



Newsletter

Eastern Veterans Cycling Club



Newsletter, March 30th 2013

This week! Official Race Roster for March 30th. Metec: Nigel Kimber, Frank Donnelly, Graham Haines & Gerard Donnelly.

Next week April 6th. Casey Fields: John Thomson, Harry Hanley, Justin Davis & Catrin Harris.

Note: Members roistered for marshal or traffic control duties must be at the circuit at least one hour before the scheduled start time to assist with the setting up of the course. (But bring your bike, you just never know). If a marshal fails to turn up for duty, a rider will be balloted to do that duty. If you cannot turn up for duty, you must find a replacement and please advise Andrew Buchanan at tiptop2@optusnet.com.au

Dunlop Road 23rd March 2013

Race report:

The Dunlop Road circuit is popular, even with a stiff breeze in the face along McDonalds Lane. The up-side was the assistance it gave by pushing the bunches down Geddes Street and up the little rise on Dunlop Road. This led to break-away attempts in most grades, some successful and some not.

The separation of the grades into two groups at Dunlop Rd provides an enjoyable opportunity to watch the racing and sprint finishes of some the races.

A-grade: (Dave Anderson)

Back to Dunlop Road for the penultimate race of the EVCC Team series. Giant-Celtic appears to have an unassailable lead in the team's category while Celtic fill-in rider Ciaran Jones looks to have the best individual title well within his grasp.

After the neutral lap, the attacks were launched. The first being Frank Nyhuis (Skoda), Sean Wilkinson (Giant-Celtic), Brett Hickford (Bikeforce) and Team Adriatic duo of Phil Cavalieri and James Steward.





by the time they made it, it was all back together.



Sean Wilkeson (Giant-Celtic) countered attacked and spent a lap or two which laid the foundation for the final break which was to decide the race.



Once Sean was pulled back into the fold, Ciaran Jones (Giant-Celtic) and Guy Green (Bikeforce) jumped off the front around the 40 minute mark and the unorganised bunch seemed content to let them stay out there.



Nigel Kimber (Omara) and Ken Mayberry (BikeGearNow) tried to jump across to balance out the break, however





A couple of laps on the front by Tony Chandler (Adriatic) was not enough to pull back the escapees with the bunch now resigned to the fact they were racing for 3rd.



Big Andrew Mapstone (Cycleworks) held off Steve Ross (Skoda) and Brett Hickford (Bikeforce) to win the bunch sprint.



Ciaran ended up with a fine win and maintains a strangle hold on the title for best rider in the series with Guy looking rather relieved as he rolled thru for 2nd..



You can check out [more of my pics](#) from all the grades.

B-grade: (Craig Elise.)

"Not having raced on Dunlop Road before I was eager to see what the pace was going to be like. Having marshalled the month before it looked quick with plenty of opportunities for riders to break off the front. I wasn't disappointed and on a sunny day with only a slight wind the bunch was eager to get things moving.

As the race warmed up the break-away attempts came and were shut down in quick succession. One time the group split, and it may have worked but safety was the clear preference when coming up on a slower grade passing wasn't attempted on the first corner.





With a couple of laps to go we came up on E grade on the bell lap and backed off. This again gave the group time to bunch for what would become a two-lap sprint.



In horse racing parlance the whip's certainly got cracking as soon as we entered the back straight and all of a sudden from fourth wheel I'd dropped back to about tenth. Riders spread across the road heading into the second last corner and it was time hold a wheel, be patient and wait for a gap. Around the final bend and a 300m sprint was on. Keeping to the centre of the road I buried my head and made one last effort. I managed to find the right line but there were other, better sprinters on the day and I crossed in third to round out the places. A really enjoyable race and thank-you to all the organisers and traffic controllers who make it all happen."

C-grade: (Neil Cartledge)

The neutral lap was smartly taken. An indication that the race pace was going to be high. On the next lap out of Geddes St, the first of the incessant surges started. First by David Pyne and then Peter Ransome, Steve Short and just about everybody other than me. We were touching 45kph at times going up Dunlop Rd and just hanging on! MacDonald's lane was no different, just into the wind. Then down the finish straight it was faster, with the breeze at our backs.

A little entertainment for all as John Williams powered straight on at the Dunlop Rd/MacDonald Rd turn. John was confused with the corner prior and believed the whole grade was taking the wrong left turn. John got back on via Springvale, Ferntree Gully and the Monash!



A couple of attempts to get away late in the race were chased down and the bell lap saw the entire bunch together for a sprint finish. Chris Taylor was too strong for Steve Short while David Pyne led out Peter Ransome for third. Brian McCann coming home in fourth place.

A good fast and safe race, average 37.2kph.

d-grade: (Paul James)

After a couple of warm up laps with newcomer Richard and then realising most of the strong D Graders were here, we were of at a fairly quick pace, it was not to long before a variety of riders tried small but unsuccessful breakaways, most times they were ridden down by Mark, who seems to be getting back to full riding strength. At about half distance new rider Richard (he uses riding to train for his water skiing training) went away at a very fast rate and it took a strong turn up front to bring him back, need to watch him for the future. Rob as usual was putting in some very big turns on the front and this kept the pace high.



For a couple of laps we were sitting of the back of B Grade. As we headed into the bell lap the usual suspects





started to finally show their faces up the front, it was just before the second last corner, our fantastic handicapper Peter Mackie loomed up on the outside, this seemed to hold in some and then cause others to react earlier than planned, as we hit the final corner all of the key sprinters were there about, Neil, Mark, Leon, new rider Richard and then all of a sudden Boyd was there and riding away from all with a fast finishing Mark and Leon which is how they finished over the line. Well done to Boyd it was a great finishing sprint which will give the rest of us something to be wary of next time.

A big thank you to all officials and helpers on the day as we could not race without their efforts.

e-grade: (John Neil)

I went to Dunlop Road seeking "redemption" after another disappointing finish at the Loop mid-week. I had a light training ride on Friday morning but also spent much of the afternoon and evening "hydrating". In a smallish field, absent David Coull (promoted) and Shane Dwyer (officiating) among others, it was not obvious who the main contenders would be.



Conditions were relatively benign but no one would want to push the wind at the back of the course for too long. The first few laps were rolled at a relatively easy pace as the bunch sorted itself out. I was feeling OK so I thought I would test my legs early and pushed the pace up for a couple of laps. This did not appear to cause too much bother so I slipped back into the field.

Officials at Dunlop Road, March 23th.

Thanks to Peter Mackie and Ron Stranks who were on the desk taking entries. Special thanks to all those on-course led by Steve Barnard, the referee along with the following, ensured we had a safe race. Thanks to Rob Giles, Chris Ellenby, Nigel Frayne, Andrew Fillery, John Wildes, Peter Gray, Nathan Dewar, Ross Gardiner Callum Gough, Shane Dwyer, Brian dew, Grant Greenhalgh and Glen Pascal. Thanks to Andrew Buchanan, who manages the duty roster and ensures we have enough people on the day for our races, to Michael Paull who brought the trailer along and Dean Niclasen, who was on hand with the drinks.

After the first five kms the pace picked up to an average between 31 and 32 kph for the remainder of the race. Ron Stranks, Ray Watts, Tony Lateo and John MacLeod showed themselves early riding prominently towards the front of the bunch. As the race progressed the lead changed fairly regularly with Tony and Ray doing a shift or two each. I put in another couple of efforts to get a jump or at least make it harder to stay up but with little observable effect.

As the race neared its conclusion I was disturbed to find myself sitting on the front and dropped back as soon as I could. At the bell I think I was in second wheel behind Ronnie, until Jim Hobbs ghosted by and took the lead. Down the back of the course the pace was only gradually building and I struggled with the temptation to "go for broke". Turning into the finish straight I still had Ronnie's wheel and was trying to pick my sprint point. As I came off Ron's wheel I felt/saw Ray and Tony flash up/by on my right. I went into full sprint mode without initially seeming to make much impression; I upped a gear and pushed again. I was pressing hard on Ray but the line was too near. I thought I had second, just in front of Tony, which turned out to be the case.

Thanks to all involved for a well-run and safely ridden race.

f-grade: (No report)





Results: Dunlop Road, Saturday, March 30th.

	First	Second	Third	Fourth	Fifth
a-grade (26)	Ciaran Jones	Guy Green	Andrew Mapstone	Steve Ross	Brett Hickford
b-grade (24)	Laurie Gates	Steve Szalla	Craig Eastwood	Darren Woolhouse	Martin Peeters
c-grade (20)	Chris Taylor	Steve Short	Peter Ransome	Brian McCann	
d-grade (18)	Boyd Williams	Mark Cheeseman	Leon Bishop	Paul James	
e-grade (9)	Ray Watts	John Neil	Tony Lateo		
f-grade (10)	Jeff Smith	Rod Goodes	Keith Bowen		

A Grade Teams Competition

One race to go, the standings after last week are as follows;

Ranking Tables		Race 5 Dunlop Road		23-3-13		
Team		Points	Rank	Riders	Points	Rank
Giant Celtic		106	1	Ciaran Jones	55	1
Adriatic		59	2	Justin Davis	35	2
Bike Force		44	3	Guy Green	30	3
Omara		41	4	Andrew Mapstone	28	4
Croydon Pick-a-Part		32	5	Tim Jamison	20	5
BikeGearNow/VeloEx		18	6	Phil Cavalieri	18	6
Team Skoda		18	7	Steven Ross	17	7
EVCC		12	8	Gerard Donnelly	16	8
				Tony Chandler	15	9
				James Steward	13	10
				Boyd Friis	12	11
				Rus Newnham	12	11

Croydon Cycleworks Summer Series Championship. March 2013

	Name		Grade	Points		Name		Grade	Points
1	Clark	Roy	A	102	8	Cartledge	Neil	D	72
2	Mapstone	Andrew	A	94	9	Wiese	Maurice	C	66
3	Pyne	David	C	92	10	James	Paul	D	60
4	Aarons	Phillip	D	84	11	Kirsch	Stefan	A	60
5	Hughson	Chris	A	76	12	Black	Wes	D	56
6	Goodall	Dayle	B	76	13	Eastwood	Craig	B	54
7	Edwards	Mark	B	72					

The Tuesday Croydon Cycleworks Summer Series was enjoyed by the many riders who participated over the summer. The closeness of the competition was evident by many placing's being decided by a count back. All placing's were decided on the last evening of competition.

Our thanks go to Mick Jamison and the boys from Croydon Cycleworks for the very generous donation of the prizes for the championship. Please drop into Croydon Cycleworks, for your next purchase of bike stuff and support one of the club's sponsors.

Thanks also to Peter Mackie and Chris Norbury for running the competition, and shutting the gates after the last rider went home.





GSR Results: Metec, March 26th Croydon Cycleworks Tuesday Summer Series.

	First	Second	Third	Forth
a-grade (19)	Roy Clark	Guy Green	Stefan Kirsch	Frank Nyhuis
b-grade (21)	Dayle Goodall	Damian Toohey	David Hyde	Craig Eastwood
c-grade (16)	Maurice Wiese	Dave McCormack	Brian McCann	Chris Taylor
d-grade (12)	Mark Cheeseman	Neil Cartledge	Paul James	
e-grade (4)	J C Wilson	Janita Keating		

Results: The Loup March 27th.

	First	Second	Third
Division 1	V Condello	Daryl Beovich	Ray Russo
Division 2	Tim Ferrie (N)	Rob DeBarnardi	Tony Curulli
Division 3	D Drew (N)	David Mayne	Shane Dwyer

Eastern Vets Program: www.easternvets.com/

Saturday	Mar 30	2:00pm	Metec	Graded Scratch Race.
Wednesday's		10:15am	The Loup	Graded Scratch Race
Saturday	Apr 6	2:00pm	Casey Fields	GSR. A-grade teams race
Saturday	Apr 13	2:00pm	Arthurs Creek	Graded Scratch Race.
Saturday	Apr 20	2:00pm	Dunlop Rd	GSR. A-grade teams race
Saturday	Apr 27	2:00pm	Casey Fields	Club Championships
Monday	Apr 29	7:30pm	Ringwood Club	Monthly General Meeting

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 Program: www.northerncycling.co.au/

Sunday	Mar 31			Easter Sunday. No racing.
Sunday	Apr 7	9:00am	National Boulevard	Graded Scratch Races
Sunday	Apr 14	10:00am	Pyalong Rd Seymour	Chooka's Race

Victorian Veterans Cycling Council program: www.veterancycling.com.au/

Sun.	Mar 29 to Apr		South Pacific Championships	Maryborough. Road, Sprint ITT & Crit. \$25/event
Thursday	Apr 25	1:00pm	Benghazi Handicap Northern Vets	Lancefield, 76k
Sunday	May 5	10:00am	Hume Open	Tungamah 60k

Note: Entries are to be on the appropriate VVCC Open entry form (available on VVCC website) and are to be accompanied by the requisite fee.

Other coming events etc:

Please advise the editor of any future events that could be of interest of the members.

The Annual General meeting was held at the Ringwood Club on Monday, March 25th at which the committee positions become vacant and new officers were elected. The new committee for 2013/4 is listed below.





Hylton, as acting president in the absence of Greg Lipple, thanked the outgoing committee members for their considerable time and efforts in running the Eastern vets Cycle Club over the last 12 months. It was also pointed out that it is the same faces that step up each year and it is a disappointment that other members don't appear to be interested in helping the running of the EVCC at committee level.

Hylton also acknowledges the assistance afforded by the many members of the club to make running the events possible with such things performing duty, refereeing events and transporting equipment to every event.

Positions filled:

- President: Hylton Preece. - Vice Presidents: Keith Bowen & Peter Mackie. -Club Captain: John Wilson.
- Secretary: Nigel Kimber. - Treasurer: Juanita Cadd. - Assistant Treasurer: John MacLeod.
- Membership Officer: John MacLeod. - Safety Officer: Nigel Kimber. - Handicapper: Peter Mackie.
- Assistant Handicapper: Ron Stranks. - VVCC Delegates: Nigel Kimber, Nigel Frayne & Jim Swainston.
- Race Committee: Hylton Preece, Andrew Buchanan, Keith Bowen, Ian Smith & Ron Stranks.
- Duty Roster Manager: Andrew Buchanan
- Editor: David Brown.

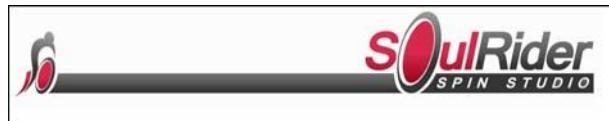
The committee can always use help, the position of assistant secretary is still open and the club will be happy to appoint any interested member to this position. The role of assistant secretary is simply to assist the secretary in the performance of their duty and essentially amounts to preparing the agenda for, attending and taking minutes for meetings that the secretary cannot attend. The Race Committee could also use any help they can get, roles here will be along the lines of assisting the organisation and running of premier events and investigating and assessing new courses.

Donald Crits 20/4/2013:

The township of Donald is celebrating its 150th anniversary this year and the Central Victorian Veteran's Cycling Club has been asked to stage Criterium races in town on April 20th as part of the festivities. The event is being supported by local government and businesses and at least \$2,000 in prize money will be up for grabs.

Central Vets are asking for entries to be emailed or phoned in before race day so the handicapper can assess where to place riders from other clubs. Please contact me on 0419876815 if you have any questions.

Website: <http://www.cvvcc.org.au/>
E-mail: centralvicvets@gmail.com



ERGO Sessions-Tues 6:30pm

Whether road racing, mountain biking or just heading out with the bunch you typically need to produce repeated efforts followed by varying periods of recovery. Whether initiating an attack, trying to go with the break or pushing over that climb! Effort and recover, repeat, again and again! You can train to do this! Have you watched the break head "up the road" because you just did not have that one more effort in the legs? Time to get specific in your training and be the "one up the road!"

The sessions will run through autumn and winter, they are a great way of still getting that hard mid-week "hit out", now that Tuesday night crit racing has finished. The studio will open at 6pm for any riders who want to get in early and the Ergo Session starts at 6.30pm SHARP! 55 minutes session. Starting Tuesday 9th April!





Session Fee: Riders may purchase an 8 ride pass (\$88.00) for the ergo sessions or purchase a SoulRider 10 or 20 ride pass. Available online or at studio. Casuals pay per session fee: \$17 (payable on night)
Booking required, a lot of interest has been shown in this class by Eastern Vets and others, book to guarantee a spot!
Email Wes, enquiries@soulrider.net.au

E3 Lactate Threshold Sessions – Thu 7:30pm

With the Eastern Vets Club Time Trial Champs in July, it's time to focus on improving your average power output at threshold! Let's beat the handicapper (sorry Peter!) Perfect session for club riders aiming for a PB at the Time Trial Champs in July or Triathletes wanting a head start to their 2013/2014 season. Improving your power output at threshold will also make you feel stronger at the end of a race or ride; you will get to the business end with more left in the tank! A highlight of the sessions will be the Time Trial Bike Set-up seminar which will be integrated into one of the Thursday night sessions.

The E3 Lactate Threshold sessions will run for a 12 week period on Thursday nights at 7.30pm. Starting 18th April and concluding 4th July. Riders may start mid-term, but to get the full benefit a week one start is preferred.

Session Fee: Riders may purchase an E3 12 ride term pass* for \$121.00 (includes 1 free session) or purchase an E3 6 rides term pass* for \$66.

