



behind
bars

Newsletter

Eastern Veterans Cycling Club



5th. December 2014

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

Editor: neil.cartledge1@bigpond.com

Duty Roster

Dec 6 Casey Fields: John Thomson, Gerald Donnelly and Michael Hay.

Dec 13 Dunlop Rd: Andrew Buchanan, Kevin King, Hylton Preece, Thorkild Muurholm, Peter Barnett, Duncan Hansford, Ian Brown, Vince Constanzo, Marcus Herzog, Michael Paull, Anna Davis, Bruce Will, Laurie Gates, Jason Halls and Bruce Hawker.

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

Race Reports

Casey Fields 29/11/14

You can never be too sure of the weather in Melbourne while you thought that Casey would always be windy. Saturday was probably the least windy for the year, the racing tactics that are usually employed by and large were in the jersey pocket and it showed. Grades that are normally aggressive, were riding slow while others were getting stuck in. E grade passed B grade, some C graders went to the front before the bell. It's a wonder the first aider didn't have some heart problems to treat. And in another grade, it was just a procession, until the last lap.

We are back at Casey next week, it will be windy, the races will be different, don't miss out!

A Grade: Rob Amos

After our warm up Missing out race, A grade set off last. JP and Ray Russo got things moving with an early break, staying off the front for a few laps, before a few efforts by Russell had them reeled in. With the grade nearly full of sprinters the race seemed very negative, attacks from Rob, JP, Darren and Chris were all soon pulled back, until with about 10 mins remaining, Rob and Darren got a small break, as it came back together Rob went again, this time with JP for company. A couple of laps later the bunch was almost back on their wheels. JP put in a big turn to reopen the gap and finally crack the bunch. In the finishing sprint JP was too strong for Rob





finishing a bike length ahead, with Russ winning the bunch sprint for 3rd, as well as winning the Missing Out.

B Grade: Doug Reynolds

Another warm day and windy circuit saw 18 riders dawdle off in B Grade but it wasn't long before newish B Grader Tayfun Urgrasbul, decided to stretch the legs off the front. Shane Crowhurst quickly followed and together with Doug Reynolds to form what looked like a solid breakaway group. But it was not to be. Shane obviously forgot to load up on a superfood breakfast and was content to roll along until the bunch reacted, bringing all riders back into the fold after only about 3 laps of freedom.

With several riders commenting on the soft repair compound around the track effecting bike-handling capabilities, the pace oscillated from fast to pretty much training pace, but with a real sense that there was some uneasiness in the bunch.

Down the back straight, with the bunch riding a steady tempo, it came as no real surprise when one rider decided to make a close acquaintance with the bitumen. Fortunately no one else followed, but it was a timely warning that several strong, but relatively new or inexperienced riders could do worse than listen to some of the advice passed on from riders of considerable experience.

Yes, no doubt these newbies will win some racers, and just as likely cause themselves and others drama along the way. Hopefully they will heed the well-intentioned advice and become more aware of where they ride, where they look and avoid cutting across and inside other unsuspecting riders.

In the final wash-up, Tayfun lead out from a long way, before the uphill grind took its toll and Paul Consto along with Grant Greenhalgh hunted him down, with Phil Thompson squeezing through to round out the top four.

B Grade: Peter Mackie

With little wind and a sunny day, riders would surely come out and stretch their legs. A couple

of quick missing-out races for A and F grades. Then the usual graded scratch races would begin.

B grade was averaging over 37kph, after multiple attacks, with Tayfun seemly having made a successful break until he was eventually reeled in.

The pace would slow after one rider had a lapse of concentration resulting in a crash. No one seriously injured from post-race reports, expect for missing skin, some dizziness and Matt White having a damage rear wheel even though he managed to stay upright. A neutral lap was put in place to allow others to re-join after making sure the fallen rider was ok.

Following the neutral lap the pace dropped somewhat, maybe the crash made some nervous, maybe the warm weather was fatiguing riders or were they all planning their finishing strategy – saving legs; getting on the best wheel.

It came down to a sprint finish with Tayfun left out front until Dave Hyde went on an early surge, others would quickly jump on Dave's wheel. Towards the back end of the track, the players began moving in between one another, jostling for position; others were happy sit back and watch from a distance.

The sprint finish proved close, Paul Consto a clear winner, but the other places must have been close as the marshals could not pick the runner ups.

Well done all and a speedy recovery to Peter.

C Grade: Paul James

What a surprise on arrival at Windy (sorry Casey) Fields, little if any wind. So the planning starts. Plan A. Pick out the Pinnacle rider who will be the one today (luckily Cam is riding B and Tim has not arrived), however Frank, Gary and number 80 (sorry not to know your name) (D Rutherford. Ed.) would be in the mix.

So away we go with a gentle first lap and then the fun starts, so after 2 laps I think it's about time I actually go to the front and I think that





confused a few including myself. What are you supposed to do when you are on the front, so I last a lap and then the strong riders all start their turns and in particular Peter, David, Rob, Russell and Pinnacle number 80 trying at various times to get away. This is maintained for the first half of the race and then Ian and Martin join in the fun so we are now pushing quite hard and as usual with Casey the wind springs up and turns direction slightly.

As we are now on the last few laps I need to look around and see who looks the wheel, and there he is, Ken Bone (who can get through gaps without disturbing anyone in the blink of an eye).

As we get the bell, Ken is sitting 5/6 wheel and looking good. Then a call A grade, so ok let them through and only 2 go past, this caused a few to be a little unsure as we were just approaching the second last corner and onto the back straight, feeling ok at this stage and it's time to go just before the last bend. Lucky enough to get the jump on most and seeing Ken half blocked on a wheel I am now really pushing hard up the finish hill, then the noises start to kick in and I am thinking here they come it's just at this stage that we start to catch the two A grader's (and finding out after race this was a good but unplanned tactic) and with a last surge I am able to hang on from the very fast finishing Gary, Ken (he was there about as I thought), Russell and Peter.

Thanks to all officials and also the extra training we get with Keith's Wednesday mornings.

D Grade: Neil Cartledge

What happened in D grade? Well David Coull didn't attack on the first lap as he has done at Casey Fields for most of the year, but Dean Niclasen did. Nobody reacted. After a couple of laps things began to settle down. Michael Muscat did go to the front, time and time again. Michael has a mortgage on that spot. If you want to take a turn (and who does?) you need to fight Michael for it. Whatever Michael is doing, it is working, he riding very well and placing regularly. With no wind to help in a break away, there were no real attacks or perhaps they were nipped in the bud before they had any effect. The race progressed with most riders waiting for the sprint.

On the bell the pace lifted, Michael was or went to the front and the sprinters made position on his wheel. By the back straight it was set up for the strong to take control. Gary Leroy attacked on the turn and Michael along with Dean jumped on Gary's wheel. The bunch started to stretch out fighting to match the speed of Gary but Gary had everybody covered with Michael second and Dean a close third.

E Grade: Rob Devolle

Upon arrival at Casey Fields a somewhat pleasant surprise, not much wind and that in itself is enough to generate some optimism of a great day, and for some that is exactly what happened, for others the misery of being stranded off the back made for a lonely time, but that's racing!!

With 9 starters, not much wind and some in good form, it was always going to be an eventful day. The usual neutral lap gave the opportunity to warm the legs up a bit and work out the best place to launch attacks if you were so minded. The pace remained steady for a couple of laps with no one really willing to do anything even remotely exceptional. However that was short lived when Nick Hainal, who has been in some good form recently, particularly on Tuesday nights, took off, perhaps catching a few by surprise. With that in mind, wind factor down a little and feeling not too bad, I thought I might stretch the legs a little. Clearly there were a couple of riders paying attention, as I went past Juanita Cadd I gave her the "are you coming" look and she jumped, as did Gary Hervey, the 3 of us creating a small gap, certainly something to maybe build on. When Nick saw the gap he wasn't prepared to miss the opportunity and quickly bridged across, which left the 4 of us to try and get away.

Hard rolling turns saw the gap widen which is good on the one hand; the downside is that an awful lot of energy gets expended in a very short time. The advantage at Casey Fields is that you are able to monitor your progress in terms of a breakaway because of the twists and turns. After a few laps a substantial gap between this 4 rider breakaway and the main bunch had been





established. Unfortunately Juanita slipped off the back and returned to the main bunch, leaving Rob, Nick and Gary working together and slowly stretching the gap to a substantial length. There is no question that the 3 of us were feeling good on this day, so much so that at one point I asked Peter Mackie if he could tell B Grade to get a move on as they were holding us up, his reply was to wave us around, giving rise to the most unusual circumstances of an E grade breakaway passing B grade!!

The welcoming sound of the bell saw Rob over the line in 1st place followed closely by Gary and Nick.

Many thanks to all who assisted to make a great day of racing.

F Grade: Laurie Bohn

Something different to start today's racing. A miss and out. I haven't ridden one of these for

over 55 years. Distant memories, try and stay somewhere near the front and hope the peripheral vision is still good. I managed to stay in to the last four but that was it for me. The final placing's were Harry 1st, Paula 2nd, Tony 3rd. We'll done everybody.

The scratch race started off fairly quiet until John Eddy signalled to me to let him out, if I had realised what he intended I would not have moved, this galvanised Paula and Harry, mainly Paula to turn on some lung busting speed. Things eventually settled down and I think Paula was still in front at the bell and Harry kept things going around the back of the course. I don't really remember, bit of an old timer's moment, anyway Clive took off at the last turn and put in a powerful sprint to the finish followed by Paula and Harry.

Thanks everybody for a good safe race.

Thanks to the officials/helpers at this week's criterium;

To Ron Stranks and Peter Mackie for taking entries and to the officials: Referee Tony Curulli with John Thomson and Michael Hay. Additional thanks go to Andrew Buchanan for managing the duty roster, David Hyde for bringing the trailer, Kevin and Shelly for 1st aid and Dean Niclasen for bringing the drinks.

Race Results

Results Casey Fields, 29/11/14

Grade	First	Second	Third	Fourth	Fifth
A Grade (8)	J.P. Leclercq	Rob Amos	Russell Newnham		
A Miss'n out	Russell Newnham	J.P. Leclercq	Chris Hughson		
B Grade (20)	Paul Consto	Grant Greenhalgh	Tayfun Urgrasbul	Phil Thompson	
C Grade (20)	Paul James	Gary Stoppar	Ken Bone	Russell Wheelhouse	Peter Ransome
D Grade (12)	Gary Leroy	Michael Muscat	Dean Niclasen		
E Grade (9)	Rob Devole	Greg Harvey	Nick Hainal		
F Grade (12)	Clive Wright	Paula McGovern	Harry Hibgame		
F Miss'n out	Harry Hibgame	Paula McGovern	Tony Lateo		

Croydon Cycle Works Summer Series 2/12/14.

Grade	First	Second	Third
A Grade (15)	Roy Clark	JP Leclercq	Andrew Mapstone
B Grade (21)	Tafun Urgrasbul	I Webb	Daniel Hurbert
C Grade (19)	Owen Lewis	Tim Maffey	John Thomson
D Grade (12)	Dean Niclasen	Michael Muscat	Peter Brann
E Grade (12)	I Tarrant	Andrew Komac	Greg Harvey
F Grade (4)	M Michaelson	P Tomaszewski	





Croydon Cycleworks marshals November/December

November 25 th		JC Wilson	Andrian Zubovic
December 2 nd		Darren Smith	Craig Chamberlain
December 9 th		Ian Smith	Ross Tinkler
December 17 th	<i>Wednesday</i>	Matt Davis	Grant Greenhalgh
December 23 rd		David MacDonald	Neil Cartledge

Croydon Cycleworks Tuesday Aggr. Top 25

Place	Marshall	Name	Grd	Pts	Place	Marshall	Name	Grd	Pts
1	Green	Guy	A	50	14	Howard	Peter	A	24
2	Doherty	Colin	D	44	15	Russo	Ray	A	24
3	White	Cam	C	44	16	Abel	Richard	A	22
4	Wilson	John C	E	42	17	Granland	Mark	E	22
5	Clarkson	John	B	40	18	Gray	Peter	E	22
6	Constantinou	Paul	B	38	19	McGovern	Paula	F	22
7	De Pedro	David	A	34	20	Petersen	Kym	E	22
8	Dymond	Adam	C	34	21	Ross	Steven	A	22
9	Clark	Roy	A	32	22	Thomson	John	C	22
10	Niclasen	Dean	D	32	23	Ugrasbul	Tayfun	B	22
11	Devolle	Rob	E	26	24	Dewar	Nathan	D	20
12	Shanahan	Peter	C	26	25	Greenhalgh	Grant	B	20
13	Amos	Rob	A	24					

Croydon Cycleworks marshals December

December 2 nd		Darren Smith	Craig Chamberlain
December 9 th		Ian Smith	Ross Tinkler
December 17 th	<i>Wednesday</i>	Matt Davis	Grant Greenhalgh
December 23 rd		David MacDonald	Neil Cartledge

The Loop 3/12/14

	First	Second	Third	Fourth
Division 1	T McDonough	F Short	I Clark	
Division 2	R Wheelhouse	P Webb	G O'Loghlen	
Division 3	N Cartledge	S Dwyer	G Day	
Division 4	J Eddy	C Wright	B Rodgers	

Thanks go to Steve Barnard for stepping in to manage this popular mid-week social race. We wish Keith Bowen a speedy recovery.

Future Events

Eastern Vets Program: www.eastervets.com/

	Date	Time	Location	Melway Ref	Event
Tuesday's	All	6:00pm	Metec	51 E7	GSR Summer Series
Wednesday's	All	10:15am	The Loop, Yarra Bend Park.	2D C7	Graded Scratch Races, all year.
Saturday Nov	29	2:00pm	Casey Fields	134 E10	Graded Scratch Races





Saturday Dec	6	2:00pm	Casey Fields	134 E10	Graded Scratch Races
Saturday Dec	13	1:30pm	Dunlop Rd	70 K10	Graded Scratch Races
Saturday Dec	20	2:00pm	Casey Fields	134 E10	Graded Scratch Races, Christmas Handicap and BBQ
Saturday Dec	27				No racing.
Saturday Jan	3	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 eve.

Northern Vets Program: www.northerncycling.com/

Date 2014	Race	Dist.	Venue	Time	Event
7/12/14	GSR	1Hr+Bell	National Boulevard (Ford)	9:00 am	Dave Ryan Memorial. Northern vs Eastern
14/12/14	HCP	47k	Lancefield	10:00 am	Merle Jamieson Memorial Handicap (SS11)
21/12/14					No racing.
					2015 Calendar not available

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 Mornings 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.	



Member's corner

At Casey Fields last Saturday, Eastern Vets presented World Champion Ken Woollard with a Club polo shirt to celebrate his 87th Birthday.



Christmas offer to Eastern Vets Cycle Club Members.

"A big thank you to Eastern Vets for your continued support in 2014."

As a special offer between now and the 25th of December 2014 **SoulRider** is offering 20% off 10, 20, 40 and 80 ride passes. That's a \$48 dollar saving on a 20 ride pass, \$92 saving on a 40 ride pass and an unheard of \$168 saving on an 80 ride pass!! Ride passes have a 12 month expiry so you don't need to stress about not using all the visits! The 80 ride pass has a 24 month expiry!!

-Spin classes are great for time poor cyclists who are trying to fit in some quality training during the festive period. SoulRider classes revolve around High Intensity Interval Training and have repeatedly improved cyclist's results in racing and training, just look at performances of Ken Saxton, Paul Anderson, Andrew Buchanan, Colin Doherty and many more!!!!

- Passes are purchased online through

<https://clients.mindbodyonline.com/classic/home?studioid=26290> then go to the online store screen.

- Just enter evcc14 in the promo code box at the check-out screen to redeem the saving.

- Strictly for Eastern Vets Cycle Club members only!

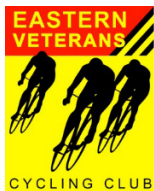


- Maximum of one ride pass purchased under the promo. code during the period per EVCC member. The offer ends on the 25/12/2014.

Have a merry and safe Christmas from **SoulRider**

A Grade Teams Race Dunlop Rd 22/11/14

When lost for words, what better way to provide a race report than a video? The Giant Celtic team has provided the link below to the A Grade team's race at Dunlop Rd back in November. Just control+click on the link or paste in your browser: <https://www.youtube.com/watch?v=2lQsDS5q72Q>



EASTERN VETS



POLO Shirts

Now Available

\$40

EVCC Newsletter 11/5/1980.

Harry Hibgame was with Eastern vets many years ago and rejoined this year. His performances in F grade last Saturday, showed that Harry is still using the racing tactics and being competitive as he was a quarter of a century ago. Below is a copy of an EVCC newsletter in May 1980, before some of the current members could ride a bike and even before some of the current members were born!

In the Newsletter you can see the some names of some of the members at that time. How many of those names can you recognize? There appears to be 2 memberships available. A Road season and a Track season and both with princely sum of \$5 per season!

Perhaps you might like to comment on what went on in those days or perhaps you might have some questions of Harry to find out how our club has progressed from that time.

Thank you Harry for the contribution to the history of the Eastern Vets.



EASTERN VETS NEWSLETTER - 11-5-80

1) SUBSCRIPTIONS ARE AS FOLLOWS :-

ROAD SEASON - 1ST MAY TO 31ST OLT. - \$5

TRACK SEASON - 1ST NOV. TO 30TH APRIL - \$5

NOTE - SUBS ARE NOW DUE.

2) ROAD AGGREGATE TROPHY !!

BOB FARLEIGH HAS KINDLY DONATED A TROPHY AND A PAIR OF ROAD TYRES FOR THIS SEASON'S ROAD AGGREGATE WINNER.

THE ROAD AGGREGATE POINTS WILL BE ALLOCATED AS FOLLOWS :-

SCRATCH RACES - 1ST - 3PTS, 2ND - 2PTS, 3RD - 1PT.

H'CAP RACES - 1ST - 7PTS, 2ND - 5PTS

3RD - 3PTS, 4TH - 2PTS

5TH - 1PT.

PLUS FOR COMPLETING COURSE - 2PTS

3) THE FOLLOWING EXECUTIVE & COMMITTEE HAS BEEN ELECTED:-

PRESIDENT - ALBY MCGOWAN.

VICE PRES. - ALAN SANDFORD.

SEC./TREASURER - JEFF DUNGAN.

ASSIST. SEC. - PAUL OLSEN.

HANDICAPPER - ALAN SANDFORD.

ASSIST. H'CAPERS - ALBY MCGOWAN, KEVIN WOOLACOT

CHIEF REFEREE - ALBY MCGOWAN.

ASSIST. REFEREES - KEVIN BAINSCH, JOHN MCCORMIEY

PROPERTY OFFICER - ALBY MCGOWAN.

RACING COMMITTEE - GARY BINDING, JOHN WATTS, LEO EDWARDS,
BRIAN FITZGERALD, HARRY AIRGAME

4) RACE PROGRAM

11-5-80 - BARRY ST - 10 LAP HANDICAP.

18-5-80 - " " - SCRATCH RACES (GRADED)

25-5-80 - " " - HANDICAP.

1-6-80 - " " - GRADED SCRATCH RACES.

WOULD RIDERS PLEASE LET ALAN SANDFORD KNOW OF THEIR INTENTION TO RIDE BY THE FRIDAY PRIOR TO THE RACE
ALAN'S PHONE NO IS 221 5833.