

# Newsletter

30 April 2016



## Duty roster

### 30 April, Casey Fields

Nigel Kimber (R), tbc

### 7 May, Casey Fields

Steve Barnard (R), John Eddy,  
Dan Ives

*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, [tiptop2@optusnet.com.au](mailto:tiptop2@optusnet.com.au)*

Last weekend saw not only the Club Criterium Championships at Casey Fields, but also the Benghazi Open at Lancefield, hosted by Northern. Several reports follow from the Club Champs as well as handicap winner Dan Ives's take on the Benghazi. And for a change of pace there's an account of a ride on the Warburton Rail Trail. Thanks to all our contributors.

Meanwhile the boys from Orica GreenEdge had to fight atrocious conditions in Liege–Bastogne–Liege, the last of the Spring Classics. Check out the nail-biting finish, in which OGE's Michael Albasini runs a close second. Ctrl+click the link: <https://www.youtube.com/watch?v=7cs7gmF5Ei0>.

For us, it's Casey again this week and next.

A correction: last week's newsletter mistakenly showed the previous week's result in Division 2 at the Loop. The race last week was in fact won by Quentin Frayne, with Peter Morris 2nd and Mark Wallace 3rd.



*Happy winner of the Benghazi Handicap, Eastern rider Dan Ives (second from right), with Jarrod Moroni (fastest time), Terry Collie (2nd) and John Tielen (3rd). Dan's race report begins on page 5.  
Photo: Northern Cycling*

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## Club Criterium Championships, Casey Fields, 23 April

Age group	1st	2nd	3rd
Men 35–39	Brad Jones	Daniel Oldfield	
Men 40–44	Owen Lewis	John Clarkson	
Men 45–49	David Holt	Jean-Philippe Leclercq	Paul Webster
Men 50–54	Steve Ross	Phil Cavaleri	Ray Russo
Men 55–59	Rob Amos	Frank Nyhuis	Mark Wallace
Men 60–64	Ken Mayberry	Chris Ellenby	Mark Edwards
Men 65–69	Peter Ransome	Paul James	John Pritchard
Men 70–74	Bob Lewis	Harry Hibgame	Dan Ives
Men 75–79	Martin Peeters	Laurie Bohn	John Eddy
Men 85–89	Rod Goodes		
Women 40–44	Kym Petersen		
Women 45–49	Paula McGovern		
Women 55–59	Jenni Collins		
Women 60–64	Rhonda Kennedy		

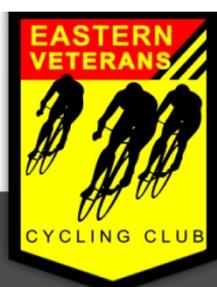
### Men 60–64

A good day for a bike race, but any day is a good day for a bike race innit? With the mighty Burners playing on Anzac Day I could get in a rare footy season Saturday race. Aged-based Club Championships Crit a big bonus.

I prepared by doing a full two-week unintended taper, including a week of eating and drinking in the Barossa for our first week of retirement. At least I would be fresh.

As soon as we all realised that A-graders Ken Mayberry and Chris Ellenby were there, the same ones that lap us lesser B and C and D mortals time after time at METEC, we all knew it was just a matter of time.

The neutral lap was fun, not windy by Casey norms. After that it was a nice ride in the park for a few laps, a few teasers, some banter. I had been sitting at the back behind KM, partly because I have been stung before, and partly trying to work out if those legs are flesh and blood or perhaps part Cyborg or Terminator. There is a





lot of sinew and muscle and stuff, but maybe it's over steel. I haven't seen Ken bleed. And he had his scary race face on, business time. Eventually he took off after a little Ellenby feint and I hung on for the ride. Soon enough it was we three with one chasing, stranded, almost there. I know that horrible place. The long elastic snapped and he was gone.

This was still pretty early. I thought we would roll around til nearish the end, then some ducks and drakes might happen, but Ken got a bit toey, perhaps we were too slow, and attacked til we regrouped. Then CE, then KM, relentless. I was more than happy to finish 3rd if I could so I tried to let the other two close the repeated attacks, partly tactical, partly because I couldn't. We were all happy campers with a lot of trust in each other, like Hawke and Keating, or Abbot and Turnbull. Ken had stood me the entry fee one night at METEC, and Chris and I and our partners have enjoyed a stroll at the beach, so I reckoned we were all BFFs but I think they thought my third wheel sucking along was one too many. They can't have been worried about me skinning them.

Perhaps it was Shakespeare's 400th anniversary that did it. I dozed off through most of my high school Henry IV Part Something but I seem to remember enough drama and treachery in the old Bard to make at least a few race reports. After a few more clingy laps, I laboured up the finish straight hill one time, watching Chris drift away up ahead, not attacking, just holding a steady pace. Ken let the gap grow large enough til he could attack across fast, and I was gone with not even a desultory wave. I knew it was coming, and I was ready, but I wasn't, and I couldn't. I really wanted to.

I watched them ride away, still attacking each other. For a moment I thought, if they start track stand attacks again I might get back on, but that didn't happen. I turned my attention from up front to down back and fretted about where the chasers were. I tried to work out how much they were gaining by pegging them each lap, and how long it was to go, but I was too tired to do the maths and as the breathing got harder and the ribs started to hurt more I confused our lot with the white-capped girls anyway, so I dropped into

battywook greek greek trance mode and rode on.

I have a dodgy ticker, both medically and hardness wise, and both were ready to call it a day. I either missed the bell or they didn't give it, by that time I was just riding not really knowing exactly what was going on and did an extra lap for 'fun'. I would have liked to see the end play out, I figured Ken would be too strong and he was, but I don't know by how much. Chris doesn't have a lot of tricks but he plays the one he does have pretty well. I don't really know what the group behind did but I am pretty sure they rolled around together and at not too different a pace. I am surprised and pleased that us old blokes can ride that far that fast. As a top ager, next year I will roll up a group and hopefully the pace will be a little less. Probably not!

After the race and the presentations I managed to lift the bike into the van and start driving home, only to come across a fair-sized group of blokes riding home after the race (and the ride there, I presume). Really? WTF. These are the hard men, no dodgy tickers there.

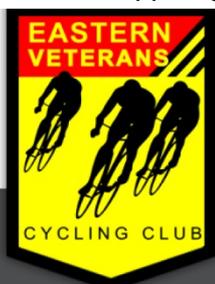
Thanks to everyone, riders and officials, for a great day. I love it.

*Mark Edwards*

### **Men 65–69**

Casey Fields never ceases to amaze me. The rest of Melbourne can be windless but Casey is always windy with the wind increasing at 2 pm. Club Championships are always a bit of a leveller as far as seeing how you're going compared to your peers (age based).

Nine of us set off for our hour of pain, tactics and surging. As expected, John Thompson started the first attack but with everyone watching him very closely he was kept on a very tight leash. Paul James came to the front and stayed there for a lap and a half; this surprised everyone as you normally don't see the back of Paul until the last 100 metres. There were quite a few surges with Peter Ransome determined to chase everything and John Pritchard also ready to pounce on anything and going to the front to slow things down. After one such surge Bruce Will jumped





and that one split the group, me included, and a group of five got about 150 m on the rest of us. Dave Worland and Andrew Buchanan seemed to not be able to press on. I formed an alliance with Bernie Evans and we worked hard for about 10 minutes to get back onto the leaders; now it was just a matter of hanging on for the last 15 minutes and not succumbing to the surges.

The bell mercifully rang and I positioned myself behind the always fast finishing Paul James. John led out but at one stage we were nearly track standing. Bruce then went to the front for a while. Down the back Bernie went to the front and the tempo lifted. Paul clicked up a gear and I readied myself for the onslaught; it came hard and fast. Peter and JP were also very alert and we all hit the button at the same time. Around the corner it was a pretty even sprint, with me losing ground to the three ahead. Peter managed to hold off Paul, and JP finished in 3rd, with Bruce, John and Bernie getting swamped in the hectic pace of the sprint. Most aggressive ride of the day goes to Bruce Will, who was on the attack at every opportunity.

*Peter Webb*

#### **Women 40–44**

So the Club Criterium Championships rolled around and there were four women who took to the start line. Myself, Paula, Rhonda and Jenni. Not the biggest of start lists but thanks to the ladies for coming along and making a race possible.

I was happy for a couple of reasons: we were the white hats. For once I didn't have to wear a shower cap over my helmet, which is white – bonus. Also, number 2 on my back. The lowest number I will probably ever have in racing! Gotta be a good thing!

Given we were each in our own age group, we were told at the pre-race briefing that all we needed to do was finish. So we set off on our hour-long race, enjoying some friendly chatter for the neutral lap. Once the neutral lap was over and a considered distance of about 200 m or so covered, I thought it time to mix it up and upped the pace around the back section. Sorry girls, I

didn't play nice 🙄. After realising a decent gap had been established, I kept the pace high to maintain a healthy distance back to the now bunch of three and to gradually increase it. As I set off on what was now a 50-minute TT, I looked around at all the other competitors on the track and saw some splits appearing in other groups also. As the laps rolled on, it was almost impossible to tell who was where in each group; I'm sure this made the task of marshalling the finish line very difficult! I noticed that Paula had made the break from Rhonda and Jenni, then the four of us were all split up as Rhonda and Jenni had also parted ways!

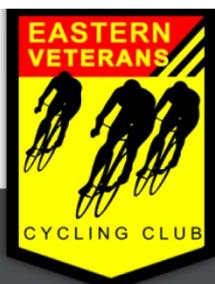
As I got the bell lap at about 55 minutes I thought to myself, hey, this isn't so bad. I'm not getting smashed by the men for once, I'm actually riding okay into this wind and I've been able to dictate how the race has gone! Thanks again to the ladies for showing up and to the marshals for controlling proceedings, you all do a great job. Hopefully next time we can attract a few more ladies and get this party going!

*Kym Petersen*

#### **Women 45–49**

It was the Club Champs and I thought I should make a big effort to get to Casey Fields! This week was my chance to get amongst the medals, finish at the front of the group and not be dropped after 8 minutes (a bit of a recurring theme at the moment)! What's more, I was wearing a white helmet cover and a single-digit number on my back (so much lighter)! With only four women – all in different age groups – my wish was looking good!

Kym, Jenni, Rhonda and myself rolled towards the start line and we were off. We stayed together for the neutral lap and then Kym found her 'lost' man legs and she was off – 8 minutes in! Dropped! So it was into time trial mode A-G-A-I-N! Round and round we went. I could see Kym opening up the gap and finally it stayed steady. Rhonda and Jenni were on track somewhere but I didn't get to see them much! We were all spread out. Adding to the chaos was that there were small bunches of guys strung out over the track.





Guys were wearing different colour helmet covers than usual. I was so confused when I saw the yellow caps and they were not the usual suspects! I know that there was a group of guys who passed me a few times (most likely A grade). Pushing into the wind at Casey is hard work. Finally the race referee took pity and the bell was mine. Final lap and I picked up the pace and sprinted up to the finish line – it was a race after all. To my surprise I was the first woman called in – my face must have shown the suffering! Winner, 45–49 Women! Woo-hoo!

I headed back to the finish line to watch the others and catch my breath, only to discover that Kym had to complete one more lap than me. Well done to all the ladies! You stuck it out and you need to be in it to win it. We need to get a few more ladies out there racing. Note to self: don't make a bet before the race with a quicker rider! Cheers, Kymbo!

*Paula McGovern*

## Ladcom Benghazi 77 km Open Handicap, Lancefield, 25 April

One hundred and seventeen riders of the 124 entered started the race at Lancefield around a hilly circuit of 30 km, followed by a larger hilly loop of 47 km, in what can only be described as very tough conditions, with strong, gusty head and side winds.

It looked like a perfect day for scratch with a strong bunch of 16 riders, albeit chasing a limit of 1 hour ahead. Could any outmarkers survive the distance? Only just.

A strong bunch off 37 minutes consisting of 11 riders looked to have some potential, with the next bunch off 30 minutes giving a handy 7-minute gap.

Terry Collie (Eureka) and John Tielen (Gioulburn Valley) addressed the 37-minute bunch before the start, extolling the strong chance this bunch possessed, and asked for a controlled pace and even turns together with calling riders through if unable to follow.

From the start all riders settled well, working diligently, and were averaging over 30 km/h. So far, so good.

However, at about 10 km the tough conditions were making things hard and some riders were not coping well, leaving gaps which slowed our progress. At 16 km we were down to nine riders but we resettled and appeared to be making good progress.

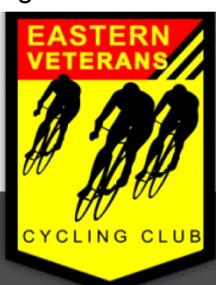
As we went through the start/finish line at 30 km, the stronger riders were making their presence felt. Tom Mc Broom from Colac was exceptional and in his efforts to lift the bunch, gaps were appearing, with some riders not able to hold his wheel. Eventually Tom cruised away up a hill in a solo effort to pick up limit, who were now in view, leaving the rest of us to wonder what might have been. Was the race slipping away? Fortunately not; the gap, which had steadily increased, began to close as Tom, now working with limit, was beginning to tire.

After we picked up limit, Tom again took up his strong turns and we looked like we might be still in with a show.

At this point we were getting steady updates from our following car, exclaiming 'No one in sight!' – although when we were told scratch was just going through the roundabout, we figured they were very close, and it spurred us on to the point where the pace increased up the next pinch. On looking around, I was a little surprised to see we were on our own.

The next update informed us there were still no riders in sight, so with some relief the final four of Allan Barnett, John Tielen, Terry Collie and Dan Ives forged on, hoping to keep it all together for the finish.

All of a sudden, without warning, there we were at





the 'Dog Leg' leading into McMasters Lane and the finish line ahead. Barnett, who was leading, veered right and braked, followed by Ives, Collie and Tielen, no one wanting to lead out. As the finish line drew closer, the pace slowly increased until about 300 m to go Barnett jumped strongly, followed by Ives in hot pursuit with the other two following closely.

In what can only be described as a strong sprint rather than a fast sprint after 77 km, Ives crossed the line in 1st place, followed by Collie, Tielen and Barnett.

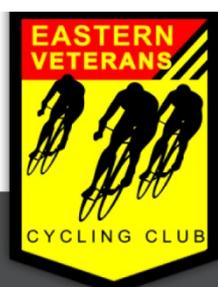
Jarrold Moroni from Central Vets led in the scratch bunch for 5th place and fastest time, only 1 minute 35.1 seconds later, in what turned out to be a well handicapped race.

*Dan Ives*

## Wednesday criterium at the Loop, Kew, 27 April

Division	1st	2nd	3rd
Division 1 (14)	Phil Cavaleri	Ray Russo	Phil Thompson
Division 2 (13)	Paul Semmens	Peter Webb	Rob Giles
Division 3 (8)	Stephanie Coulson	Steve Barnard	Andreas Weber
Division 4 (9)	Michael Waterfield	John Eddy	Barry Ellem

See the correction on page 1 regarding last week's result in Division 2. Thanks to Keith Bowen, Steve Barnard, Laurie Bohn and Barry Rodgers for setting up and running proceedings.





## News etc.

### Juanita's Warbie Trail

#### *Four reasons in one day*

I guess most cyclists will have ridden the Warburton Rail Trail at least once in their lifetime. So it should be no surprise to anyone just how beautiful it can be, especially on a sunny, windless Autumn day of 25°C (one out of a travel brochure). Assisted by a variety of trusty machines, 13 keen adventurers departed Mount Evelyn on Anzac Day morning, to experience a region at our back door, which compares favourably with any on our planet.

The cool morning temperature made it difficult to warm up on the gradual descent into the valley, so I was very happy to have 'layered up' with additional clothing. Once onto the flats and out in the sun, the body felt a whole lot happier. Despite the dry summer and autumn so far, the Yarra River and its tributaries were flowing strongly, which gave the appearance of a spring melt.

The trail was firm and dry. Rarely did my road bike feel like it would slide on the gravel sections or fallen leaves, with the Vittoria Randonneur tyres I had just fitted for the occasion. Even the timber bridges have been smoothed over and gaps corrected. The trail 'traffic' started to get a whole lot busier as we entered Yarra Junction. The town was about to stage its Anzac street parade and memorial service. The trail section between Launching Place and Warburton has recently been resurfaced, making it a whole lot safer and comfortable.

The group immediately sought the Cog Bike Café on arrival in Warburton. The view of the Donna Buang foothills over the township was just gorgeous. Nine coffees and hot mixed berry muffins later, the adventurers reluctantly mounted their steeds for the return leg. On the whole it was an enjoyable day in and out of the saddle. Many thanks to Juanita for organising the ride.

*Peter Gray*

### What you need to know about Paris–Roubaix

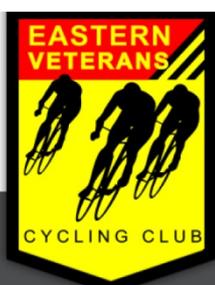
Some interesting links regarding the recent Paris–Roubaix. The first one gives details of Matt Hayman's power data for the race. You need to be super fit.

The second one compares the prize money for P–R with that for the US Masters golf. Would you believe that the total prize money for P–R is equal to the prize money for the placegetter coming 23rd in the Masters!

<http://cyclingtips.com/2016/04/by-the-numbers-what-it-takes-to-win-paris-roubaix/>

<http://www.stickybottle.com/latest-news/paris-roubaix-rider-prize-money-compared-to-us-masters-golf/>

*Keith Bowen*





Chillier weather is just around the corner. Now is the time to order your winter riding gear!  
Place your order by emailing [davemacq@bigpond.com](mailto:davemacq@bigpond.com) by Saturday 30 April 2016.



**VeloEx Arm Warmers** – Roubaix Fleece lined. \$30



**VeloEx Leg Warmers** – Roubaix Fleece lined. \$50



**VeloEx Knee Warmers** – Roubaix Fleece lined. \$25

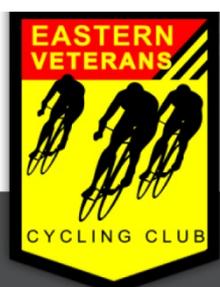
Reflective logo



**Eastern Wind Vest** – \$60



**Eastern Long Sleeve Jersey** – \$70





## 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.

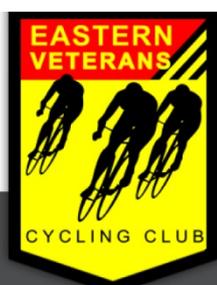
No late entries will be accepted for either scratch races or handicaps. Entries to handicaps can be submitted via e-mail to the handicapper or on any race day prior to the event.

### 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	





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