

# Newsletter



## Duty roster

### 19 March, Yarra Glen

Richard Dobson (R), David Brown (TC), Zenon Gawronski (TC), Peter Brann, Michael Cleary, Geoff Cranstone, Alan Hicks, Greg Chamberlain, Mark Edwards, Grant Greenhalgh

### 26 March, Casey Fields

David Hyde (R), Anna Davis, David De Pedro

*If rostered for duty, you must be there at least 1 hour before start time. It's your responsibility to find a replacement if unable to do your duty, then advise Andrew Buchanan, [tjtop2@optusnet.com.au](mailto:tjtop2@optusnet.com.au)*

Editor: Nick Tapp  
[nick.tapp@detail-ed.com.au](mailto:nick.tapp@detail-ed.com.au)



From Dunlop Road we move this week to Yarra Glen for a change of scene and a change of format, from criterium to kermesse. Some of us enjoy this course with its repeated ups and downs; others, not so much. Either way, stay safe and go well.

Thanks to those who contributed reports, photos and news this week. Among others, John Williams's day-by-day account of last month's Wellington to Auckland race begins; the D-grade report is a poem; and Laurie Bohn writes about the time F grade nearly overtook B grade. Read on!



*Smile! Guy Green and Ken Mayberry contemplate what might have been after last Saturday's A-grade race at Dunlop Road.*

*Photo: Peter Mackie*



## Graded scratch races, Dunlop Road, 12 March

Grade	1st	2nd	3rd	4th	5th
A grade (17)	Rob Amos	Phil Cavaleri	David Holt	Guy Green	
B grade (19)	Daniel Oldfield	Andrian Zubovic	Boyd Williams	Grant Greenhalgh	
C grade (24)	Tony Curulli	David Hyde	Brad Jones	Peter Morris	Stephanie Coulson
D grade (17)	Peter Gray	Mark Granland	Ken Allan	Rob Lackey	
E grade (6)	Barry Rodgers	Jim Swainston	Barry Ellem		
F grade (8)	Laurie Bohn	John Eddy	Clive Wright		

### A grade

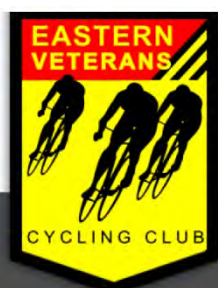
A good field in A grade, with a couple of B-graders testing their legs, Ross Tinkler and the inform John Thomson. Dunlop Road bringing out the sprinters, a strong line-up of Team Skope, who were on the attack from the start, taking turns to attack the bunch. Cam White and Colin Doherty were keen to chase them down, along with Peter Howard. The back of the bunch was happy to be towed to the finish with fresh legs. Phil Smith and Rob Amos were keen to get a move going, knowing that they would not be featuring in a bunch sprint.

Despite all the aggression the breaks were all going nowhere until the 50-minute mark when Rob counterattacked after another 1-2 from Team Skope. A chase by Phil Smith with Brett Morton in tow closed the gap, then Phil, who is always closely marked, decided to sit up, leaving Rob and Brett to try their luck at increasing their lead over the next couple of laps.

The ringing of the bell had the bunch in panic with big turns from Phil and Peter. Rob looked back on the last bend, thought the gap was doable and

sprinted for the line, holding off the fast-finishing Phil 'Caleb' Cavaleri and David Holt. Guy Green, returning after injury, took the last of the money from Steve Ross and JP. Brett ran out of legs and got swamped by the sprinters.

*Rob Amos*





Rob Suter at the head of the B-grade bunch.  
 Photo: Paul Webster

## D grade

Just sat down on Sunday night  
 And wondered what the hell to write  
 About the race at Dunlop Road.  
 Where should I place this damn electrode!  
 What can I do? I'm short on time.  
 I guess I'll have to make it rhyme.

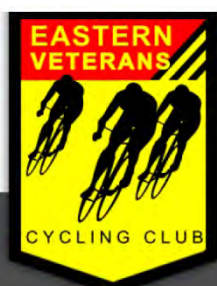
So off we go, the D grade bunch,  
 To ride the crit just after lunch.  
 McDonalds Lane is lined with cars –  
 Hold tightly on your handlebars.  
 Round and round and round we go.  
 We cannot pass, it's too narrow!

JC, Graham, Col and Lackey  
 All ensure pace don't get slackey.

Watts is busy chasing wheel;  
 A victory he sure aims to steal.  
 Ken Allan finally has a dip;  
 Numbers off bunch he'd like to strip.

Watts is generating lots of power,  
 He tries to double within the hour.  
 Granland is a force to be reckoned –  
 He's not planning to come in second.  
 And where the hell is Michael Paul?  
 I hope he hasn't hit the wall.

Juanita Cadd is on the hunt,  
 That's twice she's gone up to the front.  
 'Riders, keep left, hold your line!'  
 It seems to me it was a sign  
 Not to pass the F grade mob.  
 Oh, what the #%/@! Let's finish the job.



Next time round we get the bell.  
Who will win I cannot tell.  
A surge is made by Gaw-ron-ski,  
The finish line he wants to see  
Before the rest – oops, there goes Ken.  
I think he's going to try again.

But wait, Ken Allan's looking frail.  
Who's that rider on his tail?  
It's Gray, of course, I should have guessed.  
He'll put the peloton to the test.  
He strikes a blow before the bend  
To finish first, and that's the end.

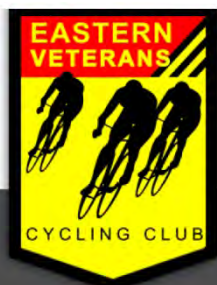
We all enjoy a drink and chat  
'Bout bikes and rides and stuff like that.  
The D grade bunch I'd like to thank  
For putting forty dollars in my bank.  
Safer riders are hard to seek.  
I'll see you all at Yarra Glen next week.

*Peter Gray*



*Graham Cadd (left) puts the pedal to the metal in D grade.*

*Photo: Paul Webster*





## E grade

I omitted to say in last week's report that I got my 'old dogs' inspiration from a C&W song by Tom T. Hall, 'Old dogs, children and watermelon wine'. He is a wonderful storyteller. Well, our old dogs were prominent again this week. I have noticed over the crit season that Barry Rodgers is pretty handy at Dunlop Road. Neil Wray was putting a bit of an edge on his track preparation and threw in some really solid turns, while Barry Ellem was his usual energetic self! Like last week, our race was even tempo and working turns. Phil Johns and Mick Paull had both ridden D grade so were happy to stay out of the firing line. Luckily, we didn't lose much time with the church function.

The excitement level rose slightly as we neared the magical bell. Ronnie launched a little attack, then Neil took charge of pace and steered us to the 200 metre mark, at which point Barry Rodgers put the foot down and rode to a good win followed by myself. Barry Ellem took a deserved 3rd place as he has ridden honestly the last two weeks. I think the new finish line was a good move.

The dream was achieved – no falls, I didn't even hear an angry word! Thanks again to all.

*Jim Swainston*

## F grade

What a great day to be at Dunlop Road for a rather interesting race. Good to see Rod Goodes back on the bike after a short spell of ill health;

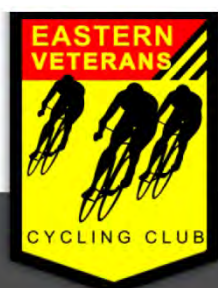
unfortunately, an eye op. will keep Frank Lees out of action for a while. You don't need to see where you are going on the indoor trainer, Frank.

'F Troop' attracted eight entries, three into their ninth decade (i.e. over 80), the remainder into their eighth – aggressive breakaways are usually not a problem. Into the bell lap after our allotted 50 minutes, we turned into McDonalds Lane and we did have a problem: B grade up ahead and F starting to close. I know, F grade closing on B grade sounds absolutely ridiculous, but that is what was happening. It was becoming obvious that if B didn't get a move on, F would be right behind them at the last corner, which would mean F trying to sprint through a large bunch of riders or sitting up and abandoning the race – or pulling right back and doing another lap. At the risk of creating confusion on the finish line, and probably breaking a few race rules, we chose the latter.

*With rider safety being paramount*, it is sometimes better for the riders themselves to decide the outcome of a race as they are the only ones who know what is happening on the other side of the circuit. This must be the first time in race history that F grade has looked like passing a higher grade, and it probably won't happen again! Anyway, all's well that ends well.

F grade riders, try to be at Yarra Glen this Saturday or maybe try to be at the Loop on a Wednesday morning.

*Laurie Bohn*





'F Troop' negotiates the parked cars.  
Photo: Paul Webster

## Tuesday night racing at METEC, 15 March

Grade	1st	2nd	3rd
A grade	Rob Amos	Peter Howard	Steve Ross
B grade	Perry Peters	Dayle Goodall	David Pyne
C grade	Hayden Chapman	Darren Woolhouse	Brad Jones
D grade	Chris Sheers	Ken Allan	Colin Mortley
E grade	JC Wilson	Phil Johns	Zenon Gawronski





## Wednesday criterium at the Loop, Kew, 16 March

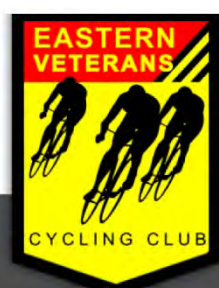
Division	1st	2nd	3rd
Division 1 (9)	Phil Cavaleri	Phil Thompson	Ray Russo
Division 2 (10)	Rob Giles	Russell Wheelhouse	Peter Morris
Division 3 (5)	Andreas Weber	Neil Cartledge	Peter Gray
Division 4 (8)	Barry Rodgers	Laurie Bohn	Frank Lees

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

## News etc.

### L'Étape Australia route announced

A number of Eastern Vets riders have participated in the now annual L'Étape du Tour cyclosporives, which follow the course of a mountain stage of the Tour de France some days in advance of the race. The event regularly attracts huge numbers of riders, mainly from the Northern Hemisphere. This year it comes to Australia for the first time, and the route (157 km in the Snowy Mountains of New South Wales) has just been announced. For details, go to [letapeaustralia.com](http://letapeaustralia.com).





## Wellington–Auckland cycle race, 14–20 February 2016

As promised, John Williams's account of the seven-day Wellington to Auckland race begins here with the first three days of the race. The rest will follow.

### Day 1, Sunday 14 February

A fine sunny Wellington day with two stages, the morning one taking us over Rimutaka Hill and the afternoon stage a flatter one taking us East and then North for 66 km into Masterton. We were informed during briefing session that, as not so many riders had entered for Group 1, they would merge groups 1 and 2. This did not bode well for those of us that were expecting a reasonably comfortable Group 2 ride!

Firstly a 23 km neutral ride to get us out of the urban traffic and then it's flat out for 17 km, including 2 King of the Mountain climbs and a hill (mountain) top finish.

Geoff had a really strong ride, getting 16th out of the 80 starters in just under 48 minutes. John was next, 24th in 49:30, better than 52 minutes for the same stage last year. Greg and Dave were 42nd and 48th, respectively, a further 5 minutes or so back. Of the 17 km around 10 were serious climbing, and while there were no double digit gradients, any hill is hard if you're racing flat out!

The reward was a 10 km neutral descent over the other side of the mountain to Featherston and a 2-hour lunch-break.

It didn't seem long enough and by 12:30 we were lining up for 66 km to Masterton. By now the sun had a bit of a sting to it, and during the ride temperatures up to mid 30s were recorded on various GPSs – not good for those who only brought one drink bottle.

Again Geoff was the pick of the the Eastern riders, the rest of us being dropped by the rampaging leaders at around 30 km, but Geoff hanging on past the 50 km mark. The grave injustice of cycling meant that while us tail-enders soon got chase groups organised to at least share the load home, Geoff was left alone to battle an increasing northerly headwind and thus gave up all but 4 minutes on the slower riders, and lost 5 minutes to the stage winners over the last 16 km.

The GC at end of Day 1:

Geoff 18th (10th in 50–59 age group)

John 26th (5th, 60–69)

Greg 32nd (15th, 50–59)

Dave 36th (8th, 60–69)

Look at the 50–59 age group! Ten of the fastest 18 on GC are 50–59, including 1st–5th.

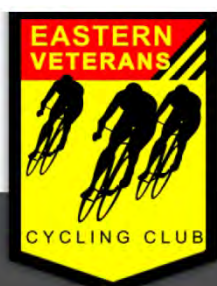
Dave has already scored a cycling top and socks in sport prizes.



*John Williams leads a small group across the line on stage 2.*



*Dave McCormack on stage 2.*







## Day 2, Monday 15 February

A morning stage of 77 km, followed by a short 33 km afternoon jaunt, with a nasty 2.5 km climb just 10 km from the finish.

### *Dave's race report*

Stage 3: Masterston to Pahiatua, 75.7 km rolling hills

Neutralised for 2 km to get out of town, the flag is dropped and immediately the pace is on. Geoff and John up the front mixing it with the big boys, Greg in the middle and me at the back as usual.

As the pace increases and attacks occur on a regular basis, gaps start opening up and riders going off the back. I'm required to jump across on a number of occasions to stay in contact.

The first of the rolling hills (a NZ rolling hill is the equivalent of our medium climbs) and the bunch strings out. I ride at my tempo and get dropped along with ten or so other riders – one, or should I say two, of which were on a tandem. As we crested the climb the tandem took off (tandems are not good going up hills but boy, are they fast coming down!) I managed to grab its wheel along with two others on my wheel and in no time we were back in contact. This seesawing off and on the bunch was the norm for the next few climbs.

Meanwhile, up the front, Geoff had a near miss when one of the gun riders chops his front wheel and nearly brings him down (yes, it happens in NZ also). His tyre needed replacing later that day.

On one of the long downhill the tandem guys had had enough of riders sitting on them and really put their foot down, nobody was able to stick with them. I managed to get three riders to start swapping turns and we rode like this for about 15 km before we picked another three. The six worked well together until the final climb of the day, where I did my usual trick of dropping off the back, but only by five seconds, I did hope they would wait for me but no, they raced towards the finish with me in hot pursuit. Five swapping turns will always stay away from one chasing, unless you're Tom Leaper, and so that's how we crossed the line. Me a handful of seconds behind my friends of five.



*John alongside Cliff Whittaker (133) from Hamilton, NZ. Cliff is a reasonable climber for such a big unit, so if you get dropped on a hill, get to the top before Cliff, and jump on 'the loco' as he flies past.*

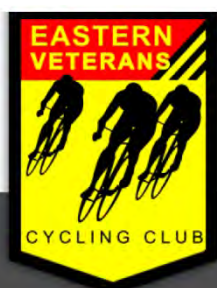


*John tracking Tour leader Phil, a Queensland-based Aussie who we adopted as one of ours. Geoff dwarfs female Tour leader Georgie.*

Stage 4: Pahiatua to Palmerston North, 32.6 km, 4 hill climbs.

After a very nice lunch provided for the Full Monty entrants and a little time to relax and recover from stage 3, we lined up for a short but hilly stage.

The bunch stayed together to the bottom of the first climb and then started to splinter. The climb was not that long and suited my climbing style. I was able pass a number of riders and crested with the main bunch. After the climb the pace was on and being on the back was not the place to be.





Eventually the elastic broke and I found myself off the back with five other riders. We started working turns till the base of the main climb of the day and then it was every man for himself.

I rode my tempo and was suffering with pinches of above 10% gradient. As I crested the climb I heard a voice: 'Come on, Macka, you can do better than that'. I looked around and there was Graham Bull, a former Eastern member now living back home in NZ. Being his home town, he knew every corner of the steep descent and led me down the hill at blistering speed, picking up the bunch I was dropped from in no time, and then paced us up the next two climbs (I always said Graham was a good man for a Kiwi) and then to the finish line. We had a nice chat and he later joined us at the day's presentation and dinner.

John took the morning honours by 15 seconds on Geoff, and Geoff took revenge by getting 10 back on John in the afternoon.

Greg had a better afternoon than morning!

GC after Day 2:

Geoff 17th (9th, 50–59)

John 22nd (4th, 60–69)

Dave 33rd (8th, 60–69)

Greg 40th (18th, 50–59)

### Day 3, Tuesday 16 February

#### *Geoff's report*

Meant to be a big day of 116 km from Manawatu to beautiful Wanganui today with a variety of rolling hills and flat dairy roads before a 1 km climb (similar to Tawonga gap from the west, but shorter) at the 96 km mark and a sprint at 101 km.

Well, that was the plan, anyway. It turned out to be a staged start for the TV cameras, 60 km of neutral rolling (including past a primary school where they foolishly interrupted class to run out, wave and shout as we went by – words of wisdom from one little tacker: 'Don't die') and a regroup prior to 3 km of – what's the phrase? – real rubbish. Past the roller, into the loose gravel, over the loose rocks, calls of 'I've never ridden on this, what do I do?' and then into the sweeping

downhill turns prior to entering the seas of deep and shifting fine sand between the rocks and the gravel, prior to the same muck only going uphill.

So we're down to a 50-odd km hilly race, with the big boys eager to make an even bigger impression. So much so, the overall leader took the opportunity of the regroup after the gravel, so a couple of punctures could be repaired and falls assessed, to change his wheels, re-lube his chain and clean his McLaren Venge. All in a day's work, really.

A short climb immediately stretched out the amassed throng, followed by a couple of flat kilometres where the pace was up and surges frequent. And then the hill. The big boys went up, Greg, David and Geoffrey went backwards, followed by our own Stuart O'Grady clone, a laconic lad from Grafton called John, and then our other John.

Geoffrey and Grafton John eventually surfed a good working group, including the infamous tandem, to catch the other John about 15 km from the finish, but a frankly unhelpful surge from the tandem saw them once again drift off the back.

David was meanwhile captaining a group, including a couple of the age group leaders, to keep working turns while feeling frankly strong and cheery.

Greg was continuing to show the advantages of grinding over the rolling hills to a group of six or so who worked well. But not so well that they could outspurt Greg down the flat 1 km finishing straight.

All up, a day of good and not so good. Can't wait for tomorrow because that will mean that I've had dinner (and if you're vegetarian, may I suggest a certain flexibility in your diet, just as our paleo friends are also known to adapt to difficult conditions at times).

GC after Day 3:

Geoff 17th (9th, 50–59)

John 19th (4th, 60–69)

Dave 33rd (8th, 60–69)

Greg 39th (18th, 50–59)





## Future events

### Eastern Vets

For other 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 go to <http://www.northerncycling.com/>

## 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
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 (7.30 am) and Sundays/public holidays (8.00 am) Meet at Ringwood Clock towers, Maroondah Hwy, Ringwood	Maroondah Hwy to Carlton for coffee, then return	Fast social	





## Sponsors

