

TOUR OF GOOLWA

25th - 26th February 2017



ADELAIDE HILLS
MASTERS
CYCLING CLUB

THE BEST OF BOTH WORLDS

WHERE THE MURRAY MOUTH MEETS THE SEA



With a reputation for comfort and affordability, Goolwa Camping & Tourist Park is the ideal location for an overnight stopover or extended holiday.

When you're on holiday, you shouldn't have to worry about a thing. Keeping this in mind, our grounds offer a wide assortment of features designed to streamline the camping experience. We're located in close proximity to all sorts of scenic locales, and we make sure to provide the necessary amenities. All you have to do is relax and have some fun!

- Amenities Block with Disabled Toilet and Shower
- Laundry Facilities
- Enclosed Camp Kitchen with Large Decking Area and BBQ
- TV in Camp Kitchen
- Free WiFi
- Basic Kiosk
- Cot & High Chair Hire
- Jumping Pillow
- Children's Playground
- Basketball Court
- Sand Pit
- 2 Heated Pools
- 2nd BBQ Area
- Dump Point
- Fish Cleaning Station
- Van Storage Area
- Prime Karts for Hire



**GOOLWA CAMPING
& TOURIST PARK**

40 Kessell Rd. Goolwa.

(08) 8555 2144

www.goolwatouristpark.com.au

Welcome to the 2017 TOUR OF GOOLWA.

First held in 2013, this year we see the fifth staging of this unique event.

The brainchild of local cyclist Don Taylor, the event was embraced by the Adelaide Hills Master Cycling Club and has grown in stature every year.

The four race event held over two days gives cyclists a real test over both flat and mountainous courses. It also provides an opportunity for Teams racing as well as a Graded Scratch Competition for individual riders.

This year we have Division 1, 2, 3, and 4 teams giving riders of all abilities the chance to experience Teams racing.

The Time Trial and Road Race, both starting from the Finnis General Store, are unchanged from the courses of previous years. However, the weather is always likely to assert itself in this part of the world so be ready for some fun!

Day Two begins with the popular Flagstaff Hill climb with its hill top finish. A nice little precursor to the final stage.

The event culminates in the arduous Crows Nest Climb. The spectacular views from the top are the reward for a tough climb. Unlike previous years each Team will start the climb together. Sadly they are unlikely to still be together when they reach the summit.

It is essential for the ToG to have adequate sponsorship. This year we are thrilled to see the return of some of our previous sponsors.

Our thanks especially go to:

- **Eades Transport**
- **Goolwa Camping and Tourist Park**
- **Global Office Products**
- **Finniss General Store**
- **Ngeringa Winery**

And we welcome our new sponsors:

- **Catcorp Pty Ltd**
- **Bicycle Fix**
- **Royal Family Hotel Port Elliot**
- **Cycle Closet**

Sponsorship supports not only the generous prizes but also helps us to meet the costs of staging the event.

Our volunteers are amazing. Special mention must go to Event Coordinator Cliff Grant and Time Keepers Phil Davill and John Goddard. David Degenhardt keeps everyone on track as he single-handedly sets up the four courses. Invaluable assistance has also come from Paul McGregor, Jason Langbein and Graham King. Their efforts in getting sponsorship and producing this program have been outstanding. Bob Cotton and his band of Referees keep the event safe and Di Tamblyn, as First Aid Volunteer, is there when needed. Marshals, Handicappers, Registration Volunteers, Money Handlers and Starters all give up their time to make the event such a success. Please acknowledge them and show them how much their efforts are appreciated.

So again WELCOME TO THE ToG. HAVE FUN! RIDE SAFE!



Catcorp Pty Ltd is a building and development company solely owned by Anthony Catinari and was established in 1996. Anthony is also the cofounder of Commercial & General that was commenced in 2001. Catcorp is a multi-faceted state and national award winning property development business focused on delivering innovative and high quality residential and commercial property solutions.

Catcorp has enjoyed successes in commercial, land subdivision and inner-metro and city lifestyle developments. The company's core strength is its ability to purchase development sites and redevelop them into outstanding residential, commercial and industrial communities.

A commitment to quality, strong financial investment and the use of leading consultants in industry demonstrates our confidence in the value of each and every project.

The following is a list of some projects

- ☐ Bowden Luminaire Apartments
- ☐ South Australian Police Department
- ☐ University of Adelaide – The Village Student accommodation of 410 rooms
- ☐ Stramit Industries – production and fabrication warehouse
- ☐ White Wires Pty Ltd
- ☐ Siemens Limited (Aust)–head office (Greenhill Road) and Turbine Service Facility (Tonsley)
- ☐ Golder & Associates
- ☐ Santos
- ☐ Links Lady Bay Golf Course clubrooms and 44 hotel apartment complex
- ☐ Majestic Hotel for Pentroth
- ☐ Glen Cameron Group
- ☐ Coca-Cola Amatil
- ☐ Baptist Churches of South Australia
- ☐ Databank Document Storage
- ☐ Halifax Street development, including 190 dwellings,-roads and infrastructure.”

www.commercialgeneral.com.au

Saturday Feb 25th

STAGE 1

Prologue / Teams TT

Start: Finniss General Store
From: 09:30 AM

STAGE 2

Finniss-Milang Road Race

Start: Finniss General Store
From: 1:15 PM

SATURDAY EVENING

Saturday Night Dinner

6:00 PM

Royal Family Hotel Port Elliot

Sunday Feb 26th

STAGE 3

Flagstaff Hill Road Race

Start: Investigator College Goolwa
F Grade - Flagstaff Hill start
From: 09:30 AM

STAGE 4

Crow's Nest KOM TT

Start: Waterport Rd Port Elliott
From: 2:00 PM

PRESENTATIONS

Following Completion of Stage 4

Royal Family Hotel Port Elliot

**In the case of a MAJOR MEDICAL EMERGENCY
PHONE - 000**

For event First Aid PHONE - 0499 463590



32 North Terrace, Port Elliot 5212

Tel:(08) 8554 2219

www.royalfamilyhotel.com.au

Bar & Beer Garden - Live Music - Specials Nights Menu - Accommodation

The Royal Family Hotel is situated in the main street of the picturesque coastal township of Port Elliot, which is 80 kms south of Adelaide on the Fleurieu.

The Pub is in the central part of Port Elliot and in walking distance to many of the towns attractions. The Royal Family Hotel prides itself on having a family atmosphere, a reputation for good value, great food and friendly service.

Stage 1

Bicycle Fix Stage 1 Time Trial

TEAM TIME TRIAL

Finniss to Nine Mile Rd

This event is for riders in the Teams competition.

Hurrah! A chance to use that disk wheel, pointy helmet and aero bike.

A maximum of 4 riders per team. The teams time is taken on the 3rd wheel across the line. Feel free to use any time trial equipment allowed within the AVCC rules.

The Course

Start: Finniss General Store

Distance: 23 km (10 km Div 4)

From Finniss teams will head along the Finniss-Milang Rd until a turnaround point before the Nine Mile Rd intersection. The finish line is before the Finniss-Clayton Rd intersection.

Transponders

If using a dedicated time trial bike for this event please ensure that your Orion transponder is mounted on it. No transponder- no time recording. At the completion of the time trial also remember to put the transponder back on your road bike for the next road stage



INDIVIDUAL 10K PROLOGUE

Individual Riders will compete in a short (approx. 10km) individual time trial using a standard road bike. No aero bars or disc wheels allowed but any bike allowed in an AVCC sanctioned road race is acceptable. Riders may wear a skinsuit and aero helmet.

Riders will set off from the General Store in 1 minute intervals. No drafting of other riders or vehicle is allowed.

The Course

Start: Finniss General Store

Distance: 10 km

From Finniss teams will head along the Finniss-Milang Rd until a midway turnaround point. The finish line is before the Finniss-Clayton Rd intersection.

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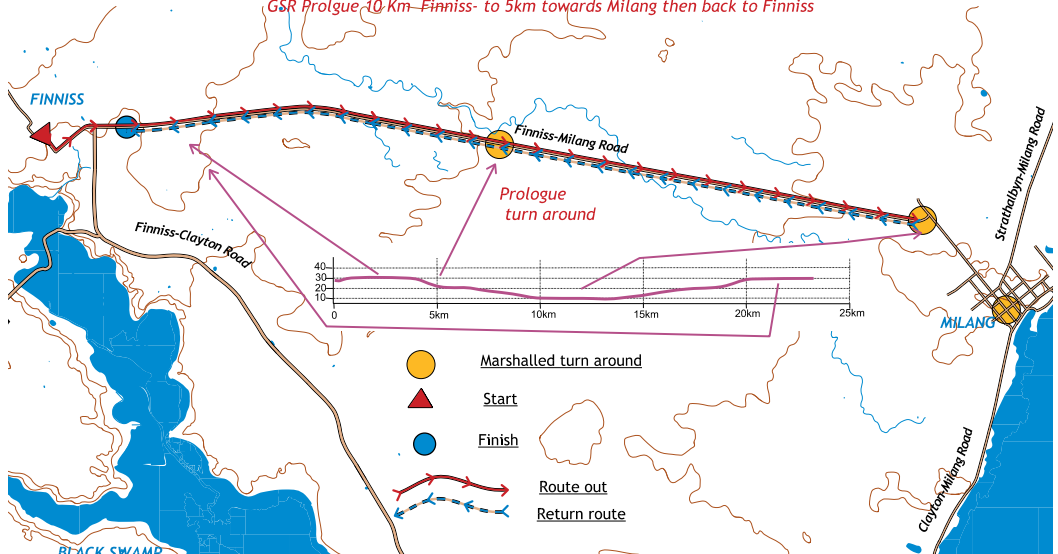
TOUR OF GOOLWA

Prologue/Team TT

Goolwa Team Time Trial and GSR Prologue

Team Trial 23.1 Km Finniss to Milang to Finniss

GSR Prologue 10 Km -Finniss- to 5km towards Milang then back to Finniss



BICYCLEFIX

• Sales • Service • Repairs • Hire



Bicycle Fix is owned by Steve and Kirsty Krajc and have created a unique, positive and relaxing shopping experience for the cycling community in the Adelaide Hills.

33 Onkaparinga Valley Road, WOODSIDE SA 5244

(08) 8389 7495 bicyclefix@bigpond.com www.bicyclefix.com.au

Stage 2

Eades Transport Stage 2 Finniss Road Race

The big loop. Can you back up after this mornings efforts? It's flat but it will be windy.



The Course

From The General Store in Finniss riders will head to the Finniss-Milang Road.

All grades except D and E will then turn toward Clayton and on to Milang and then back to Finniss. Grades D and E will initially continue along Finniss-Milang Rd until the turnaround point near Nine Mile Rd, head back toward Finniss and then turn left toward Clayton and on to Milang and Finniss.

A,B,C Grade and Div 1,2 Teams - 85km

D,E Grade and Div 3, 4 Teams - 66km
F Grade - 43 km

Start Times

1:15 PM - C Grade
1:20 PM - Div 1 Teams
1:25 PM - Div 2 Teams
1:30 PM - A Grade
1:35 PM - B Grade
1:40 PM - Div 3 Teams
1:45 PM - Div 4 Teams
1:50 PM - D Grade
1:55 PM - E Grade
2:00 PM - F Grade

Time Bonuses

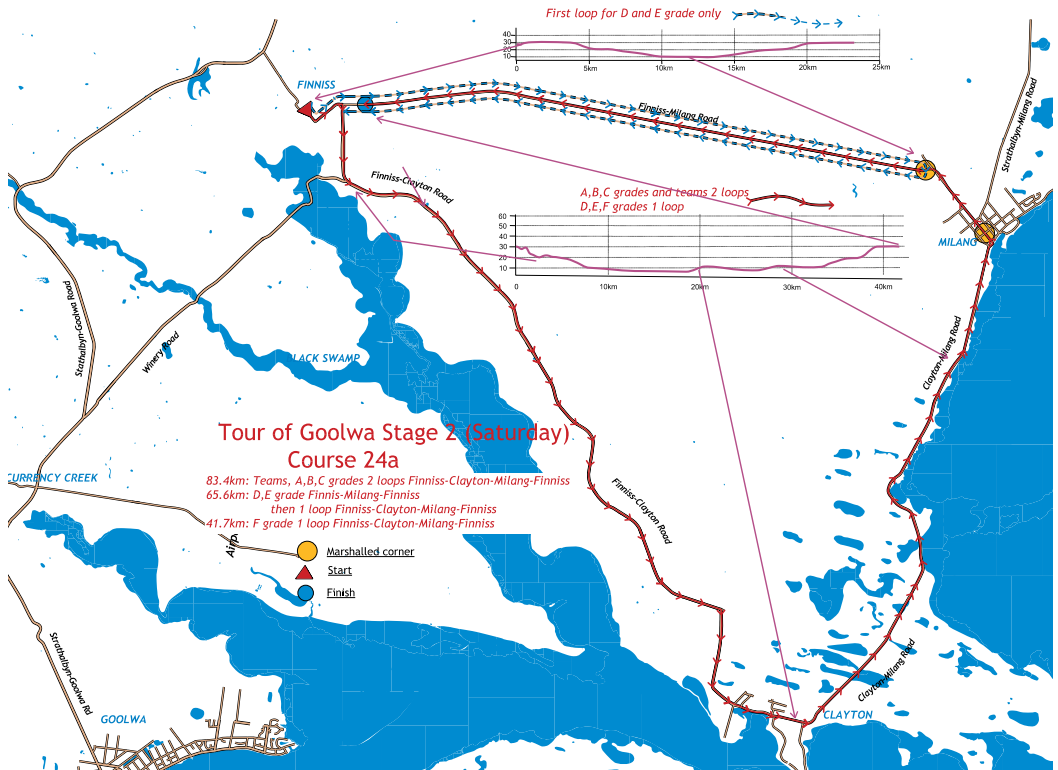
Time bonuses are on offer for the first 3 riders on lap 1 at Clayton and the first 3 riders to cross the finish line area on lap 1 (heading westward - not F Grade) and at the finish line proper.

Clayton - 5, 3, 2 seconds
End of Lap 1 - 5, 3, 2 seconds
(Not F Grade)
Finish - 15, 10, 7, 5, 3, 2 seconds

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TOUR OF GOOLWA

Road Race



Finniss
General Store
café • fodder • shop

The Finniss General Store, also known as 'the Old Post Office' has been restored to a version of its glory days

Now operating as a Cafe, General Store and Fodder Shop, come in for a coffee, a meal or some fodder and say hello today!

3 Railway Terrace, FINNISS, SA 5255 Phone (08) 8536 0116

Stage 3

Goolwa Caravan and Camping Stage 3 Flagstaff Hill Road Race

Starting near Investigator College in Goolwa this course provides a challenging start to the weekend with multiple ascents of the short but very sharp Flagstaff Hill Rd.



Distance

A, B Grade and Div 1,2 Teams:

46.8 km

C, D, E Grade and Div 3,4 Teams:

28.3 km

F Grade: 17.5 km

Time bonuses

At the top of Flagstaff Hill on Lap 1 of 5, 3 and 2 seconds for the first 3 riders (not F Grade).

Time bonuses for the first 5 riders at the finish of 7, 5, 3, 2 and 1 seconds.

Start Times

9:30 AM - F Grade
(Flagstaff Hill start)

9:30 AM - Div 1 Teams

9:32 AM - A Grade

9:34 AM - Div 2 Teams

9:36 AM - B Grade

9:38 AM - Div 3 Teams

9:40 AM - C Grade

9:42 AM - Div 4 Teams

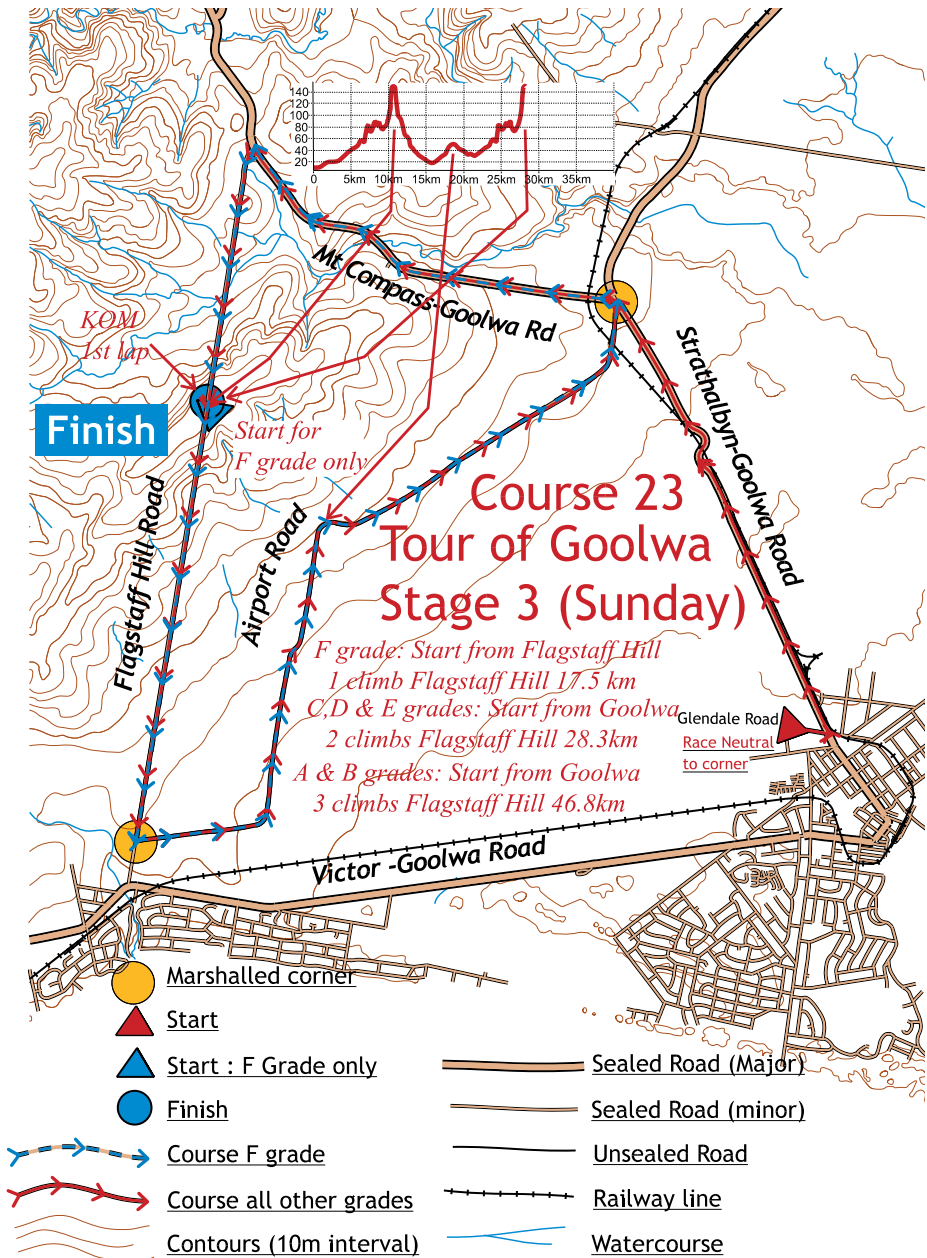
9:44 AM - D Grade

9:46 AM - E Grade

Parking

For those parking at the the Flagstaff Hill finish please use the car parking provided in the paddock and not the roadside.





Stage 4

Catcorp Stage 4 Crows Nest Hill Climb

Distance: 4km

Average Gradient: 6%

Elevation Gain: 222m

Standard road bikes only but riders may use skinsuit or aero helmet.

Cash bonus for record breakers

\$50 cash bonus for anyone who can set a new ToG record on the Crows Nest climb.

Current Record Holders

Men: Michael Tenniswood 09:50.36

Women: Nusha Kerin 11:04.3

Individuals

During the event riders will be set off at 1 minute intervals as directed by the starter.

Riders in the grades are not permitted to draft behind other riders or vehicles.

Teams

Each team will be set off as a team. Teams may ride together but must not draft vehicles or riders not in their team. The GC team time is taken as the sum of the 3 fastest riders times.



Start

The staging area for riders is at the base of Crows Nest/Waterport Rd. Riders should ensure they are at the staging area at least 5 minutes before their allocated start time.

Start Times

From 2:00 PM

Parking

Car parking is available at the Port Elliott Oval on Tottenham Court Rd.

Improve your power to weight ratio!

Complimentary drink or water will be available at the finish line, so leave that water bottle behind.

Return of hats, numbers and hire transponders

Please make sure you return the above items to the event staff at the end of the stage.



Stage 4 Start

Parking

Royal Family Hotel

For all your hire needs ...

General machinery, event and party equipment



20 Adelaide Rd, Victor Harbor
8552 7744

Goolwa depot 8555 5969

Visit: www.a1hirevictor.com.au

Good luck to all cyclists in the Tour of Goolwa

Tour of Goolwa Roll of Honour

Crow's Nest fastest times

MEN		
Michael Tenniswood	09:50.36	2016
Adam Kerin	10:03.71	2015
Scott Nolan	10:12.18	2014
Nick Steel	10:21.37	2014
Jarrold Currie	10:23.02	2015
Michael Hoile	10:23.39	2014
Davin Harding	10:31.97	2014
Michael Davies	10:32.03	2015
Stefano Trigatti	10:37.77	2016
Daniel Key	10:42.08	2015

WOMEN		
Nusha Kerin	11:04.25	2015
Victoria Veitch	11:20.63	2015
Alison Skinner	11:55.75	2016
Christina Tenniswood	12:02.575	2016
Lucy Barker	12:16.82	2016
Alissa Byron	12:51.44	2014
Hayley Teale	13:02.15	2016
Sarah Rawlinson	13:17.91	2014
Michelle Bailey	14:21.01	2014
Wendy Gordon	14:25.32	2014

Tour of Goolwa Grade & Team Winners

2016 Grade Winners

A - Michael Tenniswood
B - Sam Jeffries
C - Tony Simes
D - Graham Joyce
E - Jason Langbein
F - John Toshach

2015 Grade Winners

A - Jarrold Currie
B - Mark Long
C - Bryan Wilson
D - Paul McCarron
E - Geoff Hillman
F - John Toschach

2014 Grade Winners

A - Scott Nolan
B - Adam Kerin
C - Bill Drodge
D - Maarten Nieuwenhoven
E - Geoff Hillman
F - Teresa Molyneux

2013 Grade Winners

A - Adam Lockwood
B - Ben Whitlock
C - Andrew John
D - Tony Simes
E - Geoff Hillman
F - Chris Cuthbert

TEAMS

Div 2 - Walkerville
Physiotherapy

Div 3 - Smart Switch
Electrical

Overall Team- Smart
Switch Electrical

TEAMS

Little Red Grape

Individual Overall

Simon Little (BE BMW)

TEAMS

BE BMW

Individual Overall

Mark Sierp (BE BMW)

Individual Overall

Div 2 Mark Sierp

Div 3 Dave Dobson





Ride a bike ?

That's perfect, because we don't have a lot of car parking at Global Office Products, but on two wheels you can easily pedal over and load up on all the bits and pieces a busy workplace needs.



WE ALSO DELIVER to your door, which is probably just as well - imagine trying to cart paper, office supplies, medical stationery and furniture back to the office on *your bike* ?!
(Whose silly suggestion was that, anyway ?)

GROUND FLOOR
255 PULTENEY STREET
ADELAIDE SA 5000

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www.globalofficeproducts.com.au



Transport cargo efficiently and effectively with Adelaide's most reliable transport team



It's Just Too Eadesy!!!

At Eades Transport, we deliver service you can trust and count on. Here at Eades Transport we can deliver your refrigerated product on time, on temperature and damage free. Whether you are transporting your goods interstate or locally, Eades Transport can provide a cost effective option to meet your transportation needs.

Eades Transport understands there is no margins for errors when transporting refrigerated freight. We supply state-of-the-art refrigerated trailers with GPS tracked temperatures with real time down loads to our Eades Transport management team, this makes us the most reliable refrigerated freight service available today.

We are a South Australian company that transport a range of goods ranging from fresh fish from the Wharf to interstate, fresh eggs, hanging and boxed meat, produce and packaging. South Australia is a central location to be able to go East, West or North.



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