

behind
bars

Newsletter

Eastern Veterans Cycling Club



Newsletter, May 3rd 2013

Duty Roster

This week on May 4th - Casey Fields: Chris Hampton, Duncan Hansford & Catrin Harris.

Next Week on May 11th - Gruyere: Jim Hobbs, Jason Laird, Stewart Jenkins, Anthony Lateo, Rhonda Kennedy, Jean-P Leclercq, Brian McCann.

Note: Members rostered 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

Casey Fields 27th April 2013

Race report (Casey Fields 27/4/13)

A very warm and windy day down at Casey Fields provided difficult racing conditions for the Criterium club championships. All eligible age groups were represented with some interesting racing and riders from different grades all in the mix together. Congratulations to all the place getters and well done to the lower graders who gave it good go.

60-64 Age Group: (Mark Edwards)

When my little i30 was rocking in the wind gusts while I was stopped at the Cranbourne lights I knew it was

going to be more than just another windy day at Casey Fields. I did one warm up lap on the deep dish race rims and decided to switch back to the training wheels and tires. It didn't help much but I felt just a little safer. The marshal said it was a bit blowy over the back. It seemed pretty blowy everywhere to me and the downhill clubroom straight was more like an uphill. I was glad I had remembered to take my little white heart pill! Last year I was skinned by John Pritchard and thought him the man to try to hang on to but luckily another birthday moved him safely up a group.



The race started and soon the pace was high enough to drop a few. When Peter Ransome (I think or was it the other way?) jumped away I assumed in the conditions he wouldn't be able to hold it. I knew I couldn't, but heroically he was going further away. I was just thinking about what to do when Nigel Frayne shaped to cross the gap up wind and I just scrambled on. It took a hard two laps at 170+ heart rate but eventually we got there. I was very nearly spent and was thinking of pulling out - I promised my wife Helen and my heart specialist I will pull out when I get to 175 hr or start seeing double, whichever comes first, and I was then pretty close to both. After a while swapping a suicide tempo a safe gap was established and the pace came off just enough to give my dodgy ticker a break.

With three left it seemed pretty clear none of us had enough to work a break so it was down to watching and waiting and plenty of think time. I lead the bell lap procession, slowly, all the way to the back straight. The pace was now so slow I was expecting a jump but still got dropped cold when it came. It took everything I had - 1100 watts with the tailwind, to get back on and as we rounded the last left hander I was wondering what gear to choose. I knew that uphill into the wind, already spent, I wasn't going to be able to push much. I didn't know how much the other two had but I planned on hanging around long enough to see if I could. I was happy enough not to be breaking the fierce cross wind at that stage.

I reckon we had one of the slowest sprint finishes in history (Cav et al we definitely weren't). I got by Nigel and had to come up to Peter R. I got by him as well and usually that's enough but unfortunately he wasn't giving up that easily and dug in for another crack. We both seemed to get bogged down in the wind and had to go again and again as we watched each other fade. The finish line seemed to be moving up the road and I had to drop another two gears just to hold a rideable cadence. In the end I hung on...just. What a great relief and pleasure when you can stop. My Garmin and Quark Power Meter (from Croydon Cycleworks) had us at 830 Watts and 47 kph after the turn slowly fading to about 500w and 33kph on the line. It's tough for us old blokes!

Respect to the 80+ group that raced. I hope we all get there.

Thanks to everyone involved putting the races on. Being involved in a local footy club for many years I know first hand how much work is involved in running a club, how much you don't see, and I appreciate the work done by all.

65-69 Age Group: (Neil Cartledge)

Racing in the wind, can give me an advantage over some riders, so when the forecast indicated winds at Casey for the Club Championship's, I was not unhappy. When the car wanted to change lanes on the Monash, I was not so sure. Then, on the first warm-up, lap a gust pushed me onto the grass and I was even less sure of any perceived advantage. Never the less it will blow and we will race.

The first few laps were at an easy pace, adapting to the conditions, getting the heart rates up and assessing those riders that would normally race in other grades. It amazes me to see how age, for a small part at least, doesn't restrict some rider's ability to be competitive across various grades. We had 1 rider from B, several from C and the remainder would normally race in D grade. If you look at the entry list this also applies to most other grades.

I think it was John Thomson that made the first hard push, but it was quickly covered. The bunch was not going to allow any break-aways today, break-aways for which John is renowned. Soon after, John Pritchard had a dig but it was a little half-heated tester more than anything. Richard Dobson also had a go at breaking the bunch but the rest of us just did what was necessary to stay on the back. The bunch stayed together until about half distance when instead of a sharp attack, the pace was wound up by John and maintained for a good lap or more. I suspect Graham Haines and Jim Swainston dropped off about this point and very soon after I also went out the back. The bunch now consisted of John Pritchard, John Thompson, Richard Dobson and Colin O'Brien. Once the quartet had established a break of a few hundred metres, they sat up. This gave me the opportunity to get back on, and even do a couple of turns on the front. Pretty good for me in this company! The race progressed much the same, small surges, lulls and the occasional longer higher speed effort for the remainder of the 45 or so minutes of the race.

The bell came early due to there being many more groups than a normal crit race, so the legs of all, including the sprinters had not been over taxed. Again John Thomson led a sustained attack starting on the east-west wiggly leg, well before the back straight. John P Richard and Colin went with him while I trailed off and contemplated a better training regime or an older age group. John T led the other 3 along the back straight, all going very quickly with semi-cross wind from the north-west. The last left turn into the finish straight, saw John P come round John T with Richard



Bayswater





and Colin close behind. The finish straight with its slight rise, strong head wind and coupled with the long sprint created by John T, slowed and then spread the quartet. The finish order being John Prichard first, John Thomson second and Richard Dobson third. Colin O'Brien slowed markedly to allow me to get home in front of him. Thanks Colin. A good race under trying conditions, thanks to all!

80+ Age Group: (Rod Goodes)

We all expect wind at Casey Fields but Wow!! This was something else that greeted me as I stepped out of the car Saturday. Getting the bike out of the car I thought I was lucky that I did not have deep dish wheels in as I reckoned that it would be pretty hard to hang on to the bike if I did - I noticed a few blokes changing wheels.

At the start line the ref reminded us to take care and not overlap wheels in these conditions and with this good advice off we went. Keith went to the front and led us for our first neutral lap and then all riders rolling through for their turn of pace. This continued for about ten minutes then, Michael decided to up the pace a bit stringing the bunch out but, everyone managed to hang on. This pattern continued through the race with rolling turns by the bunch interspersed with hard turns by Michael causing heavy breathing and high heart rates by others in the bunch. Somewhere Keith lost touch with the bunch and was unable to get back on in these conditions. At about the forty minute mark the bell was rung ["Phew"] Rod found himself on the front!! What to do now - Better ease back and save some energy for the impending attack by the others - This came earlier than I expected, by Michael, followed by Frank just after the club house. I managed

to get on and just hung in there until about one hundred meters from the last left hander into the finishing straight when Michael applied the brakes. We were almost doing track stands; this continued until we turned the corner into the straight when Rod took off hoping to take them by surprise with a long sprint. It nearly came off, but Frank managed to come over Rod before the line with Michael finishing in third place.

Results: The Loop May 1st 2013.

	First	Second	Third
Division 1	R Russo	R Cardosi	P Thomson
Division 2	R Dobson	L Welling	O Anstey
Division 3	J Neil	J Cadd	M Waterfield





Results: Casey Fields Criterium club championships 27th April 2013

Place	Name	Age group	Place	Name	Age group
1	Jamie Goddard	35-39	1	Mark Edwards	60-64
2	John Clarkson		2	Peter Ransome	
			3	Nigel Frayne	
1	Ciaran Jones	40-44	1	John Pritchard	65-69
2	Steve Martin		2	John Thomson	
3	Darren Woolhouse		3	Richard Dobson	
1	Phil Smith	45-49	1	Paul Kelly	70-74
2	Ray Russo		2	Ron Stranks	
3	Craig Rothenbuecher				
			1	Ken Bone	75-79
1	Steve Ross	50-54			
2	Phil Cavaleri		1	Frank Lees	80+
3	Rob Amos		2	Roderick Goodes	
1	Ramon Cardosi	55-59	3	Michael Waterfield	
2	Dayle Goodall				
3	Kenneth Mayberry				

Officials at Casey Fields 27th April 2013.

Thanks to Warren Jones, Tim Jamieson and Graham Cadd for their marshalling duties. 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. Thanks also to anybody else who helped on the day (sorry I don't have the names) and thanks to all the riders for making the day.

A big thank you to the members of the Eastern Vets Cycling club:-

Eastern Vets Cycling club has received a thank you letter from 'my room' which is a voluntary charity organization raising funds for the Royal children's hospital in the fight against cancer. EVCC raised \$2000 on our charity event day and this was gratefully received and appreciated by this organization which would like to pass on its gratitude to the club.

<http://www.myroom.com.au>

Future events:-





Eastern Vets Program: www.easternvets.com/

Wednesday's			10:15am	The Loop	Graded Scratch Race
Saturday	May	4	2:00pm	Casey Fields	Graded Scratch Race.
Saturday	May	11	2:00pm	Gruyere	Kermesse.
Saturday	May	18	1:30pm	Avenel/Seymour	Athletic Soft Tissue Handicap
Saturday	May	25	1:30pm	Yarra Jn/Piedmont	Graded Scratch Races

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: <http://www.northerncycling.com/>

5-05-2013	Munro/McDonough Memorial - Pastoria Circuit	63km	Bowls Club, Mollison St	10.00am
12-05-2013	Graded Scratch - All Mothers race for free	1hr+Bell	National Boulevard (Ford)	9.00am
19-05-2013	Graded Scratch VVCC Handicap - Colac Vets	1hr+Bell	National Boulevard (Ford)	9.00am
26-05-2013	Club Championships & Secret Handicap	60km	Lancefield	10.00am

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

Sunday	May	5	10:00am	Hume Open	Tungamah 60k
Sunday	May	19	10:00am	May Open Colac Vets	Cororooke Hall 67k
Sat	June	1	1pm	'OPPY' race (Central Victorian Vets)	Rochester Football Ground

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.

