



eastern veterans cycling club

www.easternvets.com

Newsletter May 19th 2007

Athletic Soft Tissue Handicap – Steel Creek – May 12th.

Race report.

Saturday May twelfth dawned cold and misty, by mid day though the morning mists had burnt off or had been blown away to reveal a beautiful Autumnal day. OK, the clouds had been blown away by the Northerly that was coming down the valley. This wind was going to make for a tough ride out to Steels Creek and a very quick run back the Yarra Glen turnaround/finish. Most time gains were going to come on the outbound leg and the last couple of hills.

With 80 odd registered riders the handicapper was able to put together some good sized bunches promising a great race. The 10 no-shows being fairly evenly spread across the marks meant it still had the makings of a great race.

Limit - ~~22~~ 23 minutes (3 riders)

Due to late scratchings, that halved the limit group, a last minute adjustment was made to the marks to give them an extra minute's head start, but with only three riders they were going to need all of those sixty seconds and then some.

Once away the three members of the group regularly swapped turns as they followed the lead car through the first lap and a quarter. Half way out to Steels Creek on the second lap Keith Bowen became unhitched and was unable to get back onto the wheels of Ken Crow and Tony Gherxi.

Keith riding alone until the 16-minute bunch caught him before the far turnaround with one and a half laps to run. Ken and Tony only enjoyed a little longer in the lead as the 16-minute bunch rode them down a couple of kilometres into the return leg.

16 minutes (7 riders)

The pace set by the d-grade riders in the 16-minute group had the regular e-graders stretched, but with seven minutes to the limit riders and the next group only four minutes behind speed was of the essence. The group worked well for the first half lap. The high speeds on the return and a bit of fatigue combining to reduce the size of the group.

The run out into the wind for the second time had another two falling away and it was a small elite group that caught Keith around the tennis courts at Steels Creek. Ron Stranks and Rob DeDevolle doing a mountain of work in the chase, Juanita Stumbles not shirking her turn either.

Safely negotiating the turn, the balance of limit just up the road and the 10 and 12-minute groups hot on their heels the remnants of the 16-minute group headed into the second half of the race. The chasing group caught them 1.5k into the return. The combined group soon had only the lead car in front as the last of the limit riders were quickly engulfed. The now amalgamated group combined well with most members contributing till the bell where a couple of the lower grade riders decided that another lap at that pace was going to hurt too much.

12 minutes (9 riders)

This group struggled to get organised on the first leg into the wind despite some words of encouragement from J. Thomson they just couldn't get it together. The consequent constant surging and a lack of race fitness proving too much for Chris Norbury in his first race back after having rods removed from his back.

Given the lack of cohesion it wasn't long before the 10-minute bunch had the group in sight. The capture occurring before half race distance. The other side of the meeting was two groups of different make up, the stronger riders in the 12-minute bunch joining the passing express and some of that train decoupling to complete their race with that part of the 12-minute group that couldn't.

Three of those that made the juncture going on to work with the 10-minute group for the remainder of the race and finish in the top eight places.

10 minutes (9 riders)

With the authority of Graeme Parker in this bunch it was always going to be the group to be reckoned with. The major-general and his sergeant-major, in Alan Hicks, keeping the troops in order. By all accounts this group was the most disciplined, keeping a tight rotation for the whole race.

The passing of the 12-minute bunch before race half distance was inevitable and saw a reshuffling of the group with a few riders lost and a few gained. New members Peter Mackie and Brian Guillot fitting straight into the rotation.

At the Steels Creek turn the remaining limit and second limit riders were within reach and it wasn't long before members of those groups were either swept up or swept away. Contributions by some of the 16-minute riders on the run back to Yarra Glen is testament to the benefits of a smooth rolling bunch.

The bell saw this group head into the last lap with a big enough lead over all chasers that it would take a serious incident to deprive them of the big money positions. Natural attrition saw the bunch shed a few riders over the last lap till it settled at nine riders. Ray Russo who rode a solid race, not missing a turn, dragged the field out over the last hill and led the strung-out bunch to the line, Graeme Parker on his wheel, Alan Hicks and Gary LeRoy a little farther back.

8 minutes (10 riders)

A couple of riders new to handicap racing meant that the first lap was a little disorganised with surging resulting in big gaps and interrupted rotation, particularly on the outward leg. Eventually the senior statesman of the group, Kerry Ryan took charge and soon had everyone doing nice rolling turns by the homeward leg. But the damage had been done and it was only a matter of time before the 5-minute group would be upon them. The efforts required to chase an uneven pace line seeing several riders dropped on the second lap.

The average start by the 5-minute bunch meant that the 8-minute lads enjoyed more time away than they may have expected, not getting caught till the final turnaround.

5 minutes (13 riders)

The five-minute group started the race like it was a scratch race, those in the next group watching in confusion as the bunch slowly rolled over the first crest on to the course proper. This lack of organisation continued for most of the first leg, enabling the 2-minute bunch to take serious time out of this group in the first lap.

The second lap proved a significant improvement, Kevin Starr forcing the rotation by leading by example, never missing a turn and always pushing up the line when things started to break down. Ross Snowball, in only his second competitive race, quickly picked up the technique and made strong contributions. With Kevin and Jeff Pretto pushing the pace and the improvement in technique the group didn't lose nearly as much time to the chasing groups over the second lap.

The solid pace of the second lap took its toll, riders popping off the back as the group headed into the wind on the run out to Steels Creek for the third and last time.

The final turnaround was a little congested with the five-minute bunch catching the group ahead and the 2-minute bunch bearing down on the amalgamating group. The resultant exit from the turn was messy but by the time the group was past the tennis courts there was some semblance of order as they took on the 2-minute crew.

2 minutes (11 riders)

Like most groups the initial leg out to Steels Creek seemed fairly well organised, the whole bunch involved in the rotation. A fast initial pace and a few rough spots saw Martin Stalder struggle and then loose contact ultimately riding home with the scratch bunch. And with a puncture to Phil Cavaleri the group was short two men by the first turn. Even two down the gap to the 5-minute bunch was down to around one and a half minutes at the turn and scratch were just coming past the tennis courts as the groups crossed - still almost two minutes behind.

With a downhill - downwind run to the 'near' turn it was always going to be quick and there were no expectations in making headway into the group ahead or losing too much to scratch. And that's how it was.

Like most groups the outbound leg of the second (and third) lap was messy, fatigue and the headwind taking their toll. A couple of stragglers from groups ahead, Matt White and Steve Barnard, adding some freshness to the group as they were incorporated into the rotation.

At half race distance the five and eight minute bunches were just ahead and it was surely going to come together before the bell, but no, it took another 16k before the groups actually came together around six kilometres from home. A little indecision gave those in the five-minute group who wanted to join the second scratch bunch the opportunity to do so. The riders in the eight-minute group who wanted to get on had to work a bit harder. But work they did. Lindy Hayward amongst those who made the effort, enjoyed a flying run to within a kilometre from the finish.

As the road opened out it was obvious that the race was already run and won and the pace dropped right back. With nothing to lose and scratch still behind Nigel Kimber attacked the last hill with almost all and sundry in tow. Craig Everard sitting second wheel thought he had it made, but Nigel died well short of the line and Michael Hay jumped leaving Craig to chase. With enough in his legs Michael was able to hold off Craig and a mass of other riders to take the sprint. Michael and Craig taking the last of the placings that Graeme Parker's group had left.

Average for the 48k was 39.1kph

scratch (8 riders)

As would be expected the scratch bunch worked reasonable well maintaining an even pace with no pulling up the hills. Although the pace and the wind saw a couple of riders having to take time out on the initial outbound leg. A core group of three led by Rob Amos doing the majority of the

work into the wind, the remainder contributing where they could.

At the end of the first lap the time gap to the two-minute bunch was given as one minute fifty. This spurred the group on and the pace increased. At the bell the gap (to second scratch) was down to one minute, this would have been better had it not been for an incident with a car that saw the whole group ride off the road and come to a stop.

The time lost through taking evasive action pretty much put second scratch out of reach leaving scratch to race for fastest time. An attack at the foot of the last hill saw three riders go over the top twenty metres ahead of the pursuers. A solid chase down the other side saw it all back together again 200 from home. Before anybody had the chance to catch their breath Peter Howard attacked, burying himself for eighty metres before looking around to see who was with him. There was nobody there, giving him the sprint and fastest time

Average for the 48k was 39.9.

Wrap-up

Many thanks to David McCormack of **Athletic Soft Tissue** for supporting the day's racing. And to the handicapper for getting it (almost) right (☺).

Unfortunately we had a couple of incidents involving motor vehicles during the day. Fortunately nobody was hurt. We race on the open road and other traffic will always be an issue, all we can do is be aware of their presence and

Officials

Thanks to Graeme Parker for handicapping the event and to Graeme and Ron Stranks for taking entries, to Greg Lipple for organising the traffic controllers and marshals which included; Laurie Bohn, the Bone brothers in Jason, Ken and Simon, Michael Buckley, Graham Cadd, Mick Paull, Ian Smith and Mark Wallace. As always thanks to JC Wilson for carting the trailer, Su Pretto for dealing the merchandise and Peter Mackie and his apprentice Chris Norbury on drinks.

Eastern Vets Program

Saturday	May	19	2:00pm	Casey Fields	Graded Scratch Races
Saturday	May	26	2:00pm	Macclesfield	Graded Scratch Races
Monday	May	28	8.00 pm	Maroondah Club	Monthly Meeting
Saturday	June	2	2:00pm	Casey Fields	Graded Scratch Races
Saturday	June	9	2:00pm	METEC	Graded Scratch Races

Note : Graded Scratch Race entries are accepted on the day up to 15 minutes before the advertised race start time. Handicap entries close the Tuesday before the race. **No late entries will be accepted for either scratch races or handicaps.** Entries to handicaps can be submitted via e-mail to the handicapper or on any race day prior to the event.

Southern Vets Program

Sunday	May	20	9:00am	Dromana	Graded Scratch Races
Sunday	May	27	9:00am	Lang Lang – Yannathan	Graded Scratch Races
Sunday	June	3	9:00am	Cora Lyn – Nar Nar Goon	Graded Scratch Races
Sunday	June	10	9:00am	Crib Point	Graded Scratch Races

Note : Southern Vets have a 'No licence – No race' policy. If you are going to race with Southern take your licence with you.

ride appropriately. We should also try to treat them civilly regardless of their actions.

Peter Howard's fastest time of 1:13:25 was identical to the second to Rob Amos's fastest time last year.

A special thanks to those who responded to my requests for help and without whose contributions the above would not have been possible.

Results

Place		Mark
First	Ray Russo	10 min
Second	Graeme Parker	10 min
Third	Alan Hicks	10 min
Fourth	Gary LeRoy	12 min
Fifth	Hylton Preece	10 min
Sixth	Brian Guillot	12 min
Seventh	Louise McKimmie *	10 min
Eighth	Peter Mackie	12 min
Ninth	Nick Hainal	10 min
Tenth	Michael Hay	2 min
Eleventh	Craig Everard	2 min
Fastest time	Peter Howard - 1:13:25	Scratch

* Louise taking the prize for first female

Northern Vets Program

Sunday	May	20	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Sunday	May	27	9:30am	Lillee Cres., Tullamarine	Graded Scratch Races
Sunday	June	3	9:30am	National Blvd, Campbellfield	Scratch Point Score
Sunday	June	10		No Racing	

Victorian Veteran Cycling Council Program

Saturday	May	26	1:00pm	Rochester	"Oppy" handicap	21/5 - \$12
Sunday	June	3	10:00am	Burrumbeet	"Cashin memorial" handicap	28/5 - \$12
Sunday	July	1	10:00am	Benalla	56k handicap	25/6 - \$12

For your calendar

Date	Location	Event
9-11/6/2007	Benalla	Hume Vets 3-day tour 9/6 (Stage 1) - 56k Road Race 10/6 (Stage 2 (am)) - 15k I.T.T., (Stage 3 (pm)) - 44k Road Race 11/6 (Stage 4) - 52k RR (divisions 1-5) / 44k RR (divisions 6 & 7)
15/7/2007	Lang Lang	Annual Eastern v. Southern Road race Melways reference 334 G9 or 96 A6
25-26/8/2007	Halls Gap	A weekend of fine food, great company, good laughs, oh and a race or two. 25/8 - Graded Scratch races 26/8 - Handicap The club will be organising accommodation options and entries, details shortly.
21/10/2007	Melbourne	Around the Bay in a Day Eastern Vets will have a group doing the 210k ride via Geelong to Queenscliff and a group doing the 250k legends which this year runs via Sorrento.

Other bits and pieces:

Stop Press (this just missed last week's newsletter)

From Clare Robinson (10/5/2007)

Hi Keith,

Just wanted to tell you that over the weekend, between the Prize Money and Morning Tea, \$590 (I think it is now at least \$690 KB) was raised!!!

Thank all the guys and girls SO much!! When you were throwing your Prize Money in the bucket, the money you had worked so hard for, rode a whole bike race for, I felt overwhelmed by the support and generosity. It was truly awesome! And people just came up to me and pushed money into my hand, it shows what a great bunch of people you bikers are, willing, at the drop of a hat, to put money to a good cause.

At the morning tea on Sunday, we had about 20 riders turn up which was great.

Peter Shanahan's partner, Christine, kindly donated a water colour picture, of a bike rider riding along Killara Road. During the next few weeks, we will raffle this off.

When I return, I will make sure to send you some photos of my trip.

Thank you again so much for all your help

Clare

Wee Reminder

The VVCC and affiliate clubs are coming down hard on certain types of behaviour especially the practice of inappropriate urination. Where toilets are provided you **must** use them, if you are caught not using them you will be issued a \$100 fine and be suspended from racing for four weeks, a second offence will see that penalty doubled and a third offence will see you looking for a new sport. Most Eastern venues have toilets available, or close by, use them.

and Another Thing

If you are on your bike your helmet must be on your head.

Fat Tyre Flyers

The first round of Fat Tyre Flyers 4-race winter series is being held at Rob Amos's property at Chum Creek, near Healesville, on Sunday 27th May. Come and test your skills on this fun! circuit. All categories are catered for including Vets(30-39) Masters(40-49) & Super Masters(50+). Day licences available. Details available at www.ftf.com.au

Other Results, etc.:

Australian Time Trials Association:

The following was taken from the Australian Time Trials Association web site (http://www.atta.asn.au/results/results2_7k/vic5_07.html#report).

Race Report

The second Diggers Rest time trial for the year brought a record 35 riders to contest one of the two options of either 20 or 40km. However, this time brought strong north-westerly winds to contend with which meant Andrew and Joellen's records would most likely be safe.

In the 40km event, Phil Smith continued his winning streak with a superb time of 58:39 (avg. 40.9kph) over a tough, open and windy course. He finished over 2 minutes ahead of Scotty McDowell and new comer Gerard Donnelly. Monique Hanley made the long trip from Gippsland to record a great time in the Women's section.

In the 20km time trial Andrew Weightman narrowly missed his record to win and remain unbeaten at ATTA in 2007. Shane Miller came in 2nd despite having broken and pinned his collar bone only 8 days previously. Sixty-two year old Freb Boland made his ATTA debut and set a near unbelievable time to take out 3rd less than 2 minutes behind the winner. The other 62 year old, Liz Randall easily took out the women's division in 35:13, just eclipsing the course record set earlier in the year. First time racers Heather and Hayley went down to the wire with only 1 second splitting the duo. Thanks to Nikolas Topp and John McDonald in providing badly needed helpers on a very busy Mothers Day

If you have a result or announcement you would like to share please forward it on to me and I will include it here.
