



behind  
bars

## Newsletter

Eastern Veterans Cycling Club



### Christmas 2014

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

**Editor:** neil.cartledge1@bigpond.com

### Duty Roster

**Jan 3 Casey Fields:** Dave Hyde, Garth Kotnick and Daniel Hulbert

**Jan 10 Dunlop Rd:** Richard Dobson, Charles Lethbridge, Ken Saxton, Ian N Smith, Allan Jenkinson, Ian Gillies, Peter Braine, Tim Jamieson, James McArdle, Anthony Chandler, Paul James, Antony Lateo, Patrick Ruys, Kevin Mills and Ciaran Jones.

**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 20/12/14

The Christmas handicap is attractive for several reasons, not the least is the sausage sizzle after racing put on by Ron Stranks. Thanks to Ron and Rob Suter.

But before-hand we had the traditional scratch race to define the entrants for the handicap. As usual the first 5 went through to the handicap and the 5<sup>th</sup> place was the one most riders like to get. You get through to the final with the minimum of energy usage.

The handicap was well ridden by the lower grades. A grade tried hard to get over a big gap not helped by the lack of wind and mild conditions. B and C had their work cut out for as well but they too couldn't make up the required ground. D grade broke up early in the first of the 3 laps but the 3 remaining riders rolled efficient turns to pass F grade and

then E grade. Peter Gray from E grade showed his strong sprinting pedigree to come over big Dean Niclasen and Michael Muscat to be crowned the winner.

#### A Grade: Rob Amos.

With 8 starters in A grade, it meant 3 would miss out on the main race, so the 2 weakest sprinters Phil & Rob were the ones mixing it up. Phil finally breaking the rope at about 20 minutes in and with Peter O'Callaghan jumping across to join him. A lap later as their lead continued to increase; Rob escaped from the bunch and was soon joined by JP. The two set about closing the gap. In the bunch the others waited for a response to come from Justin Davis, and when it came only Steve Ross could hang on. Up front Phil and Peter eased as Rob and JP crossed the gap, starting a team pursuit for the next 20 minutes until Justin had dropped Steve. The front 4 then eased up to let Justin on,





knowing that they had all qualified and started to preserve the legs. Peter got the jump in the sprint from Rob and Phil with the O'Mara boys not bothering.

The handicap looked like an impossible task, with limit about to lap them as they started, made harder by Phil taking a wide line on the first bend with a gap opening as Justin hit the gas on the front. A grade had to regroup, after which all the rotations went smoothly, but still, the only bunch picked up was B grade with Phil Thompson jumping on the back. JP took fastest time, but went home empty handed as there was no prize

**B Grade: No report**

**C Grade: No report**

**D Grade: Dean Niclasen**

It was a rare day of light winds and sunshine at Casey Fields, a combination which leads me to appreciate how good a resource this circuit is on such a day. With 17 starters in D-grade, plus 1 trial rider, it looked like it would be hard work to make the first five places to gain entry into the handicap.

An unusually slow warmup lap made for a pleasant start, however once that was out of the way the pace soon picked up. Rob Devolle started proceedings with a short excursion off the front; however that was soon pulled back by the bunch. From there on in there were plenty of surges, but nobody was able to break clear of the peloton and establish any sort of a lead. The pace was constantly high with the usual riders like Ron Chapman, Neil Cartledge and Michael

Muscat taking turns at the front, but with the usual winds missing Casey proved too tame to break riders loose from the group, not with-standing the fact that on one occasion a surge led to D-grade passing both A-Grade and B-grade riders.

At the bell it was still most of the group together, with Michael Muscat in his now customary place at the front. Sitting on his wheel I was wondering at what stage he would turn up the pace, as on the last two races he has managed to pull away from the rest of D-grade and win. Past the pond along the back straight the pace was still not too high, but heading around the back loop Michael picked it up and strung the field out heading in to the back straight. Looking over my shoulder I could see a second line of riders sitting wide, but with the pace on I didn't think they would be able to move to the front, so continued sitting on Michael's wheel. Around the bend and with no need to win the scratch race, the main game was making sure that no more than one rider passed me. Phil Taylor was on my left but half a bike length behind, and looking back I could see there was nobody coming fast enough to reach me before the line. Gary Leroy, Steve Barnard and Michael Muscat crossed the line then I rolled over in fourth. Phil Taylor slowed in the last 20m only to see Neil Cartledge pass him in the last couple of metres for fifth place.

With the handicap to come, the important thing to do was to have a drink and an energy gel, and then keep the legs rolling over to avoid stiffening up.

**E Grade: No report**

**F Grade: No report**

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

To Ron Stranks and Peter Mackie for taking entries and to the officials: Referee Dave Hyde along with Garth Kotnick and Daniel Hulbert. Additional thanks go to Andrew Buchanan for managing the duty roster, Dave Hyde for bringing the trailer, Kevin and Shelly for 1<sup>st</sup> aid and Dean Niclasen for bringing the drinks.

## CHRISTMAS HANDICAP 2014



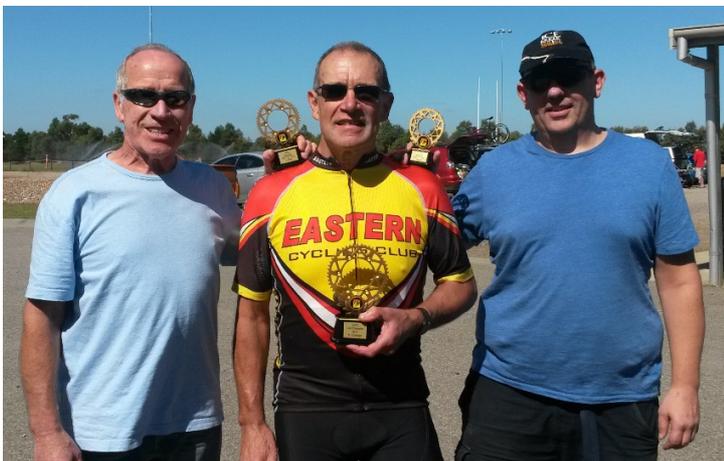
Safety Officer, Ronnie, warning everyone about the snakes in the grass!!





### Handicap Placing's

- 1<sup>st</sup>. Peter Gray
- 2<sup>nd</sup> Dean Niclasen
- 3<sup>rd</sup> Michael Muscat



### 2014 Club Champions

- 1<sup>st</sup>. Neil Cartledge
- 2<sup>nd</sup> Ken Bone
- 3<sup>rd</sup> Dean Niclasen

Rumour has it that the only reason Neil won the Championship was that he drove the handicapper to the race meetings every Saturday. Ken Bone has put his hand up to drive Peter next year – drive him around the bend!!!

### EVCC XMAS HANDICAP 2014: Peter Gray

Unusually favourable weather conditions greeted the 84 riders at Casey Fields for the annual Xmas Handicap. The event consists of the usual graded scratch race Criterion, followed by a 3 lap (6.4km) graded handicap race for the 5 place getters in each grade. The first rider to finish is the winner.

The most and only consecutive winner of the event is: R. Farley (1980, 1981 & 1989).

Six previous winners were represented in the qualifying round.

P. Ransome (1990) Z. Gawonski (1992) N. Hainal (1993) R. Stranks (2009) P. Gray (2010) S. Barnard (2012)

To win this event, you need all your “Planets” in alignment!

### E grade qualifier'

Having not qualified for the past 3 years, I was relieved to hear during the neutral lap, Mick Paull's suggestion that E grade conserve their energy for the final. This was well received by all (I think), so there wasn't much to report other than, Robin Condi accelerated unchallenged during the sprint to take first place.





## Interlude

Qualifying over and finalists determined, it was back to Base for strategy meetings and warm-ups prior to the final. But where was Mick Paull? Was he “de-lactic acidizing”, consuming a Donut & Beer or just checking out the competition. We tried to put distractions aside and focus on configuration, speed and finish. I was pleased with the caliber of riders to represent E grade.

- Robin Condi      A powerful and physically big rider, arguably capable of leading the group the whole distance.
- Robert Lackey    Fairly new to racing and like Robin, not ‘lacking’ in power or size.
- Geoff Miller      His efficient, consistent speed and cadence is perfect for this type of event.
- Mick Paull        Well, there’s nothing that hasn’t already been said about Mick except, “where the Hell is he?”
- Peter Gray (me)    A little SOB (Stocky Obscure Ballistic) rider who suffers from WLF (White Line Fever) within 600m of a chequered flag. His only redeeming characteristics are the love of cycling and consuming fish & chips. Once nicknamed “Seagull”

## The Final

Mick found, briefing completed, lined up and clipped in, it seemed an eternity since F grade were dispatched. Finally E grade received theirs. Say “Geronimo”. Immediately, Mick accelerated rapidly to the front in order to set our agreed pace. But did anyone remember to tell him what it was? Our form was a little ragged to begin with, the Train almost coming undone in the first 600m as we passed through the “Twisties”.

Things settled down after that and we began to do regular rotations, gradually increasing our speed to a sustainable level.

On the Bell lap, I noticed two D grade riders had lost contact with their group. That meant the remaining riders would have to work harder to bridge the 200m gap. I monitored their progress and relayed the distance to the others. 200!...150!... 100!... 50m! I urged the team to raise the pace a little more.

600m to go.

The 3 remaining D grade riders, Steve Barnard, Michael Muscat and Dean Niclasen, slowly overtook us at the beginning of the penultimate straight, making it easier for us to tack on. Peter urged the others to follow suit and they did.

400m to go.

With a couple of F grade riders still ahead, the Ds increased their lead out pace. The speed into the last corner was fast and smooth and Peter well positioned and geared up. But it was still any ones race.

200m to go.

Knowing the massive sprinting capability of Dean, Peter began his attack early and managed to overtake the 3Ds, putting a Bike length into the trio.

100m to go.

With Dean in hot pursuit and the finish rapidly approaching, Peter continued powering to the line to take honors.

Dean, Michael and Steve finishing in that order.

## Wrap up

Congratulations to all competitors, especially the E grade team, (all placing in the top 10). Robert (5), Mick (6), Robin (7) and Geoff (10).

Congratulations to first female, Paula McGovern (8). Thanks to all official and non-official helpers on the day.

Special thanks to Peter Ransome, whom reminded me some years ago, that racing is just a game and not to take oneself too seriously.

I would like to dedicate this win to the memory of John Neil.

## Race Results

### Results Scratch race qualifiers Casey Fields, 21/12/14

Grade	First	Second	Third	Fourth	Fifth
A Grade (8)	Peter O'Callaghan	Rob Amos	Phil Smith	Justin Davis	Jean-Philippe Leclercq
B Grade (18)	Ross Tinkler	Grant Greenhalgh	Phil Thompson	Darren Smith	Doug Reynolds
C Grade (22)	Ian Milner	Peter Shanahan	Gavin Plummer	Rob Lewis	Graeme Bull





D Grade (18)	Gary LeRoy	Steve Barnard	Michael Muscat	Dean Niclasen	Neil Cartledge
E Grade (13)	Robin Condie	Peter Gray	Robert Lackey	Geoffrey Miller	Michael Paull
F Grade (8)	Michael Waterfield	Tony Lateo	John Eddy	Stewart Jenkins	Daryl O'Grady

### Results Christmas Handicap, Casey Fields, 21/12/14

Place	Name	Grade
1st	Peter Gray	E
2nd	Dean Niclasen	D
3rd	Michael Muscat	D
4th	Steve Barnard	D
5th	Robert Lackey	E
6th	Michael Paull	E
7th	Robin Condie	E
8th	Paula McGovern	F
9th	Tony Lateo	F
10th	Geoff Miller	E
Fastest	Jean-Philippe Leclercq	0:08:54

### Croydon Cycle Works Summer Series 23/12/14.

Grade	First	Second	Third
<b>A Grade</b>	Duncan Hansford	Richard Abel	Guy Green
<b>B Grade</b>	Daniel Hulbert	Paul Webster	Craig Oliver
<b>C Grade</b>	Cam White	Dean McKeon	Peter Ransome
<b>D Grade</b>	Gary Leroy	Andrew Wedderburn	Colin Doherty
<b>E Grade</b>	Andrew Komac	Rob Devolle	JC Wilson

### Croydon Cycleworks Racing returns Jan 6<sup>th</sup> 2015

*Marshals for Jan 6<sup>th</sup>*: Greg Harvey & Juanita Cadd

### Aggr - Top 50 (Dec 23<sup>rd</sup>) *Note: Grade changes for some riders*

Marshallled	Name	Grd	Pts	Marshallled	Name	Grd	Pts
White	Cam	B	72	Rosso	Steven	A	30
Doherty	Colin	C	66	Russo	Ray	A	30
Green	Guy	A	64	Shanahan	Peter	C	30
Wilson	John C	D	56	Thomson	John	C	30
Clarkson	John	A	54	Brann	Peter	D	28
De Pedro	David	A	48	Chapman	Ron	D	28
Clark	Roy	A	46	Hansford	Duncan	A	28
Niclasen	Dean	D	46	Hulbert	Daniel	B	28
Constantinou	Paul	B	42	McGovern	Paula	E	28
Dymond	Adam	C	42	Morland	David	B	28
Muscat	Michael	C	40	Petersen	Kym	E	28
Ransome	Peter	C	40	Webb	Leo	B	28
Abel	Richard	A	38	Hainal	Nick	E	26
Devolle	Rob	D	38	Henderson	Grant	B	26
Komac	Andrew	D	38	Mayberry	Ken	A	26
Tarrant	Ivan	D	38	Oliver	Craig	B	26
Greenhalgh	Grant	B	36	Paull	Michael	E	26
Leroy	Gary	D	36	Smith	Ian	B	26





Ugrasbul	Tayfun	A	36	Taylor	Phil	D	26
MacDonald	David	B	34	Wedderburn	Andrew	D	26
Amos	Rob	A	32	Goodall	Dayle	B	24
Gray	Peter	E	32	Howard	Peter	A	24
Granland	Mark	E	30	Murdoch	Terry	E	24
Harvey	Greg	D	30	Pye	Gary	C	24
Mapstone	Andrew	A	30	Tinkler	Ross	B	24

### The Loop 24/12/14

	First	Second	Third	Fourth
<b>Division 1 (8)</b>	P Thompson	P Cullen	P Cavaleri	
<b>Division 2 (14)</b>	P Webb	J Hasouras	O Anstey	G Bull
<b>Division 3 (16)</b>	S Barnard	G Darroch	N Cartledge	H Simpson
<b>Division 4 (6)</b>	F Lees	B Rodgers	M Waterfield	

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

### The Loop 31/12/14

	First	Second	Third	Fourth
<b>Division 1 (8)</b>	I Clark (N)	D Beovich	R Suran	
<b>Division 2 (14)</b>	W Doherty	P Webb	D Maizels	G Bull
<b>Division 3 (13)</b>	N Cartledge	M Collins (N)	C Doherty	C Mortley
<b>Division 4 (6)</b>	L Bohn	B Rodgers	F Lees	

## Future Events

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

	Date	Time	Location	Melway Ref	Event
<b>Tuesday's</b>	Jan 6	6:00pm	Metec	51 E7	<b>GSR Summer Series</b>
<b>Wednesday's</b>	All	10:15am	The Loop, Yarra Bend Park.	2D C7	<b>Graded Scratch Races, all year.</b>
Saturday Dec	27				No racing.
Saturday Jan	3	2:00pm	Casey Fields	134 E10	Graded Scratch Races
Saturday Jan	10	1:30pm	Dunlop Rd	70 K10	Graded Scratch Races
Saturday Jan	17	2:00pm	Casey Fields	134 E10	Graded Scratch Races
Saturday Jan	24	1:30pm	Dunlop Rd	70 K10	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/](http://www.northerncycling.com/)

Date 2014	Race	Dist.	Venue	Time	Event
4/1/15	GSR	1 hr. + Bell	National Boulevard (Ford)	9:00 am	Graded scratch race
11/1/15	GSR	1 hr. + Bell	National Boulevard (Ford)	9:00 am	Graded scratch race
18/1/15	GSR	1 hr. + Bell	National Boulevard (Ford)	9:00 am	Graded scratch race
25/1/15					Australia Day. NO racing





## Training Rides

Day/Time/Place	Route	Style	Contact
<b>Tuesdays</b> 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
<b>Sunday Mornings</b> 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

### EVCC Charity Day 2014: Prostate Foundation of Australia.

Each year Eastern Vets raises money for a charity. This year the charity chosen was the Prostate Foundation of Australia. On December 13<sup>th</sup>. and at the Loop on the following Wednesday, the riders donated their prize money to the foundation. Many members put their hands into their pockets and the sum of \$1415 was collected. The club rounded this figure up to \$1600.

Prostate cancer can be an issue for most men. It is not as well funded for research as some other cancers yet it can affect as many as 1 in every 3 men. At this point in time, early detection gives the best possibility of successful treatment. So to all you men over 45, go to your doctor, get a PSA test and have the digital examination. A little discomfort now may give you a lot less trauma later in life.

**Saturday Night's (21/12/14) Austral & Australia Madison.** Nice to see a number of Eastern members at last Saturday nights Austral to witness the thrills and spills of track racing.



Zac Williams is presented with his winning Austral trophy by veteran legend and Southern member Bill Dove. Bill won the Austral in 1966.



And speaking of legends, Danny Clark (below) aged 63, competed in and finished the 200 lap Australian Madison. He punctured mid race and when his mechanic was having difficulty in replacing his wheel Danny pushed him out of the way, changed the wheel himself jumped back on the bike and continued the race without batting an eye.



## Australian National Road Racing Championships

Eastern Vets will have a presence on the hill at the Australian National Road Racing Championships for the Sunday of the Elite Men's race – 11th January 2015.

According to Graeme Parker who has just had words with Cycling Australia, the Mt Buninyong Rd part of the circuit will be closed to motor traffic from 7:00am on the day, if you want to park on the hill, you must be there before 7:00am, no exceptions, no nothing. You will be able to ride the circuit after this time but you will not be able to drive it, there will be parking available in Buninyong and somewhere at the top of the circuit at a cost of \$5.00.

Once again Graeme will be leading a magical mystery ride around the region, a 50k ride departing the EVCC marquee at 8:00am sharp and back in time to relax and refresh before for the first ascent by the elite men.

Catering will be on site as well, if you do intend turning up please let us know so we can cater for you. Let Hylton Preece ([hyltonp@bigpond.com](mailto:hyltonp@bigpond.com)) or Colin Mortley ([cmadcab@bigpond.net.au](mailto:cmadcab@bigpond.net.au)) (or both) know of your intent so we can have adequate supplies on hand for all comers.

## Eastern Merchandise

Orders for the Eastern Kit (every member should have one) and the new Eastern Polo Shirt can be made by contacting David at [davemacq@bigpond.com](mailto:davemacq@bigpond.com)

Eastern Jerseys - \$60

Eastern Bib Knicks - \$70

Polo Shirts - \$40 (Ladies cut available)





## LIES, DAMN LIES & STATISTICS

If you are bored and have nothing to do, nothing to read and you can't get on the bike, here is some stats that will put you to sleep quicker than a pre-race briefing.

During the last scratch race season (All of 2014), EVCC had:-

Scratch race meetings	= 37
Total entries/meeting	= 3088
Average entries/meeting	= 83

A grade entries	= 541	Average/race	= 14.63
B grade	= 602		= 16.27
C grade	= 759		= 20.51
D grade	= 603		= 16.29
E grade	= 345		= 9.32
F grade*	= 238		= 6.4

\* F-grade races were not conducted at every race meeting due to insufficient starters.

Of the 37 races, 196 individual riders were on the podium, that is to say they were in the first 3 placing's. To put this into context, EVCC has approximately 340 members at the end of 2014, so over half the members took home at least one yellow envelope. If the other races; handicaps and time trials, are included, where prizes are given down to 10<sup>th</sup> place, the figure of 196 swells to 206. It should be noted that some placing's went to non-EVCC members over the year.

Most number of 1st places:

Tom Leaper	= 9	(From maybe 9 starts!! Imagine if Tom started in all 37 races)
Ciaran Jones	= 7	
Alex Watts	= 6	

Most number of 2nd places: Chris Ellenby = 8

Most number of 3rd places: Jean-Philippe Leclercq, Clive Wright, Ron Stranks and Steve Ross = 6 each.

## Do not look back.

We have had far too many race incidents this season, a lot caused by riders new to racing who are not used to riding fast and close. One such incident last week at Casey Fields saw Anthony Gullace testing his cross skills, fortunately he stayed upright but a similar incident a few weeks back saw one rider with a broken collar bone. The cause of both these incidents has been attributed to riders looking round and veering off their line.

In a race you should never need to look around, and certainly not in a sprint. If you want to know what's happening behind you a look under the arm is all that is needed, If you are in a break and want to know what the gap is then wait till you are at the back of the group before looking around.

It is basic physiology that when you turn your head your shoulders follow which flows through your arms to your handlebars (or steering wheel) and you change course. Please learn to ride without looking around, even on Beach Road don't do it, it causes you to ride erratically and it scares and confuses the bejesus out those behind you.

On another safety matter; there are several corners we race around that you should not pedal through – Geddes St – Dunlop Rd, Dunlop Rd – MacDonalds Lane, and the left off the hump at METEC. We have had a few falls at METEC on the afore mentioned corner it doesn't need to be.

Please concentrate, be aware of who and what is going on around you at all times and think about your and your fellow competitor's safety and wellbeing. It's not sheep stations; it's not even monopoly properties.





And a final word the club strongly recommends that all members take out ambulance subscription, it costs naff all and it will save you heaps if you ever need the services of one, we also recommend that you have a level of private health insurance as getting that collar bone fixed can be costly, or not happen at all, if you don't.

And the final final word, you all pay a levy so that we can provide first aid at all of our races. In the instance of an incident the first aid person is in charge, if you are first aid qualified and wish to help let the duty first-aider know and follow their directions. If you are first on scene fine but handover directly to the duty person when they get there. You're not qualified, you're not registered and you are not covered.

And as a reminder the club has the last say on whether to call an ambulance or not, not the injured party

### **Memberships:**

Memberships for 2015 are now open; fees are as they were for last year. To re-join simply follow the link and the instructions on the 'membership' page of the club web site. If you have forgotten/misplaced your login details, I can obtain/change them for you.

### **Roster & Calendar:**

Roster and calendar are available on the web site, please check both for obligations. A reminder that failure to perform a rostered turn of duty, or failure to provide a replacement for your turn will result in you being ineligible to start in any EVCC race until you have completed a turn of duty.

## **HAPPY NEW YEAR TO ALL!**

A big thank you to all the members who contributed to the newsletter over 2014. A special thanks to Dave McCormack who has provided many, many articles and of interest and photos for the 'Members Corner'.

To those that have written the odd race reports or those that write often, your contributions are immeasurable. Without the reports we would not have a newsletter. They are what the newsletter is all about. We race for the pleasure but we read the reports for the reality of what racing really is. The pain, the luck, good and bad and the want to do better next time. Your reports may be a chore for you but they are very much appreciated by the readers.

Thankyou! Neil Cartledge.

## **EDITOR**

In early January Janita Keating will be taking on the function of the editor of this newsletter. Please give Janita all the assistance you can with the newsletter by sending in your race reports, articles, photos and any other contributions. If you would like to see something different, some changes or some additions to the newsletter, now is your opportunity to put them forward. Janita can be contacted at [janita\\_todd@bigpond.com](mailto:janita_todd@bigpond.com)

