

behind
bars

Newsletter

Eastern Veterans Cycling Club



Newsletter, July 5th 2013

Duty Roster

This week on 6th July – Casey Fields: Peter Ballas, Russell Newnham, Colin Mortley.

Next Week on 13th July – Arthur's Creek: Ian Smith, Neil Cartledge, Ron Chapman, Matt Rice, Ben De Jong, Barry Rodgers, David Phillips, Stephen Seckold, Gavin Plummer.

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

TIME IS RUNNING OUT!

If you haven't booked your TdF Tickets by the 14th July you will miss out!
Join your fellow Eastern Vet competitors in an enjoyable social evening.

Talk to your grade competitors on Saturday and put a table or two together.

Invite your cycling buddies, they will thank you!

Three course meal. Guest speaker – Trent Lowe. Door prizes and bargains.

Tickets available Saturday or contact David at davemacq@bigpond.com

Race reports from the Gruyere Kermesse 29th June 2013

A Grade (James Steward)



A great day for a bike race at Gruyere on Saturday with the Eastern Vets. The second teams race for this winter season, and with Tom Leaper obviously still bruised from his flat tyre at Yarra Junction, Croydon sent Haydn Bradbury to shake us up instead. Nigel Kimber gallantly rode alone for Omara Cycles, while five other teams came with a full complement of four riders. For Team Adriatic, we had Brave Dave, Cav, The Hulk and me (Skinny Guts) – and Vickie with the camera taking photos during the race.

Twelve laps of the circuit at Killara Rd to go, as we headed off slowly for the first lap. First time up The Hill, and I saw Hulk drifting back through the bunch. I think I remarked, “C’mon Hulk, eleven to go.” A sort of half smile, half grimace from Hulk, as the bike strained to resist the twisting motion of his guns and cannons.



Then the attacks started. Stefan featured regularly, trying to get up the road. Brave Dave offered me some shelter near the front of the bunch, as I monitored the situation, and tried to pick the right moves to follow.

After a few laps, riding up The Hill, I was near the front of the bunch, and got that feeling that something was about to happen. I glanced to my right as Haydn dropped a cog and lit the touch paper. There was no decision making time necessary. It was an action reaction pair. Before long a group of 5 were up the road, including Stuart Cameron, Haydn Bradbury, Guy Green, Peter Howard and me.

The next few kilometers went pretty quick as we ripped up the road to make a good gap, and lap after lap went by, with each time up The Hill taking a little more from our legs. So much so, Peter Howard departed the rear of the breakaway bunch, and disappeared completely. Punctured lung perhaps? Blown heart valve maybe? Peter must have nightmares about Gruyere. The last teams race he contested there, his left crank practically fell off, if I remember correctly.

Over the last few times up The Hill, the elastic bands were stretched between the remaining four, but didn’t quite snap. We rolled up the finish straight together, looking nervously for the first to move.

Stuart Cameron was the first to open up, and a good move it was too. He got the gap and held it. I was on Haydn’s wheel, and try as I might couldn’t get the 11 cog to engage, as we crossed the finish line with Guy a few lengths back.



After refilling the lungs and turning back toward the finish line to claim our placings, it was Hulk I saw ripping the road to shreds to win the bunch sprint by a healthy margin. Cav finished a little outside the top ten, and Brave Dave bravely completed his first A grade teams race (after a 2 year spell) with a small group a few minutes later.

Photos courtesy of Vickie.

A Grade (Nigel Kimber)

Where to start? Before the beginning. Being a Team's race the start list was published on Friday (it also helps being the organiser) so with the exception of a couple of independents (isolés) who'd enter on the day it was possible to pencil in a plan of attack.

Looking through the list of team mates I knew I'd get no help there - I was on my own, no, I mean, I was on my own - literally, Justin is away, Shane is recovering from injury as is Shane, and Gareth just isn't returning my calls. A free spirit, unencumbered by responsibilities, the directeur sportif (if we had one) would give me his blessing to ride this race for myself. So back to the start list and the plan.

Adriatic were sprinter heavy; David Holt and Phil Cav., James Steward the likely breakaway hound with Dave Anderson bolstering their presence Bike Force - the usual suspects, Guy & Roy and a couple of unknowns (for me)(Peter Bolton & Chris Halley) but it would be the twins to watch BikeGearNow/VeloEx, a full list and a strong list, Lawrence Lee their potential sprinter but most likely they'll be trying to get a rider up the road in

a small break; Rob Amos or Peter Howard supported by Stef Kirsch

Croydon Cycleworks/Pick-a-Part, another strong list even sans Tom, on previous form these were the guys who were going to liven the race up and there was no reason to think they'd do otherwise O'Mara cycles - yep, little old me.

Skoda, a solid team with one or two; Steve Ross, Frank Nyhuis capable of getting into, and staying with, a break if their cards fell well So pencil.

I'm not a sprinter so there's no point in sitting in and waiting (and hoping) for a bunch sprint. I'm not going to mark 20 riders but then only half of these are likely to try to establish a winning break early. So that's the plan, watch a few and pick the right move to respond to. Simple, like dating meerkats.

Who to watch?

For sure one of Guy and/or Roy will be in the finish, unless one of their team mates makes 'the break'

James Steward has the smarts and the legs, if he goes I should go.



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Rob Amos ... - BGN/VE, a tough call, all capable. Twelve times up the hill may take Rob out of it but ... and with Peter and Stef, and Lawrence ...

and then there's the Croydon boys; Mick and Hayden with more than enough depth. damn, snapped the lead. It's all too difficult anyway. Just watch Guy and Roy. And maybe James, and Peter, and Mick but only if he's got company. And respect Rob. And ... and ... S#!+. Just Go to the front, do not pass 4th wheel, do not feel the wind. 'tetch'

With the plan well and truly formulated and set it was to Gruyere we went. The addition of three independents on the line; Jean-Phillipe (Leclercq), who, despite (claiming) being under prepared, stayed with the bunch last week at Yarra Glen, Darren Woolhouse, freshly up from B-grade, and Stuart Cameron (who?, looks vaguely familiar), made no difference to "the plan" and made for a respectable field of 24. Croydon were down two (Mick Hay & Matt Davis) but had roped in their reserve (James Aylmer) and another of their B-grade riders (Chris Vennix).

The late changes to the Croydon team meant their usual aggression might be tempered a bit - we could but hope.

And it was, the first attack/surge not coming with the raising of the flag and not courtesy of the red and black of Croydon Cycleworks/Pick-a-Part but coming half-way through the first lap courtesy of the Charter Mason clad Stuart Cameron, Stuart starting hostilities along the ridge at the back of the circuit.

(Note to self, this should have rung bells but I struggle remembering what I had for breakfast let alone what happened two weeks ago at Arthurs Creek)

A response meant it was all back together again for the first time up the hill which was taken at a sensible tempo, but the racing had begun. BikeGearNow/VeloEx revealed their plan early with Stef Kirsch launching himself up the road most every lap, obviously endeavouring to soften the bunch for a later move by either Peter or Rob. Stuart must have had to get home to Ballarat before dark as he seemed to be in a hurry to get to the end of the race also making regular forays off the front. Croydon weren't to be left out either with one or two of their riders

making the sojourn up the road to see what grapes fell loose.

For the next couple of laps the attacks came and went, none seeming to have the right mix and those left out bringing it back together ensuring there would be a next time. Old habits die hard and I was having trouble determining if 'fourth wheel' meant fourth from the front of the race or fourth from the front of the chase. With the plan in tatters, a post-reunification lull, a momentary brain-snap and six and a bit (a big bit) to go, yours truly is driving the race around the back of the course and onto Killara Road and up the hill once more.

Well, you could have buttered me on both sides and made me 'he' for tiggly, there was an attack, half way up the hill and as I counted the jerseys that went by; Charter Mason, Bike Force, BikeGearNow, Croydon, Adriatic, and waited for the next ... and waited for the next ... it became apparent there'd be no next and that that was the race - and I (and Skoda) weren't in it. A belated and desperate effort up the last of the climb and down the other side only saw me flailing in no-man's land and with young Stuart driving the break and only a couple of metres to be made on the left into Cahilton Rd it wasn't looking promising.

Halfway along Cahilton Rd, with three-quarters of a lap in them, my legs weren't going any further on their own and as the five pulled away the bunch caught up and we were as one. It didn't take long for the chase to take on some form, Skoda putting two riders on the front (sorry guys, I seriously don't remember who you were), the two remaining independents in J-P and Darren also coming to the fore et moi but the leaders must have put in some serious effort as they simply disappeared through a sea of alternate coloured helmets.

Despite being out of sight the chase continued albeit less and less enthusiastic as the laps counted down. Two to go it was definitely a race for the scraps (6th - 10th), second last time up the hill David Depedro launched a solo attack that broke the heart of the lone yellow & blue clad rider leading the bunch but it didn't last and slowly the gap closed till it was grupetto in the chase as it raced down the other side to get one to go.



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A couple of surges up the two pinches out back did little to shake the tail and again what was left of the race headed onto Killara Road for the last time. Past a stranded BikeGearNow/VeloEx rider - cramp claiming Peter Howard. Then a repeat of the previous lap - a Croydon cycleworks attack on the hill, unlike last time the response was sporadic with riders abandoning the tortoise and building their own bridges. The majority cresting together, or close enough to pull back on the descent. Three were left behind, an intervening car not helping their cause but. There was no sprint for last, Phil Cavaleri and I throwing our bikes at the line in a slow-mo mock battle for our own amusement. The wash courtesy of Dave Anderson and James Steward; Peter Howard (BGN/VE) cramped or meched on the last climb leaving four to contest the podium. Along Cahilton Road the lead four

C Grade (Tony Tonkin)

Sixteen riders lined up for the tough Kermesse circuit out at Gruyere. The initial pace set was reasonably brisk even on the first and second laps, particularly up Killara Rd-----"heartbreak hill". This early pace certainly stung the legs. Who was it that got out front for 2--3 laps on their own--Frank, No 57, not sure ,but I'm sure he suffered until taken back into the pack on one of the climbs. It was not until about laps 3-4 that some riders started to really 'feel it' and dropped off the pack. It seemed to me that with every subsequent lap, when our leading group of riders topped the hill another rider was dropped off the group. The final two laps including the bell lap we had eleven riders left to contest for the places. I guess we all knew that this final bell lap climb would go a long way to determine the ultimate places ,and as expected the pace was brutal on tired legs as we started the last 300 meters of the climb. With only about 150 meters to go to the top, Darren was just out the front of the remaining riders and myself, he was out of the saddle, looking good and pushing a big gear. I like most of the others were hanging on by mainly spinning a higher gear when Darren made his stunning move and seemed to 'give it everything he's got'.

foxed, waiting for the first to break. Stuart (independent/Charter Mason) was the one to jump with Hayden and James reacting quickly. Stuart proving too strong, holding off the others for the win, James Steward (Adriatic) was unable to find his 11 cog and a way around Hayden Bradbury (Croydon cycleworks/Pick-a-Part) leaving him third with Guy Green (Bike Force) finishing just behind in fourth. The sprint for fifth was not too far behind and led in by David Holt of Adriatic, the Bike Force pair of Roy Clark & Chris Haley were next in sixth and seventh, the young legs of David Depedro (Croydon cycleworks/Pick-a-Part) still having enough after the attack on the hill to respond and hold on for eighth and the BikeGearNow/VeloEx pair of Lawrence Lee and Stef Kirsch rounding out the ten.

He told me later that at this time he was expecting the likes of Tim Crowe to attack on the hill ,so he wanted to move first--"all or nothing". We just couldn't respond and Darren crossed the top of the hill with a break of about 50 meters. A fast descent and quick turn into the final long straight had Darren well out in front, with Tim Crowe, Russell Wheelhouse, and myself bunched and considering our final options for minor places . With about 500 meters to go, the pace finally went full on and just before the slight rise of the finishing straight I kicked hard and gave it everything I got to hold on and finish second from a fast finishing Tim for third and Russell for fourth. Thanks to all the guys 'on duty', the officials and referee's for the day's race . Gees a tough day's ride !!



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E Grade (Jim Swainston)

Seven bodies lined up in the somewhat foggy conditions. All went well until we turned out of the finishing straight the first time and then “JC” attacked the little rise like a man inspired and 2 of our number were in trouble! They were just making contact when Kylie Ward tapped out a solid little tempo on the big hill and we were back to 5. This continued for a couple of laps and then “JC” and T Lateo were with us no longer. The contest became a battle between a lightweight and 2 heavyweights with no prizes for working out who the lightweight was. I hung grimly to Kylie’s wheel up the big hill each lap whilst Dean was

prepared to drop 30 metres or so knowing his descending ability would get him out of trouble!

We generally worked well together and the pattern up the hill was repeated on the final lap except that I did try to hold off Dean but he was back on a bit before the line. Kylie “hit out” with about 200m to go and won well in very deserved fashion whilst Dean settled for a diplomatic 3rd. It was a huge relief to get around hard courses 2 weeks in a row.

Many thanks to all those who contributed to another successful day.

Results: Gruyere 29th June 2013.

	First	Second	Third	Fourth	Fifth
A-grade (24)	C Stuart	H Bradbury	J Steward	G Green	D Holt
B-grade (11)	R Cardosi	C Woodgate	A Gullace		
C-grade (16)	D Eagle	T Tonkin	T Crowe	R Wheelhouse	
D-grade (11)	C Oliver	D Brown	D Coull		
E-grade (7)	K Ward	J Swainston	D Niclasen		

Results: The Loop July 3rd 2013

	Division 1	Division 2	Division 3
First	A Mapstone	G Plummer	J Neil
Second	P Cavaleri	A Weber	M Collins (N)
Third	J P Leclercq	O Anstey	M Waterfield

Thanks to the officials

Last Week on 29th June – Gruyere: Peter Mackie and Ron Stranks for taking entries; Keith Bowen, Thorkild Muurholm, Matt White, Ian Milner, Michael Paull, Mark Peacock, David Pyne, Peter Ransome John Pritchard, Frank Lees, Lawrence Lee, Steve Fothergill, Matt Davis and David Macdonald.

Also thanks to Andrew Buchanan for managing the duty roster, J.C Wilson for bringing the trailer and to Dean Niclasen for the drinks. Special thanks to those that replaced rostered officials at short notice and of course thanks to all the riders for making the day.



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Future events:-

Eastern Vets Program: www.easternvets.com/

July					
Sat	6	2:00pm	Casey Fields	134 E8	Graded Scratch Races
Sat	13	2:00pm	Arthurs Creek	510 N12	Graded Scratch Races
Sat	20	1:00pm	Yarra Junction	288 G10	Rob Graham Memorial TT - Handicap Club Champ
Sat	20	7:30pm	The Kilsyth Club	51 D10	Tour de France night
Sat	27	2:00pm	Yarra Glen	266 J11	Graded Scratch Races Kermesse
Mon	29	7:30pm	Ringwood Club	50 C3	Monthly General Meeting
Wednesday's		10:15am	The Loop	44 G4	Graded Scratch Races

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/>

7-07-2013	Promains Winter Crit Series (Race 4)	1hr+Bell	National Boulevard	9.00am
14-07-2013	MID WINTER BREAK - NO RACING			
21-07-2013	MID WINTER BREAK - NO RACING			
	VVCC Handicap - Paraparap			
28-07-2013	MID WINTER BREAK - NO RACING			

Victorian Veterans Cycling Council program: www.veterancycling.com.au/

21/7/2013 10:00am	Geelong Open (Geelong Vets)	Paraparap	61k	not yet open
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Note: Entries are to be on the appropriate VVCC Open entry form (available on VVCC website) and are to be accompanied by the requisite fee.

Thank you to all the contributors for this week's newsletter.
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