



Mr Price

MR PRICE CYCLE CLUB KZN

Behind Safe Cycling

Newsletter – February 2012

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Office hours: 08:30 – 12:00 noon (Monday to Friday)

New Members:

We would like to welcome our new members to our club:

1. *Andrea Fish*
2. *Grant Titmuss*
3. *Peter Shorten*
4. *Warren Moolman*
5. *Aaron Engelbrecht*
6. *Brenda Potts*
7. *Odette van der Venter*
8. *Liam Abbott*
9. *Martin Atterbury*
10. *Andrew Rich*
11. *Isabel Moolman*
12. *Ryne Summers*
13. *Luke Gravetts.*
14. *Danie van Rensburg*
15. *Zubair Carrim*
16. *Patrick Palmer*

KZN Time Trial and Road Champs

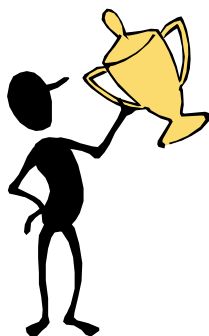
Well done to all our members that took part in the KZN Time Trial and Road Race on the 21st & 22nd January 2012. This event was one of the best and safest events that have taken part in KZN in the last 10 years. Once again Mr Price members dominated in both the TT and Road Race winning the following medals:

Time Trial

Gold - 13
Silver - 15
Bronze - 11

Road Race

Gold - 14
Silver - 13
Bronze - 13



KZN CYCLING CHAMPS – REPORT BY **MIKE VILJOEN**

21-22 JANUARY 2012

THIS PAST WEEKEND DURBAN BECAME WITNESS TO ARGUABLY THE BEST CYCLING EVENT EVER SEEN! THE ANNUAL KZN CYCLING CHAMPS WAS RUN OVER 2 DAYS - SATURDAY HOSTING THE TIME TRIAL AND SUNDAY THE ROAD RACE. WITH WORLD CLASS ATHLETES PARTICIPATING OVER A WORLD CLASS COURSE, THE WEEKEND WAS BOUND TO BRING FIREWORKS TO THE TAR!

THE 30 + TEAM WERE OUT IN FULL FORCE FOR BOTH THE TIME TRIAL AND ROAD RACE. MOST OF US DID THE TIME TRIAL AS TRAINING FOR TOURS FURTHER DOWN THE LINE WHEN THERE IS NO CHOICE IN DOING THE TIME TRIAL. FOR SOME THIS PROVED EASIER THAN OTHERS AS ON THIS FLAT CURCUIT LOOP THERE WAS NO TIME TO RELAX. WE HAD 5 LAPS TO DO FOR A TOTAL OF 45KM. SEAN WAS ABLE TO GRAB A PODIUM IN THE 30+ CAT WITH A FANTASTIC THIRD.

THE FOLLOWING MORNING TOOK US UP THE HILL INTO THE MOUNTAINS FOR THE 126KM CURCUIT RACE AROUND WESTVILLE. AS TRADITION WOULD HAVE IT THE START OF THE DAY BROUGHT RAIN – NOT SOMETHING WE REALLY WANTED AS THE DOWN HILLS WERE AS BRUTAL AS THE UP HILLS MAKING AN ALREADY BRUTAL COURSE EVEN MORE TESTING. WE WERE TO START WITH THE ELITE AND U23 BUNCH WHICH CONTAINED THE LIKES OF BURRY STANDER, KEVIN EVANS AND DAVID GEORGE. NOT TO MENTION THE MANY OTHER NOTABLE CAMPAIGNERS ON VARIOUS INTERNATIONAL CURCUITS. IF THAT WAS NOT ENOUGH TO SCARE OFF ANY SANE PERSON IM NOT SURE WHAT WOULD!

NEVER THE LESS WE STARTED THE RACE AND THE HEAVENS OPENED. THANKFULLY THAT KEPT THE RATHER LARGE AND ANXIOUS PELETON UNDER CONTROL FOR THE FIRST 2 LAPS BEFORE THE EARLY BREAK WAS TO MAKE A MOVE. ASTON DAVIES AND MYLE VONMUSCHENBROOK WENT AWAY AND MANAGED TO AMASS ABOUT 1M30. THE LAP CIRCUIT WAS A GREAT WAY FOR SPECTATORS TO KEEP IN TOUCH WITH THE RACE WITH THE CLIMBS UP TOWARDS COWIES PROVIDING FIREWORKS ON EVERY LAP! GRADUALLY THE PACE SET BY THE PROS AND THE GRADIENT SPLIT THE GROUP WITH THREE QUARTERS OF THE BUNCH DISSAPEARING AFTER ABOUT LAP 4. AT THIS STAGE THE BREAK WAS BROUGHT BACK AND ALL WAS NUETRAL AGAIN. A FEW MORE ACCELERATIONS WERE METERED OUT AND ANOTHER SPLIT HAPENED WITH ABOUT 10-15 RIDERS GETTING AWAY. AT THIS STAGE ONLY 3 30+ RIDERS WERE ABLE TO HANG IN WITH MR PRICE RIDERS SEAN AND MIKE IN A PERFECT POSITION TO TAKE THE PODIUM.

WITH 2 LAPS TO GO BURRY STANDER AND KEVIN EVANS ATTACKED THE BUNCH AND MANAGED TO STAY AWAY TO THE END. WITH THE SPLIT HAVING ENOUGH OF A GAP, THE FINAL CLIMB BECAME A BATTLE FIELD OF ATTACKS WITH OVERALL AND CATEGORY CONTENDERS FIGHTING FOR LINE HONOURS.

MIKE MADE THE FIRST MOVE, ATTACKING NICK PORTIOUS. ALL SEAN HAD TO DO WAS SIT AND WAIT AND THEN RIDE ACROSS TO MIKE AND TAKE THE WIN IN THE 30+ CAT WITH MIKE TAKING SECOND.

ROUNDING OUT THE RESULTS WAS EMILE FOCHE WITH A FINE 4TH. A REALLY WELL WORKED RESULT FOR THE TEAM!

THE CHASE GROUP STILL HAD CATAGORY PRIZES UP FOR GRABS. RECENTLY MOVING UP TO THE 35 + CAT, MR PRICE TEAM RIDER ANDREW REEVES HAD TO FIGHT IT OUT WITH MATT GOETCH OF FEGO EVENTUALLY SECURING 2ND SPOT.

OVERALL A GREAT WEEKEND OF RACING AND A GREAT START TO THE SEASON FOR THE TEAM.





The New Fast One-Sunday 29 January 2012 by Werner Venter

On Sunday morning, 29 January we lined up for the 2nd edition of the “New” Fast One outside the Midvaal Racetrack. The Mr Price vets team was represented by Emile Fouche, Mike Viljoen, Andrew Reeves, Dirk Barnard and I. With the top club structure falling away, the VA group was fairly large with most of the big teams represented and a few new teams and individuals also joining the extremely competitive 30-39 age group.

The racing started out at a fairly sedated pace of about 45km/h. One or two small attacks was made, but was reeled in easily and it became apparent that this race was probably going to end in a large bunch sprint. Our team was very active and put in a few attacks and covered all the important moves. At around the halfway point in this fast and furious race, our new found strong man, Mike Viljoen put in a big attack that resulted in the move of the day. In the break was Mike, Rowan Tyler (Fego), Craig Harvey (Cycle Nation), two MTN Club 100 riders and a rider from team without sponsor. With most of the big teams represented, most of us were happy to sit back and make the teams who missed the move chase down the break. Mountain biker, Nick Portius (Specialized) tried hard to bring the gap of over a minute down with the help of some of the other smaller teams. With around 25km to go we eventually caught the break and the racing was back on. Through Walkerville and Henley on Klip, the route makes a few twist and turns and we knew that we needed to be at the front of the bunch or risk being dropped from the group. We did just that and with around 10km to go we could see MTN Club 100 organising their lead out train and it was then that Dirk Barnard (Mr Price) put in an attack to upset their rhythm. Dirk was soon reeled in and then Andrew Reeves (Mr Price) put in another attack. The finish was a 6.5km drag which was far from flat-but even the incline did not drop the speed below 50km/h! We tried to lead Andrew out for the sprint, but were outdone by a better organised MTN Club 100 team. The race was won by James Louter (MTN), with Andrew finishing in 5th place. All of us came in with the same time. After the race we learned that Emile punctured with around 3km to go-really bad luck after all the work he did for 99% of the race.

It was a very good race for our team, and even though we didn't get the result we were looking for, we really enjoyed ourselves and proved to ourselves that we don't need to stand back for the big teams.

Final results:

1. James Louter
2. Jacques Fullard
3. Julius Cobbett
4. Craig Harvey
5. Andrew Reeves





Cyclelab KZN- Discount.

Cyclelab KZN is offering all Mr Price Cycle Club members the following discounts: members must produce their CSA License with Mr Price Cycle Club KZN on it to qualify for the discounts:

- 5 % discount on all items purchased
- Workshop discount
 - Major Service
 - Normal price R500
 - Mr Price Club price R350
 - Minor Service
 - Normal price R350
 - Mr Price Club price R250
 - Wash and Lube
 - Normal price R50
 - Mr Price Club price R35

UP COMING EVENTS

Midmar /Notts Cycle Race

The Midmar/Notts Cycle Race takes place on the 19th February 2012....
Entries are available on www.roag.co.za

ARGUS CYCLE TOUR 2012

The Argus Cycle Tour takes place on the 11th March 2012...
As per the previous years, our club will host a Social Ride in Cape Town on Saturday the day before the Argus (10th March) leaving from the McDonalds, Green Point Stadium at 7.00 a.m. See you all there....

Transport of Bikes:

We have a few more spaces to transport bikes to the Argus. Cost R600.00 per bike... tandems spaces are now full... only single bikes available.....
Email Corinne on dusart@iafrica.com for more information.

SA Road & Time Trial Champs (Schools & Vets)

Will take place in KZN from the 22nd to the 25th March 2012 with full Road Closure... Vets (Men & Ladies) must have a Full CSA Racing License to take part in this prestigious event. Should you have a CSA membership, you can upgrade to a Full Racing License... contact Cycling South Africa on number 0860022761....they will assist you in your upgrade.

GABRAN 2012

The 25th GABRAN (Great Annual Bike Ride Across Natal) takes place from the 11 to 13 May 2012... Entry forms available from the club... online entries will be available shortly on www.mrpriceheroes.com
Only 100 entries are available.
For further information, please contact Kelvin on email address kelvinv@iafrica.com

www.mrpricekznvets.blogspot.com

RECIPE OF THE MONTH

EASY CHEESE MUFFINS



(Makes 12)

Ingredients

500 ml SASKO CAKE FLOUR (300 g)
15 ml MOIR'S BAKING POWDER
5 ml dry mustard powder
5 ml salt
500 ml grated Cheddar Cheese (200 g)
250 ml milk
80 ml oil
2 eggs

Method

Sift flour, baking powder, mustard and salt in a mixing bowl.

Add grated cheese.

In a jug combine the milk oil and eggs and mix well.

Add to dry ingredients and mix gently until combined, taking care not to over mix. Spoon into greased muffin tins and bake

at 200 degrees C for 20 minutes.

Variations

Add 250 ml sweet corn and 50 ml chopped peppadews. Or 125 g chopped cooked bacon. Or Spread muffins with a mixture of 45 ml butter and 5 ml marmite when they come out of the oven