

# Newsletter

8 December 2018



## Duty Roster

### Saturday 8 December, Dunlop Road

John Thomson (R), Juanita Cadd (TC), Graham Cadd (TC), Rob Lackey (TC), Simon Perry, Anthony Coxon, Jean-Philippe Leclercq, James Ogilvie, Alex Randall, Shane Dwyer, Kym Petersen, Russell Wheelhouse, Peter Bertelsen, Tim Crowe

### Sunday 16 December, Rocco Drive

John Thomson (R), Ray Watts (TC), Ian M. Smith (TC), Keith Wade, Adam Hinds, Paula McGovern, Lisa James, Brad Jones, Rob Truscott, John Cochrane, Shane Crowhurst

*If rostered for duty, you must be there at least 1 hour prior to start time. If unable to do your duty, it's your responsibility to find a replacement, then advise Andrew Buchanan, [tip2@optusnet.com.au](mailto:tip2@optusnet.com.au).*

Editor: Nick Tapp  
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Results and a couple of reports from last Saturday at Casey Fields are inside, along with results from Tuesday at METEC and Wednesday at the Loop.

This Saturday we are at Dunlop Road for the Dave Ryan Memorial crits between Dave's two clubs, Eastern and Northern. B, D and F Grades will start at 1.30 pm (entries close at 1.15 pm) and A, C and E Grades will start at 3 pm (entries close at 1.45 pm). All entries through TeamApp close at 1.15 pm. Be ready to work for the greater good as we do our best to retain the trophy we claimed last year.

A reminder that the following weekend we race at a new circuit on Rocco Drive, Scoresby, at 9 am on *Sunday* 16 December. Local business the Beach Hut Brewery has offered us parking and use of its facilities for presentations – details next week. Please support them and the club by racing on that day if you can.

Also last weekend, six of our women riders (pictured below) competed in the Geelong and Surf Coast CC's Women's Handicap, making Eastern the best represented club apart from the hosts. You'll find Alison Skene's report in News etc. And several Eastern riders competed in the three-stage Tour of Bright (under Masters licences since it is a Cycling Victoria event). The standout result was that of Brad Thexton, riding in Masters C Grade, who took 1st place overall in Masters C by more than a minute, as well as the King of the Mountains category, after a solo win in the final stage up Mt Hotham. Well done to all!



L–R: Lisa James, Paula McGovern, Kym Petersen, Stephanie Coulson, Susan Willams and Alison Skene



## Notes from the President

Greetings members,

Unfortunately, Tuesday night's twilight crit race at METEC was marred by three separate falls.

The worst fall was in B Grade and involved Craig Oliver. Craig was taken by ambulance to Maroondah Hospital with a suspected broken collarbone. On Wednesday Craig went to the Alfred and more tests revealed he had broken both collarbones and had a badly dislocated right shoulder. Craig is having surgery on Friday.

I spoke to Craig on Wednesday. He is likely to be out for six months, but was in pretty good spirits none the less. He asked me to pass on his thanks to all who assisted him, namely Shelly Timson, Peter Ransome and also Glenn Newnham, who kindly went and picked up Craig's wife and brought her back to METEC to pick up Craig's car so she could go to the hospital.

In C Grade, Ross Sanelli and Sam Bruzzese came down. Sam is OK apart from some skin off, but Ross saw a doctor during the week and he also has a broken collarbone, which was due to be treated on Thursday.

Finally, in A Grade, Chris Hughson came down due to a mechanical issue with his bike. Big Chrissie is OK apart from a few grazes and bark off, and some damage to a brand new pair of Assos knicks.

I would like to emphasise that none of these falls were as a result of the METEC surface. In both the B and C Grade incidents, as far as we can tell, rider error (crossing of wheels, sudden change of pace/line and/or cornering too hard) contributed.

I want to reiterate that we all have a self-policing duty of care to race in a safe and predictable manner. The consensus on Tuesday night was that the higher grades were very jumpy and edgy. While we are all racing to win, we need to balance this with common sense. If another rider comes too close to your space, let them know you're there with a light touch on the butt, or a few gentle words of warning. Also, always remember the golden rule to never cross wheels – and let's just talk to each other more in general in the bunches, guys.

Peter and I will be ensuring we have bunch captains on Tuesdays from now on. Listen to your bunch captain and follow his/her instruction, and we will all have a good, hard and safe race.

Cheers,  
AD

PS There will be no club monthly ride this month, as we are racing at Rocco Drive on the third Sunday in December. As well, in January many members will be away at the TDU and elsewhere. The monthly club ride will resume on the third Sunday in February 2019.

PPS It is the Dave Ryan Memorial this Saturday at Dunlop Road, but it's *not* our annual Charity Day – this will be held at Dunlop Road on 9 February 2019.

PPS Points for the Dave Ryan Memorial race will be allocated as in the Tour de Metro:

8 or more riders – 1st: 8 points, 2nd: 5 points, 3rd: 3 points, 4th: 2 points, 5th: 1 point

6–7 riders – 1st: 5 points, 2nd: 3 points, 3rd: 2 points, 4th: 1 point

4–5 riders – 1st: 3 points, 2nd: 1 point

Less than 4 riders – 1st: 2 points, 2nd: 1 point.





## Graded scratch races, Casey Fields, 1 December

Grade	1st	2nd	3rd
A Grade (11)	Phil Smith	Phil Cavaleri	Rob Amos
B Grade (11)	Mark Edwards	Chris Ellenby	Shane Crowhurst
C Grade (15)	Ian Smith	Adam Dymond	Bob Lewis
D Grade (13)	Peter Gray	Rob Castellani	Greg Harvey
E Grade (8)	Geoff Forbes (N)	Michael Muscat	Laurie Bohn
F Grade (3)	Peter Shanahan	Michael Waterfield	--

### B Grade

*By Mark Edwards*

At Dunlop Road I was royally done over by disciplined teamwork from the CCW crew. I had to not grin and take it. I wrote a race report so toxic my wife begged me not to submit it.

‘You can’t afford to lose any more friends,’ she said. ‘You know all those people who are dead to you, they’re not actually dead?’ Like I have the capacity to actually upset people. Who, little old me?

I sorta didn’t mind being sandbagged – you know, all’s fair and all that – but then later, at the awards dinner, I suffered another couple of sly digs. I thought about forgive and forget, unicorns and rainbows, peace and love, then I settled on revenge.

So to Casey with one ambition. All I wanted was to spoil it for the boys in black. Normally I like to help make a race, launch a couple of attacks and see what happens. Maybe work a break together. Not today. I waited for the sneaky break to form, jumped across before it got too big and sat on like a sea anchor. At first I felt guilty as I cruised up the hill into the hot wind, watching the boys suffer, but that soon faded to a wicked pleasure. The

break wilted and a few came over to join the fun. I even took some downwind downhill turns.

Shane Crowhurst had everyone worried. Those frightening legs! He pulled me across a few little gaps and he launched a few testers that the CCW boys always scrambled back, but I could see the long efforts on the front were taking their toll. Ellenby was being Ellenby and was gone a while before (mostly) Shane towed us back.

In the end it was the Great Water Bottle Incident that made the final selection with a couple of laps to go. I didn’t see it but I wouldn’t have waited if I had.

Bell lap ... me and Chris, Chris and me, with Shane close enough to claw back if we let up, and I shouldn’t have been in spoiling mode but I’d been there too long and was stuck in sucking mode. CE doesn’t want to go back up yet so he took the load and was happy to let me jump him at the end.

I didn’t mean to win. I never thought about it, I only wanted to finish ahead of them. So job done and dusted with an accidental win to boot. A few well-earned beers after and I’m over it all now and will start racing nicely again. Trust me.

Thanks to all.





## D Grade

By Peter Gray

### *A day to un-wind*

At Casey? Unlikely!

Despite a reversing of the normal race direction (I think a Nigel Kimber initiative) the infamous Casey blow was not going to make any compromises for 60-odd Eastern racers, just because the temperature was forecast to reach 30° plus! You could bet your 'Bunns' that an otherwise still morning was going to develop into a near gale by the afternoon.

The regular D Grade bunch was released by referee Colin Mortley, which meant of course that he (Colin) could not indulge in the opportunity to breakaway from the riff-raff and pursue a solo time trial attitude to the finish, like he did at METEC a couple of weeks ago.

The usual D Grade specialists, Greg Harvey, Neil Cartledge and Max Michelson, went straight to the front following departure and were the main drivers pretty much all day.

The remainder, like me, I think content to sit back and conserve energy for a probable attack, surge or heat exhaustion, which one might anticipate on the first hot day of the summer calendar.

That strong northerly crosswind took its toll on several riders who dared to leave the comfort of the pack. John C. Wilson was the first to try a solo escape, followed by (not to be underestimated) Pat Ruys and then Nick Hainal. All returned to the bunch once they experienced that headwind.

Then came the first of two fairly serious attacks from newbie Ron Gillies. Ron took off during a lull in pace and caught us napping. Unaware of his capabilities (although I believe he did well at Yarra Glen last week until he punctured) I went straight after him.

Greg initiated his attack way up near the 'Ss', taking Neil and me with him. We held a 40 m lead for a short time but didn't have the horsepower to establish an enduring breakaway.

With a few laps to go, Ron's second attack became quite spectacular. He launched this one near the bend leading into the finish straight, (near the clubhouse) and was able to put 50 metres into the bunch. Unfortunately for Ron, trying to negotiate his way through some other riders resulted in running off the circuit on the right-hand exit bend. He showed good skills in remaining upright but his advantage was over. The episode kind-of reminded me of Lance Armstrong's diversion across 'Beloki Corner'.

Anyhow, back to the race!

Just after the Beloki incident and with the wind at his back, Max took a flyer down what would normally have been our finish straight. I went in hot pursuit and so did the others. Greg was quick to pull alongside an apologetic Max, who, like a true racing 'cyclomedian', pointed the pinky at me exclaiming, 'He made me do it'. Ha! Ha! Very funny, Max.

With F and E Grades completed, it must be our turn for the bell, right?! Nup. Colin had decided to let us simmer for one more lap. It was a very slow one, which Neil led admirably for the most part.

I had run through a couple of scenarios before the race start, should it come down to a bunch sprint. Plan A was to get to the front before the last bend so I could take the inside line. Plan B was – well, to be perfectly honest, there was no plan B.

Max attacked again with about 400 m to go. Neil was exhausted by this stage. Greg jumped on Max's wheel and I got the ideal sit, sheltered from the northerly behind those two. The inside opened up when Max took Greg wide and plan A was executed perfectly. By his absence during the race, I guessed Rob Castellani would not be far off my wheel, so I went like 'a stinker' to gain a 20 m victory gap.

There was a bit of deja vu happening during presentations, while Greg, Rob C. and I stood on the podium.

'I think we've been here once before?'

'Shoosh! Don't tell Handicapper Mackie.'

Sorry. I think he's already noticed! Is this the end?



## Croydon Cycleworks Summer Twilight Crit Series, METEC, 4 December

Grade	1st	2nd	3rd	4th
A Grade (10)	Richard Abel	Glenn Newnham	Garron Buckland	Rob Amos
B Grade (13)	Grant Greenhalgh	Matt Clarke	Dean Niclasen	Max Kornhofer
C Grade (19)	Peter Ransome	Adam Dymond	Dean Tune	Bob Lewis
D Grade (15)	Richard Vernon	Rob Castellani	Geoff Mackay	Harry Hibgame
E Grade (7)	Michael Muscat	Leon Bishop	Allan Hicks	--

## Wednesday criterium at the Loop, Yarra Boulevard, 5 December

Division	1st	2nd	3rd
Division 1a (5)	Stephen Lane (N)	Mark Seddon (N)	Troy Jordan (N)
Division 1b (14)	Dean Niclasen	Chris Ellenby	John Williams
Division 2 (7)	Russell Wheelhouse	Doug Reynolds	Richard Dobson
Division 3 (9)	Stephen Barnard	Ken Allan	Simon Bol (N)
Division 4 (5)	Barry Rodgers	Paul Griffiths (N)	Laurie Bohn

## News etc.

### Geelong and Surf Coast Cycling Club Women's Handicap, Sunday 2 December

It started as a brainwave from GSCC president Tina Stenos and gun rider Jess Douglas, to put on a women-only handicap, around the picturesque and quiet roads out the back of Geelong. VCV jumped on the bandwagon early, promising to provide decent prize money and support. Word spread quickly among the small but enthusiastic women's Veteran community, and by race day 39 women had signed up for this unique event (easily smashing Tina's KPI of 30 riders).

GSCC provided a healthy 16 entrants, Eastern six, Northern four, and there were a smattering from country clubs. One notable variation from usual was that the men's scratch races were run as support races to the women's event, and it was heartening to witness the level of interest from the men. Perhaps they had heard about the post-race catering.

I found myself in chopping block, off 4.5 minutes – another first. After the novelty of waiting around for half an hour in a sudden arctic blast, our little bunch of five, which included Kym Petersen, stormed out of the gates and down the first out-and-back leg, pushing smooth rolling turns and settling into that uncomfortable





L–R: Lisa James (in Omara kit) and Stephanie Coulson (CCW) with their bunch; Kym Petersen (centre) and Alison Skene (right); Kym again. Photos: Norm Douglas

super-threshold state. Although somewhere around this time we thought we spied up ahead the next, 8-minute group (eight riders, including Lisa James and Steph Coulson), we never managed to catch the bunch, so they must have got their turns sorted. There was a period in the middle third where our pace dropped a bit to accommodate all our riders but Kym was having a bad day and started swearing (apparently). When Jess (scratch) came through like a steam train at about the 25 km mark, there was a temporary burst of speed while we tried to make it worth Jess's while to work with us. But knowing we had to do 40 km/h downwind turned out to be a lot different to actually riding 40 km/h downwind, and our little group blew apart – Kym and Jude Jonasson (Eureka) the first casualties.

A moment of clarity saw me, Cheryl Barker (Central Vets) and Rae Lesniowska (Northern) reunite and work together, which we managed pretty much until the last kilometre. There were twists and turns in the wind to match the road, a long out-and-back section, a loop and finally a brutal few kilometres into a block headwind, during which we pedalled squares but still managed to pass quite a few lone riders, comprehensively proving that three is better than one in these conditions. Susan Williams found this out the hard way and had pulled the pin. I managed 18th, or pretty much in the middle, 6 min 6 s after the winner, Jennifer Collier (Grampians, off 16 minutes). Jess, predictably, had fastest time, 1:27:30, averaging a healthy 35.4 km/h pretty much all solo. By my calculation I had third-fastest time, which shows that statistics can provide comfort whenever you're in need.

The post-race celebrations included some magnificent gourmet BBQ fare and a delicious rainbow cake to match the striking GSCC women's kit (right). The sense of collective achievement and camaraderie was palpable, and the idea of a multi-club women's handicap series was enthusiastically endorsed. I'm sure Eastern will provide many helpers and participants should the Blue Sky Committee run with it.



Full results are here: <https://results.sporthive.com/events/PC1618155>.

Alison Skene





## Dandenongs ride next Tuesday

There will be no Croydon Cycleworks Summer Crit racing next Tuesday night as METEC is pre-booked. Instead, all are welcome to meet at 6 pm sharp at the Basin for a Kym Petersen special – up the 1:20 to Sassafras, turn right, down the Crescent, up Perrins, then up to SkyHigh. People can go down through Montrose if on that side of town, or return to Olinda, Sassafras and the Basin, then on their merry way.

## A winning contribution!

Peter Gray kindly donated his winnings in D Grade last Saturday to Susan Williams's Tour de Cure effort, and set a trend whereby Ian Smith, Mark Edwards and Phil Cavaleri all followed suit. Very generous, many thanks for your contributions!

## Below the Belt Pedalthon

This fundraising event for research into urogenital cancers is on again, on 17 March 2019, at Sandown Racecourse. You may remember that three teams with members from Eastern Vets took part in the 2018 Pedalthon earlier this year. Neil Cartledge's team raised the third-highest amount of money and finished 4th in the three-hour event. Watch this space for more news or go to <https://www.belowthebelt.org.au/>.

## Old club kit

With a new-look kit on the way, the committee has agreed to sell the last stock of old Eastern CC kit for cost less 20%. See below for prices and availability. If you are interested in picking up a soon-to-be-vintage bargain, please email David McCormack at [davemacq@bigpond.com](mailto:davemacq@bigpond.com).

Short Sleeve Jersey – \$35			
"S"	"M"	"L"	"XL"
0	3	2	0

Long Sleeve Jersey – \$35			
"S"	"M"	"L"	"XL"
0	0	1	0

Wind Vest – \$35			
"S"	"M"	"L"	"XL"
1	1	1	2

Miscellaneous – \$10				
Cycling Caps	Dress Caps	Socks sizes		
27	17	2 - 8	7 - 11	11 - 14
		2	17	8

Knicks (BnB) – \$40				
"S"	"M"	"L"	"XL"	"XXL"
0	2	3	3	1

Knicks (BnB, old design) – \$25				
"S"	"M"	"L"	"XL"	"XXL"
0	0	0	2	2

Knicks (old design) – \$10				
"S"	"M"	"L"	"XL"	"XXL"
0	0	0	0	1





## National Road Champs, Sunday 6 January 2019: Ride from Ballan to Buninyong

For the last five years a small group of Vets have met up at Ballan Station (70 minutes drive from Camberwell) to ride 35 km to the Nationals at Buninyong, and then make the return trip after the events have concluded. This has proved to be a fantastic ride, and provides the following benefits:

- No parking problems – plenty of space at Ballan Station, just a few minutes off the Western Freeway
- Get to see the Nationals *and* get your own ride in (just under 70 km return)
- Leisurely start – no need to be up at sparrow's. Leave Melbourne around 7.15 am for an 8.30 depart from Ballan. That will get us to Buninyong in time for breakfast near the finish line before the halfway mark of the women's race. We then watch the entire men's race on the hill and the big screen
- Safe, low-traffic ride through attractive 'undulating' countryside.

If you are interested, let me know at [John.Williams@jhw.com.au](mailto:John.Williams@jhw.com.au) or 0419 713 087.

*John Williams*

### Social notes

## Buninyong tent, National Road Champs 2019

More on Buninyong as we get a bit closer (and see above re: riding from Ballan Station with John Williams et al.) Col Mortley has kindly offered to set up again with a bit of help with the transport.

Thanks to all.

*Mark & Helen Edwards* [markedwardsmac@gmail.com](mailto:markedwardsmac@gmail.com)

### Future events

## Eastern CC 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 until 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 ECC 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 CC events

For details, go to <http://northerncycling.com.au>. Please note that Northern has a new start time of 10 am for road races. Start time for criterium races at National Boulevard remains unchanged at 9 am.

## CAMS 2019, Adelaide, 12–17 January 2019

You are welcomed as an interstate rider to this important AVCC/SAMCA event.





### **What's new?**

- A Sprint, Hill Climb and KOM on Willunga Hill (just like TDU)
- You can enter five events: Criterium, Sprint, Road Race, Time Trial and Hill Climb
- Aggregate Mens/Womens trophy with 2nd and 3rd being recognised

### **Here's what we are offering**

- Saturday 12 January: Graded Criteriums at Victoria Park Crit Track followed by Sprints, both using Mylaps timing (\$5 hire covers both events)
- Sunday 13 January: Graded Road Race at McLaren Flat with KOM on Willunga Hill – just like TDU – using Orion timing (\$5 hire)
- Monday 14 January: Individual Time Trial at McLaren Flat using Orion timing (\$5 hire)
- Thursday 17 January: 6 km Hill Climb along Old Mt Barker Bike Track using Mylaps timing (\$5 hire)

We have deliberately kept the transponder hire as low as possible.

The events are being run as close to the city as possible and finished in time for you to get to the TDU.

Road Race and Time Trial are in the McLaren Vale premium wine district in beautiful countryside.

Photos of you racing and on the podium, with results, will be posted on the website that day.

We are asking our riders if they would be willing to host a fellow cyclist from interstate. If you are interested, please contact me: [rfreak@bigpond.com](mailto:rfreak@bigpond.com).

The usual attractive prize money, recognising more riders in bigger fields; giveaways; incentives for being there at presentations.

We look forward to having some of the best Masters/Vets cycling in Australia. You have to experience the fantastic hype around the TDU to believe it!

Nominations for CAMS events are now live on the SAMCA website: <https://www.samc.org.au/cams/>.

*Robert Freak – CAMS Race Director, on behalf of the CAMS committee*





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