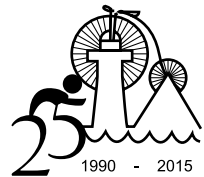


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**Masters & Ladies
Cycling Club**

Chairman's chatter

It has been my privilege to hold the chairmanship of the Masters & Ladies Cycling Club for the past decade and to witness its growth and success during that time.

To successfully host cycling races every Saturday for the past twenty-five years requires dedication and enthusiasm from many people behind the scenes. It also needs that magical winning formula that brings the riders back year after year.

One of the main reasons for the popularity of the club is our unique and accessible handicap system. This system gives every participating rider the opportunity to be a potential race winner.

Another key reason for our success is the solid foundation that was put in place by the

administrative team of Colin and Gill Towers many years ago. We know how to effectively organise and roll out events.

These systems and processes are still used by our administrative duo Sonia and Tony Cooney. Although they have been modified over the years as requirements and technologies change, the systems remain a key factor in the continued progress of the club.

People are another crucial component. Without members the club cannot thrive and we have seen our membership swell over the years to the point where we are the largest in the province.

Some of our members have developed sufficiently to become champions at club, provincial, national and international level. Many more have been introduced to the sport because of the club's high-profile racing that takes place every weekend during the season.

Masters & Ladies can only grow and continue to be a success story if we embrace this winning formula that has delivered such amazing results.

We look forward to the next quarter of a century!



Dennis Ehlers

Chairman

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1990 The EPVLCA is born

It all began one lunchtime in early June, 1990, at Rob Rudman's old Cyclo Pro and BMX shop in Kempston Road.

Founding members Rob, Humphrey Gerretsen, Anton Vlok and Theo von Ruben were shooting the breeze in the store when the idea of starting a club arose.

Theo recalls that someone mooted a veterans association-style concept.

"Humphrey said, 'Why don't we do it this week?' Anton said, 'I've got the premises.' And Robbie said, 'Great!'"

"It all happened that quickly."

The concept snowballed and a formal meeting was called for 1pm on Friday, June 8, at the Port Elizabeth Chamber of Commerce.

One of the first motions passed was that no prize money and no jersey sponsorships would be entertained, which contributed to the founding philosophy and positive spirit of a competitive amateur association.

A public session for all interested parties followed at the Edward Hotel on Thursday, June 21. Some 52 founding members signed up and the Eastern Province Veterans and Ladies Cycling Association was born.

On July 15, the club's very first social ride rolled out from Walmer Gardens with 48 riders in the bunch.

Just under three weeks later, the EPVLCA held its first official race. Theo took the win to etch his name in the annals of club history.



EPVLCA Kit

1991 King Kenny arrives

Still in its infancy, the club was instantly elevated to international standard with the arrival of Kenny Jubber.

"King" Kenny had recently relocated to Port Elizabeth, promptly signed up with the EPVLCA and began his more than a decade-long reign as the club's alpha member.

At one stage, he held the record for every one of the local league races.

Kenny earned his Springbok colours for the 1993 Australian Masters Games in Perth, where he grabbed gold in the road race.

He was also part of the SA squad for the first UCI Track Cycling Masters World Championships in Manchester, England, in 1995 (see page six).

The following year, he claimed gold in the points race and silver in the individual pursuit (age 40-44). In 1997, he bowed out in fine style with silver in the men's pursuit and points races and bronze in the time-trial.

Although Kenny retired from international competition after that, he continued to dominate the local racing scene until he dropped out due to ill health around 2008 and moved upcountry.

1991 Hard facts about safety

Incredible though it may seem, the club was still debating the introduction of the hard helmet back in 1991. This little life-saving device is now a compulsory feature of every race. No helmet, no ride, no exceptions!

1992 Jeanette jumps onto national podium

When the SA road championships took place in Port Elizabeth, local golden girl Jeanette Vockerodt made the first major national breakthrough for the ladies of the club by claiming the silver medal in the elite road race.

1992 Making a meal of the Steak Race

The very first Steak Race – the club's most iconic annual event – was held in 1992. Covering every hill to Van Stadens River Mouth and back, the undulating 90km course is only for those as tough as overcooked meat.

And while some may feel a little tenderised after completing the gruelling race, legend has it that the real story behind the name involves a bet between two riders, with the loser standing the winner to a steak dinner.

Although various versions of the initiating incident abound, the most likely account is that Alex "Hoffie" Meiring enjoyed his standard order of fillet with cheese sauce at the expense of Schalk Pienaar.

While Steak Race participants are generally acknowledged as the toughest of the breed, they are also unashamedly tender-hearted as they donate all proceeds from entry fees along with ad hoc donations to local charities.

The winners take home only bragging rights, having triumphed in the city's toughest club race.

The men's and women's Steak Race records have stood since 2011, when they were set by Conrad Viljoen (2:30:04) and Allison Hertel (2:43:18).



Ronald Scheffer at Steak Race

1993 First Springboks leap to glory

The club took another leap forward when its very first Springbok members were selected to represent South Africa at the Australian Masters Games in Perth. Kenny Jubber and Theo von Ruben did the club proud on the international stage with Kenny taking gold in the road race and Theo claiming the title in the 10km scratch race on the track.

That year, Kenny and Theo also collected the Games' Best All-Rounder awards, for road and track respectively, in recognition of their efforts.



1995 Witnessing Manchester's world debut



The first-ever UCI Track Cycling Masters World Championships was held at the newly built velodrome in Manchester, England, in 1995.

The club was well represented at this momentous occasion with three riders in attendance.

Multiple SA champions Sven van Straaten, Kenny Jubber and Theo von Ruben were selected for the South African team but medals would not be forthcoming until the following year.

Kenny, Theo and Sven

1996 Wayne and Kenny grab world titles

In 1996, Kenny Jubber returned to Manchester alongside first-time participant Wayne Pheiffer. The two proceeded to set the track alight, notching up a pair of gold medals for Team South Africa – Kenny in the points race (40-44) and Wayne in the sprint (35-39).

Kenny also grabbed silver in the 3 000 individual pursuit in his age group.

Although he earned 15 Springbok caps and more than 50 national titles during his competitive years, Wayne says winning the world sprint title was definitely the highlight of his career.

What made the victory even sweeter was the fact that he won on an old custom-built, steel-framed Hansom bike. Before the race, his carbon-fibre riding American rivals had mocked his equipment, saying they welded steel frames to make gates for their ranches in Texas.

"After I won, I offered to sell them a gate," he laughs.

1997 Veronica leaves a void

Veronica Gerretsen, wife of founding member Humphrey, left a large void in the club structures when she passed away after a short illness.

Veronica had served as a devoted member and unofficial club secretary, working tirelessly behind the scenes for many years.

1997 Two more for world champs

Bruce Robertson and Kenny Jubber were once again part of the South African contingent in Manchester but did not feature on the podium.

1999 PE hosts SA masters games

The strength of the EPVLC was recognised when the club was given the chance to host the cycling component of the 1999 SA Masters Games, which was held in Port Elizabeth. The biennial event, which promotes the idea of "sport for life", saw older sportsmen and women compete across a range of sporting codes.

The provincial body delegated the task of running the cycling events to the association as the acknowledged local experts in the veteran age categories.

More than 50 cyclists came from all over the country to compete in the road race and on the track at the Westbourne Oval.

The games were subsequently held in the Friendly City in 2006 (sans cycling) and 2011 (featuring the road and mountain bike disciplines).

2000 Towers of strength build back office

For the better part of a decade, pensioners Colin and Gill Towers had been running the back office admin simply for the love of the sport. But with the rapid expansion of the club, the membership boom and the jam-packed racing calendar, theirs became a fulltime, salaried position to deal with the daily demands.

Colin Towers



2000 New millennium brings new name

The dawn of the new millennium saw a name change from the Eastern Province Veterans & Ladies Cycling Association to the Masters & Ladies Cycling Club.

The rebranding was the result of a growing rift between the Eastern Province Cycling Association, the official provincial body, and the EPVLC.

Aside from the similarity in name, the veterans association had grown enormously in numbers and power and its races had come to occupy a significant amount of space on the local cycling calendar.

As competitive veteran cyclists, many of EPVLC's members were licensed riders who wanted to remain under the auspices of the national federation as opposed to ruffling feathers or aligning with the independent Pedal Power Association.

So as not to compete with the controlling body, it was decided to drop "Eastern Province" from the name as well as the reference to "veterans" in favour of the internationally accepted term "masters".

After brainstorming a number of workable solutions, the committee took the proposed new name to the annual general meeting, where it was voted into existence.

And so the Masters & Ladies Cycling Club rose from the ashes of the EPVLC to retain its position as one of the city's largest and most influential clubs.

Incidentally, the provincial body is now known as East Cape Cycling following the merger of the EP and Border cycling associations.

2000 Henry sprints to gold at worlds

Springbok cyclist Henry Smith proved he could still deliver a turn of speed when he won the 250m individual sprint in Manchester. Donning the world champion's jersey in the 65+ category, Henry helped South Africa to fourth place in the overall standings that year.

gold

Val and Henry Smith



2002 Wayne wins his biggest battle



Wayne Pheiffer

Former world sprint champion Wayne Pheiffer faced the biggest test of his life when he was diagnosed with cancer of the left kidney.

The cancer had also spread to the lymph nodes and proved to be a far more dangerous opponent than he had ever encountered.

After surgery and "a lot of prayer" the renal cancer miraculously vanished and doctors could not account for its disappearance from the lymph nodes.

With one remaining kidney and now a pacemaker due to increased potassium levels

in his blood, Wayne no longer punishes his body with long-distance racing and tour riding.

That being said, he is not about to hang up his bike just yet.

2005 Dennis starts decade of great results

The club's longest serving chairman, Dennis Ehlers, started his term in office in 2005.

One of his standout contributions over the years has been combining his skills as a statistician with Roland Boonaert's spreadsheet wizardry to produce rapid, accurate race results for the handicap-based system.

This functionality added a new level of professionalism to the amateur race organising scene in Port Elizabeth.



Dennis Ehlers

2006 Trio savour home ground wins

The terrific trio of Kim Trzebiatowsky, Kenny Jubber and Bruce Robertson maximised their home ground advantage when the SA road championships took place in Port Elizabeth.

The three delighted the local crowds by claiming the road titles in their age groups. Kim donned the champion's jersey in the women's 45 to 49 age category, while Kenny and Bruce triumphed in the 50 to 54 and 60 to 64 age groups respectively.

2007 Masters & Ladies adds mellow yellow

The club kit got a traffic-stopping makeover with the addition of yellow to the traditional provincial colours of red, black and white. The new kit improved visibility on the roads and added an extra splash of fun to the rides.



2007 The hills come alive

With around 20 races per season – all on different circuits – the club calendar offers an exciting line-up of alternating hilly and flat courses.

In 2007, the dynamics of individual racing strategies changed dramatically with the introduction of the “king of the mountains” prize for all of the hillier events.

Climbers, who were often eclipsed in finishing sprints, now had something to work for with their very own hotspot.

2007 Ralph romps to SA road victory

Ralph Calitz added another national champion's title to the club's record books when he romped to victory in both the road race and time-trial (65-69 age category) at the SA champs.

After donning the double green and gold strip, Ralph was surprisingly excluded from the national team for the world champs later that year.

Not to be deterred, he decided to sign up as a freelance entry and travelled to the Austrian city of St Johann. There he finished a commendable 16th out of 108 riders in the 40km road race.

2007 The Cooneys conquer club admin

Following the Towers' retirement, husband-and-wife duo Tony and Sonia Cooney added a fresh perspective when they took over the day-to-day running of the club.

The two have kept the administrative function ticking over, putting systems in place to keep track of all the necessary paperwork and member queries.

They work closely with financial planner Sven Mahieu, who assumed the role of treasurer in 2013, to ensure that the club runs like a well-oiled machine.

2007 The club loses Kim

On May 24, the club lost talented and fun-loving Springbok cyclist Kim Trzebiatowsky, who was hit by a car while on a training ride on Seaview Road.

At the time of the accident she had been preparing for the national road championships.

The 47-year-old mom of four was one of Masters & Ladies' top achievers, winning a slew of national and international veteran titles on road and track, including the points race at the 2007 track world champs, which had moved from Manchester to Sydney, Australia.

Kim Trzebiatowsky



2009 Members head Down Under

Three of the club's best were selected to represent South Africa in Sydney. Mario Nell, Susan Taverner and Wayne Pheiffer made the cut but only Mario and Sue elected to go.

Team captain Mario held the club's name high, claiming silver in the 10km scratch event (35-39) and bronze in the points race.

Susan followed suit, taking silver in the 10km points race and bronze in the 2 000m individual pursuit (age 50-54).

2010 The latest news goes digital

In an effort to decrease the club's carbon footprint and save costs, the much-thumbed monthly newsletter went digital after more than 150 editions in print.

2010 Sue sets world pursuit record

One of the club's top female achievers, Susan Taverner, just keeps on improving with age.

Not content to be SA record holder and multiple national title-holder in the 2 000m individual pursuit, she also set a world record in that event (55-60) en route to gold at the world champs.



Susan Taverner

world
record

2012 Club kit given shades of grey

Masters & Ladies members got a racy new look with the update of the official club kit. The traditional red, black and white jersey was discontinued in favour of a sleek and stylish grey version.

2013 Mandy masters SA road champs

After taking the bronze medal on debut in 2011 and silver a year later, Mandy Akom finally ascended to the top step of the podium at the 2013 SA road championships in Oudtshoorn. She claimed gold in the 45 to 49 age group and, following a competitive break in 2014, repeated the feat this year in the 50+ category.

She also shone as a silver medallist at the UCI World Cycling Tour final (formerly known as the masters road world champs) in Pietermaritzburg in 2012.

A photograph of a hand in a blue glove pouring a blue liquid from a beaker into a flask. The background is white with blue text and a logo.

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2014 Ninety is nothing but a number

Jack Allen finally retired from competitive cycling at the grand old age of 90. After claiming a number of age category wins along the way, he once notoriously quipped that it wasn't difficult because everyone he raced against had passed on and all he had to do was ride to the finish!

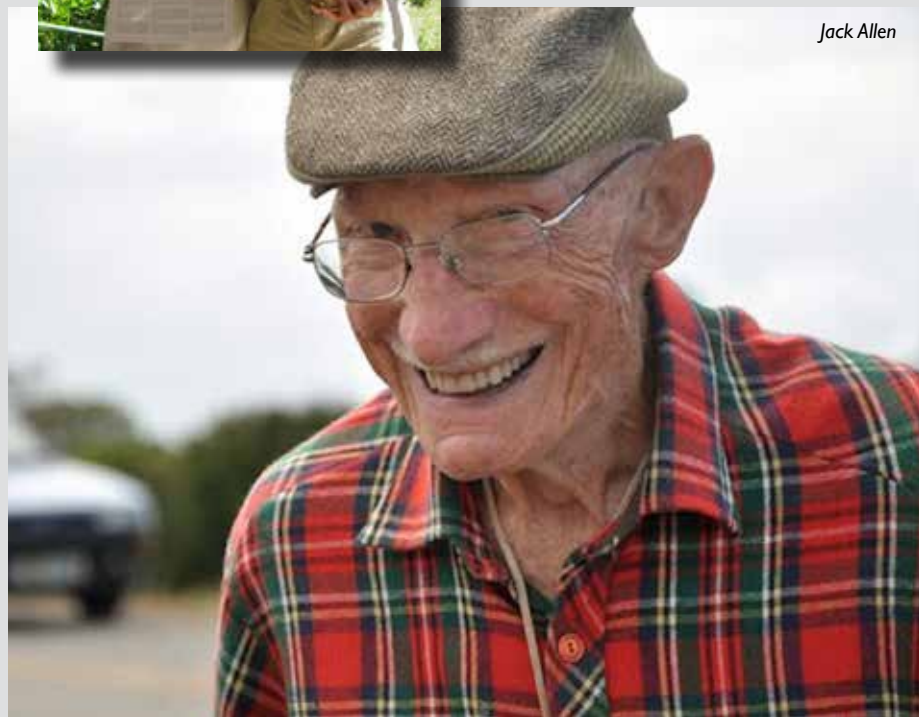
Jack completed the Cape Town Cycle Tour (formerly known as the Cape Argus Pick n Pay Cycle Tour) eight times between 1991 and 2004.

Over the years, his alter ego "Koos", along with Mary and Ken Cloete, provided many laughs with the tongue-in-cheek "Flintstones" column in Masters & Ladies' monthly newsletter.



Jack Allen

90



MASTERS & LADIES HONOURS BOARD

Honorary life members

Jack Allen
Kenny Jubber
Erica Clarke
Wayne Pheiffer
Carl Els
Schalk Pienaar
Henry Smith
Colin Towers
Gill Towers
Kim Trzebiatowsky*
Humphrey Gerretsen*

*Deceased

Club chairmen


1990-92 Humphrey Gerretsen
1993-94 Schalk Pienaar
1995-96 Theo von Ruben
1997 Ken Cloete
1998 Matt Gibb
1999-2003 Theo von Ruben
2004 Stuart Jones
2005 to present Dennis Ehlers



Honourable mentions

Charles Garai: The EPVLCA awarded former Port Elizabeth mayor Charles Garai the honorary race number one for life in recognition of his status as first citizen. Charles, who held office from 1993 to 1994, was also presented with a mayoral chain made from bicycle sprockets. He has ridden all 25 seasons with the club and had notable age-category results in cycle tours across the country over the years.



Erica Clarke and Stan Botha: Time stands still when you are having fun, or so the saying goes. That certainly seems to be the case for Erica Clarke, who clocks in as EP's longest serving timekeeper. After 25 years, she can still be found doing duty at the finish line alongside another stalwart spotter and former track star Stan Botha. 

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