



# eastern veterans cycling club

[www.easternvets.com](http://www.easternvets.com)

*Newsletter July 7<sup>th</sup> 2007*

## METEC – June 30<sup>th</sup>.

### Race report.

Whether it was the promise of 'particularly nasty weather' or school holidays it was a small contingent of 64 riders who made their way out to METEC for this week's race. The conditions not the best for an enjoyable day's racing, a strong Westerly making it tough along the finish straight and around the next corner. A couple of showers in the first half-hour saw some tentative cornering before the track dried out and the angles of lean were restored. The threat of more rain toward the end of proceedings saw races wrapped up pretty quickly.

### a-grade (1hour - 20)

After the initial neutral lap a constant rotation of riders saw the pace maintained at a solid level. Some riders pulling big turns, some not so big, some content to stay at the front downwind but heading straight to the back when the road swung to the West, some happy to test themselves into the wind. For the first half hour there was not a lot of action, Robert Truscott (fresh from b-grade) was promoted off the front for a bit but when he realised he was out there alone it didn't take him long to return to the shelter of the bunch.

Ian Milner made the first move of the race around twenty minutes in, taking Phil Thompson with him. It was too early and with eight in the bunch the consensus was to let it run its course and that they'd be back before long. It was less than two laps. The next move involved Ian again, this time with Tony Chandler. This one was taken a little more seriously as the two knuckled down to make a go of it. The intent within the bunch was not to close it down, but to keep it contained. Ian didn't last long, getting unhitched and failing to chase back on, his previous effort still fresh in his legs. Tony, either not realising he was on his own, or backing his World's training, pushed on.

In the spirit of containing the break Nigel Kimber put in a hard turn through the hairpin and along the long straight only to find himself attacked by Rob Amos as he pulled aside to allow the next rider through to continue the chase. Guy Green, also prepared to back Tony's training, has decided that Rob & Tony would make a formidable pairing and was very quick to pick up Rob's wheel. Nigel had nothing left to chase with and the others hesitated just that little too long, waiting for someone else to make the chase. Unfortunately for Guy,

Rob had no intention of including Tony in his plans, riding straight past him. Despite digging deep, the efforts of the previous lap or so proving too much for Tony as he was unable to catch the Amos-Green express, eventually returning to the remainder.

Thus ended the first phase of the race, thirty minutes in, two away, seven chasing.

And chase they did, falling back into a rotation akin to the earlier efforts, the break to the leaders built to a maximum of around thirty seconds or almost the length of the long straight, but never more than that. The chase bunch slowly whittled down as members started missing turns and then quietly drifted off the back to never be seen again. After twenty minutes of pretty much holding the break it began to come back, a second one lap, a couple of seconds the next.

Thus started the third phase of the race, twenty-five minutes to run, two away, four chasing.

With occasional words of encouragement from Ian Milner backed by efforts to match, hard turns by Nigel and Tony and relief turns from Stewart Bendall the gap closed to within 9 seconds. A strong lap by the leaders saw their lead back out to over ten seconds but a reply from the chasers saw it back to nine. One-hour fifteen minutes in - three laps to go, it was time to close it down, a strong lap and the gap was down to 'almost there' (50m), close enough to hear the bell as the leaders went across the line (??). One lap to go, there was no scope for mucking about, with an 'us against them' mentality Nigel buried himself, driving the chase through the windward sections of the final lap, delivering the remaining chasers to the bottom of the hump, not a great deal closer to the leaders. With words of encouragement Tony continued the chase over the hump.

Into the finish straight for the final time a fairly slow sprint ensued. Rob and Guy, far enough ahead to guarantee the top two places but not far enough ahead to engage in strategy had to work all the way to the line, the fatigue of forty minutes hard work dragging at their legs. Guy's lighter weight proving the key as he slowly rode away to take the win. Tony in third place, taking centimetres out of Rob and Guy all the way to the line.

Figures for the race: 49.4k at 38.9kph in 1:16:03

### **b-grade** (1hour - 15)

It was a fairly sedate start to the race, the grupetto content to circulate at a comfortable pace for the first twenty minutes or so. Ben Schofield, the first to crack under the tedium, launching the first attack at the end of the finish straight, cold legs and the tough conditions saw his solitude last no longer than a lap. The ice broken the usual suspects then proceeded to try to mix things up, Kevin Starr, Jeff Pretto, Phil Cavaleri, Olivier Pommie and John Pritchard all having a go or two over the next fifteen minutes. But as individual efforts they were destined to fail, the instigator quickly returned by the wind and the group.

A little wiser and a little warmer Ben had another crack on the end of another's move. The bunch responding enough to keep him from riding away, expecting him to return of his own volition, as had the previous attempts. After three laps it was apparent that Ben wasn't going to raise a flag of any colour and bunch mentality started to collapse. Jeff Pretto the first to take the initiative broke and bridged. With the union, and an obvious determination as the pair started to work together, the dissent back in the bunch went up a notch. Individual riders started to think of themselves and the chase bunch slowly disintegrated as one after another abandoned the chase group for the lead group. It was one of those situations where one minute there was a small break and a chase group and the next there were two groups and nobody really knows how it happened.

At six against eight those who had made the juncture were now racing for the cash, those who had hesitated were riding for the practise. Despite a core group of four rolling the chase in an effort to get back into the race it was not going to happen, time and weather eventually defeating them, the bell tolling at around one-hour ten as the rain threatened to return with a vengeance.

For the chasers it was all over bar the drive home. At the pointy end of the race Dave Downing had hit the group hard with 5 minutes to go and held on to ride away for a comfortable win, the others left to fight it out for the minor places. Jeff Pretto being the strongest sprinter in the group had little problem putting food on the table, the determined Phil Cavaleri pushing him all the way to the line.

Figures for the race: 44.6km in 1hr 13min 52sec for an average of 36.2kph

### **c-grade** (1hour - 10)

In contrast to the b-grade race the c-graders had the pedals to the metals pretty much from the get go. The high pace and the strong wind making it hard for anybody to get a break. And even when the likes of Matt White or Greg Walker had a go Thorkild Muurkolm was there to pull it all back together.

Consequently it came down to a bunch sprint with all but one of the original fourteen coming through the last turn with a chance. Greg Walker strong enough to ride away for the win despite having put in throughout the one-hour ten. The competition for the other podium positions a bit closer with Tony Renehan again timing his effort well to get over Ray Russo and Tony Curulli in the last twenty metres.

### **d-grade** (1hour - 5)

With by far the biggest field of the race this one was bound to come down to a big sprint finish. True to form the conditions and the "bunch mentality" saw what few attempts to break things up fail. Grant Greenhalg one of the few managing to get a break only held it for a lap before Paul Kelly led the chase up to him. Another two managed a similar move around half race distance that stretched the bunch to its limits, threatening to break it apart, but the effort of the break and the chase saw the speed drop enough that all of the stragglers were able to hook back on.

In the end the inevitable eventuated, Paul K. having shown strength throughout the race proved he had stamina as well, riding away to win easily. Second place wasn't that easy to take or adjudge, the officials on the line deciding to leave it to Grant and Frank Nyhuis to split the money between themselves after the presentations.

### **e-grade** (1hour even)

The small field had everybody riding conservatively, nobody prepared to do too much in case the effort didn't succeed and they got dropped and couldn't get back on. The only moves occurring along the downwind stretch and when it was apparent they weren't going to stick the assailant quickly assimilated back into the small group before the wind sapped their reserves.

At the finish JC, finally getting a return from his investment, comfortably out-sprinted the others. Laurie Bohn leading the remainder home.

### **f-grade** (1hour even)

See above, just change the names.

John Porter had the misfortune of losing contact with the others and, like Von Ryan, was just unable to make his way to the back of the train, the express pulling away slowly till it was all over. The remainder circulating together for the rest of the race, sharing the work load relatively evenly.

I won't say there was collusion in the race, but the Cox's surely ate well this night – fish and chips, with wine, in Carnegie. Sue comfortably taking the win over Gerry Egbers, partner Phil, covering the wine, in third.

## Results

	First	Second	Third	Fourth
<b>a-grade (8)</b>	Guy Green	Rob Amos	Tony Chandler	
<b>b-grade (14)</b>	Dave Downing	Jeff Pretto	Phil Cavaleri	Wayne Doherty
<b>c-grade (14)</b>	Greg Walker	Tony Renehan	Ray Russo	Tony Curulli
<b>d-grade (22)</b>	Paul Kelly	Grant Greenhalg / Frank Nyhuis		Mark Granland
<b>e-grade (6)</b>	John Wilson	Laurie Bohn	Graham Cadd	
<b>f-grade(4)</b>	Sue Cox	Gerry Egbers	Phil Cox	

## Officials

Thanks to Graeme Parker and Ron Stranks for taking entries. The course swept by Ross Gardiner and Ian Milner, the race under the control of Ian Smith, Ross and John Macleod. As always thanks to JC for carting the trailer, Su Pretto for dealing the merchandise and Peter Mackie on drinks.

## Eastern Vets Program

Saturday	July	7	2:00pm	Killara Road	Graded Scratch Races
<b>Sunday</b>	<b>July</b>	<b>15</b>	<b>9:00am</b>	<b>Lang Lang</b>	<b>Eastern v Southern GSR</b>
Saturday	July	21	2:00pm	Yarra Junction	ITT Championship / Rob Graham Memorial ITT See below for information concerning this event.
Saturday	July	28	2:00pm	METEC	Graded Scratch Races
<b>Monday</b>	<b>July</b>	<b>30</b>	<b>8:00pm</b>	<b>Maroondah Club</b>	<b>Monthly General Meeting</b>

**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	July	8	9:00am	Casey Fields	Graded Scratch Races
Sunday	July	15	9:00am	Lang Lang	Graded Scratch Races
Sunday	July	22	9:00am	Somers	Graded Scratch Races
Sunday	July	29	9:00am	Cora Lyn – NNG – Modella	Tracker White H/cap

**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	July	8	10:00am	Avenel Road, Seymour	Handicap
Sunday	July	15	9:30am	Gisbourne	Graded Scratch Races
Sunday	July	22	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Sunday	July	29	10:00am	Avenel Rd, Seymour	General Memorial Handicap

## Victorian Veteran Cycling Council Program

Sunday	July	1	10:00am	Benalla	56k handicap	25/6 - \$12
Sunday	July	21	1:00pm	Rushworth	Ironbark classic handicap (CVCC)	16/7 - \$12
Saturday	August	25*	2:00pm	Halls Gap *	44k Graded Scratch Race	20/8 - \$8
Sunday	August	26*	10:00am	Halls Gap *	61k Handicap	20/8 - \$12

\* See note below concerning Club Halls Gap weekend.

## For your calendar

Date	Location	Event
15/7/2007	Lang Lang	Annual Eastern v. Southern Road Race and BBQ after racing. Melways reference 334 G9 or 96 A6
21/7/2007	Yarra Junction	Rob Graham Memorial Time Trial. Aside from being the club time-trial championship – 5year age groupings this is also a sealed handicap event. The Rob Graham Memorial Perpetual Trophy will be awarded to the winner of the handicap event, to be eligible for this trophy a competitor must have competed in at least three Eastern Veterans Cycling Club club events this

		winter season.
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 For accommodation e-mail Colin O'Brien at: <a href="mailto:colinjbg@netspace.net.au">colinjbg@netspace.net.au</a> For race entries see Ian Smith next Saturday. Note entries close with the VVCC 20 <sup>th</sup> of August, entries through the club must be in a week before then (13/8)
21/10/2007	Melbourne	Around the Bay in a Day Eastern Vets will have a group doing the 210k ride via Geelong & Queenscliff and a group doing Melbourne – Sorrento – Melbourne.

## Other bits and pieces:

### Health:

Unfortunately one of our members suffered a heart attack whilst racing last week, fortunately there were members on hand who recognised the symptoms and called for an ambulance. Alan Hicks spent six days recovering in Hospital before being allowed home on Friday, he is expected to make a full recovery and be back in the saddle before too long.

Do you know what the symptoms of a heart attack are? The following comes from the Victor Chang web site;

Common warning signs:

- Uncomfortable pressure, fullness, squeezing or pain in the centre of the chest lasting more than a few minutes
- Pain spreading to the shoulders, neck, arms or sometimes the teeth
- Chest discomfort with light-headedness, fainting, sweating, nausea or shortness of breath

Less common warning signs:

- Atypical chest pain, stomach or abdominal pain
- Nausea or dizziness
- Shortness of breath and difficulty breathing
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat, paleness

Not all these signs occur in every attack. Sometimes they go away and return. If some occur, seek medical advice immediately.

### Eastern V. Southern - July 15<sup>th</sup>:

This is not just another scratch race, it is much much more. It is a matter of pride, of honour, of bragging rights. It is also a different style of scratch race, you are not riding for yourself, you are riding for the club. The tactics of teams racing, the sense of contribution and accomplishment, even if you don't place you know you have contributed to the club's result. If you have never ridden this race come out and experience the sensation of being more than an individual, if you have ridden it before come out and help us return the trophy to its rightful owners.

### Halls Gap – August 25<sup>th</sup>-26<sup>th</sup>:

If you think August 25<sup>th</sup> is a way off and that there's plenty of time to get organised, think again. This weekend proves popular with veterans cyclists of all ages and attracts good fields from all corners of the state. The influx of cyclists putting accommodation at a premium. As at the time of me writing this 23 Eastern members (and partners) have registered their intent to be there, taking up 13 of the rooms at our principle accommodation. To assure yourself of a bed (instead of a lilo) contact Colin O'Brien at ([colinjbg@netspace.net.au](mailto:colinjbg@netspace.net.au)) to reserve a room.

### Other Results, etc.:

The third round of the Cycle Sport Victoria Super Series at Macedon Ranges saw a couple of Eastern Riders post commendable results. In the warm-up event, the Reg Bradley Memorial Handicap (over 60k) for Masters and Women, Phil Smith took the win in fastest time; six seconds clear of second place and 25 ahead of a bunch of half a dozen or so. The b-grade teams race over 90k had three Eastern members, Roy Clarke the best placed in eighth 53 seconds behind the winner, David Moreland in eleventh and Peter Howard seventeenth.

Phils Smith and Cavaleri backed up their respective Saturday outings racing at Northern's Campbellfield crit on Sunday taking first and second in Division 1., Keith Bowen also at National Boulevard getting the cash for second in division 5.

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