

eastern veterans cycling club

Newsletter June 7 2003

June 7 Avon Tyre Services Handicap and Graded Scratch Races Metec

After the fearsome winds of the day before (100 km/hr) the 20 knot winds of Saturday didn't seem so bad. With the weather and a holiday weekend 45 riders was a respectable turnout.

First race of the mark was the Avon Tyre Services Handicap for division 2. 17 riders headed off for a four lap frantic dash. With 10 seconds between bunches, pushers were a necessity and there was no time to waste getting clipped in. This was the first handicap we have had at Metec and the question was would the start given by the scratch bunch be too much. After two laps it was clear that the limit markers would be caught. Scratch driven along by Leon Bishop, Greg Lipple, Tim Hall, J C Wilson and Mark Granland caught second scratch when Chris Norbury came down and Dean Lewishon stopped to see if he was alright. In the sprint Tim Hall just won from Leon Bishop with a fast finishing Tony Curelli coming third.

With 28 riders in Division 1 and with Guy Green starting behind scratch the question was would he get up. Guy made it up to the rest of A graders on

scratch, but the limit markers and second limit were too strong. Matt White who is rapidly going up the grades, and was the only double winner of the day, won in a bunch sprint from strong man John Jardine and Colin O'Brien third. Apart from the winner Matt White the ride of the day was Peter Howard of scratch, who made up a lot of ground to finish high up.

The handicaps were followed by 45 minute Graded Scratch Races, during which all groups were on the track together without any problems.

A request from lower graded for passing bunches to make sure they give the group being passed plenty of room. The passing bunch should stay right of the white line until the last rider has passed the leading rider of the bunch being passed. It is very disconcerting, potentially dangerous, but also spoils the race of the bunch being passed when everyone of the passing bunch cuts in on the leader of the bunch being passed.

Results

Grade Placings

	First	Second	Third
Division 1	Matt White	John Jardine	Colin O'Brien
Division 2	Tim Hall	Leon Bishop	Tony Curelli
A Grade (9)	Peter Howard	Phil Thompson	Guy Green
B Grade (10)	Phil Tattersall	Martin Stalder	Ian Smith
C Grade (9)	Matt White	John Walker	Steve Short
D Grade (9)	Tony Curelli	J C Wilson	Chris Norbury
E Grade (5)	Clive Wright	Graham Haines	Ron Stranks
F Grade (3)	Phil Stern	John Porter	Glenys Jardine

Officials and Thank You's

Graeme Parker and Ron Stranks took entries early on in the day David McCormack, David McKenzie and Glenys Jardine assisted during the day with judging, sweeping etc. The handicapping was done by Graeme Parker and Alan Sandford.

A special thanks to Nick Hainal and Avon Tyre Services for the sponsoring the handicap.

June 14 Time Trial Yarra Junction Races cancelled because of bad weather

In view of the weather forecast and advice from the locals, a decision was made to cancel last weeks time trial. The final decision was made at about 11.00 am and a message was put on the club phone and emails were sent out advising of the cancellation. If there is any doubt over whether racing will be held, check on the race day phone or your email before leaving home. Apologies to those hardy souls who ventured out to Yarra Junction hoping to ride, I understand that conditions were not as bad as people were expecting, but spare a thought for the officials who would have been standing in the freezing conditions for a couple of hours.

Eastern Vets Program

Saturday	June	28	2.00 pm	Steels Creek	Time Trial and Sealed H'cap
Saturday	July	5	2.00 pm	Metec	Graded Scratch Races
Saturday	July	12	2.00 pm	East Wandin	Le Tour Handicap
Saturday	July	19	2.00 pm	Metec	Graded Scratch Races

Southern Vets Program

Sunday	June	22	9.00 am	Lang Lang (Colnago C)	Graded Scratch Races
Sunday	June	29	9.00 am	Cora Lynn	Handicap
Sunday	July	6	9.30 am	Somers	Graded Scratch Races
Sunday	July	13	9.30 am	Dromana (Colnago Cup)	Graded Scratch Races

Northern Vets Program

Sunday	June	22	10.00 am	Seymour	53 km Handicap
Sunday	June	29	9.30 am	Campbellfield	Graded Scratch Races

COMING EVENTS

The time trial championships will be held next week at Steels Creek in conjunction with a sealed handicap. The championship is open only to Eastern riders, but all riders are eligible for the sealed handicap. It is planned that the distance will remain at 25 km.

Chris Cashin Memorial Road Race

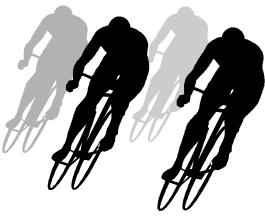
Sunday 29 June, 10 am Burrumbeet (enter through Keith Bowen). Prize money (minimum \$2500) and trophies. This is the same course that will be used in the Victorian Championships later in the year.

Around The Bay In A Day

It's time to put your entry in. Remember preferred route is Melbourne, Geelong, Queenscliff, Sorrento, Melbourne. We will be riding it as a group this year.



Wednesday Racing at the loop, post race debriefing.



eastern veterans cycling club

Newsletter June 28 2003

June 21 Graded Scratch Races Metec

Good conditions were in vogue for the 51 riders taking part. A bit of head wind as you turned into the straight, but really only a zephyr compared with previous occasions at Metec. The plan was for all groups to be on the track at the one time, which as far as I could see was problem free. Certainly in winter it is advisable to have all groups racing at once, thus avoiding half the riders standing around in the bitterly cold weather waiting to race, or waiting after their race for the presentations. Initially races were to be for one and a quarter hours, but for some reason, the lower grades were cut back to one hour. Perhaps we looked tired?

Guy Green and Peter Howard have upped the ante in A Grade and the lower grade riders are in awe of their speed as they flash past. Peter Howard had the perfect sit on Guy Green coming to the last turn, winning from Guy and Brett Morton in a very close finish.

The three place getters in B Grade were able to get away, with Martin Stalder who had been out in front for a while by himself winning from Ian Smith and John Pritchard. It looked like no one wanted to win and earn promotion to A Grade, as they crossed the line in polite conversation at a gentle 'sprinting speed'. Look for all three to ride in A Grade next race.

Results

	First	Second	Third
A Grade (7)	Peter Howard	Guy Green	Brett Morton
B Grade (7)	Martin Stalder	Ian Smith	John Pritchard
C Grade (12)	Nick Hainal	Hylton Preece	John Jardine
D Grade (13)	J C Wilson	Greg Lipple	Tony Curelli
E Grade (7)	Ross Gardiner	Ron Stranks	Su Pretto
F Grade (5)	Phil Stern	David Nairn	Glenys Jardine

Officials and Thank You's

Thanks for the day go to Graeme Parker and Ron Stranks who took entries and Geoff Cranstone and Glen Campbell assisted by Liz Randall and Gary Binding for taking charge of the racing.

Next Week

Graded scratch races Metec

C Grade saw another sprint finish, but a genuine one this time with Nick Hainal too strong for Hylton Preece and John Jardine. This was a good ride by Hylton as earlier on in the race I'm sure he was off the back.

D Grade rode at a consistent regulation pace without any strong attacks. Rob Riley, J C Wilson and Keith Bowen seemed to be doing most of the work and Keith Bowen had a clear break of 100 m or more at one stage, this I'm sure was because the bunch slowed to allow him to get clear. In a big bunch sprint J C Wilson was a worthy winner from a fast improving Greg Lipple and a consistent Tony Curelli.

Ross Gardiner, Ron Stranks and Su Pretto managed to get away in E Grade and were riding strongly, in fact showing D Grade a thing or two by passing them on two or three occasions. Ross Gardiner looked the strongest of the three and won from Ron and Su.

F Grade numbers were depleted early on when John Porter withdrew with mechanical problems or a flat tyre. Phil Stern winning the money from David Nairn and Glenys Jardine.

Eastern Vets Program

Saturday	July	5	2.00 pm	Metec	Graded Scratch Races
Saturday	July	12	2.00 pm	East Wandin	Le Tour Handicap
Saturday	July	19	2.00 pm	Metec	Graded Scratch Races
Saturday	July	26	2.00 pm	Yarra Glen Toolangi	Graded Scratch Races, KOM

Southern Vets Program

Sunday	June	29	9.00 am	Cora Lynn	Handicap
Sunday	July	6	9.30 am	Somers	Graded Scratch Races
Sunday	July	13	9.30 am	Dromana (Colnago Cup)	Graded Scratch Races
Sunday	July	20	9.30 am	Cora Lynn	Handicap

Northern Vets Program

Sunday	June	22	10.00 am	Seymour	53 km Handicap
Sunday	June	29	9.30 am	Campbellfield	Graded Scratch Races
Sunday	July	6	9.30 am	Toolernvale	64 km Handicap
Sunday	July	13	9.30 am	Campbellfield	Graded Scratch Races

News from Overseas

Keiran Ryan is presently in France preparing for a sight seeing visit to the Tour and checking out "Audax" type rides, most of which include climbs up the major climbs of the Tour. Peter Wykes and Don McLean (a Wednesday rider) are touring with Keiran. Don reports on his ride up Mont Ventoux.

"Well I made it. Mont Ventoux climb is a journey of 22 km and rising 1910 metres with the steepest gradient average 11 percent over a kilometre. Stopped at the Tommy Smith Memorial for about fifteen minutes. He was a British cyclist who collapsed and died (heart failure) in the 1967 Tour – just over a kilometre from the summit. Legs went dead and found the last bit pretty tough - should have looked at the Memorial on the way down. The climb starts off at a gentle climb and then gets into the serious stuff through the forest area and stays that way to the top. It just keeps going up. Time taken was 2 hours 5 minutes 34 seconds - I was pretty happy with that. At the top it is a magnificent view for 360 degrees. This morning I rode 60 km on a training ride - went through eight villages and the scenery is just magic - grape vines as far as you can see and cherry picking in full swing. Rest day tomorrow travelling to the Pyrenees.

Regards to all Don"

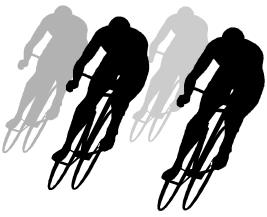
Keiran reports on a typical day.

"Had my usual French breakfast supplemented by an apple banana + orange juice. The French part consisted of a bowl of coffee, Brioche (a sweet cake like bread) a chocolate filled Brioche and wholemeal toast with superb home made jam. Decided to do about 30 km of flat riding as Sunday's event was pretty tough and I have another 170 km event this Saturday. Headed down the drive and immediately met my first group of veteran cyclists. Chose not to ride with them as I wanted a few flat km's and had a recent experience of joining a group for 80 odd km and had a few anxious moments finding my way home! 8 km later met another group from Marseille and they asked me for directions! I quickly gave them just about all of my fluent French vocabulary. "Hullo I am sorry I do not speak French, I am Australian". As it turned out, they were quite lost and the man from oz was able to give them expert directions! I rode on and after awhile saw another cyclist ahead; as I got closer I noticed that it was a cyclist of the female variety. As I got still closer (as you do in these circumstances) I could not but help notice that I had happened across a very lovely young lady who is some sort of phys ed teacher. (Her English was limited, but better than my French) I asked where she was riding to and as I had ridden part of the course before, I joined in for the rest of the ride and ended up doing a very easy (and most pleasant) 100 km before stopping off at Goyard's charming apartment in a lovely village where she gave me some much refreshment. The rides around here are sensational, I have a 10 km section of bike path which takes me directly to a number of smooth, flat quiet country roads through vineyards and villages."

COMING EVENTS

Around The Bay In A Day

It's time to put your entry in. Remember preferred route is Melbourne, Geelong, Queenscliff, Sorrento, Melbourne. We will be riding it as a group this year.



eastern veterans cycling club

Newsletter July 5 2003



**SEE YOU MONDAY NIGHT JULY 7 MAROONDAH
CLUB 8.00 PM.
MONTHLY GENERAL MEETING IMPORTANT
MATTERS TO BE DISCUSSED MAKE SURE YOU ARE
THERE**

June 28 Time Trial Steels Creek

They say that life begins at 40, but for time triallists it seems that it begins at 50, but more of that later. Would you believe that there were 56 starters in a time trial, twice the number who started in the championships last year. Perhaps the attraction was the sealed handicap which had the potential for everyone to be in the money, whereas in a straight out time trial, it is not hard to pick the winners in the various age groups.

Conditions were close to ideal, a temperature of about 17 ° C and a gentle tail wind on the way home. To get the required 25 km two laps of an out and back course of approximately 12.5 km were used. To avoid riders turning at finish line and confusing the time keepers, the turn was situated about 400 m north of the finish line. The time keepers weren't confused, but some riders were. Quentin Frayne thought the finish was at the turn and sped up only when he was passed by someone riding strongly to the finish and John Wilson who thought the turn was at the start.

Three sets of results have been produced, the Club age group championships, a sealed handicap and the time of riders against some standard times for 25 km handicaps used in the Australian Veterans Championships on the Gold Coast last year. The British Time Trial Association also has some standard times on their website.

All this required the use of computer power. Some minor hiccups meant that we couldn't produce the results of the championships on the day. The main problem was that in the bright sun the screen of the lap top was very hard to read. Adding entries, dragging the formula into the relevant cells for the new entries and sorting the results was to say the least, difficult. Unfortunately I was not smart enough to cover up the car windows and make it

dark, so that the screen was easily visible. Anyway I have got solutions to these problems for next time and I promise (a non core one naturally) that it won't happen again.

To add to the pressure the two watches that I took to the finish line to time the first riders, both had 'hair' trigger buttons. Dropped one getting into the car, it stopped, the other one stopped as I gently put it onto the car seat to drive to the finish.

Fortunately we had another two which managed to get to the finish line before the first riders. Not sure what I would have done if the first rider had come in and the remaining two watches were still on the start line. Must remember for next year not to be responsible for timing the finish.

Now for the results. There were three outstanding rides of the day, all of them would you believe over 50. First there was Tony Retra who came all the way from Mount Beauty to ride and at 57 he had the fastest time of the day with 39 min 02 sec and an average speed of about 38 to 39 km/hr. We all know that 52 year old Rob Graham is a top time triallist and he didn't disappoint with the third fastest time of 39.13. The third one was by Liz Randall (59), who was treating the day as a trial run for the World Championships in August, with a time of 44.47. Liz had the 22nd fastest time of the day, she would have won the mens 60-64 championship beating Kerry Ryan, who is no slouch in the time trial by 31 sec!!!!. These three bettered their age times by 7.30, 5.38 and 8.02 respectively. The next best was Martin Stalder with 4.07 and then Dick Fox with 2.56.

The handicappers failed to fully recognise the ability of these three, who came 2nd, 3rd and 4th respectively in the handicap, being beaten by Peter Oziemski. As expected Guy Green, second fastest

and Peter Howard, fourth fastest didn't disappoint, both along with Tony and Rob the only riders under 40 minutes.

Twenty one riders managed to get under the standard time for their age. Age times were on average about 2 minutes slower than last year at Yarra Junction, clearly indicating that this course is more difficult than 25 km at Yarra Junction. In addition to those mentioned above, riders finishing in more than 2 minutes under their age time were, Colin O'Brien, Guy Green, John Jardine, Ted McCoy, Charlie Fitzgerald and Ron Stranks.

There was a bit of family rivalry with the Pretto's and the McCoy's. Jeff Pretto was 49 sec faster than Su, but missed out against his age, being 6.41 slower than his age time, with Su only 3 minutes slower. Su also had the drop in the handicap by 41 sec on corrected time. Ted and Debbie McCoy

both race in C Grade and it was a close finish with Ted just beating Debbie's time by 9 sec. Ted was well under his age time and Debbie was outside hers.

Ian Milner had an eventful start for the day, finding that the down tube on his frame was cracked during the warm up. Could have been a bit nasty if it had cracked when the pressure was on during his ride. Fortunately he lives locally and was able to go home and get his second bike and be back in time for the start.

From the comments of riders after the race this seemed to be a most successful day and I think the Eastern Time Trial and Sealed Handicap will become a fixture in Eastern's program. If anyone wants the full results, let me know and I will email them to you.

Officials and Thank You's for the day go to Graeme Parker and Ian Smith, who sent the riders off and timed them at the finish, to David Nairn, Russell Ward, Rudy Joosten, Graeme Pinchbeck who controlled the traffic, and Glenn Archer who made his lap top computer available.

Next Week

Le Tour Classic Handicap East Wandin, get your entry in today, or by Tuesday at the latest.

Eastern Vets Program

Monday	July	7	8.00 pm	Maroondah Club	General Meeting
Saturday	July	12	2.00 pm	East Wandin	Le Tour Handicap
Saturday	July	19	2.00 pm	Metec	Graded Scratch Races
Saturday	July	26	2.00 pm	Yarra Glen Toolangi	Graded Scratch Races, KOM

Southern Vets Program

Sunday	July	6	9.30 am	Somers	Graded Scratch Races
Sunday	July	13	9.30 am	Dromana (Colnago Cup)	Graded Scratch Races
Sunday	July	20	9.30 am	Cora Lynn	Handicap
Sunday	July	27	9.30 am	Lang Lang	Graded Scratch Races

Northern Vets Program

Sunday	July	6	9.30 am	Toolernvale	64 km Handicap
Sunday	July	13	9.30 am	Campbellfield	Graded Scratch Races
Sunday	July	20	10.00 am	Seymour	53 km Handicap
Sunday	July	27	9.30 am	Latrobe	Graded Scratch Races

COMING EVENTS

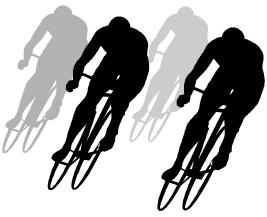
Around The Bay In A Day

It's time to put your entry in. Remember preferred route is Melbourne, Geelong, Queenscliff, Sorrento, Melbourne. We will be riding it as a group this year.

Bike for Sale

Daryl calls it a day. Due to continual back problems, my cycling days are nearly numbered, hence the reason to sell my brand new Avanti Corsa, only 4 mths old.

Avanti Corsa 45 cm (55 cm cf std.) compact frame. 9 spd. Ultegra carbon forks, carbon seat post, Selle Italia flight saddle Shimano Durace wheel set perfect condition, only 4 months old. Cost \$4300 new, sell urgently for \$3200 ONO. Daryl Annells 5996 9412 or 0402543297



eastern veterans cycling club

Newsletter July 12 2003

July 5 Metec Graded Scratch Races

Numbers were a little down with 46 riders, for our outing at Metec last Saturday. Conditions were pretty good, not too cold and a moderate north to north westerly wind. Again we were able to have all grades on at the one time, which means that early riders don't have to wait around for the presentations. There did not appear to be any problems, the higher grades seemed to give the lower grades a wide berth as they went past.

Close sprint finishes were the order of the day, in all grades. Phil Thompson just winning A Grade from Rob Amos, watched by his son who had those at the finish cheering for 'dad'. Nick Panou won a close sprint in B Grade from Chris Requin and new

rider Rob Russell. Laurie Baigent won C Grade from a very strong Matt White, who spent most of the race at the front, occasionally other riders took pity on him and did brief turns at the front, and Nick Hainal. J C Wilson won again in D Grade. It was either John, Chris Norbury or Tim Hall who put in an effort every time we went up the hill. Alan Cunneen at last is riding back into a bit of form after his epic Sydney to Perth ride. Glen Campbell won the E Grade sprint from Ron Stranks and Su Pretto, who is consistently in the places but just can't manage a win. David Nairn won F Grade.

Results

	First	Second	Third
A Grade (8)	Phil Thompson	Rob Amos	Gary Coombes
B Grade (6)	Nick Panou	Chris Requin	Rob Russell
C Grade (7)	Laurie Baigent	Matt White	Nick Hainal
D Grade (11)	J C Wilson	Tim Hall	Alan Cunneen
E Grade (10)	Glen Campbell	Ron Stranks	Su Pretto
F Grade (3)	David Nairn		

Officials and Thank You's Thanks to Greg Molesworth, Liz Randall, Greg Stanton, Bruce Goodwin, James Harris and Nigel Kimber who were in charge of proceedings today.

Next Week

Graded scratch races Metec

Eastern Vets Program

Saturday	July	19	2.00 pm	Metec	Graded Scratch Races
Saturday	July	26	2.00 pm	Yarra Glen Toolangi	Graded Scratch Races, KOM
Saturday	August	2	9.00 am	Metec	H'cap and GSR's
Saturday	August	9	9.00 am	Yarra Junction	Delmont Hospital H'cap

Southern Vets Program

Sunday	July	13	9.00 am	Dromana (Colnago Cup)	Graded Scratch Races
Sunday	July	20	9.00 am	Cora Lynn	Handicap
Sunday	July	27	9.00 am	Lang Lang	Graded Scratch Races
Sunday	August	3	9.00 am	Bayles	Tim Bates Mem Handicap

Northern Vets Program

Sunday	July	13	9.30 am	Campbellfield	Graded Scratch Races
Sunday	July	20	10.00 am	Seymour	Handicap
Sunday	July	27	9.30 am	Latrobe	Graded Scratch Races
Sunday	August	3	9.30 am	Toolernvale	Graded Scratch Races

News from Overseas

The emails keep arriving from our riders overseas following the tour. Unfortunately the news is not good. Details are not clear but it appears that Keiran Ryan had a fall descending Alpe d'Huez, and has three broken ribs and a fractured vertebrae in his neck and is unlikely to be riding for the remainder of their trip. Peter Wykes had a fall with two others on an oil patch riding down the Champs Elysees on his first day in Paris and has a broken pelvis and hip and is confined to a wheel chair.

On the ride front, they have climbed Alpe d'Huez and those still riding have completed the La Marmotte ride, which was one of their objectives of the trip. Here's Don McLean's description (it can be a long day):

"Saturday - the big day - breakfast at 4.30 am. To the starting line at 6.30 am for the 7.15 am start. With near 7000 riders it was the luck of the draw as to when your section went through the starters timing device - the other three were in the first hundred after the graded riders and I went through thirty minutes later. Four of our group of seven were on the road - the other three waved us off for the five thousand metres of climbing - weather fine and warm to hot.

Col la Croix de Fer - first climb starting at 719 metres and climbing to 2068 metres – got over that OK. Col de Telegraphe - second climb at 1570 metres starting at 546 metres - a struggle and 10 percent grade was a real test, Col du Galibier was just too tough - 2642 metres starting at 1300 metres - rests along the way to be sure I could ride the last two km at 10 percent - snow at the side of the road - quite severe lower back pain and cramping - I wondered what I was doing there? Had a long break when I finally got to the top and then headed for Bourg d' Oisans where we started - mostly downhill. It was there my ride ended at 5.33 pm.

I didn't do the ride up Alpe d' Huez, so completed 160 km (the "short ride" event which is selected by many of the riders) of the 174 km. I would have liked to complete the final climb but did not have the legs to do it - a three ring set was required - my estimate is that over 60 percent have this set up. Only two of the seven who started out on the trip to compete in this event completed the full course. One of our team lost his way and was recovered with one of our vehicles returning to the hotel after 11.00 pm!!!!."

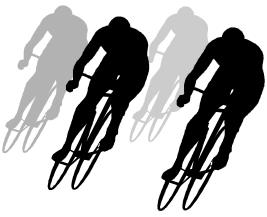
COMING EVENTS

Around The Bay In A Day

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Eastern Veterans Cycling Club
Proudly Sponsored by





eastern veterans cycling club

Newsletter July 19 2003

July 12 Le Tour Handicap East Wandin

Notwithstanding weather forecasts which predicted hail and various other unpleasant conditions 45 riders started in the Le Tour 40 km (4 laps) Handicap at East Wandin. The conditions turned out to be cold, but otherwise ideal with a strong north westerly making the short steep climb up to relatively easy and likewise the long climb back towards the finish.

The handicapper go it pretty well right on the nose groups amalgamating on the last lap. E Grade caught the remnants of the limit bunch with half a lap to go and hopes of winning as they climbed the long hill, if only they could get to the top before anybody caught them they should be able to hold on. They forgot about the prowess of Guy Green and Brett Morton, who steamed past just before the top of the hill. The question was how far behind were the rest of A Grade and all the other grades? Fortunately far enough behind not to be caught.

Guy and Brett rode together for about two laps as they mowed the rest of the field down. Guy won the sprint from Brett, with Kym Peterson out sprinting Keith Bowen and Ron Stranks, who were fourth and fifth across the line. Then followed a steady stream of riders at close intervals.

This is a tough course for a handicap and bunches split up very early in the race. Notable rides on the day were Tim Hall and Greg Molesworth who were able to finish well in front of the rest of their grades.

Unfortunately we don't have a time for fastest, but calculating back from times for E Grade, fastest time was probably about 1 hr 9 min.

Unlucky riders were Dean Lewisohn who punctured and Graeme Haines who sped past the sharp turn into Queens Road and never got back on.

Results

	First	Second	Third	Fourth	Fifth	Fastest
Overall	Guy Green (scr)	Kym Peterson (18 min)	Keith Bowen (18 min)	Ron Stranks (18 min)	Tim Hall (12 min)	Brett Morton (scr)
A Group	Rob Amos	B Group	Rudy Joosten	C Group	Greg Molesworth	
D Group	Eddie Tucker	E Group	Su Pretto	F Group	Sally Both	

Officials East Wandin with the new roundabout and several intersections requires several traffic controllers and marshalls and is the most difficult of our courses in terms of traffic controllers. Nick Hainal and Greg Lipple got their chance to try out their newly acquired traffic controlling skills. The signs advising motorists of speed limits etc and the controllers makes for very safe racing. Marshalls were Phil Tattersall, Harold Simpson, Phil Pelgrim, Phillip Johns, Barry Beechly and Cathy Green in the lead car. Jenny Fairbank and Ian Smith were responsible for the catering and Graeme Parker did an excellent job on the handicapping. Ian Smith was master of everything making sure everything went to plan. Thank you to all the above people, we would not be able to race without your assistance.

Thank you also to Stephen Chan of Le Tour cycles for his generous sponsorship.

Next Week

A hill climbers delight next week with Graded Scratch Races at Yarra Glen to Toolangi and return with King of the Mountains sponsored by Jenny Fairbank.

Eastern Vets Program

Saturday	July	26	2.00 pm	Yarra Glen Toolangi	Graded Scratch Races, KOM
Saturday	August	2	2.00 pm	Metec	H'cap and GSR's
Saturday	August	9	2.00 pm	Yarra Junction	Delmont Hospital H'cap
Saturday	August	16	2.00 pm	Metec	Graded Scratch Races

Southern Vets Program

Sunday	July	20	9.00 am	Cora Lynn	Handicap
Sunday	July	27	9.00 am	Lang Lang	Graded Scratch Races
Sunday	August	3	9.00 am	Bayles	Tim Bates Mem Handicap
Sunday	August	10	9.00 am	Crib Point	Graded Scratch Races

Northern Vets Program

Sunday	July	20	10.00 am	Seymour	Handicap
Sunday	July	27	9.30 am	Latrobe	Graded Scratch Races
Sunday	August	3	9.30 am	Toolernvale	Graded Scratch Races
Sunday	August	10	10.00 am	Seymour	64 km Memorial H'cap

News from Overseas Don McLean reports from Alp d'Huez

Got away at 6.30 am as planned and took a back road up to the top of Alp d Huez. After parking the van we took up a position just a little over 2 km down from the finish - a position where we could see the last six bends in one of the most famous climbs in the Tour. We were in place by 9.30 am and all we had to do was wait till the expected arrival time of 5.00pm!!!!.

The whole day was charged with atmosphere - the crowd grew and grew and there was action all the time. Thousands of riders rode up the mountain to watch the finish – cheered on by the crowd. The road was closed around two hours before the expected arrival time. There was a young French cornet player near us who fired up at intervals with national songs and the crowd on the mountain for a long way around sang the songs with passion and actions. He was getting pretty red in the face as the day went on but kept at it. A few drinks helped him through. It was hot in the full sun so some of us gathered in the shade of a tree about thirty metres back from the road edge - it was much cooler there and close enough to the action - except that when SBS filmed a promo with those on the side of the road we could only watch - it did go to air. When the

procession of vehicles started I moved down to the edge of the road near the barrier to stand behind a 10-11 year old so that I could get photos

at close range - with a little squeeze up they let me on to the barrier so I had a great spot. Procession much the same as the previous stage but not so many handouts being further from the finish. A family on the other side were getting updates on a mobile phone from the direct telecast so we knew what was happening.

You cannot describe the atmosphere as the first of the riders came round the first bend down the mountain that we could see - as they moved up through the turns it was as if the mountain was erupting. The noise, colour and crowd movement as the riders went through was just amazing - it was as exciting as you could experience on this famous climb. Got some good photos including the small group riding with Lance Armstrong - the day he gained the yellow jersey in the 100th anniversary of the Tour was just the greatest and made it just that much more special. The Aussie riders finding the climbing pretty testing. After the last of the riders went through a long time later, we left the mountain and via the "back road" back home at our accommodation at 7.00 pm.

Peter Wykes is due home in about a week, he is on the improve and not so much pain now - the wheel chair is gone and he is on 'arm crutches' – he is in good spirits but will find it hard travelling. What a way to see the tour.

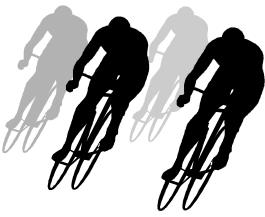
Club Sponsor Victorian State Home Loans

Victorian State Home Loans is a major sponsor of our club and provides a commission to the Club of 0.2% (\$200 in \$100,000) for loans to members, or where the lead for a loan comes from an Eastern member or through the Newsletter. We are about to receive our first commission from them. For details contact John Walker on 9439 6431 for a competitive rate and for the benefit of the Club.

If the kids have left home and are about to buy a house, the gardening and the vacuuming are getting you down and you are about to move into something smaller, then make sure you contact John and that the kids do likewise. It's the best housing loan deal in town.

Eastern Veterans Cycling Club
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eastern veterans cycling club

Newsletter July 26 2003

JULY 19 GRADED SCRATCH RACES, METEC

Metec seems to becoming a very popular circuit with 61 starters on Saturday. Riders are getting the hang of racing at Metec and even though at times three bunches were together, all riders showed common sense with the passing grades giving the grades being passed plenty of room and slowing down just that bit to make it safe for all. Dropped riders should keep to the left at all times. Although keeping to the right might seem the correct way to keep out of trouble, a slow rider out to the right could cause trouble on the left hand turn after the hill. This bend is taken fast and wide, and the last thing you want is to run wide on this bend and meet a slow rider also out wide.

In what must be a record we had five new members join on the day with another phoning in the morning and promising to join. It seems as though as a club, we must be doing something right. We now have 168 members and should reach 170 by the end of the year. Now for the races.

New rider Anthony Brown is fast getting the hang of racing, winning F Grade from a consistent Heather Christie and the old stager Ken Woppard.

Kym Petersen continued her good form from the Le Tour handicap last week and won E Grade from Ron Stranks and Mal Wilkinson. Kym will find herself in D Grade soon, if she continues with her current form.

D Grade were pleased to see Ray Clifford back racing after his bad fall earlier this year at Metec, but their hearts sank as Ray took off after only one lap. Clearly the fall has not dampedened Ray's enthusiasm, or changed

his race strategy of, 'ride hard and fast at the front'. Ray, Tim Hall, Leon Bishop and Chris Norbury did most of the work at the front, which meant that the rest of us could bludge at the back and hope that we wouldn't be dropped. Ray won the sprint from Jeff Pretto and Leon Bishop. I think we will see Ray in C Grade in the future, but unfortunately for D Grade, someone else is sure come along and give us a hard ride. Rob Kelly took off like a rocket in C Grade, but was eventually chased down, first by John Jardine and later by new rider Richard Matisson. Richard managed to just get the money from Rob Kelly in the sprint, with John Jardine third. In the sprint for fourth (no money, just pride and the honour and glory) Alan Cunneen is at last throwing off the effects of his Sydney to Perth marathon and won convincingly.

Didn't see much of B Grade, except for Nigel Kimber who was trying to emulate Lance Armstrong by riding through the grass at one stage. Nigel managed to get back on, and came second to David James with Nick Panou just beating Rob Russell a regular Wednesday Loop rider.

Notwithstanding the Yarra Valley Tour on the weekend, A Grade still managed 10 riders. Phil Thompson and Michael Hartman managed to get away. Michael had what appeared to be the perfect sit coming to the finish and managed to pass Phil, but Phil managed to kick again and win. In the last few laps the rest of field had the brakes on jockeying for position, but Rob Amos was too strong and won the bunch sprint.

Results

A Grade (10)	Phil Thompson	Michael Hartman	Rob Amos
B Grade (10)	David James	Nigel Kimber	Nick Panou
C Grade (12)	Richard Matisson	Rob Kelly	John Jardine
D Grade (13)	Ray Clifford	Jeff Pretto	Leon Bishop
E Grade (7)	Kym Petersen	Ron Stranks	Mal Wilkinson
F Grade (8)	Anthony Brown	Heather Christie	Ken Woppard

Officials Derek Dawkins and Dick Fox were the people in control this week and they did an excellent job of sweeping, starting and judging the races. And surprise, surprise they also kept pretty well to their word on the length of the races. D Grade was to be 1 hour 15 minutes and we finished in 1 hour 15 minutes and a few seconds.

Next Week

Back at Metec for two handicaps sponsored by Graeme Parker and Steve Oberg followed by Graded Scratch Races.

Coming up on August 9 is the Delmont Hospital Handicap at Yarra Junction and the Athletic Soft Tissue Therapy Teams Event at Steels Creek on August 23. Put an entry in your diary to make sure you are riding in these two events.

Eastern Vets Program

Saturday	August	2	2.00 pm	Metec	H'cap and GSR's
Monday	August	4	8.00 pm	Maroondah Club	General Meeting
Saturday	August	9	2.00 pm	Yarra Junction	Delmont Hospital H'cap
Saturday	August	16	2.00 pm	Metec	Graded Scratch Races
Saturday	August	23	2.00 pm	Steels Creek	Athletic Soft Tissue Teams Event

Southern Vets Program

Sunday	July	27	9.00 am	Lang Lang	Graded Scratch Races
Sunday	August	3	10.00 am	Bayles	*Tim Bates Mem Handicap
Sunday	August	10	9.00 am	Crib Point	Graded Scratch Races
Sunday	August	17	9.00 am	Somers	Colnago Cup

* Entries for the Tim Bates close next Sunday (28th), either put your entry on Saturday or email Ian Smith on ismith@internode.on.net or phone him on 9887 1690.

Northern Vets Program

Sunday	July	27	9.30 am	Latrobe	Graded Scratch Races
Sunday	August	3	9.30 am	Toolernvale	Graded Scratch Races
Sunday	August	10	10.00 am	Seymour	64 km Memorial H'cap
Sunday	August	17	9.30 am	Campbellfield	Graded Scratch Races

Australian Veteran Championships

I have entry forms for the Australian Veterans Championships in Canberra from Saturday 25 to Tuesday 27 October. On Thursday 30 October is the Queanbeyan Carnival and Wheelrace, which appears to be for both road and track bikes. The following week is the 9th Australian Masters Games, with cycling events on from Sunday 2 through to Friday 7 November. Mountain bikes cross country and down hill events are now on Monday 3 to Wednesday 5 November.

Yarra Valley Tour

Some good results for Eastern riders in last week's Yarra Valley Tour. This was a tough event, with 4 stages over two days, including climbs up Myers Creek Road, Pantons Gap and Toolangi including a circuit(s) around "Death Valley". Guy Green came 7th in B Grade, Brett Morton 2nd in C Grade (after some bike problems), Rob Graham 8th in C Grade and Karen Hopkinson 6th in the Women's event. Alex Randall (son of Liz) won C Grade in his first road race!!!!

Club Sponsor Athletic Soft Tissue Therapy



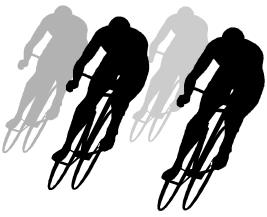
David McCormack no longer works for Telstra and will be spending his time riding his bike or earning a living massaging cyclists, athletes or any one else in need of a massage. David is already showing a bit of form on the bike, if you want to stop him caning your legs in a race, make sure you go to him for your pre or post race massage and stop him racking up the miles in training. David may be contacted on race day or on 9876 3365. David was team masseur for an Italian team in last years Sun Tour. They didn't do any good, but that is another story.

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 hear from you. Any entries for Open events should also be sent to Ian. His new email address is ismith@internode.on.net.



eastern veterans cycling club

Newsletter September 6 2003

August 30 GRADED SCRATCH RACES, EAST WANDIN

It was meant to be the Jack Thompson Memorial Handicap, but again the weather gods conspired against us. The wintery conditions and intermittent showers around the scheduled start at 2 o'clock, meant that there was a fair amount of indecision on the part of the racing committee, would we race, would it be the handicap or would it be graded scratch races? After about 20 minutes of vacillation it was finally decided that the handicap would be postponed to a later date and graded scratch races would be run. The delay in the start worked out well, as the rain held off during the course of the races.

In the end there were 32 starters in A, B, C and D grades. Conditions were surprisingly good, the strong wind meant the road dried quickly and it was a tail wind up the long hill. There is no doubt that East Wandin is much easier with a northerly or north westerly wind. The only tricky spots were just before the sharp left hander before the finish, where on the first lap D Grade almost got blown off the road, and just through the roundabout, where the wind was gusting strongly.

As usual at East Wandin bunches soon got split up and in most grades, the sprint was contested by few riders only. In A Grade, John Lynch and Phil Thompson contested the sprint, with John just getting up, and Rob Amos coming third. In B Grade Phil Tattersall won

from Ian Smith and Martin Stalder. Phil is going pretty well at the moment and is not far away from a ride in A Grade. Ted McCoy who thrives on hills won C Grade from Phil Pelgrim, who managed to pull his foot out in the sprint. Dick Fox came third after some trouble at the start with his pedals, or something and had to chase and catch up a 100 metres or so on the first hill. D Grade was a race of attrition as riders gradually got dropped until there was only three left with one and half laps to go, Tim Hall, Greg Lipple and David McCormack who finished in that order. David was blasting down the hills, but was unable to shake off the other two.

There is a very special thanks to those riders and or/partners who provided afternoon tea. Hot thick pea soup, sausage rolls, chocolate cake and other goodies is just the food to finish off a race on a wet, wintery afternoon.

Peter Wykes is now back on deck after his fall on the Champs Elysees (not many of us can say we have ridden on the Champs Elysees, let alone had a fall there) and is now sporting a continental style beret, which Peter says will be his badge of office from now on. Welcome back Peter, from what must have been a most frustrating trip, following the Tour in a wheel chair and not being able to ride.

Results

A Grade (6)	John Lynch	Phil Thompson	Rob Amos
B Grade (7)	Phil Tattersall	Ian Smith	Martin Stalder
C Grade (9)	Ted McCoy	Phil Pelgrim	Dick Fox
D Grade (10)	Tim Hall	Greg Lipple	David McCormack

Officials East Wandin requires more officials than our other circuits and we had plenty of volunteers. Colin O'Brien and Steve Short were controlling traffic assisted by Nick Panou, Michael Paull, Barry Beechly, Nigel Kimber, Ray Clifford and Peter Wykes. Thank you also to Betty Thompson, Anne Goodes and Rhonda Wykes for assisting with the afternoon tea.

Next Week

Benalla weekend, handicap on Saturday and Graded Scratch Races on Sunday morning.

Eastern Vets Program

Saturday	Sept	13	2.00 pm	Benalla	H'cap
Sunday	Sept	14	10.00 am	Benalla	Graded Scratch Races
Saturday	Sept	20	2.00 pm	The Basin	Basin Hill Climb
Sunday	Sept	21	10.00 am	Burrumbeet	VVCC Road Champs
Saturday	Sept	27	2.00 pm	Metec	Graded Scratch Races

Southern Vets Program

Sunday	Sept	7	9.00 am	Healy Road	Graded Scratch Races
Sunday	Sept	14	9.00 am	Dromana	Graded Scratch Races
Sunday	Sept	21	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	Sept	28	9.00 am	Lang Lang	Graded Scratch Races

Northern Vets Program

Sunday	Sept	7	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Sept	14	10.00 am	Seymour	53 km H'cap
Sunday	Sept	21	9.30 am	Toolernvale	48 km H'cap
Sunday	Sept	28	10.00 am	Broadford	Mountain Goat Classic

Overseas Results from World Championships

Peter O'Callaghan and Guy Green finished in a bunch of 80 odd riders 35 seconds behind the first four riders in the 40-44 road race, Denis Bowen Day finished 14 in the 53-55, Liz Randall 12, 55-59. Danny Clark won 50-52!!

Australian Veteran Championships

I have entry forms for the Australian Veterans Championships in Canberra from Saturday 25 to Tuesday 27 October. On Thursday 30 October is the Queanbeyan Carnival and Wheelrace, which appears to be for both road and track bikes.

The following week is the 9th Australian Masters Games, with cycling events on from Sunday 2 through to Friday 7 November. Mountain bikes cross country and down hill events are now on Monday 3 to Wednesday 5 November.

Victorian Veterans Championships

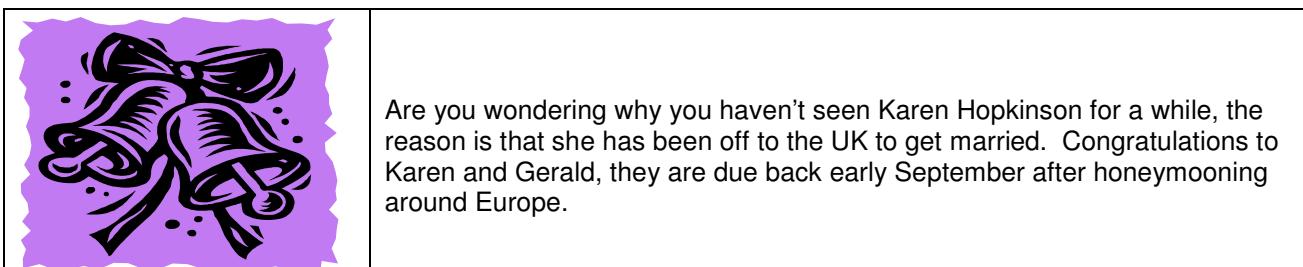
The VVCC road championships are on September 21 at Burrumbeet. Entries close Saturday 13 (there is no entry fee). The first race starts at 10.00 am (mens 35-39) and the last at 10.50 am (mens 55-59). If you are interested please give your entry to Keith Bowen, on race day, by email (keithb@rabbit.com.au) or by phone (9439 8013).

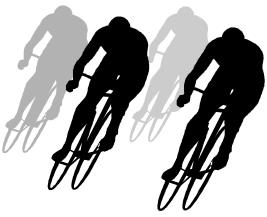
Cycling on the Gold Coast

Have just spent three weeks holidaying on the Gold Coast and cycling most days. Cycling there is a contrast to cycling in Victoria. The big plus of course is the weather, at this time of the year 20 to 25°, no leg warmers, arm warmers only on cold mornings or if you have an early start. There are a few down sides, if you think Victorian motorists are rude and aggressive, just wait until you ride on the Gold Coast. The roads outside the urban area are incredibly dead, in places the harshest non skid surface you can imagine. If you are planning to ride hills anywhere or like to train in the hills, this is the place for you. Many of the hills are sign posted with the gradient, 8 to 10% relatively common, 14% on a few and even a 22% if you want to punish yourself. There is nothing like the Yarra or Warburton trails however. However, there is nothing in Victoria to match the coffee shops along the coast where you can watch the waves roll in and the scenery of the feminine variety stroll past.

If you are holidaying there, take your bike, but make sure you meet up with some local riders (there are plenty of bunches going out, although they often leave very early), as the traffic is very heavy and you need someone to show you the best rides and routes to avoid the worst of the traffic. Best rides are the Currumbin Valley, undulating, very scenic and traffic free once out of the urban area (50 + km depending where you start from) and the Spit (a great recovery ride)0, dead flat, smooth road and you can make it any distance you like by doing some extra laps past Sea World and there are plenty of coffee shops on the way home.

Keith Bowen





eastern veterans cycling club

Newsletter September 20 2003

September 13&14. Victorian State Homeloans Handicap & GSRs at Benalla

Cool but dry conditions were the order of the day on Saturday for the first of two days racing with the Hume veterans. The wind was going to be a bit of a problem for the riders as it seemed to be getting stronger as the clock approached 2pm. A 48k handicap was scheduled and 32 riders signed on for the journey. A couple of scratchings at the end of the field wiped out the limit bunch, originally starting at 32mins. The new limit was 18mins – an all girl affair. The 5.30 bunch had the most riders with 9 in the bunch and it was thought by many that this would be the winning group. The strong cross winds managed to split most of the bunches up and it looked as though the small scratch group may have been able to get the money.

Unfortunately Mike Hartman dropped his chain and couldn't get back to the group, which only left Jock Brega and Rob Graham to continue the chase. Noel Austerberry managed to ride away from the rest of the 5.30 bunch and powered past the other groups to take the win. Max Richards took second and the rest of his 14min group filled the next 3 places. There were 4 ladies in the top ten including Sue Carey who finished 4th. Su Pretto was the highest placed Eastern rider in 8th, having a good warm up for her duathlon on Sunday. The two remaining scratchmen finished only 1min behind the winner with Jock Brega having the fastest time of 1.14.45.

Quite often we have an unluckiest rider prize, which is usually given to someone who punctures or drops their chain etc. But surely this has to be the unluckiest incident ever. Mick Paull, riding in

the 5.30 bunch was attacked by a vicious magpie about a third of the way into the race, it managed to tear his helmet cover off and dropped it into his chain. It then caught in his derailleur ripping it from the bracket and pushing it into the spokes of his brand new Campagnolo Neutron wheels. (I'm sure Mick was safely tucked in bed when gunshots were heard later that evening!!!)

It was still windy on Sunday and this time it was wet and cold as well. Only 19 riders braved the conditions and signed on for the 44km scratch races. As it turned out, it wasn't too bad, except for the wind with only a couple of brief showers falling during the race. A & B had a combined race, for a short time anyway. Ray Jarratt and handicap winner Noel Austerberry broke away early and were never caught. The unlucky rider today, but no quite on the same scale as yesterday, was Rob Graham who punctured whilst chasing the leading riders. C & D also started together with Steve Short, holding the Eastern flag high – our only winner for the day in C grade. D grade was won by Ivan Howes from Greg Lipple. In F grade 2 riders rode off with Anne Austerberry taking the money from Les Harrison.

It was a great weekend with only the weather being a slight impediment to some great racing. Thanks to Hume and all the Eastern riders who attended. I'm sure the local wineries will be hoping for a return visit after the credit cards were maxed out by some of the partners of the riders. Next year – make an effort, it was a lot of fun.

Results 48km Handicap

First	Noel Austerberry (5.30min)	Eighth	Su Pretto (14)
Second	Max Richards (14)	Ninth	Jock Brega (scr)
Third	Bernie Grealey (14)	Tenth	Rob Graham (scr)
Fourth	Sue Carey (14)	Eleventh	Ken Dyson (3))
Fifth	Ivan Howes (14)	Twelfth	Arthur German (9)
Sixth	Gayle Pung (14)	Fastest Time	Jock Brega (scr)
Seventh	Caroline Dyson (18)	Time	1.14.45

Results GSR Sunday

A Grade (3)	Ray Jarrat (Hume)	Ian Smith	Rob Graham
B Grade (5)	Noel Austerberry (H)	Ashley O'Farrell (H)	Colin O'Brien
C Grade (6)	Steve Short	Dave Wolhers (H)	Shane Hardinge (H)
D Grade (3)	Ivan Howes (H)	Greg Lipple	Mark Granland
E Grade (2)	Ann Austerberry (H)	Les Harrison (H)	

Officials

Thanks to all those who helped at Benalla to make it a great weekend. Hume supplied all the corner marshals, who did a great job and Laurie Baigent started and judged the riders on both days. Thanks Laurie, it's a long trip to officiate on both days without riding and it was much appreciated. Nick Panou was our stand in drinks man and Mick Paull showed that Sue Wray and Ron Stranks might have some competition in the BBQ department. Thanks to Chris Wilkins for the handicapping and printing of the program.

Thanks

Thanks to John Walker and Victorian State Homeloans for their continued support of this event and the club in general. If anyone is in the market for a home loan or knows someone who is, contact John Walker for a great deal.

Thanks to Ian Smith for organising this weekend, the above write up and for keeping up the Newsletter in my absence. Keith Bowen

SEPTEMBER 6 GRADED SCRATCH RACES, METEC

Saturday's race showed just how versatile Metec is with another circuit variation being used. This circuit in my view was an absolute winner, technically very demanding and required total concentration from the riders, which made the hour and a quarter go quickly. The sharp right hand bend up the little hill was the most difficult and took a while to get the right line. The sharp right hander after the office buildings, despite being very narrow could be taken very fast.

Another big plus was that the road surface was perfect, the bumpy part on the left hand bend past the finish line and the dip in the road at the eastern end of the circuit were avoided. The good news is that there are still a couple of variations that haven't been used yet.

We had 67 riders on the circuit at the one time, which is probably close to its maximum in terms of number of riders. A request to grades passing other grades, sometimes you might have to ease off, particularly if three grades come together at the one time. Warn the grade being passed that you are coming, but it is unrealistic to expect to be able to pass on the sharp right angled bends. The grade being passed will do their best to move out of your way, but their race is equally important and just as competitive.

Bunches should be particularly careful when the races are finishing and some grades are on the bell. A fast finishing E or F Grade can make up a lot of

ground on a higher grade, who may have slowed down, while they all jockey for positions. We will have a sign in the future at Metec signifying which grade has the bell. If they are coming up behind you, please keep out of their way.

There was a bit of surprise in A Grade, where for the first time for a while Brett Morton and Phil Thompson didn't feature in the place getters. The winner was Doug Reynolds, who is honing his skills, not that they need honing, at the Loop on a Wednesday morning, from Rob Amos cheered on by his son and Ian Smith back from a brief stint in B Grade.

B Grade saw Southern riders David Anderson and Martin Peeters come first and third with Phil Tattersall, who will probably find himself in A Grade next time coming second.

John Jardine and to a lesser extent Ray Clifford had C Grade strung out all over the track. It is a waste of time trying to take the lead from these two and give them a spell at the front. They will just speed up to stop you going past. I have heard it said that John should go to B Grade or even A Grade, so that he can suffer the same way as the rest of C Grade do, when he is punishing them. Anyway John was a bit stiff, running wide and onto the grass at the sharp right hander and missed taking part in the sprint. Ray Clifford has clearly got back his form after his accident earlier in the year, winning from Graeme Parker and Dean Lewinsohn, who did well to stay with the bunch in one of his first rides in C Grade.

D Grade as usual had the biggest field with 16 starters. D Grade is very even and I don't think anyone was dropped. J C Wilson just loves this course and won from Leon Bishop, Barry Bullivant, a visitor from South Australia and Harold Simpson.

E Grade was an interesting race. Su Pretto thought she heard the bell and sprinted to the finish, only to hear the bell as she crossed the line. Steve Oberg,

the winner, won't be racing in E Grade for sometime. Steve you can't expect to stay in E Grade if you lap the field! Second and third respectively were the old stager Ken Woppard and new rider Anthony Brown

The old boys in John Porter, Mike Fisher and Phil Stern enjoy the company of six ladies in F Grade, but Mike Fisher, another regular Loop rider stopped it being a trifecta for the ladies splitting Heather Christie (first) and Sally Both (third).

Results

A Grade (8)	Doug Reynolds	Rob Amos	Ian Smith
B Grade (8)	David Anderson	Phil Tattersall	Ian Smith
C Grade (15)	Ray Clifford	Graeme Parker	Dean Lewinsohn
D Grade (16)	J C Wilson	Leon Bishop	Barry Bullivant Harold Simpson (4)
E Grade (11)	Steve Oberg	Ken Woppard	Anthony Brown
F Grade 9	Heather Christie	Mike Fisher	Sally Both

Officials

Alan Sandford was back in charge assisted by Neil Wray and Sue Wray as judges, Graeme Parker and Ron Stranks taking entries, Glen Campbell making sure the office corner was clear of pedestrians and Glenn Archer providing the drinks.

Next Week

Back to Metec, for graded scratch races. It will be grand final day and I am sure we will have a TV available to watch the game.

Eastern Vets Program

Saturday	Sept 20	2.00 pm	The Basin	Basin Hill Climb
Sunday	Sept 21	10.00 am	Burrumbeet	VVCC Road Champs
Saturday	Sept 27	2.00 pm	Metec	Graded Scratch Races
Saturday	Oct 4	2.00 pm	Metec	Div 1 Madison GSR
Monday	Oct 6	8.00 pm	Maroondah Club	Club Meeting

Southern Vets Program

Sunday	Sept 21	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	Sept 28	9.00 am	Lang Lang	Graded Scratch Races

Northern Vets Program

Sunday	Sept 21	9.30 am	Toolernvale	48 km H'cap
Sunday	Sept 28	10.00 am	Broadford	Mountain Goat Classic
Sunday	Oct 5	10.00 am	Lancefield	64 km Handicap
Sunday	Oct 12	9.30 am	Latrobe University	Graded Scratch Races

Winter Aggregate

It is hotting up at the top. With Guy Green away at the World Championships, J C Wilson has been steadily picking up points and is now equal with Guy on 44 points. Ron Stranks and Phil Thompson with 40 and 38 points respectively are next and the rest look too far behind.

Masters Commission

There is a proposal from Cycle Sport Victoria that a Masters Commission be formed which would manage/control/regulate masters and veterans racing in Victoria. In the case of veterans it would replace the VVCC. Neil Wray and Nick Panou have attended two meetings at which the pros and cons of this proposal have been discussed. Notes of the meeting held on August 19 are posted on the website. It is unlikely that anything will be resolved in the near future but members will be kept informed and your views and opinion will be sought if and when a decision is required.

Australian Veteran Championships

I have entry forms for the Australian Veterans Championships in Canberra from Saturday 25 to Tuesday 27 October. On Thursday 30 October is the Queanbeyan Carnival and Wheelrace, which appears to be for both road and track bikes.

The following week is the 9th Australian Masters Games, with cycling events on from Sunday 2 through to Friday 7 November. Mountain bikes cross country and down hill events are now on Monday 3 to Wednesday 5 November. Entries for both events are still open.

Guy	44	Jardine John	31	Preece Hylton	23
Wilson John C	44	Stalder Martin	31	Stern Philip	23
Stranks Ron	40	Tattersall P	31	Curelli Tony	22
Thompson Phil	38	Christie Heather	30	Morton Brett	22
White Matt	34	Hall Tim	29	Howard Peter	21
Smith Ian	34	Pretto Su	28	Lipple Greg	21
Amos Rob	31	Hainal Nick	27	Porter John	20
Bishop Leon	31	Parker Graeme	24		



The Sunday crew after a coffee and cake at Warburton.

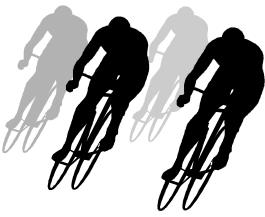
Stop Press

News from Liz at the World Champs Manchester

Well folks...finally!!!! I got silver in the 2000m pursuit. Did a PB of 2.51 and some in the qualifying round and was 1 sec slower in the final. the winner was a shoe in and my claim to fame is that she didn't catch me.

Home tomorrow

Liz



eastern veterans cycling club

Newsletter September 27 2003

September 20 Basin Hill Climb

In near perfect conditions we had 56 starters in the Hill Climb. The weather and number of entries were in stark contrast to last year when we had cold wet and windy conditions and only 22 starters.

With prize money being awarded in three events, a sealed handicap, time compared with standard times for the age of riders and grade placings, Glenn Archers laptop was again called into use. The set up this time with the computer in the boot of a car and printer attached was better than that used for the road time trial at Steels Creek. Minor hiccups on the way were my lack of knowledge of Glenn's password, which the computer asked for every time I wanted it to come back to life after it went "to sleep" every now and then and a batch of riders going off at the wrong time. These were easily fixed, but the big 'stuff up' was that the results in D Grade which were incorrect. Alan Hicks won D Grade (I blame the computer, for some reason it wouldn't sort his time correctly) and Greg Lipple came second. Can't blame the computer for this one, just lack of quality control. Anyway wait until the next time we have a time trial, I promise there won't be any mistakes. This might turn out to be a non core promise.

Anyway, to the racing. The ride of the day was that of John Lynch, 14 min 42 sec, smashing Mick Buckley's record by 19 seconds. John's average speed was a hard to believe 27.8 km/hr and he bettered his last year's time by a minute!!!!

Seven riders broke 17 minutes, John, Steve Knight, Rob Amos, Martin Peeters, Mark Wallace, Phil Tattersall and Quentin Frayne. Mark was a reluctant rider, you know the story, been crook,

Results

Handicap		Age		Grades		
Phil Tattersall (3.30)	13.19	John Lynch	+4.21	A	Rob Amos	Mark Wallace
Steve Knight (2.30)	13.25	Martin Peeters	+3.47	B	Rudy Joosten	Rob Kerr
Rob Drew (3.35)	13.36	Quentin Frayne	+2.12	C	Craig Peacock	John Patatou
Fastest John Lynch	14.42	Rob Graham	+2.12	D	Alan Hicks	Greg Lipple
				E	Ron Stranks	Ben Muller
				F	Sally Both	Mike Fisher

Officials

Thanks to all those who helped today, Glenn Archer for the loan of his lap top, Graeme Parker for pushing the riders off at the start, Neil Wray for timing them at the start, Alan Sandford and Ken Woppard timing at the finish, Neil and Sue Wray for the BBQ.

BACK TO BENALLA

A cycling weekend from the wife's point of view, by Rose Hainal.

What do cycling wives do when they go away with their husbands to Benalla for a cycling weekend?

Hit the wineries of course!

When Nick first mentioned a cycling weekend to Benalla I was in two minds. Sure a weekend away without cooking is always tempting, but Benalla?? I recalled another Benalla trip about 10 years ago; army barracks accommodation; cold and not much fun for the wife. Let's face it, the initial excitement of watching your lycra clad hubby race away up the road wears off pretty quickly.

Being a little older and in need of a little more luxurious style accommodation, the Executive Hideaway didn't sound too bad. When Nick mentioned there would be other wives who were wine guzzlers -oops, I mean connoisseurs- just like me, I was convinced.

So we arrived on Saturday, checked in and made our way to the Trekker's rest where that afternoon's race started. Here I met some of the other ladies - Steph (Ian Smith), Julie (Rob Graham), June(Colin O'Brien) and Rosemary (Steve Short). It didn't take too long to make introductions and jump into June's car to make our getaway to the wineries in Milawa. Bye fellas!

For a group of girls who had just met, it was surprising how well we got along . By the time we found our way out of Benalla ,(was I supposed to mention that girls?) we were chatting about everything and anything. With cycling husbands in common and a love of fine wine we couldn't go far wrong.

Our first stop was the Milawa Cheese Shop. After we had tasted, purchased and adequately prepared our palates, it was on to the main plan of the day. We had a lovely afternoon and the wineries that followed

brought more tastings, some more giggles and assorted purchases.

The highlight of my day and the most memorable winery was Ciavarella's where our host Cyril was happy to indulge our questions and further our wine education. We had been to a few wineries by this stage and were a little giggly and Steph was in need of the ladies' room. "No problem," said Cyril, "just go on up to the house, through the laundry and just ignore the family." Steph's look of doubt prompted me to go with her. Feeling a little like intruders we found the toilet and little Alexander, who wondered, who we were coming through his back door! Just ask Steph how easy it is to ignore the family when you see a young man through a half open door with nothing but a towel on! We giggled all the back to the tasting shed and entertained the other girls with our story.

After almost buying out the winery – they really had some beautiful wines - we headed back to the car and Cyril helped us stack the boot! It was chock-a -block! He had also kindly donated two bottles for our dinner later that evening. We drank a toast to him in appreciation.

Julie made an innocent comment about the fully laden mandarin and grapefruit trees and we were promptly handed plastic bags and told to fill them to our heart's content. This was too much for Julie and the combination

of giggles, a full bladder and Steph's toilet saga left only one solution. To bob down behind the water tank! They say it's good for citrus trees, don't they?

Suddenly we realised what time it was — the race had finished about an hour and a half ago. Well the boot was full anyway so we headed back. I don't know if it was the wine or the fact that we had escaped the obligatory race post-mortem but we giggled all the way back. We were like a bunch of school girls who had just escaped a lunchtime detention. Thank you so much to June for being our trusty chauffeur.

We had a very pleasant dinner that night with lovely wines, good company and great conversation. What more could a cycling wife want?

Sunday dawned, cold and drizzly but our die-hard hubbies decided to race. Better them than me I always say. With twitching muscles, more from the cold than anticipation for a win, the boys took off down the road. Us girls took off down town to hit the art gallery and delicious hot cappuccinos. Amanda (Hylton Preece) joined us on Sunday and we had a pleasant morning solving the problems of women, world wide. After casually strolling through the gallery and making very intelligent artistic observations we headed back to a sausage sizzle (thanks to Mick Paull]) and cold and wet hubbies.

Sadly it was time to say goodbye to new found friends and head for home. I slept all the way. Winery hopping, can be so exhausting! I'm definitely looking forward to the next cycling weekend and I hope more wives join us. Make sure it's close to some wineries fellas. See you soon girls!

Eastern Vets Program

Saturday	Oct	4	2.00 pm	Metec	Div 1 Madison GSR
Monday	Oct	6	8.00 pm	Maroondah Club	Club Meeting
Saturday	Oct	11	2.00 pm	Metec	Div 2 Madison GSR
Saturday	Oct	18	2.00 pm	Yarra Junction	Graded Scratch Races
Saturday	Oct	25	2.00 pm	Yarra Glen Toolangi	Road Championships

Southern Vets Program

Sunday	Sept	21	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	Sept	28	9.00 am	Lang Lang	Club Championships

Northern Vets Program

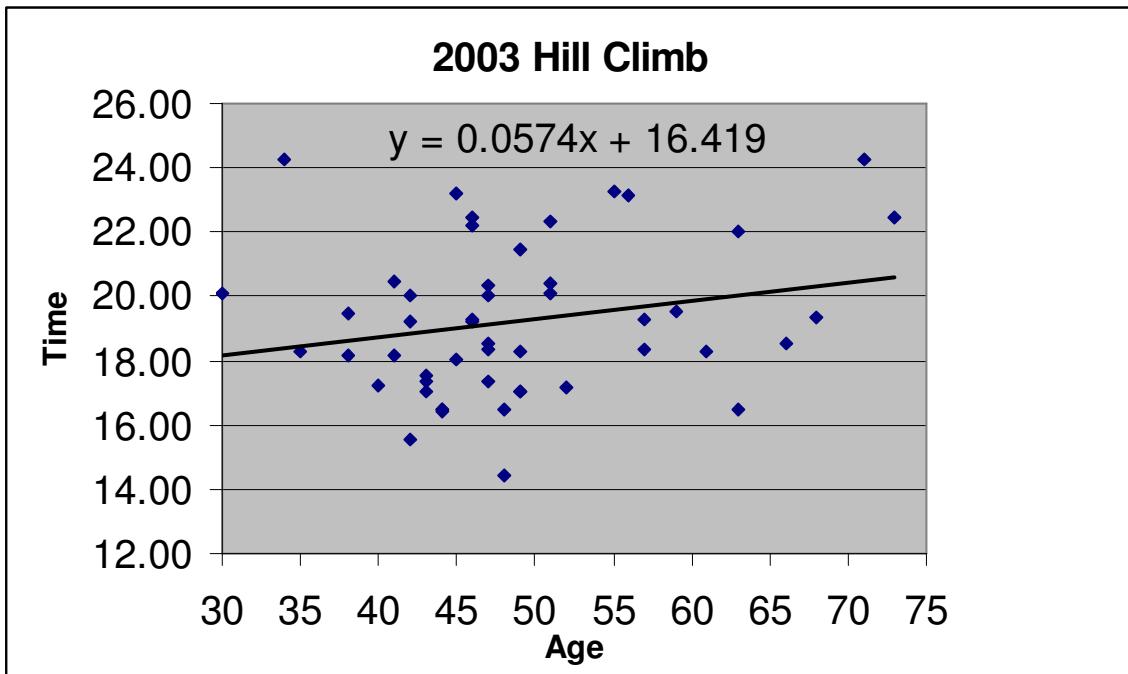
Sunday	Sept	28	10.00 am	Broadford	Mountain Goat Classic
Sunday	Oct	5	10.00 am	Lancefield	64 km Handicap
Sunday	Oct	12	9.30 am	Latrobe University	Graded Scratch Races
Sunday	Oct	19		No Racing	Around the Bay in a Day
Sunday	Oct	26	10.00 am	Seymour	Vin Nuttall Memorial H'cap

Accident at the hill climb

Martin Stalder had an unfortunate accident while warming up for the hill climb. While riding along Forest Road, a car coming in the other direction suddenly started to veer towards Martin. The steering on the car had failed and it did a turn into the side of Martin. Martin is a bit bruised and sore and his bike suffered somewhat. Fortunately it was his training bike, not his good racing bike. You guessed it, the driver who hit him is not insured. This just shows how vigilant you have to be while riding a bike.

For The Mathematically Inclined

The following graph shows ride times for all riders. Can you find your dot? If your dot is below the trend line you have bettered the time for your age, if it is above, you have failed to break your age time. The trend line is for this year only and is a little different from that used to calculate age times used on the day, which was $y = 0.1032x + 14.094$. What this means is that the times did not increase as rapidly with age as in previous years, in other words, we are getting better. (x is your age).



Congratulations to Peter and Donna Morris on the arrival of Benjamin Graham Morris, weighing in at 7 lb 6 1/2 oz. Parents and baby Benjamin are all doing well.

VVCC Championships

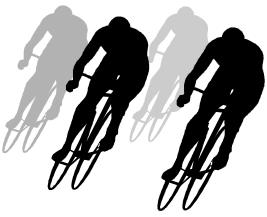
Congratulations to the following Eastern riders Rob Amos and Rob Graham who both came 3rd in the 40-44 and 50-54 age groups respectively. Gale force winds, constantly changing direction, made conditions very difficult during the 81 km race. In the 40-44 race Rob Amos tried several times, unsuccessfully, to break away on the last lap, which ended in a 12 man sprint to the line with T. Schneider edging out I. Blackie and Rob. In the 50-54 race G Falla and J. Linden broke away early in the race with Rob Graham chasing them home for 3rd. The womens events were a combined affair for all age groups and except for one rider who broke away and stayed away all the rest stayed together with Virginia Hamilton coming second in the womens 40 to 44.

Rob Amos has also been doing well on his MTB. Rob followed up his win in the MTB State Championships by winning the 5 race Fat Tyre Flyer Winter Series (masters) with a 1st and three 2nd. Finishing on 275 points, ahead of Craig Pollock on 216 with H. Dielacher on 215 3rd.

Coming Events

The Camperdown to Warrnambool is on the 11 October. Entries (\$15) close on 1 October with either Harry Tams PO Box 22 Tullamarine 3043 (preferred) or with Keith Bowen (9439 8013 or keithb@rabbit.com.au).

Late entries will not be accepted. The race will start at Camperdown at 9.30 and is run as a curtain raiser to the Melbourne to Warrnambool.



eastern veterans cycling club

Newsletter October 4 2003



**SEE YOU MONDAY NIGHT OCTOBER 6
MAROONDAH CLUB 8.00 PM.
MONTHLY GENERAL MEETING
IMPORTANT MATTERS TO BE DISCUSSED MAKE
SURE YOU ARE THERE**

September 27 Graded Scratch Races Metec

Shocking weather and Collingwood playing in a grand final meant that only 28 riders were brave enough to race. A and B grades were combined and D and E. Notwithstanding the depleted fields, racing was intense. As so often happens at Metec, if the pace is on early riders are dropped off very quickly, and today was no exception. A grade was quickly down to Phil Thompson and Nigel Letty, with Phil winning the sprint. C grade was similarly quickly down to 4, power houses Ray Clifford and John Jardine, John Walker and Nick Hainal. Phil Pelgrim got dropped but managed to get back on, only to hear the bell as he went past the start/finish line. Ray Clifford had the race sewn up, only to pull his foot out in the sprint, allowing John Walker to get up from Ray and John Jardine.

Results

	First	Second	Third
A 'B Grade (8)	Phil Thompson	Nigel Letty	Mark Wallace
C Grade (8)	John Walker	Ray Clifford	John Jardine
I Grade (10)	J C Wilson	Ken Lacey	Peter Norbury
I Grade (2)	Kerry McKredden	Melissa Fenner	

Officials

Thanks to all those who helped today, Alan Sandford, Graeme Parker, Murray Dickinson and Nick Hainal as the stand in drinks man.

Next Week

Back again at Metec for the Division 2 Madison and Graded Scratch Races for the rest of the riders.

Eastern Vets Program

Saturday	Oct 4	2.00 pm	Metec	Div 1 Madison GSR
Monday	Oct 6	8.00 pm	Maroondah Club	Club Meeting
Saturday	Oct 11	2.00 pm	Metec	Div 2 Madison GSR
Saturday	Oct 18	2.00 pm	Yarra Junction	Graded Scratch Races

D grade was a battle for the winter aggregate, with Ronnie Stranks needing a win to close up on J C Wilson. Ronnie seemed to have it won with a lead of 100 to 150 metres with only a few laps to go. Unfortunately for Ronnie they caught him coming up for the bell lap. J C who is a Metec specialist won from Ken Lacey and Peter Norbury who did a lot of work on the front. In E grade Kerry McKredden won from Melissa Fenner.

A disappointing turn out, but understandable in the conditions. An early finish to the races enabled everyone to get home in time to see the finish of the football.

Northern Vets Program

Sunday	Oct	5	10.00 am	Lancefield	64 km Handicap
Sunday	Oct	12	9.30 am	Latrobe University	Graded Scratch Races
Sunday	Oct	19		No Racing	Around the Bay in a Day
Sunday	Oct	26	10.00 am	Seymour	Vin Nuttall Memorial H'cap

Club News

Around the Bay in a Day

We will let you know soon the arrangements for Around the Bay in a Day. For those going via Geelong and Queenscliff, we will probably start at the old starting point, the J L Murphy reserve, corner Graham Street and Williamstown Road, Port Melbourne. Unlike the official starting point at St Kilda there is plenty of parking.

Winter Points Score

The winter points score is not quite over. There are three more scoring races, two at Metec and graded scratch races at Yarra Junction. Ronnie Stranks looks out of it, and unless Guy Green comes back soon, it will be out of J C and Phil Thompson.

Wilson John C	50
Green Guy	44
Thompson Phil	43
Stranks Ron	42
Tattersall P	39
Smith Ian	35
Jardine John	34
White Matt	34
Amos Rob	32
Bishop Leon	31
Christie Heather	31
Stalder Martin	31

Club Jerseys

Steve Szalla still has a few left. If you are riding around the Bay in a Day and haven't got one, talk to Steve. Some people are after knicks, but as yet there are insufficient in number to justify a further order.

Eastern Riders Clean up at Burkey's Mountain Goat Classic Broadford

Eastern riders featured prominently in Northern's Mountain Goat Classic at Broadford. All those hills that we climb at Yarra Junction, East Wandin and Toolangi obviously are of benefit with the following Eastern riders being placed:

Tim Hall (25 min) 1st, Su Pretto (32 min) 2nd, Phil Tattersall (13 min) 5th, Jeff Pretto (32 min) 6th, Steve Barnard (19 min not 29 as reported in the results in the paper and website) 7th, Rob Amos (scr) fastest and Alan Sandford 1st over 65.

More on Benalla Benalla Bonanza

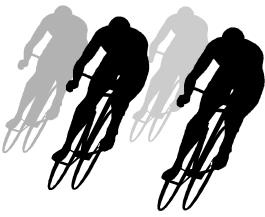
Thanks Rose, for a terrific version of the wives' escapade at Benalla! The only feature missing was the 5 km walk which we didn't have time for (because of the rain, of course!). We all support our partners in their riding pursuits, but gee it was beaut to have some intelligent conversation and fun! (I've just had another glass of the unwooded chardonnay from Ciavarella vineyard, Rose!).

Cheers

Julie (Rob Graham)

Vale Lou Edwards 1923 2003.

Eastern members are saddened by the recent passing of Lou Edwards. Lou was a foundation and life member of the club. Although not racing in recent years, Lou was always ready to help particularly at East Wandin where he would be out sweeping corners and repainting the finish line on the morning of the race. Sympathy of Eastern members is extended to wife Shirley.



eastern veterans cycling club

Newsletter October 11 2003

October 4 Division 1 Madison and Graded Scratch Races, Metec

For the first time since the closure of AFL Park we tried a madison. Somewhat simplified rules (trust me they were much simpler than our earlier versions), this time with 36 laps, one rider on the circuit at a time and sprints every 6 laps, points for first, second and third and double points on the last sprint. A and B Grade and some C Grade riders, made up the eleven teams.

After a bit of confusion early in the race with the changeover, but under the tutelage of Graeme Parker, teams eventually got the hang of it and changes went smoothly, although none of the teams seemed to have adopted the elite madison riders arm sling.

Hylton Preece suffered the ignominy of falling off during the practice when he gave partner Doug Reynolds an almighty shove and fell flat on his face, Phil Thompson was not quite as bad, he fell off after a changeover during the race when his bike slipped from under him on a puddle just as you turned off the circuit into the 'slip lane'. Apart from those two escapades and punctures by Rob Amos (3 during the day), John Jardine and Simon Jackson the race was incident free.

Not surprisingly the teams of Peter Howard/Tim Hall, Phil Thompson/Steve Barnard and Rob Amos/Alan Cunneen contested the first sprint, finishing in that order. By the time the second sprint came around, Phil Tattersall/John Pritchard had managed to get in with the front group, with the four teams contesting the sprint, with Peter Howard missing out. By the time the third sprint came around Rob Amos had punctured and the remaining three front teams stayed together for the rest of the race. The rest of the teams were out of it by this stage. C Graders Steve Barnard and Tim

Hall put in outstanding efforts, managing to stay with the opposing A graders in Peter Howard and Phil Thompson respectively when doing their laps. First and second places were shared between Phil Thompson and Peter Howard, the Tattersall Pritchard team could only manage third in all the sprints. Coming to the last sprint, Thompson/Barnard were a point up on Howard/Hall, and with double points, the overall winner would be who led over the line. John Pritchard had a good lead after the last changeover and was still in a winning position with 50 metres or less to go, but master sprinters, Peter Howard and Phil Thompson were too strong and John was relegated to third, but the win to Peter gave his team first place by a point. The only problem on the day was that we didn't work who came fourth etc. Oh well, the A team will be in charge next week and they are sure to know the placings down to last.

This is a popular event, if you haven't done one previously, you will be surprised how tough it is. It is also a great event to watch and on the short circuit at Metec the riders are visible all the way round, so you can follow the race in its entirety. For the Division 2 Madison next week we will change the rules slightly to 25 laps with a sprint every 5 laps

The Madison was followed by Graded Scratch Races for all grades. In what must be a first, John Pritchard was placed in both races, the Madison and the B Grade scratch race. Careful John, A Grade may not be far away. J C Wilson showed again that Metec is his favourite course, winning C Grade in his first week after going up from D Grade.

Results

	First	Second	Third	Fourth
A Grade (8)	Peter Howard	Phil Thompson	Rob Amos	
B Grade (9)	Gary Wishart	John Pritchard	Mike Pitrun	
C Grade (14)	J C Wilson	Mark Granland	Peter Morris	Graeme Parker

I Grade (15)	Greg Lipple	Glenn Archer	Eddie Tucker	Harold Simpson
I Grade (8)	Anthony Brown	Su Pretto	Barry Rodgers	
I Grade (5)	John Porter	Mike Fisher		
Madison (22)	Peter Howard Tim Hall 17 pts	Phil Thompson Steve Barnard 16	Phil Tattersall John Pritchard 6	

Officials

Helpers today were Martin Stalder and Nick Skewes counting laps, Steve Oberg, Ken Woppard and Ron Stranks judging, Keith Bowen keeping the score, Graeme Parker sorting out the teams and overseeing and coaching on the changeovers. Scratch races were run by Martin Stalder and Nick Skewes and Glenn Archer was back on the drinks

Next Week

Back again at Metec for the Division 2 Madison and followed by Graded Scratch Races for all grades.

Eastern Vets Program

Monday	Oct	6	8.00 pm	Maroondah Club	Club Meeting
Saturday	Oct	11	2.00 pm	Metec	Div 2 Madison GSR
Saturday	Oct	18	2.00 pm	Yarra Junction	Graded Scratch Races
Saturday	Oct	25	2.00 pm	Yarra Glen	Club Championships

Southern Vets Program

Sunday	Oct	12	9.00 am	Healey Road	Graded Scratch Races
Sunday	Oct	19	9.00 am	Swift Way	Graded Scratch Races
Sunday	Oct	26	9.00 am	Healey Road	Graded Scratch Races
Sunday	Nov	2	9.00 am	Rushdale St	Graded Scratch Races

Northern Vets Program

Sunday	Oct	12	9.30 am	Latrobe University	Graded Scratch Races
Sunday	Oct	19		No Racing	Around the Bay in a Day
Sunday	Oct	26	10.00 am	Seymour	Vin Nuttall Memorial H'cap
Sunday	Nov	2	10.00 am	Seymour	Chooks Wheel Race

Club News

Around the Bay in a Day

For those doing Around the Bay in a Day via Geelong and Queenscliff, Eastern Vets will meet at the J L Murphy reserve, corner Graham Street and Williamstown Road, Port Melbourne at 5.00am. Unlike the official starting point at St Kilda there is plenty of parking in the streets nearby. We will ride as a group, so make sure you wear your Eastern jersey. If you haven't let me know you are riding in reply to an email during the week, put your name on the list on Saturday.

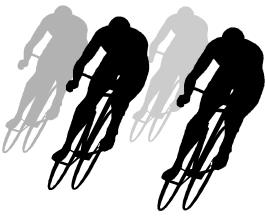
Winter Points Score

The winter points score is all but over. With his win today, against Phil Thompson's second, J C Wilson has crept ahead by 8 points. The best Phil can do is to tie, which would require him to have two wins against J C's two unplaced rides. Third place is an open competition between Guy Green, Ronnie Stranks and Phil Tattersall.

Wilson John C	55
Thompson Phil	47
Green Guy	44
Stranks Ron	43
Tattersall P	40

Martin has last laugh (well almost)

Martin Stalder might have trouble getting his damaged bike paid for after his accident at the start of the hillclimb, the driver was uninsured and declared (whatever the word is) bankrupt, but the police have charged him for drink driving!!!



eastern veterans cycling club

Newsletter October 18 2003

October 11 Division 2 Madison and Graded Scratch Races, Metec

Another exciting day for spectators and an exhausting day for participants with the Division 2 Madison at Metec. The format was the same as the previous week, but mercy be, only 25 laps (not the 36 Division 1 did) with sprints every 5 laps. Conditions were fine and overcast with the usual cold winter wind making things on the tough side. Racing was again close with first and second separated by one point and third and fourth by a point also.

Ten teams started and by the time of the first sprint the field had strung out a bit, but there were still several teams near the top. Peter Morris won the first sprint convincingly from Mark Granland/Su Pretto and Greg Lipple/Keith Bowen. The sprint every 5 laps meant that if a team changed every lap, the riders would alternate for the sprints. Peter and his partner Anthony Brown decided that Peter should do all the sprints, which necessitated a rider staying on for two laps. This is a tough call and they dropped out of the next three sprints.

The second sprint was won by Craig Peacock/Kym Petersen from Jeff Pretto/John Marshall and the Lipple/Bowen team third again. These three teams had a break on the field by now and looked certain to fill the placings. Pretto/Marshall won the third sprint from Peacock/Petersen with Lipple/Bowen continuing to have a mortgage on third place.

By the time of the fourth sprint, two teams were left out in front, with Peacock/Petersen winning

from Lipple/Bowen. The final sprint was won by Greg Lipple who managed to get past Craig Peacock who had ridden the last two laps. Peter Morris put in a blistering last couple of laps to manage to take third place in the final sprint.

The final result was Peacock/Petersen 12 points, Lipple/Bowen 11 and Pretto/Marshall 6. Then followed Morris/Marshall 5, Granland/Su Pretto 2.

With a bunched field the first few changes were a bit confusing, but after that the field had spread out a bit and there weren't too many hassles finding your partner. Phil Pelgrim managed to do more than his fair share, riding 17 out of the total distance of about 22-23 km. His team still managed to finish 6th.

The Madison was followed by Graded Scratch Races for all grades. J C Wilson managed to stitch up the Winter Aggregate by winning C grade. Two wins in a row after promotion from D grade is a great effort. Martin Stalder in his first ride after his accident at the hill climb rode well for second in B Grade and Craig Peacock showed that he was not tired out by his Madison efforts, doing most the work on the front of D grade with Ross Gardiner and managing to come second in D grade. In B grade Phil Tattersall managed to keep his chances for a third in the Winter Aggregate alive with a third place.

Results

	First	Second	Third
A Grade (6)	Rob Amos	Phil Thompson	Doug Reynolds
B Grade (12)	Ian Milner	Martin Stalder	Phil Tattersall
C Grade (14)	J C Wilson	Mark Granland	Graeme Parker
D Grade (11)	Leon Bishop	Craig Peacock	Dick Fox
E Grade (9)	Kenton Smith	Anthony Brown	Su Pretto
F Grade (2)	Mike Fisher	John Porter	
Madison (20)	Craig Peacock Kym Petersen 12 pts	Greg Lipple Keith Bowen 11	Jeff Pretto John Marshall 6

Officials

Thanks to Rob Graham, Pat Dougherty, Brett Morton and Nick Panou who were helping, apologies to those other willing helpers whose names I do not have.

Next Week

Club championships at Yarra Glen. A list of riders in the various age categories will be on display at Yarra Junction, so you can check out your opposition.

Eastern Vets Program

The Summer Program is now available. Copies have been emailed to those on the internet and copies (on yellow paper) are available on race days. Further copies will be distributed when renewal forms are available for 2004.

Saturday	Oct	25	2.00 pm	Yarra Glen	Club Championships
Saturday	Nov	1	2.00 pm	Metec	Graded Scratch Races
Monday	Nov	3	8.00 pm	Maroondah Club	General Meeting
Saturday	Nov	8	2.00 pm	East Wandin	Jack Thompson Memorial H'cap
Saturday	Nov	15	2.00 pm	Steels Creek	Teams Event

Southern Vets Program

Sunday	Oct	19	9.00 am	Swift Way	Graded Scratch Races
Sunday	Oct	26	9.00 am	Healey Road	Graded Scratch Races
Sunday	Nov	2	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Nov	9	9.00 am	Star Crescent	Graded Scratch Races

Northern Vets Program

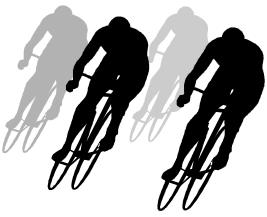
Sunday	Oct	19		No Racing	Around the Bay in a Day
Sunday	Oct	26	10.00 am	Seymour	Vin Nuttall Memorial H'cap
Sunday	Nov	2	10.00 am	Seymour	Chooks Wheel Race
Sunday	Nov	9	9.30 am	Campbellfield	Graded Scratch Races

Club News

Winter Points Score

First and second places are now decided, but third place is still open between Guy Green, Ron Stranks and Phil Tattersall. Points for the Winter Aggregate (and the Summer Aggregate for that matter) are awarded on the basis of 5, 4 and 3 for first, second and third respectively in scratch races and 8, 7, 5, 4 and 3 for first etc in a handicap. In addition unplaced riders receive 1 point and officials 2 points. In graded handicaps, points are not awarded for placings in grades. Points are not awarded for a special event like a madison, but are awarded for the graded scratch races.

Wilson John C	60
Thompson Phil	51
Green Guy	44
Stranks Ron	43
Tattersall Phil	43
Amos Rob	40
Bishop Leon	37
Jardine John	36
Pretto Su	36
Smith Ian	36
Stalder Martin	35
White Matt	35
Parker Graeme	32
Christie Heather	31
Hainal Nick	31
Hall Tim	31



eastern veterans cycling club

Newsletter October 25 2003

October 19 Around the Bay in a Day

Forget the racing the highlight of the weekend was Sunday's Around the Bay in a Day. 20 to 25 riders started at the appointed hour in high spirits and on time. Although the forecast was for rain the predicted top of 19 suggested that conditions wouldn't be too bad, particularly with the strong northerly at that stage suggested that we would have a fast ride to Geelong and then the south westerly change would blow us all the way home. Some pessimistic types had checked the radar before leaving home only to find that the Melbourne radar was off the air for maintenance, but the Mt Gambier radar showed ominous rain centred on Warrnambool and heading our way. If only I had heeded the warning and stayed home.

It was not long before it all started to go pear shaped. The northerly quickly turned into a strong head wind and the pace was down to below 20 on some occasions. With the slow pace the field was bunched up and there were several falls, none appeared to be serious at that stage. Then it really got worse just before the Corio overpass, torrential rain and a temperature drop of 10 (?) degrees made conditions intolerable and dangerous.

A short stop at Rippleside Park allowed us to regroup. Four, Virginia Hamilton, Colin O'Brien, Phil Tattersall and Keith Bowen indicated that I should delete 'intelligent cyclist' from my list of the best oxymorons (see below) and headed for the Geelong Station.

We were in the first group to pull out. When buying our tickets there was a bit of a minor panic when the ticket seller said he thought the train was a sprinter and would not be able to take more than 3 or 4 bikes. Fortunately that was not the case and after buying our tickets, we headed for the nearest coffee shop for a reviver. Phone calls to Graeme Parker, waiting patiently in the rain at Queenscliff, Kevin Mills and Steve Short riding down to Sorrento told us what the conditions were like and convinced us that we had made the right decision.

After a couple of lattés and bacon and eggs for Phil, we headed back to the train which was due to part at 10.10. By this time the train was chockers and there was talk of buses to take people back and the train to take bikes back. Bikes were locked away in the last two carriages and passengers in the front of the train and V Line is to be complemented on their organisation in accommodating so many passengers and bikes at short notice. The train left 20 minutes late and arrived back at Spencer Street about 11.40, followed by a short ride back to the cars and warmth at last with the heater going full blast.

Those who continued on are to be congratulated on making it back in one piece. Rain, worse than that endured on the way to Geelong, falls and punctures were apparently the norm. I would be surprised if several riders didn't suffer from hypothermia. Under the circumstances an average of 25 to 26 km/hr is very commendable

For those who took part this ride will be the talking point for weeks, if you didn't just bear with us as we relive the experience.

Now next year when we do it we must

Oh! by the way there were graded scratch races at Yarra Junction on Saturday, the most newsworthy exploit was the speed of Rob Amos's descent of the hill 75 km/hr, frightening for Mark Wallace trying to keep up with and terrifying for Keith Bowen in the lead car trying to stay in front of him. Some oxymorons (a conjunction of incongruous or contradictory terms) to whet your appetite:

intelligent eyelist, comfortable bicycle seat, weather forecast, adult male and dare I say it female logic, amicable divorce, airline food, Indian restaurant, fast food, help desk, information desk, Microsoft help line, modern music, military intelligence, paid volunteer, express mail, government assistance, honest politician, railway timetable, civil engineer.

Results

	First	Second	Third
A Grade	Rob Amos	Mark Wallace	
I Grade	Phil Tattersall	Ian De Kam	Matt White
C Grade	Craig Peacock	Tim Hall	Ted McCoy
I Grade	Eddie Tucker	Greg Lipple	
I Grade	Ron Stranks	Anthony Brown	
I Grade	John Porter		

Officials

Thanks to John Macleod (starter and judge), John Merrony (turning riders) and Keith Bowen (lead car) who were in charge of proceedings..

Next Week

Graded Scratch Races at Metec.

Eastern Vets Program

The Summer Program is now available. Copies have been emailed to those on the internet and copies (on yellow paper) are available on race days. Further copies will be distributed when renewal forms are available for 2004.

Saturday	Nov 1	2.00 pm	Metec	Graded Scratch Races
Monday	Nov 3	8.00 pm	Maroondah Club	General Meeting
Saturday	Nov 8	2.00 pm	East Wandin	Jack Thompson Memorial H'cap
Saturday	Nov 15	2.00 pm	Steels Creek	Teams Event
Saturday	Nov 22	2.00 pm	Metec	Graded Scratch Races

Southern Vets Program

Sunday	Oct 26	9.00 am	Healey Road	Graded Scratch Races
Sunday	Nov 2	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Nov 9	9.00 am	Star Crescent	Graded Scratch Races
Sunday	Nov 16	9.00 am	Cora Lynn	Graded Scratch Races

Northern Vets Program

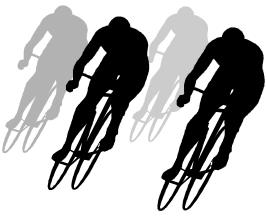
Sunday	Oct 26	10.00 am	Seymour	Vin Nuttall Memorial H'cap
Sunday	Nov 2	10.00 am	Seymour	Chooks Wheel Race
Sunday	Nov 9	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Nov 16	10.00 am	East Trentham	Pig and Whistle H'cap

Club News

Winter Points Score

First and second places were finalised before last Saturday and the only place up for grabs was third with Phil Tattersall and Ron Stranks tied for third, and that is the way they finished. Ron Stranks won E grade by the proverbial country mile and Phil Tattersall won B grade by half a wheel from Ian De Kam. Congratulations to the winners who are:

Wilson John C	61
Thompson Phil	51
Green Guy	44
Stranks Ron	48
Tattersall Phil	48



eastern veterans cycling club

Newsletter November 1 2003



**SEE YOU MONDAY NIGHT NOVEMBER 3
MAROONDAH CLUB 8.00 PM.
MONTHLY GENERAL MEETING
IMPORTANT MATTERS TO BE DISCUSSED
MAKE SURE YOU ARE THERE**

October 25 Club Championships Yarra Glen

The weather forecast wasn't all that promising, and considering that many riders were on a hiding to nothing a turn out of 48 riders for the Club road championships was very good.

Conditions started out fine and overcast, but deteriorated as riders made their way up the hill. The rain was exceptionally heavy, but in contrast to last Sunday not that cold, well relatively speaking anyway. Not wanting to get caught out twice in the one week arm warmers and rain jackets were the order of the day. Being Club championships fields quickly spread out and wet bedraggled riders came in one by one.

With Kym Petersen (riding out of her age group), Virginia Hamilton and Su Pretto the women's race promised to be even. They rode together up the hill when Su got dropped, but she had an enjoyable ride back with Steve Fothergill. Kym won the sprint from Virginia. Glenys Jardine also rode and despite being dropped, persisted in riding the full course. Congratulations Glenys, most of us would have given up in the conditions.

Peter Howard and Jeff Williams rode together in mens 35 to 39, with Peter winning the sprint. There was a big field was in mens 40 to 44 with 11 starters. In form, Rob Amos won this from Michael Hartman and Wednesday rider Simon Jackson with Nigel Kimber a creditable fourth.

The biggest field was the mens 44 to 49 with 12 starters. Rudy Joosten won this from Rob Russell and Phil Thompson. There were only three in the mens 50 to 54 and Rob Graham cleared out when the rain came and was followed home by Steve Fothergill and Michael Paull.

In the mens 55 to 59 the pace was on early as Colin O'Brien led out for the first 6 km as the bunch

picked up several riders from other age groups before Healesville. Early attacks by Colin and Ian before Healesville and Toolangi reduced the field down to the eventual placegetters. The three stayed together until the end when Martin was too strong with Colin just holding off Ian for third.

The three riders in the 60 to 64 age group, Kerry Ryan, Ted McCoy and David Lyons are very evenly matched. Kerry winning by half a wheel from Ted. David, despite riding all those hills in France doesn't like descending in the wet, coming third.

The mens 65 to 69 was a match race between Ronnie Stranks and Dick Fox. Ronnie had about 150 metre gap at the top of the climb and was able to hold it to the end. Murray Dickinson coming third. Another three starters in the mens 70+. Keith Bowen, who punctured near the top of the climb just before Healesville, had followed his own advice to Around the Bay in a Day participants and had two spare tubes, but didn't realise that he had deep section rims and tubes with short valve stems. The good news was that he was able to walk to the roundabout and get a ride home in the lead car and avoid riding in the rain. They are all gentlemen in this age group, John Porter and Mike Fisher stopped while Keith tried to mend his puncture and John stopped for Mike when he dropped his chain later on. John Porter, who is actually 75, winning from Mike Fisher.

Fortunately the blacksmith's forge was open after the race and we able to adjourn there for after race drinks. Disappointing conditions, but a good turn out and some competitive racing made for successful championships.

Results

	First	Second	Third
Men 35 to 39	Peter Howard	Jeff Williams	Ian Milner
Men 40 to 44	Rob Amos	Michael Hartman	Simon Jackson
Men 45 to 49	Rudy Joosten	Rob Russell	Phil Thompson
Men 50 to 54	Rob Graham	Steve Fothergill	Michael Paull
Men 55 to 59	Martin Stalder	Colin O'Brien	Ian DeKam
Men 60 to 64	Kerry Ryan	Ted McCoy	David Lyons
Men 65 to 69	Ron Stranks	Dick Fox	Murray Dickinson
Men 70+	John Porter	Mike Fisher	
Women 40 to 49	Virginia Hamilton	Su Pretto	Glenys Jardine

Officials

Thanks to again to John Macleod for starting the riders and who with John Merrony stood in the rain for an hour or more taking the riders numbers as they finished. Peter O'Callaghan turned the riders at Toolangi, Steve Shore and Ron Gillies controlled the roundabout and Peter Morris drove the lead car. John Wilson found a new way to avoid riding in the championships by falling over at work and injuring his ankle, huddled beneath the canopy of his ute selling drinks.

Next Week

Back to East Wandin for the postponed Jack Thompson memorial. If you haven't already emailed your entry, put it in today, to ensure you get a good mark.

Eastern Vets Program

The Summer Program is now available. Copies have been emailed to those on the internet and copies (on yellow paper) are available on race days. Further copies will be distributed when renewal forms are available for 2004.

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Saturday	Nov 8	2.00 pm	East Wandin	Jack Thompson Memorial H'cap
Saturday	Nov 15	2.00 pm	Steels Creek	Teams Event
Saturday	Nov 22	2.00 pm	Metec	Graded Scratch Races
Saturday	Nov 29	2.00 pm	Metec	Graded Scratch Races

Southern Vets Program

Sunday	Nov 2	9.00 am	Rushdale St	Graded Scratch Races
Sunday	Nov 9	9.00 am	Star Crescent	Graded Scratch Races
Sunday	Nov 16	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	Nov 23	9.00 am	Healey Road	Graded Scratch Races

Northern Vets Program

Sunday	Nov 2	10.00 am	Seymour	Chooks Wheel Race
Sunday	Nov 9	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Nov 16	10.00 am	East Trentham	Pig and Whistle H'cap
Sunday	Nov 23	9.30 am	Toolernvale	Graded Scratch Races

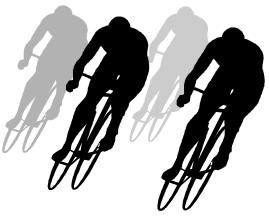
Club News

Road Shoes for Sale

Carnac top of the range, triple strap, carbon sole, road shoes. Size 45, worn once, (should have bought size 44). Cost \$400, sell \$200 or nearest offer. Phone Neil Wray 9585 4626.

Victorian Duathlon Championships

Congratulations to Su Pretto winning her age group in the Victorian Duathlon Championships at Richmond. This was a pretty good effort after racing to Toolangi in the rain on Saturday and after the Pretto alarm clock again failed to ring at the appointed time. Su getting from Healesville to Richmond in record time. It will be a nervous wait for Su for a couple of weeks until she is sure there weren't any speed cameras out on a Sunday morning.



eastern veterans cycling club

Newsletter November 8 2003

November 1 Graded Scratch Races Metec

More cold wet and windy weather kept the number of riders down to 43. Heavy rain delayed the start and more rain after racing for about an hour hastened the end of racing. The biggest field was

in C Grade with 9 starters and surprisingly D Grade which usually has the largest numbers only had 4 starters. Results as follows.

Results

	First	Second	Third
A Grade (8)	Peter Castillo	Martin Stalder	Mark Wallace
I Grade	Nigel Kimber	Rob Russell	Greg Molesworth
C Grade (8)	John Walker	Steve Short	Hylton Preece
I Grade (10)	Glenn Archer	Keith Bowen	
I Grade (2)	Mal Wilkinson	Glen Campbell	Sally Both
I Grade	Mike Fisher	Glenys Jardine	

Officials

Thanks to again to Graeme Parker assisted by Gregor McGibbon, Graeme Pinchbeck, John Merrony and John Macleod for running the races.

Next Week

Steels Creek for graded scratch races sponsored by Athletic Soft Tissue. Because of the number of officials and work required to run the teams event, it has been replaced by Graded Scratch Races. The teams event may be held later in the year at Metec.

Eastern Vets Program

The Summer Program is now available. Copies have been emailed to those on the internet and copies (on yellow paper) are available on race days. Further copies will be distributed when renewal forms are available for 2004.

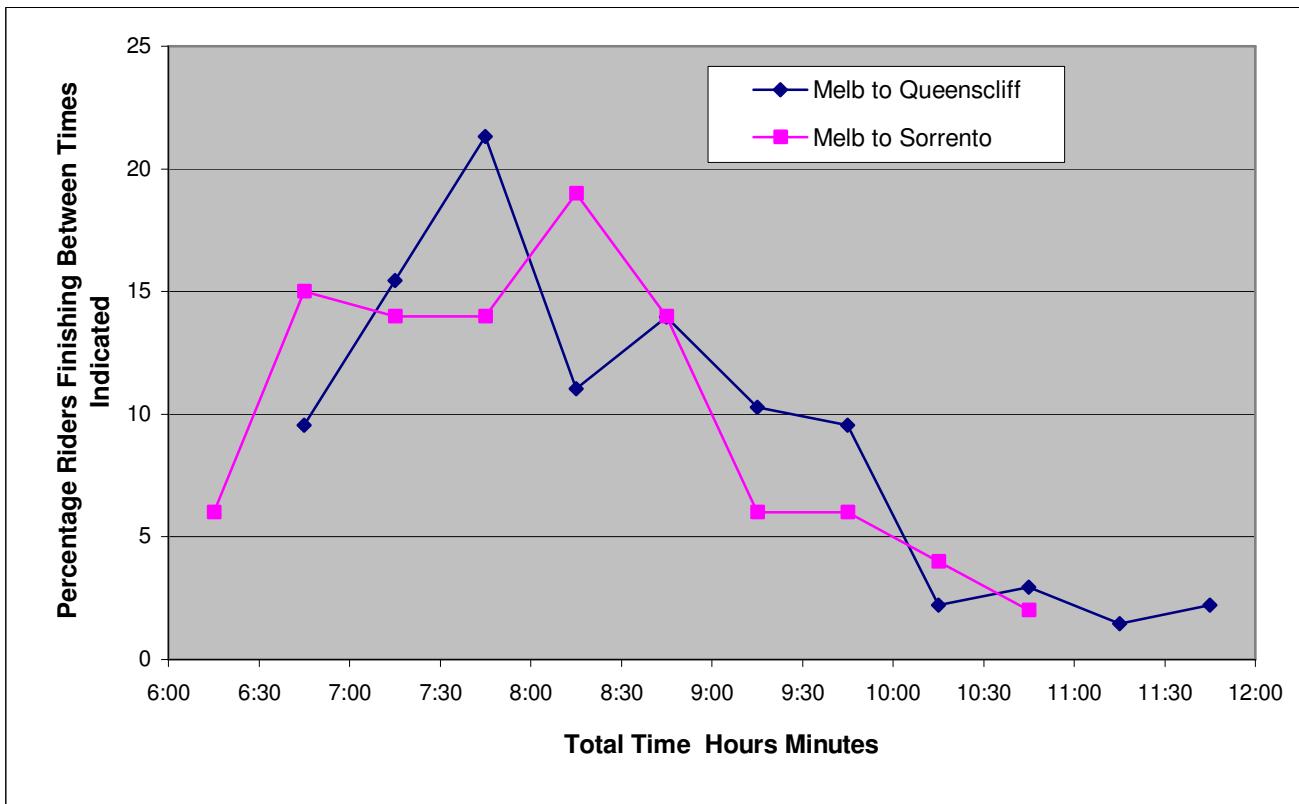
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Saturday	Nov	22	2.00 pm	Metec	Graded Scratch Races
Saturday	Nov	29	2.00 pm	Metec	Graded Scratch Races
Saturday	Dec	1	8.00 pm	Maroondah Club	General Meeting

Southern Vets Program

Sunday	Nov	9	9.00 am	Star Crescent	Graded Scratch Races
Sunday	Nov	16	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	Nov	23	9.00 am	Healey Road	Graded Scratch Races
Sunday	Nov	30	9.00 am	Swift Way	Graded Scratch Races

Northern Vets Program

Sunday	Nov	9	9.30 am	Campbellfield	Graded Scratch Races
Sunday	Nov	16	10.00 am	East Trentham	Pig and Whistle H'cap
Sunday	Nov	23	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Nov	30	9.30 am	Toolernvale	Handicap



More About Around the Bay in a Day

For the first time this year, Bicycle Victoria was providing a timing service for Around the Bay Riders. All the results are on their website. Not having anything better to do, I have been playing around with their data, with a bit of help from Excel. First of all, a total of 646 riders paid their money to have their times recorded for both legs and total time. Of the 48 women, 42 chose the Queenscliff option and 6 chose to ride to Sorrento first. Of those going to Queenscliff only 7 were timed at Queenscliff and 6 of those went on to finish. Of those going to Sorrento first, 4 were timed at Sorrento and 3 went on to finish. This means that of the 48, only 11 were accounted for, the other 39 either didn't start or pulled out.

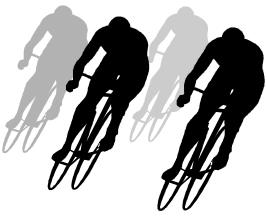
Now for the 598 men. 358 chose to go to Queenscliff first, of these 136 completed the course and 14 had a time recorded at Queenscliff, but not a finishing time. Of the 238 who chose to go to Sorrento first, 100 had a finishing time and a further 6 were timed at Sorrento but not at the finish. So of the 598, only 256 or 43% were recorded as starting. What happened to the other 57%???? Pulled out, failed to go through the timing gantry, or didn't start presumably.

A perusal of the times shows that the fastest via Sorrento, was the appropriately named Ken Goh with a time of 6 hr 10. In contrast the fastest via Geelong, was John Boyle with a time of 6 hr 32. The average times for the various sectors are in the table below which suggests that those going via Geelong first had the more difficult ride with an average time of 8 hr 22, 19 minutes longer than those going in the reverse direction. In particular, there was only 10 minutes difference in the times between the two groups for the Melbourne Queenscliff leg, but 28 minutes difference for the Melbourne Sorrento leg!!! The reasons, the rain was moving from the southwest to northeast and they were continuing to ride in it, whereas those going in the reverse direction, were riding out of the rain and had a gale at their back, and/or the myriad of punctures and falls experienced by the first group.

The fastest to Queenscliff was 3 hr 24 and the fastest return for this group from Sorrento back to Melbourne was a group of 5 who did it in 2 hr 49. For those going in the reverse direction, the fastest to Sorrento was 2 hr 39, with the fastest from Queenscliff back to Melbourne 3 hr 28. under the conditions the return rides of these riders is very commendable.

The good news about all this is that is should be a cruise in the park to better these times next year.

Melbourne Queenscliff Melbourne	Melbourne to Queenscliff 4 hr 37	Sorrento to Melbourne 3 hr 47	Total 8 hr 22
Melbourne Sorrento Melbourne	Queenscliff to Melbourne 4 hr 47	Melbourne to Sorrento 3 hr 19	Total 8 hr 03



eastern veterans cycling club

Newsletter November 15 2003

November 8 Jack Thompson Memorial Handicap East Wandin

The glorious conditions on Saturday for the running of the Jack Thompson Memorial Handicap vindicated the decision to cancel it back in August when we were greeted with hail and sleet before the start. There were forty starters, with surprise surprise nine A graders was the biggest bunch. Perhaps tough courses like East Wandin attract the top riders?

The race was unusual for a handicap in that although the gaps between bunches narrowed as the race went on, no one except for dropped riders and Glenys Jardine off limit were caught. Glenys quickly left her co-marker Ian Jones behind and it looked for a while that she might stay in front. Unfortunately for her she was caught on the last lap by the Ron Stranks and Virginia Hamilton (20 min) and Eddie Tucker, Dick Fox and Greg Lipple (16 min). After three laps it was clear that the race was to be out of these riders. The 16 min bunch rode strongly for the first two laps and would have been favourites at that stage, but slowed over the final

two laps. Ronnie and Virginia regularly swapping turns, rode consistent 20 minute laps and sprinted for the finish together. Ronnie drew level, but Virginia who has been honing her sprinting skills at the uphill sprint at The Loop of a Wednesday morning was able to hold off Ronnie and win her first handicap. Eddie Tucker was able to win the sprint for third from Dick Fox and Greg Lipple.

It must be pretty daunting for A grade at East Wandin, as they started off just as the leading riders completed their first lap. They are faced with the prospect of riding 40 km in the same time as the others have to ride 30!!! For the most part A grade stayed together. John Rathberger, in his first ride at East Wandin speared past the sharp left hander after the roundabout on the second lap and was unable to get back on. In the sprint for the fastest time Peter Howard was too strong for the remainder of A grade.

Results

First	Second	Third	Fourth	Fifth	Fastest
Virginia Hamilton	Ron Stranks	Eddie Tucker	Dick Fox	Greg Lipple	Peter Howard

Officials

East Wandin is a labour intensive course as far as officials and signage are concerned and a special thanks goes to the traffic controllers and marshalls. When you are racing there doesn't seem to be many cars on the course, but it is surprising the number that come through an intersection during the course of a race. Officials were, Nick Hainal, Rudy Joosten (traffic controllers), Peter Doonan, Don McLean, Karen Hopkinson, Heather Christie, and John Porter (marshals) and Laurie Baigent (lead car). Ian Smith was the "main man" in control of everything and Graeme Parker handicapper. Steve Fothergill was back on the drinks, again sporting his bright orange shoes, but now somewhat faded.

Next Week

Metec next week for Graded Scratch Races.

Eastern Vets Program

The Summer Program is now available. Copies have been emailed to those on the internet and copies (on yellow paper) are available on race days. Further copies will be distributed when renewal forms are available for 2004.

Saturday	Nov	22	2.00 pm	Metec	Graded Scratch Races
Saturday	Nov	29	2.00 pm	Metec	Graded Scratch Races
Saturday	Dec	1	8.00 pm	Maroondah Club	General Meeting

Southern Vets Program

Sunday	Nov	16	9.00 am	Cora Lynn	Graded Scratch Races
Sunday	Nov	23	9.00 am	Healey Road	Graded Scratch Races
Sunday	Nov	30	9.00 am	Swift Way	Graded Scratch Races
Sunday	Dec	7	9.30 am	Braeside	Graded Scratch Races

Northern Vets Program

Sunday	Nov	16	10.00 am	East Trentham	Pig and Whistle H'cap
Sunday	Nov	23	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Nov	30	9.30 am	Toolernvale	Handicap
Sunday	Dec	7	9.30 am	Toolernvale	Time Trial

Club News

Canberra Masters Games

After her gold in the Victorian Duathlon championships a few weeks ago, Su Pretto has again been in the medals at the recent Masters Games in Canberra, winning silver medals in the criterium, time trial, triathlon, and the 8 km cross country run.

Kerry Ryan also competed, coming 5th in the road race, 4th in the time trial, but wait for it, won the cross country MTB by 11 minutes!!!

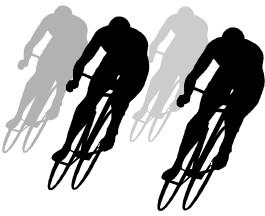
Ian De Kam was also not to be outdone, winning the MTB cross country by 6 minutes and winning the marathon singles canoeing.

You might remember Tony Retra from northeast Victoria who streeted us in the time trial at Steels Creek was also there, he won the road race by 2 minutes and not surprisingly he won the time trial and would have been placed in every age group in the time trial.

Winter Points Score

First 30 odd placings in the Winter Points Score are as follows:

Wilson John C	60	Hall Tim	31	Kimber Nigel	21
Thompson Phil	51	Lipple Greg	28	Oberg Steve	21
Green Guy	44	Preece Hylton	28	Brown Anthony	20
Stranks Ron	43	Porter John	27	Cunneen Alan	20
Tattersall P	43	Fisher Mike	26	Pelgim Phil	20
Amos Rob	40	Howard Peter	26	Walker John	20
Bishop Leon	37	Bowen Keith	24		
Jardine John	36	Granland Mark	24		
Pretto Su	36	Stern Philip	24		
Smith Ian	36	Curelli Tony	23		
Stalder Martin	35	Clifford Ray	22		
White Matt	35	Morton Brett	22		
Parker Graeme	32	Panou Nick	22		
Christie Heather	31	Fox Richard	21		
Hainal Nick	31				



eastern veterans cycling club

Newsletter November 22 2003

November 15 Graded Scratch Races Steels Creek

What a contrast in four weeks, for Around the Bay in a Day on October 19, conditions verging on hypothermic, with hail, sleet, rain and bone chilling cold, October 25, torrential rain for the Club Championships, November 15, 39 degrees and the possibility of heat stroke!!! We don't seem to able to get those ideal conditions for cycling, 25 degrees and no wind.

With a forecast temperature of 35° during the afternoon it was borderline whether we raced or not. A temperature of 34° at one o'clock we were still under the trigger point for cancelling the race. If we had known it was going to get to 39° we probably would have cancelled.

Anyway there were 37 hardy souls or thereabouts who headed off into the head winds of Steels Creek for Graded Scratch Races. Most bunches took it easy on the way out waiting for the gale behind on the way back. Again we had a big A grade field and there were a few nervous riders who were sorry they had agreed to ride A instead of B when they found out that Guy Green was back in town. For the most part they stayed together and were one of three grades to finish in a bunch sprint. Guy Green led out but was caught about 10 metres from

the line by Peter O'Callaghan with the consistent Mark Wallace coming third.

Colin O'Brien figured he couldn't sprint, which is probably a myth, and set out to destroy B grade, and destroy them he did, winning by 200 metres or more from Matt White and Nigel Kimber. Matt was able to ride through the finish, Nigel fell of his bike into the grass under the nearest tree and John Jardine who came fourth, didn't bother to find any shade, stopping as he crossed the finish line.

Another bunch sprint in C grade with Kevin Mills winning from Alan Cunneen (apologies to Alan I thought that Craig Peacock came second and put his name in the paper and on the website results) and Graeme Parker. After punctures to Keith Bowen and Tony Curelli and a few dropouts, D grade was down to five riders. Hot favourite and hardest worker in the bunch Greg Lipple didn't disappoint winning the sprint from Jeff Pretto and Chris Norbury sporting a Port Douglas sun tan.

After John Porter withdrew after the first lap, Graham Haines was too strong for Glenys Jardine in E grade.

Results

	First	Second	Third
A Grade	Peter O'Callaghan	Guy Green	Mark Wallace
B Grade	Colin O'Brien	Matt White	Nigel Kimber
C Grade	Kevin Mills	Alan Cunneen	Graeme Parker
D Grade	Greg Lipple	Jeff Pretto	Chris Norbury
E Grade	Graham Haines	Glenys Jardine	

Officials

Ron Stranks was on traffic control, assisted by Su Pretto who the best job on the day driving the lead car, Pat Dougherty and Peter Howard judging and Tony McLean on the turn. Favourite person on the day was Steve Fothergill was back on the drinks. There were some souls who were hoping for an early drink by pulling out after one or two laps, but found to their dismay that the drinks were still locked up in the back of Steve's car. Thank you also to David McCormack of Athletic Soft Tissue Therapy for his sponsorship of the race. Contact David on 9876 3365 for that before or after the race massage.

Next Week

Metec next week for Graded Scratch Races.

Eastern Vets Program

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Saturday	Dec	1	8.00 pm	Maroondah Club	General Meeting
Saturday	Dec	6	2.00 pm	Metec	Graded Scratch Races
Saturday	Dec	13	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Dec	20	2.00 pm	Metec	Christmas H'cap GSR's

Southern Vets Program

Sunday	Nov	23	9.00 am	Healey Road	Graded Scratch Races
Sunday	Nov	30	9.00 am	Swift Way	Graded Scratch Races
Sunday	Dec	7	9.30 am	Braeside	Graded Scratch Races
Sunday	Dec	14	9.30 am	Swift Way	Graded Scratch Races
Sunday	Dec	21	9.30 am	Rushdale St	Graded Scratch Races

Northern Vets Program

Sunday	Nov	23	9.30 am	Toolernvale	Graded Scratch Races
Sunday	Nov	30	9.30 am	Toolernvale	Handicap
Sunday	Dec	7	9.30 am	Toolernvale	Time Trial
Sunday	Dec	14	10.00 am	Seymour	Christmas Handicap
Sunday	Dec	21			No racing

Club News

Hot Weather Rules

The club rule for hot weather is that if the temperature reaches 35° or more at 1.00 pm, the races will be cancelled. The races may be cancelled earlier in the morning, if the forecast temperature is to be more than 35° at 1.00 pm. On days of forecast high temperatures check on the race day phone for the latest information. Members on the internet will be advised of any cancellation so check your emails before leaving home. A decision to cancel on a Saturday morning will usually be made some time between 11 and 12 noon.

I have been cruising the web where it suggests that when the wet bulb globe temperature reaches 28°, which corresponds approximately to a temperature of 35° and a relative humidity of 20%, the risk of thermal injury is extreme (these were the temperature and relative humidity on Saturday at Coldstream, the nearest weather station to Steels Creek). Sports Medicine Australia has a scoring system depending on temperature, wet bulb globe temperature, age of competitors, duration of event, nature of surface conducted on etc. When the score exceeds 75 the event should be cancelled. Our score on Saturday was 75!!!

Canberra Masters Games

After her gold in the Victorian Duathlon championships a few weeks ago, Su Pretto has again been in the medals at the recent Masters Games in Canberra, winning silver medals in the criterium, time trial, triathlon, and the 8 km cross country run.

Kerry Ryan also competed, coming 5th in the road race, 4th in the time trial, but wait for it, won the cross country MTB by 11 minutes!!!

Ian De Kam was also not to be outdone, winning the MTB cross country by 6 minutes and winning the marathon singles canoeing.

You might remember Tony Retra from northeast Victoria who streeted us in the time trial at Steels Creek, he was also there. He won the road race by 2 minutes and not surprisingly won the time trial and would have been placed in every age group in the time trial.

IRRKERLANTYE, NGARTE MEKWENHE!!!!

Does this name mean anything to you, probably not, but it means a lot to some aboriginal children from Alice Springs being brought to Melbourne to participate in the Great Victoria Bike Ride by Graham Buckley. Many of you will remember Graham as a former member and Club President. At our last meeting the Club agreed to underwrite the cost of the air fare for one student (approximately \$500). To raise this amount we only need 25 members donating \$20 each. Please bring your donations next week and contribute to this worthy cause.

MORE ON HOT WEATHER

I found the following table on the Gatorade Sports Science Institute website. The apparent temperature is a measure of how hot it feels taking into account the temperature and humidity. The temperatures have been converted from °F to °C, hence the uneven spacing in the temperature.

It confirms that our current criteria of cancelling racing when the temperature is 35 °C is pretty close to the mark, although the WBGT Sports Medicine Australia seems to be a better criterion. At the moment I am trying to find out if this is available for Victoria from the Bureau of Meteorology. If you want more information check out the Sports Medicine site at www.smasa.asn.au. It also has some info on how much you should drink, before, during and after exercise.

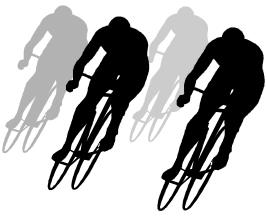
Temperature ° C

	21 °	24 °	27 °	29 °	32 °	35 °	38 °	41 °	43 °
Relative Humidity	Apparent Temperature *								
0%	18 °	21 °	23 °	26 °	28 °	31 °	33 °	35 °	37 °
10%	18 °	21 °	24 °	27 °	29 °	32 °	35 °	38 °	41 °
20%	19 °	22 °	25 °	28 °	31 °	34 °	37 °	41 °	44 °
30%	19 °	23 °	26 °	29 °	32 °	36 °	40 °	45 °	51 °
40%	20 °	23 °	26 °	30 °	34 °	38 °	43 °	51 °	58 °
50%	21 °	24 °	27 °	31 °	36 °	42 °	48 °	57 °	66 °
60%	21 °	24 °	28 °	32 °	38 °	46 °	56 °	65 °	
70%	21 °	25 °	29 °	34 °	41 °	51 °	62 °		
80%	22 °	26 °	30 °	36 °	45 °	58 °			
90%	22 °	26 °	31 °	39 °	50 °				
100%	22 °	27 °	33 °	42 °					

*Combined index of heat and humidity...what it "feels like" to the body. Source: National Oceanic and Atmospheric Administration

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
32 ° - 41 °	Heat cramps or heat exhaustion possible
41 ° - 54 °	Heat cramps or heat exhaustion likely, Heatstroke possible
54 ° and up	Heatstroke highly likely

Note: This Heat Index chart is designed to provide general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures than indicated on the chart. **In addition, studies indicate that susceptibility to heat disorders tends to increase with age.**



eastern veterans cycling club

Newsletter November 29 2003



**SEE YOU MONDAY NIGHT DECEMBER 1
MAROONDAH CLUB 8.00 PM.
MONTHLY GENERAL MEETING
ANNUAL FEES FOR 2004 TO BE DISCUSSED
MAKE SURE YOU ARE THERE**

November 22 Graded Scratch Races Metec

Metec showed on Saturday how popular this circuit is likely to be with 67 riders and also a small coterie of spectators. This was notwithstanding far from ideal conditions. This was social day with Northern Vets, and although the number of Northern visitors was less than hoped for, I am sure the word will spread and next time there will be more. Metec is a great place to watch racing, with much of the circuit visible from either the finish line or at the traffic light intersection.

With 67 riders and big bunches only three grades were on the course at a time which made for safe racing by reducing the number of times bunches were passing each other.

A big field for A grade with 11 riders. Guy Green started to assert his authority early in the race getting away with Mark Wallace, Michael Spark (Northern) and Rob Russell, up from B grade. Guy let his concentration slip and ran wide on one of the corners and the bunch all came back together again. He had another go after a bit of a spell at the back of the bunch and the same four again got away. Rob Russell was the first to crack, followed later by Mark and Michael. The final result was a foregone conclusion with Guy winning by several hundred metres and Mark just winning the sprint for second.

Twelve riders in B grade saw a return of Ray Cardosi to the winners list. Ray has a bit of a reputation as a rider of note and if he continues his

form of Saturday it won't be long before he is back in A grade. Nick Panou, who is in form with a second last Thursday at Sandown and Dayle Goodall filled the minor placings.

The biggest field of the day was in C grade with 16 starters. John Walker seemed always to be on the attack, but was never able to get a big enough break on the rest of bunch and it came down to a bunch sprint, which was won by Chris (?) Caldwell who looked a class act during the race. Second was Michael Paull who is another in form at the moment with a second place at Southern in recent weeks, John Walker third and Graham Parker fourth.

In contrast to the last time D grade raced at Metec when we only had 4 starters with 15 starters we were back to normal sized D grade fields. Dick Fox and Neil Wray took off early and had a good break, before Neil came back to the fold. Dick had a substantial lead, but was slowly brought back to field. In the sprint finish, Ian Bishop showed us how to sprint winning from Tony Curelli, Keith Bowen and Jeff Pretto.

E grade saw Meriden James winning from Clive Wright and John Chadwick. John Porter won F grade from Glenys Jardine, who is consistently scoring points and new rider Geoff Birtles.

Results

	First	Second	Third	Fourth
A Grade (11)	Guy Green	Mark Wallace	Michael Spark	
B Grade (12)	Ray Cardosi	Nick Panou	Dayle Goodall	
C Grade (16)	Chris Caldwell	Michael Paull	John Walker	Graham Parker
D Grade (15)	Ian Bishop	Tony Curelli	Keith Bowen	Jeff Pretto
E Grade (8)	Meriden James	Clive Wright	John Chadwick	
F Grade (5)	John Porter	Glenys Jardine	Geoff Birtles	

Officials

Dick Barnes assisted by David James and Liz Randall were in charge of proceedings and made sure everything went off without a hitch. As usual Ron Stranks assisted by Neil Wray were the master chefs on the BBQ.

Next Week

Metec next week for Graded Scratch Races.

Eastern Vets Program

The Summer Program is now available. Copies have been emailed to those on the internet and copies (on yellow paper) are available on race days. Further copies will be distributed when renewal forms are available for 2004.

Monday	Dec	1	8.00 pm	Maroondah Club	General Meeting
Saturday	Dec	6	2.00 pm	Metec	Graded Scratch Races
Saturday	Dec	13	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Dec	20	2.00 pm	Metec	Christmas H'cap GSR's
Saturday	Dec	27			No Racing

Southern Vets Program

Sunday	Nov	30	9.00 am	Swift Way	Graded Scratch Races
Sunday	Dec	7	9.30 am	Braeside	Graded Scratch Races
Sunday	Dec	14	9.30 am	Swift Way	Graded Scratch Races
Sunday	Dec	21	9.30 am	Rushdale St	Graded Scratch Races
Sunday	Dec	28			No racing

Northern Vets Program

Sunday	Nov	30	9.30 am	Toolernvale	Handicap
Sunday	Dec	7	9.30 am	Toolernvale	Time Trial
Sunday	Dec	14	10.00 am	Seymour	Christmas Handicap
Sunday	Dec	21			No racing
Sunday	Dec	21			No racing

Club News

2004 Licences

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MORE ON HOT WEATHER

I have been in discussions with the Bureau of Meteorology and they have put up the Wet Bulb Globe Temperature (WBGT) for Coldstream on their weather site. Access the site through www.smasa.asn.au, click on the 'Adelaide S Aust Heat Alert' for temperature, relative humidity and the WBGT for Coldstream. The WBGT appears to be the best indication of the extent that exercise should be curtailed because of hot weather. The indications are, with a WBGT of 28 or more, active exercise for all but for the well acclimatised should be curtailed and for a WBGT of 30 or over, the risk of thermal injury is extreme and all training should be stopped and certainly for veterans racing should be stopped. A WBGT of 30 is reached with a temperature of 35 and relative humidity of 30%. I will produce a table showing all the data in a week or so and you can work out whether you should train on the bike or go for a swim.

MONT 24 HOUR CANBERRA 11th-12th October

By Greg Molesworth

There were almost 1800 riders in this years Mont 24 hour ,and it has became the biggest mountain bike race in the southern hemisphere. During the bush fires that hit Canberra earlier this year, last years course at Mount Stromlo was totally burnt out. This years course was moved to the Kowen Forest. The new 17 km lap course consisted of five km of main fire roads, five km of secondary fire roads and seven km of single track.

Most riders were riding in relay teams of 2,3,4, and 6, I decided to give the solo category a go. As there were more than 60 riders in the male solo class I was sure that I would not finish last (hopefully).

We arrived at the track on the Friday before the event to set up our camp, and also do a lap of the course, during this time it hailed and snowed in zero degree temperatures. But the forecast for Saturday and Sunday was clear skies.

With the race starting at 12 midday Saturday and finishing Sunday midday, 450 riders lined up for a 'le mans' start that consisted of a 400 metre run to our bikes. Running was never my forte, but with 24 hours to go I was in no hurry to get caught up in the chaos at the start and possibly crash and be put out of the race.

My plan for the race was to try to put in consistent lap times and keep my heart rate down. With the first 6 or 7 km of the lap being up hill I decided to ride the really steep climbs in my granny gear and keep my heart rate as low as possible. My first 4 laps averaged 1 hour 9 min, compared to Paul Rowney the Australian champion and Trent Lowe, ex world junior champion, part of a 4 man team, pumping out 42 minute laps.

My next 5 laps I averaged 1 hour 17 min, but the track was starting to deteriorate, with all of the down hill sections becoming very rocky and bumpy. This was starting to take a toll on my upper body to the extent that even going down hill was very painful. In addition to the unkind terrain, the elements were also set to test us all.

The over night temperature at the camp site dropped to minus 5 degrees, with reports of it being minus 10 at the high point of the track (who would live in Canberra?). At about 2.00 am I became so cold my support crew had to take me off my bike and rug me up because I was hypothermic or my body had gone into shock [I'm not sure which]. It was that cold that the water in the tube on my camel bak froze and there was ice forming on the bike (and we thought that we were cold in the Around the Bay in a Day ride).

After about a 3 hour stop and trying to get warm again, I got back on the bike with extra clothes on. My lap times were getting higher and the stops between laps were becoming longer. The elements, the condition of the terrain and trying to ride nonstop for 24 hours had taken its toll. I managed to do another 5 laps. Those

5 laps were the hardest time I have ever had on a bike, I had nothing left in the tank and I was just running on empty.

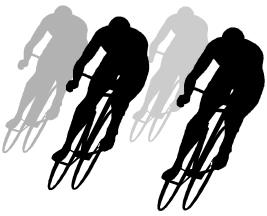
After 24 hours I crossed the line in 15th place after completing 14 laps (238 km), with the winner Josh Street doing 21 laps. The team riders have a lot of respect for the solo riders, perhaps it's because they think we're crazy.

Even though this was the hardest thing I've ever done I'm fronting up again for another 24 hr race in December at Redesdale Vic.

(Jeff Williams was also in Canberra as part of a relay team. Jeff has promised to tell us his story from Canberra and at the World Single Speed (yes there are cyclists who have gone back to riding bikes without gears) Championships at Castlemaine a couple of weeks ago).

Bicycle Superstore, Bargain Night for Eastern Veterans

A dozen or so members availed themselves of the bargains, free drinks and pizza on offer at the Bicycle Superstore on last Wednesday night. Plenty of bargains were on offer and a display of the latest helmets, glasses, wheels, jerseys and the latest in bikes. Most went home with a few goodies at hard to beat prices. The tyres were a bargain, but the purple colour wouldn't match too many bikes.



eastern veterans cycling club

Newsletter December 6 2003

November 29 Graded Scratch Races Metec

Forty four riders braved the hot weather last Saturday at Metec. Hylton Preece has lashed out and purchased a temperature/humidity meter from Dick Smith to check out conditions before the races. Hylton is planning to race in the vets race in conjunction with the Jacobs Creek Tour Down Under in January and doesn't want a repeat of last year's race when conditions as bad as can be with temperatures well in excess of 40° and no water provided for riders during the race. Anyway the temperature was 32.5° and the relative humidity 21%. This gives a Wet Bulb Globe Temperature of approximately 26 to 27 and in terms of the risk of thermal injury, puts us the "high, Active exercise of unclimatized persons should be curtailed", category. Remember how you felt on Saturday and use it as a bench mark against how you feel on hot days coming up. Because of the conditions most grades were shortened by about 5 minutes.

A grade started off with 5 riders which was gradually whittled down to Peter Howard and Rob Amos, with Rob winning the sprint. B grade was

similar, with 4 starters whittling down to 2 with Steve (I've never won a race) Short, winning from Martin Stalder.

C grade had 13 starters and the field mainly stayed intact, that is until the final sprint when Steve Szalla streeted the field finishing looking over first his left shoulder, and then his right to see where the rest of the field were. Craig Peacock who was off the back at one stage, but managed to get back on came second and John Walker third. D grade also had 13 starters and mainly stayed together. New rider Tony Sayers, won the sprint comfortably from Eddie Tucker and Chris Norbury. Tony looks pretty good on the bike and will be giving C grade a run for their money before long.

Clive Wright is a pretty handy sprinter and won E grade from a consistent Mal Wilkinson and Ronnie Stranks third. Another new rider, Andrew Dick won F grade from Ian Jones.

Results

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Officials

Ian Smith, assisted by Kevin Mills and Robert Drew were in charge of proceedings. Steve Fothergill didn't race but was a welcome sight at the end of the racing with an esky full of drinks.

Next Week

Metec next week for Graded Scratch Races.

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The Summer Program is now available. Copies have been emailed to those on the internet and copies (on yellow paper) are available on race days. Further copies will be distributed when renewal forms are available for 2004.

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Southern Vets Program

Sunday	Dec 7	9.30 am	Braeside	Graded Scratch Races
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Northern Vets Program

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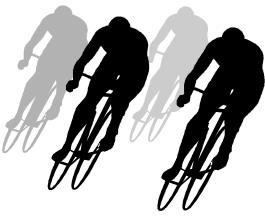
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eastern veterans cycling club

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Officials

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Next Week

Holloway Drive for Graded Scratch Races.

Eastern Vets Program

Saturday	Dec	13	2.00 pm	Holloway Drive	Graded Scratch Races
Saturday	Dec	20	2.00 pm	Metec	Christmas H'cap GSR's
Saturday	Dec	27			No Racing

Southern Vets Program

Sunday	Dec	7	9.30 am	Braeside	Graded Scratch Races
Sunday	Dec	14	9.30 am	Swift Way	Graded Scratch Races
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Northern Vets Program

Sunday	Dec	7	9.30 am	Toolernvale	Time Trial
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Sunday	Dec	21			No racing
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Swap Meet

Got any bike bits that you want to get rid of, or have your eye on someone else's gear. Then make sure you come to Metec on December 20, not just for the Christmas Handicap, but beforehand or afterward you can sell, swap, trade for your favourite bits. More details coming.

Bike Bits for Sale

Shimano Dura-Ace wheels, 2000 model, 16 blade spokes, with 12-23 cluster with life left in it. Fast, stiff wheels, VGC, \$400 ono. Contact Peter Doonan on 9752-1963 anytime.

Masters Commission

Most riders would be aware of the proposal to form a Masters Commission which would control all masters/veterans racing in Victoria. The commission would be modelled on the one operating in NSW. The commission would be established under the auspices of the VCI (CycleSport Victoria). For 2004 Eastern Veterans will remain affiliated with the VVCC. The VCI is seeking nominations from interested cyclists for the Commission which will consist of 12 members. Nominees who must be members of a Cycling Australia club are being sought. If you are interested see Keith Bowen for more details. At our December meeting it was agreed to nominate Liz Randall, but this does not preclude other Eastern members from nominating.

Traffic Control Diagrams

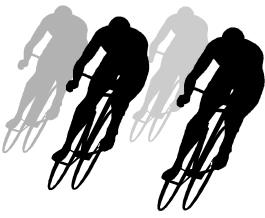
Hylton Preece has been busy drawing plans of our circuits, showing locations of traffic controllers, marshals, traffic signs etc. These are high quality plans which we will put up on the website in the near future. For Holloway Drive it is a requirement of the permit that these plans be approved by an accredited traffic engineer. In a bit of a feather in Hylton's cap, he has been asked by Southern to prepare plans of their circuits.



Bottles and Rubbish at Metec

Would riders please not use the rubbish bins at Metec for cans and bottles. Their disposal puts an additional cost on Metec, we agreed not leave rubbish behind and it creates a bad impression for learner drivers, if they open the lid of the rubbish bin and find it full of beer cans and stubbies!!!!.

Thank you for your cooperation.



eastern veterans cycling club

Newsletter December 13 2003



Swap Meet Saturday 20 December

Got any bike bits that you want to get rid of, or have your eye on someone else's gear. Then make sure you come to Metec next Saturday, not just for the Christmas Handicap, but beforehand or afterward when you can sell, swap, trade for your favourite bits.

December 6 Graded Scratch Races Metec

Notwithstanding the near perfect conditions, temperature of 21-22° with a relative humidity of 50% which equates to an estimated WBGT of 21-22°, there were only 55 riders, well down from the 67 a few weeks ago at Metec. I forgot to mention there was a bit of southerly straight into your face down the western leg of the circuit. With all riders on the circuit at the one time races were 11/4 hours long. The combination of heavy rain and some sweeping by Ross Edwards assisted by a couple of young helpers meant that the circuit was totally free from any stones.

Rob Amos and Guy Green again put on a great show of racing in A grade. Quickly leaving the other 7 starters behind, they raced wheel for wheel, with Rob again winning the sprint by the narrowest of margins. In the sprint for third, Doug Reynolds just defeated Phil Thompson by half a wheel.

Another 9 starters in B grade. John Pritchard did his usual trick of racing to an early lead. Unusual for John though at the serious part of the race he won from Tony Chandler (Southern) with Steve Szalla, who won C grade last week third. This race was marred by a fall after about an hour when Mark Wallace and John Jardine both came down.

Results

	First	Second	Third
A Grade (9)	Rob Amos	Guy Green	Doug Reynolds
B Grade (9)	John Pritchard	Tony Chandler	Steve Szalla
C Grade (14)	Ivan Collings	Steve Barnard	Colin Morris
D Grade (14)	Neil Wray	Leon Bishop	Kenton Smith
E Grade (9)	Clive Wright	Mal Wilkinson	Colin Smythe

It was bad luck for Mark, who came of his mountain bike a few weeks ago and was just riding on the back of B grade, because of a crook back.

Fourteen C graders faced the line and coming to the final lap Steve Barnard thought he had it won, but he didn't count on the sprinting ability of Ivan Collings, who swooped past Steve on the final lap. Steve managed to stay in front of Colin Morris back from a winter of playing tennis. (Sorry all this took place with 3 laps to go).

D grade with 14 starters had a steady race, with no one wanting to take a turn and those that did, Glenn Archer, Chris Norbury and Ross Gardiner were left out the front for a couple of laps or more before someone took pity on them. The pace slowed down for a few laps because of the fall in B grade and this allowed the sprinters, Neil Wray, Leon Bishop and Kenton Smith, to recover (anyway that's my excuse) and fill the placings in that order.

E grade saw a consistent trio in Clive Wright, who has won two weeks in a row with a second before that, Mal Wilkinson (second two weeks in a row) and Colin Smythe fill the placings.

Officials

Thanks to Ian Milner and Ross Edwards were in charge of proceedings and to Steve and Glenn on the drinks.

Next Week

Back to Metec for the Christmas Handicap and Graded Scratch Races.

Eastern Vets Program

Saturday	Dec	20	2.00 pm	Metec	Christmas H'cap GSR's
Saturday	Dec	27		No Racing	

Southern Vets Program

Sunday	Dec	14	9.30 am	Swift Way	Graded Scratch Races
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Great Victorian Bike Ride

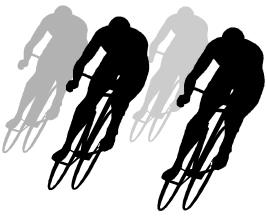


Graham Buckley with some of the aboriginal children participating in the Great Victorian ride having a rest in Gippsland somewhere. The girl with the Eastern jersey unfortunately had a fall later on and broke her leg.

Also seen on the Great Vic were Alan Cunneen, David McCormack and John Williams all of whom rode to the start at Mt Hotham, John towing a trailer with his gear, Tom O'Malley and Lyndall Shipton. Apologies to any others I missed.

Redesdale 24 hour MTB Race (Congratulations to Eastern Riders Greg Molesworth and Jeff Williams)

Greg Molesworth has been at it again, riding solo in the Redesdale 24 hour MTB race, coming third overall in the solo category (Greg was the oldest rider by 10 years). Jeff Williams and two team mates won the 3 person team category. Jeff also finished high up in the recent World Single Speed Championships at Castlemaine (odd isn't it, while Shimano and Campag are going 10 speed there are people going back to single speed bikes).



eastern veterans cycling club

Newsletter December 2003

A MESSAGE FROM THE PRESIDENT



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

Apart from the battle with weather conditions, too wet, too hot some Saturdays it has been a great year of racing. My thanks to all our sponsors for their support with the classic races during the year and to the committee and officials who did a great job of organising the races. A special thanks to Keith Bowen (Club Secretary), who puts in hours of his time to keep this club ticking over beautifully and to Ian Smith (Vice President) who has kindly taken over my position for the latter part of the year. I'm sure Ian will make a successful president in 2004. Good luck to all new riders, you have joined a very friendly club. As you all know I am moving to Kyneton early in the New Year to live, but I am looking forward to the trip down to see and ride with my good friends at Eastern.

Once again Merry Christmas to all.

*Yours in cycling
Sandy*

December 13 Graded Scratch Races Holloway Drive

A few sprinkles of rain and a black sky before the races suggested that we might have a wet day. Fortunately this was not to be and we raced in overcast but otherwise near perfect conditions. Numbers at 63 were down fractionally from what would be expected at a popular circuit like Holloway Drive.

For some reason A grade had a depleted field with only four starters, one of whom Rob Amos arrived late. In the sprint Peter Castillo won from Phil Thompson.

Ten starters in B grade it was a battle between the sprinters Nick Panou and Ross Edwards, finishing in that order with Steve Fothergill showing a bit of form coming third.

The pace was on in C grade with 19 starters. They all stayed together for a massed finish. New rider Trevor Rickard just held off Phil Pelgrim with another recent recruit Tony Sayers just beating Mark Granland for third. Another big field in D grade with

19 starters. The usual culprits, J C Wilson, the Norbury brothers kept the pace on and Dick Fox did his usual trick of trying to get away, but after the first attempt, the bunch went with him each time. Peter Norbury gave the bunch a bit of fright (and himself), when his front tyre punctured on the turn out of Barry Street. Peter wobbled off to the side of the road and did well not to fall. In the sprint Tony Curelli took off in Barry Street, but Kenton Smith showed what a good sprinter he is, coming from way back to win from Jeff Pretto, Keith Bowen and Glenn Archer.

New rider Andrew Dick and Glenys Jardine were prominent in E grade riding strongly at the front during the race. When it came to the money, sprinters Mal Wilkinson, Alan Sandford and Ken Woppard filled the places. The bunch was together at the bell and this trio must have put in a blistering last lap leaving the rest of the field 50 m or more behind at the finish.

Results

	First	Second	Third	Fourth
A Grade (4)	Peter Castillo	Phil Thompson		
B Grade (10)	Nick Panou	Ross Edwards	Steve Fothergill	
C Grade (19)	Trevor Rickard	Phil Pelgrim	Tony Sayers	Mark Granland
D Grade (19)	Kenton Smith	Jeff Pretto	Keith Bowen	Glenn Archer
E Grade (11)	Mal Wilkinson	Alan Sandford	Ken Woppard	

Officials

Thanks to our traffic controllers, Rob Graham, Hylton Preece and Nick Hainal who were assisted by John Jardine, Graeme Arthur, Glen Campbell, Greg Molesworth and Geoff Cranstone.

Next Week

No racing until January 3 at Metec

Eastern Vets Program

Saturday	Dec	27	No Racing	
Saturday	Jan	3	2.00 pm	Metec
Saturday	Jan	10	2.00 pm	Metec
Saturday	Jan	17	2.00 pm	Dunlop Road
Saturday	Jan	24	2.00 pm	Metec

Southern Vets Program

Sunday	Dec	28	No Racing	
Sunday	Jan	4	9.00 am	Rushdale St
Sunday	Jan	11	9.00 am	Lakewood Drive
Sunday	Jan	18	9.00 am	Cora Lynn
Saturday	Jan	25	9.00 am	Swift Way

Northern Vets Program

No racing until 1 February

Club News

Alan Sandford

As Alan has mentioned in his message, he is moving to Kyneton early next year and will not be continuing as president in 2004. Alan is a foundation and life member of the club and has made a very significant contribution to Eastern Veterans over the 20 odd years of its existence and in particular during his term as president. We will be recognising Alan's contribution in a more concrete way at the annual meeting in March, but in the interim on behalf of members I would like to thank Alan for his contribution to the Club and wish him all the best for move to Kyneton. *Keith Bowen*

Just rewards for quiet heroes

The Jardines insist they are just an ordinary family. They are modest, too.

Last summer the Mont Albert trio rescued a young family drowning in a rip at Torquay, but told only close friends about their heroic deed. An anonymous person notified the Royal Humane Society about their selfless act and tomorrow the doctor, lawyer and teenage son will finally be honoured with bravery awards. John, Glenys and Scott, 19, braved huge waves to save two little boys and their father from the rip last January. The family were training for a triathlon when they noticed the children, 6 and 8, being swept to sea by the strong undertow. They dived into the water and swam 100m through the rip to reach the boys. The children's father also dived in but soon found himself in trouble and the Jardines had to rescue him too. "We had to hold them and tread water for ages," Mrs Jardine said. "I have no doubt all three of them would have drowned. I've never seen a rip like that before."

The group finally made their way back to shore exhausted, but alive.

The families will reunite for the first time tomorrow when the Jardines receive certificates of merit from Governor John Landy at Government House. Melbourne Herald Sun 16 Dec

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.

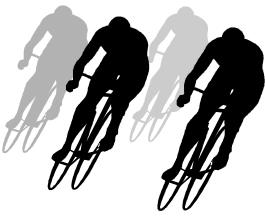
On behalf of all members, I would like to particularly thank Alan Sandford, Ian Smith, Graeme Parker and the numerous people who have kept our races going throughout the year, without them our races would have been a shambles.

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





eastern veterans cycling club

Newsletter January 3 2004

December 20 Christmas Handicap Metec

Well, what can you say about Melbourne weather? The forecast and morning conditions looked as though we would have near perfect conditions, temperature in the low 20's, a bit overcast perhaps, but otherwise ideal. What did we get, heavy rain while the handicaps were on, freezing cold waiting for the Graded Scratch Races and then warm to hot, and if you have thinning hair and didn't have a cap, sunburn while enjoying the BBQ and the presentations.

We had fifty eight riders, but with the deteriorating conditions, not all rode in the handicap and with the wet track and freezing cold, many chose not to ride the Graded Scratch Races, so I am not sure how many started in the various races.

In Division 1 the limit bunch of Hylton Preece, Nick Hainal, Steve Barnard and John Wilson were never caught. They dropped off one by one until only Steve Barnard was left. At the bell, Steve would have had to stop to have missed out on first place, but the big question was whether Nick Hainal would be able to stay clear of fast finishing

James Watts, in his first ride for the Club. The answer was no, James passing Nick in the straight.

Division 2 was somewhat similar, Ian Jones was off limit, and although third limit of Mal Wilkinson, Colin Smythe and Keith Bowen were able to catch second limit, they never sighted Ian Jones at any stage of the race. In the sprint for second Mal Wilkinson was too good for Keith Bowen.

The women's race was a closer affair. Lyndall Shipton caught Glenys Jardine and they rode together until Lyndall took off with about 400 m to go. Liz Randall on her new bike showing all her time trial skills was closing on Glenys and just got her before the line.

The conditions made the task of the backmarkers very difficult, the turns just before and after the hill were treacherous and only the brave or foolhardy would take them at speed.

Results of the scratch races are shown below.

Results

Christmas Handicap

	First	Second	Third
Division 1	Steve Barnard	James Watts	Nick Hainal
Division 2	Ian Jones	Mal Wilkinson	Keith Bowen
Womens	Lyndall Shipton	Liz Randall	Glenys Jardine

Graded Scratch Races

	First	Second	Third
A Grade	Rob Amos	Noel Austerberry	
B Grade	James Watts	Trevor Rickard	Martin Stalder
C Grade	Tim Hall	Colin Morris	David McCormack
D Grade	Chris Norbury	Jeff Pretto	Leon Bishop
E Grade	Mal Wilkinson	Glenys Jardine	
F Grade	Ian Jones		

Next Week

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