



behind  
bars

## Newsletter

Eastern Veterans Cycling Club



**July 24, 2014**

**Contents:** Duty roster. Race reports. Race results. Future events. Training rides. Members' corner.

### **Duty Roster**

***This Week on 26 July: Arthurs Creek:*** Phil Smith, Ian M Smith, Charles Lethbridge, Geoff Youll, Rob Birch, Andy Burmas, Dave Birznieks, Ken Budin, Craig Chamberlain, Ramon Cardosi.

***Next Week on 02 August: Casey Fields:*** John Thomson, Chris Becket and Paul Beresford.

**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](mailto:tiptop2@optusnet.com.au).

### **Eildon 19 July 2014**

The 46 riders (and officials) who made the longish but overall pleasant drive to Eildon for the inaugural EVCC race at this venue were treated to an almost perfect winter's day and a race on a course which is both fast and safe (mostly clear and wide enough for easy passage of both powered and pedaled vehicles).

Thanks to all the officials and, in particular, to Angela Worland, Ray Watts and Mark Charlton who stepped up to fill in for some unable to meet their rostered duty on the day.

Thanks also go to Ian, Peter, Neil and Jim for their reportage on C, D and E Grades below and to Nigel for the photos. For A and B Grades there are only snapshots of proceedings.

#### **A Grade:**



A small bunch of seven set off for three laps of the yet to be experienced Eildon circuit, the five regular a-grade riders bolstered by a couple of b-grade riders





prepared to test themselves over this flat and fast course.

It all stayed together for the first 25k with all in the small group taking a turn at setting the pace, and a fair cracking pace it was. The extent of which was seen on the second lap with Anthony Gullace and Darren Woolhouse losing touch – the pair enjoying the day, and the course, so much they stayed the distance as the five regulars pushed on.

The flat track meant it was going to be a sprinter's finish, but which sprinter, the quick and nimble Nick Kennedy or Simon Bone, the powerhouse that is Steve Ross, or the mid-rangers Roy Clark or Frank Nyhuis.

There was nothing out there but serious hard work that was going to split the five and the money on the line was that the five would start the sprint together with the odds favoring Simon Bone. And so it almost came to be, Steve Ross doing all he could by hitting out early and hoping to outlast anybody that tried to stay with him, unfortunately the slight head wind was enough to beat him and the two little men of the group rounded him to race for the big envelope. Nick just pipping Simon on the line with Steve staying ahead of the challenging Frank and Roy.

**B Grade:** No report



**C Grade (1):** Ian Milner

Who would have thought, a morning of sleet, rain and hail in Yarra Glen did not bode well for a bike race in the afternoon no matter where it was going to take place. Driving up the Black Spur a number of cars coming the other way covered in snow made it seem even less likely. But once over the Spur the skies cleared and the roads dried out and it turned into a glorious day and location for a bike race.

Three laps of a 25 km circuit was going to be a tough ask and would most likely be a race of attrition rather than one of tactics or team work. 12 starters headed off, which included the handicapper Peter Mackie up from D grade where he had been for a very long time and in his words – wanting to do a 75 km ride rather than a 50 km one. A briefing from Nigel Kimber and we were off. Neutral to the start finish line where everybody got sorted and the race was on.

Mal Jones did a lot of the work heading out towards Thornton as did Dave Hyde. Turning left onto the Eildon Road Dave Hyde hit the hill (bump) hard and gapped the field. But it wasn't to last and the group was back together a short while later. Andrew Buchanan did a power of work on the way back to Eildon with no-one really wanting test the bunch, fearful that we still had a long way to go.

The second lap was almost a carbon copy of the first, however Dave Hyde and Mal Jones hitting the bump was enough for Dean Niclasen to become detached and lose touch. We also lost Dave Oldfield at the start of the lap which looked like it was due to a technical fault with his bike? Andrew Buchanan was on the front again with Mal Jones helping out and Dave McCormack having a couple of goes trying to get away. It later turned out that Andrew was only doing two laps and was intent on getting his money's worth. Dave McCormack must have been feeling good as he rode away from the bunch on the 3rd lap out past the Blue Gums Caravan Park and had a gap of 200 metres. That was enough to stir Mal Jones up and he quickly reeled Dave back to the bunch. Coming back towards the Eildon Weir, Peter Mackie made himself known and had a little bit of a go trying to get away, but this attempt didn't stick either.

Back through Eildon and everything was getting set for a sprint finish with 7 of the original 12 left. Mal Jones appeared content to lead everyone back to the finish when what seemed like a km out from the line Dave Hyde took off with yours truly in tow and Peter Mackie sitting comfortably third. With such a long lead out it didn't take long for the lactate to take a hold of Dave's



legs and then, it was my turn, (Peter Sagan I ain't) and with all my might I tried to maintain the same speed to the line, only to see Peter Mackie cruise past like a greyhound passing a dachshund. And with a resounding "Yes" Peter won the race – well done. Ian Smith who also put in a solid effort all race came in for third. Also putting in and contributing too were David Brown, John Neil, and Kelvin Stagg.

Thanks to all for a great race (especially the marshals and the traffic controllers!).



**C Grade (2): Peter Mackie**

Things looked grim as we headed over the Spur, however on the other side the clouds cleared but it looked windy, but as we neared Eildon the sky was blue and the wind appeared to be gone.

The Committee had a change of minds, which meant only A, B and C were doing 75km and D and E 50km. I was keen on doing 75km, but not with C Grade, particularly on an untried track. With 15 minutes to warm up I manned up and nominated C Grade to race in.

With 12 riders I wasn't sure if this was a good or bad thing. Things started slowly, David Hyde sat on the front for a while, before bursting over the hill with David Brown and Mal Jones in hot pursuit. This certainly got the heart pumping. Dean Niclasen was dropped, but in sight and eventually re-made contact with the group, only to be cut off completely the next time over the hill. A few tiny hills on the way back to the start/finish everything remained claim and the course appeared to be relatively friendly.

Past the finish line the tempo dropped and for some dumb reason Peter Mackie went to the front for about 2kms and led the group to the left turn. As we headed back towards the climb (400m; ~4-5%) and just as we were relaxing again, Dave Hyde decided to scare us all and hit a pot hole hard enough to force his drink

bottle to fly out of this holder. Note to riders – generally it's good etiquette point out pothole or dangerous objects to others.

Over the hill David McCormack made a few attacks, his final attack lasted for a while. We didn't catch him until after receiving the silent bell for the final lap.

Everyone, minus Dean, remained together until the climb, which saw the end of David McCormack and I think John Neil lost contact here as well (cramped on the climb but clung on to the Snobs Creek road junction – *ed*). Mal and Ian Milner had a few attempts to break up the group, but David Brown wasn't going to let them go and the bunch would re-group. On the decline into Eildon Ian took off again and all you could hear was the changing of gears to chase him down. Back together through the roundabouts, Mal was given the duty of leading the group to the finish line, whilst David Hyde and Ian Milner discussed who was going to lead whom out, with Peter Mackie paying close attention. David lost the toss of the coin and led Ian out, with Peter stuck on Ian's wheel and the other Ian (Smith) stuck on Peter's. With 100m to go Peter thought he'd try and out sprint the naturally gifted sprinter in Ian Milner, and Ian wasn't going to give up a win and made Peter work for his place. Peter just got Ian on the line, with Ian Smith taking third.

**Phil Taylor:** Congratulations to Peter Mackie and welcome to C Grade.



**D Grade: Neil Cartledge**

You couldn't ask for a better day to try the new course at Eildon. Crisp air, clear blue sky, virtually no breeze, very little traffic and great company to boot! And I haven't even mentioned the circuit yet.

We were dispatched with 2 to 3 kms to roll the legs over and have a chat before we reached the start/finish line. The first 10 kms were flatter than my





first girlfriend's chest (that was in primary school). We had a slight breeze into the face but otherwise it was almost boring. All in the grade had a turn on the front. Even Boney had his head out there for a moment, but the shock was too much for him and he didn't want to make the same mistake twice. The pace was easy as everybody took in this great piece of landscape. There was snow on the nearby hills, animals in the paddocks, even a woman with a pram out in the middle of no-where and perhaps 2 cars with drivers that were courteous. No beer cans were thrown nor an angry word used.

At Thornton we turned on to the main road and there were now some undulations. Well undulations for all but yours truly who went out the back in the usual fashion, but once the body adjusted, I got back on and continued towards Eildon. Michael Muscat did a lot of work on the front as did David Coull. Most of the other riders also went forward to set the pace.

At Eildon township for the first time we went through 3 round-a-bouts but there was no traffic before turning back onto the road to the start/finish.

On the second lap the pace quickened as the familiarity gave everybody the confidence to know how hard to push. The flat section was covered in a shorter time and those on the front were working a bit harder than the fact finding first lap. At Thornton the pace eased a little then the first ripple was hit, this time harder than the previous visit. The final run to Eildon was smart but not overdone with the pace setting confined to Michael, David, the 2 Colin's so the bridge over the pondage came up a little too soon.

Back into Eildon this time a vehicle was encountered in one of the round-a-bouts proving there is some life in this sleepy hamlet. Whilst it was a little early, some riders were trying to make position one rider coming in under others on a left turn but no harm was done.

On leaving Eildon for the last time we had, maybe 3k's to the line. As we turned on to the long finish straight and the line came into view, the pace lifted and the complete d grade bunch tried to tire the sprinters, to no avail as it was to turn out. Still well out from the line, about 800m or so, Colin Mortley attacked and David Coull jumped on his wheel with Colin Doherty close by. There were others as well. I think Greg, Shane and Michael. Ken was boxed in amongst the front runners. The long sprint caused the bunch to stretch, Colin Mortley along with Michael slipped back and then Ken kicked hard just as an on-coming car caused the bunch to hesitate for a for a long moment. He then he found a way around Greg and Colin Doherty before

sprinting up to David, just getting over Ken first, David a close second with big Colin Doherty third.

It was a very enjoyable race on a very attractive circuit. Nobody attacked or tried to get away but no doubt the next time there will be many more riders and the attacks and attempted break-away's will be present. It may well be 3 laps for d grade as most found the 50k ride fairly easy. The average speed was 32.3kpm but it would not be surprising if that goes over 35 next visit.

Well done Hylton and the others who made this venue available for us to ride.

### **E Grade:** Jim Swainston

Well I think we may have been quite a ways through Healesville before the skies cleared. I reckon we were seeing stuff that looked mighty like snow falling as we went up the Black Spur. Great to get rid of the "riff raff" at the Marysville turn off! We serious people had the roads pretty much to ourselves when we got rid of the skiers. Good to see familiar faces as we entered the little village of Eildon and we had coffees and I downed my creamed rice before going in search of the start point. I was relieved when Nigel K. explained how we were to get out onto the "Back" road.

E Grade looked like quite a select group with 8 starters lining up and the run out to the Start/Finish line was uneventful but we soon realised there was a bit of wind in our faces as we worked towards Thornton. JC and Zenon showed signs of restlessness but Bernie the "Gap-bridger" worked hard to pull them back whilst Nick put in long, hard turns. The first moment of truth approached after we crossed the Goulburn and did the little right turn and faced the only real climb on the circuit (well it was a climb to me!) We lost Rob here and he battled around and finished the course on his own. The rest of us looked pretty even and a bunch finish looked odds-on. The ever-tenacious Susan O'Keeffe was almost overcome by the beauty of the countryside as it reminded of her younger days in Ireland! I had a lump in my throat also but it may have been the energy bar I was trying to swallow.

Nick was still in control of the bunch as we commenced the bell lap and things remained calm as we did the climb with Nick doing a lot of pacing through the town and down to the finish. Susan dashed past with about 300 metres to go then JC went past Nick on the sheltered side followed by JS. It was good to see Ronnie putting in a bid in the sprint as he is starting to "feel his oats again". JC put in that good





little jump of his and finished the race out well followed by myself and the consistent Bernie third.

Extra thanks to all who officiated and made the day work. Congrats to Hylton for biting the bullet!



Grade	1st	2nd	3rd
A Grade (7)	Nick Kennedy (Colac)	Simon Bone	Steve Ross
B Grade (9)	Glen Newnham	Ray Russo	Craig Oliver
C Grade (12)	Peter Mackie	Ian Milner	Ian Smith
D Grade (10)	Ken Bone	David Coull	Colin Doherty
E Grade (8)	JC Wilson	Jim Swainston	Bernie Evans
F Grade (0)			

#### Thanks to the officials/helpers.

Thanks to Peter Mackie and Ron Stranks for taking entries and the officials: Nigel Kimber, Hylton Preece, Thorkild Muurholm, Kevin King, Neville Williamson, Robin Condie, David Moreland, Ian Jones, Angela Worland, Ray Watts, and Mark Charlton.

Additional thanks go to Andrew Buchanan for managing the duty roster, Zen Gawronski for bringing the trailer, Kevin and Shelly for 1<sup>st</sup> aid and Dean Niclasen for bringing the drink refreshments.

#### The Loop 23/07/2014

	First	Second	Third	Fourth
<b>Division 1 (13)</b>	R Newnham	I Clark	T Perry	T Coulter
<b>Division 2 (11)</b>	J Hasouras	M Stalder	G Bull	
<b>Division 3 (10)</b>	S Coulson	R Feigan	Neil Cartledge	

Sunny skies and a finger stinging temperature drew big fields and some heated racing this week. A four-man break in Div 1 left the peleton sprinting for pride alone. In Div 2 a series of mid-race surges saw several riders shed before the bell and Alison Skene finish with the bunch as first unplaced woman. Div 3 seemed to get dragged along by the surging Div 2 and finished in a bunch sprint after most riders were surprised by the bell.

Thanks again to Steve Barnard for acting as race organiser and to Brownie for ringing the bell a few laps earlier than expected (better than 2-3 laps later!).

#### Future events:

**Eastern Vets Program: [www.eastervets.com/](http://www.eastervets.com/)**

	Date	Time	Location	Melway Ref	Event
Saturday July	26	2:00pm	Arthurs Creek	510 N12	GSR
Monday July	28	7:30pm	Club Ringwood	50 C3	Monthly GM
Saturday Aug	2	2:00pm	Casey Fields	134 E10	GSR - Criterium
Saturday Aug	9	2:00pm	Yarra Glen	266 J11	GSR - Kermesse
Saturday Aug	16	2:00pm	Gruyere	282 F10	GSR - Kermesse





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 eve.

**Northern Vets Program: <http://www.northerncycling.com/>**

Date 2014	Race	Dist.	Venue	Time	Event
27/07/2014	Time Trial	TBD	Balliang Hall, Balliang	9:00 am	Bike Force TT Series Race 2
03/08/2014	Handicap	64 kms	Avenel Rd, Seymour	10:00am	Tom Stewart Memorial (SS6)
10/08/2014	GSR	1hr+bell	National Boulevard (Ford)	9:00 am	Criterium
17/08/2014	Handicap	53 km	Racecourse, Kobyboyn Rd	10:00am	McCallion H'cap (SS7)

**AVCC National Championships PERTH 26-29 SEPTEMBER 2014**

Registrations are open for the AVCC National Championships to be run in Perth, Western Australia from 26th to 29th September 2014. There will be two track championship events, road, Criterium and 25km time trial championships. The track at the Speed Dome, Midvale, will host individual time trial and pursuit championships - road bikes will be allowed for these events.

A link to IMG's event desk can be found on the West Coast Masters CC 'Nationals' web page at: <http://www.masterscycling.asn.au/nationals/nationals.htm> There is also a guide to the process available through a link on that page, or directly at: <http://www.wcmasterscycling.asn.au/nationals/2014RegistrationGuide.pdf>. The event is also listed on the AVCC web page at: <http://www.ausvetcycling.com/#>

**Training Rides**

Day/Time/Place	Route	Style	Contact
Tuesdays 9:30 am (9:00 am during DST) Main Yarra Trail (meet under Burke Road overpass)	Under Burke Road on Main Yarra Trail to Southbank via Yarra Boulevard and bike paths along the river and return.	Social, bike paths and roads, coffee @ Southbank.	Keithb33@optusnet.com.au
Sunday Morning <b>Beach Road Ride</b> Leave 8.00 am sharp  Meet at Peanut Farm Reserve. Cnr Blessington & Chaucer Sts. St Kilda.	Ride along Beach Rd To Frankston. 10 min stop. Then ride back to St Kilda. (approx. 65 km)	Social Ride - Coffee back at St Kilda	





## Members' Corner

In addition to race reports, every Member is invited to submit cycling-related material of possible wider interest including favorite rides, best or worst cycling experiences, brushes with fame (or the infamous), cycling holiday snaps, etc.



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