

Newsletter

16 June 2018



Duty Roster

Saturday 16 June, Gruyere

Mark Edwards (R), David Brown (TC), Mark Granland (TC), David McCormack (TC), Chris Hughson, Barry Rodgers, Peter Bertelsen, Peter Ransome, Rob Truscott, Tim Crowe, Victor Karafilis

Saturday 23 June, Seymour

Andrew Buchanan (R), Ian R. Smith (TC), David Pyne, Shane Crowhurst, Phillip Thompson, Stephen Barnard, Rob Birch, Matthew Shields, Harry Hibgame

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

Editor: Nick Tapp

nick.tapp@detail-ed.com.au



The weather gods smiled on race 3 of the Toughen Up series at Yarra Glen last Saturday. A not exactly promising forecast gave way to a fine afternoon with little wind, and good numbers took the opportunity for an afternoon's hard racing. With one race remaining in the series, there are plenty of riders in the hunt for a top 10 spot. Results, race reports and series points tally are inside.

This Saturday it's the final race of the Toughen Up series, and where better than Gruyere? The weather forecast, however, is even less promising than last week's – fingers crossed. Racing starts at 2 pm and the registration desk (on Killara Road, outside the footy ground) closes at 1.45 pm. Don't forget your tail light. The following week is the Open Handicap at Seymour. See the flier at the end of this newsletter for details. Online entry only, closing midnight next Tuesday 19 June at the VCV website: <http://www.veterancycling.com.au/>.

Tuesday night ergo sessions continue at Croydon Cycleworks, 182 Mount Dandenong Road, Croydon. 45–60 minutes, starting at 6.30 pm. Come any time after 6 to set up. Just bring your bike, your indoor trainer, a water bottle and a towel. \$10 per person includes post-training nutrition and recovery. Please let David Richards know via the [Eastern Vets Facebook page](#) if you're coming.



Northern riders David Anderson (1) and Ross Clark (2) served us a warning in B Grade on Saturday.

Graded scratch races, Yarra Glen, 9 June

| Grade | 1st | 2nd | 3rd | 4th | 5th |
|--------------|--------------------|------------------------|----------------|------------------|--------------|
| A Grade (16) | Chris Hughson | Jean-Philippe Leclercq | Guy Green | Darren Woolhouse | – |
| B Grade (20) | David Anderson (N) | Ross Clark (N) | Ray Russo | Nick Tapp | Craig Oliver |
| C Grade (21) | Ian M. Smith | Dean Tune | David Griffin | Rob Truscott | Franc Tomsic |
| D Grade (6) | Ken Allan | Neil Cartledge | Paula McGovern | – | – |
| E Grade (9) | Harry Hibgame | Juanita Cadd | Pat Ruys | – | – |

Toughen Up series standings (top 15)

| Name | Race 1 | Race 2 | Race 3 | Total |
|------------------|--------|--------|--------|-------|
| Phil Smith | 5 | 5 | 0 | 10 |
| Peter Webb | 2 | 5 | 1 | 8 |
| Tim Crowe | 5 | 2 | 1 | 8 |
| Harry Hibgame | 3 | 0 | 5 | 8 |
| J-P Leclercq | 1 | 3 | 3 | 7 |
| David Holt | 3 | 2 | 1 | 6 |
| Chris Hughson | 1 | 0 | 5 | 6 |
| David Brown | 2 | 3 | 1 | 6 |
| Aaron Field | 0 | 5 | 1 | 6 |
| Max Michelson | 0 | 5 | 0 | 5 |
| Sam Bruzese | 3 | 1 | 1 | 5 |
| David Anderson | 0 | 0 | 5 | 5 |
| Gavin Plummer | 5 | 0 | 0 | 5 |
| Darryl Blanchett | 1 | 3 | 1 | 5 |
| Ken Allan | 1 | 1 | 3 | 5 |

B Grade (I)

By Peter Webb

No weather report except to say perfect. Twenty riders fronted up for B Grade today, including a lot of Northern riders having a go with a view to the upcoming Northern vs. Eastern series. Let's say that, from an Eastern point of view, we are in a lot of trouble in B Grade on today's results.

We set out on our 12 laps, with the first serious attack being executed by Northerner Dave Anderson, and no one could match it. I pushed really hard to bridge over to Dave and he generously sat up to let me recover. We smoked it down the hill but we got caught by a few others. I couldn't contribute to the break and sat in, but eventually we got caught. I had used a lot of matches trying to get in this break and it would show later in the race.

This was one of the strongest B Grade races at Yarra Glen I have ever been involved in, with people pinging off the front and the rest of us playing catch up. Whenever we went up the hill, it was Doug Reynolds who was showing some good return to form and John Williams was also looking good. Ian Smith got sick of following me down the hill and complained about getting no draft from 'arseless man'. My team mates Dean Niclasen and Walter Savini were working to protect me and doing a great job down the hill and along the straight (mega kudos).

So the bell rings and we get onto the last lap. Dean Niclasen takes off, John Blyth follows him and they both create a good gap. John leaves Dean in an endeavour to stay away. I go up the hill with the rest of those that are still in the race, but I think I might die. My left lung comes out of my left nostril but we try even harder. Doug Reynolds is working very hard to close up onto the two breakaways. Dave Anderson and Ross Clark move to the front down the hill and we catch John Blyth.





Now we line up for the sprint. All the big boys have made it so this is not looking good for me. Nick Tapp finally shows his face (smart ride) and positions himself well. In the sprint it really goes as per the script: Dave Anderson 1st, Ross Clark 2nd, Ray Russo 3rd and Nick Tapp 4th. Many thanks to Graham Cadd for doing my duty; apologies to Graham that I couldn't get into the points, but I really tried very hard.

B Grade (II)

By John Williams

What a perfect day for a ride! Cool, still, sunny, blue skies. Then you start sizing up the opposition: Tapp, Savini, Dave Anderson (Northern), John Blyth, Ross Clark (Northern), Webby, Niclasen, Russo. I start to think I am in for a world of hurt!

The neutral roll around to the start line was fine, but then Dean decided to start the train rolling, and others were happy to join in. John Blyth was prominent up at the sharp end, as were Dave Watts (Northern), Webby, Dave Anderson, Walter, and probably a few others. I was trying to stay under the radar, mind my own business so to speak. Just as well cos just hanging on to the pace left no capacity for anything else.

After three laps I noted that our average speed was 35.3 km/h. The fastest I have recorded in my many B Grade races at YG is 34.1 km/h, so we weren't hanging around.

Several breaks were attempted during the mid laps. Dave Watts, Webby, Dave Anderson and John Blyth featured but none looked like getting truly away, and with a field of 20 there was plenty of horsepower to keep breaks under control. The lack of any breeze also worked against their chances.

Approaching the bell, Dean and John Blyth snuck off the front, and it seems the rest of the pack were preoccupied with their GPS, so by the time we turned into Glenview Road for the last time, they had opened up almost 100 metres, and still no reaction from the pack. I was sitting on the back of the peloton and, with not quite enough oxygen reaching the brain for sound reasoning, I decided that I stood more chance at a share of

the money if I was up the road with Dean and John, than sitting in the pack and trying to out-sprint the Goliaths for 3rd.

So I hit the pedals with a vengeance and dashed after the leaders. Initially all went to plan. I opened a clear gap on the pack, and the distance to Dean and John was visibly diminishing. Then somebody hooked a piano to my seat post. Mind was willing, but legs weren't listening to instructions. Treacle clung to my tyres and gradually the entire pack sailed past me. I somehow managed to grab the last wheel to pass me – it was Webby's, and he looked as bad as I felt. They were gapping us but somehow, between us, we managed to get back on by King Street. By then, Dean had also been brought back to the pack, and John was caught not long after.

My intention was now to hang on to the finish. Webby was after points, so he moved up through the peloton and sprinted into 7th. I was not far from his wheel.

Ahead of us, Northern boys Dave Anderson and Ross Clark shared the spoils, with Ray Russo pushing them all the way. Nick Tapp and Craig Oliver picked up envelopes for minor placings.

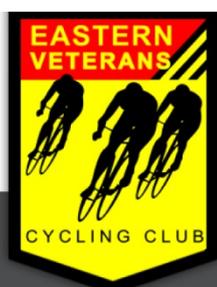
A tough, yet enjoyable day at the races, safe and well organised as always – many thanks to all who made it happen, especially Andrew Buchanan, who stood in last minute for an absent ref.

C Grade

By Ian Smith

A large field of 21 riders in C Grade took advantage of the great weather to race at Yarra Glen.

It was apparent right from the start that this race did not have the intensity of the last few weeks. It seemed that everyone was acutely aware of the effort needed to get over the hill when the pace was on and so decided to go easy the rest of the time. Whatever the reason, the first two laps were at a relatively easy pace before Kym Petersen, Sam Bruzzese and a few other partners in crime really started hitting the hill from the third to the fifth lap. The pack somehow stayed together, with





only two or three riders dropped, although the elastic band for most of us was stretched to the limit. We were helped mightily by the fact that the leaders eased up at the top of the hill. From then on the pace eased a bit. Special mention should be made of Kym Petersen, who who was at the front for numerous laps doing a ton of work. We were held up by A and B Grades passing us on the hill, and then almost came to a stop on the seventh lap when a big brown kangaroo jumped across the road right in front of us.

On the second-last downhill Ian Smith decided to lift the pace and raced ahead. Incredibly, the strong riders missed spotting the move altogether and the rest of the pack simply decided not to chase. By the bottom of the hill Ian was 200 metres ahead and wondering if there had been an accident behind. Deciding to push on, he went flat out, figuring that if he got to the top of the hill with the chasing pack he might hold on for the finish. As it turned out, the lead increased over the next lap and Ian won by more than 300 metres.

The rest of the pack continued to circulate at the same average speed and was quite tightly bunched for the final sprint, with barely a bike length separating Dean Tune, David Griffin, Rob Truscott and Franc Tomsic at the finish.

Thanks to all the people involved in organising and running this race. It was a great day for a ride and was enjoyed by all of us.

D Grade

By Paula McGovern

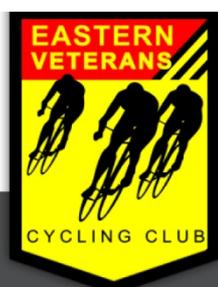
It was time to Toughen Up again! After being right royally spat out the back in the last two races, I wondered what would be in store for me this week. It was pleasing to see Susan Williams up in D Grade, along with Ken Allan, Nick Hainal, Neil Cartledge, Steve Short and myself, to take on nine laps of the Yarra Glen circuit. My aim was to hang in for as long as possible. Last race, it was not even one lap, so the bar was set rather low!

Ken decided to hang out the front of the group for two laps, and the rest of us were happy for him to do so. No interest from anyone in joining him. He saw sense and came back into the pack. Susan was happy to have a chat out on course but some of us were blowing pretty hard and it was rather quiet. She was obviously going OK.

We shared the load as the laps counted down: 6, 5, 4 – 2! We were very aware of our laps but at the finish line they must have been keen for an early finish and the lap board was out of whack. We wondered if we needed to say anything. Surely they would correct it ...? Though eight laps, rather than nine, was rather appealing! I was so happy to still be with the group. We were all still together, which made for a good race. The lap board got corrected and things sped up for the last couple of laps.

On the bell, the jockeying for position started. I was worried about Ken and Neil for the sprint, and with good reason. As Nick was fading on the lead-up to the line, Susan jumped out and started to go, so I had to commit. Out I pop and pedal. I am on the far left of the road and Susan on the right, and Ken and Neil powered between us like we were standing still. Neil 'the diesel' Cartledge put the turbo boost on, and Ken was on his tail and then pulled away. I was just trying hard to stay on for 3rd, and it got messy as B Grade were also on their bell lap and crossed the line at the same time, so I am not sure what happened behind me. Congrats to Ken on the win – those Wednesday morning races have got him in great nick! I am pretty happy to make the podium. Kind of encouraging! Big thanks to all the marshals.

Remember to be kind to each other but, more importantly, to yourself! #pukaup #stigmastopswithme



Wednesday criterium at the Loop, Yarra Boulevard, 13 June

| Division | 1st | 2nd | 3rd |
|------------------|--------------------|------------------|-----------------|
| Division 1a (5) | Chris Munro (CV) | Fraser Short (N) | Iain Clark (N) |
| Division 1b (10) | Dean Niclasen | Peter Webb | David Rooke (N) |
| Division 2 (6) | Stephen Barnard | Ian M. Smith | Richard Dobson |
| Division 3 (7) | Ken Allan | Shane Dwyer | Paul James |
| Division 4 (5) | Paul Griffiths (N) | Barry Rodgers | Ross Bowlby |

Thanks to referee Nick Tapp, Dean Niclasen and the usual band of helpers.

News etc.

Winter training

By Susan Williams

Over the next four months, when the weather is dodgy and motivation is low, we all need a goal, something to train for.

The Masters Road National Championships are conducted by Cycling Australia over four days and are a fantastic opportunity to race against your gender and age. Ladies, we finally get our turn!

- Thursday 18 October; time trial, Metung
- Friday 19 & Saturday 20 October: road race, Swan Reach
- Sunday 21 October: criterium, Paynesville

Visit masters.roadnationals.org.au for more details (including links to the process for obtaining a CA Masters racing licence, which is not the same as the Veterans licence we race with at Eastern Vets).

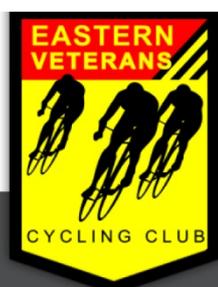
Northern Cycling Team Time Trial

By David McCormack

A team of four Eastern members – Dean Niclasen, Walter Savini, Rob Truscott and David McCormack – ventured out to National Boulevard last Sunday to take on the Northerners in their Team Time Trial Handicap over 20 laps of the 1.7 km loop.

After a five-lap false start due to a computer timing problem, the distance was reduced to 15 laps for the restart.

The pace was high and unfortunately David punctured after just four laps, leaving Dean, Walter and Rob a team member down. Riding time was taken on the third rider. The awesome foursome was reduced to the terrific three. And terrific they were, taking out 1st place in the handicap.

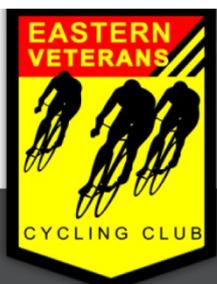




From left to right, Team Time Trialers Rob, Dean, Northern President Vince Sinni, Walter and David

Dispatches (IV)

Toto, I've a feeling we're not in Kansas anymore. Those platinum nomads, the Edwardses (Mark and Helen), have reached the Atlantic, at Lacanau-Océan (below). Not Bordeaux, definitely not the Alps. Windy, apparently. Says Mark, 'There is a Promenade you can stroll if you want your rough edges smoothed off.' It goes to show, there's more to travelling by bike than ticking off iconic summits.





Future events

Eastern Vets

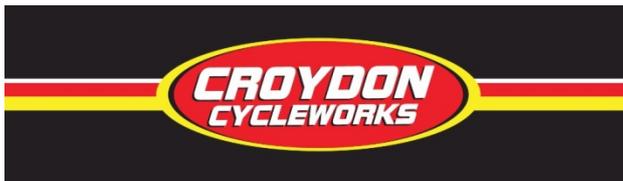
For other events, please refer to page 1 of this newsletter, or go to <http://eastervets.com/roster/>.

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 or Wednesday before the race, as advertised. Riders who enter a handicap *must* pay the entry fee regardless of whether they participate. 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 to the handicapper via email or TeamApp, or on any race day before the event.

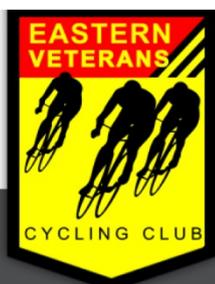
Northern Vets

For details, go to <http://northerncycling.com.au>.

Sponsors



BikeGearNow



**Eastern Vets
Cycling Club in
partnership with
Croydon Cycleworks
presents the...**

60km OPEN HANDICAP at Seymour

Saturday 23rd June

Online entry: www.veterancycling.com.au

Entries close at midnight on Tuesday 19th June

**\$2000 in Prize Money + Trophies
Prizes from 1st to 10th**

1st - \$500

2nd - \$250

3rd - \$200

4th - \$180

5th - \$150

6th - \$120

7th - \$100

8th - \$80

9th - \$70

10th - \$50

Fastest overall - \$250

First unplaced female - \$50

Registration

Crn Manners St and Alice St, Seymour
(Opposite the Royal Hotel)

Race Start Time **1.35pm**

Rider Briefing **1.30pm** (3.5km along Seymour-Avenel Rd)

Race Circuit is Straight up Seymour-Avenel Rd, through Avenel on Mitchel St, out of Avenel on Spencers Rd, u-turn before the bitumen runs out and back to the start. Repeat.

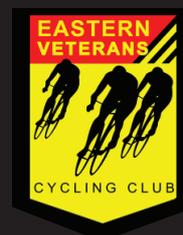
Note

Registration is nearly 6 KM from the race start, you will need to allow sufficient time to get from one to the other.

Post-Race Presentations **Royal Hotel**



www.croydoncycleworks.com.au



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