

behind  
bars

## Newsletter

Eastern Veterans Cycling Club



**May 1 2014**

### Duty Roster

**This Week on 3<sup>rd</sup> May** – Casey Fields: Allan Chiong, Karl Cundall and Chris Hughson

**Next Week on 10th May\*\*\*** – Avenel/Seymour: Nigel Kimber, Matt White, Daniel Ives, Gerald McIver, Ben Muller, John Neil and Russell Newnham.

**Note: Members rostered for marshal or traffic control duties must be at the circuit at least one hour before the scheduled start time to assist with the setting up of the course. (But bring your bike, you just never know). If a marshal fails to turn up for duty, a rider will be balloted to do that duty. If you cannot turn up for duty, you must find a replacement and please advise Andrew Buchanan at [tiptop2@optusnet.com.au](mailto:tiptop2@optusnet.com.au).**

**NB See note below on process for swaps.**

**\*\*\*Special Event\*\*\* Athletic Soft Tissue Handicap - Great Prizes - See Ad Below**

### **GRUYERE, 26/4/2014:**

Relatively few hardy souls made the trip out to Gruyere more in hope than expectation. It became progressively darker and wetter on the trip out along the Eastern and Maroondah towards Lilydale. The weather, however, did not dampen the enthusiasm of the racers, with breakers "going early and going hard". A couple of debutants in D Grade (David Chesney and Peter Emmett) posted notice of their serious intentions - David drawing the attention of the handicapper by gapping him on the final climb. Thanks to Mark, John, Peter and Jim for the reports below.

**A Grade:** No report

**B Grade:** Mark Edwards

I'm told that real men don't do crits, or at least they just do them for training, and the easy money. Crits are for wheelsuckers and flat trackers. Hard men do road races. Being one of your more marshmallow types I have avoided winter road racing for years now but with

the mighty Burners playing on Anzac Day I had a rare Saturday opportunity. It was either go racing or spend the day at home with the wife catching up with growing items on the fridge list. I took a sneak peak at the weather and thought there was a good chance I could get an afternoon off, drive out to Gruyere, stall a bit, wait for the too wet cancel, have a chat and a beer and then drift home and moan about another lost opportunity.

Unfortunately the weather went from sour to dour and the pre race excitement built up to a low murmur. The Classics on the TV show it's pretty obvious how to win a one-day road race. You just have to be stronger and quicker than everyone else, or be sneaky, or be lucky, or stay away, and if none of that works just be Cancellara. But mostly you have to be able to suffer. My brother-in-law has followed the Demons heart and soul forever and I have watched him suffer for 40 years. I wasn't confident I was up to two hours of that.



So we lined up, friends, comrades, brothers-in-arms and sworn enemies. A bunch of old blokes in lycra. We seemed well enough matched, the handicapper knows his stuff. I go around the first left and we hit a little wall for the first time, a bit of a dig but not too bad I thought. People were saying the hill was tough, and gets tougher every time but I'm thinking I got this. We rolled around a bit more, negotiated a downhill gravelly sharp left hander in the wet and I tucked in, still breathing through the nose when I see a couple of blokes grab the little ring. Huh? That made me a bit nervous so I stuck my head out and took a squiz up ahead. Holy ... I really should have done a warm up lap. That hill wasn't spectacularly long but it just keeps poking up a bit steeper. I was thinking when it got steeper we would just go slower but others were thinking differently. I don't know what they were thinking. Hadn't I heard 12 laps? We rolled over that mother at 19kph but happily no-one kept going and we formed up on the wet downhill, all a bit ginger, and swept left to start it all again.

A few of the keener types, especially the near teenager Glenn, took some pretty solid turns. I did some desultory work on the flats and downhills. I really needed to save everything for the mother. A few turns up and a couple must have dropped off. I was too busy hanging on to notice but we seemed to be getting a bit thinner. I was happy enough not to be first dropped after a summer season of being first bunny.

On about lap 5 or so as we manfully laboured near the summit Darren W lit up the afterburners and powered over the top. "Don't worry, he'll die" someone said so we sorta rolled a few turns and waited for him to be drawn back in but after a while I wasn't sure which tail light was which, and how fast we were gaining. Soon enough we realized both Dazza and the big money was GAWN and second was looking more interesting.

We had a few testers but we all seemed about as strong, or as weak, as each other and that hill just hurt. It came to the last lap. Sneaky Chris Ellenby doing the old hang back and charge, he has been doing it so often for so long it shouldn't be a surprise but it always is and it always hurts. We rolled around the last left, about five of us. I like a sprint but I was knackered, I just didn't know what everyone else had. The wet right sweep over the creek made me a bit nervous - that's my official excuse anyway. When everyone kicked I was still thinking about what gear, if I should stand, who I should watch and with way to far too go I knew I wasn't going anywhere fast, or even moderately fast. I heard Leo pipped the boy wonder Glenn just near the end. I think Darren Woolhouse was home and showered by then by then but he came back for the

well-deserved win and presentation.

I had a night planned out with my wife, even bought the exie tickets, but the thought of two flights of stairs up to the posh seats was too much so I just lay on the couch and moaned. I was telling Helen all about it, blow by blow, even though she has shown precious little interest in the past. This time I thought the epic nature of man v man v road had her wide-eyed in admiration but that low snoring rumble with the head laid back on the recliner was a bit of a giveaway, so I had to contemplate the "what might have beens", "what could have beens" and the what actually was with just a half bottle of Johnny Walker Black for company instead. Two days later it sort of feels like it was fun now, maybe if the Burners have a weekend off I can have another go one day.

I read the newsletter every week. I read the A Grade report, the D Grade, the F Grade, hardly ever a B Grade report. It's nearly always "No Report". I will have to use my imagination as you hard men go round all winter and spring. I asked myself "Am I a hard man?" and I got the wrong answer! I'll be getting in some sneaky training following the Giro for a week and come back for the daylight savings crits, back in B Grade where I belong. Two hours is too long. My Garmin said average 32. It felt a lot harder than 32. Those young pros that average well over 40 in long hilly stages, seriously?

Thanks to organizers, volunteers, marshals, sponsors and competitors, even, especially, the ones who skinned me so graciously. It's the most fun you can have sitting down I reckon.

### **C Grade: John Williams**

A solo breakaway might not be the easiest way to win a race, but for a plodder with few fast twitch muscles, it's just about the only way. Gruyere is one course that provides possibilities for an adventurous plodder.

After nearly 3 relatively amiable laps, I decided to shake it up a little and put in a surge halfway up the Killara Rd hill. Phil Cavaleri was walking the course and gave me an encouraging cheer, which told me I had got clear, so I decided to keep the pressure on the pedals over the top, down the hill, and through to the finish line. Tony Curulli yelled more encouragement, so I decided to see how long I could make this adventure last.

Topping the hill on lap 5, I was told that the pack was around 50 - 100 metres back - much closer that they had been, and by the first turn after the finish line I



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took a peek and saw them within 50 metres. Resigned to being caught, I suddenly decided to make it tough for the chasers, and redoubled my efforts. By the end of lap a healthy margin was restored, and (in my mind at least) I had killed off the enthusiasm of the chasers to do it all again.

Concentration is the hardest part of staying away. You are riding as close as you dare to the red-line all the way, without going past it. Physically I felt strong and I could keep a constant level of effort, not needing to react to surges and slowing of the pack. I convinced myself that this was a bigger advantage than a draft.

Each lap took a similar mental state. Starting at the turn into Killara Rd, carry as much speed into the hill as possible, keep the pace high through the lower part of the hill. Grind for a while, then change down and spin to clear lactic and use different muscles. Back up a gear and up in the pedals to regain road speed and change working muscles again, and work it to the top without red-lining (remember I've got a few more laps to go). Get on the power over the hill to gain a few extra metres (imagining the pack easing off over the peak behind) and carry speed down the hill. Pedal hard then assume the aero position and take some deep breaths to recover, and centre the concentration.

Fast yet safe around the Cahillton Road corner (don't want to risk the prize money by a stupid fall) yet carry momentum into the finish straight. Down in the drops to reduce wind drag, power hard past the finish-line, keep the speed up, just a shade below red-lining. Change down a gear if necessary to keep the cadence up, then back up as soon as I can.

Stay out of the mud and gravel at the turn into Medhurst Road and power into the short, sharp hill. Keep the gears high, standing in the pedals to get up it quick because its only a short one, then get the pedals spinning fast again to pick up time over the undulations. Another short climb, and there is just time for a quick glance at the top to see if the pack is in sight. No. Fantastic! Hard over the top of the hill and into the descent, then aero-position and deep breaths while working out how much speed and the best line around the corner back into Killara Rd. Carry as much speed into the hill as possible, then do it all again (and again and again).

Cresting the hill the eighth time and I am told there are two chasers about 200m back. This is not going to be an easy bell lap. Keep concentrating, push hard, up to the red line. Last time up the hill, every muscle in the legs were screaming - I thought of Jens Voigt - power over the top, fast down the hill, no mishaps around the

bottom turn. Down on the drops and flat chat to the finish line. I never felt safe until the line was behind me.

Great ride from Michael Cosgrave to finish second after breaking away with 3 to go, and Graham Bull shading David Brown in the sprint for 3rd.

Acknowledging a self centred race report, but riding mostly alone, its all I can contribute.

#### **D Grade: Peter Mackie**

Another great day for racing (wet & cold), only for the brave (?) It was a small field of 8 riders; one visitor from C grade; one newbie & one trial rider.

John Neil rode the majority of the race at the front. Ben Muller back from a long absence contributed along with Hylton Preece (after berating John for playing in the puddles), Colin Mortley & Michael Muscat to give John an occasional break.

First time up the hill was fairly casual and everyone remained in contact. The following climbs saw Michael fall off a little, only to catch back up on the flat. Lap four proved to be the breaker for Michael, dropped on the climb and unable to catch on the flat as the tempo was lifted. Into lap 5 John decided to stretch his legs and see who would follow after the left turn out of the finish straight; nobody followed, and John increased the distance back to the group.

David Chesney (newbie) looked very comfortable and rode well, paying attention and learning, but once we returned to the hill for the third or fourth last time he didn't seem to like the distance John had put between him and the group, so off he went in pursuit of John, with Peter M closely behind. It took David and Peter a complete lap to catch John (whilst the rest appeared to concede and were not sighted again).

So the three remained together until the final lap, where David tried to get an early gap on John & Peter, but was quickly chased down by John. On the final climb, David kicked into another gear and left the pair behind. Both tried to hang on but couldn't match his climbing ability. On the descent John and Peter worked together to try and close in on David, but a couple of cars put an end to it by coming around a bend too wide causing the riders to back off for safety reasons. David held on for first place in his first ride (enjoy C grade); John finished strongly for second and Peter third (Peter did all the work in the final chase ed.).



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**E Grade:** Jim Swainston

Well we were a pretty select group on Saturday. Fortunately it turned out a lot more pleasant than first promised - barely any rain! Our "parcours" was trying to get up that Killara Road hill. First time up we unhitched Peter Gray unintentionally and he battled on with only himself for company. Next time we temporarily unhitched Harry Hibgame but being the determined character he is he fought his way back on.

Next time up Harry went off again as JC and myself maintained a fair sort of pace. Harry chased doggedly however and didn't concede a lot of ground. The second last time up JC went off the back with some

breathing problems but got back on after a half lap chase. The last time up neither of us attacked and resigned ourselves to a sprint home. I went to the front with about 500m to go and wound up but JC jumped at the 200 and won well. Harry hung on to take the minor money and showed why he was a useful bike rider in his young days at Footscray.

Thanks to all who officiated in the trying conditions - you make the day possible!

**F Grade:** No Race

	First	Second	Third
<b>A Grade (7)</b>	Paul Smith	David De Pedro	Frank Nyhuis
<b>B Grade (10)</b>	Darren Woolhouse	Leo Webb	Glen Newnham
<b>C Grade (11)</b>	John Williams	Michael Cosgrave	Graeme Bull
<b>D Grade (8)</b>	David Chesney	John Neil	Peter Mackie
<b>E Grade (4)</b>	John Wilson	Jim Swainston	Harry Hibgame

Eastern Veterans Cycling Club

**Athletic Soft Tissue Classic Handicap Avenel Seymour May 10, 2014**

**60 km handicap starting**  
1.30 pm Avenel Road Seymour  
Entry \$10

1st \$275*	6th \$90
2nd \$200*	7th \$85
3rd \$150*	8th \$75
4th \$125	9th \$70
5th \$100	10th \$65

Fastest \$200\*, 1st Unplaced Woman \$65  
\* Plus trophy

Prize money subject to change.  
Entries close Wednesday 8 May at 5.00 pm. Entries to Peter Mackie 0400 710 610 or peter.mackie@parmalat.com.au

Proudly Sponsored by  
**Athletic Soft Tissue Therapy**  
Phone David McCormack 0419 536 717



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## The Loop: 30/4/2014. No Race (just coffee and chat)

### Future events:

#### Eastern Vets Program: [www.easternvets.com/](http://www.easternvets.com/)

	Date	Time	Location	Melway Ref	Event
Saturday May	3	2:00pm	Casey Fields	134 E10	Graded Scratch Races - Criterium
Saturday May	10	1:30pm	Avenel/Seymour	910 M5	Athletic Soft Tissue Handicap
Saturday May	17	2:00pm	Yarra Glen	266 J11	Graded Scratch Races - Kermesse
Saturday May	24	1:00pm	Yarra Junction	288 G10	Graded Scratch Races - Omara 100

Note: Graded Scratch Race entries are accepted on the day up to 15 minutes before the advertised race start time. Handicap entries close the Tuesday before the race. Riders entering a handicap MUST pay the entry fee regardless of participation. Fees are due on race day; entrants will NOT be allowed to start in any EVCC race until fees have been paid. No late entries will be accepted for either scratch races or handicaps. Entries to handicaps can be submitted via e-mail to the handicapper or on any race day prior to the event.

#### Northern Vets Program: <http://www.northerncycling.com/>

February 2014	Race	Dist.	Venue	Time	Event
04/05/2014	Road	77 km	Lancefield	10:00am	LADCOM Benghazi Open
11/05/2014	Criterium	1hr+bell	National Blvd (Ford)	9:00 am	Graded Scratch – Mums' Day
18/05/2014	Road	67 km	Colac Vets 22	10:00am	Open Handicap – Colac Vets
25/05/2014	Criterium	1hr+bell	National Blvd (Ford)	9:00 am	Graded Scratch

## Roster Duty: The Process (incl SWAPS)

It is a condition of membership that each member takes part in the race day duty roster. All members need to check the club Website (click on "Roster") and note their rostered date and venue.

IF you require a SWAP to another day YOU need to be pro-active and arrange the swap. If you need assistance in your search for a replacement, you can log your name on the website:

- Go to the Club Website – click on "Roster" then "Roster Swap" and follow the prompts.

If you can assist with a posted swap request click on the Website as above and follow the prompts.

Swaps must be in place at least one week before the rostered event. If the Club has to arrange late replacements or a rostered member fails to turn up for duty the responsible member will be ineligible to race until they have met their duty obligation.

Roster queries can be directed to: Andrew Buchanan Roster Co-ordinator (0418 281073 [tiptop2@optusnet.com.au](mailto:tiptop2@optusnet.com.au))

## Members' Corner

In addition to race reports, every Member is invited to submit cycling-related material of possible wider interest including favourite rides, best or worst cycling experiences, brushes with fame (or the infamous), cycling holiday snaps, etc.





Rob Amos has provided the following summary of EVCC performance at he South Pacific Age Championships at Maryborough. Dave McCormack provided the results sheets that follow Rob's report.

The South Pacific Age Championships were held over the Easter weekend in dry, cool conditions, with good performances from Eastern riders.

In Friday's 65 km RR wins went to Tom Leaper & Phil Smith, who put in the ride of the day with a 40 km break away, and with Roy Clark & Guy Green made the Men's 50-54 an Eastern clean sweep. Rob Amos was 2nd in the M55-59, with Bruce Will 3rd in the M65-69. Stephanie Coulson finished 2nd in the Women's 55-59.

In Saturday's 300m Sprint Eastern again took the top 3 in the M50-54 with Laurie Gates winning from Phil Cavaleri & Steve Ross. 2nd places went to Simon Bone, Dave McCormack, Ken Bone & Alan Sandford. Rob & Bruce picked up 3<sup>rd</sup> places in their events. Stephanie won the W55-59 with a very impressive time.

In the afternoon Shane Miller (M35-39) won the Time Trial with an average time of 46.2 kph. Roy won the M50-54 from Phil Smith by 0.07 of a second, after Phil had to avoid a stray dog. David Phillips & Garry Wishart ran 2<sup>nd</sup> in their events. 3rd places went to Rob, Ron Stranks & Stephanie.

In Sunday's criteriums, Stephanie won the W55-59 & Liz Randall placed 2nd in her W70-74 race. In the Men's Phil Cavaleri jumped away to win the M50-54 from Laurie & Roy, Rob Amos reversed the RR result, taking the win from Justin Mollison. Ken Bone picked up a 2nd with son Simon taking a 3rd, along with Dan Ives & Alan Sandford in their respective events.

The weekend finished with the Cripps Handicap with the 22 minute group hanging on for the win with the scratch bunch containing Roy, Guy & Rob 6 seconds back along with about 30 other riders - thats what you call good handicapping! Simon Bone took 7th from 2nd scratch.

As usual it was a very well organised event, with the local Police & SES marshalling. It would be good to get a few more Eastern riders up for the weekend.

### Race Results

#### South Pacific Veterans Cycling Championships 2014 Held at Maryborough, Victoria, 18th to 20th April 2014

##### Men's Road Race

Event	First Place	Second Place	Third Place
35-39	<b>Tom Leaper (E)</b>	Mathew Grealy (CV)	Ben Culton (C)
40-44	Nick Kennedy (C)	Kosmos Samaras (N)	Nicholas Shipp (CV)
45-49	Neville Laffy (GV)	Russell Gilbey (CV)	Tom McDonough (N)
50-54	<b>Phillip Smith (E)</b>	<b>Roy Clark (E)</b>	<b>Guy Green (E)</b>
55-59	Justin Mollison (CV)	<b>Rob Amos (E)</b>	Steven Monks (Gr)
60-64	Malcolm Clasohm (SV)	Colin Morris (N)	Jeff McLean (W)
65-69	Shane Wall (CV)	Robert Braszell (Eu)	<b>Bruce Will (E)</b>
70-74	Glen Ion (GCM)	Robert Nicholls (G)	Hugh Gray (OV)
75-79	Bill McConnell (G)	<b>Ray King (E)</b>	Evan Elliott (OV)
80 +	Brian Long (G)	Leendert Nieuwenhoven (SV)	Len Bent (G)





### Women's Road Race

Event	First Place	Second Place	Third Place
30-34	Nicole McNamara (CV)		
40-44	Eliza Bergin (N)		
45-49	Amanda Hosking (G)	Christine Kreskas (GV)	Kay Huggins (H)
50-54	Wendy Bennett (CV)		
55-59	Cheryle Barker (CV)	<b>Stephanie Coulson (E)</b>	Evelyn Keetelaar (CV)
65-69	Lynne McGregor (ACT)		
70-74	Pat McCrohan (SV)		

### Men's 300m Sprint

Event	First Place	Second Place	Third Place
35-39	Damian McKee (GCM)	Mathew Grealy (CV)	Ben Culton (C)
40-44	Scott Riddell (N)	Nick Kennedy (CV)	Alvin Dumaraos (N)
45-49	Marco Bramucci (N)	<b>Simon Bone (E)</b>	Mike Furness (CV)
50-54	<b>Laurie Gates (E)</b>	<b>Phil Cavaleri (E)</b>	<b>Steven Ross (E)</b>
55-59	Barry Howden (G)	Justin Mollison (CV)	<b>Rob Amos (E)</b>
60-64	Malcolm Clasohm (SV)	<b>David McCormack (E)</b>	Mark Taylor (ACT)
65-69	John Hunt (Gr)	Robert Freak (SV)	<b>Bruce Will (E)</b>
70-74	Hugh Gray (OV)	<b>Ken Bone (E)</b>	Glen Ion (GCM)
75-79	Bill McConnell (G)	<b>Alan Sandford (E)</b>	
80-84	Brian Long (G)	John Randall (G)	

### Women's 300m Sprint

Event	First Place	Second Place	Third Place
40-44	Eliza Bergin (N)		
45-49	Amanda Hosking (G)	Kay Huggins (H)	
50-54	Wendy Bennett (CV)		
55-59	<b>Stephanie Coulson (E)</b>	Diane Jane (CV)	Dianne Roy (CV)
65-69	Lynne McGregor (ACT)		
70-74	Pat McCrohan (SV)		

### Men's Time Trial

Event	First Place	Second Place	Third Place
35-39	Shane Miller (Gr)	Ben Culton (C)	Mathew Grealy (CV)
40-44	Nicholas Shipp (CV)	<b>David Phillips (E)</b>	Nick Kennedy (CV)
45-49	Neville Laffy (GV)	<b>Garry Wishart (E)</b>	Mike Furness (CV)



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50-54	<b>Roy Clark (E)</b>	<b>Phillip Smith (E)</b>	David Fairburn (N)
55-59	Steven Monks (Gr)	Justin Mollison (CV)	<b>Rob Amos (E)</b>
60-64	Nicholas Grainger (CV)	Malcolm Clasohm (SV)	Peter Ladd (G)
65-69	Doug Barrett (G)	Robert Braszell (Eu)	Robert Freak (SV)
70-74	Dennis Sonogan (G)	Tommy Gray (N)	Glen Ion (GCM)
75-79	Bill McConnell (G)	Evan Elliott (OV)	<b>Ron Stranks (E)</b>
80-84	Len Bent (G)	John Randall (G)	Leendert Nieuwenhoven (SV)

### Women's Time Trial

Event	First	Second	Third
30-34	Crystal Wemyss (Gr)	Nicole McNamara (CV)	
40-44	Tamara Riddell (N)	Eliza Bergin (N)	
45-49	Amanda Hosking (G)	Kay Huggins (H)	
50-54	Wendy Bennett (CV)		
55-59	Cheryle Barker (CV)	Evelyn Keetelaar (CV)	<b>Steph Coulson (E)</b>
65-69	Lynne McGregor (ACT)		
70-74	Pat McCrohan (SV)		

### Men's Criterium

Event	First Place	Second Place	Third Place
35-39	Ben Culton (C)	Steven Richards (Gr)	Mathew Grealay (CV)
40-44	Nick Kennedy (CV)	Anthony Quick (N)	Scott Riddell (N)
45-49	Richard Lyle (G)	Marco Bramucci (N)	Simon Bone (E)
50-54	<b>Phil Cavaleri (E)</b>	<b>Laurie Gates (E)</b>	<b>Roy Clark (E)</b>
55-59	<b>Rob Amos (E)</b>	Justin Mollison (CV)	Marcus Coppock (G)
60-64	Neil Jeffs (G)	Malcolm Clasohm (SV)	Colin Morris (N)
65-69	George Goodrope (N)	John Hunt (Gr)	Robert Freak (SV)
70-74	Glen Ion (GCM)	<b>Ken Bone (E)</b>	Dan Ives (E)
75-79	Bill McConnell (G)	Evan Elliott (OV)	<b>Alan Sandford (E)</b>
80-84	Brian Long (G)	<b>Michael Waterfield (E)</b>	Leendert Nieuwenhoven (SV)

### Women's Criterium

Event	First Place	Second Place	Third Place
40-44	Tamara Riddell (N)	Eliza Bergin (N)	
45-49	Amanda Hosking (G)	Kay Huggins (H)	
50-54	Wendy Bennett (CV)		
55-59	<b>Stephanie Coulson (E)</b>	Cheryle Barker (CV)	Diane Jane (CV)
65-69	Lynne McGregor (ACT)		
70-74	Pat McCrohan (SV)	<b>Liz Randall (E)</b>	





### Men's Aggregate

Age Group	Aggregate Winner	Total Points
35-39	Ben Culton (Colac)	19
40-44	Nick Kennedy (Colac)	24
45-49	Neville Laffy (Goulburn)	17
50-54	<b>Roy Clark (Eastern)</b>	16
55-59	Justin Mollison (Central)	23
60-64	Malcolm Clasohm (SV)	26
65-69	John Hunt (Grampians)	15
70-74	Glen Ion (GCM)	22
75-79	Bill McConnell (Geelong)	32
80+	Brian Long (Geelong)	25

### Women's Aggregate

Age Group	Aggregate Winner	Total Points
30-34	Nicole McNamara (Central)	13
35-39		
40-44	Eliza Bergin (Northern)	26
45-49	Amanda Hosking (Geelong)	32
50-54	Wendy Bennett (Central)	32
55-59	<b>Stephanie Coulson (Eastern)</b>	24
60-64		
65-69	Lynne McGregor (ACT)	8
70-74	Pat McCrohan (SV)	32

### Perpetual Trophies

#### The John Randall Time Trial Aggregate Trophy

1st Geelong 56 points      2nd Central Vets 53 points      **3rd Eastern 35 points**

#### The Ray Aldridge Perpetual Shield - Road Race

1st Central Vets 66 points      **2nd Eastern 54 points**      3rd Geelong 49 points

#### The Tom Finning Perpetual Shield - Criterium

**1st Eastern 59 points**      2nd Geelong 47 points      3rd Northern 39 points

