

Newsletter



Duty Roster

3 October, Casey Fields

Steve Barnard (R), Paula McGovern, Louise McKimmie

10 October, Yarra Glen

TBA (R), Ian Milner (TC), Mal Jones (TC), Rob Monteath, Graham Haines, Brett Morton, Lawrence Lee, Kelvin Stagg, Geoff Mackay, Michael Allen

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, tjptop2@optusnet.com.au

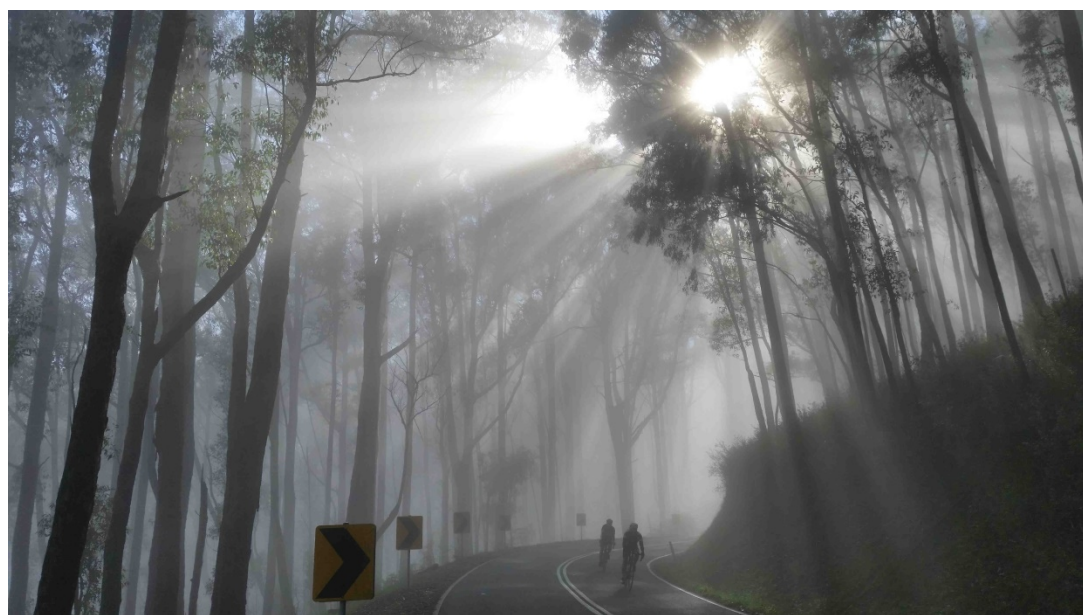
Editor: Nick Tapp

nick.tapp@detail-ed.com.au



Last Saturday the age-based Club Road Championships were run at Eildon. Riding the champs is a rare chance to measure yourself against other riders in your age group, rather than in grades decided by the handicapper. There were some ding-dong battles, as this week's race reports testify. Thanks to all our correspondents.

And thanks to Peter Gray for the image below, which may serve to remind us why we ride.



The 1 in 20, 8am, 500 metres to go
Photo: Peter Gray

Club Road Championships, Eildon, 26 September

Age group	1st	2nd	3rd
Women 40–44	Kym Petersen		
Women 60–64	Rhonda Kennedy		
Men 35–39	John Clarkson	Rob Lackey	
Men 40–44	David De Pedro	Steven Foster	
Men 45–49	Paul Webster	Rob Monteath	Peter Mackie
Men 50–54	Roy Clark	Guy Green	Peter O'Callaghan
Men 55–59	David Moreland	Rob Amos	Geoffrey O'Loghlen
Men 60–64	Chris Ellenby	Peter Webb	David Worland
Men 65–69	Peter Bertelsen	Bruce Will	Martin Stalder
Men 70–74	Robert Lewis	Neil Cartledge	Keith Wade
Men 80–84	Ron Stranks		
Men 85+	Rod Goodes		



The 60–64 group passes the line with Rob De Bernardi on the front.
Photo: David McCormack



55–59

A poor showing for the club road champs, only seven starters. The two A graders would start favourites: Rob Amos and Dave Morland, who has been showing the good form that won him a World Masters title, winning the State Masters title and a strong ride in Amy's Gran Fondo.

With a gentlemen's agreement to stay together for the first lap, all riders rotated turns, keeping a good pace and catching the youngsters within a half lap before they increased their pace. The first split came as the group approached Thornton for the second time, with Dave increasing the pace. After a bit of panic it was all back together as the group passed the 50–54 group – apart from Guy and Peter, who were off the front.

As they approached the hill, Roy rode past, trying to bridge to the front two in his age group. Dave launched a big attack, opening up a gap and catching and passing Roy, with Rob chasing hard as he hit the descent. A couple of kilometres later, Dave eased up as he saw Rob crossing the gap, and the two worked together to the finish, where Dave easily outsprinted Rob despite leading out. Geoffrey O'Loughlen took the last medal with a strong ride in the bunch.

Rob Amos

60–64

Eildon turned on the weather again with perfect sunshine and little wind. Thirteen riders turned up for the 60–64 age group and a pretty strong field it was, with mostly C graders and a smattering of the other grades. It was agreed that the first lap was to be ridden at a pace that would not drop the few riders from the lower grades so that they could at least have a good ride, given that they had driven all the way to Eildon.

We set off at a healthy pace, swapping turns nicely with everyone doing their share. We fractured on the hill out of Thornton but soon regrouped on the descent and went back to doing turns. Peter Gray and Zen Gawronski were riding very well and only missed a couple of turns when a rise in terrain occurred. With an average speed of 33.3 km/h that was to be expected. Within 400 metres of the finish of the first lap we were passed by the 65–69 group. We resisted the temptation to ride past them and continued to ride in formation up the back road as a bit of a headwind was happening. Andrew Buchanan, John Williams, Bernie Evans and Hylton were all looking good. Nearing Thornton for the second time, Mal Jones opened up a bit of a gap. As I rode past him I said, 'Let's go!' Ian Smith joined in and we created a bit of a break, but before arriving at Thornton it was obvious that we couldn't get away. Up the hill the group stayed pretty much together and on the descent Chris Ellenby came flying by and opened up a big break. He managed to catch the group in front of us and was looking threatening. After I recovered from the climb I tried to get across to Chris, which I did only because Chris backed off, and we were caught by our group, led by the ever strong Dave Worland. The second lap finished with us altogether except for Pete and Zen, and I don't know what happened to Paul James.

The average speed had increased to 35.7 km/h and so we departed on our final lap. Rob De Bernardi moved strongly off the front and created quite a gap, which no one seemed to want to close; given the headwind and the distance still to go, I thought it was a brave move. Mal decided that he would bring the group back up to Rob and did so with a very impressive ride. Once this had been accomplished, Chris Ellenby jumped again and I snapped onto him. We created a healthy break and I rode past Chris to indicate that I was willing to work to try and get away.





Coming into Thornton we had a good break and if we could get over the hill with this sort of lead we were going to be very hard to catch. I went over the top first and waited for Chris to tow me down the hill onto the flat. We started swapping turns again and the gap was increasing with every pedal stroke and by the time we got to Eildon it was obvious that we weren't going to be caught.

So on to the sprint, and Chris had no intention of going to the front as he had come second in the champs last year to Ken Mayberry and was in no mood to be beaten again. I'm not too good at track standing so I was going to have to do it from the front. I opened up with about 150 metres to go and gave it everything I had but Chris got me by a tyre width on the line. It was great to ride with Chris and be able to ride away from the group in such a decisive manner. As we rode back to the line we saw Dave Worland get third place. Chris and I had an average speed on the last lap of 36.2 and the last 15 kilometres was at an average of 40 km/h, I had an average heart rate of 165 – that equates to bloody hard work.

Thanks as always to all involved in making this race possible.

Peter Webb

Like a mature bottle of wine, it just doesn't get much better (but some don't go the distance)

You could not wish for better conditions than we experienced last Saturday at Eildon. About 15 early vintage labels (circa 1950-something) set off for their annual discovery of body, aroma and longevity. Determination of the 'maturity' distance was 'hotly' debated prior to the race start, however a satisfactory compromise was agreed upon, which I think gave most a fair day of sampling in the saddle (see PS).

I must admit to being a bit apprehensive when it comes to championship races. I know I'm going to get smashed but still enter for the intoxication of the pursuit. When you hear 'three laps' it doesn't sound too bad, but multiply that by 25 and it equals 75 km, a distance I hadn't raced in seven years. In keeping with the 'gentlemen's agreement' for first lap neutrality, I happily engaged in the obligatory rolling of turns (bottles) in the hope that not too much sediment had deposited during this absence.

I felt privileged to ride with proven local producers, the likes of Mal Jones, Hylton Preece, Chris Ellenby, Peter Webb and Andrew Buchanan, just to name a few of the predominately B and C grade riders, who must have clocked up tens of thousands of racing miles (tastings) and hundreds of placings between them.

Lap 1 completed, I'm still here, head spinning and feeling rosé. That was all about to change as our bunch approached and was about to overtake another. Mal, with me in tow, unscrewed the cork to see who or what he could decant. The initial surge felt exhilarating but it wasn't long before this little soldier ran out of bubbles and found himself popped out the back, doing what Peter does so often – drinking alone.

For me at least it was a good lesson in not consuming the contents of your barrel too quickly. I spent the following 40 km crushing grapes to process for next year. You'll have to read other accounts of the race to discover who placed as the best all-round vintage.

PS Please remember, chaps, when verbalising your points of view, there may be members of the public in close proximity.

Peter Gray





65–69

Our trusty editor teased me for an explanation of the ‘Horse Incident’ on Saturday. Ironically, although I was involved I probably witnessed less of the total incident than my fellow riders and the riders in the 60–64 group following us. I can report, however, that on the second lap, about 5 km from Eildon, a large white riderless horse, complete with saddle, started to cross the highway some 150 metres from our peloton.

It seemed to be making steady progress across the road, so, with my group moving at about 35 km/h, I moved to the centre of the road, expecting to pass the horse on its right. What appears to have transpired, however, was that about halfway across the road the horse took fright, possibly from the riders on the left hand side of the road, and suddenly changed its mind. It stopped abruptly and, in so doing, slipped on the asphalt and fell to its knees – even, reportedly, to its front flank.

My reaction was to ‘head for the hills’, turning quickly away from the horse to the far right-hand side of the road. It was then that I spotted a large group of young riders in the adjacent paddock. Obviously this horse had got away from one of them. I didn’t see the horse go down, but I heard the slipping hooves, and the riders following reported that I was pretty close to hitting the horse. A quick U-turn to rejoin my group, who with the 60–64 group had slowed down, and the race was on again. Who knows what might have happened if a car had been coming from the opposite direction at 80 km/h. The scenarios are endless.

And so to the race report. With Peter Bertelsen, Bruce Will, Martin Stalder and John Thomson in the age group, it was a ‘quality’ bunch. Over the three laps we all took our turns at the front into the wind and back. After the first lap the ‘old guys’

passed those young 60–64s and kept a solid steady pace for the entire three laps of 78 km (race ave. 34.8 km/h).

Of course it got down to a sprint finish, and with me being left out front, it did get a little confusing with the parts of the 60–64 group coming over us as we played strategies in the last 500 metres. Blink, and it was all over, with Peter, Bruce and Martin taking the medals. Congratulations.

A great course and a solid but enjoyable and memorable race. Thanks to the officials and those on duty for a great days racing.

Tony Tonkin

70–74

Just four of us fronted the starter on this perfect day for cycling – Neil Cartledge, Bob Lewis, John Eddy and myself, with two 25 km laps of this almost flat course in front of us. We were also grouped with Kym Petersen (40–44), Rhonda Kennedy (60–64), Ronny Stranks (80–84) and the venerable Rod Goodes (85–89).

It was suggested that we stay together for the first lap, but somehow it didn't quite work out like that, starting out at a fairly leisurely pace but slowly picking up speed as we went, with Neil and Kym doing most of the work out front early on. Somewhere we lost John, I'm not sure where, but great to see you there, John, it's a pity we don't get more of us oldies to come along to make this a merrier event.

Anyway, it was the second lap where things slowly picked up. Coming out of Thornton and about halfway around the lap is the only noticeable but tiny hill on the course. Once we hit that, I gave it everything I could, reaching the top with Bob and Kym still beside me looking very relaxed, but a quick glance behind showed Neil a little way back not looking quite so comfortable. I





tried to push the pace on the downhill but not very effectively, so I backed off and resigned myself to Neil getting back on. But a little further on Kym said he was still off, so the three of us combined to do track turns to keep him at bay. Alas, about 2–3 km later it was announced from the back that we were ‘all together’ – that bugger can certainly time trial as well as sprint!

So it did come down to a sprint in the end. I sprint a bit like a cockroach, but I saw it all. Neil seemed to be feigning calf muscle cramp a few hundred metres out, but he took off nevertheless. Bob came alongside him with about 100 metres to go and that was the end of Neil, who came in second. Kym had no trouble dropping me.

Anyway, thank fellers – all good fun.

Keith Wade

The four septuagenarians were joined by Rhonda Kennedy and Kym Petersen along with Ron Stranks and Rod Goodes. The purported two laps went to three and then finally back to two laps before we were sent on our way with request that we stay together for the first lap.

The boring bit of road to Thornton was covered at a fairly easy pace, with most of the front hogged by Neil, Kym and Bob. When the turn at Thornton was negotiated, the pace lifted on the approach to the only little hill on the course. John Eddy and Ronda had slipped off the back sometime prior, and I think Rod Goodes may have done the same. So much for the ‘staying together’ demand.

On the ascent of the knoll, most eyes were assessing the strengths and weaknesses of the other riders and plans were being hatched for the next lap. Ron showed that he was up to it and crested with Kym, Bob, Keith and Neil. Kim and Bob threw out a little tester on the descent but the bunch continued over the undulations to Eildon.

There were a couple of half-hearted pushes on a couple of the rises with Ron in tow.

Through the township proper, back onto the road and no attacks. Once on the road again the intensity lifted and the average speed came up. This time everybody took strong turns and the trip to Thornton was completed much quicker and with more enjoyment. At Thornton, it was clear that if the hill didn’t do some damage then it would be down to a sprint to decide who would get the medallion in a box.

As expected, up that short, sharp lump the first attack came from Keith Wade. Neil went to go with him but his legs had other ideas. Bob and Kym jumped on to Keith’s wheel and Ron came around Neil. Ron climbs well, especially when you take note of his age group, 80–84!

Keith and Co. went over the top with a gap of 50 metres and the wily Keith looked over his shoulder. If you could lip read I am sure you would have read, ‘He’s off the back, go hard’. And that is just what they did. The gap increased as Neil wrestled with the legs that would not respond. They might be mature legs, but they are certainly not legs that respond to authority with any degree of enthusiasm.

After a couple of undulations and the threat of 500 squats in the carpark, the power started to come back into the legs. Now was the opportunity to train for the time trial. Down on the drops, forward on the saddle, get a rhythm going, watch the cadence and the heart rate. Gradually the gap began to diminish. The four in front were swapping turns and had no intention of giving Neil an easy ride. If he wanted to contest the sprint, he would have to get back on of his own accord. After a couple of kilometres of hard work, just before the pub, Neil finally did just that, and when he was spotted recovering on the back, the pace eased.





The remainder of the lap was watchful. Any move was countered. If one took a drink, so did the others. Nobody wanted the front. Kym, on her own in her own race, was free to do what she wanted, while Bob and Keith kept a watchful eye on each other and Neil was still on the back pretending to be worn out.

Finally, in the grand metropolis of Eildon, Bob took the lead where the last roundabout shows the meandering way along the pondage prior to the finish straight. Bob deftly let Neil go to the front. Kym took pity and came up as Neil unclipped to ease the pain in his leg – an old trick, used when the racecraft is lacking.

In sight of the line (if you had young eyes), Kym pulls out to allow the three old codgers to have a sprint without interference, and in so doing forces Bob to the front, with Keith next and one-legged Neil trying to come up with a sprint plan. Bob's head was turning back and forth so often he must have got whiplash, as he tried to judge the distance to the finish line and avoid being jumped by Keith or Neil. It was Neil who decided to have a go and Bob slipped onto his wheel so smoothly it must have been covered with rubber grease. It was the start of a longish sprint. Bob effortlessly accelerated around Neil and pulled a gap that Neil couldn't reduce. Bob crossed the line comfortably 1st in front of Neil (2nd), with Kym and Keith a little way back – Kym 1st in her age group and Keith collecting the last medallion on offer for the old blokes. Thanks, all, for a good race!

Neil Cartledge





Wednesday criterium at the Loop, Kew, 23 September

Division	1st	2nd	3rd
Division 1 (11)	No result		
Division 2 (16)	M Edwards	Bruce Will	Rob De Bernardi
Division 3 (6)	Ian Smith	Scott Lee	Neil Cartledge
Division 4 (5)	Barry Rodgers	John Eddy	Laurie Bohn

Thanks to Keith Bowen and helpers Steve Barnard, Laurie Bohn and Barry Rodgers for setting up and running proceedings.

Martin Stalder

While racing at the Loop on Wednesday Martin Stalder fell after hitting his pedal on the bottom corner on the bell lap. Martin was tended immediately by Mark Wallace and the ambulance was called. Martin was taken to the Alfred and admitted to intensive care.

Martin has sustained three vertebral fractures, two in his neck and one in his back. He was to undergo surgery on two of these on Friday to scaffold the joint between the vertebrae to stabilise it. There may also be a couple of rib fractures near his spine. He has also sustained damage to his larynx (voicebox) and has had several reviews by an ENT surgeon, but at this stage they are just monitoring that aspect of his injuries.

On a more positive note, he does not appear to have sustained any damage to his repaired hip and he has no significant head or chest injuries (apart from his ribs).

I have said before how fortunate we are as a club to have professionally trained members who provide immediate assistance to anyone who has the misfortune to have a fall. Thanks to Mark and others who provided assistance on the day.

Martin's wife Helen also wanted to thank everyone for their concern and assistance on Wednesday and is happy for concerned members to contact her (0401 994 759) to send good wishes and check on Martin's progress.

We wish Martin a speedy recovery.

Keith Bowen





News etc.

Thanks to David McCormack for the following news items.

Australian Masters Road National Championships

Eastern members did well at the recent Australian Masters Road National Championships, Tweed Coast, Queensland.

Gerard Donnelly

1st, Masters 6 Criterium
1st, Masters 6 Road Race
2nd, Masters 6 Time Trial
Champion of Champions

Russell Newnham

2nd, Masters 6 Criterium
2nd, Masters 6 Road Race
3rd, Masters 6 Time Trial

Anna Davis

4th, Masters 5 Criterium
1st, Masters 5 Road Race
1st, Masters 5 Time Trial

Dale Maizels

3rd, Masters 5 Criterium
3rd, Masters 5 Road Race
4th, Masters 5 Time Trial

Jay Phillpotts

1st, Masters 2 Road Race

John Cain

1st, Masters 5 Time Trial

Sean Wilkeson

4th, Masters 3 Time Trial

Doug Reynolds

4th, Masters 7 Criterium



Anna and Dale on the podium



Champion of Champions Gerard Donnelly with sons





Tom Leaper (pictured right) did an impressive PB of 13:27 up the 1 in 20 in the recent Blackburn ITT. Tom was pretty happy to finish in 3rd place behind Brendan Canty and Alex Morgan.



Jersey Month – October

In a promotion to encourage more Eastern members to don the Club jersey, a special low sale price for the month of October is offered.



Short sleeve Eastern Pro Jersey on sale for \$45.00

Only for the month of October. Reverts back to normal price 1 November.

To take advantage of this promotion contact David at davemacq@bigpond.com or catch up on race day.





Future events

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/>

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	





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