

Newsletter

5 July 2015



Duty Roster

4th July Eildon

Nigel Kimber, Walter Savini, Dave Brown, Zenon Gawronski, Geoff Cranstone, Justin Davis, Sam Bruzesse, Wayne Doherty, Alan Hicks, Michael Hay, Allan O'Neil, Paul Cullen

11th July Casey Fields

Keith Bowen, Robert B Ellem, Craig Everard

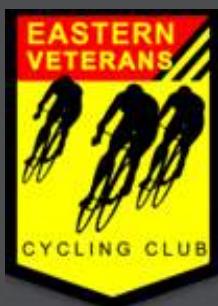
If rostered for duty, you must be at there at least 1 hour prior to start time. It's your responsibility to find a replacement if unable to do your duty, then advise Andrew Buchanan, tiptop2@optusnet.com.au

This week's *image of the week* is by Dave McCormack, showing the EVCC Open Handicap Newham race winners, from left: Jay Phillipotts (Fastest), Johnny Parrello(2nd), Dave Smith (1st), John Hasouras (3rd).

A reminder that the TdF EVCC night is soon approaching .. make sure you book your tickets soon!

I will be finishing up the role of editor on the 1st September and need another volunteer to take over. I have really enjoyed the role, however the balancing of a young family and all is increasingly becoming difficult. The new person would have complete creative freedom. If you took on the current look you would need to be very proficient in Word and good at Excel. Please email with any further questions.

Editor: Janita Keating
janita_todd@bigpond.com





EVCC Inaugural Open Handicap Race Roundup by *Dave McCormack*

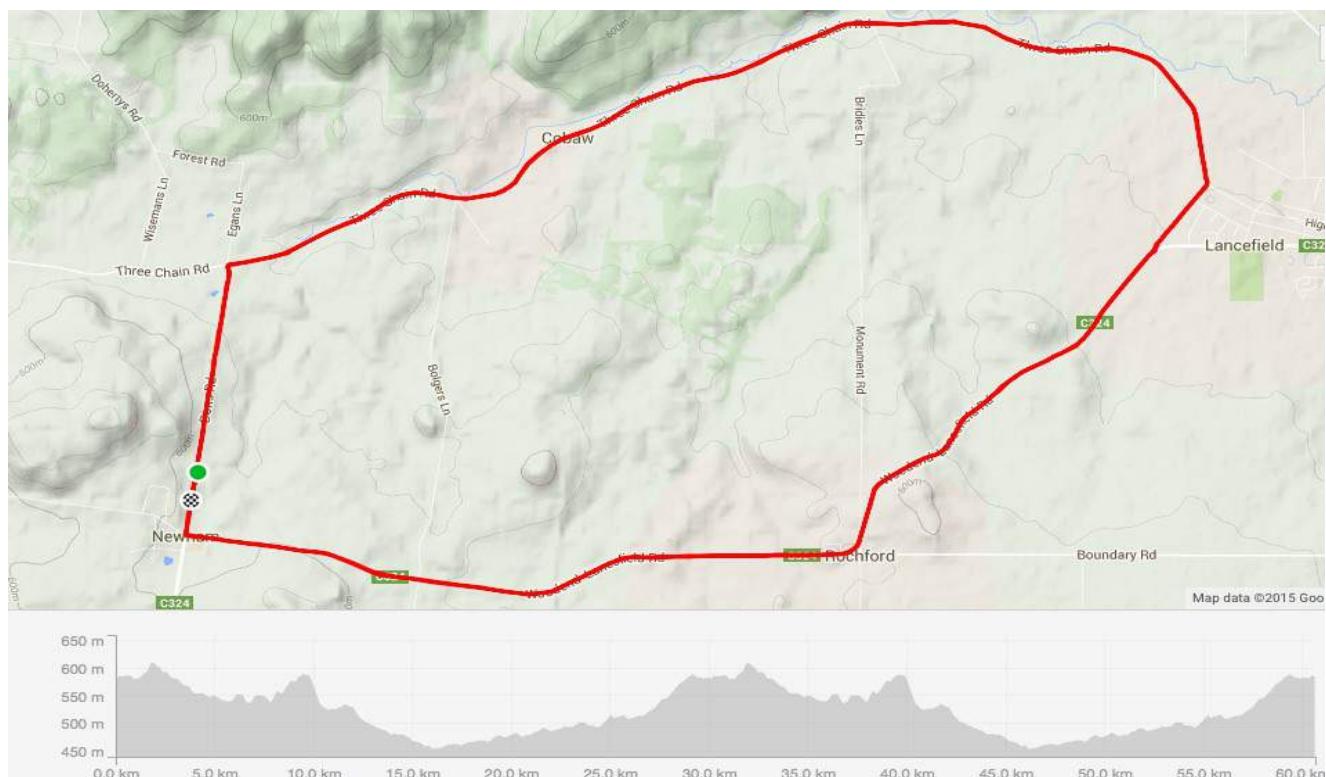


Eighty five entries, a challenging course, a friendly atmosphere, great post-race presentation, a generous sponsor and five Eastern riders in the top ten placings, plus fastest time.

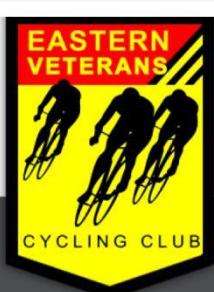
What an event!!

The committee of Eastern Vets is to be congratulated for having the foresight to host a VVCC open at Newham, an event that will grow in the coming years to rival any of the current VVCC opens.

All images supplied by Dave McCormack



The Course – two laps of the 30km circuit and the tough profile





VVCC Open Handicap – Newham 27/6/2015

Proudly sponsored by BikeGearNow/VeloEx – Custom clothing
www.bikegearnow.com

Referees: H Tams, C Wilkins, W Goldfinch, T Finning.
Handicapper / Time Keeper: Colin Hooper.

#	Scratch (48 min)	2:18pm	#	4 min (44 min)	2:14pm	#	8 min (40 min)	2:10pm
1	Darren Roberts	N	11	Adrian Copeland	GSC	22	Tony Byrne	Cv
2	Trent Stevenson	GV	12	Alex Randall	E	23	Mike Furness	Cv
3	Gary Wearmouth	GSC	13	John Dam	Cv	24	Hudson Crothers	Cv
4	Michael Borowski	N	14	Simon Bone	E	25	David Anderson	N
5	Nick Kennedy	N	15	Mathew Grealy	Cv	26	Craig Oliver	E
6	Ashley Hall	Cv	16	Rob Amos	E	27	Andrew Baker	GSC
7	Roy Clark	E	17	Bill Gordin	N	28	David Moreland	E
8	Paul Beretta	GSC	18	Phillip Smith	E	29	David Warren	GSC
9	Richard Abel	E	19	Philip Cartledge	Eur	30	Shane Crowhurst	E
10	Jay Phillipotts	E	20	Carl Cubitt	N	31	Geoff Morley	H
			21	Lawrence Lee	E			

	12 min (36 min)	2:06pm		16 min (32 min)	2:02pm		19 min (29 min)	1:59pm
32	Nick Tapp	E	42	Chris Fenech	GSC	53	Trudy Stevenson *	GV
33	Bruce Will	E	43	Victor Mason	GSC	54	Peter Ladd	GSC
34	Steven Foster	E	44	Ian M Smith	E	55	Lance Rogers	GSC
35	Anthony Quick	N	45	Ian Strang	H	56	David Watts	N
36	Paul Semmens	E	46	Ian Ravenscroft	N	57	Andrew Buchanan	E
37	Michael Hartman	N	47	Darren Eagle	E	58	Dean Niclasen	E
38	Colin Doherty	E	48	Michael Allen	E	59	Christine Kreskas *	GV
39	Shane Korth	GSC	49	Barry Clay	GSC	60	David Brown	E
40	Peter Livitsanis	Eur	50	Terry Duggan	N	61	Alison Skene *	E
41	Wayne Brown	N	51	Frank Crifo	N	62	Max Fletcher	H
			52	David Halliday	N			

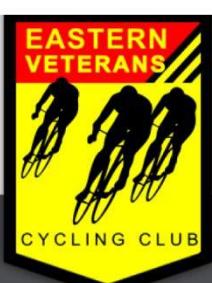
	24 min (24 min)	1:54pm		29 min (19 min)	1:49pm
63	John Hasouras	N	72	David Drew	N
64	Mark Picozzi	N	73	Neil Cartledge	E
65	Johnny Parrello	GSC	74	Ken Bone	E
66	David Worland	E	75	Graeme Parker	Eur
67	Bernie Evans	E	76	Jamie Robinson	GSC
68	David Smith	N	77	Colin Mortley	E
69	Adam Dymond	E	78	Ian Bishop	N
70	Tina Stenos *	GSC			
71	David McCormack	E			

Place	Name
1 st	
time	
2 nd	
3 rd	
4 th	
5 th	
6 th	
7 th	
8 th	
9 th	
10 th	
F/time	
Time	

NB: Riders must be at the start line five minutes before their allocated start time

Note – bunch designations are always referenced to Scratch

A couple of the Eastern boys got a tough mark, due mainly to the VVCC Handicapper not knowing them. To get a more realistic mark in the future you just have to ride a few more VVCC Handicaps. It doesn't take long for the Handicapper to realise your true ability.





The presentation dais



Post race discussion



Enough food to sink a ship



Rob's happy and Dave's refuelling



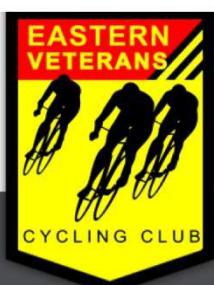
A few of the Eastern Boys



Dave Smith – winners are grinners



Mary escapes from the kitchen

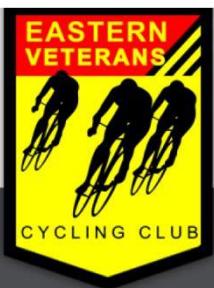




All images by David Anderson.

More can be viewed at:

<https://flic.kr/s/aHskbvyFpx>



Race Reports – VVCC Open Handicap Newham sponsored by BikeGearNow/VeloEx



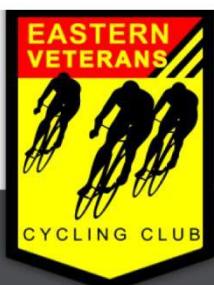
Images by Anita Davids

29 minute bunch

The Newham Handicap was one of the best races on the VVCC this year. They are not my words, as like you, I haven't attended a VVCC race this year or for that matter, ever. Those words came from riders that regularly attend these races. What made it so good? Well the venue was a challenge but enjoyably doable, even for an average rider. The vehicular traffic was minimal and the various cars with their PA systems controlling the traffic and instructing the riders when vehicles were overtaking. The organization and running of the event was seamless and comfortable. And the handicapping was well done in all but a few cases. Then when we got to the presentations, the food excellent, served in the

warm and charming old Mechanics Institute, so popular in the rural communities of yesteryear. Most of this is down to your committee and the hard work of our president, Hylton Preece.

The next question should be "What was not good about this event"? Well the first thing is it was cold. Bloody cold! A pair of long fingered gloves and a head band vastly improved that problem. Secondly, and more importantly, the biggest issue of the day was that you weren't there!!! There were only 34 entries from Eastern Vets. There was about half that number, not counting the wives and partners, doing duty and providing the after race refreshments. At the trial event some weeks earlier, we had over 40 entrants and the feeling was that it was a good course, enjoyed by most riders. A club with nearly 300 members that





can only muster 10% of its members to compete in its signature event begs the question, WHY? It is no further than Seymour and Eildon yet many will be tempted to say the distance is a cause. Others will point to handicaps being dependent on the mark given. I'm assured that if you get a handicap history, you will get a fair mark.

The EVCC is contemplating running another 'Open' at Newham next year. It could be during a warmer period but that is dependent on the VVCC. Success of the event is dependent on you entering the event. Talk to those that have raced there and you will be convinced to enter next year.

On the start line the race officials pointed out the need for the bunches to keep together to have the best chance of success. Our bunch captain, Graeme Parker (Eu/E), reiterated the same message. Within a couple of k's Neil Cartledge (E) and Ian Bishop (N) were off the back, but they worked their way back on. Then over a further 5 or so K's the bunch worked turns for the most part in a tight fashion.

The turn to west at Lancefield brought on the straight-ish Three Chain Road but undulating upwards. The average speed gradually drifting down. Graeme and Colin Mortley (E) were doing most of the work on the front. David Drew was struggling as was Jamie Robinson (GSC). Even Ken Bone (E) was seen on the front!

The turn into Don Road and the immediate kick up the hill brought the bums of the saddles and changed the tempo for a short while. The small flat following was enough to get one's breath before another quick but short climb then it was downhill to get the bell and the start of doing it all over again.

This time the little bumps out to Lancefield were smaller and easier than the preceding lap and the average speed jumped markedly. Lancefield came up quicker than expected. Somewhere about here my Garmin lost satellite connection. Somebody suggested it doesn't like being drenched in salt water. More likely we were so far

from civilisation that satellites don't cover that part of our planet.

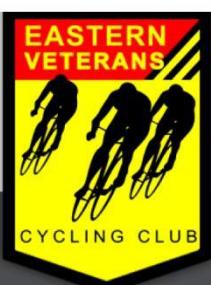
Into Three Chain Road for the last time and the Official car behind warned us of an approaching bunch, so when the big boys swaggered up beside us, we were ready to jump on. We were trying to roll turns when one of these riders suggested we should stay at the back, insinuating in my opinion that we were not capable helping them, but we persisted. As it turns out he sat on for most of the remainder, and then finished on the podium.

By the turn into Don Road the group had incorporated 4 bunches with several more just 100 metres back. Graeme Parker kicked up the first pinch and gapped everybody. The race was now ON. The next pinch brought about a split. Graeme pulled out with a mechanical and left with about 9 or 10 in front and the rest starting to stretch out. The crest with 1k to go and downhill to the line looked tempting to sprint. Dave McCormack took up the challenge, but I think he has been watching too much pro racing! Dave was on the front, the line was beckoning but the legs were not looking but he held on for 6th. David Worland having placed in the Royce Bennett and not recorded officially had some recompense by taking 4th. Bernie Evans finished a strong 7th followed by Neil Cartledge and Adam Dymond with Steve Foster from the 12 minute bunch picking up the last of envelopes (10th). The fastest time was recorded by Jay Phillipotts from scratch.

A great race. Many thanks to my bunch and thanks to all those that worked to make this a very good event. (Neil Cartledge)

19 minute bunch

After my last and very successful VVCC Open, the Bengazi, in which I capitalized on a generous handicap, I returned to this favourite location with trepidation. I was not to slip under the radar a second time, and found myself in the 19 minute bunch, along with some familiar strong riders, including David Watts (Northern), David Brown (E) and Christine Kreskas (Goulburn Valley).





Sub 7 degree temp and nerves contributed to some shivering on the start line, and frequent trips to the little room, so it was blessed relief to get moving. There was one scratching from our group, and David B missed his start, although found himself at home in the next (16 minute) group; a pity as we could have used his firepower.

Andrew Buchanan (E), after valiantly trying to get our group organized into some kind of order, found the first few rollers out of Newham not to his taste and was out the back early. The initial indecision about which way to roll turns was made moot by the complete lack of wind, and we soon found our rhythm. The seven of us contributed well to the pace-setting over the 30km lap, although I think a few of us were grateful for the respite whenever David W, whose legs were obviously feeling fresh, felt the need to push the pace from the front. The two other women, Christine and Trudy Stevenson (GV) certainly looked strong and comfortable. No one to be seen in front or behind except an occasional lone straggler who came and went.

The first time up the short but savage Dons Rd was the final straw for Max Fletcher (H), who disappeared quietly. On to lap two and, while individual preferences for uphills (eg me), downhills (eg Peter Ladd (GSC)) or indifferent (Lance Rogers (GSC)) were on display, our cohesive group ploughed on. It was a few kilometers into Three Chain Rd that a large group materialised, which appeared to be the combined 8, 12 and 16 minute bunches. At least I wouldn't need to do any more work, was my initial thought.

With a bit of effort I made my way into the front half and just missed a crash in front (it looked like no one was seriously injured), to stay with the front third. The elusive 24 minute bunch was seen just as we neared Dons Rd and it seemed to be even money as to whether they would survive. Dons Rd resulted in my unhitching, salvaging only pride in attempting to power home into 35th place.

Trudy was the highest placed from our bunch, also taking out best unplaced female. It turns out the obviously strong and cohesive 24 minute

bunch deservedly went home with most of the chocolates. Well done to all competitors, marshals and sponsors, for another enjoyable days racing. (Alison Skene)

16 minute bunch

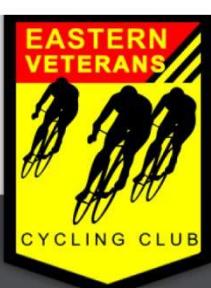
Off we went at a steady speed until a couple of riders upped the pace to set the tempo. We got to the first hills and I recall Ian Strang, Chris Fenech, Victor Mason and Frank Crifo being on the front doing great work.

Over the top, our work was rewarded by a fast descent. Through the sweeping turns and onto Three Chain Road, I spotted Nigel and his crew marshalling us safely through. A steady pace up this long incline, the riders were taking turns at the front. Near the top, a bit of indecision and the bunch slowed round the turn onto Dons Road, riders checking across their left shoulders ... where was the next bunch behind us? Onwards, working together well. Great to get the first lap behind us.

Next time up the hills, Victor was strong and looking good. Over the top, one rider shot to the front and off we went chasing. Then the cry that we knew was coming "Riders" and the 12 min bunch came screaming past at a great rate of knots. This had everyone clicking it up a gear and hanging on. We slowed to make the first turn, then the hammer went down, dig deep, get in close to that wheel, hang in there!

Now we were onto the business end of the race, the 19 minute bunch was swallowed up by our increasing speed. Then about 10km from the finish the sound no bike racer likes to hear: carbon hitting tarmac! The bunch split, riders swerved across the lane, I'm thinking "*hope no-one is badly hurt*". What to do now? The front of the bunch powers on, I scramble to keep up.

I can see Anthony Quick, Trudy Stevenson, Ian Strang and Nick Tapp up ahead riding well. So many numbers up there; it's hard to recall a day later. Onto the last straight now, heavy breathing for everyone, riders going out the back and the





strong riders advancing. One last push to the finish, it's over....

Well done to the winners and all the organisers, marshals, and the caterers! What a great circuit!
(Darren Eagle)

12 minute bunch

The 12-minute group consisted of Bruce Will, Steven Foster, Colin Doherty and Nick Tapp (from the successful 5-minute bunch at Seymour the other week), plus assorted boids from Northern, Geelong Surf Coast and Eureka. Michael Hartman (N) was a familiar face, having raced at Eastern more than once.

We lost our first rider on the initial climb out of Newham: something went snap(!) and he was gone. The remaining nine worked well, all rolling turns most of the time, but by halfway the up-and-down terrain had dislodged three more riders, leaving just six.

Anthony Quick (N) was proving very strong and a canny organiser and Bruce, Steven and Nick were still there, too. At about the base of the long climb on lap two, 8 minutes, which included Dave Moreland and Craig Oliver, caught us, bringing back at least two of our original bunch on their wheels. On the way down the other side, our first major quarry was in sight -- a biggish group of 16/19-minute riders. Between us and them, though, was a 4WD towing a big trailer. It couldn't pass them, we couldn't pass it, and the pace dropped as a result. The 4WD kept going when we turned left, and it was on again. We now passed the slower bunch, and those who could, jumped on, swelling the size of the group.

Nothing out of the ordinary happened until there was the clatter of someone going down in the middle of the group. Those in front kept going, those behind parted around the crash. Only two riders were involved. One was still upright, with the other bike dangling by its handlebars from his

-- weird! The rider on the deck was sitting up and trying to be small. He appeared okay, so those caught behind took off in pursuit.

A strong pull from Bruce Will brought him and Nick Tapp, among others, back up to the combined 8/12/16/19-minute group. There must have still been a significant group up the road, and sure enough lights appeared in the distance. There was no sign of Scratch or 4 minutes, so maybe we had managed to keep them at bay.

Around the last corner and steeply up, then the long drag to the finishing straight, the gap coming down but too slowly. Eight or nine riders from 24/29 minutes crossed the line as we opened our sprint. Steven Foster led our group home hot on the heels of the group in front (and was the only one to feature in the top 10). Nick finished next, just missing out.

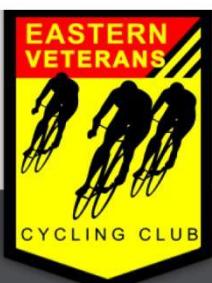
Thanks to Hylton and everyone involved at the club for hosting an Open. It was a good race, well run -- my first Open and unlikely to be the last.
(Nick Tapp)

4 minute bunch

On paper a strong group of eleven, aided by the inclusion of Phil Smith. The group started slowly to make sure that it was still intact at the top of the first climb before upping the pace to Lancefield. The bunch worked well together although the top end pace seemed to be missing. After Lancefield, a few riders started to miss their turns, whilst others were struggling to complete theirs resulting in the pace dropping even further.

On the bell the speed had dropped to under 40 kph so Phil and Rob Amos decided to up the pace, aided by strong turns by Alex Randall, Lawrence Lee, Bill Gordon, Mathew Grealy and Adrian Copeland, the others dropping off the back except Carl Cubitt who went from doing soft turns on the first lap to sitting on so as to save his legs to help his TLC team mates in Scratch.

Scratch caught us with 6 kilometres to go, bringing back all the riders that had been dropped. As we jumped onto Scratch, Carl started





to pull big turns, but as we had no one in sight it was obvious that they had given up the chase as

the rotations were not happening. Jay rode of the front just before the Newham turn to take fastest time. Stats: 60 kilometres in 1:31, average speed 39.5 km/hr, max 75.9 km/hr. (Rob Amos)

News and stuff

Eastern Vets

Le TOUR de France Night

Saturday 18th July 2015

7:00pm for 7:30pm start
The Kilsyth Club
Corner Canterbury & Colchester Rds. Bayswater Nth.

Guest Speaker – John Beasley jnr.
Head Coach Malaysian Cycling Team
National Coaching Director Malaysian Cycling
Proprietor of Beasley Cycles

Tickets \$65 (no tickets sold on the night)
3 Course Meal, drinks at bar price

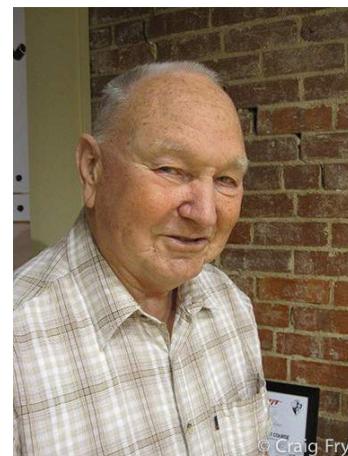
Tickets available from Ian Smith on Race Day or ismith@internode.on.net

Mark in your Diary, Not to be Missed!

John Beasley Jnr to Speak at Eastern's TdF Night

In case you've missed the last couple of newsletters, John Beasley Jnr is speaking at the upcoming Eastern Vets TdF Night ..

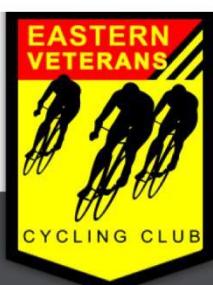
John will have a number of interesting experiences and stories to tell at our TdF Night on the 18th July. Book your ticket with Ian Smith on race day or email ismith@internode.on.net



John Snr. is the oldest living Aussie to have ridden the Tour de France Image: Craig Fry



John Jnr. is continuing the cycling dynasty and is pictured celebrating victory with Josiah Ng (left) and Azizulhasni Awang (right). Image: supplied





Eastern Vets well represented at the Melburn Roobaix by Janita Keating

The Melburn Roobaix was in its tenth year running, and if you haven't heard of it before it is called The Hell of the Northcote. It involves 2000+ riders, many in crazy costumes doing an orienteering style map course around Melbourne enduring ten very bumpy cobble lanes, before finishing at Brunswick Velodrome for some prize giving. There is no prize for finishing first, however if you answer all the ten questions at the end of each of the cobble lanes correctly, you go into the draw for a trip to Paris. There were several prizes for best dressed, cutest couple etc. EVCC picked up a few prizes!! Graeme Parker (life member) and the crew were down from Ballarat on the day, along with Stuart O'Grady and Phil Anderson. Here are just some of the people I saw.



L->R: Indigo Keating, Janita Keatting, Kathleen Jones, Mal Jones, Jean Wiegard, Walter Savini, Jenny Whitehead, Nikki Smith, Ian Smith. Image: J Keating



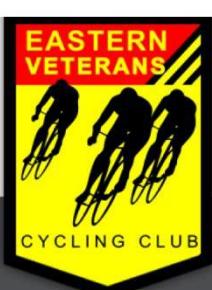
Arrg me hardie, Janita and Indigo Keating

Image: Alison Skene



Top Guns, Brenton Jukes and Alison Bowen

Image: supplied





Is there a doctor around? Ivan and Kankles
Image: Hamish Blair, Herald Sun



Ask a local, Alison Skene
Image: Michael Skene

Results

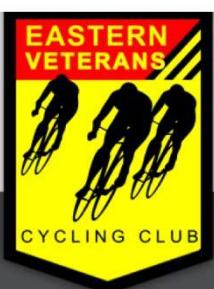
27th June 2015

Eastern Vets Open Handicap

Race Results

Place	Competitor	Club	Handicap
1st	David Smith	Northern	24.00 min.
2nd	Johnny Parrello	Geelong	24.00 min.
3rd	John Hasorous	Northern	24.00 min.
4th	David Worland	Eastern	24.00 min.
5th	Tina Stenos	Geelong	24.00 min.
6th	David McCormack	Eastern	24.00 min.
7th	Bernie Evans	Eastern	24.00 min.
8th	Neil Cartledge	Eastern	29.00 min.
9th	Adam Dymond N	Northern	24.00 min.
10th	Steven Foster	Eastern	12.00 min.
FT	Jay Phillpotts	Eastern	Scratch

Winners Time 1:47:45, an average speed of 33.52 kph
Fastest Time 1:26:35, an average speed of 41.7 kph





Wedn 1 st July The Loop	1 st	2 nd	3 rd	4 th
Division 1 ()	C Jones	R Newnham	D Holt	
Division 2 ()	R Wheelhouse	G Foster	J Hasouras	P Taylor
Division 3 ()	D Haliday	S Lee	D Page	
Division 4 ()	I Brown	J Eddy and B Rodgers		

Loop Aggregate points to 30/6/15

B Rodgers. 38
N Cartledge. 29
J Eddy. 25
R Newnham. 23
P Firth. 21
L Bohn. 20
M Waterfield. 18
T Curruli. 18
F Lees. 15
R Wheelhouse. 15

Thanks to Keith Bowen for Loop race organising and Neil Cartledge and Dave McCormack for 'behind the scenes' newsletter support.

Future Events

Eastern Vets

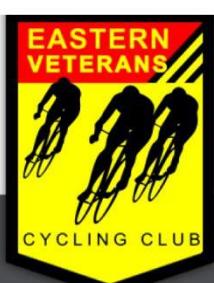
Please refer to page 1 of this newsletter, or go to <http://easternvets.com/roster/>

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 event.

Northern Vets – for more details: <http://www.northerncycling.com/>

5th July Northern Winter Crit Series #4 National Blvd
12th July NO RACING – MID SEASON BREAK





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.	
Saturday mornings (7.30am) and Sundays/Public Holidays (8.00am) Meet at Ringwood Clock towers, Maroondah Hwy, Ringwood	Maroondah Hwy to Carlton for coffee, then return	Fast social	

Sponsors



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