, Warragul

Stage 1 - Mardan

Assemble at Leongatha Secondary College. 1pm start.

Route

Mardan Rd: 38.24km circuit. Starts on Oglivy Street which becomes Nerrena Road. Left turn into Mardan Dumbalk Road, sharp left turn into Mardan Road, left turn onto Strezleki Highway. Shortly after entering Leongatha, left turn into Horn Street.

The Hulls road loop may be broguht into place, depending on what the Club decides on the day.

Hulls Road Loop: 12.7km circuit. Turn into Hulls Road from Nerrena Road, left turn into Mardan Road, left turn onto Strezleki Highway. Shortly after entering Leongatha, left turn into Horn Street.

A Grade / 2 laps = 78km. Sprints on laps 1 & 2. KOMS on laps 1 & 2.

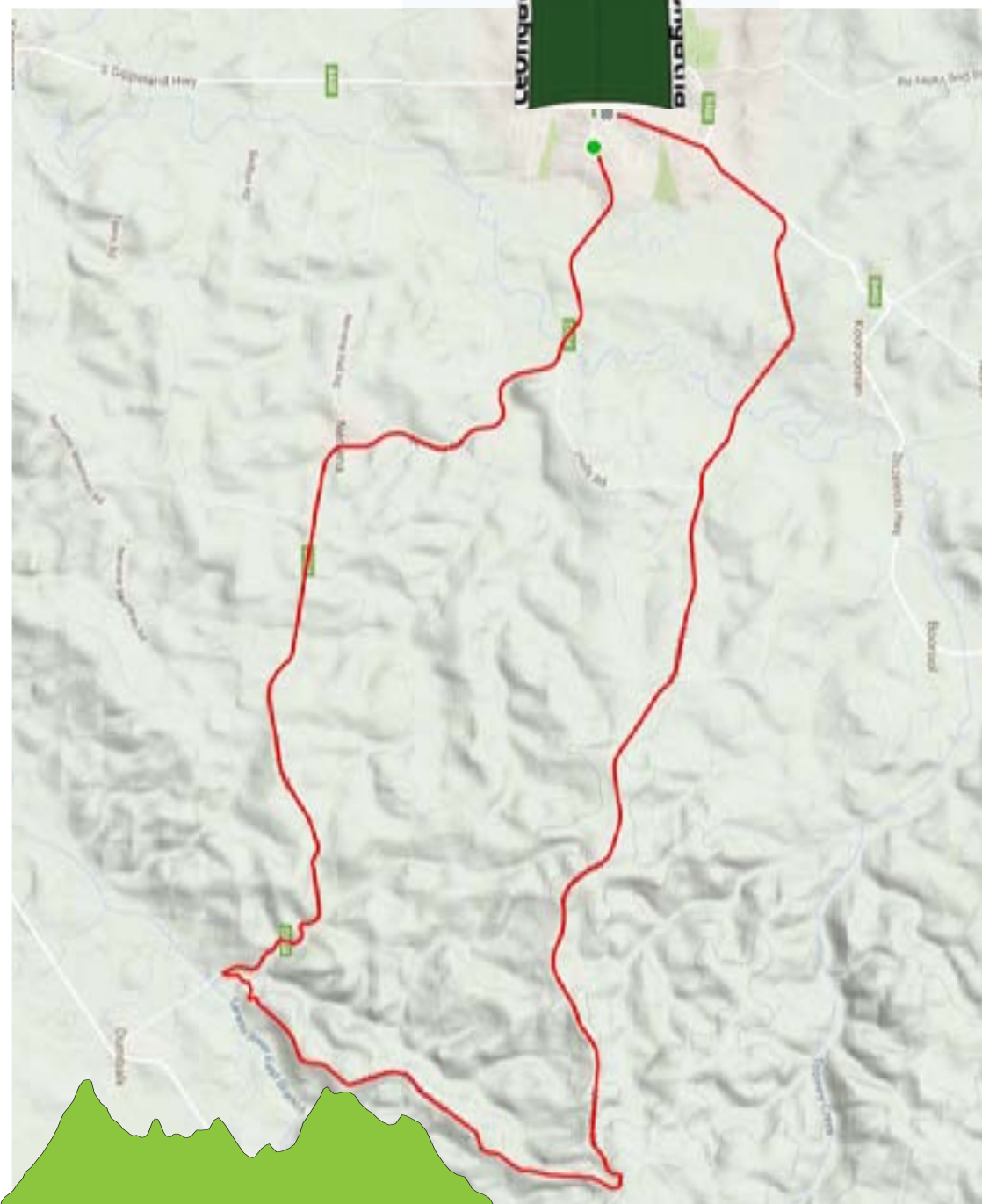
B Grade / 2 laps = 78km. Sprints on laps 1 & 2. KOMS on laps 1 & 2.

C Grade / 1 Lap Mardan = 37.3km. Sprint on lap 1. KOM on lap 1.

Intermediate sprint for all grades is at the Nerrena Tennis Courts, about 14km into the lap.

KOM at top of Mardan-Dumbalk Rd for all grades.

Course Notes: a testing course with a long steep climb. This will test riders on day one of racing. An uphill finish.



Stage 2 - Shady Creek

Assemble at Shady Creek Hall. 11am start

Route

Shady Creek; 17km circuit on Darnum - Shady Creek Road, left onto Nilma North Road, sharp left onto Stuhrs Road, left onto Darnum - Shady Creek Road.

A Grade / 5 laps = 85km. Sprints at the end of laps 1, 2, 3, & 4. KOM's on laps 2, 3, 4 & 5.

B Grade / 4 laps = 68km. Sprints at the end of laps 1, 2, & 3. KOM's on laps 2, 3, & 4.

C Grade / 3 laps = 51km. Sprints at the end of laps 1 & 2. KOM's on laps 2, & 3.

Intermediate sprints will be at the Finish Line on the Darnum- Shady Creek Road just prior to the T-intersection with the Yarragon-Shady Creek Road. KOMs' will be at the top of the 1.8km long hill on the Nilma North Road.

Course Notes: a mix of uphill, downhill and twisy roads. The wooded roadside can see the bunch lose sight of breakaways, however the uphill finish line can be seen from about 1200m out.



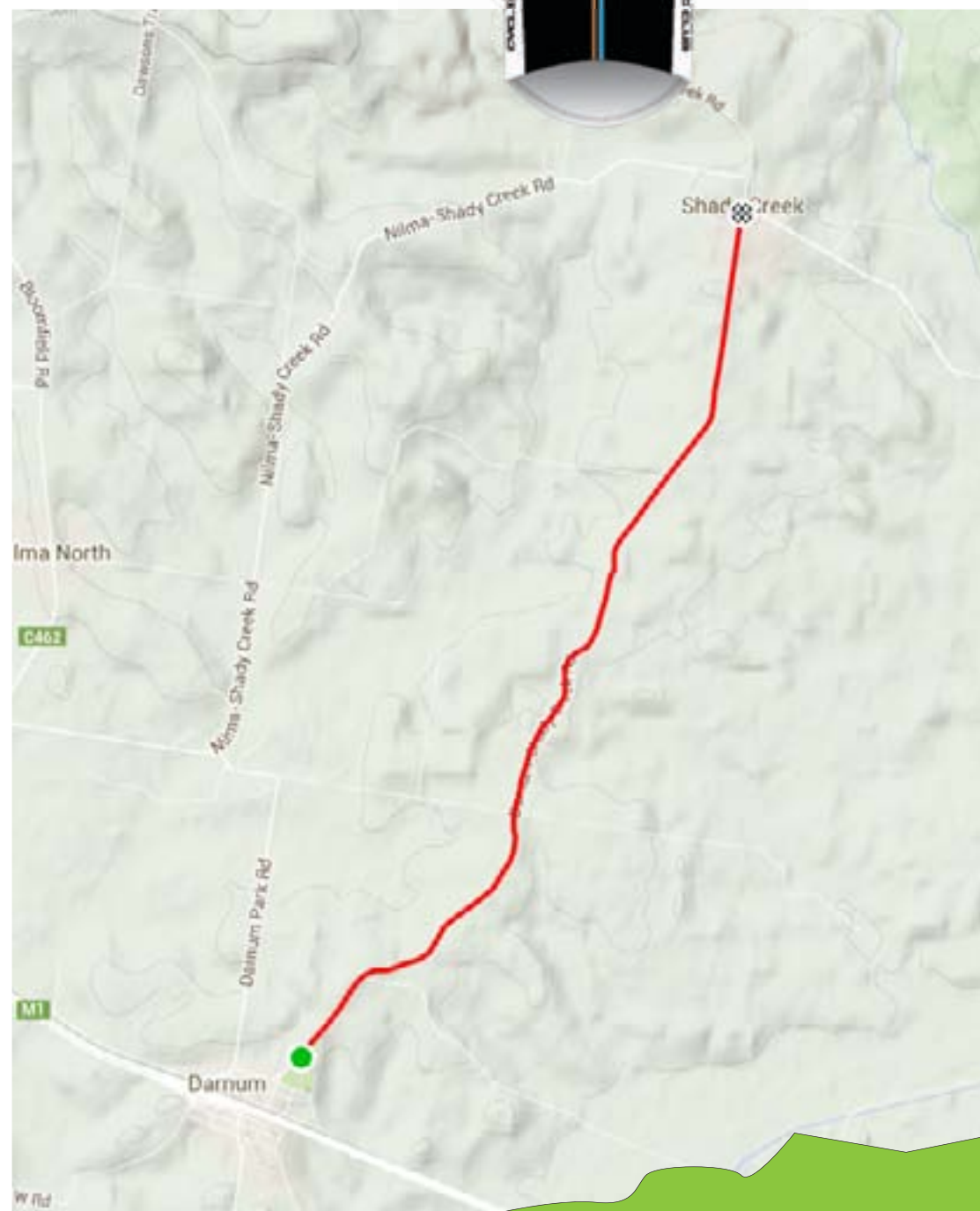
Stage 3 - Darnum ITT

Assemble at Shady Creek Hall. 3pm start at Nilma Darnum Football Groud.

Route

8.77km TT all grades starting 03:00 pm. Darnum to Shady Creek one way. Riders away at 30 second intervals with a gap between grades.

Start Time	Name	Club	Start Time	Name	Club
15:00:00	Janine Vavasseur	Non Gippsland	15:16:00	Kristy Glover	Wellington
15:00:30	Mark Mason	Warragul	15:16:30	Simon Whitford	Wellington
15:01:00	Robyn Baker	Warragul	15:17:00	Chris Rowe	Leongatha
15:01:30	Adele Whelan	Warragul	15:17:30	Harrison McLean	Leongatha
15:02:00	Grace McLean	Leongatha	15:18:00	Austin Timmins	Leongatha
15:02:30	David Redman	Latrobe	15:18:30	Will Lumby	Leongatha
15:03:00			15:19:00	Stuart Smith	Leongatha
15:03:30			15:19:30	Clem Fries	Leongatha
15:04:00			15:20:00	Thomas Mcfarlane	Leongatha
15:04:30			15:20:30	Brett Franklin	Leongatha
15:05:00	Chloe Baggs	Non Gippsland	15:21:00	Matt Larkin	Latrobe
15:05:30	Sam Warren	Non Gippsland	15:21:30	Brett Van Berkel	Latrobe
15:06:00	Alec Mates	Wellington	15:22:00	Chris Henne	Latrobe
15:06:30	Michael Park	Leongatha	15:22:30	Jim Timmer-Arends	Latrobe
15:07:00	Dylan Adams	Leongatha	15:23:00	Justin Gravett	Latrobe
15:07:30	Gary Campbell	Leongatha	15:23:30	Colin Aitken	Latrobe
15:08:00	Morgan Barnes	Leongatha	15:24:00	Chris Joustra	Latrobe
15:08:30	Philip Hanley	Leongatha	15:24:30	Paul Makepeace	Latrobe
15:09:00	John Taylor	Latrobe	15:25:00	Daniel Gafa	Latrobe
15:09:30	David Willowwhite	Bairnsdale	15:25:30	Patrick Brett	Warragul
15:10:00	Cassandra Lear	Bairnsdale	15:26:00	Brett Kennedy	Warragul
15:10:30	Nicole Summerfield	Warragul	15:26:30	Jason Laird	Warragul
15:11:00	Jason Tubnor	Warragul	15:27:00	Jimmy Lalor	Warragul
15:11:30	Glen Walker	Warragul	15:27:30	Robert Monk	Warragul
15:12:00	Steve muggeridge	Warragul	15:28:00	Jayman Prestidge	Warragul
15:12:30	Frank Bensted	Warragul	15:28:30	Pete Welan	Warragul
15:13:00	Rob Waddell	Warragul	15:29:00	Alan McCulloch	Warragul
15:13:30	Duane McDonald	Warragul	15:29:30	Paul Yeatman	Warragul
15:14:00	Geoff Thomson	Warragul	15:30:00	Matt Parkinson	Warragul
15:14:30			15:30:30	Cyrus Monk	Warragul
15:15:00					
15:15:30					



Stage 4 - Heyfield

Assemble at the Heyfield bowling club, George Street, Heyfield. 10am start

Route

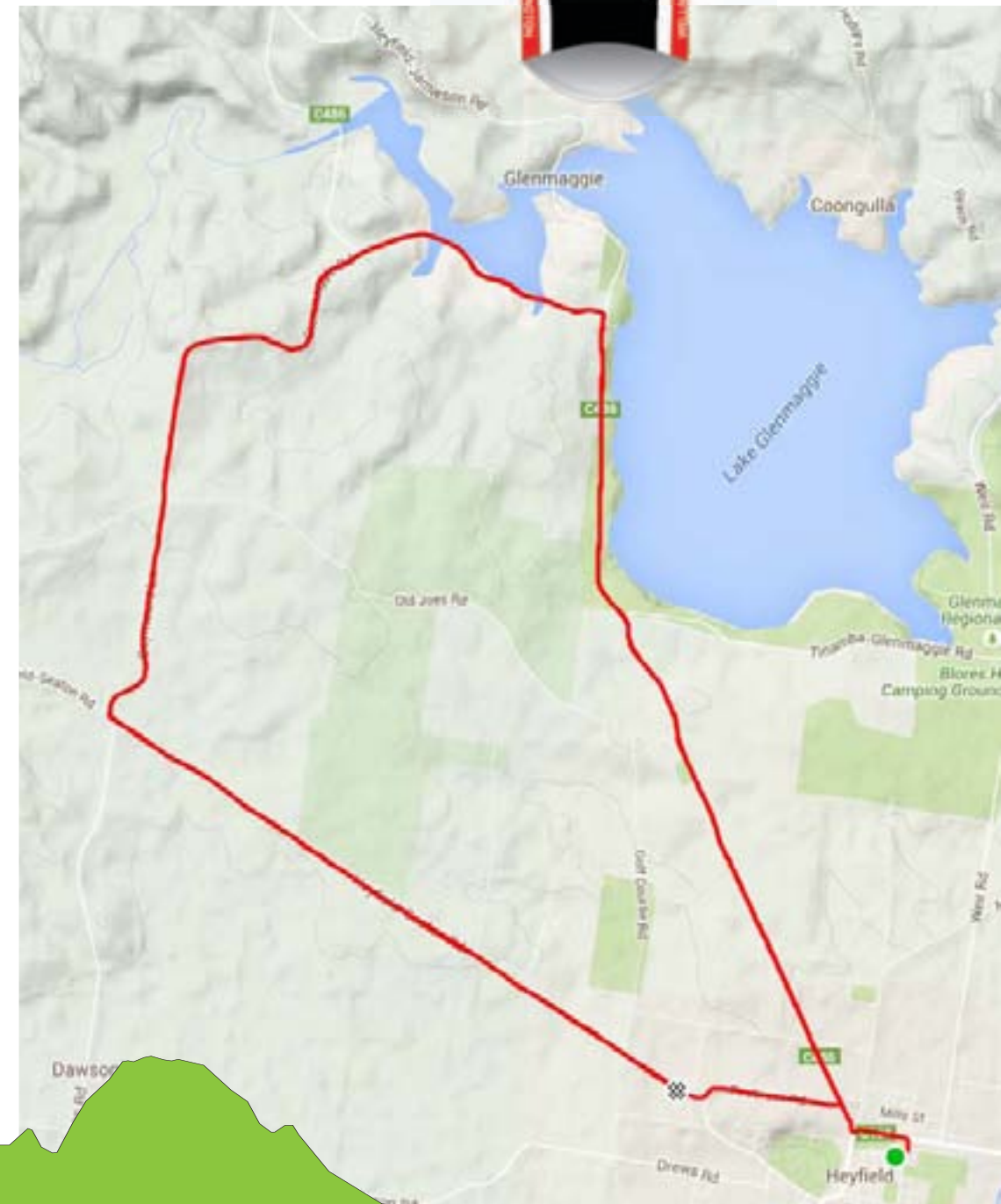
26.3km circuit. Start in George Street, neutral to Licola Road, commence race after round-about on Licola Road. Left onto Seaton-Glenmaggie Road, which continues as Seymour's Lane. Left at Seaton-Heyfield Road. Left into Firebrace Road, and left onto Licola road. The finish is on the Seaton-Heyfield Road, approx 300meters before Firebrace Road.

A Grade / 3 laps = 77km*. Sprints on laps 1 & 2. KOM's on laps 1, 2 & 3.

B Grade / 2 laps = 51km. Sprint on lap 1. KOM's on laps 1 & 2.

C Grade / 2 laps = 51km. Sprint on lap 1. KOM's on laps 1 & 2.

The intermediate sprint is at the finish line on the Seaton-Heyfield Road. The KOM is 12.2km after the start on the Seaton-Glenmaggie Road.



RACE RULES

Preliminaries

Clubs must have a copy of their Police race permit at the stage start.

Clubs are to organise corner marshals, placement of signs, KOM and Sprint judges, lead and following cars, and a spares vehicle.

1 General Classification

'A' grade is decided on time, and other grades are decided on points. The overall winner of 'A' grade is the rider with the lowest riding time less any time bonuses over the duration of the tour. The overall winner of other grades is the rider with the highest point score over the four stages. In the event that riders at the end of the Tour have equal time or equal points, the rider who rode the fastest prologue time will be awarded the winner.

The winner of 'A' grade is awarded the Tour's perpetual trophy for one year.

2 Time Bonuses and Points, KOM's and Sprints

2.1 A Grade

Time bonuses (seconds) are awarded in the road race stages, as follows:

Stage finish: 1st=10, 2nd=8, 3rd=6, 4th=4, 5th=2.

The stage finish does not count for points in the Sprint competition. There are no bonus times or bonus points awarded in the time trial stage. In the 'A' grade event the KOM's and Sprints receive points, for their respective competitions which are awarded as follows:

1st=5, 2nd=4, 3rd=3.

The same apply a time bonuses in GC seconds.

2.2 B & C Grades

In the 'B' & 'C' grade races KOM and Sprint points count towards the GC.

Points are awarded in the road race stages, as follows:

Stage finish: 1st = 15, 2nd = 12, 3rd = 9, 4th = 6, 5th = 3.

KOM: 1st = 3, 2nd = 2, 3rd = 1.

Sprint: 1st = 3, 2nd = 2, 3rd = 1.

Time Trial 1st = 15, 2nd = 12, 3rd = 9, 4th = 6, 5th = 3. . Riders within 40 seconds of 5th place receive 3 points, within 80 seconds 2 points and all others 1 point.

The stage finish does not count for points in the Sprint competition.

3 Race Format

3.1 Grades

The Tour is three separate races 'A', 'B' & 'C' grades. Any rider who is caught by another grade is to avoid interfering with riders from that grade by remaining at the rear of the bunch to avoid influencing the outcome of that grade's race. Riders found to be interfering will be disqualified, and not allowed to start in the following stage.

This is a graded event, and if a rider is deemed too strong, by the Race Director, (ie breaks the bunch apart within a few kilometres) for the grade entered they will be promoted to a higher grade. The promoted rider will be given higher grade bunch time and they will forfeit bonuses.

3.2 Teams

There will be a team prize for the best Gippsland Club covering all grades. Points will be awarded to the first three Gippsland riders on each stage in each grade. Points are; 1st rider = 5 pts, 2nd = 3pts, 2nd = 1pt, this applies even if the riders are not placed in the stage. It is not the first three riders from each club, it is the first three Gippsland riders. Please claim your places at the end of the stage.

4 Road Rules and Official Directions

All Victorian Road Rules must be obeyed. Following directions of Commissaires and Officials is essential. A rider who crosses solid or double white lines will incur upto \$100 fine, disqualification, and possible suspension from all racing in Victoria for six weeks.

Riders crossing white lines in Sprints or KOM's will forfeit any points won in that particular sprint. Dangerous riding will not be tolerated.

5 Race Finishes

Riders finishing in the top eight places must report their race number to the line judges. Riders must not re-cross the finish line once finished. Riders finishing within five seconds of a bunch will be given bunch time.

6 Failing to Finish

If a rider fails to finish a stage due to accident, mechanical problems, or sickness he/she will be allowed to participate in the remaining stages. They will be awarded the time of the slowest rider. They are to avoid influencing the outcome of that grade's race. Riders found to be interfering will not be allowed to start in the following stage.

7 Time Trial

Riders need to start at their designated time. If a rider misses his/her start, the rider will be slotted in, but no adjustment will be made to his/her start time. The only exception to this rule is a rider who has suffered a mechanical breakdown, and has reported his misfortune to the starting timekeeper prior to his designated starting time.

8 Punctures / breakdown

A rider who needs to stop during a stage for a puncture or other mechanical failure must immediately use a hand signal to inform other riders and the spares

vehicle, and move to a safe position completely off the road on the left hand side. Service will only be given by the spares van on the left side of the road.

9 Spares

A spares vehicle will be provided for 'A' grade only. All riders should carry their own spare tube, pump, tools in case the spares vehicle is not immediately available.

10 Protest / Appeals

Any rider wishing to lodge a protest must do so in writing to the Race Director within 15 minutes of finishing the stage. The Appeal Board will consist of the Race Director, Host Club representative, and a non-riding delegate from one other Gippsland club.

11 Lead Vehicle

Riders are not allowed to overtake the lead vehicle. Any rider who breaks this rule will be disqualified immediately.

12 Outside Assistance

A rider who receives outside assistance will incur a time and/or point penalty, the severity of which is at the discretion of the Race Director.

13 Following Vehicles.

Non-official vehicles following the race will incur a penalty for their respective rider.

14 Behaviour

Urinating in public view will incur \$50 fine and possible disqualification. Litter must be placed in bins provided at race venues, or taken home. Persons found littering will be fined upto \$50 and / or penalised.

'A' GRADE - NUMBERS 1 to 30

No	Name	Club
1	Cyrus Monk	Warragul Cycling Club
2	Matt Parkinson	Warragul Cycling Club
3	Paul Yeatman	Warragul Cycling Club
4	Alan McCulloch	Warragul Cycling Club
5	Pete Welan	Warragul Cycling Club
6	Jayman Prestidge	Warragul Cycling Club
7	Robert Monk	Warragul Cycling Club
8	Jimmy Lalor	Warragul Cycling Club
9	Jason Laird	Warragul Cycling Club
10	Brett Kennedy	Warragul Cycling Club
11	Patrick Brett	Warragul Cycling Club
12	Daniel Gafa	Latrobe City Cycling Club
13	Paul Makepeace	Latrobe City Cycling Club
14	Chris Joustra	Latrobe City Cycling Club
15	Colin Aitken	Latrobe City Cycling Club
16	Justin Gravett	Latrobe City Cycling Club
17	Jim Timmer-Arends	Latrobe City Cycling Club
18	Chris Henne	Latrobe City Cycling Club
19	Brett Van Berkel	Latrobe City Cycling Club
20	Matt Larkin	Latrobe City Cycling Club
21	Brett Franklin	Leongatha Cycling Club
22	Thomas McFarlane	Leongatha Cycling Club
23	Clem Fries	Leongatha Cycling Club
24	Stuart Smith	Leongatha Cycling Club
25	Will Lumby	Leongatha Cycling Club
26	Austin Timmins	Leongatha Cycling Club
27	Harrison McLean	Leongatha Cycling Club
28	Chris Rowe	Leongatha Cycling Club
29	Simon Whitford	Wellington Cycling Club
30	Kristy Glover	Wellington Cycling Club

'C' GRADE - NUMBERS 60 to 70)

No	Name	Club
60	David Redman	Latrobe City Cycling Club
61	Grace McLean	Leongatha Cycling Club
62	Adele Whelan	Warragul Cycling Club
63	Robyn Baker	Warragul Cycling Club
64	Mark Mason	Warragul Cycling Club
65	Janine Vavasseur	Non Gippsland Club

'B' GRADE - NUMBERS 40 to 60

No	Name	Club
40	Geoff Thomson	Warragul Cycling Club
41	Duane McDonald	Warragul Cycling Club
42	Rob Waddell	Warragul Cycling Club
43	Frank Bensted	Warragul Cycling Club
44	Steve muggeridge	Warragul Cycling Club
45	Glen Walker	Warragul Cycling Club
46	Jason Tubnor	Warragul Cycling Club
47	Nicole Summerfield	Warragul Cycling Club
48	Cassandra Lear	Bairnsdale Cycling Club
49	David Willowwhite	Bairnsdale Cycling Club
50	John Taylor	Latrobe City Cycling Club
51	Philip Hanley	Leongatha Cycling Club
52	Morgan Barnes	Leongatha Cycling Club
53	Gary Campbell	Leongatha Cycling Club
54	Dylan Adams	Leongatha Cycling Club
55	Michael Park	Leongatha Cycling Club
56	Alec Mates	Wellington Cycling Club
57	Sam Warren	Non Gippsland Club
58	Chloe Baggs	Non Gippsland Club

Race Strategy

Stage 1 (Scratch)

Fellow cyclists to mark: _____

The Plan: _____

Race Strategy: _____

Start line arousal: very low / low / medium / high / frisky

Result (place x of y): _____

What I did well: _____

What I need to improve: _____

Aches/pains/problems post race: _____

What went down during the race: _____

Stage 2 (ITT)

Fellow cyclists to mark: _____

The Plan: _____

Race Strategy: _____

Start line arousal: very low / low / medium / high / frisky

Result (place x of y): _____

What I did well: _____

What I need to improve: _____

Aches/pains/problems post race: _____

What went down during the race: _____

Stage 3 (Scratch)

Fellow cyclists to mark: _____

The Plan: _____

Race Strategy: _____

Start line arousal: very low / low / medium / high / frisky

Result (place x of y): _____

What I did well: _____

What I need to improve: _____

Aches/pains/problems post race: _____

What went down during the race: _____

Stage 4 (Scratch)

Fellow cyclists to mark: _____

The Plan: _____

Race Strategy: _____

Start line arousal: very low / low / medium / high / frisky

Result (place x of y): _____

What I did well: _____

What I need to improve: _____

Aches/pains/problems post race: _____

What went down during the race: _____

Year	Name	Club
1964	Darryl Edwards	Warragul
1966	John Weir	Warragul
1967	Robert Kypriotis	Morwell
1968	Robert Kypriotis	Morwell
1969	John Trevorow	Morwell
1970	John Trevorow	Morwell
1971	Geoff Charleston	Traralgon
1972	Len Van Berkel	Traralgon
1973	Jim Phillipson	Sale
1974	John Trevorow	Morwell
1975	Michael Phillips	Traralgon
1976	Steve Cook	Traralgon
1977	Geoff Thomson	Warragul
1978	Greg Sands	Sale
1979	David McFarlane	Leongatha
1980	Tony Smith	Leongatha
1981	Geoff Fletcher	Morwell
1982	David McFarlane	Leongatha
1983	David McFarlane	Leongatha
1984	Rick Trevorow	Morwell
1985	David McFarlane	Leongatha
1986	Peter Phillips	Traralgon
1987	Dave McFarlane	Leongatha
1988	Phillip Gallagher	Warragul
1989	David McFarlane	Leongatha
1990	Anthony Hemming	Leongatha
1991	David McFarlane	Leongatha
1992	Troy Warren	Leongatha
1993	David McFarlane	Leongatha
1994	Wayne Kestle	Warragul
1995	Wayne Kestle	Warragul
1996	Luke Ryan	Leongatha
1997	David McFarlane	Leongatha
1998	Murray Fenwick	Warragul
1999	Murray Fenwick	Warragul
2000	Leigh O'Hara	Warragul
2001	David Salton	Warragul
2002	Joel Pearson	Warragul
2003	Joel Pearson	Warragul
2004	Gerard Murphy	Leongatha
2005	John McKenzie	Latrobe City
2006	Matt Jensen	Carnegie Caulfield
2007	Nick Aitken	Leongatha
2008	Charles Howlett	Latrobe City
2009	Nick Aitken	Leongatha
2010	Brenton Jones	Warragul
2011	Brenton Jones	Warragul
2012	Brenton Jones	Warragul
2013	Brenton Jones	Warragul
2014	Cyrus Monk	Warragul