



# eastern veterans cycling club

*Newsletter July 6, 2002*

## Graded Scratch Races at Yarra Glen

A bleak bleak bleak day, but fortunately the weather forecasters got it reasonably right when they said the weather would improve in the afternoon. A couple of anxious riders ring during the morning hoping that they would hear the races have been cancelled, unfortunately the answer is no, road racing is a winter sport so you have to expect the worst. Nevertheless 35 hardy souls turned out, we should probably get double points for the winter aggregate on a day like today.

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In A Grade, surprise surprise, Brett Morton won both the KOM and the race from Ante Sunjo and Phil Thompson. Brett now has a mortgage on the winter aggregate with a lead of 10 points from Ron Stranks and Hylton Preece.

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C Grade saw Steve Szalla who was off the back near the top of the descent, winning from Steve Oberg and our Summer Aggregate winner Peter Wykes. David Leversha who is a great climber, but a obviously a nervous descender won the KOM.

D Grade saw master sprinter and now hill climber Nick Panou winning from Colin O'Brien, just up from E Grade and Tim Hall (KOM).

Colin O'Brien and John Lucas were riding this course for the first time and both thought the finish was at the start and wondered why people were sprinting from the bridge, which seemed to them a long way out. John thought there was just time to have a last drink before the sprint and went across the finish line with one hand on the bars drinking. Anyway they both finished in the money and won't be caught out next time.

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## Results

	First	Second	Third	KOM
<b>A Grade (9)</b>	Brett Morton	Ante Sunjo	Phil Thompson	Brett Morton
<b>B Grade (7)</b>	Geoff Diamond	Nic Skewes	John Lucas	Nic Skewes
<b>C Grade (14)</b>	Steve Szalla	Steve Oberg	Peter Wykes	David Leversha
<b>D Grade (10)</b>	Nick Panou	Colin O'Brien	Tim Hall	Tim Hall
<b>E Grade (9)</b>	Ron Stranks	Murray Dickinson	Greg Lipple	Ron Stranks

## Officials

Thanks to the officials on the job today, who were Glenn Archer who came along with young son to see what was happening and then found himself driving the lead car, Frank Bongiorno who manned the round a bout, Hylton Preece and Graeme Parker the turn at Toolangi and the finish and Jenny Fairbanks as usual taking entries. Graeme was hobbling around on crutches after his arthroscopy yesterday, but still managed to make sure everything went off like clockwork.

## Next Week

The teams event, 16 km team time trial followed by a 2 lap Graded Scratch Race. Make sure your entry goes in today, to make it easier for the handicapper to select even teams.

### Eastern Vets Program

Saturday	July	13	2.00 pm	Steels Creek	Teams Event
Saturday	July	20	2.00 pm	East Wandin	Graded Scratch Races
Saturday	July	27	2.00 pm	Yarra Glen	Graded Scratch Races
Saturday	August	3	2.00 pm	Steels Creek	Graded Scratch Races

### Southern Vets Program

Sunday	July	7	9.00 am	Somers	Graded Scratch Races
Sunday	July	14	9.00 am	Dromana	Graded Scratch Races
Sunday	July	21	9.00 am	Lang Lang	Graded Scratch Races
Sunday	July	28	9.00 am	Bayles from Cora Lynn	Handicap

### Northern Vets Program

Sunday	July	7	9.30 am	Toolernvale	48 km Handicap
Sunday	July	14	9.30 am	Campbellfield	Criteriums
Sunday	July	21	9.30 am	Toolernvale	48 km Handicap
Sunday	July	28	9.30 am	Latrobe	Criteriums

### CLUB NEWS

#### Hylton Preece's Sad Story It's time to check your insurance policy

Fellow Cyclists,

Maybe this story should be filed under I should have known better or how stupid am I?

I left my racing MTB covered and locked (cable lock) in the car on Friday so I could take it to the bike shop to have the suspension repaired, the aim being not having to drive all the way home then return to Ringwood.

When I got to the car at 6:45 pm last night the bike was gone!! The lock on the tailgate of the Subaru had been neatly punched in (very professional job) and the cable lock hacked or sawed through.

I certainly saved on the \$5 worth of petrol but I am out of pocket \$3500 for the MTB. What about insurance I here you say, well the story gets better. My insurance policy covers my road racing bike anywhere in Australia, I had insured the MTB only at home because I never left it in the car!!!

In my defence, I have regularly left my old road racing bike in the car at Mitcham station during summer so I could go to the crits and never thought too much of it. Leaving it at Lilydale station is completely different, I have had the badges stolen from the car before at Lilydale, so maybe that should have warned me.

The police have taken all the details but as bicycle theft is rampant, they left me with the impression that the chances of getting it back are very slim.

I will be scanning the Trading Post for the next few weeks to see if the arseholes that stole it live up to my expectations of stupidity and try and sell it through the paper.

### MTBless

#### Stop Press

New Club Jerseys on the way, if you are keen to be a sponsor contact Steve Szalla before it is too late.

Eastern Veterans Cycling Club Proudly Sponsored by  
Phone John Walker 9439 6431

**VICTORIAN STATE**  
**HOME LOANS**





# eastern veterans cycling club

*Newsletter July 6, and 13 2002*

## Delmont Handicap

In a repeat of last year, the Delmont Hospital Handicap had to be again cancelled because of the adverse weather. As it happened the rain stopped at Yarra Junction about 1.45 pm and there was no further rain that afternoon. Two hardy souls (Ted McCoy and Colin O'Brien) in fact went for a ride including the climb, they even reported that the sun was shining at the top of the hill.

Several riders indicated during the morning that they would not be riding because of the weather. The Delmont Hospital through Graham Cadd has contributed substantial sponsorship for this race and we would not be doing the sponsorship justice if the race was held with a very small field. This fact, coupled with the dismal weather in the morning, the forecast and the advice of resident local, David de Gama resulted in a decision to cancel about 11 o'clock. The cancellation system worked well, an email went out to all those on the net and only one rider who had been notified by email that racing was cancelled, forgot to read his email and turned up ready to race. A few phone calls quickly spread the word and at the most 5 or 6 hadn't been notified and were ready to race.

The race will now be held on July 27 over the Yarra Glen Toolangi course. Fresh entries will be taken the week before.

## Graded Scratch Races at Yarra Glen

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## Next Week

Back to East Wandin next week for Graded Scratch Races.

## Eastern Vets Program

Saturday	July	20	2.00 pm	East Wandin	Graded Scratch Races
Saturday	July	27	2.00 pm	Yarra Glen	Delmont Hospital Handicap
Saturday	August	3	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	August	10	2.00 pm	East Wandin	Avon Tyre Service Classic H'cap

## Southern Vets Program

Sunday	July	14	9.00 am	Dromana	Graded Scratch Races
Sunday	July	21	9.00 am	Lang Lang	Graded Scratch Races
Sunday	July	28	9.00 am	Bayles from Cora Lynn	Handicap
Sunday	August	4	9.00 am	Bayles	Tim Bates Handicap

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Sunday	July	14	9.30 am	Campbellfield	Criterionums
Sunday	July	21	9.30 am	Toolernvale	48 km Handicap
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## MTBless

### ANNOYED BY TELEMARKETING CALLS, USUALLY AT MEAL TIMES. TRY THIS.

Visit [www.adma.com.au/consumer/callRegistration.asp](http://www.adma.com.au/consumer/callRegistration.asp) (note the upper case R) and fill in the details. The only catch is that it takes 3 months to be effective!! (Courtesy George Skarbek, Age 9 July, 2002).

### Stop Press

New Club Jerseys on the way, if you are keen to be a sponsor contact Steve Szalla before it is too late.

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# eastern veterans cycling club

## Newsletter July 20 2002

### Victoria State Home Loans Team Event

Sunny but windy weather greeted the 42 riders (our biggest field for this event) starting in the third Eastern Vets team event sponsored this year by Victoria State Home Loans. Unfortunately it takes a while to get the teams selected, so that by the time the race gets underway, everyone is nicely cooled down. The first two climbs into the very strong head wind were particularly punishing and some groups had lost riders after one or two kilometres. The times in the time trial are surprisingly close, in Division 1, 46 seconds was the difference between first and third, in Division 2, 44 seconds and in Division 3, 51 seconds. All Divisions appreciated the lack of urgency on the first half of the first lap and it was only after the turn that things started to hot up.

In Division 1 Jeff Williams had a good lead, but was caught on the line by Nigel Bemrose who is off to complete his round the world trip and return to the UK, and Peter Castillo. Brett Morton who is unbeatable at the moment wasn't going to be caught napping again and won the next intermediate sprint and the final one from Phil Thompson, with Jeff Williams again third. The Brett Morton team winning overall from the Phil Thompson team by 6 points.

The Division 2 race was marred by a fall involving David Leversha, Colin Morris, Peter Wykes and another rider. Unfortunately David finished up in hospital and Colin had to wait to get a ride back because of damage to his bike. The fallen riders, together with those rendering first aid, depleted the field somewhat, but Kerry Ryan (who later punctured) stole a march on the field, winning from Peter Ransome who then pulled out to provide first aid assistance and Keiran Ryan. Keiran and Steve Oberg shared the next two sprints with the Ted McCoy team (also including David Leversha) winning by 2 points.

Division 3 included four teams (two comprising 5 riders). In the final sprint Milo Pucar and Colin O'Brien were the proverbial country mile in front, with the rest of the bunch no where in sight. Milo was the strongest rider and his two firsts and a second in the sprints gave his team a commanding victory by 12 points.

Outstanding rides of the day were Milo Pucar with 26 sprint points, Keiran Ryan with 22 (with Milo the only rider to be placed in all three sprints), Brett Morton with 21 and Ted McCoy 17.

### Officials

Thanks to Jenny Fairbanks taking entries as usual, Graeme Parker for selecting even, well almost even, teams, to Ross Edwards for the lead car, Ross is recovering from a hip replacement (I find it hard to believe that after seeing sprint for the finish at AFL Park over Summer that he had a dodgy hip), Ian Smith out on the turn, Ken Smith and Graeme Parker judged the intermediate sprints, John Macleod, Alan Sandford and Keith Bowen the final sprints. Alan Sandford did a fantastic job today, masterminding the whole event and coping with the added stress of calling an ambulance, notifying Dave's wife of his fall and then taking his car and bike home.

I have said this before, how fortunate Eastern Vets is to have doctors and ambulance paramedics as members. Today it was Peter Ransome's turn to administer to injured riders. All members are very grateful to Peter, Alan Cunneen and Mark Wallace for their care and attention to riders when there is a fall.

Thanks to John Walker and Victorian State Home Loans for their generous sponsorship of this event.

### Next Week

The rerun of the Delmont Hospital Handicap next week, Yarra Glen to Toolangi and return.

### Eastern Vets Program

Saturday	July	27	2.00 pm	Yarra Glen	Delmont Hospital Handicap
Saturday	August	3	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	August	10	2.00 pm	East Wandin	Avon Tyre Service Classic H'cap
Saturday	August	17	2.00 pm	Yarra Junction	TT Championships and GSR's

### Southern Vets Program

Sunday	July	21	9.00 am	Lang Lang	Graded Scratch Races
Sunday	July	28	9.00 am	Bayles from Cora Lynn	Handicap
Sunday	August	4	9.00 am	Bayles	Tim Bates Handicap
Sunday	August	11	9.00 am	Crib Point	Graded Scratch Races

## CLUB NEWS

### NEWS FROM MEMBERS

#### **First, Rob Graham from Paris, on his way to follow the Tour**

Hi there in Oz, we arrived in Paris after a long haul but all went smoothly. Even the bike is unscathed. Used the Roissy bus then a beaut taxi driver for last leg to hotel. Worked well.

Off to wander after catching up on the Tour news. Then looking forward to a good night's sleep.

#### **More from Rob**

Bonjour from the midi Pyrenees it is a feat for me to master a French keyboard so this email will be IT, until we are back in Paris next Monday. Luchon is exquisite and we hope to venture up the chairlift after lunch. Some are out riding already. I have a good walking companion from U.S. and will need to work off the croissants.

Time to walk before I hit any more wrong keys...the 'm' is the question mark, the 'a' is the 'q', etc, etc, at least the euro dollars are easier enough to work out, au revoir

**Jules and Rob**

#### **Liz Randall reports from Canada where she is competing in the Asia Pacific Orienteering Championships**

**Hi everyone!**

Yahoo and Yee Ha! from the Calgary Stampede and Rodeo!

So I'm coming to the end of the 2nd week of my hols and am having a ball. The weather has been mixed, but mostly wall to wall blue sky. I began the hols with the usual jet lag overlaid by a vicious virus, giving my soaring temps and a resting pulse rate of 80 instead of 40. That's all gone, although I still have a cough. I had a good time in Vancouver catching up with 2 school friends I'd not seen in 40 yrs and then took the Rocky Mountaineer train to Calgary. I was not well then and slept a fair portion of it, but that helped my recovery.

Orienteering wise I've had mixed fortunes, a goodish 1st day in a TERRIBLE area, where I never felt really in touch with the map ..once lost I'd never have relocated, I feel sure. Day 2 saw me have a technical problem with the electronic control punching and so was a DNF although I was actually very happy with my run. The relays were in an area with a stupendous rocky mountain backdrop. We just beat the rain. There was a misplaced control, but it didn't phase me as it was on my direct route and I checked it out anyhow. We won.

Yesterday was the individuals and I was up against Sharon Crawford from US who was expected to win and did. I made a ~1 min error at the first control then had a completely clean run, even without the mistake I'd not have beaten her (Liz came second). The terrain was very open ..lots of clearings and was mapped very accurately, so using the vegetation boundaries, knolls and clearings was the navigational option. My sister and I then went to visit the "badlands" and the dinosaur trail.

Off to Edmonton today for the last three 'O' events. My politically incorrect suntan is improving!

More in a week or so. emails welcome hint, hint!

**Liz**

#### **More from Liz**

**Hi Y'all!!!**

Well APOC is over and I'm about to drive off into the Rockies in a Campervan that's so big I'm surprised I don't have to have a truckies' licence!!! My sister hasn't dared to drive it yet, and quietly I wasn't too keen either, but one of us had to!!! Edmonton was big and the traffic was heavy and fast. I visited west Edmonton Mall (the biggest in the world with 800 shops, a wave pool, golf, ice rink, big dippers x 3, submarines etc) and yes it was gross. I made a HUGE error...I put my photos in there to be developed which meant I had to visit it a second time...what a stewpid thing to do!!!

The weather was HOT, HOT, HOT and there was a Total Fire Ban in force. Edmonton is in the grip of a 2 yr drought and the temp was in the mid to high 30's while we were there. I don't fare well in those sort of temps and so with a close to 1pm start in the short O I opted not to run. Showing a modicum of sense finally! 3 people collapsed. I started the 1st day of the NA champs, but pulled the plug after the map and I did not agree and I couldn't find a control. I didn't start day 2. Lots of people DNF'd. Bill Borrie (ex Eureka, now working in Montana) had a close encounter with a bear..he was geographically embarrassed before the encounter and definitely lost after!!! So ...at least the main APOC events were okay for me.

I'm now off to see the sights and get in some solid cycle training...actually I've been riding all through and have found the Canadian drivers to be very courteous to cyclists. All for now...hopefully my next email will contain bear and moose sightings.

**An increasingly suntanned Liz**

## David Leversha thanks his helpers

Hi Keith

I joined the Eastern Vets to help improve my cycling. I don't go out to win but just do the best I can on the day. Over the last few months, now that I have found my grade, I have started to feel as though I am improving and at least can stay with the bunch. But after Saturday's race, I realise there is a lot more to the Eastern Vets. After I took a spill, the support and help I was given by fellow riders and unfortunately I don't know them that well, that I can name them, the chap (Ken Smith) who drove me in his car and one I do know, Peter Ransome number 20 on the day, an ambulance officer, who sacrificed his own race to administer first aid. I trust that through your newsletter you will

be able to pass this on to all members of the Eastern Vets as to how much I appreciate the help and assistance that was given to me and the time that was taken to ring my wife and reassure her that although I was going to hospital there was no need to panic, and Alan Sandford who drove my car home safely with my bike and gear. I've ended up with a few stitches, sore shoulder and a bit of gravel rash, but I haven't lost one ounce of enthusiasm to again join in the racing. Once again, my sincere thanks to all.

Yours sincerely,  
David Leversha

PS. I hope my crash scored extra points for my team!! (He didn't need them, he was part of the winning team. Ed)

## Web Page a Hit

Our web page continues to be a hit. Over the past 10 months we have been averaging more than 100 hits per week. With only about 60 of our members connected to the web, this means that a lot of non members are accessing the site and keeping tabs on our activities. The good work on keeping the site up to date is by Leon Bishop, with the latest Club News, photographs and links to other clubs and sites. Our address is a bit complicated at [www4.tpg.com.au/users/lfbishop](http://www4.tpg.com.au/users/lfbishop). Alternatively do a Google search for Eastern Veterans and it will come up first, then add it to your favourites.



### Bikes for Sale

**Road Bike** Letage 54 cm aluminium (glued) frame, Mavic wheels. \$550  
Nic Skewes 5962 9334

**Giro Helmet**, Pneumo O.N.C.E. colours, dark silver and yellow. Brand new, still in box. Retail approx. \$290. Sell for \$220. See Brett Morton tel 97352784 or email on [morties@celestial.com.au](mailto:morties@celestial.com.au)

## World Masters Update

A total of 550 cyclists have registered to date and total numbers are expected to be more than 1000. There have been some changes to the distances of some of the cycling events. New distances are as follows:

**Road Race - Men:** Mas 1-100km, Mas 2-100km, Mas 3-100km, Mas 4-80km, Mas 5- 72km, Mas 6-72km, Mas 7-40km, Mas 8-40km, Mas 9-32km

**Road Race - Women:** Mas 1-48km, Mas 2-40km, Mas 3-32km

**Time Trial - Men:** Mas 1-35km, Mas 2-35km, Mas 3-35km, Mas 4-25km, Mas 5-25, Mas 6-25km, Mas 7-20km, Mas 8-20km, Mas 9-20km

Don't forget that the for the Games the age classifications start at 30 (add 1 to your present classification)

### Men:

Mas 1 30-34, Mas 2 35-39, Mas 3 40-44, Mas 4 45-49, Mas 5 50-54, Mas 6 55-59, Mas 7 60-64, Mas 8 65-69, Mas 9 70+

### Women:

Mas 1 30-39, Mas 2 40-49, Mas 3 50+

## Teams Event Results

Division 1				Division 2				Division 3			
Name	Spr 1	Spr 2	Spr 3	Name	Spr 1	Spr 2	Spr 3	Name	Spr 1	Spr 2	Spr 3
<b>First</b>											
B Morton		7	14	D Leversha				M Granland			
D Smith				P Morris				D Brown			
R Joosten				T McCoy		7	10	J Tunney	5		
J Williams	3		6	S Oberg		3	6	R Stranks			
								M Pucar	7	5	14
TT	26m40s		12	TT	2m43s		6	TT	30m.56s		6
Total Points			42	Total Points			32	Total Points			37

<b>Second</b>											
P Thompson		3	10	Keiran Ryan	3	5	14	H Preece			
G Molesworth				N Bird				G Campbell			
N Bemrose	7			C Morris				T Hall		7	
P Castillo	5	5		D Barnes				C O'Brien			10
TT	27m26s		6	TT	28m16s		8	TT	30m38s		8
Total Points			36	Total Points			30	Total Points			25

<b>Third</b>											
P Doonan				Kerry Ryan	7			J C Wilson			
C Lynch				P Ransome	5			G Lipple			
M Stalder				P Wykes				A Ferridge	3	3	
N Skewes				D Fox				L Bishop			
TT	26m49s		8	TT	27m59s		12	TT	30m05s		12
Total Points			8	Total Points			24	Total Points			18

**Points Sprints** 7, 5 and 3, double for final sprint 14, 10 and 6

**Time Trial** 12, 8 and 6

K Bowen			
D McCormack			6
G Archer			
S Pretto			
J Chadwick			
TT	31m34s		
Total Points			6

### Stop Press

AVCC Championships Gold Coast

Ken Woollard (75+) wins gold in Criterium and Road Race.

Black day for Neil Wray, missed the start in one of the track events when they were brought forward because of withdrawals, pulled his foot in another track event and was forced wide on the last bend in the Criterium!!!!

Also there, but unplaced were Roman Suran, John Walker and Alan Cunneen.

The following Southern members did well, Martin Peeters, Louise Gomes and Angela Cash (all multiple medallists).





# eastern veterans cycling club

## Newsletter July 27 2002

**Graded Scratch Races East Wandin July 20** Cancelled because of bad (read hail, thunder and rain) weather.

### CLUB NEWS

#### AFL Park

Discussions are continuing with Mirvac and we are hopeful that we can race there one last time. We are trying to make it for the Eastern vs Southern challenge on September 7. Latest updates on the web site and Newsletter.

**Revised Winter Fixture, see over, check your email, check the web site.**

#### Hylton's Bike Turns Up

A few weeks ago we reported how Hylton Preece's mountain bike was stolen from the back of his station wagon. Like Martin Peeters about this time last year, his stolen bike turned up in a bike shop!

"My stolen bike has turned up at a bike shop in Ringwood, some bloke took it in for repairs and Steve (owner of bike shop) recognised the bike!! Steve knows the bloke who is saying that he bought it from Cash Convertors.

The police have advised that I have to identify the bike (with 100% certainty) before they will take action. Even though this guy has allegedly bought the bike "legally" the police have advised that they can and will seize the bike if it can be identified!"

**Hylton**

#### Gold Coast Holiday



I'm off to the Gold Coast next week, finding out again what it is like to ride a bike in temperatures above 20° C. See you in a few weeks.

In my absence Ian Smith will take over the Newsletter, so if you have any contributions Ian will be very pleased to see you.

### NEWS FROM MEMBERS

#### First, Rob Graham from Paris

**Hi there!**

I almost completed a really long email when it got lost in cyberspace so here goes again, with an abbreviated version. We are back in Paris after a stunning week in Luchon, down in the Pyrenean mountains near Spain. First days in Paris left us gob smacked, and on overload with fantastic roofscapes, landmarks and Bastille Day celebrations. We picked up the Tour where Rob went to riding heaven! He's in his element, and was given French hospitality with another Aussie rider when they were given ample picnic leftovers while waiting for a Tour stage finish. I travelled with a walking mate up in the cablecar to 1800 m overlooking the snow capped peaks. We were in shorts and singlets. Stunning weather! Saw the stage finish at Pau from the stand when Stu O'Grady came 3rd. We pinched ourselves watching the action up close. The stage start at Lavalanet was euphoric, the crowd worshippers were amassed in the heat, Lance Armstrong was flanked by minders of course. Motoring back to Paris through endless fields of sunflowers and corn, exquisite villages and churches, we perused the French phrase book once more. The more we attempt to speak French, the more we

discover the French who meet us half way and speak English! We leave for the Alps tomorrow so it's a rest up day today and watching the race live on Eurosport in English....thank goodness. Hope you are all well and enjoying the ski season (alias winter!)

**Jules and Rob**

**Liz Randall is still in Canada**

**Hi Keith!**

Canada is GREAT to ride in, highly recommended...the drivers are very polite and on the major roads there is a very wide rideable shoulder...so you're pretty safe. We've just got back from the Rockies. I spent a lot of time staring out of the RV windows hoping to see a bear, but when I was riding I spent ALL the time hoping I didn't see a bear! I didn't. Needless to say I got some great hill riding practice! Anyone fancy riding across the Rockies???? It'd make a great ride. The only snag is you have to learn to ride on the right side of the road..but that comes surprisingly quickly. Now I'm worried that when I get to UK I'll have trouble reverting! all for now.

Hope the weather ain't toooooo awful!!!!

**Liz**





# eastern veterans cycling club

## Newsletter September 7 2002

### Graded Scratch Races East Wandin August 31

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## CLUB NEWS

### NEWS FROM MEMBERS

#### Liz is on her way home

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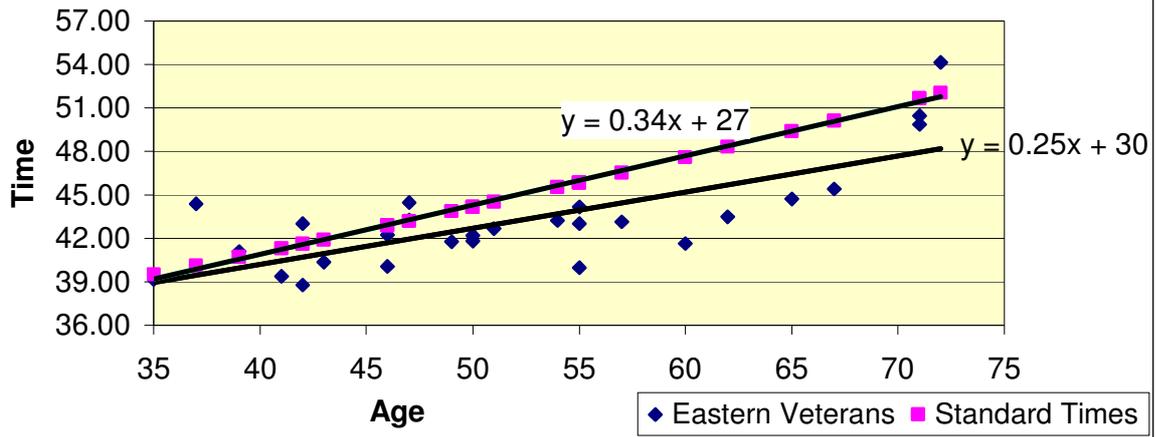
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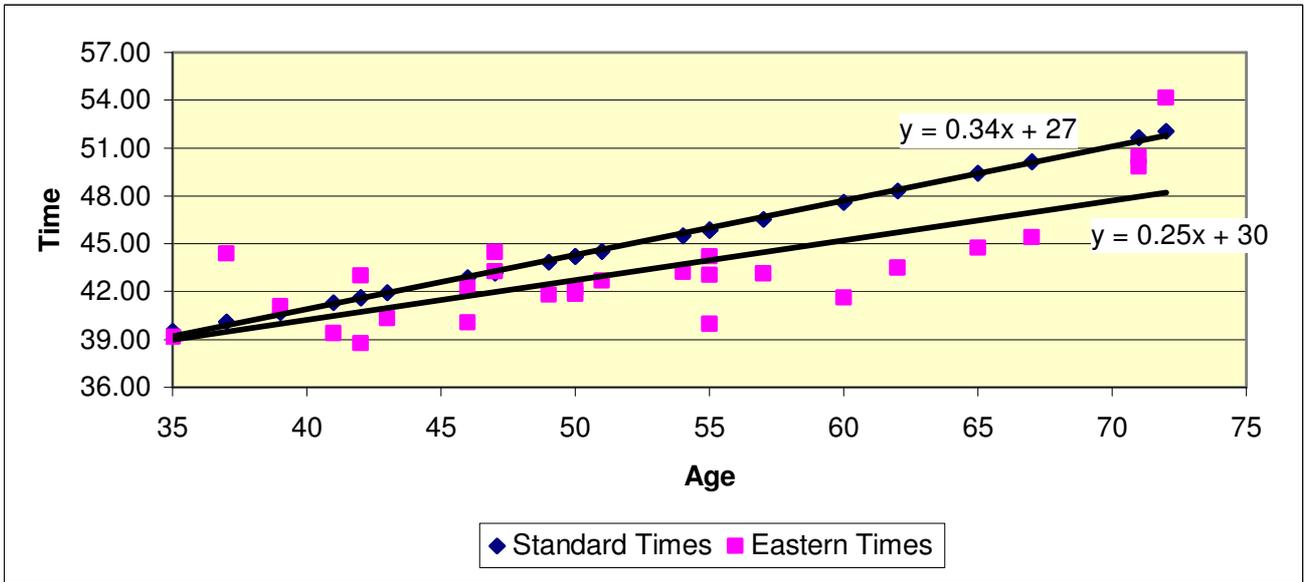
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Liz









More on the Individual time trial. The above graph shows both the Eastern times and Standard times against age. For mathematicla types the equations of the trend lines are both shown. The good news is that the times for Eastern Vets diminish at a slower rate than the Standard times.



# eastern veterans cycling club

## *Stop Press*

Congratulations to Liz Randall on her third in the time trial and seventh in road race at World Masters in St Johann, Austria. Liz also collected 6 other trophies on her 10 week. orienteering/cycling trip around the world. For her last email see over, more details coming soon from Liz. See next week's newsletter for photos.

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## **Results**

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**WHERE IS QUENTIN?** Emily and I have reached settlement date on our house and have moved from Nunawading into a rented house at 34 Henry Street, Northcote (ph 9486 1589), so I'm even further away from my beloved mountains and good winter racing than ever! We still have to buy a place, so Saturdays are still 'wasted' going to endless bloody open days, much to my chagrin. My riding legs are growing weaker by the week (weaker by the week ..?), and the Masters Games are going to be a joke, if I start at all. I reckon I'm down to about C-grade (for Graeme's information!) at best. As soon as we're settled a little, I'll endeavour to get out to a race. My regards to everyone in the club. **Quentin Frayne**

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B Grade was dominated by Southern with Martin Peeters who is in scintillating form winning by the proverbial country mile from Jim Swainston and Tony McLean. Eastern nil, Southern 10.

C Grade was dominated by Eastern with the first four places. Kerry Ryan, notwithstanding that he was marginally off the back near the top of the descent, a clear winner from Peter Ransome, followed by Steve Szalla and the very consistent Ted McCoy. Eastern 11, Southern nil.

D Grade saw Steve Short win in the only sprint of the day comprising more than 2 riders from Colin O'Brien, who went way too early, Milos Pucar and Gary Wakeling. Eastern 8, Southern 3.

Eastern riders were outnumbered 5 to 2 in E Grade. Ron Stranks, Frank Boland and Paul Gilders rode away from the rest of the bunch on the climb and Frank winning the sprint from Ron for first with Paul coming third in an outstanding ride, having punctured on the climb and passing Keith Bowen at the bottom of the hill. Eastern 3, Southern 5.

F Grade was a line ball, with Colin Smythe winning the sprint in fine style from Frank Gleeson. Eastern 5, Southern 5.

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But what about the change that went through about 4 o'clock? A Grade were sprinting and other grades were spread out between the finish and Healesville. The wind which was gusting to 100 km/hr or more (my opinion anyway), the rain and the hail made the ride back something to remember, and for those who rode in the 2000 AVCC Championships reminiscent of Warrnambool weather. It also reminded one of the rain at Dromana last year for the winter challenge with Southern.

The hard luck stories of the day were from the riders who punctured. Would you believe that there were 15 punctures in all! Pride of place goes to Paul Phenix with 3 (Paul swapped a wheel with Paul Gilders so there might be a bit of double counting here), Jeff Williams 2, Keiran Ryan, who claims he never gets punctures had 2, and only had enough gas in his new CO<sub>2</sub> inflator for one tyre. Keiran had to enlist the aid of first Dick Fox and then Jim Taylor to get him back to the finish, Peter Wykes who had a handy lead down the hill in C Grade, Graeme Parker, Jeff Thompson, Mal Wilkinson, Steve Fothergill, Richard Maggs, Paul Gilders and Dick Fox. This must be some sort of record and must have something to do with the rain, but why would a bit of water on the road cause so many? It is not like a suburban road where there is lots of glass and broken plastic around.

Congratulations to riders from Southern, some of whom travelled long distances to get to the start, Tony Mackay from Archies Creek, Stuart Campbell cut short his whale watching at Warrnambool to ride, for competing and making this one of the most successful challenges yet between the two clubs.

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Sunday	Sept	29	10.00 am	Broadford	Mountain Goat Classic
Sunday	Oct	6	10.00 am	Lancefield	64 km Handicap
Sunday	Oct	13	No Racing		

**The Camperdown to Warrnambool** is now on September 29, not October 12 as shown in the fixture. **VVCC Age Titles** Bendigo September 22, if you wish to enter, please let me know today.

## CLUB NEWS

### SUNDAY RECONNAISSANCE RIDE ON NEW CIRCUIT.

At Peter Doonan's suggestion, during the 2002/2003 Summer Season, we'll be racing at a new location, namely Macclesfield Road. To assist the Race Committee to select turning points from a handful of options, please join Peter for a training ride there on Sunday 15th September. Meet at the bakery next to the pedestrian crossing in Emerald at 8:30. We'll ride down to Avonsleigh before joining Macclesfield Road, then do a couple of laps of the 26 km return trip. This is your opportunity to have your say before our first race there on 23rd November. If you can make it let Peter know on 9752 1963 or email him at blackloch@optusnet.com.au, or talk to him Saturday.

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### DEUTSCHLANDSBERG AND ST JOHANN, AUSTRIA 2002 INSIGHTS AND TRAVELLING TIPS! LIZ RANDALL

What is it about these two Austrian towns that drags people back to them again and again.

Is it the rolling road closure for the RR and the total closure for the TT? Or the really smooth road surfaces that I'm told add ~3 kph to your speed? Is it the fact that the cyclists virtually take over the town and "motorists beware"? Or is it the incredible

Austrian hospitality and truly great coffee and apple strudel?

This time last year I hadn't even heard about St Johann and when I did read about it in Bicycling Australia couldn't find out very much info until someone put me in touch with Bill Mackay from Wangaratta. He gave me the low down, told me

which hotels to book into and how to enter etc. He also told me about the races in Deutschlandsberg which are a great lead up to the World Championships.

Since I was already going to Canada to compete in the Asia Pacific Orienteering Championships, I had only to extend my holiday a bit (long service leave instead of annual leave) and change my ticket to a round the world one. The added cost was surprisingly low and I had the added benefit of extra luggage allowance. For an ordinary there and back ticket (travelling economy) you are allowed 20 kg luggage, for a round the world ticket, you are allowed 2 cases, each to weigh no more than 32 kg. This was a godsend for me as the bike case I hired (\$150 for 11 weeks, usually \$60/week) was HEAVY. I've since heard of a canvas and foam case with an aluminium bracket in the base to bolt your bike to and will be trying to source one for next year.

And so, to the races...no matter what the literature tells you, the hills in Deutschlandsberg are much worse than those in St Johann, especially the killer uphill finish in the handicap road race on day 1. For those who have been there before, the races no longer go through Bad Gams itself, you turn right just before the town and have a nasty pinch to climb before joining the road to Stainz.

I had a free day before the racing and so was able to check out the road race course...just as well really, I've been known to go wrong before (one of the VVCC races). Of course it happened again, this time in the 2 person time trial where neither of us knew the course...the American I was riding with was a bit loud in his condemnation of virtually everything after that; you probably heard him.

By going in for this fun race, I had races on 4 consecutive days which meant I was unable to get a really good look at the Time Trial course. Lesson learnt...no 2-person relay for me next year!

There was a considerable drop off in the number of competitors in my class for the sprint and hill climb, probably because of the truly awful weather on those two days. In one way I was glad the weather was bad since the sprint was from a flat start rather than off the ramp. I fell off the ramp twice at Maryborough and so feel a little intimidated by ramp starts! I won the sprint but at a somewhat pedestrian speed against a lady who was not only the oldest person racing but who also told me she wasn't really a racer, more as touring rider. At least I think that's what she said; my French is somewhat limited.

The hill climb...had I not been in the running for the

series jersey, I might not have ridden this as I thought it was potentially very dangerous, it was so wet; I'm not very skilled at aquaplaning.

However, I rather wanted that jersey and so I raced. It's a 3 km race, 2 km down and 1 km UP, with a sharp left hand corner at the bottom of the berg so you can't carry your speed through, especially in the wet. I put a nice big cluster on and used every bit of it!

### **And so to St Johann.**

I didn't have a race on day one and so had a good look at the road course plus the time trial course which was a part of it.

The first hurdle we had to overcome after a only couple of km was the Huber a long triple terraced hill with drinks and hot dog stands and crowds of spectators at the top. The eventual winner of our race (Michelle Charles from France) skipped away half way up this hill and was never sighted again. I watched her go but didn't react...silly me. I was 4<sup>th</sup> over the top but soon realised I was making no inroads on her lead and so sat up to wait for company. We didn't work well together and her lead in the end was about 3 minutes. I made a tactical error in the last 5 km, did too much leading and found myself at the front leading into the bunch sprint. The best bit for me was realising I could mix it with them all and that I didn't need to be intimidated by them. I also realised that I went over the 2<sup>nd</sup> hill, a really nasty mid-length pinch at Schwendt in big chain ring...bit of a surprise really.

The World Champs Time Trial was after a day's rest. I'd always reckoned this was my best shot at getting on the podium, as I'm still wet behind the ears with regard to tactics. Jeff Smith and Kim Parslow, both from NSW, lent me a TT helmet and wheels and I've no doubt that those bits of equipment gave me an extra boost, both mentally and physically. I had a bit of trouble with my gears on the only hill on the course, but the time lost was not enough to have made any difference to the result. I'd checked with the results from last year and noted that the winner rode 39 kph. So I knew had to do that at least. This time Michelle, improving by 3 minutes on her last year's result, rode it in 41 kph.

The final race, the World Champs Road Race was really a carbon copy of the first except that, tired from the TT, I was not 4<sup>th</sup> over the Huber and didn't ride Schwendt in big chain ring; I also avoided making the same error as last time! We worked together better this time and Michelle only won by 65 seconds and had to ride the course faster to keep her lead. Next year.....!

A round up of my results:

<b>Deutschlandsberg...</b>	Hcp RR	10 <sup>th</sup> overall, 1 <sup>st</sup> in age class
	RR	1 <sup>st</sup>
	TT	1 <sup>st</sup>
	Sprint	1 <sup>st</sup>
	Hill Climb	1 <sup>st</sup>
	2 person TT	13 <sup>th</sup>
	Overall	1 <sup>st</sup>
<b>St Johann</b>	World Cup RR	9 <sup>th</sup>
	World Champs TT	3 <sup>rd</sup>
	World Champs RR	7 <sup>th</sup>

Am I going back next year? Silly question.... Of course I am!

If anyone wants info, I have accommodation brochures from both towns, websites etc. Liz

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Winners are grinners. Liz with her trophy for third in the time trial and waiting for the start of the road race

**Next Week** Rob Graham talks about his exploits riding the mountains of France.

**Eastern Jerseys** Arriving in the next week or so.

### Stop Press

John Porter had the misfortune to have a fall and has broken a bone in his neck. John is currently in Austin Hospital and will be transferred to the Royal Talbot Hospital soon. He is in good spirits and will fully recover. We send him our regards wish him a speedy recovery.



# eastern veterans cycling club

*Newsletter September 21 2002*

## Graded Scratch Races Steels Creek September 14

After the dreadful weather of last Saturday, the sun shone, but didn't the wind blow. Nevertheless 60 riders started with very big fields in B and D grades. The turn out is very pleasing and we are still getting new riders joining each week. Hopefully this is not just a flash in the pan in the lead up to the Masters Games and it will continue over summer.

The seven starters in A Grade welcomed the absence of Brett Morton and the Pantani like pair of Mark Wallace and Jeff Williams led Peter Doonan over the line. Phil Thompson must be having an off period as this must be one of the few times that he has finished out of the money.

A big field of 18 in B Grades saw Club Captain Steve Fothergill win for the first time in a while, from Greg Morgan visiting from Queensland where he is obviously putting in the miles with the consistent Martin Stalder third and Peter O'Callaghan fourth.

Peter Wykes continues his good form winning C Grade from Steve Szalla, and James Harris.

Another big field in D Grade, with no one wanting to work to hard on the way out, it was in retrospect a relatively easy day. Leon Bishop, also continuing his good form winning the sprint from Mark Granland,

appreciating the absence of any hills, Keith Bowen, hopefully finding a bit of form and Alan Cunneen.

There was a very small field in the combined E and F Grades. A few riders thinking that it was better option to hang on in the middle of the bunch in D Grade than to ride in a small field of 5 or 6 in a E. Anyway Lorraine Lloyd won from Mike Fisher and Colin Smythe.

Apologies to Mike I put him in the paper as coming third.

There were intermediate sprints about half way back on lap 2. The strong tail wind and slightly down hill positioning of the finish for these sprints meant they were a pretty torrid affair. All grades probably reached speeds of 60 or more km/hr and we need to rethink whether we should continue to have intermediate sprints at Steels Creek. A touch of wheels at these speeds could have dire results for the bunch.

Hard luck stories for the day were Vic Sosnovec who punctured just after the start of D Grade and chased all day and Tim Hall who punctured near the tennis courts and didn't have a spare tube and spent a lap or more trying to mend the puncture. Tim has probably already been out and bought a couple of spare tubes.

## Results

	First	Second	Third	Fourth	KOM
<b>7 Grade (7)</b>	Mark Wallace	Jeff Williams	Peter Doonan		Jeff Williams
<b>18 Grade (18)</b>	Steve Fothergill	Greg Morgan	Martin Stalder	Peter O'Callaghan	Geoff Diamond
<b>13 Grade (13)</b>	Peter Wykes	Steve Szalla	James Harris		Peter Ransome
<b>18 Grade (18)</b>	Leon Bishop	Mark Granland	Keith Bowen	Alan Cunneen	Mark Granland
<b>4 &amp; F Grade (4)</b>	Lorraine Lloyd	Mike Fisher	Colin Smythe		Lorraine Lloyd

## Officials

Officials on the job today were Peter Morris just back from riding with the vets in Kalgoorlie, who put in hundreds of kilometres a week, John Tunney who were on the turn and mercifully just at the start of the dead bit of road, Quentin Frayne judged the intermediate sprints, Jenny Fairbanks and Graeme Parker as usual took the entries, Alan Sandford and Jenny were the judges assisted by Nick Wallace who had the pleasure of waving the winners flag to his father. Rhonda Wykes and her sister Maureen skilfully drove the lead car. Glenn Archer did a roaring job selling cold drinks on the warmest day since last Autumn and also prepared the money envelopes during the week which speeded up the presentations no end. You might have started a precedent Glenn.

## Next Week

The Basin Hill Climb is on next week and there will be a change in format this year. The event will have two aspects, a graded hill climb and a race against standard times for your age. These times are based on over 100 recorded times on this climb and a bit of mathematical/computerised wizardry.

### Eastern Vets Program

Saturday	Sept	28	2.00 pm	The Basin	Basin Hill Climb
Saturday	Oct	5	2.00 pm	Yarra Junction	Graded Scratch Races
Saturday	Oct	12	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	Oct	19	2.00 pm	Benalla Weekend	
Saturday	Oct	26	2.00 pm	Yarra Glen (Toolangi)	Road Championships

### Southern Vets Program

Sunday	Sept	22	9.00 am	Bayles from Cora Lynn	Graded Scratch Races
Sunday	Sept	29	9.00 am	Lang Lang	Graded Scratch Races

### Northern Vets Program

Sunday	Sept	22	10.00 am	Seymour	53 km Handicap
Sunday	Sept	29	10.00 am	Broadford	Mountain Goat Classic
Sunday	Oct	6	10.00 am	Lancefield	64 km Handicap
Sunday	Oct	13	No Racing		
Sunday	Oct	20	No Racing		

**The Camperdown to Warrnambool** is now on September 29, not October 12 as shown in the fixture. Entries close today with Harry Tams.

### CLUB NEWS

## Tour De France 2002

### A Week in the French Pyrenees with Rob Graham: Part 1

**Monday 15 July** we meet the Sporting Tours Group from London in Paris for the long Coach journey to the spa town of Bagneres de Luchon in the French Pyrenees. This was to be our location for the week and was good for accessing all the Pyrenean mountain stages of the Tour. On the coach were Americans, Canadians, South Africans, Pommies and a few Australians (a couple were x poms). Of the 49 people on the coach about 35 had bikes loaded in the trailer behind the coach. (made sure mine was not at the bottom of the heap!)

**Tuesday 16 July** was the first rest day for the tour so we had a day to ride into Spain and the Col du Portillon circuit (65 km) or climb from Luchon to Superbagneres (40 km) a ski station in the mountains 1800m above Luchon..

As the morning was wet, with low cloud and misty rain I waited until the weather cleared (well stopped raining ) at lunchtime and headed off with an American Professor, Billy from Texas whom I'd met up with in the group to do the Superbagneres ride.

The first 2 km was flat (well slightly undulating) easy riding to get the legs ready for what I thought would be a steady climb to the ski station.

Well it was a steady climb at 8-10% for 18 km of quite hard climbing, made it up in the 39/21 save the 39/27 for when I'm really stuffed later on in the week. The road just kept going up into the clouds and clouds it did, the Superbagneres ski station was in fog with no fantastic views to be had (the views

from the ski station were great as later on in the week Julie caught the Gondola up from Luchon to Superbagneres and had brilliant 360° views across the Pyrenees into Spain) rode down about 2km to meet my American mate. Billy was finding the climb quite demanding, conned him to keep going to the top as he had come this far and it was only around a few more hairpins. I escorted him to the top and he was glad he kept going, cold, damp and foggy at the top although the hotel was open.

The descent was a bit hairy with a quite steep 18 km of wet road and many hairpins. Think I nearly wore out a set of brake blocks on this fast, wet, and cold twisting descent.

**Ride summary:** 2 km flat, 18 km steep **UP!!!!** (Superbagneres 1800m), 18 km steep, slippery, cold **DOWN!!!!**, 2 km flat ( Luchon).

Found out later from an English guy on this tour that the Superbagneres climb was a HC category that's why it was hard, long and steep puts it in the HC above category 1.

Yes, the legs felt good after what was quite a hard climb to start with. Ready for tomorrow

**Wednesday 17 July** Tour stage 10 from Bazas to Pau.

We, that is a guy I meet from Brisbane, Roy (ex pom ) and another Aussie Mike from Canberra had decided to ride to Pau a distance of 140k to see the finish. Remember horizontal distance is not the big concern, vertical distance stuffs you when riding here so they kept telling me. 4000m vertical distance is a fair days work for mere mortals.

In the first 30 km from Luchon to Pau you climb the Col du Peyresourde 1600m , a 16 km climb and the Col d' Aspin 1500m , 11 km climb. Both were not part of this year's tour but on the road to Pau from Luchon thus we had to climb them. This 30 km was the hard part of what was a fantastic ride the last 110 km being either downhill or fairly flat following a river valley through French villages and finally onto Pau, quite a large town (80,000) for the stage 10 finish.

The last 3 km of each climb was the toughest, probably because I was pretty stuffed by then although the 39/25 was the lowest gear I needed, keeping the 39/27 under wraps for when the legs really give out.

You are not alone on these climbs many other people of all shapes, ages and nationalities are out for the challenge and believe me it is fantastic riding, makes Toolangi/Powelltown climbs seem easy in comparison. The length, grade, altitude ( and heat) the day we rode them create their difficulty.

On the ride to Pau we stopped in Bagnères de Bigorre for some lunch forgetting that between about 1pm and 4pm most shops shut, rode around the town for 30 minutes before we found a small Patisserie open. Great a short rest and some food, fromage and jambon baguette (yes, you French speakers a ham and cheese roll) you seem to eat plenty of these in France along with croissants.

We had arrived in Pau with time to spare, some quick map reading, sorting out where we were in the town we navigated our way to the finish, Place de Verdun in the centre of the town. It was huge wall-to-wall people and large team buses, with the publicity caravan (a procession of advertising vehicles of all shapes and sizes that covers the full stage route daily) entertaining the very large crowd with an hour to go before the arrival of the stage leaders.

Julie and other non-riders had traveled to Pau in the coach. She managed with the help of two pommie bobbies (English coppers) who were in the group to get into the large, ticket only grand stand on the finish line it was a fantastic spot to soak up the atmosphere of the stage finish.

We found a small pub with a TV near the 1 km kite, so we could watch the live progress of the stage. O'Grady was in a break away with 3 other riders with 10 km to ride, will we see an Aussie take the stage?, NO, the French rider Halgand took off with 5 km to go to easily take the stage. He was really motoring when he went past us with 1 km to go. O'Grady came in 3<sup>rd</sup> after a great 147 km ride.

After the peloton came through we found the rest of the group and placed our bikes in the trailer for the coach trip back to Luchon (a 2hr trip given the Tour traffic).



Robbie McEwen gets some sprinting tips from Rob.



Lance Armstrong wearing the Yellow jersey.

**Winter Points Score** Brett Morton is the run away leader, but the following are all within a few points of each other for the places, a win today by one of them could seal a second or third place: Leon Bishop, Keith Bowen, Greg Lippie, Graeme Parker, Hylton Preece, Kerry Ryan, Colin Smythe, Martin Stalder, Ron Stranks and Phil Thompson .

**Eastern Jerseys** Are in stock today, get one quickly while they have your size, see Steve Szalla to buy one.

**Eastern Classifieds** If you want to sell anything put it in the Newsletter and on the web site. You will remember that Brett Morton had a new helmet for sale a few weeks ago, guess who bought it, someone in Darwin would you believe!!!!

#### **For Sale**

Ksyrium wheels, near new condition, super fast, strong and very light, \$850. Buy now in time for the Masters Games. Keiran Ryan 9397 4546

## **Aussie in hot form for world road title**

BRUSSELS

ROBBIE McEWEN has firmed as a favourite for next month's world road cycling championships with victory in the Paris-Brussels classic.

Aiming to end his brilliant year on another high, McEwen prevailed in a sprint finish to the gruelling 266 km race ahead of German Olaf Pollack and Dutchman Jans Koerts.

"It's a great win," said McEwen, the first Australian to win the Tour de France green points jersey in July, ending the reign of six-time winner and German sprint king Erik Zabel.

"I stayed on the wheel of my compatriot Baden Cooke and surged forward at the right moment."

Patience paid off for McEwen in Saturday's race as he warmed up for the world championships in Zolder, Belgium, on October 8-13.

He took the lead in the final dash to the line to finish in 7 hr. 36 min. 33 sec.

After starting the year ranked 100th in the world, McEwen shot to No. 10 with a swag of top victories ahead of the Tour de France, where he also won two stages.

He now holds the No. 7 spot with 16 major race wins this season.

Should the battle for the rainbow world championship jersey come down to a bunch sprint, an enticing battle looms between McEwen, Zabel and Italian Mario Cipollini.

Cipollini recently reversed his short-lived decision to retire, declaring he wants to be the 2002 world champion.

The world No. 13 pulled out of the Tour of Spain at the weekend after three stage wins to prepare for the championships.

World No. 1 Zabel finished second to Cipollini on stage seven.

McEwen holds a psychological advantage following his Tour de France performance and is one of the few sprinters to beat Cipollini in a head-to-head battle this year.

**September 16, 2002**

-AUSTRALIAN ASSOCIATED PRESS

**Masters Games Update** Full details of venues, start times and race distances are now available on the Games website, [www.2002worldmasters.org](http://www.2002worldmasters.org). Go to the cycling site through the Sports and Venues link on the home page.

## **STOP PRESS**

**Negotiations with the Melbourne City Council over the use of the Botanic Gardens circuit have fallen down at the last minute. The road races will no longer be held there, but will probably be at Yarragon, yes Yarragon. The Yarragon circuit is about 20 km around and generally flat, distances will be approximately the same. Further details will be provided when available.**



# eastern veterans cycling club

*Newsletter September 28 2002*

## Jack Thompson Memorial Handicap East Wandin September 21

At last perfect conditions, sunny skies, temperatures around twenty and not much wind.

Two divisions for a handicap at East Wandin makes the going a bit easier for riders in the lower grades. Thirty five riders in Division 1, or 36 if you count Eddie Tucker who was meant to be off scratch in Division 2, but heard the call for scratch and headed off with Division 1. Eddie wondered what was going on and pulled out at the end of the second lap and then helped out on a corner. The trio of Dick Barnes, David Leversha and Graeme Parker were riding strongly in the front and seemed to have a big lead over the following bunches. After about three laps, scratch had caught second scratch and the other two bunches were not far ahead and it was obvious that scratch would get up. Justice was served when Phil Thompson won his father's memorial race from Mark

Wallace, Rob Amos and Jeff Williams with Rob Graham fifth. Fastest time went to the Basin Hill Climb specialist Peter Castillo.

Division 2 race was somewhat similar, scratch riding well together, catching the 2 minute bunch and the 5 minute bunch after 2 laps and it was then a case of whether Clive Wright, off limit would be caught. Clive was caught on the last climb on which Alan Cunneen took off and got a bit of a break, only to be caught again, but Alan still had enough left to win the sprint from Ron Stranks, Richard Maggs who had managed to hang on from the 5 minute bunch, Clive Wright and Tim Hall, who after last weeks fiasco is now featuring new tyres and two new tubes. Alan is the big improver, last year he was off limit in this race. Colin O'Brien was fastest.

### Results

	First	Second	Third	Fourth	Fifth	Fastest	Time
<b>Division 1</b>	Phil Thompson	Mark Wallace	Rob Amos	Jeff Williams	Rob Graham	Peter Castillo	1:25:10
<b>Division 2</b>	Alan Cunneen	Ron Stranks	Richard Maggs	Clive Wright	Tim Hall	Colin O'Brien	1:19:05

### Officials

We are getting exceptional support from members to take on the job of officials. Ken Woollard looked after Division 2, Harold Simpson drove the lead car, Kerry Ryan, Steve Ditullio (who also kept us posted on the football scores), Ross Edwards, Peter Burchall and Eddie Tucker all manned corners, Laurie Baigent, now off crutches counted laps and cleared trees off the course, Gary Binding was on hand again to do the judging with John Merrony, Jenny Fairbanks was taking entries and selling raffle tickets, Graeme Parker worked out the handicaps. As usual Alan Sandford did a masterful job of overseeing the race, the presentation, you name it, Alan was making sure all went off perfectly.

Thank you also to the Wilson Group sponsors of the race.

### Today's Race

Today's time trial will have two aspects to it. Unlike previous years there will be no sealed handicap and racing will be in grades, with cash prizes for first, second and third in each grade. There will also be trophies for the three riders beating their age adjusted times by the greatest amounts. These age adjusted times are based on over 100 times of riders on the climb and a bit of mathematical jiggery pokey to give an equation showing the relationship of age and time. For the mathematicians the regression equation is:

$$\text{time} = 0.1077 * \text{age} + 14.009.$$

I have also tried a polynomial but this equation seems to advantage the young (those less than about 42) and the old (those over about 65). Target times for each age are shown below. For non mathematical types this means that for each year older your time increases by 6 or 7 seconds.

Age	Time m:sec	Age	Time m:sec	Age	Time m:sec
35	17:47	50	19:24	65	21:01
36	17:53	51	19:30	66	21:07
37	18:00	52	19:37	67	21:13
38	18:06	53	19:43	68	21:20
39	18:13	54	19:49	69	21:26
40	18:19	55	19:56	70	21:33
41	18:25	56	20:02	71	21:39
42	18:32	57	20:09	72	21:46
43	18:38	58	20:15	73	21:52
44	18:45	59	20:22	74	21:59
45	18:51	60	20:28	75	22:05
46	18:58	61	20:35	76	22:12
47	19:04	62	20:41	77	22:18
48	19:11	63	20:48	78	22:25
49	19:17	64	20:54	79	22:31

### Next Week

Yarra Junction next week for Graded Scratch Races, for those not competing in the Criteriums at the Masters Games.

### Eastern Vets Program

Saturday	Oct	5	2.00 pm	Yarra Junction	Graded Scratch Races
Saturday	Oct	12	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	Oct	19	2.00 pm	Benalla Weekend	

### Southern Vets Program

Sunday	Sept	29	9.00 am	Lang Lang	Graded Scratch Races
Sunday	Oct	6	9.00 am	Healey Road	Graded Scratch Races
Sunday	Oct	13	9.00 am	Healey Road	Graded Scratch Races

### Northern Vets Program

Sunday	Sept	29	10.00 am	Broadford	Mountain Goat Classic
Sunday	Oct	6	10.00 am	Lancefield	64 km Handicap
Sunday	Oct	13	No Racing		
Sunday	Oct	20	No Racing		

## CLUB NEWS

### Continuing the Tour De France 2002

## A Week in the French Pyrenees with Rob Graham: Part 2

**Thursday 18 July** This was when the real action started in the Tour with this the first mountain stage of the 2002 Tour de France. The stage took the riders from Pau to the ski village of La Mongie (situated ¾ or 12k up the Col du Tourmalet) via the Col d' Aubisque (1709m 16.7k at 7.1%) and the Col de Soulor (1474m 2.3k at 5.2%) a total distance of 158k.

Not too keen to ride the Col du Peyresourde and Col d' Aspin again today Roy (remember him my riding mate from Brisbane) and I decided to go on the coach to Payolle a very small village at the bottom of the Aspin. We got our bikes and gear off the coach and started riding along the valley to Ste

Marie de Campan from where the climb up the Col du Tourmalet begins. The ride up the Tourmalet to La Mongie was a typical Pyrenean climb, it just kept going up (1715m 12.9k at 6.8%). The top of the Tourmalet is a 16k climb (next years Tour will probably go over the Tourmalet). The ride up gets harder as you get tired but the hundreds/thousands of other people walking or riding up, or camped in campervans perched on the side of the road, yelling "Allez Allez" (Go Go!!) keeps you going and you feel (dream!) you are a Tour rider.

With the 1k kite in sight I jumped out of the seat and tried to up the tempo, what tempo, the legs were stuffed so I wimped it into the 39/27 (yes my

lowest gear had its 1<sup>st</sup> run here) and spun my way to the finish line, well almost, a couple of gendarmes gestured to me (could not understand what they were saying, my French was not that good, but when they stand in front of you, you stop and get off) and many other riders, to get off their bikes and go behind the barriers. I will get to ride over the finish line yet!

Watched the stage live on the big screen at the finish for a while before we decided to go down the climb about 2.5k (a few less people!) and wait the 3 hours plus (you do hours of waiting for the Tour riders to arrive as roads are closed to cars 4 hours before and to bikes 2 hours before) for the leaders to pass us. Jalabert had led the peleton all day, on to this the last climb, 4k up he was passed by a fast moving group containing Armstrong, by the time the leaders reached us, 3 were left, Armstrong, Heras and Beloki, Armstrong took the lead from Heras with about 2k to go, and that was it, he is a machine, his face was so focused, he did not even seem to notice the huge noisy, active crowd lining every inch of the last 2k as he powered on to take

the stage and the Maillot Jeune, which he obviously kept for the rest of the Tour.

The last rider reached us 40 to 45 minutes later, then the fun really started as we began the 12.9k descent along with thousands of others, walkers, riders, roller bladders, motor bikes (no cars or campervans they have to wait) it's like a Chinese downhill, no rules, just look out, be bloody careful, keep on the brakes and snake your way down on any part of the road you can. A great, fun descent, not fast but you really need to concentrate as you can be easily taken out (see French Alps week for what I mean).

Find the coach just outside Marie de Campan, wait for others to arrive, load bikes and jump into the traffic (which there is plenty of) for the 2hr drive back to Luchon.

Rode 40k for the day, not far but it was a fantastic journey.

\*\*\*\*\*



Jalabert



Statue in the Pyrenees

**Eastern Jerseys** Are in stock today, get one quickly while they have your size, see Steve Szalla to buy one.

**For Sale** If you want to sell anything put it in the Newsletter and on the web site. You will remember that Brett Morton had a new helmet for sale a few weeks ago, guess who bought it, someone in Alice Springs (I was wrong last week when I said Darwin) would you believe!!!!

**For Sale**

Ksyrium wheels, near new condition, super fast, strong and very light, \$850. Buy now in time for the Masters Games. Keiran Ryan 9397 4546



## IT'S A BOY

Congratulations to Jacqui and Mario Cordedda, Michael James (7 lb 12 oz) arrived last Saturday.

### VVCC Road Championships

Congratulations to the following members who won medals at the VVCC Road Age Championships.

**Gold** Karen Hopkinson Women 30-34

**Silver** Liz Randall Women 55-59

**Gold** Neil Wray Men 65-69

**Silver** Ron Stranks Men 65-69

**Bronze** Ivan Collings Men 60-64

**Bronze** Alan Beveridge Men 45-49

**Masters Games Update** Full details of venues, start times and race distances are now available on the Games website. [www.2002worldmasters.org](http://www.2002worldmasters.org). Go to cycling through the Sports and Venues link on the home page.

## STOP PRESS

Negotiations with the Melbourne City Council over the use of the Botanic Gardens circuit have fallen down at the last minute. As previously indicated the road races will no longer be held there, but will be at Yarragon, yes Yarragon. The Yarragon circuit is about 17 km around, undulating as it heads west from the football ground and then generally flat, distances will be approximately the same. Racing will be in a clockwise direction on partially closed roads. Further details will be provided when available.

Mens 1, 2, 3 and 4 will be on Sunday morning and all other groups on Saturday. The first race will start at 9.30 and all racing will be over by 3.00 pm.

The fields will be huge, but don't be put off, you will never race in fields as large as these again.

The following numbers are approximate, M1 78, M2 123, M3 70, M4 202, M5 148, M6 118, M7 92, M8 57, M 9, 10 and 11 will be combined 31.



# eastern veterans cycling club

*Newsletter October 5 2002*

*Don't forget General Meeting Maroondah Club 8.00 pm Monday October 7*

## Basin Hill Climb September 28

In contrast to last year when we had perfect conditions, today was as bad as it can get, bitterly cold with rain and the promise of hail sleet etc. The race day phone was running hot during the morning. The question was always the same, would we be racing, or could I take the attractive option of watching the football in the comfort of a warm room. Twenty four riders took the hard option and chose to ride, a few others turned up but took the easy option of watching or assisting at the start.

Despite the weather the conditions were not too bad, the rain generally holding off while riders were on the course. The worst part was the riding back to the start, an incredibly slippery road and for those who did not take a jacket to put on freezing conditions. The conditions slowed riders down a bit, with the models of consistency in other years, Phil Thompson taking a minute longer than last year, Dick Fox going over 19 minutes for the first time. Ron Stranks who has been most consistent over the past four years posting times within 12 seconds was the only rider to improve his time, taking 6 seconds off last years time.

In A Grade John Lynch again posted a sub 16 minutes time to win from first timer Nik Skewes with a creditable sub 17 minutes time, followed by Phil Thompson.

Kevin Turley riding the hill for the second time blitzed them in B Grade winning by 41 seconds (Kevin would have been third in A Grade!). The rest of B Grade were all within 34 seconds, with only 4 seconds separating second and fourth. Karen Hopkinson showed that she can mix it with the best in B Grade with a time of 18 minutes 10 seconds.

C Grade saw the hill climb specialist Keiran Ryan win by 27 seconds from Mick Dewdney and Ted McCoy, both riding the hill for the first time.

Another first timer Paul Gilders, although he lives locally won D Grade by 20 seconds from Ron Stranks and Andy Ferridge.

On the comparison with the standard age based times John Lynch with a time of +3 m 22 sec, won from Peter O'Callaghan +18 m 04 sec and Keiran Ryan +1 m 54 sec. This is the first time we have run this aspect to the event and Peter's blistering 18 m 04 sec for a 63 year old shows that the winner of this age based times is not necessarily going to be one of the place getters, although John Lynch will have to slow down a bit if someone is to catch him next year.

Despite the conditions most riders seemed to enjoy if the smiles on their faces afterwards was any guide.

### Results

	First	Second	Third	Age Based Times	
<b>A Grade (3)</b>	John Lynch	Nik Skewes	Phil Thompson	<b>First</b>	John Lynch +3:21
<b>B Grade (8)</b>	Kevin Turley	Rudy Joosten	Quentin Frayne	<b>Second</b>	Peter O'Callaghan +2:45
<b>C Grade (6)</b>	Keiran Ryan	Mick Dewdney	Ted McCoy	<b>Third</b>	Keiran Ryan +1:54
<b>D Grade (7)</b>	Paul Gilders	Ron Stranks	Andy Ferridge		

### Officials

Lots of helpers today with several choosing not to ride because of the conditions staying to help out. Graeme Parker sorted everyone into grades and only Kevin Turley snuck under his guard and raced in B instead of A. Jenny Fairbanks took entries as usual and with Alan Sandford timed the riders at the finish, Graeme Parker was giving riders an almighty shove at the start, Mark Wallace and Geoff Cranstone were making sure riders started at the correct time. Greg Molesworth, Gary Binding and Nick Hainal assisted with marshalling riders. Kevin Turley kindly left his wind trainer near the start which was used by several riders to try and warm up. Nick Panou provided some heart warming port to

warm up riders as they finished and Rod Hay provided some more when the first flagon was finished and Ron (how many sausages are left) Stranks looked after the BBQ.

This time last year we congratulated Mario and Jacqui Cordedda on their engagement, this time it was on the birth of Michael James. What will it be next year? A special thanks to Mario for sponsoring this event which continues to be a unique event on the Veterans cycling calendar.

### Next Week

Yarra Junction next week for Graded Scratch Races, for those not competing in the Criteriums at the Masters Games.

### Eastern Vets Program

Saturday	Oct	5	2.00 pm	Yarra Junction	Graded Scratch Races
<b>Monday</b>	<b>Oct</b>	<b>7</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
Saturday	Oct	12	2.00 pm	Steels Creek	Graded Scratch Races
Saturday	Oct	19	2.00 pm	Benalla Weekend	

### Southern Vets Program

Sunday	Sept	29	9.00 am	Lang Lang	Graded Scratch Races
Sunday	Oct	6	9.00 am	Healey Road	Graded Scratch Races
Sunday	Oct	13	9.00 am	Healey Road	Graded Scratch Races

### Northern Vets Program

Sunday	Sept	29	10.00 am	Broadford	Mountain Goat Classic
Sunday	Oct	6	10.00 am	Lancefield	64 km Handicap
Sunday	Oct	13	No Racing		

**CLUB NEWS** More of Rob Graham's travels after the Masters Games.

### Hill Climb Results (Times for all riders in all years available soon)

Name	Age	Std time for age m:sec	Time m:sec	Place	Time cf std time for age +/-	Place
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#### A Grade

Lynch J	47	19:04	15.43	1	+3.21	1
Skewes N	39	18.13	16.57	2	+1.16	11
Thompson P	45	18:51	17.28	3	+1.22	8

#### B Grade

Turley K	44	18:45	17.19	1	+1.25	5
Joosten R	48	19:11	18.00	2	+1.11	13
Frayne Q	47	19:04	18.02	3	+1.02	14
O'Callaghan P	63	20:48	18.04	4	+2.43	2
Hopkinson K	34	NA	18.09	5		
Le Gras J	37	18:00	18.14	6	-0.14	17
De Kam I	55	19:56	18.32	7	+1.24	7
Stalder M	55	19:56	18.34	8	+1.22	8

#### C Grade

Ryan Keiran	57	20:09	18.16	1	+1.52	3
Dewdney M	46	18.58	18.43	2	+1.15	12
McCoy T	62	20:41	18.57	3	+1.43	4
Fox D	65	21:01	19.39	4	+1.22	8
Ransome P	51	19.30	19.46	5	-0.16	18
Preece H	47	19:04	20.21	6	-1.16	19

#### D Grade

Gilders P	36	17.53	19.28	1	-1.35	21
Stranks R	67	21:13	19.48	2	+1.25	5
Ferridge A	56	20.02	20.08	3	-0.06	16
Bowen K	69	21:26	21.21	4	+0.05	15
Wilson J C	45	18:51	21.57	5	-3.06	22
Hay R	66	21:07	22.39	6	-1.32	20
Wilkinson M			24.29	7		



## NEWSLETTER OCTOBER 12, 2002

### Yarra Junction October 5

With the Masters Games on numbers were down to about 20 and instead of racing a casual (?) training ride with two groups a fast one and a slower one were held instead to Powelltown and beyond. Warm temperatures, no wind fruit trees in blossom and the scenic surroundings resulted in a very enjoyable ride.

### Steels Creek October 12

The Masters Games road races are on next Saturday and Sunday and numbers are again likely to be down. If there are insufficient numbers to race, then a training ride will be held again.

### The Benalla Weekend

The Benalla weekend has been cancelled for a number of reasons. Most riders appear to be concentrating on the Masters Games and not thinking too far ahead, it clashes with Around the Bay in a Day, it is Hume Veterans road championships that weekend and the Trekkers backpackers accommodation is booked out.

### Metec Circuit

We are trying to organise a ride at Metec (Colchester Road) on October 19, to check it out as a possible venue, would you believe that insurance is presenting a problem. We will keep you posted.

### MASTERS GAMES RESULTS

It was a good weekend for Eastern Veterans at the Masters Games with members collecting three gold medals and several top ten placings.

**Liz Randall** continues her scintillating form from Europe and won gold in the Womens 55-59 Criterium. There was a bad fall in this race on the bell lap which fortunately was behind Liz.

**Karen Hopkinson** won Womens 30-34 MTB. Notwithstanding a puncture and a fall which bent her handlebars, Karen managed to win by over 10 minutes.

**Kerry Ryan** a red hot favourite in the Mens 60-64 MTB didn't let us down and won by 25 minutes!!!!

Kevin Turley fifth, Mick Dewdney finished seventh in the MTB, Mark Wallace tenth. Jeff Williams had a black day, he had two punctures, the first when he was coming third about 10 sec behind leaders, broke his pump and took 6 minutes to get enough pressure to ride on, dropped back to about 14th, managed to get back to 6th only to puncture again, with no pump that was the end of race for Jeff.

In the Crits Rob Graham, Greg Morgan, Roman Suran, Daryl Annells, Ivan Collings, Colin Smythe, Keith Bowen, Rod Hay, Neil Wray, Peter Wykes and Peter O'Callaghan all made the finals. Best results were Peter Wykes, Keith Bowen and Colin Smythe (all seventh), Rod Hay (ninth).



# eastern veterans cycling club

**Newsletter October 26 2002**

## MASTERS GAMES RESULTS

The following is a summary of results (medals and top 10 finishers) of Eastern members in the Masters Games. Outstanding results are those of Karen Hopkinson, three gold and Liz Randall, two gold and one silver. If there hadn't been a clash between the criterium and mountain bike events, they both would have won four medals, Liz chose to ride the criterium rather than the mountain bike, where she would have been a shoe-in, and Karen chose the mountain bike rather than the criterium where she would have to have run a place, if not first.

In the men, gold to Kerry Ryan and Nick Bird in the mountain bike and silver and bronze to Neil Wray and Rod Hay respectively on the track were the best results. Ian De Kam showed that he not just a cyclist, by winning gold in the kayaking, while Peter Doonan won gold (he did the cycle leg) in the Triathlon Team Sprint.

Congratulations to the medal winners and to all those who raced. It was a buzz to race in such big fields against some of the best in the world. Apologies to any one who I missed out on.

The photos for all cycling events can now be found at [www.movingpictures.com](http://www.movingpictures.com). Fantastic photos but lots to look through, easier if you were wearing your Eastern jersey.

Name	Road			MTB	Track			
	Crit	TT	RR		Pur	TT	Spr	Scr
Liz Randall	1	1	2					
Lorraine Lloyd		4	7					
Claire Taylor		4						
Karen Hopkinson		1	1	1				
Colin Smythe	7		4					
Keith Bowen	7		7					
Rod Hay	9					5	3	4
Neil Wray					4	2	4	5
Kerry Ryan	8	8	8	1				
Peter O'Callaghan		6	5					
Peter Wykes	7		7					
Steve Fothergill		6						
Rob Graham		7						
Mick Dewdney				7				
Nick Bird				1				
Rob Amos				4				
Kevin Turley				5				
Mark Wallace				10				
Brett Morton			5					
Ian De Kam	Kayaking 1							
Peter Doonan	Triathlon Team Sprint (Peter did the cycle leg) 1							

### Next Week

The Summer Season kicks off next week with criteriums at Dunlop Road. A condition of our permit to race at Dunlop Road required us to notify the occupants of all premises on the circuit. The occupiers of 64 Geddes Street (Airpure) have indicated that their property is not available for parking, unfortunately it has a large parking area and is near the finish line. Please ensure that you do not park there and for preference park off the circuit in Dunlop Road west of Geddes Street.

**Hume Vets Open** First event for 2003 Aggregate, 10.00 am Sunday November 10, entries close with Keith Bowen on Monday November 4.

### Eastern Vets Program

Saturday	Nov	2	2.00 pm	Dunlop Road	Graded Scratch Races
<b>Monday</b>	<b>Nov</b>	<b>4</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
Saturday	Nov	9	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Nov	16	2.00 pm	Dunlop Road	Graded Scratch Races

## Southern Vets Program

Sunday	Oct	27	9.00 am	Healey Road	Graded Scratch Races
Sunday	Nov	3	9.00 am	Rushdale Street	Graded Scratch Races
Sunday	Nov	10	9.00 am	Star Crescent Hallam	Graded Scratch Races
Sunday	Nov	17	9.00 am	Bayles (Cora Lyn)	Graded Scratch Races
<b>Thursday Racing 6.15 pm Necropolis Springvale, enter from Police Road after 5.45, (to be confirmed).</b>					

## Northern Vets Program

Sunday	Oct	27	10.00 am	Avenel Rd Seymour	Vin Nuttal Handicap
Sunday	Nov	3	10.00 am	Pyalong Rd Seymour	Chooks Wheel Race
Tuesday	Nov	5	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Nov	10	9.30 am	Campbellfield	Graded Scratch Races

## CLUB NEWS

### IT WILL BE HARDER NEXT YEAR — More on the Hill Climb

Overall times for the hill climb were a bit down from last year, which we can put down to the conditions. Of the 22 riders only 7 failed to break the time for their age, the result being that with these new times factored into the equation, the times for various ages will come down next year. I guess when conditions are bad, riders who have an aversion to climbing hills are going to stay home and watch the Grand Final, the consequence being that with only the good turning up and the 'age times come down'. What is worse, the change is greater for the older ages. For next year, the time

for a 40 year old will be 6 seconds faster, but for a 60 year old, it will be 11 seconds faster. Oh well, hopefully we will have a more balanced field next year.

Outstanding times are John Lynch, who seems to have a mortgage on fastest time, Peter O'Callaghan whose time of 18.04 is about 30 seconds faster than any other 60 year old has done. The prize for consistency goes to Ron Stranks, with four times within 11 seconds of each other and put in his fastest time this year.

### All the Hill Climb Results from 1998 to 2002

Name		1998	1999	2000	2001	2002	Grade
Buckley	Michael	17:54	16:14	15:01			A
Campbell	Peter			17:02			A
Cordedda	Mario			16:10	17:02		A
Flower	Steven			16:33			A
Frayne	Quentin	17:27	17:14			18.02	A
Graham	Rob				16:42		A
Lillycrap	Michael			15:52			A
Lynch	John				15:11	15.43	A
Mathews	Grant			15:33			A
McGeoch	Ian		16:01				A
Mex	Mark				16:50		A
O'Brien	Gerard			17:13			A
Oziesmki	Peter				16:26		A
Thompson	Phil	17:20	17:16	16:27	16:15	17.28	A
Wallace	Mark			18:36			A
Williams	Jeff				16:17		A

Boulton	Andrew			18:53			B
Castillo	Peter				15:55		B
Chan	Ed			17:53			B
Curulli	Tony	20:32	20:11	20:24			B
De Kam	Ian					18.32	B
Doonan	Peter			16:31			B
Gillies	Ian				17:30		B
Goodall	Dayle			17:46			B
Grey	Brian			18:39			B
Hainal	Nick	18:04	18:25	17:54			B
Hopkinson	Karen					18.09	B

Joosten	Rudy	18:02	17:22	17:27		18.00	B
Lynch	Cliff	19:25	18:49	18:35			B
O'Callaghan	Peter					18.04	B
O'Connor	Michael		18:32				B
Patatou	John	17:51	17:40	19:10			B
Smith	Ian				17:01		B
Stalder	Martin		17:57	17:38	17:50	18.34	B
Turley	Kevin			18:01		17.19	B
Weekes	Steve			17:47	17:14		B

Barnes	Dick			19:16	19:29		C
Bennett	Royce	19:17	19:23	19:30			C
Binding	Gary		20:49	22:13			C
Boulton	David	19:47	18:57		19:01		C
Brown	Stephen				18:31		C
Dewdney	Mick					18.43	C
Di Tullio	Steve			19:55	19:37		C
Fox	Dick	18:44	18:36	18:42	18:41	19.39	C
Gallagher	Daniel		20:35				C
Harris	Jim			20:54			C
Ives	Dan			19:47			C
Laird	Andrew			17:53			C
McCoy	Ted					18.57	C
Marshall	Keith		19:47				C
Molesworth	Greg		22:02	20:05	18:15		C
Morris	Colin			19:47			C
Pitrun	Michael				19:07		C
Ransome	Peter					19.46	C
Ryan	Kieran		17:38			18.16	C
Simpson	Harold			22:05	21:09		C
Suran	Roman			19:13			C

Barlow	Frank			21:09			D
Bishop	Leon				22:10		D
Bowen	Keith		20:19	19:34	20:12	21.21	D
Ferridge	Andy					20.08	D
Gilders	Paul					19.28	D
Hogan	Barney			21:29			D
Hopkins	John				20:50		D
Mitchell	Jenny			18:59			D
Muller	Ben				20:51		D
Oberg	Steve			20:10			D
Preece	Hylton			20:54		20.21	D
Stranks	Ron		19:59	19:59	19:53	19.48	D
Trigar	David			21:36			D
Ward	Kayley			19:55			D
Werner	Hans				19:41		D
Willkinson	Mark					24.30	
Wilson	John			21:51			D

Allen	Clive	24:50	23:55				E
Caincarulo	Joe			21:51			E
Cunneen	Alan			27:10			E
Dawkins	Derick			23:33			E
Hay	Rod				22:01	22.39	E
Kennedy	Jacqui		21:46	21:52	21:28		E
Macleod	John	24:32	25:09		23:16		E
Porter	John			22:24	20:42		E
Randall	Liz				20:43		E
Smith	Ron		21:58	23:12			E
Smythe	Colin			25:06			E
Wilson	John C			21:44	23:54	21.57	E

**Winter Aggregate** Brett Morton runaway winner, Phil Thompson, second on a count back from Ron Stranks.

Morton Brett	57	Stalder Martin	31
Thompson Phil	43	Bowen Keith	30
Stranks Ron	43	Lipple Greg	30
Parker Graeme	34	Ryan Kerry	30
Bishop Leon	33	Smythe Colin	30
Preece Hylton	31		

### AROUND THE BAY IN A DAY

A tough ride this year with head winds to Geelong and thanks to unknown persons who changed the direction signs, for some, an extra 10 km of those head winds to Geelong. An easy (?) ride from there on with tail winds to Queenscliff and helping winds all the way back to St Kilda. A great day, Warragul did it as a team and looked fantastic as they rode into the finish as a group in their Club jerseys. We should do the same next year. Seen on the ride were, Graeme Parker and Steve Oberg in Sorbent tops, Mark Granland, Michael Paull, Keith Bowen, Kevin Turley, Kerrie Barratt, Keiran Ryan, David Johnson, John Chadwick, Ben Muller, Russell Ward, Hylton Preece, Kevin Mills, Greg Molesworth, Steve Short, Leon Bishop and Alan Cunneen, not seen but sure to have been there. What about the Sunday morning riders joining us for the full Monty next year?

### TOUR DE FRANCE 2002

#### The French Pyrenees: Part 3

**Friday 19, July** The second Pyrenean stage sees the riders face 198 km between Lannepizan and the mountain top finish of Plateau de Bielle. En route they faced 5 cols, Col de Menthe (1349m 9.4 km at 9%), Col de Porte d' Aspet (1069m 4.4k at 9.6%), Col de la Core (1395m 14.3 km at 5.8%), Col de Port (1249m 12.6 km at 4.9%) and finally Plateau de Beille (1780m 15.9 km at 7.8%), not a bad days work by the Tour riders.

Roy and I rode from Luchon to St Beat and onto the stage course, riding over the first climb Col de Menthe, not bad and quite steep, down the very fast descent, 70 kph, fast enough for me, 90+ for the Tour boys and onto the second climb Col de Porte d' Aspet (site of the Fabio Casartelli memorial) one of the steepest Cols I rode. We stopped at the top of this climb and began our three-hour wait for the Tour riders to arrive.

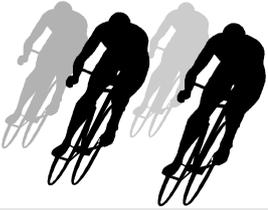
Hundreds of others were also waiting at this spot, a real carnival atmosphere. We sat down in the shade and ate our meagre rations. Two elderly French couples had set up a picnic banquet near us, food, wine, beer they seemed to have heaps of it covering their table. We must have looked under fed to them, as one old guy and his wife came over to us, with two Kronenberg beers, 1.25L of bottle water, a large baguette, cheeses, tomatoes, cake, ham, boiled eggs and more, we could not eat it all. Who said French picnics were not free?

We could here screams of "Jaja Jaja Jaja" yes the leader over this second climb of the day was Jalabert (the French idolize him) he had a good few minutes on the chasers (Armstrong and his team among them). Jalabert lead for most of the stage for the second day in a row only to be mown down by the Armstrong train on the last climb. Two in a row for Armstrong, the Pyrenees were definitely his.

Within 30 minutes all riders were over d' Aspet, so we began our descent down to the Casartelli memorial for a look. One mistake on this descent and you are in big trouble, with 30-50 cm high rock walls lining the narrow road edge (no run off, smash straight into the rock wall if you over cook the steep and thus extremely fast descent), slow for me as many other riders and walkers also descending.

We rode back to Luchon via two of my kind of Cols, Col de Bure (618m 5k at 3.5%) and Col des Ares (750m 5k at 4%). It was a hot ride back 35°C, we passed through many old villages, a very scenic ride back. In Luchon by 4 pm and we could watch the last 50 minutes of the stage live on TV Eurosport (didn't understand much of the French commentary though) Armstrong the winner (understood that bit), Jaja blew up, he only rode about 150 km out in front today, not a bad effort given the terrain.





# eastern veterans cycling club

*Newsletter November 2 2002*



**SEE YOU MONDAY NIGHT NOVEMBER 4  
MAROONDAH CLUB 8.00 PM.  
MONTHLY GENERAL MEETING IMPORTANT  
MATTERS TO BE DISCUSSED.  
MAKE SURE YOU ARE THERE**

## Club Road Championships October 26, Yarra Glen Toolangi

A bit of a disappointing turn out for an important Club event, the Winter Road Championships. Perhaps after the Masters Games we had had enough of riding against those in our own age group. Notwithstanding that we are only a week away from November, conditions continue to be cold and windy. The strong southerly meant that it was a breeze riding up by the timber mill and if anything I think it was slightly helping on the way back from Healesville. The biggest fields were in the 40-44 and 45-49, with 8 and 9 respectively, but where were the 50 year olds? Captain Steve Fothergill was the only starter. There were probably no surprises in the winners.

### Results

	First	Second	Third
3 5-39 (4)	Brett Morton	Jeff Williams	Ian Milner
4 10-44 (8)	Peter Oziemski	Peter Doonan	Mark Wallace
4 5-49 (9)	Phil Thompson	Rudy Joosten	John Grant
5 10-54 (1)	Steve Fothergill		
5 5-59 (2)	Martin Stalder	Keiran Ryan	
6 10-64 (3)	Kerry Ryan	Ted McCoy	David Lyons
6 5-69 (3)	Ron Stranks	Keith Bowen	Alan Sandford
7 5+ (1)	Ken Woollard		

### Officials

Racing was under the control of Neville Williamson, trying to disguise himself with new beard. Other keen helpers were Jenny Fairbanks, Rob Graham, not riding because of the flu, Mark and Jack Granland in the lead car, Ian De Kam and Gary Binding. Glenn Archer although not riding made sure there were some refreshments available after the race. Thanks to all of you for making sure we had an enjoyable and safe day's racing.

### Next Week

Holloway Drive (Melway 64 J5), where we haven't raced for some time is the venue for next week's Graded Scratch Races.

### Eastern Vets Program

Monday	Nov	4	8.00 pm	Maroondah Club	General Meeting
Saturday	Nov	9	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Nov	16	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Nov	23	2.00 pm	Macclesfield Rd	Graded Scratch Races

### Southern Vets Program

Sunday	Nov	3	9.00 am	Rusdale Street	Graded Scratch Races
Sunday	Nov	10	9.00 am	Star Crescent Hallam	Graded Scratch Races
Sunday	Nov	17	9.00 am	Bayles (Cora Lyn)	Graded Scratch Races
Sunday	Nov	24	9.00 am	Healey Rd	Graded Scratch Races

**Thursday Racing 6.15 pm Necropolis Springvale, enter from Police Road after 5.45, (to be confirmed).**

## Northern Vets Program

Sunday	Nov	3	10.00 am	Pyalong Rd Seymour	Chooks Wheel Race
Tuesday	Nov	5	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Nov	10	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Nov	17	9.30 am	Toolernvale	Graded Scratch Races

## CLUB NEWS



### IT'S A GIRL

Congratulations to Cecilia and Glenn Archer, Holly arrived a week or so ago. Holly eating and sleeping well, Glenn can't wait to get back to work.

## TOUR DE FRANCE 2002

### Rob Graham finishes his trip to the Tour

#### A WEEK IN THE FRENCH PYRENEES

**Saturday 20 July** The Tour de France left the Pyrenees with a relatively flat 171 km stage from Lavelanet to Beziers.

We packed all our gear on the coach and drove the 2.5 hours to see the start in Lavelanet. The coach had to park about 2 km from the start (so did everyone else) and we walked to Esplanade de la Concorde in the centre of town where the stage was to start at 1.10 pm.

The atmosphere at the start was tremendous with wall to wall people, team buses and spares cars, the Tour publicity caravan vehicles and the team riders, all announced onto a stage for the days signing on procedures.

There were plenty of gendarmes around the perimeter of the riders compound, but it was relatively easy to jump the fence for an autograph or a photo (Julie did). The security was not that tight except for Lance Armstrong who was always surrounded by a few extra minders.

Yes, Jaja got the loudest cheer from the large crowd when he signed on for the day, Armstrong didn't do too bad either and I gave the four Aussies a yell as did many other Australians in the crowd.

Spot on 1.10 pm they were off, for the ride to Beziers. The young English rider David Millar, from the Cofidis team, eventually won the stage.

Straight after the stage start we walked back to the coach ready to begin the long drive to Orleans, 120 km from Paris.

#### A WEEK IN THE FRENCH ALPS

**Monday 22<sup>nd</sup> July** the second rest day for the tour riders after they had completed the 220 km stage 14, from Lodeve to Mt Ventoux. We traveled from Paris to the beautiful Lake Annecy at the foot of the French

Alps. A very long day on the coach, but well worth it to see the French countryside. We actually stayed at St Jorioz about 9.5k from Annecy, on the way to Albertville, site of the winter Olympics a few years ago.

**Tuesday 23<sup>rd</sup> July** Stage 15 of the Tour and the first stage in the Alps. Today was to be the longest stage at 226 km from Vaison le Romaine to the mountain top finish at Les deux Alpes. Thought it was a bit too far to ride from the Hotel at St Jorioz to Les deux Alps, as I wanted to go via Alpe d'Huez, so I went on the coach to Rochetaillee from where access to Alpe d'Huez was quite easy.

The ride up the infamous Alpe d'Huez was GREAT, just like you see when it has been part of the Tour, plenty of hairpins snaking up the 13 km to 1860m, it took me just over an hour to climb (could have gone faster but I knew this was only the first of three climbs today). At the top of Alpe d'Huez we found our way to the road near the side of the heliport and a short descent before the climb over the Col de Sarenne 8k to 2000m then a very long descent to the start of the Les deux Alpes climb of 12 km at 6.1% to 1644m. This final climb was lined with people setting up for the day and the long wait until the Tour riders arrive. All the riders, like me taking the challenge of riding up this stage's final climb gave the fanatical crowd practice at cheering on riders (allez, allez, allez) well before the big guys arrived.

Rode under the 1 km kite, will I make it to the finish line today? NO, stopped by the Gendarmes again just 200m short. I'll get over a finish line yet. Directed to go behind the barriers, found a good spot near the finish and watched the stage live on the big screen.

Botero had broken away from Aerts and Merckx on the final climb and still looked to be riding strongly when he motored past my vantage point just 150m from the finish line. About 1 hour after the first rider we were allowed to begin the descent down Les deux Alpes with

100's of others. You needed to be extremely careful on the descent, riders and people everywhere. One young English guy on this tour was taken out by another rider on this descent and ended up with a broken wrist and the usual skin loss (stuffed up his week of riding in the Alps on the first day). Rode back to Rochetaille and had a couple of beers while waiting for the coach, which was stuck in Tour traffic. A great day, 85 km ridden with 3 excellent climbs.

**Wednesday 24<sup>th</sup> July** Tour stage 16 Les deux Alpes to La Plagne 179k. The second Alpine stage is a classic and sees the riders tackle the mighty Col du Galibier 2645m 33.7 km at 4.7%, Col de la Madeleine and the climb to the ski station of La Plagne. I decided to go on the coach to near Mascot La Plagne and ride to Col de la Madeleine (second last climb for today's stage) and watch the Tour riders descend this climb. The coach was stuck in tour traffic and we were over an hour late getting to our drop off point. Given this we still rode off towards the Col de la Madeleine a 19.3 km, 2000m at 7.9% climb. We rode about 15 km up the climb before we were stopped by the Gendarmes and told we could not go any further, too late, everybody had to be off the road. We were stuck (luckily at a little village with a shop selling coffee and food) unable to go up or down, two hours waiting for the procession to arrive and another hour later for the riders. Boogerd was the first rider to fly past on the descent with a group of chasers about 2 minutes back and the peleton over 10 minutes back. It was a great ride by Boogerd as he was able to hold his lead up the last climb to La Plagne 1880m 17.3 km at 7%, a tough drag after 165 km of racing.

Half an hour after the last tour rider, the Gendarmes finally let us on the road and we began the Col de la Madeleine descent, and the ride back to Lake Annecy-St Jorioz. It was a great 50 km ride on minor roads although at one stage we took a wrong turn and ended up on the motorway with cars belting past at 130+ kph, a bit dangerous and scary (illegal to ride on motorways) quickly found an off ramp and with the help of a friendly local, were directed on to the correct minor road to follow back to the bike path that goes all the way back to Annecy. We beat the coach back to the hotel at St Jorioz by well over an hour as they had been stuck again in tour traffic. Overall a great day 90+ km ride, brilliant weather, although a bit disappointing not to get to the top of the Col de la Madeleine.

**Thursday 25<sup>th</sup> July** Tour stage 17 Aime to Cluses 141 km. The third and final Alpine stage of the Tour another classic with the riders tackling four Cols, Col

du Cormet de Roseland 1968m 19.4 km at 5.8%, Col des Saissies 1650m 15.3 km at 6%, Col des Aravis 1498m 11.7 km at 4.9% and Col de la Colombiere 1618m 11.8 km at 5.6%. We rode from our base at St Jorioz to La Clusaz, the start of the Col des Aravis that we climbed and then descended back down to La Clusaz and onto Le Grand Bornard and the start of the Col de la Colombiere, the last climb for the tour riders today. This was a great climb with the road lined with people setting up for the wait for the big boys to arrive. We were going to wait at the top of Colombiere for the tour to arrive but decided to ride the course to the finish in Cluses. This was about 40 km and all down hill with the first 20 km a very fast, steep twisting descent down Colombiere (care needed I was on the brakes most of this 20 km) the final 20 km to the finish was long downhill straights with a few fast corners through the outskirts of Cluses and then onto a main road into the centre of town. No cars to worry about as the road was closed 4 hours before tour riders arrive, and usually about 2 hours before bikes are stopped.

Rode past the 10 km to go sign, 5 km to go sign, will this be the day I get to ride across the finish line? Keep riding until I get stopped was the go, under the 1 km kite, 500m, 200m (plenty of Gendarmes, don't seem to be stopping riders yet) well now let's sprint for the line we did (I got 2<sup>nd</sup>, only 2 of us). Yes I finally managed to ride over a stages finish line. After the line we were promptly directed behind the barriers. Found our way to an area with shops and found a very smoky PMU-bar with a TV (like a TAB here) and watched the stage live from 90 km to 30 km to go. We went out onto the course and waited about 2 km from the finish for the leaders to arrive, Frigo looked the strongest of the four leaders and took the stage win in a sprint finish. Now we had to find our way out of Cluses and the road back to Annecy, which was no simple feat, even with good maps. Finally on N205/203 and the 50 km ride back to Annecy-St Jorioz.

Overall a great day, finally rode over a stage finish line, with 170 km in the legs by the time we found our way back to the hotel at St Jorioz, it was quite a big one.

**Friday 26<sup>th</sup> July** Tour stage 18 Cluses to Bourg-en-Bresse. The riders leave the Alps with this 180 km undulating stage. Today was an early start and off to Cluses on the coach for the stage start. At an official Tour merchandise stall I purchased the green and polka dot tops (at 69 Euro each, \$135 in Aussie money, they were not cheap). As usual thousands of people at the start watching the riders warm up and sign on for the day's stage. At 12-30 pm the peleton rolled out, racing

started about 5 km out of town. This stage was won by Hushovd, who was the strongest of a break away group.

The coach traveled back to Annecy and after a look around we found a bar with a TV and watched the last 2 hours of the stage.

**Saturday 27<sup>th</sup> July** Tour stage 19, 52.5k Individual time trial from Regnie-Durette to Macon.

Unfortunately did not see this stage as we were stuck on the coach all day for the long (9-30 am to 8 pm) drive back to Paris. Armstrong won the TT and he only had to finish tomorrow's stage to Paris on the Champs-Elysees to make it Tour number four.

**Sunday 28<sup>th</sup> July** Tour stage 20, 147 km from Melun to Champs-Elysees(Paris). We caught the Paris metro to Champs-Elysees arriving at least four hours before the riders were to arrive to stake a spot on the barriers. Thousands of others had the same idea, but we managed to settle on a spot right on the barriers about half way along the Champs-Elysees on the opposite side to the finish straight. You could not gain access to any of the best spots near the finish or on the turns all were reserved for who knows who? Tried to sneak in but the Gendarmes could not be bribed by Aussie

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Finally, if you have the chance to go to France and follow the Tour do it, as it is like an AFL grand final every day for 20 days. The people, countryside, food, wine etc. are great and if you have a bike riding those Cols keeps you pedaling and the heart pumping, as the saying goes **JUST DO IT**.

Tomorrow Monday 29<sup>th</sup> July the fun really starts Julie and I pick up the Hertz hire car (a new Golf) and I start driving on the right with the steering wheel on the left, on the motorways at 130 kph if you stick to the speed limit, most don't, they go faster (note you can slow down to 110 kph if it's raining). Four weeks driving/navigating around Southern France, Northern Italy and Switzerland should be fun. It was!! **Rob Graham**

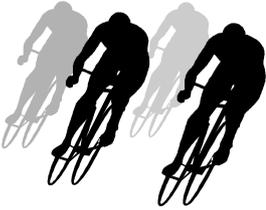
bullshit, they probably couldn't understand a word of it any way.

The Champs-Elysees, being a cobbled surface was not the easiest to ride on, but the Tour riders belted around for ten laps of the 6 km circuit. The pressure was on from the start once the riders hit the circuit and it was very hot racing (temperature 38°C hottest day in Paris for the year). With two laps to go we decided to find the big screen set up near the finish so we could watch the finish on TV. A much better view than being 10 deep and through the thousands of people. What a finish, Robbie McEwen maneuvered his way forward and burst from the other sprinters to take the win in the final stage. Gee these guys ride fast and seems to have no fear in the last 200m. Baden Cooke and O'Grady also had great rides, just to be near the front at the end was no mean feat.

The four Aussies had a great Tour, to all finish was fantastic, especially Brad McGee after his bad fall on stage 11, first day in the Pyrenees. McEwen to win the sprinters green jersey was a great effort and he is obviously a tremendous rider these days. Cooke in his first Tour mastering the 3282k and placing well amongst the sprinters.



Rob and Julie settle in to watch the finish.



# eastern veterans cycling club

**Newsletter November 9 2002**

## November 2, Graded Scratch Races Dunlop Road

With the closure of AFL Park, it is now a case of returning to our old criterium circuits for Summer racing. Sixty one riders on a day when the forecast temperature was to be the first 30+ day of Spring/Summer showed how popular this circuit is. The wide road and super smooth surface made for some fast racing. A Grade seemed to be pretty competitive as various riders tried to get away. Ian Milner had a go, Ian McGeoch tried, Daryl Annells tried, but the wily pair of Mark Wallace and Peter Doonan bided their time and went with about 15 minutes to go, winning comfortably from Ian Milner relishing a circuit without hills, who was well ahead of the rest of the bunch.

In B Grade the very consistent Michael Pitrun probably earned a ride in A Grade, winning comfortably from Ross Edwards, back on the bike after surgery and Ray Cardosi.

C Grade was a bit like A Grade with several riders trying to get away. Peter Wykes was out in front for a

while and was joined by John Wilson, David Lyons after riding 8000 km in France, had a go, Steve Short was there for a short while. In the end Colin Morris was too good in the sprint, winning from Peter Wykes, who was near the front all day, Nick Panou and James Harris.

D Graders will remember Ray Clifford from AFL Park, where he road in front all day. He was at it again today and must have earned himself a ride in C Grade with his commanding win from the sprinters Mark Granland and David McCormack, fresh from his week with the Sun Tour as a team masseur.

Clare Taylor continuing on from her good form in the Masters Games, won a combined E and F Grade field from Clive Wright and Tony Curelli. Rod Goodes winning the money in F Grade from Mike Fisher and Phil Stern having his first ride after a hip replacement.

A few cars on the circuit, but not too many to be of any trouble.

### Results

	First	Second	Third	Fourth
<b>A Grade (9)</b>	Mark Wallace	Peter Doonan	Ian Milner	
<b>I Grade (10)</b>	Michael Pitrun	Ross Edwards	Ray Cardosi	
<b>C Grade (15)</b>	Colin Morris	Peter Wykes	Nick Panou	James Harris
<b>I Grade (14)</b>	Ray Clifford	Mark Granland	David McCormack	
<b>I Grade (9)</b>	Clare Taylor	Clive Wright	Tony Curelli	
<b>I Grade (3)</b>	Rod Goodes	Mike Fisher	Phil Stern	

### Officials

Special thanks today to David De Gama and Glen Campbell who manned corners for both races. Two hours is a long time to be standing on the side of a road watching riders go by. Others to help were Ray Cardosi, David McCormack, Hylton Preece, Nick Hainal, Peter Wykes, Rhonda and Maureen. Graeme Parker and Jenny Fairbanks took the entries. As usual the man in charge of it all was Alan Sandford who made sure everything went off without a hitch, assisted by various riders judging the races and Nick Wallace, son of Mark, ringing the bell and waving chequered flag.

### Next Week

Back to Dunlop Road for Graded Scratch Races.

### Eastern Vets Program

Saturday	Nov	16	2. 00 pm	Dunlop Road	Graded Scratch Races
Saturday	Nov	23	2. 00 pm	Macclesfield Rd	Graded Scratch Races
Saturday	Nov	30	2. 00 pm	Latrobe University	Graded Scratch Races
Saturday	Dec	7	2. 00 pm	Dunlop Road	Graded Scratch Races

## Southern Vets Program

Sunday	Nov	10	9. 00 am	Star Crescent Hallam	Graded Scratch Races
Sunday	Nov	17	9. 00 am	Bayles (Cora Lyn)	Graded Scratch Races
Sunday	Nov	24	9. 00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	1	9. 00 am	Healey Rd	Graded Scratch Races
<b>Thursday Racing 6. 15 pm Necropolis Springvale, enter from Police Road after 5. 45, (to be confirmed).</b>					

## Northern Vets Program

Sunday	Nov	10	9. 30 am	Campbellfield	Graded Scratch Races
Sunday	Nov	17	9. 30 am	Toolernvale	Graded Scratch Races
Sunday	Nov	24	9. 30 am	Toolernvale	48 km Handicap

## CLUB NEWS

### Club Trailer

Have you noticed the trailer, thanks to Nick Hainal it now has matching hub caps and new spare wheel and tyre.

**AN INVITATION TO RIDE THE FRENCH ALPS IN 2003 AND SEE THE TOUR!**

**You have read Rob Graham's story of the 2002 Tour, here is your opportunity to see the 2002 Tour.**

Next June/July I plan to return to France to ride, compete, and holiday. Having done this solo on two previous occasions, this time I would love to organise a small group to share the experience – and what an experience it is!

The main focus for me is to compete in a one day event called 'La Marmotte' in early July, preceded by training rides in the South of France and Italy. The Tour De France usually passes through the alps shortly after La Marmotte, so the plan is to make sure we see a mountain stage or two. My wife Meg Ryan (no not the film star) will be with me and doing touristy things, so we would like other friends/partners to come along as well.

This is not a commercial venture – we would plan the trip together and share expenses (eg a mini bus). The last time I was there an English team of vets did this and they had an absolute ball.

Just a brief word about the La Marmotte event. It is one of a series of events held each year in a variety of locations in and around the Alps. It is run on similar lines to the Alpine Classic at Bright; you aim to achieve a time related to your age with gold, silver and bronze medallions for those who achieve the standard. In 1999 we had 3,500 competitors! These ranged from elite to recreational racers. The ride is 175 km and features some of the classic climbs of the

Tour. Starting at the foot of Alpe D'Huez in Bourg D'Oisans (719m) at 6.15 am we start the climb of Croix De Fer (2068m) after about 10 km of flat road. Next comes the giant of the Alps, Col Du Galibier 2645m with the Telegraphe (1570m) on the way. Galibier is really quite awesome and we usually have a crowd at the food station looking down on us negotiating the hairpins. The next 40 km is downhill. After descending the mountain you flash through little villages and tunnels before arriving back to the start and the final challenge, the legendary Alpe D'Huez (1860m) with its famous 21 bends. Over the 174 km event you climb 5000m. This compares with the Alpine Classic 200 km with 3,600 of climbing. Generally, the road surfaces are faster in France, but the climbs can be pretty steep. I rode a 39x25 in '96 and 39x26 in '99.

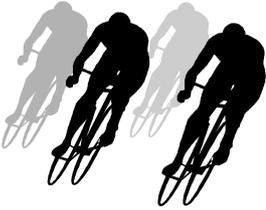
I have maps and photos plus a good idea for training rides prior to the event. If you are even vaguely interested in coming next year or know anyone else who might be, please get in touch.

Even if you don't consider yourself to be a good climber, you will be when you return!

Cheers,

***Keiran Ryan***

9397 4546 or 0407 817 273



# eastern veterans cycling club

**Newsletter November 16 2002**

## **November 9, Graded Scratch Races Holloway Drive**

Another old circuit in use today and with its smooth surface and exceptionally wide roads meant that there was plenty of room to corner, without slowing down. Having raced there it is not hard to work out why it was popular in the past and is certain to be over this Summer. The circuit and ideal weather made for a perfect days racing.

Sixty four riders in total today with a fairly even spread over all grades. A Grade lost Brett Morton early with bike trouble and then, dare I say it seemed to just 'cruise along' in a bunch until a couple of laps to go when Ian Milner tried to stir them up. In a bunched sprint Jim Swainston won from Phil Thompson and Mark Wallace.

In B Grade Rob Amos and Martin Stalder were well out in front for most of the race, with Rob winning from Martin and John Walker coming third.

Ray Clifford and David Lyons led C Grade for lap after lap and must have had the sprinters drooling at the prospect of a bunched sprint. Sure enough they came to the fore with James Harris winning from Neil Wray, Nick Panou and Michael Paull. The sprint was a pretty torrid affair with all riders close to the curb.

One rider (name unknown) was heard to drop the magic word several times during the sprint as he got squeezed into the curb.

Along with Rob Amos and Martin Stalder, the ride of the day was by Vince Sosnovec in D Grade. Vince got away twice and stayed away both times for 15 minutes or more. The first time he had Mark Granland and Neville Williamson for company for some of the time, but the second time it was a solo effort. Having been caught though, he still had enough left to follow Mark Granland home, who is in great sprinting form on his new bike, with Neville Williamson coming third.

The tradition continued in E Grade with new riders Nick Kimber and Jack Standa coming first and second with Tony Curelli third. In contrast with all the other grades where conversation is limited and usually of the curt kind, Su Pretto kept up a running conversation with whoever she was riding beside throughout the race. Alan Sandford rode E Grade and coached the new riders and gave them the benefit of his vast experience.

### **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>
<b>A Grade (9)</b>	Jim Swainston	Phil Thompson	Mark Wallace	
<b>I Grade (12)</b>	Rob Amos	Martin Stalder	John Walker	
<b>C Grade (16)</b>	James Harris	Neil Wray	Nick Panou	Michael Paull
<b>I Grade (14)</b>	Mark Granland	Vince Sosnovec	Nev Williamson	
<b>I Grade (13)</b>	Nick Kimber	Jack Standa	Tony Curelli	

### **Officials**

One of the advantages of the Summer crits, with two lots of races, is that there are plenty of riders around to act as cornered stewards and officials. Today we held the help of Mick Dewdney, Brett Morton, Tony Curelli, John Grant, Steve Oberg, Derek Dawkins and David Johnson. Jeff Pretto took on the job of driving the lead car, which was a first for an Eastern criterium and worked well and is sure to be continued. Jenny Fairbanks was doing her usual professional job of taking entries with Graeme Parker, with Graeme and Alan Sandford running the two sets of races. Glenn Archer and Steve Fothergill were doing a brisk trade on the drinks.

### **Next Week**

A new circuit next week at Yellingbo. This circuit is out beyond East Wandin (proceed through the roundabout for a few kilometres and turn right into Maccesfield Road). The start/finish is near the Maccesfield Primary School, Melway 309 C5. The course is an out and back one, with a few undulations (hills ?) similar to Steels Creek.

### Eastern Vets Program

Saturday	Nov	23	2. 00 pm	Macclesfield Rd	Graded Scratch Races
Saturday	Nov	30	2. 00 pm	Latrobe University	Graded Scratch Races
Saturday	Dec	7	2. 00 pm	Dunlop Road	Graded Scratch Races
Saturday	Dec	14	2. 00 pm	Dunlop Road	Graded Scratch Races

### Southern Vets Program

Sunday	Nov	17	9. 00 am	Bayles (Cora Lyn)	Graded Scratch Races
Sunday	Nov	24	9. 00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	1	9. 00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	8	9. 00 am	Healey Rd	Graded Scratch Races
<b>Thursday Racing Sandown, enter from Sandown Road after 5. 30.</b>					

### Northern Vets Program

Sunday	Nov	17	9. 30 am	Toolernvale	Graded Scratch Races
Sunday	Nov	24	9. 30 am	Toolernvale	Graded Scratch Races
Sunday	Dec	1	9. 30 am	Toolernvale	48 km Handicap
Sunday	Dec	8	9. 30 am	Woodstock	Time Trial

## CLUB NEWS

### Club Trailer

### METEC CIRCUIT

At the recent general meeting a decision was made to contribute to the cost of road repairs to the Metec Circuit which was tried out as a possible racing venue during October. Eastern members may have to make a contribution to fund the resealing. The view of the meeting was that members would be more than willing to contribute. More details coming when things have been firmed up.

### CLUB JERSEYS AND KNICKS

The new Club jerseys are regarded as a runaway success with their saturated colours and design. If you have looked through the photos of the Masters Games, even in the thumb nail pictures on the website, Eastern members stand out from the rest. To match the jerseys it has been decided to purchase knicks. These will be by order only, both bib and normal knicks will be available at a cost to be determined. More details available when prices have been obtained from Giramondo.

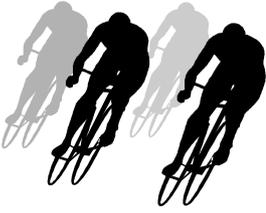
By the way there are still some jerseys available, in M, XL and XXL sizes. If you are after size L (the most popular size) you are currently out of luck, but more will be ordered when the knicks are ordered.

### 2003 MEMBERSHIPS

Membership forms for 2003 have just been received from the VVCC and will be distributed soon. The cost of insurance cover has increased by \$10, which means that the AVCC and VVCC affiliation fees and insurance now total \$80. On the licence application form you sign that, you are aware of the risks associated with cycling and that you accept responsibility for your actions and indemnify the VVCC and its officials from any expenses and/or any litigation that may result. If the Club fee is maintained at last year's level of \$15, total fee for 2003 will be \$95.

### THE SUN TOUR

Coming soon to the Newsletter. David McCormack was a team masseur during the Sun Tour. He has a fascinating story to tell of how his team gradually fell by the wayside and finished with one rider only!!!



# eastern veterans cycling club

*Newsletter November 23 2002*

## November 16, Graded Scratch Races Dunlop Road

We thought AFL Park was a popular circuit, but that mantle has been taken over by Dunlop Road with something like 86 starters on a perfect Spring day for racing. The ranks were swelled by several Southern riders who obviously preferred a crit on Saturday to their Sunday road race.

The biggest field for a while in A Grade with 13 starters. Russ Newnham took off from the start and had a handy lead at the end of the first lap. He was eventually roped in and then Rob Graham took off shortly to be joined by Russ, Peter Doonan and Phil Thompson. The four increased their lead to over 40 seconds and they never looked like being caught. Russ Newnham won the sprint from Phil Thompson followed by Peter Doonan and Rob Graham.

Didn't see any of the B Grade race but I understand that Ray Cardosi put in a masterful display of sprinting to win by 50 m from Martin Stalder and Graeme Pinchbeck.

As usual whenever Geoff Schreppell is riding you expect to see him out the front pushing big gears. Today was no exception, occasionally joined by Steve Short, Steve Szalla and others Geoff was always at or near the front. In the end it came down to a sprint, with Mark Granland, who won D Grade last week, winning from Neil Wray, Bob Lewis and Graeme

Parker. It is a great effort by Mark to win consecutive weeks after going up a grade.

The pace was on in D Grade with Leon Bishop, Dick Fox, Peter Morris and Dayle Pearce all pushing it along at different stages of the race. Glenn Archer has either bells in his ears or was eager to get to the drinks and put in a superb sprint to flash across the line in jubilation with about three laps to go. Glenn was a bit nonplussed when he turned off the circuit at the first turn only to watch everyone else ride on. David McCormack showed that he had learnt a lot from watching the Sun Tour, winning from Nigel Kimber just up from E Grade, Russell Lewis and Keith Bowen. In my records this is the first time that D Grade has exceeded an average of 36 km/hr at Dunlop Road.

Ron Stranks riding in E Grade so he could turn his hand to the BBQ during the second set of races chased and caught Frank Barlow, the two of them riding off the front until Frank tired and rejoined the bunch. Ron was able to hold his lead winning comfortably from Ken Woollard, who is about to celebrate his 75 birthday and Jack Standa.

Like B Grade I don't know much about F Grade except for the results with Rod Goodes winning from Dave O'Grady and Gerry Egbers.

## Results

	First	Second	Third	Fourth
<b>A Grade (13)</b>	Russ Newnham	Phil Thompson	Peter Doonan	
<b>I Grade (17)</b>	Ray Cardosi	Martin Stalder	Graeme Pinchbeck	
<b>C Grade (17)</b>	Mark Granland	Neil Wray	Bob Lewis	Graeme Parker
<b>I Grade (19)</b>	David McCormack	Nigel Kimber	Russ Lewis	Keith Bowen
<b>I Grade (15)</b>	Ron Stranks	Ken Woollard	Jack Standa	
<b>I Grade (7)</b>	Rod Goodes	Daryl O'Grady	Gerry Egbers	

## Officials

Heaps of helpers today, to numerous to mention, but a special thanks to Sue and Neil Wray for the BBQ, which raised over \$100.

## Next Week

Another new circuit next week at Latrobe University. Park in parking area P6 on the Ring Road (Melway 473).

### Eastern Vets Program

Saturday	Nov	30	2.00 pm	Latrobe University	Graded Scratch Races
Saturday	Dec	7	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Dec	14	2.00 pm	Dunlop Road	Xmas Handicap
No Racing					

### Southern Vets Program

Sunday	Nov	24	9.00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	1	9.00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	8	9.00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	15	9.00 am	Swift Way	Graded Scratch Races

### Northern Vets Program

Sunday	Nov	24	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Dec	1	9.30 am	Toolernvale	48 km Handicap
Sunday	Dec	8	9.30 am	Woodstock	Time Trial
Sunday	Dec	15	10.00 am	Seymour	Xmas Handicap

## CLUB NEWS

### METEC CIRCUIT

Thanks to the Eastern members and Southern members who have agreed to contribute to the upgrade of this circuit so that it is suitable for racing. Alan Sandford, Graeme Parker and Keith Bowen met with Metec during the week. We were very well received and Metec is keen to enter into some sort of arrangement and will be presenting a proposal to us during the week. A plan of the circuit is available for inspection on the Club trailer

### CLUB JERSEYS AND KNICKS

The new Club jerseys are regarded as a runaway success with their saturated colours and design. If you have looked through the photos of the Masters Games, even in the thumb nail pictures on the website, Eastern members stand out from the rest. To match the jerseys it has been decided to purchase knicks. These will be by order only, both bib and normal knicks will be available at a cost to be determined. More details available when prices have been obtained from Giramondo.

By the way there are still some jerseys available, in M, XL and XXL sizes. If you are after size L (the most popular size) you are currently out of luck, but more will be ordered when the knicks are ordered.

### 2003 MEMBERSHIPS

Membership forms for 2003 have just been received from the VVCC and will be distributed soon. The cost of insurance cover has increased by \$10, which means that the AVCC and VVCC affiliation fees and insurance now total \$80. On the licence application form you sign that, you are aware of the risks associated with cycling and that you accept responsibility for your actions and indemnify the VVCC and its officials from any expenses and/or any litigation that may result. If the Club fee is maintained at last year's level of \$15, total fee for 2003 will be \$95.

### MASSEUR TO THE STARS OF THE SUN

*David McCormack was team masseur to the Morey Hurford team in the recent Sun Tour. Read his story of how the team finished with only one rider.*

Being assigned to the Morey Hurford team I met my fellow support crew and team riders on the corner of a very windy Exhibition and Little Lonsdale streets. Things seemed a little disorganised as riders introduced themselves for the first time while fitting team jerseys and making final preparations for the first of the twelve stage tour.

The 30 lap criterium was fast and furious with several nasty crashes in the blustery conditions. Our riders finished with the main bunch and they described the stage as very difficult with the cross wind and speed of the race, particularly down the back straight in Latrobe St.

Back to the team motel and a routine that will last for the next ten days. Unload the van, wash and adjust bikes and massage. On this occasion we had our first and only team meeting. Individual duties were assigned and the general riding plan was discussed. The plan was to stay out of trouble and finish with the main bunch during the early to mid stages of the tour. Once in the mountains in the latter stages of the tour our riders were to apply the pressure with their supposedly superior climbing ability. A top five finish in the individual classification was the aim.

The team consisted of three Italians - Simone Mori, Luca Belluomini and Francesco Cipolletta (Simone could speak a little English). Two Australians - David Pell, a Bendigo boy just returning from Europe the day before the tour start, and Garry Parsons from Cobden, competing in his ninth tour. The team manager Jacques Jolidon from Switzerland who had ridden previously in a number of Sun Tours, Chris Fry a young mechanic and Des Couch the father-in-law of Garry made up the rest of the crew. Jacques wife Susan and three young boys (all under 4 years) also travelled with the team making it a very lively and family affair.

My work load was not as great as other teams as Francesco didn't have massages and David commuted from Bendigo for the first few days of the tour. The physique of the boys was that of typical climbers. Small in stature, no body fat, minimal muscle bulk in the upper body and well defined legs. Their skin was paper thin with many prominent leg veins. The exception was David who was a little heavier in the butt and lower body. Simone jokingly would accuse Garry of being too fat to be good climber and Garry would react with typical Australian come back. It was very amusing.

Our results in the early stages followed the general game plan, even after a few of the boys had a late night (early morning) at Ballarat. I didn't get to see much of the racing, just the starts and finishes of the stages. I drove the van, laden with luggage, via an alternative route to the tour. Co operation between other crews were good. A lot of the guys have been on numerous tours and this was their annual get together. Not that we had much time to socialise.

I got an opportunity to travel in the team managers car following the riders in the stage from Nagambie to Violet Town. This stage included category 2 and 4 climbs over the Strathbogie Ranges. Jacques declares, "and now the race begins". A number of riders found the climb tough, including Francesco and David. Francesco apparently has had a virus for several months and is slowly building up to race fitness. David was coming down with a bronchial

infection which will terminate his tour at the end of this stage. This is disappointing as David is a likeable guy and I would like to hear more stories of his time in Europe with the AIS squad.

After seven stages our best placed rider was Luca, five minutes behind the leader, and according to Jacques still very much in contention.

Stage eight included the long climb over Mt Hotham and the boys were confident of a big performance. They prepared well for the stage in anticipation of the first category one climb of the tour. But things started badly and went downhill from there! Just prior to the start of the stage we were informed that Jacques had been banned from driving the support car for driving infringements the day before. Shortly after Francesco developed an ear infection and withdrew from the tour. He took over the driving responsibilities from Jacques.

Our first rider home for the stage was Garry and his performance placed him second in the Australian based rider classification. Luca looked very disappointed with his performance, not saying very much (in Italian) and isolating himself from the rest of the riders. That night we received the news that Luca had been disqualified for hanging on to the support car. Jacques and the riders seemed bemused by the disqualification. There was much arm waving and talking at a rapid pace as they believe similar incidents had occurred during the tour. Down to two riders!

I believe Simone then decided he had had enough, for the next day he was lapped twice in the Sale criterium before being dropped and pulling out of the tour in the afternoon stage. Down to one rider!

It was a poor effort by the Italians leaving Garry to defend his second place without the support of team riders over the hardest climb of the tour - Mt Baw Baw.

That night the mechanic fitted a 28/26 gear to Garry's bike and being the only rider left he received an extra long massage. The other boys went out on the town and on the way back to the motel were picked up for exceeding 0.05. A lack of English and knowledge got them off with a warning!

The next morning Jacques and the Italians packed their bags and went straight to Geelong while Garry arranged for his spare wheels to be carried by another team.

The drive up Mt Baw Baw was exhausting, I can only imagine what it would be like on a bike (ask Doug Reynolds from Southern Vets who made it to the top, several other non tour riders didn't). Drifts

of snow and a cold breeze greeted the riders as they crossed the line near the summit.

Baden Cooke won the tour at this stage with a very impressive ride, collapsing after crossing the finish line a few seconds behind the stage winner. Garry rode very well to extend his hold on second place and was followed home by a string of exhausted riders.

After Garry had recovered and changed into some warm clothing we followed the long convoy down the mountain and the long drive to Geelong for the last night on tour.

We met the Italians at the motel and that night went out for the usual pasta meal. The Italians were in a jovial mood and a good night was had by all.

The game plan for the last criterium was for Garry to stay out of trouble and shadow the third placed Australian based rider. We arrived early and set up

the stall for the items the riders had for sale. Garry had a couple of pairs of shoes, a heart rate monitor and few other bits and pieces. The Italians came prepared with a big bag of Jerseys, sox, helmets and other cycling apparel. They managed to sell two bikes (the mechanic said he wouldn't buy either of them). One of the bikes belonged to Susan who was planning to ride in one of the support races. But you can't ride without a bike!

The main race was fast and incident free. Garry finished with the main bunch to secure his second place. There was no after party or celebratory drinks. Pack the van for the last time, a few handshake then the drive back Melbourne and home. The Italians flew out the next day.

*David McCormack*

**Athletic Soft Tissue Therapy**

(h)9876 3365 (m)0419 536 717



Jenny Fairbanks on the job taking entries at Dunlop Road



Hanna Wellington and Claire Taylor relaxing before the start at Dunlop Road

## STOP PRESS

### **Karen Hopkinson at the Mt Baw Baw Classic.**

Hi Keith- what fun that was!!! Glad I had the 28 ring!! Hot day, stopped for water at a water fall with 3km to go and had drunk the whole bottle by the finish line. Only one other girl turned up, but we started with the masters and I think I was 6th or 7th overall in our start out of about 30 people. I passed heaps in severe pain on the main climb!!!!

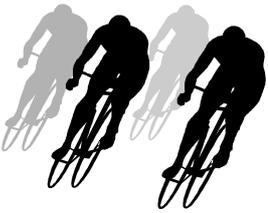
### **A few stats on Mt Baw Baw climb.**

The Baw Baw climb is 6km from the gatehouse to the summit with an elevation gain of 780m. This means that the average gradient is 13% for the whole climb ( $780/6000 \times 100$ ). As a comparison, L'Alpe d'Huez, the most famous climb in the Tour de France is 13.8km at 7.9%. The Col du Tourmalet is 18.3km at 7.7% and the Col de la Madelaine is 19.4km at 7.7%. Last year's Tour of Spain had a climb up L'Angliru which was billed as the toughest climb in the world (see [www.team.malarenergi.se/probike/vuelta99/alix.html](http://www.team.malarenergi.se/probike/vuelta99/alix.html)). It is 13km at an average of 9.6% with the last 6 km averaging 13%. The steepest section is 23.5%. Although a "hors category" climb normally has an elevation gain of at least 1000m and more likely, 1500m, the steepness of Baw Baw would mean that it would be classed as a hors category in Europe. As you can see, Baw Baw is not that far behind L'Angliru. (Courtesy Knobbysports)

**Also on the money on the weekend** Michael Paull and Hylton Preece first and second in C Grade on Sunday at Cora Lynn. Yes I know, I'm sure Michael was dropped on Saturday!!!!.







# eastern veterans cycling club

*Newsletter November 30 2002*



**SEE YOU MONDAY NIGHT DECEMBER 2  
MAROONDAH CLUB 8.00 PM.  
MONTHLY GENERAL MEETING  
IMPORTANT MATTERS TO BE DISCUSSED  
METEC CIRCUIT.  
MAKE SURE YOU ARE THERE**

## **November 23, Graded Scratch Races Macesfield Road**

A very hot day for our first time at what is our most scenic course. Conditions were very tough, out of 44 starters only 25 finished the course, the rest abandoning the race after one or two laps. If you had a chance to look, the scenery was magnificent. The course is mainly downhill from the start and all bunches except E Grade took off from the start, not realising until the turn that it would be all uphill on the way back!!!.

A and B grades were combined with 13 starters. Brett Morton on his new frame and Doug Reynolds asserted their authority after the first lap, with Brett starting to accumulate points in the Summer Aggregate winning from Doug Reynolds and B Grader Bob Lewis in a very good ride coming third.

C Grade was one of only two grades to finish with a bunch sprint. Colin O'Brien winning from Ray

Clifford and Ted McCoy, just nudging out Steve Short for third.

D Grade was blown apart after about half a lap. Dale Pearce was just too strong, winning by 30 seconds or more from Dick Fox, in a very credible ride and Tim Hall, who along with Greg Lipple took a tumble on the turn. The only other D Grade rider to finish was J C Wilson. I suspect Dale might find himself in C Grade next week.

E Grade by far, were the smartest bunch of riders, riding comfortably and staying together, with only one withdrawal during the race. Geoff Cranstone won the sprint from the husband and wife team of Jeff and Su Pretto.

Under the very hot conditions it was not a good day to pass judgement on this circuit. On the positive side it is well shaded and very scenic. There was a bit of traffic around starting time, but during the race it was pretty quiet.

## **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>
<b>A B Grade (13)</b>	Brett Morton	Doug Reynolds	Bob Lewis
<b>C Grade (14)</b>	Colin O'Brien	Ray Clifford	Ted McCoy
<b>I Grade (10)</b>	Dale Pearce	Dick Fox	Tim Hall
<b>I Grade (7)</b>	Geoff Cranstone	Jeff Pretto	Su Pretto

## **Officials**

Thanks to Peter Doonan who was the mastermind today, organising the school, checking out the course and driving the lead car, others assisting were Libby Fox and Joan Cranstone manning the turn, Graeme Parker and Jenny Fairbanks taking entries, Karen Hopkinson a corner and Nigel Kimber, who had the misfortune

(fortune?) to puncture on the neutral (?) section up the hill to the start line. The most popular man of the day was Glenn Archer on the drinks

### Next Week

Back to familiar territory next week at Dunlop Road.

### Eastern Vets Program

<b>Monday</b>	<b>Dec</b>	<b>2</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
Saturday	Dec	7	2.00 pm	Dunlop Road	Graded Scratch Races
Saturday	Dec	14	2.00 pm	Dunlop Road	Xmas Handicap
No Racing					

### Southern Vets Program

Sunday	Dec	1	9.00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	8	9.00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	15	9.00 am	Swift Way	Graded Scratch Races
Sunday	Dec	22	9.00 am	Healey Rd	Graded Scratch Races

### Northern Vets Program

Sunday	Dec	1	9.30 am	Toolernvale	48 km Handicap
Sunday	Dec	8	9.30 am	Woodstock	Time Trial
Sunday	Dec	15	10.00 am	Seymour	Xmas Handicap
No Racing					

## CLUB NEWS

### METEC CIRCUIT

A further meeting was held with Metec on Tuesday and the cost of upgrading the track will probably be \$9000-!0,000. Because the upgrade is not required for Metec's purposes, the cost of the works has to be paid for by the cycling fraternity. Funding is being sought from the VCI and VVCC (\$4000 from each).

Eastern has the opportunity of securing this circuit for a period of 5 years for 3 Saturdays a month in Summer and one or two in Winter. The circuit would also be available for organised training or racing any evening after 4.00pm. The usage cost will be \$2 per rider payable to Metec. Of this amount Metec would rebate \$1 a rider for one year or until the cost of the works is reached, whichever is the sooner.

We need to make a decision on Monday on whether to proceed and in the event of no assistance being provided by the VCI or the VVCC, whether we should fund the whole amount ourselves. Both the VCI and VVCC are meeting on Wednesday night.

This is an important decision for the Club, so come along and have your say.

Monday December 2, Maroondah Club 8.00pm

### CLUB JERSEYS AND KNICKS

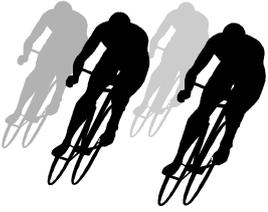
The new Club jerseys are regarded as a runaway success with their saturated colours and design. If you have looked through the photos of the Masters Games, even in the thumb nail pictures on the website, Eastern members stand out from the rest. To match the jerseys it has been decided to purchase knicks. These will be by order only, both bib and normal knicks will be available at a cost to be determined. More details available when prices have been obtained from Giramondo.

By the way there are still some jerseys available, in M, XL and XXL sizes. If you are after size L (the most popular size) you are currently out of luck, but more will be ordered when the knicks are ordered.

### 2003 MEMBERSHIPS

Membership forms for 2003 have just been received from the VVCC and will be distributed soon. The cost of insurance cover has increased by \$10, which means that the AVCC and VVCC affiliation fees and insurance now total \$80. On the licence application form you sign that, you are aware of the risks associated with cycling and that you accept responsibility for your actions and indemnify the VVCC and its officials from any expenses and/or any litigation that may result. If the Club fee is maintained at last year's level of \$15, total fee for 2003 will be \$95.





# eastern veterans cycling club

*Newsletter December 7 2002*

## November 30, Graded Scratch Races Latrobe University

Another new circuit this week, but a remarkable change in the weather, continuous rain and drizzle in the outer eastern suburbs kept numbers down to 37. Like Macclesfield the course is mainly down hill one way and up hill in the reverse direction with an uphill sprint finish. The general view was that the course was pretty good, there no problems having all bunches on the course at the one time. Ideally bunches would need to be no more than 15-20.

Phil Thompson, Brett Morton and Jeff Williams cleared out in A Grade, with Phil Thompson just edging out Brett by a tyre in the sprint. A great sprint to watch.

B Grade had the biggest field with 11 starters with David Downing winning the sprint from new rider Helen Kelly and Karen Hopkinson. Karen and

Helen are evenly matched and we can look forward to some spirited racing between these two. They will also make it the men in B Grade work hard.

C and D Grade rode in a combined race and Ray Clifford took off from the start like a rocket, unfortunately for Ray, but fortunately for the rest of us, he turned at the first roundabout instead of the second giving the field a chance to catch up. Nick Panou won the sprint from Doug Smith and Ray Clifford. Nigel Kimber was able to stay with C Grade and finished amongst them, with Keith Bowen coming second and J C Wilson third.

Tony Curelli is back in the winners list in E Grade from new rider Ron Gillies and David Johnson.

F Grade saw another new recruit in Kim Peterson winning from Mike Fisher and Gayle Pung.

### Results

	First	Second	Third
<b>A Grade (5)</b>	Phil Thompson	Brett Morton	Jeff Williams
<b>B Grade (11)</b>	David Downing	Helen Kelly	Karen Hopkinson
<b>C Grade (9)</b>	Nick Panou	Doug Smith	Ray Clifford
<b>D Grade (4)</b>	Nigel Kimber	Keith Bowen	J C Wilson
<b>E Grade (5)</b>	Tony Curelli	Ron Gillies	David Johnson
<b>F Grade (3)</b>	Kim Peterson	Mike Fisher	Gayle Pung

### Officials

Thanks to Rob Graham who was the mastermind today, arranging for the circuit and manning a roundabout. Others assisting on roundabouts were Philip Johns and Steve Di Tullio. As usual Jenny Fairbanks was taking entries, with Alan Sandford acting as starter and chief judge assisted by Lance Cubit and Ron Stranks. Steve Fothergill was serving the drinks.

### Next Week

Still on familiar territory next week at Dunlop Road, for the Xmas Handicap, to be followed by BBQ, drinks etc, please bring a plate of goodies.

### Eastern Vets Program

Saturday	Dec	14	2.00 pm	Dunlop Road	Xmas Handicap
No Racing					

## Southern Vets Program

Sunday	Dec	8	9.00 am	Healey Rd	Graded Scratch Races
Sunday	Dec	15	9.00 am	Swift Way	Graded Scratch Races
Sunday	Dec	22	9.00 am	Healey Rd	Graded Scratch Races

## Northern Vets Program

Sunday	Dec	8	9.30 am	Toolernvale	Time Trial
Sunday	Dec	15	10.00 am	Seymour	Xmas Handicap
No Racing					

## CLUB NEWS

**METEC CIRCUIT** The discussions regarding the proposed funding of the Metec circuit have now been finalised. The VCI has agreed to make a contribution of \$4000, but unfortunately the VVCC has referred the matter back to the clubs for consideration, (I think this means that we will not be getting any funding from the VVCC). Eastern Veterans has agreed to fund the balance of the cost; which will be between \$4500 and \$5500, from donations from members. A meeting will be held with Metec next week at which final arrangements will be agreed to.

We should be racing there early next year.

## CLUB JERSEYS AND KNICKS

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**YOU MUST RENEW YOUR LICENCE NOW IF YOU WISTH TO RACE IN THE NEW YEAR.**

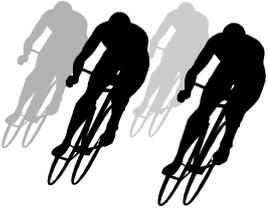
**CONGRATULATIONS TO LIZ RANDALL.** Liz has been nominated for Australian Cyclist of the Year, Masters Division (Women). Apparently the awards are to be given out on Saturday in Sydney. The other nominee's claim to fame is 3 silver at WMG. Readers of this newsletter will know that Liz won two gold and one silver at the Masters Games, (it would have been three gold if there hadn't been a clash between the MTB events and the Criteriums), bronze in the World Championships TT, plus heaps of other placings in her overseas trip. If Liz is not here today, she is in Sydney receiving her award. A round up of her 2002 results:

### Deutschlandsberg...

Hcp RR	10 <sup>th</sup> overall, 1 <sup>st</sup> in age class
RR	1 <sup>st</sup>
TT	1 <sup>st</sup>
Sprint	1 <sup>st</sup>
Hill Climb	1 <sup>st</sup>
2 person TT	13 <sup>th</sup>
Overall	1 <sup>st</sup>

### St Johann

World Cup RR	9 <sup>th</sup>
World Champs TT	3 <sup>rd</sup>
World Champs RR	7 <sup>th</sup>
<b>World Masters</b>	
RR	2 <sup>st</sup>
TT	1 <sup>st</sup>
Crit	1 <sup>st</sup>



# eastern veterans cycling club

*Newsletter December 14 2002*

## A MESSAGE FROM THE PRESIDENT

*I would like to take this opportunity to wish all members, friends and officials a happy Christmas and a safe and prosperous New Year.*



*Well, it has been another fantastic year for Eastern Veterans. A big welcome to the many new members and a big thank you to a great committee, who with so many members willing to help keep this family club rolling along. Thanks to all our sponsors for their generous donations during the year, a special thanks to Steve Szalla for his great job organising the new jerseys and knicks, to Glenn Archer and Steve Fothergill who have kept us supplied with drinks during the year and to Keith Bowen and Leon Bishop for the Newsletter and website.*

*Once again Merry Christmas to all.*

*Yours in cycling*

*'Sandy'*

## December 7, Graded Scratch Races Dunlop Road

Another great turnout this week with 76 riders. There seems to be no doubt that Dunlop Road is the most popular circuit we race on

A Grade, with a big field put on a great spectacle as first one and then another rider tried to get away. Daryl Annels, Jeff Williams, Russ Newnham and Phil Thompson using all his race craft skills to shake off any one on his wheel, all tried, but in the end it came down to a sprint with Russ Newnham winning from Ray Cardosi, who won B Grade last time he raced here, from Brett Morton.

B Grade saw Rob Davis win from Ross Edwards, James Harris, not long up from C Grade, and Karen Hopkinson who I doubt has ever been unplaced.

A big field in C Grade saw the race of the day. There were riders everywhere in the sprint. Steve Szalla won from Steve Di Tullio who is off to Townsville early next year, Colin Morris and Peter Wykes.

Laurie Baigent, Lance Cubit and J C Wilson were always trying to get away in D Grade, but it all came back together in the last lap. Alan Sandford showed that despite a couple of falls in the past few months, that when it comes to a sprint he is hard to beat. Tony Curelli up from his win in E Grade last week shows that he is getting back his form in second place and Lance Cubit a bit of a tear away from Northern coming third.

The pace seemed to be on in E Grade and their average speed may have been faster than D Grade. It looked as though a few riders there would be in D Grade next week. Barry Rodgers won the sprint from David Johnson and Daryl O'Grady. David and Daryl have both been consistent performers in recent weeks. Adrienne Lang is riding pretty strongly in this grade and it won't be long before she is a place getter.

Phil Stern after a hip replacement earlier in the year, won F Grade.

## Results

Apologies to the following, I forgot to send them in to AAP last Sunday.

	First	Second	Third	Fourth
A Grade (12)	Russ Newnham	Ray Cardosi	Brett Morton	
I Grade (16)	Rob Davis	Ross Edwards	James Harris	Karen Hopkinson
C Grade (19)	Steve Szalla	Steve Di Tullio	Colin Morris	Peter Wykes
I Grade (14)	Alan Sandford	Tony Curelli	Lance Cubit	
I Grade (12)	Barry Rodgers	David Johnson	Daryl O'Grady	
I Grade (3)	Phil Stern			

## Officials

Racing was under the control of Graeme Parker today assisted by Jenny Fairbanks and Alan Sandford. Several riders assisted on corners, thank you to you all. A special thanks to Sue and Neil Wray for providing the BBQ and keeping up the supply of food to finishing riders. Sue and Neil were assisted by the BBQ king Ron Stranks. Glenn Archer was there again keeping the fluids up to the riders after the race.

## Next Year

Back to Latrobe University for our first race in 2003.

## Eastern Vets Program

Saturday	Jan	4	2.00 pm	Latrobe University	Graded Scratch Races
There is no General meeting on January 6					
Saturday	Jan	11	2.00 pm	Macclesfield Road	Graded Scratch Races
Saturday	Jan	18	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Jan	25	2.00 pm	Dunlop Road	Graded Scratch Races

## Southern Vets Program

Sunday	Dec	15	9.00 am	Swift Way	Graded Scratch Races
Sunday	Dec	22	9.00 am	Healey Rd	Graded Scratch Races

## Northern Vets Program

Sunday	Dec	15	10.00 am	Seymour	Xmas Handicap
Sunday	Jan	5	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Jan	12	9.30 am	Latrobe University	Graded Scratch Races
Sunday	Jan	19	9.30 am	Toolernvale	Handicap

## CLUB NEWS

### METEC CIRCUIT

The discussions regarding the proposed funding of the Metec circuit have now been finalised. The VCI has agreed to make a contribution of \$4000, but unfortunately the VVCC has referred the matter back to the clubs for consideration, (I think this means that we will not be getting any funding from the VVCC). Eastern Veterans has agreed to fund the balance of the cost; which will be between \$5000 and \$5500, from donations from members and club funds. We are waiting on a price for a little bit of extra road works (for those who have seen the circuit widening of the slip lane near the offices) which will mean that we have the choice of 4 circuits to race on. Current plans are for our first Saturday race at Metec to be on February 1. We could also be racing there on a Tuesday evening during January. Keep checking your emails and the website for up to date information. Up to date information will be on the race day phone (0407 688 154).

### CLUB JERSEYS AND KNICKS

The new Club jerseys are regarded as a runaway success with their saturated colours and design. If you have looked through the photos of the Masters Games, even in the thumb nail pictures on the website, Eastern members stand out from the rest. To match the jerseys it has been decided to purchase knicks. These will be by order only, both bib (\$75) and normal knicks (\$70) are available. Place your order with Steve Szalla.

By the way there are still some jerseys available, in M, XL and XXL sizes. If you are after size L (the most popular size) you are currently out of luck, but more may be ordered when the knicks are ordered.



Advice has just been received from the VVCC that insurance, VVCC and AVCC contributions for 2003 will now total \$95 not the \$80 as previously advised. The \$95 is made up as follows: insurance \$57.50, AVCC \$10 and VVCC \$27.50. Maintaining the Eastern Veterans component at \$15 means that annual subscriptions will now be \$110, not \$95 as previously advised.

If you have already paid your subscription please forward an additional \$15 to John Macleod. Your insurance cover remains the same ie covers you for both racing and training. Memberships should be given to John on race day or forwarded to him at 21 Toppings Road Wonga Park 3115.

Sorry about that.

**YOU MUST RENEW YOUR LICENCE NOW IF YOU WISH TO RACE IN THE NEW YEAR.**



## CHRISTMAS BBQ

Where Alan Sandford's 50 Elder St Blackburn

When December 22, 7.00 pm

BYO Drinks and meat, salad and sweets supplied

Phone Alan on 9878 3087 if attending

## LOOKING FOR A CHRISTMAS PRESENT

Keiran Ryan's first book, Off Road Cycling Adventures was a top seller and has had to be reprinted to meet demand. The good news is that Keiran has produced another book of rides including ones to the west of Melbourne around Blackwood, Castlemaine, Lerdergerg Gorge, Anglesea, as well as the traditional areas of mountain biking in the hills to the east of Melbourne. Included are some epic (100km) rides, Anglesea to Apollo Bay, Murrindindi to Melbourne, Hurstbridge to Marysville.

This book is a must for serious and not so serious mountain bikers alike. It should be in bike shops by Christmas.

## Thanks from the Editor

A special thank you to all those people who willingly (?) contributed articles for the Newsletter throughout the year. A special thanks to Leon Bishop for his work in keeping the Club's web site up to date.

On behalf of all members, I would like to particularly thank three people who have kept our races going throughout the year, without them our races would have been a shambles.. First to Jenny Fairbanks who has taken entries and organised the prize money week after week, to Graeme Parker who as handicapper has organised some close finishes, and has acted as regular race director and finally to Alan Sandford who has worked tirelessly as President and race director throughout the year.

Keith and Leon are on holidays during January, but we will be back in action in February, 2003.

Merry Christmas and a Happy New Year to you all.

*Keith Bowen*



## Thank You from Tom O'Malley

I am a relatively new member of the Eastern Veterans Cycling Club ,but have been a regular on Sunday morning training rides to Frankston for nearly two years, and lately at Kew on Wednesday morning's. However four days after the Masters at Yarragon, on my way to the city to watch the start of the Sun Tour I tangled with a car and came off second best with a broken pelvis and was hospitalised. It was at this moment that I realised what a great bunch of fellow's I had meet on those Sunday rides to Frankston and our lattes at Cafe Racer later.

I would like to take this opportunity to thank all those who called by Vaucluse Hospital to see me after my accident, and also the numerous phone calls to check on my progress, fortunately I am recovering OK and am looking forward to some tough rides at Kew and to Frankston late January.

Merry Xmas & Happy New Year to all at Eastern

***Tom O'Malley***

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