



behind
bars

Newsletter

Eastern Veterans Cycling Club



9 October 2014

Contents: Duty roster. Race reports. Race results. Future events. Training rides. Members' Corner: Le Tour de Beechworth, John Neil, Camperdown to Warrnambool. Haute Route, Handicapper Insights & Masters 2014.

Editor: neil.cartledge1@bigpond.com Mob: 0407 832 328.

Duty Roster

This Week, 11th October: Arthurs Creek: Andrew Buchanan, Zen Gawronski, Dayle Goodall, John Cain, Mathew Fraser, Andrew Stalder, Mark Trounson, Paul Anderson & Graham Cadd.

Next Week,

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 4th October

Windy Fields again! What a tough day. A day that tests the determination of all riders and a carbon copy of the previous week's race, but more so. Fields spread around the track and beside it by days end and sore legs for all but the fittest. It makes next week hills attractive by comparison.

A Grade: No report.

B Grade: Peter Mackie

Windy and a small group. Two newer B grade riders joining and one back from a short go in A grade.

The wind was likely to break up the grades, like last week, but the addition of Chris Ellenby saw it happen a lot quicker. The neutral lap made Chris anxious and as soon as it had ended he was away, and the handicapper heard about it. Initially everyone said let him go, but then Phil got restless and chased, than 'The Gullac,' than Ross, than it was on!

Every lap saw the same thing, by the same riders! Attack after attack! The bulk of the group stayed together for 30 minutes, but eventually the numbers fell. Dave H, Dave P, Ross T, myself and Darren E. Paul Anderson did a great job of continuing to chase the breakaway of Chris, Phil, Ross M and Ross Clark (N), once he reached them that was it. He couldn't hold on, Ross Clark too found the going too tough.

In the end, Phil prevailed over Ross M and Chris. A good ride by Phil and strong effort by Ross, whilst Chris??

C Grade: No Report.

D Grade (1): Peter Webb

Well here we go again windy Casey fields, I reckon it was one of the windiest days that I have ridden at Casey but I was very pleased to see it so windy it





gives little skinny blokes a chance of winning by dropping the bigger more powerful sprinters with a few well timed breakaways. Quite a few people asked me what was my plan for the day and these included some of the people in my grade, I told them I planned to try a breakaway at the 15 minutes to go mark, but with all plans you have to have many back-ups depending on how the race develops.

We started with the traditional neutral lap led by Neil Cartledge virtually just as we went over the line David Coull took off again (just like last week) everyone said "not for me"! After we reeled him back in or he came back to us things settled down to a pace that was survivable into the wind and there were no serious attempts to get away except for Geoff Cranstone who was strong on the day.

At around the 35 min mark Michael Muscat went to the front and increased the pace for quite a while and that started to put some people under the pump, then Neil went the front again working hard as usual. David came past at a rate of knots down the back strait and I jumped onto his wheel because I thought that he is very strong and I couldn't let him go and also he would be a good man to work with. Up the finish straight with the wind virtually head on I passed David and kept the pressure on around the bend and into still a hard wind, when I got around the bend past the club house I could see that I had dropped David and that Neil was trying to go with David. Question to myself do I slow down and wait or chance ridding alone for the next 25 mins, so I elected to throw caution to the wind (pun) and go it alone.

The chase was on but with Casey fields being an open circuit it was easy to gauge if they were making any distance on me, as it happened I was holding them comfortably and with 10 mins to go they appeared to be losing ground so I didn't let up I just pushed harder. I was rapt to hear that bell and rode the last lap hard just to get it over with as soon as possible. So it's off to C grade I go, I would like to thank all the riders in D grade for the way that they have ridden in the last few months, always safe and friendly. Also many thanks to all that were on duty on Saturday especially the drinks I needed a beer after that.

D Grade (2): David Coull.

Casey Fields, with the weather almost identical to last Saturday's except that the wind was stronger.

A good roll-up for D grade with 13 starters and the pace was on from the second lap with David jumping away, only to be quickly reeled in. Shortly after, Geoff Cranstone also set off solo, perhaps hoping to emulate

the feats of his compatriot Sir Wiggo in the World TT Championship, but this escape also proved short lived. The race then continued with the pace being solid enough that nobody was tempted to sally forth, with strong turns on the front coming from Colin Doherty, Michael Muscat and of course Neil.

At this stage I was happy to shelter behind Jim Swainston who can always be relied upon to find a good spot to sit in the bunch, however at the halfway point I decided that a bit of pace down the back straight might establish who had good legs. Swinging off after my turn, I experienced windburn as Peter Webb turned on the afterburners and launched into the wind, with only Geoff able to latch on to his wheel. I desperately clung on to Neil's back wheel as he ground those Rotor cranks in an attempt to close the gap on the 2 escapees. Geoff I think found Peter's pace a bit rich and waited for Neil and myself, joining together to try to limit the damage being done. I looked around and didn't see anybody else, so we continued on, not really making much of an impression on Peter.

At one stage we were joined by Ross Gardiner but without about 3 laps to go I looked around and there he wasn't, so it was the three of us that took the bell, still 150 metres or so behind Peter.

Going down the tailwind section parallel to the finishing straight, I took advantage of the wind to open up a gap, hoping that the two other septuagenarians would look at each other to close the gap, however they wound me in very sharply. It was then a steady ride to the finishing straight, with Neil leading out holding on to the right gutter so that nobody could sneak up the leeward side, and proving too strong, holding off Geoff by about a wheel and leaving me floundering in their wake.

Congratulations to Peter on a well-deserved solo victory and to the placegetters for making a good hard race.

E Grade: Colin Mortley.

The wind was stronger this week at Casey Fields compared to the previous Saturday's race although still coming from the North. I therefore expected the racing to be similar to last week with attacks occurring on the straight with a tail wind. Last week the main culprits were JC, Nick, Adrian and I with JC (the main offender) attacking on the very first lap. The only problem was that JC was not there this week. So, to get everyone excited I decided to pick up the pace just a little on the second lap when we came around with the wind behind us. I then heard a voice behind me yell out "just let him go". Not realizing that I had





actually achieved a small lead I thought “you beauty” the group have made this a lot easier for myself as they had backed off. I heard Peter Mackie say as B Grade charged past that “I did that easily”. Yeah, only because the grade let me go and did not sit on my wheel. Instead of racing the group I just had to race myself. I had the belief in myself that I could easily manage 60 minutes by myself, even with this wind. Having just done some head wind training the previous Sunday (Mordialloc to St Kilda) and the “Jens hour” at Wes’s SOULRIDER STUDIO. I settled in with the head down to race my own race. The plan was to go fast on the few parts of the circuit where you had a tail wind and to go at least as fast as the group in the cross and head wind sections and to try and conserve some energy at the same time. While at the same time keeping an eye on the rest of the grade.

After two laps I looked around to see what sort of a lead I had over the group and noticed that Rob Devolle had achieved a breakaway of his own so I decided to ease up and let him catch on. About half a lap later Adrian Dickinson caught me instead. I had not realized that he and Rob had gone together to try and catch me. Unfortunately, Rob was not catching up and was to later pull out and offer encouragement to us from the shelter of the pavilion. From here to the end, Adrian and I just rotated turns and sheltered the other rider when we turned into the wind, while at the same time we picked up our lap speed as the distance slowly increased between ourselves and the group.

The group was slowly dwindling in number, but I did observe that Susan, Ron and Nick were all doing very solid turns at the front. The finish came with Adrian putting in a burst of speed as we came over the rise to take first place and myself catching up to him for

second (missed by half a wheel), a reverse of the previous weeks placing and Kym Peterson third across the line.

Thank you to the referee, marshals and helpers on the day. It could not have been much fun to stand out in the wind for over an hour.

F Grade: Laurie Bohn.

A big welcome to three new members, Paula McGovern, Jessica Chamberlain and Richard Hensey. Also it's good to see Juanita racing again. Eleven starters in F grade. WOW.

The weather conditions being what they were, the eleven person bunch provided somewhere to hide out of the wind. (Good for us senior vets.) The windy conditions also stopped any successful breakaway attempts so I think everybody was together for most of the race. Just after the bell, Paula gained a break of about twenty meters and I managed to go with her. Approaching the last turn I was unable to hold Paula's wheel so I struggled into the wind until the others caught me. It didn't take long for that to happen. Good ride by Paula to finish 1st followed by Jessica 2nd and Clive Wright 3rd. Well done everybody.

I had a look at 81 year old Michael Waterfield's heart rate monitor just before the race started, 55 bpm. would you believe? Don't know what his resting heart rate might be. Interesting to note that the Wednesday mob's after race coffee conversation amongst the Div 4 septuagenarians and octogenarians has shifted from, how is your prostate, to how is your pace maker. Might be why a medical person is never far away from Div 4.

Grade	1st	2nd	3rd	4th	5th
A Grade (4)	Roy Clark	Steve Ross	Rob Amos		
B Grade (12)	Phil Thompson	Ross Morgans	Chris Ellenby		
C Grade (21)	Cameron White	Peter Ransome	Peter Shanahan		
D Grade (13)	Peter Webb	Neil Cartledge	Geoff Cranstone		
E Grade (11)	Adrian Dickinson	Colin Mortley	Kym Peterson		
F Grade (11)	Paula McGovern	Jessica Chamberlain	Petra Niclasen		

Thanks to the officials/helpers.

Thanks to Ron Stranks and Peter Mackie for taking entries and to the officials: John Thomson, Peter Dunne and Graeme (“one winged”) Bull. Additional thanks go to Andrew Buchanan for managing the duty roster, David Hyde for bringing the trailer, Kevin for 1st aid and Nigel Kimber for filling in with the drinks.





The Loop 8/10/2014

	First	Second	Third
Division 1	R Russo	D Bunning	T McDonough
Division 2	N Tapp	G Plummer	G O'Loghlan
Division 3	S Lee	N Cartledge	P James
Division 4 (2)	C Wright	B Rodgers	F Lees

Thanks go to Steve Barnard for managing this popular mid-week social race.

Croydon Cycle Works Summer Series

Croydon Cycle Works Tuesday Night Races commenced on Tuesday 7 October -

Thanks to Glenn Newnham & Ray Russo for marshalling and entertaining the onlookers at the finish line.

A Grade (10)	1 st Roy Clark	2 nd Frank Nyhuis	3 rd Ken Mayberry
B Grade (18)	1 st Grant Greenhalgh	2 nd Nick Thompson	3 rd Mark Edwards
C Grade (16)	1 st Paul Consto	2 nd Cameron White	3 rd Peter Ransome
D Grade (13)	1 st Colin Doherty	2 nd Gary Leroy	3 rd Leon Bishop
E Grade (12)	1 st Les Robertson	2 nd Andrew Wedderburn	3 rd JC Wilson

Next week's marshals: Colin Mortley & Nathan Dewar

Great turnout for the first Tuesday. Thanks to those of you for encouraging all the new members to come down and particularly for increasing the female rider numbers. As an onlooker I saw and heard a lot of positive behaviour (one not so good), particularly towards our newer riders from the A graders (Roy) down. Thanks to those that provided guidance to the new riders during the races, let us keep the positive aspect going. Finally welcome to all our new riders, and welcome back to those that we only see during daylight savings – Pete Mackie

Future events:

Eastern Vets Program: www.easternvets.com/

	Date	Time	Location	Melway Ref	Event
Saturday Oct	11	2:00pm	Arthurs Creek	510 N12	Graded Scratch Races
Tuesday's	All	6:00pm	Metec	51 E7	GSR Summer Series
Saturday Oct	18	2:00pm	Yarra Glen	26 J11	Graded Scratch Races- Kermesse
Saturday Oct	25	1:30pm	Avenel/Seymour	90M5	Club Championships
Monday Oct	27	7:00pm	Maroondah Sports Club	50 A7	Monthly General Meeting
Saturday Nov	01	2:00pm	Casey Fields	134 E10	Graded Scratch Races
Saturday Nov	01	2:00pm	Dunlop Rd	70K10	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 eve.

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

Date 2014	Race	Dist.	Venue	Time	Event
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
26/10/14	Handicap	64k	Seymour.	10:00 am	Jim Pritchard Mem. (SS9)
2/11/14	GSR	1hr+bell	National Blvd (Ford)	9:00 am	Criterium
9/11/14	GSR	45/57k	South Gisborne	9:30 am	Criterium





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.

THE TOUR DE BEECHWORTH BAKERY: Keith Bowen.

The Tour de Beechworth Bakery offers the chance to enjoy some of the most stunning scenery in Victoria whilst enjoying the pro-cyclist life. All you have to do is ride: we take care of luggage, meals, mechanics & accommodation. We really could not think of a better way to celebrate 30 years of the Beechworth Bakery! Better still, we will be supporting the great work of the SES as we tour around, helping raise awareness and funds for this great service. 655 km over five days from October 22 to 26.

For further details check out the following link: <http://www.beechworthbakery.com.au/File.axd?id=948a6fa5-dc7b-4ba0-943d-cee68cab8017>

John Neil.

John Neil was laid to rest in Canberra last Friday. Michael Cosgrave attended the funeral and reported that it was a moving service. There followed a get-together of some members of John's family, Eastern Vets and Malvern Harriers on Tuesday afternoon. About 20 EVCC members from B grade, Tuesday ride, The Loop and the committee, attended to hear stories of what John got up to in his youth and got away with for the rest of his life as well as much of what we didn't know about his interests and achievements. The editor will be assembling some of this information and hopefully a few photos from Tuesday and elsewhere. This will be published when available. The Neil Family wishes to thank all those that attended the funeral and wake. The acknowledgement to John's life brought tears to John's daughter Jessica's eyes, but also made her proud of her father. Thank you to all the Eastern Vets for your attendance.

The Bill Long Camperdown to Warrnambool



The VVC presents the 'Vera warrne' 170 km Open Handicap



Saturday 11th October 2014, starting at 11:30am

The Camperdown to Warrnambool is the principal handicap race in the Vets open series and regularly attracts fields well over 100 starters. Starting at the Commercial Hotel in Camperdown the race makes its way to Warrnambool via Cobden and Allansford to finish under the gantry on the famous Raglan Parade. The vet's race precedes and complements the iconic 273km Melbourne to Warrnambool. The atmosphere and prestige to finish on the same finish line as the big race is something all the riders enjoy. If you haven't done the 'Vets Warrnie' before, be sure to put it on your bucket list. Entries close Monday 6th October 2014 on the VVCC web site.

Haute Route 2014

During three weeks, a production team followed and filmed the experience of the 1,100 riders taking part in the three Haute Route events of the Haute Route, the highest and toughest cyclosporives in the world.

The 26-minute program captures in dramatic style the amazing journey of the Haute Route across the Dolomites, the Swiss and French Alps and the Pyrenees, crossing four different countries

Click the link below to view <http://www.youtube.com/watch?v=fDDZlvNnZE&list=PLRtJBTmaXj4uiP6QRn-SrMenfhe6BQmdU>

Handicapper Insights

Many riders wonder about the science of handicapping, or is there actually any science or mathematics involved? No matter what you're told, you and your fellow riders ultimately form your own opinion.

This short note is to try and share with you how we try and reach a fair and reasonable grading for riders. Yes, there's some analytics involved. No, it's not based on emotions.

2014 Place to date

The table below shows riders performances by the total number of places (2014), whether 1st or 3rd.

It could be viewed by 1st places, than 2nd, than 3rd's, but than a rider with a high number of placing's falls (off the table) below a rider with a single win (five riders on the table have not won a race, however, all bar one have been 'put up.') (Who can that be? Ed.)

Three wins should see a rider moved up a grade immediately (however in E & F grades at times we only get 3 riders); continually placing shows a rider is strong and needs to be challenged/tested; normally a 'passing comment' is made to the rider. Strong performances by individuals, as seen on Saturday in B to F grades, are good indicators a rider(s) is capable of riding a higher grade – 'passing comment.'

Things that assist in judging a rider's ability or the grades a rider should ride in

- Your fellow riders; results outside of Saturday's racing – at other clubs, Tuesday's, Wednesday's, etc.
- Who's breaking away; attacking during a race (not only in the grade I'm riding, I look at other grades during and after racing)
- Distance between placegetters and the main group
- Who 'sits on;' who 'sit's up'; who 'soft pedals'
- Dropped riders – riders can be graded down, not necessarily after one bad race.
- If you are lucky enough to ride in a lower grade, sit in and enjoy it! Don't break the grade up! Don't place! Otherwise it's a very short stay, as some are learning.

Notes

- Places obtained may have been achieved in lower grades than that shown.
- Table doesn't show many races have been raced to obtained the places – some riders have ridden 30+ races, others only a handful
- There are 40 riders with 5 or more places, not all shown here. If you haven't already been elevated up a grade to date, you should expect too soon.

Top 30 Place getters





Surname	Name	2014	No. Places	# 1st	# 2nd	# 3rd
Stranks	Ron	E	10	3	3	4
Swainston	Jim	D	10	2	5	3
Thompson	Phillip	A	9	4	3	2
Ellenby	Chris	A	9	0	8	1
Watts	Alex	E	8	5	1	2
Newnham	Glen	A	8	5	0	3
Clark	Roy	A	8	4	1	3
Wright	Clive	F	8	4	1	3
Mackie	Peter	C	8	3	2	3
Evans	Bernie	D	8	3	2	3
Leaper	Tom	A	7	7	0	0
Bone	Ken	C	7	5	2	0
Saxton	Ken	C	7	4	1	2
Niclasen	Dean	D	7	3	1	3
Harvey	Greg	D	7	1	3	3
Ross	Steven	A	7	1	2	4
Coull	David	D	7	0	6	1
Wolfers	Louise(F)	D	7	0	4	3
Jones	Ciaran	A	6	4	2	0
Woolhouse	Darren	A	6	4	1	1
Dickinson	Adrian	D	6	3	2	1
Mortley	Colin	D	6	2	2	2
Smith	Phillip	A	6	1	5	0
Oliver	Craig	B	6	1	2	3
Cartledge	Neil	D	6	0	3	3
Watts	Ray	D	6	0	3	3
Jones	Mal	B	5	3	2	0
Russo	Ray	A	5	3	1	1
Zubovic	Andrian	C	5	3	1	1
Condi	Robyn	E	5	3	1	1

Masters Road National Championships

Ballarat hosted the 2014 Cycling Australia Master Championships last weekend. A record entry of 430 riders competed over the 3 disciplines of Time Trial, Criterium and Road Race.

Congratulations to the Eastern members who competed, particularly the medal winners.



Masters 4: Dale Maizels. 2nd. Time Trial 2nd. Criterium





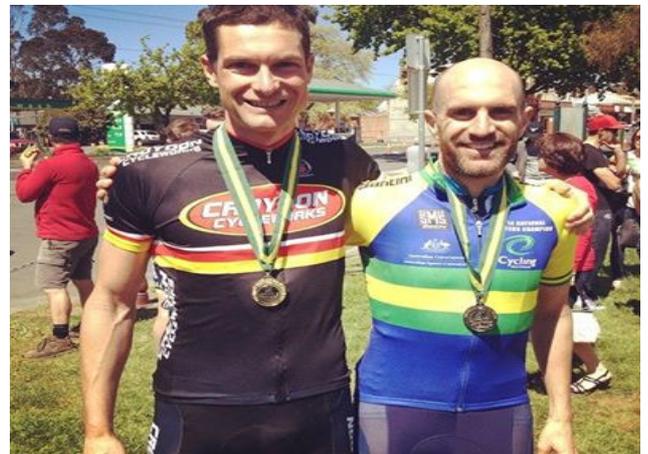
Masters 6: **Gerard Donnelly**. 1st. Criterium, 1st. Road Race, 2nd. Time Trial



Masters 4: **Simon Bone**. 3rd. Criterium



Masters 8+: **Elizabeth Randall**. 1st. Road Race, 1st. Time Trial.



Masters 2: **Tom Leaper**. 1st. Road Race, 2nd. Time Trial



Masters 5: **John Cain**. 1st. Time Trial.

