

behind  
bars

## Newsletter

Eastern Veterans Cycling Club



### 18 September 2014

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

#### Duty Roster

**This Week on 20 September: Eildon:** Richard Dobson, Rob Giles, Ray Russo, Ian Milner, Dale Eastick, David Chesney, Stefan Kirsch, J-A Sabatini, Brian Smith & Rob Suter.

**Next Week on 27 September: Casey Fields:** Nigel Kimber, Mick Jamieson and Guy Green.

**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).**

### Lake Learmonth 20<sup>th</sup> September

Our yearly visit to the Eureka Cycling Club was a very enjoyable jaunt in the beautiful county-side around Lake Learmonth. The usual wind that powers those familiar wind turbines on the skyline was absent and the sun was shining on the toiling backs of some 70 riders from both clubs. The much smaller Eureka Club achieved 3 places in 4 contested grades. This shows their strength and local knowledge when faced with the 'team' tactics of the Eastern riders.

The after race refreshments were provided by the Eureka club and a great country BBQ along with home-made cakes that the ladies prepared were enjoyed by all. With the long distances to EVCC race venues now the norm, one wonders why we don't go to Learmonth more often.

#### **A Grade: James Steward.**

I dunno how the Eureka vets cycling club managed it, but the sun was shining and the air was cool and almost still. A far cry from the usual rain, sleet, wind, etc., that the western highlands are famous for.



A good sized bunch rolled out, with Dave Anderson, Andy Burmas, Nick Kennedy and me (James Steward) keen to grab as many points and as much prize money as we could for Team Adriatic Nemesis. We had a



brief discussion on tactics as we rolled out, and it wasn't long before Frank Nyhuis crept off the front and got the bunch chasing. After a few other moves here and there, I found myself off the front with Andy, David de Pedro and Frank. We rolled turns for a bit, but the bunch was having none of it, and chased us down.



Another couple nipped up the road, and we left them dangling. It seemed easier to have a carrot and just not let it get to far ahead. After a while though, Nick and I decided enough was enough, and on the final lap, with a little help from Bike Me, we dragged them back into the fold.

That was the catalyst for more attacking, and in the flurry of attacks that happened next, Tom Leaper, who'd been following wheels all day, leapt up the road, and began his usual solo time trial effort to win the race alone. Another group had formed off the front of the race, and Nick and I knew we couldn't let them get a winning advantage. After a big effort, we got back on, and gasped for a while as the heart rate came back down.

The finish line had been moved, and none of us were sure just where it would be. I was near the front with Frank Nyhuis when I saw a 1km to go sign. Dave Anderson rolled up next to me and asked what my plan was. It was a long straight and flat finish, with a slight tail wind. "I wanna hit 'em early." I replied. I was not shocked to see David de Pedro having a crack up the right of the road. A good thing for me. I jumped and got on his wheel, then immediately hit him and head down, bum up, gave it my all for the line. Nick came past within the last 50 meters to claim 2nd, followed by Simon Bone, who hadn't felt the wind on his scalp all race (ha, sorry Simon). I finished 4th and Andy was on my wheel, with Dave Anderson just a few places back in 7th. Croydon may have won the day, but I suspect we cleaned up on points.



Thanks Eureka Vets Cycling Club for the pics..

**B Grade: No report.**



**C Grade: No Report.**



**D Grade: Dean Niclasen**

For those of us who struggle on the hilly road circuits the annual trip to Lake Learmonth provides some welcome relief and the potential to actually feature in the finish. After last year's fairly ordinary weather this



year's conditions were near perfect, with plenty of sunshine and very light winds.

The plan for the race was to try and capitalise on some recent training rides and the hopefully improved fitness by spending plenty of time at the front controlling the speed, especially up the inclines. This would hopefully deter any would be climbers from attacking, and lead to a bunch sprint at the finish, which should play to my strengths.

The first half lap was quite uneventful, with me leading for the majority, including up the only short hill on the circuit. So far the plan was looking good as everyone else elected to sit behind! Heading up the avenue of honor, Ken Saxton and Mal Rock (Eureka) both tried pushing the pace a bit, but to no avail as everyone followed seemingly comfortably. And that is how the second and third laps also played out, with myself, Ken and Mat taking turns at the front at different points on the course, but unable to inflict any damage.

As the last lap started with the bell ringing, the expectation was that someone, probably Ken Saxton based on recent weeks races, would attack on the last time up the "pinch". As it turned out Mal Rock decided to go earlier, with an attack up the long gentle incline on the north side of the course. A quick chase on the downhill side turned into a small gap heading towards the left/right hand corner combination, but it was too early to go for broke so I eased up and let Ray Watts and then Tony Herbert (Eureka) past. They led around the next left hander, heading to the "pinch" - so far so good. Part way up the hill the prediction proved accurate as Ken Saxton shot past, out of the saddle and trying to put some distance into the field. Adam Diamond was close behind, and given Ken's ability to stay away at Yarra Glen two weeks prior I decided it was "now or never" if I was going to hang on to them. The heart rate shot up as I chased as hard as I could, out of the saddle and giving it the full sprint treatment, and the reward was cresting the hill on Adam's wheel, who was sitting on Ken. I didn't want to look back, but sensed we had probably split the field and got a small gap. That wasn't to last however, as the lack of communication and teamwork meant that the three of us had been caught by most of the field before the crossroad.

From there it was a case of cat and mouse as two or three people tried to attack, but with no wind and a flat road they were all destined to fail. Around the last left hand bend and it was time to make position for the finale. Plan A was sit on Ken's wheel for the sprint, but that appeared impossible with Ken near the front left, boxed in by several other riders. Taking a chance, I moved up the outside to open up some possibilities,

and was rewarded when Ken moved to his right with nobody on his wheel.

With about 600m to go Ken decided it was time to crank it up, which soon had the field spread out behind us. Sitting on Ken's wheel, it was a case of trying to judge the distance to the finish and deciding when to pull out of the slip stream and attempt to pass. After several "not yet, not yet" moments, I moved right, jumped out of the saddle and gave it plenty. I had timed it well as Ken almost immediately began to tire, so I was quickly in the lead with the line still 100m away. At that point there is nothing to do but just keep giving it your all and hope nobody else is coming - there is no point in even looking back. Luckily I had judged it well and crossed the line first, with Mal Rock in second and Adam Diamond third.

Thanks to Eureka vets for putting on the great weather and a great post-race bbq.



#### **D Grade (2): Jim Swainston**

Some amazing weather lately and Saturday's made the outing to Learmonth extremely pleasant. The trip up was uneventful except going up the Pentland Hills Hylton passed me steadily, followed by an old white Falcon followed by a Police car sounding its siren. Incredibly the Falcon driver didn't move into the left lane to let the Police car through but swung right onto the grass of the median strip! Spectacular!

As we arrived at the Yacht Club it was obvious the event was going to be well supported with plenty of bodies around. I hadn't been to this event before so there was a bit of trepidation looking at those big bald hills and knowing my climbing ability. Graeme Parker made us feel welcome as we checked in and Bill Goldfinch gave us our instructions prior to setting off. It was something of a boost for local tourism, getting out to the racing circuit, as we went up the Service road past a couple of old historic churches. The circuit





turned out to be fairly friendly as we cleverly skirted around one of these big bald hills! I had a strange sense of "Deja vous" as we raced up the northern leg of the course. That night, when I studied the road map, I realised that part of the circuit had been used for the Australian Road Champs in 2005 but we had started from Burrumbeet and ridden north up to the circuit.

Our race was run at an even pace for most of the way with Mal Rock, Neil Cartledge, Greg Harvey, Colin Mortley and Ken Saxton being solid contributors. The call of "the finish line will be 1km shorter" appeared to confuse the crap out of some of our people but it didn't mean much to most of us as we didn't know the way in to the finish anyway! Ken Saxton unleashed some genuine aggression the last time up the solid rise 7km from the finish and split our group. We came around a corner onto a slight downhill and Ken led out hard from a long way to go but Dean Niclasen was always ready to pounce and won convincingly from Mal Rock who proved himself a good, versatile rider. Adam Dymond was 3rd with Neil next home followed by myself for an "honorary" 5th.

Thanks to Eureka for making it an enjoyable day. They have done well to "inherit" the Yacht Club clubrooms but there hasn't been a yacht race for 12 years

**E Grade: No Report.**



**F Grade: No Report**

Grade	1st	2nd	3rd	4th	5th
A Grade (23)	Tom Leaper	Nick Kennedy	Simon Bone	James Steward	Andy Burmas
B Grade (15)	Ray Russo	Nick Tapp	Grant Greenlaigh	Marcus Herzog	
C Grade (13)	Brad Eppingstone (Eur)	Dave McCormack	Rob Parker (Eur)	Peter Mackie	
D Grade (13)	Dean Niclasen	Mat Rock (Eur)	Adam Dymond	Neil Cartledge	
E Grade (4)	Rob Devolle	Petra Niclasen	Brian Farrell	Rhonda Kennedy	
F Grade (0)					

#### Thanks to the officials/helpers.

Thanks to Ron Stranks and Peter Mackie for taking entries and to the officials from Eureka. Andrew Buchanan for managing the duty roster, Shelley for 1<sup>st</sup> aid and the Eureka Club for providing the BBQ and other foods.

#### The Loop 17/9/2014

	First	Second	Third
<b>Division 1 (7)</b>	F Short (N)	R Newnham	P Thompson
<b>Division 2 (9)</b>	S Riddell (N)	J Hasouras (N)	B Will
<b>Division 3 (6)</b>	S Dwyer	D Niclesen	A Cunneen
<b>Division 4 (2)</b>	J Eddy	B Rodgers	

Thanks go to Keith Bowen for managing this popular mid-week social race.

#### Future events:





### Eastern Vets Program: [www.easternvets.com/](http://www.easternvets.com/)

	Date	Time	Location	Melway Ref	Event
Saturday Sept	20	1:30pm	Eildon	910 U8	Graded Scratch Races
Saturday Sept	27	2:00pm	Casey Fields	51 D8	GSR - Criterium
<b>Monday Sept</b>	<b>29</b>	<b>7:00pm</b>	<b>Maroondah Sports Club</b>	<b>50 A7</b>	<b>Monthly General Meeting</b>
Saturday Oct	04	2:00pm	Casey Fields	134 E10	GSR (Crit) – A Grade Teams race
Saturday Oct	11	2:00pm	Arthurs Creek	510 N12	Graded Scratch Races
Saturday Oct	18	2:00pm	Yarra Glen	26 J11	Graded Scratch Races- Kermesse
Saturday Oct	25	1:30pm	Avenel/Seymour	90M5	Club Championships

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.

### \*\*\*Special Event\*\*\*

**NB Croydon Cycle Works Tuesday Night Races** commence on 7 October – marshals are required. If you can help through the season please let Peter Mackie know.

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

Date 2014	Race	Dist.	Venue	Time	Event
21/09/2014	Handicap		Benalla		VVCC Open Handicap
28/09/2014	GSR	1hr+bell	National Blvd (Ford)	9:00 am	Criterium
05/10/2014	Handicap		Geelong		VVCC Open Handicap
12/10/2014	GSR	1hr+bell	National Blvd (Ford)	9:00 am	Criterium
19/10/2014	Time Trial		TBD Balliang Hall.	9:30 am	Time Trial Series-Race 3

### 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 <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, items for sale etc.

## Saturday

### The Ballarat Weekend



The Three Amigos enjoying a post-race refreshment.

## Sunday

The Eureka Open



Competitors assemble for the start





And the mad dash for the finish line.



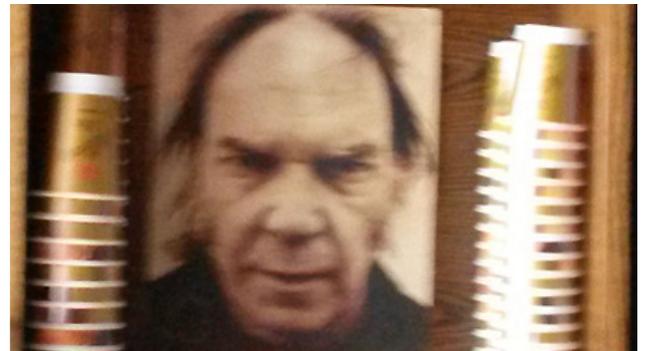
Winners are grinners  
The podium for the Eureka Open. 1<sup>st</sup> T. Duggan (N),  
2<sup>nd</sup> A. Hosking (G), 3<sup>rd</sup> B. Eppingstall (E)



Former Eastern Handicapper & life member  
Graham Parker with wife Elaine.



Post-race presentations and buffet.



Who is this man? A photo hanging on the wall of a  
Ballarat café.

Is it Neil Young?

Is it Henk Vogels??

Or is EVCC member Ken Mayberry???





## Amy's Gran Fondo



Congratulations to all the Eastern members who completed Amy's Gran Fondo on Sunday. Specially those below who qualified for the UCI Amateur Road World Championships.

Andrew Stalder 2.57.05	Tom Leaper 2.57.07	Sean Wilkeson 2.59.04
Dale Maizels 3.20.38	Ciaran Jones 2.57.54	Michael Hay 3.02.27
John Cain 3.03.29	Gerard Donnelly 3.00.06	Lindsay Bridgford 3.08.37
Frank Donnelly 3.11.00	Chris Ellenby 3.16.30	Mal Jones 3.22.15
Mark Edwards 3.29.57	Rob Birch 3.33.52	Elizabeth Randall 3.55.15
David Richards 3.20.34		

### On the International scene

The Vuelta a Espana came to a conclusion on the weekend, and what a tour it was!! Mano against Mano racing over incredibly steep mountains.

