



behind
bars

Newsletter

Eastern Veterans Cycling Club



7 August 2014

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

Duty Roster

This Week on 09 August: Yarra Glen: Steve Barnard, Nigel Frayne, Martin Stalder, David Bunning, Paul Constantinou, Adrian Ellis, Andrew Gartside, Mark Granland, Ian Harper, Brian Gray

Next Week on 16 August: Gruyere: Richard Dobson, Peter Webb, Rob Feigan, Mal Jones, Greg Harvey, Victor Karafilis, Bernie Kelly, Richard Knight, David McIndoe, Dean McKeown, David Oldfield.

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.

Casey Fields 02 August 2014

It usually does not take much to make me ponder whether to head down the Monash towards Cranbourne – a few dark clouds, a breath of wind – but I wanted a fast hit-out so off I went. As it happened, apart from some water on the track, conditions were as good as I can recall in the last couple of years of racing at Casey Fields.

Thanks go to Ross, Jim, Ken and Robin for their reportage below.

See also the link in **Members Corner** to “Slaying The Badger” – a fascinating documentary about the machinations of the Lemond/Hinault rivalry in the 1985 and 1986 Tours de France.

Happy Reading/Viewing.

A Grade: No Report

B Grade: Ross Morgans

A great day for racing and a great race it was.

As I drove out the roads progressively become wetter, and we were all hoping the weather would hold off for a couple of hours.

I had a quick chat with the handicapper ensuring I was still OK to race B Grade after a number of poor finishes. I felt I had the form, but was just missing the results.

At race briefing Chris Ellenby arrived, but thankfully





with an A Grade number (and well deserved). Clearly he is back on his way to top form.

Once the race was under way, a couple of riders attacked here and there until a small group managed to break away. The wet track conditions had left debris on surface and would take its toll on a number of riders, me included. Just when the group was about to reform I got a flat tyre but luckily it was just near the start/finish. Doubly lucky Dave Hyde was still at the clubhouse and loaned me a spare wheel. A million thank-yous, Dave.

While I waited rejoin at the tail of the race, the hard lifted and the bunch had split into three groups. Anthony G in the leading bunch, with Ray and Ian chasing in the second bunch. With more than half the field in the first and second groups, we in the third group had our work cut out for us to chase them down.

No sooner had all the riders regrouped when Anthony G attacked. I quickly caught his wheel. Looking back we had opened up a gap. We worked together for about 25mins holding the bunch at bay. Reflecting on this attack after the race we were still along way from home. We would have had to survive another 20 mins before the race finished.

When the bunch caught up we took some time to catch our breath. But not for long when Ian S, Ray and Anthony G all started attacking. Now the bunch was getting really tired and pleading to the officials to ring the bell. They responded with kind words of encouragement like "only a little further" and "stop your whingeing".

The final few laps became more of a track race especially now the sprinters could sniff a victory. The pace slowed to a crawl and everyone was eyeing each other.

On the last lap the bunch accelerated down the back straight towards the finishing straight. Ian M and myself were caught out and were drag racing into the final straight. I buried myself and kicked again hoping to be able to catch Ray who was out the front flying away from everyone. He was to far out in front but I managed to catch up with the next two. It was great racing by everyone and a hard-earned victory to Ray.

C Grade: John Neil

Apart from getting a wet bum riding through the rivulets running over the track, everything felt OK in the warm-up. Then I saw the size of the bunch – it would be a day for keeping position and holding your line, being alert for breakers and avoiding the mid-race drift back through the pack. I am still finding my way in C Grade so staying up into the bell lap is the threshold for a good day.

Consistent with what seems a pattern in crits (at least in C and D Grade) attacks commence as soon as the one lap truce ends. This heralds a helter-skelter period which lasts at least to the half way mark wherein individuals or small groups test the legs and resolve of the bunch with successive sallies off the front. Without assigning blame to anyone, I seem to recall Graeme Bull, Rob Giles, Martin Stalder, David Brown and Franc Tomsic making their presence felt during this period. As a result the average speed between the 5 and 20 km marks was around 36.5 kph.

In this period I slipped back in the bunch to find John ("I'll do a few laps with C Grade before dropping back to roll in with D Grade") Williams pressing up on my inside and I thought I better stay focused as I really did not want to finish too far behind him while he is still in recovery mode. Unfortunately John picked up a puncture going into the back straight shortly after this.

After 20 kms the pace eased to about 35 kph as the bunch started thinking about the bell. Geoff O'Loughlen had a couple of later digs slipping through the bunch in the S bends around the back. Having seen him get away on occasion at The Loop on Wednesdays (see report below) I tried to follow him - I briefly thought we were away but thankfully the bunch reeled us in before I did too much self-harm.

As the time wore on past the one-hour mark, the previously willing horses were looking for relief. They tried to pull off to the right but the bunch tended just to follow like sheep unwilling to take the initiative with the result that at times we were all over the track. At one point at least part of the A Grade bunch passed us on the left. Peter Mackie sought to restore some order by screaming: "LEFT, LEFT" at regular intervals. In the last couple of laps a couple of A Graders were overhauled. Surrounded by swarming C Graders, one expressed a degree of consternation but to little effect as we "had the bell".

At the turn into the back straight it became a low-budget re-enactment of the last charge of the Light Horse at Beersheba, as we bore down on the final turn still in a large bunch. I seemed to be making good





ground down the straight on the outside and had momentum going into the final corner only to have to touch the brakes to avoid tangling with a guy in front of me looking for the same section of pavement as me. I pushed on to finish in the first 6 or 8 (I think) just behind Rob Giles.

Ken Bone and Dave McCormack had kept their powder dry (I may have seen Ken once in the early running) and obviously used their hard-won nous and strength to fill the first two spots. Graeme Bull finished third having put in his usual strong effort.

My Garmin indicated that we had ridden 43kms in 1 hr 14 mins for an average 34.9 kph.

Thanks to all involved for a good and safely run race.

D Grade (1): Jim Swainston

Quite good numbers overall despite the wet drive out. Solid number of starters in D Grade made for a bit of a lottery as to who would do what. I obviously haven't seen enough of Ken Saxton yet as I was giving great credit to Gerald McIver Jnr for doing long powerful turns but Gerald was in C Grade so I was a long way from the truth! Ken said "look for the blue rims!" Neil Cartledge was supporting Ken at the front along with Colin Mortley and a couple of others so our race was run at a good clip. Ken had a bit of an off-road excursion on the wet infield but was untroubled.

Neil gave us a demonstration of self-massage as he got off and attended to a troublesome cramp. He then gave us a demonstration of time trialling as he regained the field but most of didn't see it as we lost track of him! The "Doc" was making little dashes to the front now and again then toward the end he made a little dash to the pits to change a wheel.

We hadn't seen Jeff Cranstone for a while and although he rode well he wasn't as aggressive as usual. Neville was looking his usual tidy self and could well have been a contender at the finish. David Coull was having a quiet day as he is usually darting into the fray, perhaps it was the lack of hills?

The magical bell was heard finally and everyone got interested. The pace gradually increased until the back straight when Dean wound up the power and I was fortunate enough to be on his wheel. Following Dean is somewhat like motor pacing, it spoils you! I steadily came at Dean just as Peter Shanahan made his run, leading us home and showing why he can be a useful C grader. Ken finished a deserved third and made the

race.

Thanks to all and thank goodness the rain kept moving East.

D Grade (2): Ken Saxton

Twelve riders started in D Grade. Conditions were probably the best they have ever been at Casey Fields with blue skies and a very light northwest wind.

The race started calmly for the first two or three laps. This was followed by several short surges, which came and went but no breaks were created from them. It should be noted Ken Saxton put in a surge, checked behind to see if anyone was following and in doing so drifted off the track. He fought to keep upright in the soft ground joining the group again somewhere near the back and stayed there for a few laps with a red face.

The group included two recognised sprinters in Jim Swainston and Dean Niclasen. Riding around at a steady pace was playing into their hands so Ken Saxton came to the front and increased the tempo to try and take some sting out of their legs. Several riders took turns, which strung the group out. At one point Ken was finishing a stint on the front and called back for someone to take over only to find Dean sitting on his wheel saying he was not interested in speed.

About two thirds of the way through the race Neil Cartledge pulled off to the side of the track with cramp after a strong stint at the front. After a stretch he spent the rest of the race playing catch-up.

The pace, a case of cramp and a flat tyre did cause 4 or 5 riders to be dropped off the back but the sprinters were still sitting comfortably in the bunch. So much for trying to tire them! Chris Norbury led the group into the bell lap with Ken at second wheel.

Near the start of the back straight Dean started to wind up from the back of the bunch with Jim on his wheel. Ken and Peter Shanahan both latched on to the pair. Dean led around the final corner. Jim moved out to pass Dean with Ken on his wheel, while Peter went wide to overtake Jim and take the honours. Dean began to tire which opened a gap for Ken to come through and take third.

E Grade: Robin Condie

At 12.00 you would've thought racing would've been called off due to a big downpour but after the rain the





sun was shining.

The race started at a gentle pace for the first couple of laps, then before we knew it and coming up to the finish line, Nick Hainal flew down the outside. We were all awake now and off after him. The bunch settled and then Louise Wolfers cranked the pace up by a flying pass into the wind, so once again we were off after her. When caught Louise settled back into the bunch and Nick had several more runs down the outside to liven things up. The pace was too much for Alex Watts at about the 45-minute mark and he dropped off the back and continued to roll around to the end on his own.

Everyone was watching the time and as the hour passed with no bell but then C Grade came by and we got the bell with the pace slowing and people getting into pozzies. Heading into the back straight Robin Condie was on the front with Louise behind and Rob

Devolle behind her with the rest following. Robin was watching the shadows seeing riders looking over their shoulders and slowly winding up the speed.

Robin jumped on seeing Louise looking over her shoulder and the sprint was on leading into the last corner and up the hill. It was up to the rest to sort out the placings. Ray Watts was making his way between Louise and Rob to challenge for a place but was baulked by someone changing their line in the corner. So it was Robin for the win, Louise for second and Rob for third.

A good safe race was had by all.

F Grade: No Report

Grade	1st	2nd	3rd	4th
A Grade (9)	Roy Clark	Ian Clark	Guy Green	
B Grade (13)	Ray Russo	Phil Thompson	Ross Morgans	
C Grade (19)	Ken Bone	David McCormack	Graeme Bull	Brian McCann
D Grade (12)	Peter Shanahan	Jim Swainston	Ken Saxton	
E Grade (6)	Robin Condie	Louise Wolfers	Rob Devolle	
F Grade (4)	Clive Wright	Laurie Bohn	Ron Stranks	

Thanks to the officials/helpers.

Thanks to Peter Mackie and Ron Stranks for taking entries and the officials: John Thompson, Chris Beckett and Paul Beresford.

Additional thanks go to Andrew Buchanan for managing the duty roster, Dave Hyde for bringing the trailer, Kevin and Shelly for 1st aid and Dean Niclasen for bringing the drinks.

The Loop 06/08/2014

	First	Second	Third
Division 1	C Jones	R Newnham	A Giromondo
Division 2	G O'Loughlen	I Flannery	M Stalder
Division 3	J Williams	S Dwyer	N Cartledge
Division 4	B Rodgers	L Bohn	

It was a day for breakaways in Divisions 1 and 2 with the three place-getters finishing a lap up in Div 1 and Geoff O'Loughlen winning in Div 2 by 35 seconds after a solo break early in proceedings. John Williams showed he is well along the comeback trail from injury by outsprinting Shane and Neil in Div 3. Alison Skene was first unplaced woman.

Steve's Rider of the Day: Nick Thompson for the best coordination of bike colours and cycling kit.

Thanks go to Steve Barnard for acting as race organiser.

Future events:





Eastern Vets Program: www.easternvets.com/

	Date	Time	Location	Melway Ref	Event
Saturday Aug	9	2:00pm	Yarra Glen	266 J11	GSR - Kermesse
Saturday Aug	16	2:00pm	Gruyere	282 F10	GSR - Kermesse
Saturday Aug	23	1:30pm	Avenel/Seymour***	90 M5	Rob Graham Memorial TT – H'cap, Club Champs, A Grade teams race
Monday Aug	25	7:30pm	Maroondah Sports Club	50 A7	Monthly GM
Saturday Aug	30	2:00pm	Yarra Glen	266 J11	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.

Feature Race

23/8/2014 – Rob Graham Memorial Time Trial – Seymour

This is a true test to honour a great clubman. “The race of truth” (Sherliggetism)

A 25 kilometre race against the clock, this is two races in one:

1. **Rob Graham Memorial Time Trial:** A handicap where every entrant is assigned a handicap time, which is deducted from their ride time to determine their place - all members have a chance at winning!
2. **EVCC Time Trial Championships:** Age based championships – 5-year age groups, based on actual ride time, all place getters receive championship medals.

NB Entries will close with Peter Mackie on Tuesday 19 August 2014.

Special Event

Ballarat Weekend 13/14 September 2014

On Saturday 13 September the regular EVCC graded scratch races will be held at 2:00 pm on the Lake Learmonth course at Ballarat and on Sunday 14 September at 10:00 am the VVCC Open Handicap will be held on the same course. Put in your diary – a weekend not to be missed!

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

Date 2014	Race	Dist.	Venue	Time	Event
10/08/2014	GSR	1hr+bell	National Blvd (Ford)	9:00 am	Criterium
17/08/2014	Handicap	53 km	Racecourse, Kobyboyn Rd	10:00am	McCallion H'cap (SS7)
24/08/2014	GSR	1hr+bell	National Blvd (Ford)	9:00 am	
31/08/2014	Scratch	60/81km	Lancefield	9:30 am	Lancefield/Pastoria

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. NB Entries close at midnight WST on 12 September 2014.

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 Beach Road Ride 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, items for sale etc.

Dave McCormack has provided the following:

The Tour and the Commonwealth Games are over, nothing but rubbish on TV (unless you have access to Eurosport). Check out the film below about the rivalry between Greg LeMond and Bernard Hinault (1hour 20mins.).

SLAYING THE BADGER

A detailed and highly revealing tale of one of cycling's most extraordinary rivalries and one of the greatest Tours de France ever.

<http://cyclingtips.com.au/2014/07/slaying-the-badger/>

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