8, 9, 10 June 2019

GIPPSLAND 3 DAY TOUR

BAIRNSDALE   **LATROBE**   **WARRAGUL**

BAIRNSDALE CYCLING CLUB

LatrobeCity cycling club
LatrobeCity CC

WARRAGUL CYCLING

Race Director: Provided by Host Clubs
Time Keeper: Peter McLean / Commissaire: Wayne Tunks
Presentations and lunch will follow on from the race finish of all grades at the
Darnum Pub so please come along to enjoy a meal, chat and celebrate the race.

- 2018 Winners -
'A' Cyrus Monk , Warragul - 'B' Craig Keane, Wellington
'C' David Webb, Bairnsdale

Stage 1 - Linednow
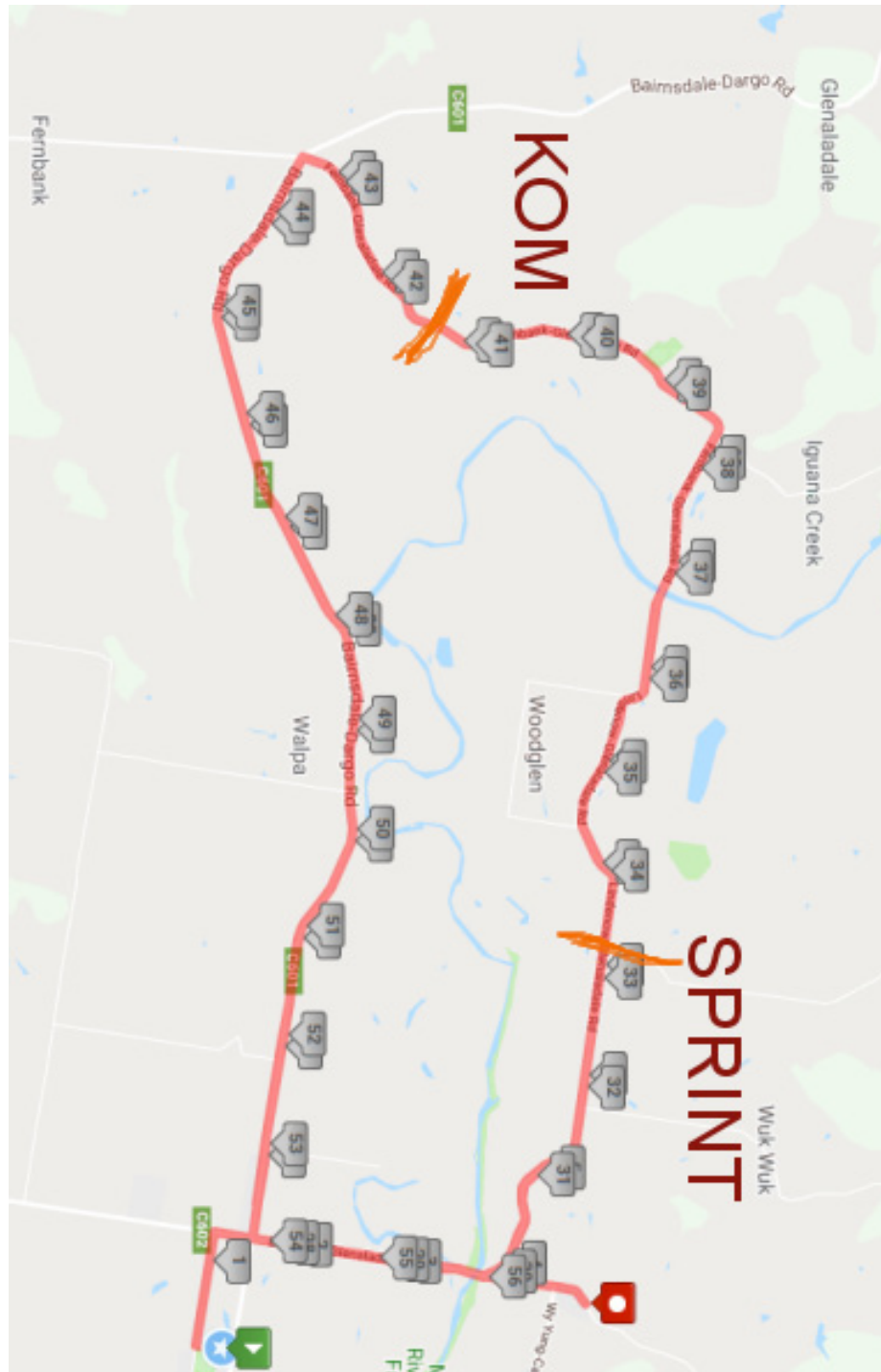
Assemble at the Lindenow hall. 1pm start

Route

A race feature a 26km undulating loop with a big KOM climb in the middle followed by a tough climb to the finish at the top of Rodericks Hill.

A Grade 3 laps = 83km. Sprints lap 2 and 3. KOM's laps 1, 2 and 3.

B Grade 3 laps = 83km. Sprints lap 2 and 3. KOM's laps 1, 2 and 3.

C Grade 2 laps = 55km. Sprints on lap 1. KOM's laps 1 and 2.

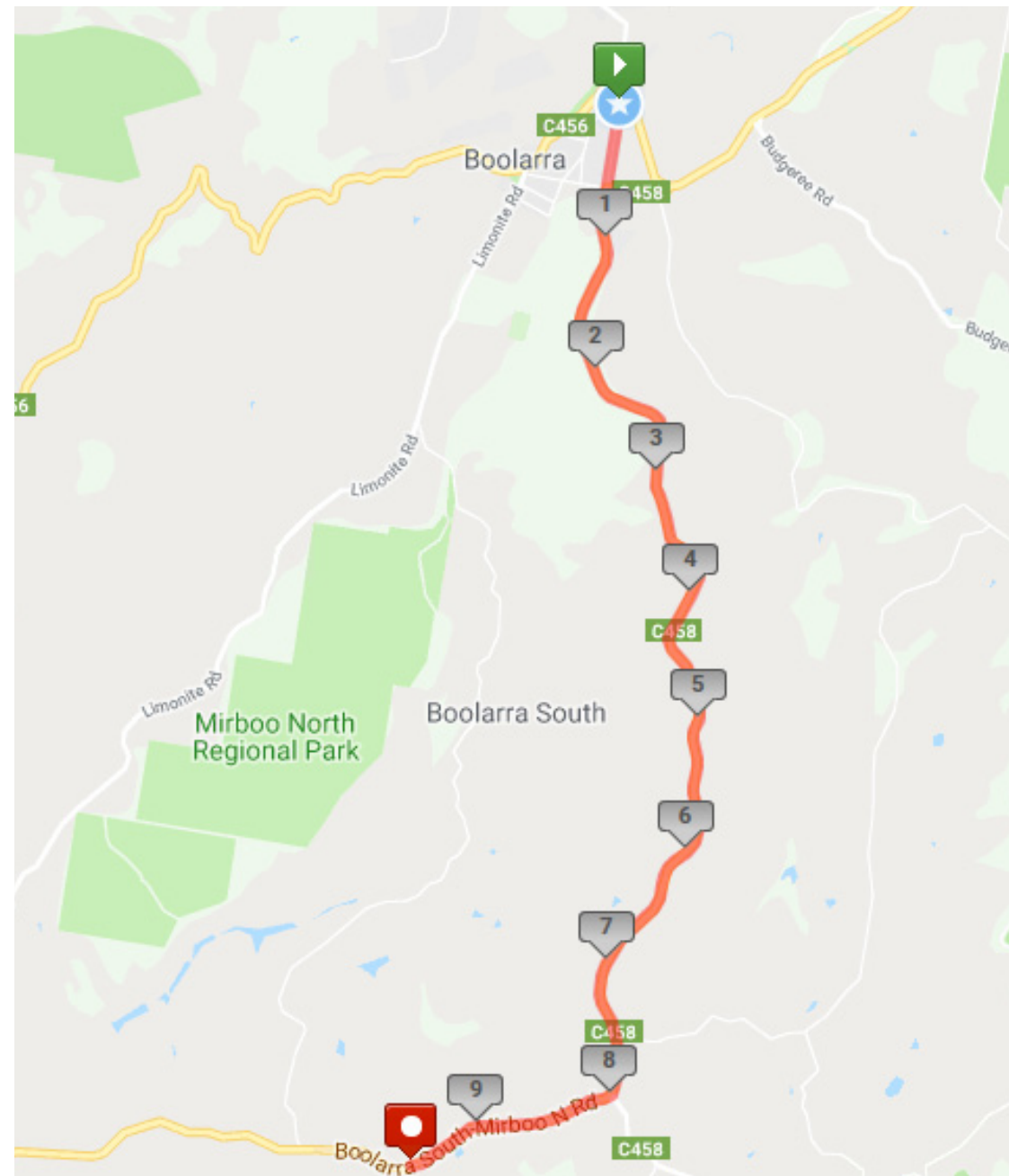Women's Grade 2 laps = 55km. Sprints on lap 1. KOM's laps 1 and 2.

June 8: Stage 1 @ 13:00

YEATMAN MICROBIOLOGIST

Route

A 4.5kms hill climb starting at Penaluna St then straight ahead onto Foster Road. Riders start at 1minute intervals within their grades.
Rider briefing at 10am. First rider off at 10:15.

Start Time	Name	Grade	Start Time	Name	Grade
10:15	Robyn Baker	W	10:36	William Anderson	A
10:16	Sharon Blegg	W	10:37	Connor Bagot	A
10:17	Nicole Summerfield	W	10:38	Daniel Bishop	A
10:18	Donna Innes-Wardelll	W	10:39	Alex Dunbar	A
10:19	Simon Anderson	C	10:40	Sequoia Frahn	A
10:20	Rod Cheyne	C	10:41	Daniel Furmston	A
10:21	Ross Henry	C	10:42	Chris Joustra	A
10:22	Peter McLean	C	10:43	Jason Laird	A
10:23	Rob Monk	C	10:44	Tom McFarlane	A
10:24	Allen Timmer-Arends	C	10:45	Harry McLean	A
10:25	David Willowhite	C	10:46	Ollie McLean	A
10:26	Martin Bando	B	10:47	Tom McNish	A
10:27	Phil Lutz	B	10:48	Brett Rollinson	A
10:28	Peter Macdonald	B	10:49	Leigh Stott	A
10:29	Anthony Magaldi	B	10:50	Tom Reid	A
10:30	Aaron Nash	B			
10:31	Trevor Nicklen	B			
10:32	Mick Salerno	B			
10:33	Darren Spiteri	B			
10:34	James Timmer-Arends	B			
10:35	Tex Walker	B			

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3DT GIPPSLAND 2019

June 9: Stage 2 @ 10:00

360

100

YEATMAN MICROBIOLOGIST

Stage 3 - Boolarra

Assemble at Boolarra Primary School. 12:30pm start.

Route

Rolling hills through the Strezlecki Ranges will challenge those not built for hills. Riders begin in Boolarra and ride along Boolarra-Limonte Road turning left into Boolarra South-Mirboo North Road. The race heads back into town along Forster Road.
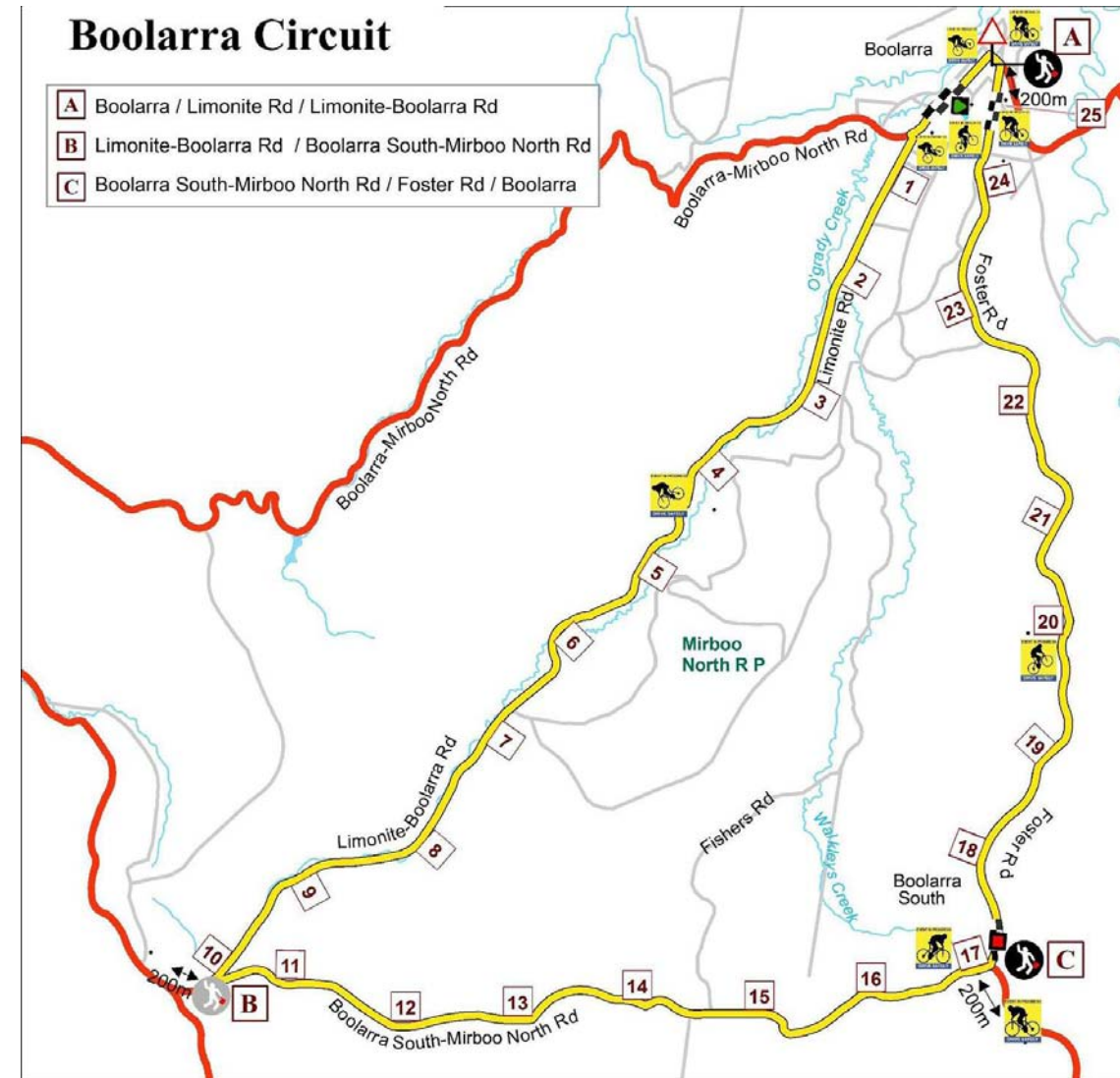
A Grade 3.5 laps, start in town. Sprints and KOM each lap.

B Grade 2.5 laps, start in town. Sprints and KOM each lap.

C Grade 1.5 laps. Sprints and KOM each lap.

Women's Grade 1.5 laps. Sprints and KOM each lap.

Finish just before the turn on to Boolarra Sth Rd. KOM and Sprint locations as indicated.

Boolarra Circuit

A Boolarra / Limonite Rd / Limonite-Boolarra Rd

B Limonite-Boolarra Rd / Boolarra South-Mirboo North Rd

C Boolarra South-Mirboo North Rd / Foster Rd / Boolarra

360

100

YEATMAN MICROBIOLOGIST

Stage 4 - Shady Creek

Assemble at LeShady Creek Hall. 10am 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 2, 3, & 4. KOM's on laps 2, 3, 4 & 5.
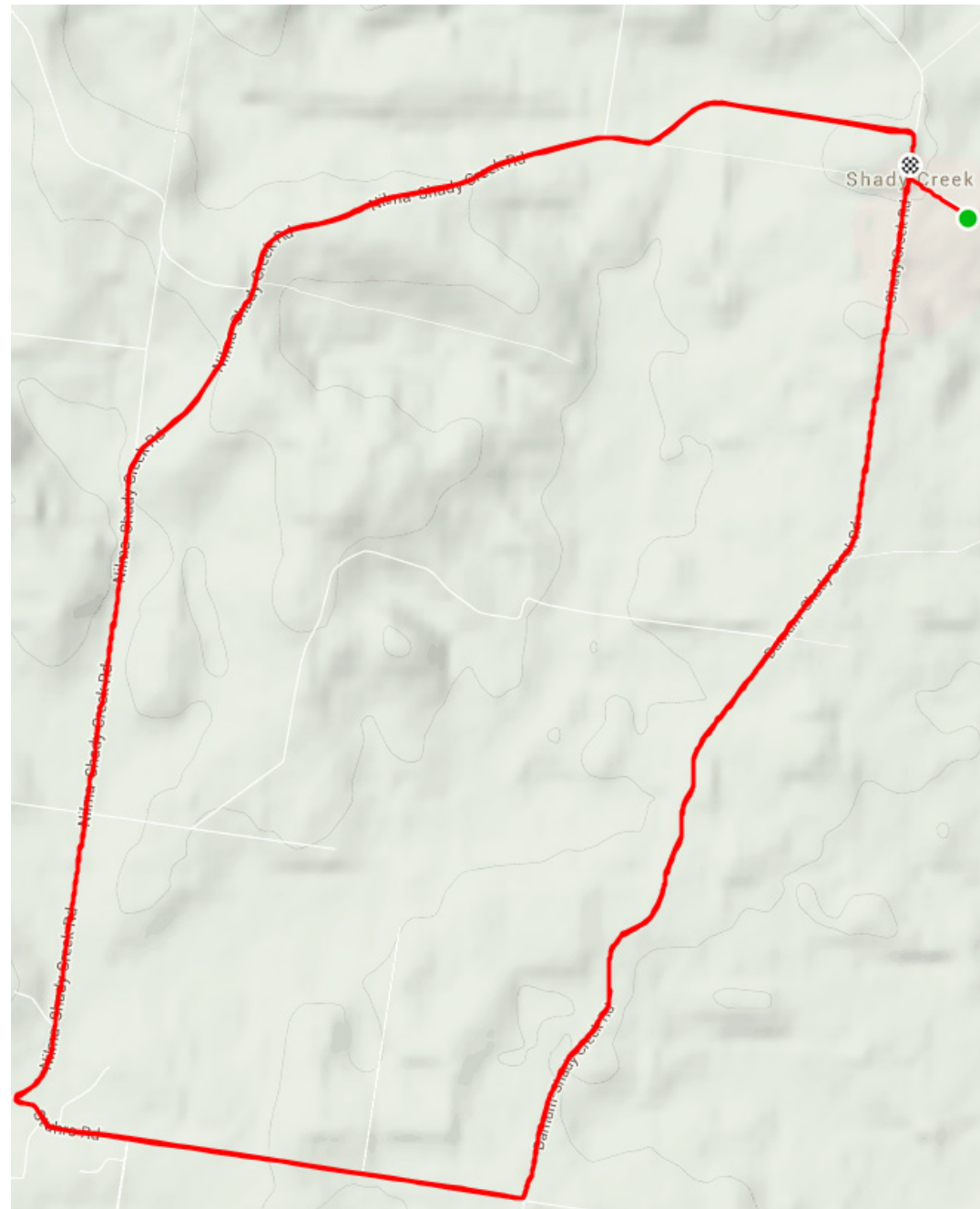
B Grade 4 laps = 68km. Sprints at the end of laps 2, & 3. KOM's on laps 2, 3 & 4.

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

Women's Grade 3 laps = 51km. Sprints at the end of lap 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.

3DT GIPPSLAND 2019

June 10: Stage 4 @ 10:00

190

100

YEATMAN MICROBIOLOGIST

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 prolgue 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 four 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.

YEATMAN MICROBIOLOGIST

'A' GRADE - NUMBERS 1 to 19

No	Name	Club
1	Cy Monk	Non Gippsland
2	Jason Laird	Warragul CC
3	Brett Rollinson	Warragul CC
4	Brett Franklin	Leogatha
5	Austin Timmins	Leogatha
6	Harrison McLean	Leogatha
7	Tom McFarlane	Leongatha
8	Will Lumby	Leongatha
9	Daniel Gafa	LaTrobe CC
10	Chris Joustra	LaTrobe CC
11	Adrian Harper	LaTrobe CC
12	Simon Whitford	Wellington CC
13	Dean Johnstone	Non Gippsland
14	Pete Johnstone	Non Gippsland

'B' GRADE - NUMBERS 20 to 39

No	Name	Club
20	Dave McFarlane	Leongatha
21	Kevin Feely	Leongatha
22	Steve Allen	Leongatha
23	Leigh Stoff	Warragul CC
24	Jayman Prestidge	Warragul CC
25	Paul Yeatman	Warragul CC
26	Rob Monk	Warragul CC
27	Brett Van Berkel	LaTrobe CC
28	Col Aitken	LaTrobe CC
29	Craig Skinner	LaTrobe CC
30	Jason Strickland	LaTrobe CC
31	Jim timmer-arends	LaTrobe CC
32	Matt Larkin	LaTrobe CC
33	Kristy Glover	Wellington CC

'C' GRADE - NUMBERS 40 to 59

No	Name	Club
40	Mark mason	Warragul CC
41	Geoff Thomson	Warragul CC
42	Ben Perry	Warragul CC
43	Glen Tex Walker	Warragul CC
44	Jason Fritzlaff	Warragul CC
45	Jimmy Lalor	Warragul CC
46	Ross Henry	Warragul CC
47	Gavin Slavin	Leongatha
48	Fred De Costa	LaTrobe CC
49	Phil Hanley	Leongatha
50	Ollie McLean	Leongarha
51	Mitchell Rankin	Wellington CC
52	Lochie Mushet	Non Gippsland

'D' GRADE - NUMBERS 60 to 79

No	Name	Club
60	Simon Forbes	LaTrobe CC
61	David Willowhite	Bairnesdale
62	Daniel Bishop	Warragul CC
63	David Smith	Warragul CC
64	Duane McDonald	Warragul CC
65	Mariah Dastey	Warragul CC
66	Robyn Baker	Warragul CC
67	Alec Mates	Wellington CC
68	Grace mayne	Non Gippsland
69	Kobi Merchant	Non Gippsland

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 Trevorrow	Morwell
1970	John Trevorrow	Morwell
1971	Geoff Charleston	Traralgon
1972	Len Van Berkel	Traralgon
1973	Jim Phillipson	Sale
1974	John Trevorrow	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 Trevorrow	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
2015	Cyrus Monk	Warragul