



# eastern veterans cycling club

www.easternvets.com

*Newsletter June 2<sup>nd</sup> 2007*

## Macclesfield – May 26<sup>th</sup>.

### Race report.

It doesn't get much better than clear blue skies, nice roads, beautiful country side, a group of like minded individuals and a bike race, even the wind came to the party subsiding as the afternoon wore on. The conditions, and promise of good racing, seeing a near record 62 riders register for the day's event.

#### **a-grade** (4 laps - 64k)

With a few of the regular a-grade riders re-acquainting their legs with Chum Creek Road and other inclines around the Yarra Valley in the De Bortoli Tour there was opportunity for a few a of the stronger b-grade riders to try their legs out in the top grade. OK a handful of b-graders were shanghaied to make the numbers, eight starters in total.

The first one and a half laps were conducted at a steady tempo with Rob Amos and Phil Smith doing most of the pace setting. Craig Everard making the first substantial move after the short pinch on the way back for the second time. With Rob and Phil wearied the evergreen Martin Peters took up the chase, catching Craig then leading the bunch to the turnaround and into the third lap. The others happy to have someone else dictate the pace.

The third lap saw Rob Amos launch several attempts to break it up on the down hill parts of the course, sling-shotting himself from last to first towards the bottom of the hills and with the momentum attacking the group on the other side of the valley. But with each move being greeted with "hup-hup" a gap was never opened. Phil Smith riding strongly on the hills helping keep it all together. Phil having a go himself on the last hill before the bell turn, again it was Martin who dragged a strung out bunch back and the group went into the last lap together.

Throughout the final lap there were again attacks by Rob and Phil on the downhill stretches but it was pretty clear at this point the bunch wasn't going to let anybody get away and it was going to come down to a sprint finish.

About 4km from the finish another more savage attack was launched by Rob, which dropped one rider but the rest of the group got back together and settled down awaiting the up hill sprint. Mike Fisher started the sprint, going early

and opening a big gap. With both Rob and Phil being leg weary from their attacks it was Mark Wallace who had the strength to give chase and overhaul Michael before the finish. Phil Thompson on Mark's wheel coming in in third place.

#### **b-grade** (4 laps - 64k)

Nigel Frayne's race.

Four laps for B grade is gonna translate into just over 60km. Maybe that is what is in mind as we gently cruise, no call that crawl, out on the first outward lap. That is until Kevin Starr, the usual suspect and owner of the exasperated grrr-runt that accompanies the move to the front and sees the speedo find the 30's for the first time. I assemble up around there generally happy in the front 4 or so and doing the odd turn to show how tough I am!

The new pace seems to agree with a couple of other riders including one Phil Cavaleri who is enjoying his first B grade race in quite a while after generally racing in A lately. The 'Colonel' has offered him the opportunity to win a race so guess who's wheel everyone is going to be looking for? That assumes there are no successful escapes and interestingly enough that is kind of the way it all panned out. Apart from an effort by Ian Milner and the various 'jumps' by Peter Shannahan I cannot really recall any serious attacks.

So it seemed that the only 'tactic' as such was to weaken the weaker ones with some pushes on the hills - listening for the ones huffing more loudly as evidence perhaps? However the 'pushes' weren't strong enough and basically, apart from I think only one rider, we continued 'gruppo compatto' (except for Ian Smith who flattened on the last lap). By the time we had reached the final turn and headed for home the pace of the two middle laps had completely dropped off and we were dawdling again. Someone eventually moved up and had us scrambling however all attention turned to plotting a strategy for the final uphill sprint.

As we rose over the second last hill, and past the spot for any serious last minute attempts, it was all about that fateful decision - when to go. Inevitably it would be the strongest sprinters that will believe they can survive that

climb and I knew aforementioned Phil Cavaleri would be one of them - so I looked for his wheel. Just as the surge came a rider on my right swerved to the left after hitting a wheel. A hefty bump on the shoulder had my trajectory suddenly vectored towards gravel and surely pain. Somehow I managed to right myself though the poor sod on my wheel (later to be known as Kevin Starr) was also thwarted.

Phil and the eventual winner were pulling away but it was a long way out. Could they survive? Luckily being at the front of the chase enabled me a clear road to seek nausea and not allowing the mind to wonder about what might be the mayhem behind. As the line approached it was clear these guys weren't going to be caught but could I hold on for third? No! Jeff Pretto sounding like the 5.05 exiting a cutting after hauling 50,000 tons of coal up to the old mill steamed past me, then faltered - a chance? no, my legs had turned to concrete, this was going to be it, 4th by a short length. In horse racing terms, 'thereabouts'.

Distance: 61.5km

Time: 1hr 52min

Average speed: 32.9kph

Max speed: 74.6kph (4.6 over the speed limit - shhh!)

#### **c-grade** (3 laps - 48k)

The first two laps passed at a steady, but not fast, pace, the only animation being shown by Ray Russo several times zooming past up a short rise, then looking around to see if anybody was there only to find himself alone and all but sitting up again. No real attacks meant the group pretty much stayed together. Nick Tapp keeping the pace up, especially on the uphill return leg, making the bigger blokes work on the hills and resulting in a couple of riders being shaken from the peleton over the second lap. Wayne Robinson and Matt White also taking turns at keeping the pressure on.

After taking the bell, Ray took off again up one of the hills early in the lap, this time keeping his head down and getting a bit of a break. This had the makings of a serious move so Nick jumped across, asking the question; 'are you up for it?' The reply of 'Nuh!' putting paid to the two-man breakaway idea. Having gone to the effort of bridging and with a gap Nick has kept going and spent the next few kilometres plugging away off the front. Wayne's lanky form appearing beside Nick, the rest of the bunch in tow, indicated that the break was over and it was business as usual again.

Matt led the group through the final turnaround but Nick took it back on the steep climb where he decided to go for it - again. Wayne, a huffing and puffing Su Pretto and Andrew Neilson making it over the top with Nick. A 30m

gap back to the other huffing and puffing members of the group had the makings of a winning break. But a lack of cooperation in the break and a determined effort by the bunch to close it down did just that and it was all back together before long. Nobody told Nick who continued to hammer away whilst everybody else was content to sit on for the ride.

Thorkild Muurholm, misjudging the finish, started his (and the bunch's) sprint way too early dragging half a dozen riders out one kilometre from the finish line. As he flagged the two Andrews (Neilson and Finnegan), and then Matt White took over, but it was Wayne Robinson who timed it right, coming around the field, Nick Tapp desperately chasing, to open the winning gap. The two were clear of the field as they hit the little flat section before the final up to the finish. The increase in gradient was more than Nick's legs could handle allowing Wayne to ride away for a comfortable win. Thorkild (whose legs drew comparison, after the race, with Sid Patterson's) recovering enough to lead the remnants of the bunch over the line for third.

#### **d-grade** (3 laps - 48k)

No report.

#### **e-grade** (2 laps - 32k)

With only 5 starters and Ron Stranks the only hill-climber in the group it was inevitably going to be a race for second behind Ronnie. True to form it stayed together till the foot of the climb on the return of the first lap when Ronnie did a bolter up the big hill. JC Wilson giving chase with John Macleod desperately hanging onto his wheel, Johnny Porter and Keith Bowen being left behind to enjoy the scenery and a training ride in the beautiful conditions.

At the bell Ronnie had a gap of about 300 meters over the two chasers, but hard work by JC on the hills and John Mac. on the flatter sections had them back to within 20 metres by the final turnaround. The gap continued to close until Ronnie again bolted up the hill opening the winning break. With JC riding away from John Mac. half way back the officials had no problems in allocating riders to positions. Ronnie a clear winner, JC a couple of hundred metres behind and John Mac. a further one-hundred behind him.

#### **Wrap-up**

Thanks to the following who made this newsletter possible;

- Rob Amos and Paul Wilson for a-grade,
- Nigel Frayne for the b-grade write-up,
- Ian de Kam and Nick Tapp for c-grade,
- John Macleod and Keith Bowen for e-grade.

## Results

	First	Second	Third
<b>a-grade (8)</b>	Mark Wallace	Mike Fisher	Phil Thompson
<b>b-grade (18)</b>	Ross Snowball	Phil Cavaleri	Jeff Pretto
<b>c-grade (15)</b>	Wayne Robinson	Nick Tapp	Thorkild Muurholm
<b>d-grade (16)</b>	Steve Short	David Hyde	Tim Crowe
<b>e-grade (5)</b>	Ron Stranks	John Wilson	

## Officials

Thanks to Graeme Parker and Ron Stranks for taking entries and to Greg Lippie for organising the traffic controllers and marshals for the day. As always thanks to JC for carting the trailer, Su Pretto for dealing the merchandise and Peter Mackie and his new apprentice, Steve Short, on drinks.

## Eastern Vets Program

Saturday	June	2	2:00pm	Casey Fields	Graded Scratch Races
Saturday	June	9	2:00pm	METEC	Graded Scratch Races
Saturday	June	16	2:00pm	Yarra Junction	Le Tour Classic Handicap
Saturday	June	23	2:00pm	Macclesfield	Graded Scratch Races
<b>Monday</b>	<b>June</b>	<b>25</b>	<b>8.00 pm</b>	<b>Maroondah Club</b>	Monthly Meeting

**Note :** Graded Scratch Race entries are accepted on the day up to 15 minutes before the advertised race start time. Handicap entries close the Tuesday before the race. 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	June	3	9:00am	Cora Lyn – Nar Nar Goon	Graded Scratch Races
Sunday	June	10	9:00am	Crib Point	Graded Scratch Races
Sunday	June	17	9:00am	Lang Lang – Yannathan	Graded Scratch Races
Sunday	June	24	9:00am	Casey Fields	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.

## Northern Vets Program

Sunday	June	3	9:30am	National Blvd, Campbellfield	Scratch Point Score
Sunday	June	10		No Racing	
Sunday	June	17	10:00am	East Trentham	44k Handicap
Sunday	June	24	9:30am	National Blvd, Campbellfield	Graded Scratch Races

## Victorian Veteran Cycling Council Program

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 & Queenscliff

## Other bits and pieces:

### Racing at Picnic Point

If you are looking for a ride this Sunday morning, want to be one of the first to experience a potential new circuit and maybe have some input into whether or not we use it rock up and join Graeme Parker and a few others as they scout the locale.

Where : Pakenham Railway Station

When : 8:30am, Sunday 3<sup>rd</sup> June.

### Duathlons

For those interested in diversifying try the Trixseries offroad duathlons/multisport events. Sunday's was at the spectacular You Yangs in perfect weather. A 5km. flattish bush trail run followed by a fast 20km. MTB around the perimeter of the park (about 5 km. of entertaining single track) then a VERY challenging 5km around Flinders Peak with initial steps and lots of granite boulders to hop/navigate. Great atmosphere and support from marshals/spectators.

Unfortunately no Age Groups yet - but they're lobbying! Next race closer at Lysterfield Park on Sunday 24th June.

For those who prefer safer surfaces Victorian Duathlon series starts at the Phillip Island circuit on Sunday July 1st.

### Other Results, etc.:

#### 2007 DeBortoli Tour

The following Eastern members acquitted themselves well over the last weekend

Masters-A (30-44yo) (25 starters)

	Stage 1. (ITT)	Stage 2. (60k RR)	Stage 3. (95k RR)	Overall	
Peter Howard	5 <sup>th</sup> (-0:57.89)	3 <sup>rd</sup> (-0:04:37)	3 <sup>rd</sup> (-0:02:52)	3 <sup>rd</sup> (-0:08:06)	KOM winner
Stefan Kirsch	1 <sup>st</sup> (-0:00.00)	2 <sup>nd</sup> (-0:04:35)	2 <sup>nd</sup> (-0:00:05)	2 <sup>nd</sup> (-0:04:22)	

Masters-B (45+yo) (20 starters)

Michael Buckley	9 <sup>th</sup> (-1:47.82)	11 <sup>th</sup> (-0:00:35)	11 <sup>th</sup> (-0:12:26)	11 <sup>th</sup> (-0:15:20)	
Tony Chandler	13 <sup>th</sup> (-2:24.86)	5 <sup>th</sup> (-0:00:03)	5 <sup>th</sup> (-0:06:19)	6 <sup>th</sup> (-0:09:12)	
Roy Clark	2 <sup>nd</sup> (-0:05.26)	1 <sup>st</sup> (-0:00:00)	2 <sup>nd</sup> (-0:00:03)	1 <sup>st</sup> (-0:00:00)	
Nigel Kimber	12 <sup>th</sup> (-2:17.44)	10 <sup>th</sup> (-0:00:13)	4 <sup>th</sup> (-0:04:15)	4 <sup>th</sup> (-0:07:10)	
David Moreland	10 <sup>th</sup> (-1:49.15)	2 <sup>nd</sup> (-0:00:00)	8 <sup>th</sup> (-0:08:49)	8 <sup>th</sup> (-0:10:57)	

### FTF Wrap Up

The FTF event went well and was well attended - There were 17 people in the Masters with three Eastern riders; Rob Amos, Craig Peacock and Nick Skewes. Craig finishing 2<sup>nd</sup>, Rob 5<sup>th</sup> and Nick 13th.

Offspring of Eastern members did ok too. James Pretto finished 3rd in the under 19s and Calvin Amos (11 years old) riding in his first race on Sunday won the under 15's by over 4 minutes!!! Not sure how the old master is going to take the "young buck" coming up and stealing the glory!!!!

The real damper on this race was with Hans Werner (member of eastern vets a few years back) who finished 2nd in super masters complained of "feeling dizzy" and chest pains. Luckily there was a paramedic on hand (one of the younger rider's parents) who attended to Hans and convinced him he needed assistance. Long story short is that Hans was air-lifted by helicopter to the Alfred Hospital where it was confirmed that he had suffered a couple of heart attacks. He is expected to make a full recovery after surgery.

Apparently Hans had been complaining of feeling unwell/dizzy for over a week and had not done anything about it!! The lesson to be learnt from this is; take notice of your bodies and don't ignore signs of illness.

### Puffing Billy Race

Paul Wilson took on Puffing Billy and won, coming in 1<sup>st</sup> in the veterans class and 4th outright

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

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