



**behind
bars**

Newsletter

Eastern Veterans Cycling Club



Oct 18th 2013

Duty Roster

This Week on 19th October – Gruyere: Jamie Goddard, Nick Hainal, Mal Jones, Tom Blazevic, Hayden Bradbury, David Casey, Ken Davis, Petra Niclasen, Richard Partington, Rob Birch.

Next Week on 26th October – Royce Bennett H'Cap Avenal/Seymour: Neville Williamson, Ken Woppard, Geoff Youll, Peter Norbury, Dale Eastick.

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

Race reports from the club championship at Yarra Junction on 12th Oct 2013:-

The Judges View (Keith Bowen)

Judging the Club championships is a tricky job, with a mixture of bunch sprints, solo riders and stragglers coming in. The strategy is to try and get all the finishers down in order and sort out the results later.

The **35 to 39 age group** had a big field of 10 riders, which I am sure is a record entry for this age group, and what is more surprising there were at least six of them in a sprint for the finish. Chris Vennix just managed to hold off Dave De Pedro and Lawrence Lee in third place. SoulRider Wes Hurrey coming fourth.

Only four starters in the **40 to 44 age group**, which promised to be duel between David Holt and Andrew Mapstone. David managed to hold on for the win, with Andrew saying something, about 10m from the line when he realised he

couldn't get over David. David is doing something right, winning at the Loop on Wednesday, on Saturday and then again at the National Boulevard with Northern on Sunday, where he seems to be unbeatable.

Seven starters in the **45 to 49 age group**, which, sorry guys, turned out to be a procession, with all riders coming in by themselves. Michael Hay winning from Jean-Phillipe Leclercq and Anthony Gullace.

The **50 to 54 age group** had a big field with 16 starters, another sprint finish, but with Steve Ross a comfortable winner from Gerard Donnelly and Phil Cavalieri and Frank Nyhuis fourth.

Seventeen starters in the **55 to 59 age group**, which was another group to finish in a very close bunch sprint. Ramon Cardosi was too strong for Dayle Goodall and Phil Thompson in the sprint.





Six starters in the **60 to 64 age group**, with Andrew Buchanan, like Michael Hay winning by the country mile. A fiercely contested sprint for second and third with Peter Ransome just beating John Neil.

Seven starters in the **65 to 69 age group** and was another group finishing with a bunch sprint. A couple of big powerful guys sprinting for first and second in Tony Tonkin and John Pritchard, but almost matched for speed by "featherweight" David Coull, third and John Thomson fourth.

The **70 plus** riders all started together. Paul Kelly riding down an age group, but was able to hang on to Martin Peeters and Keith Wade until the last 50 to 75 metres when Martin took off and put a gap into Keith, with Paul finishing third. Rod Goodes was the only rider over 80 and relished the referee's decision to ride one lap rather than two.

Ages 50 - 54 (Nigel Kimber)

Seventeen took to the start to try their mettle. Seven were there at the end, ten either scattered to the winds or back at the sheds contemplating their lot. It all started off nicely enough, a good tempo downhill and down wind through Gladysdale and on toward Three Bridges, and that's where it started to go pear-shaped for the majority of the ten. Early on the large a-grade contingent were content to either sit back and let the other grade riders set the pace or take a turn maintaining a solid but manageable tempo, the bunch ordering itself by strength as the miles clicked by.

But Three Bridges were to prove one too far, a surge up front saw a split mid-field and some desperate scrambling by Peter O'Callaghan and myself to bridge the divide and make a bunch of eight. The chase bunch shattering under the strain of trying to regain the race, Rob Suter, digging deep enough to bury a hairy-pachyderm, was the last to cross.

Having decided to race the leaders kept the carbon to the pedals as those with tired legs (yours truly) or now riding a grade above the norm struggled to hold the wheel in front - not looking forward to the return.

On the return there was no lining in Gilderoy, my legs said 'enough' and the gap to the wheel ahead got wider and wider. Some terse words from Peter O' seemed to inspire him to get around and back to the bunch, unfortunately neither I nor Rob S. had those words, or the energy to utter them, and the race was now to be decided amongst the six a-grades and Ian Smith. Frustratingly the remainder of the return to Yarra Junction, aside from being uphill and into the wind, was also covered at nigh on the same speed as the bunch, the initial gap lost pretty much maintained to the turn.

To turn or not to turn, that is the question. I obviously wasn't thinking straight as I headed out for another 30k of I don't know what I was thinking. The outbound leg did give opportunity to witness the damage the strong legs had done, it was a strung-out stream of yellow hats that were making their way back to the secondary college. I wondered how many of them would prolong the pain.

Toward Powelltown the realization started to dawn that the this leg was down wind which meant the next one would be up wind, I don't know what I'd been thinking. But up ahead, through the trees there was a bunch, and the sunlight occasionally caught the helmets to reflect gold – I was making ground on the leaders. Was there enough wind left to close it down, was there enough energy, was there enough will. Yeah – no.

It was a long, hard, near lonely, slog home. There was the occasional younger rider ahead, a target to drive me to keep going. There were a few yellow hats behind; Thorkild one who didn't surprise. Meanwhile up front the fairly steady pace of the previous 45k started to get erratic with members of the break trying to dislodge or discourage others within – Peter O'Callaghan predominant. All to no avail, the surging was all covered, the few small gaps that were created were closed down and six of the remaining seven rounded the final corner to be greeted by the sight of the finish UP ahead, Peter O' having paid the price for his aggression. Around this time I was struggling on the dead roads of Gladysdale



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as the leaders called upon their last reserves to make the uphill sprint, reserves of fortitude, reserves of wit and reserves of strength.

It was Frank Nyhuis who led the charge, deciding that he didn't have the sprint he took off around 350m from the line, too early to start a sprint but hopeful the others hesitated enough to allow a winning gap. And with the sprinters caught on the left it almost worked, but Steve Ross had enough O2 to realize the opportunity and was quick to jump after Frank. It proved a tactic to produce fruit, Steve slingshotting off Frank's wheel to take the win from the two whippets; Gerard Donnelly and Phil Cavalieri Frank, Rob Amos and Ian Smith there at the end.

Kudos to everybody across all age groups who turned up and gave it a try.

Ages 60 - 64 (Mark Edwards)

After 6 years of Tuesday night METEC crits and a long winter lay-off after a broken rib go-kart racing I was pretty keen to try a road race for the first time. 60k seemed like a long way to me, especially on the undulating course described as "flat". I had driven the lead car for the Omara 100 and I remember being exhausted and heat struck from just that so I was a bit anxious about the ride.

On the drive out I fuelled up on the essentials with a summer roll and salt and vinegar chips and coke for some salt, carb, sugar and guilt loading. After a short scare at registration with a firm "no ride" I had to call on a few Wednesday Loop crits to get a start, then soon enough we are rolling, about 6 or 7 of us.

From the wave Peter Ransome was off and after about 3k when we finally chased him down we were already down to four. Andrew Buchanan, John Neil, Peter Ransome and me. We mucked around for a bit then long and lean Andrew slipped quietly off the front tapping an honest pace and occasionally glancing back a bit curious til soon enough we lost contact with each other. While Andrew drifted off Peter and Neil, fretful of my super form after my one tire width win at the Club Crit Championships, started talking to each

other about making me chase Andrew down. Let him do it, wait, hold on... Umm, like hello, I'm in the room! I was a bit nervous about racing that far for the first time and was happy enough (I wasn't really) just to tag along and see how it felt - so then we got into a sheep-station stakes session that just about got to track stands as the 65+ group roared past checking if we were all ok. Meanwhile our Andrew was waaaay outta sight, now well gone. Eventually, after we had contentedly cruelled our collective chances, we had a bit of cat and mouse tag team attacking which really took it out of me, that 90 to 180hr bouncing about really hurt! Thank you Dr Goodes for the Fleccanaide, my fibrillating ticker couldn't do this without you! About 2k from the first turn around Andrew rolled past the other way tapping out a time trial pace and looking pretty comfortable nestled into the wind. We shaved that cone then ducked and dived and attacked into the wind til we were all exhausted and settled into that thirty years married rhythm and started to think about second and third, and the off podium fourth.

Back at the start, now noticeably further behind AB and going back down wind we three started to work together. It was like Torvill and Dean, so pretty that people on the side of the road were clapping. We hammered over those long undulations and through turns and every rider we caught I thought must be him. Surely he couldn't maintain this outrageous pace and hold off our heroic chase? Alas our bunny wasn't following our script so by the time we arrived back at downtown Powelltown he had stretched the lead even more and even managed a little wave on the way home. We turned and trudged a desultory pace back into the wind, now sadly in the little chain ring, picking up the odd dropped straggler. I rode a long last bit out front, really slowly, down to 110 hr but still couldn't give the turn away. Eventually even the stragglers had had enough, and wanting to be back before sunset, they left us and headed for home.

We three high-nooned it through Gladysdale, me thinking they're thinking he's thinking.., well I don't know what anyone was thinking. With all of about 50m to the line, half way up the little home hill,



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the attack from behind was finally launched. I called on my trusty legs of steel, ready to claim a well deserved second, only to find both legs were more thigh cramp jelly than spring steel. I didn't see the finish I was so far back but I see Peter claimed second from John while I first geared it home fearing a full on thigh cramp. Waiting patiently at the line to witness all this was our new 60-64 Club Champ Andrew Buchanan, now well watered and rested, perhaps even showered and shaved, feeling deservedly pleased with himself. "Out the front you just gotta keep going, you don't know what's behind! I was totally knackered but had to just keep going" he said. He can't have been too knackered methinks because he had managed to do the mental arithmetic to know we needed to be 14% better than him on the last leg! I couldn't have done that with a calculator.

Hats off to Andrew, solo for 55k, fair effort and well deserved I reckon. To Peter and John too, they certainly had me worked out and worked over. I was also super impressed with the big 65+ group who rode past and then well away from us, gives us all hope for a riding future. And to Croydon Cycles and Nick..I went in to get a Garmin mount for my old girl and came out with a slippery Cervelo S5 with Bontrager Aeolus deep carbon rims and a smoking credit card. That bike is so scary quick it feels a bit like cheating. If only I had the legs to do it justice :-)

By the way I mentioned the can throwing incidents to my daughter, a Yarra Ranges Ranger often working in the area. I must say she was not particularly surprised. It can be dangerous out there.

Ages 65 - 69 (Tony Tonkin)

Nine riders set off in the 65-69 age group Club Champs, with the initial pace being set by Owen Anstey who led out to the front from the start. With his reputation and experience we all knew that we were in for a tough race. Owen maintained that position throughout much of the first leg into Powelltown with help closer to the first turn from John Pritchard and John Thompson. However not far from the turn, John Thompson showed plenty of aggression and confidence and broke the group with a lead of up to 200 metres at one stage. As a group it seemed to take some time before we responded and it then took several kms before we bought him back to the group. Tony Tonkin went to the front to ride the last few kms to the second turn-around and after a neutral turn rode at a good pace for maybe 10 kms before being taken over at the front by Owen, John P and John T to the last turn. Up to this stage of the race the pace was solid and it was interesting and worthy to all that as a group we were still together. The return back to the finish line however displayed allot more posturing and tactics but overall was characterised by Owen making several bold attempts to break the group by accelerating strongly from behind, establishing a good break, only to be covered by John P&T, Tony, and indeed it seems all the group. It was now obvious that the race was to be decided by a sprint. After some tactical riding over the last few kms by the leading riders we all lined up with about 150 metres to go for the uphill sprint. To his surprise Tony got past Owen and John T. and kept the speed on to get to the finish line in first place behind a fast finishing John Pritchard for second and David Coull for third place. Congratulations to the entire group of riders for a very close, solid and high quality race.

Thanks to the officials

Last Week : Yarra Junction on 12th Oct 2013

Peter Mackie for taking entries, Keith Bowen (referee), Hylton Preece, Peter Webb, Richard Abel, Phil Taylor, Clive Wright, John Wildes, Gerald McIver Peter Oziemski, Haydn Bradbury for marshalling, traffic control and lead car duties. Also thanks to Andrew Buchanan for managing the duty roster, J.C Wilson for bringing the trailer and Dean Niclasen for supplying the drinks. Special thanks to those that replaced rostered officials or helped out at short notice and of course thanks to all the riders for making the day.



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Results club championship at Yarra Junction on 12th Oct 2013

Age	First	Second	Third
35-39 Male	Chris Vennix	Dave de Pedro	Lawrence Lee
40-44 Male	David Holt	Andrew Mapstone	Darren Woolhouse
45-49 Male	Michael Hay	JP Leclercq	Anthony Gullace
50-54 Male	Steven Ross	Gerard Donnelly	Phil Caveleri
55-59 Male	Ramon Cardosi	Dayle Goodall	Phil Thompson
60-64 Male	Andrew Buchanan	Peter Ransome	John Neil
65-69 Male	Tony Tonkin	John Pritchard	David Coull
70-74 Male	Martin Peeters	Keith Wade	
75-79 Male	Paul Kelly		
80+ Male	Rod Goodes		

World Champions Dinner Club Ringwood

Cnr. Oban Rd. & Maroondah Hwy
Friday 25th Oct. 2013
(Note change of Date)
7pm

To celebrate Roy Clark's recent World Championship victory
AND

Eastern Vets back-to-back world championship victories (with Guy Green winning in 2012),
an informal World Champions Dinner is to be held in their honour.

*Attending the dinner will be the other two members of the Eastern's World Champions Club;-
Ken Woppard (1992) and Elizabeth Randall (2004 & 2008).*



Show your appreciation and support for these Champions in the company of fellow Eastern members.

Live entertainment from 9pm

Place your booking with David at davemacq@bigpond.com or call 0419536717 before Monday 21st. Oct 2013.





Results for 'The Loop' Oct 16th

	Division 1	Division 2	Division 3	Division 4
First	A Giramondo (N)	D Bunning	A Skene	P Gray
Second	F Short (N)	R Wheelhouse	M Stalder	L Bohn
Third	D Reynolds	A O'Neil	P Griffiths	F Lees

Future events:-

October 8th Tuesday Nights racing commences at Metec – **6pm sharp!** This series relies on volunteers; please pass on your preferred marshalling dates to Peter Mackie at :- peter.mackie@parmalat.com.au

'Round The Bay' ride - 20th October; Good luck and safe riding to all Eastern Vets members taking part in this iconic Melbourne event.

Eastern Vets Program: www.easternvets.com/

	Date	Time	Location	Melway Ref	Event
October					
Sat	19	2:00pm	Gruyere	282 F10	Graded Scratch Races
Sat	26	1.30pm	Avenel/Seymour	910M5	Royce Bennett Handicap
Mon	28	7:30pm	Ringwood Club	50 C3	Monthly General Meeting
November	2	2:00pm	Casey Fields	134 E10	Graded Scratch Races
Sat	9	2:00pm	Yarra Glen	266 J11	Graded Scratch Races
Sat	16	2:00pm	Casey Fields	134 E10	Graded Scratch Races
Sat	23	1:30pm	Dunlop Road	70 K10	Graded Scratch Races
Mon	25	7:30pm	Ringwood Club	50 C3	Monthly General Meeting
Sat	30	2:00pm	Casey Fields	134 E10	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/>

	Sat 12th Oct - VVCC Handicap - Camperdown to Warrnambool			
20-10-2013	Highlands Spring Classic	60/105km	Highlands PS, Highlands	9.30am
27-10-2013	Jim Pritchard Memorial Handicap	64km	Avenel Rd, Seymour	10.00am

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

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