



eastern veterans cycling club

www.easternvets.com

Newsletter July 14th 2007

Killara Road – July 7th.

Race report.

The forecast was for showers, but that was West of the Dandenongs, Gruyere is East of the ranges, maybe (hopefully) the wet would stay West. Unfortunately it didn't and as the clouds closed in it was 53 hardy souls (or 106 shod soles) who set out over a range of distances just as the rain started to fall at 2:00pm.

a-grade (4 laps - 64k)

A small a-grade contingent set out at a fairly comfortable pace, the expected performers content to let the others set the early pace. At the end of the first half lap the group were so laidback that they were in imminent danger of being passed by the b-grade group.

Worn sprockets and a sloppy gear change saw Phil Smith drop his chain on the small climb out from the footy ground. Unable to ride it back on, even with a helping push from Mark Wallace, he had to stop to untangle it. Doing the decent thing and backing off to give Phil a chance allowed the b-grade group to pass and set the lead car's tempo for a while. With Phil back on the bike and chasing the a-graders decided to restore a little pride re-assuming the lead soon after the Coldstream turnaround. Phil, still chasing, had to work hard to get around the b-grade group before he could concentrate on closing the gap to his bunch.

At the end of the first lap they were still only marking the b-grade group, Phil just getting back on as they disappeared up the road to Ford Hill. The expectation at the Gruyere Hall was that the next time through there would have been some knee grease applied in the a-grade bunch and that they'd have ridden away from b-grade. It was not the case as Phil S. led the little group back out to Coldstream a hundred metres ahead of a slightly more enthusiastic looking b-grade bunch.

On the return, at the base of the rise before the drop to the footy ground, Phil put in an attack. Instead of dropping his chain this time he dropped the bunch, Boyd Friis chasing him down, but another effort just before the summit was more than Boyd, or any of the others, could match and Phil went into the descent with a break over the chasers. At the foot of the hill, with two laps to go, Phil had a 100m break, the chase not looking all that organised, nor concerned - one against five - not good odds for the one. What the chasers failed to

factor in was that the hilly nature of the circuit favoured Phil's abilities and worked against a rolling bunch.

Settling into time-trial mode Phil set about consolidating the break with a solid effort up Ford Hill. Past the officials on the line with one and a half laps to race the chase looked a bit more serious, but the gap had moved out to 35 seconds and the chase was down to four riders. Half a lap later, at the bell, the gap was one-minute twenty.

Over the last lap Phil continued to ride strongly building the gap to one minute-fifty as he rode through the finish area and out to the final turn. The gap insurmountable at the last turn saw the chasers resign themselves to fight it out for the minor places allowing Phil to further his advantage.

Two and three-quarter minutes after Phil had crossed the line the others came storming down the hill and into the view of the officials. A desperate sprint saw Rob Amos hold off a very strong effort by Boyd Friis to settle the minor places.

b-grade (4 laps - 64k)

Rob Truscott set a cracking pace from the get go, either it was to get warm or he thought the bunch ahead were a breakaway. After a couple of k he'd either warmed up or the penny had dropped and he backed off the pace, much to the relief of thirteen of the other fourteen in the race. Tony Balint being the odd one out. Being ignorant of the climb up Ford Hill, Tony was content to take over from Rob and push it all the way to the turn. This initial surge hurting all in the bunch, proving too much for one rider, Ben Schofield finding himself alone and struggling to get back to the bunch.

Down to the oval and back up the other side, a cruising a-grade just ahead of them. Kevin Starr, Phil Cavaleri and Tony not daunted pulled the bunch up to and past the higher grade. After the Coldstream turnaround a-grade restored the balance leaving b-grade to themselves.

Through the end of the first lap the majority of the group were together, a small van separating Kevin from the bulk but providing a nice tow. Kevin rejoined his fellow green hats just as Evan Butler and Olivier Pommie decided to sort the chaff from the grain, hitting the climb to the turn hard. In the wash it was a much reduced group of seven that headed out toward Coldstream, still quite close on a-grade. Peter Shannahan and K

Wade, Rob T., Ben S., Kevin S. and finally Steve Barnard spread out in pursuit. The remainder of the second lap taking place at a pace matching a-grade. The odd 'attack' by a spirited Phil Cavaleri keeping the others on their toes, each attack quickly hunted down by either Olivier or Tony.

Into the third lap the group of seven settled back to recover a bit, completing the first three-quarters of the lap at a slightly slower and consistent pace (allowing a-grade to finally get clear). Turning back toward the bell Tony pushed away in a slow motion attack that didn't elicit a great deal of interest at first, the feeling that Tony was on the rivet and wouldn't be able to go on. Phil C and Nigel Frayne keeping the break in check. At the bell Tony was still away but the capture was imminent.

Olivier Pommie again tested the legs of his comrades up to the eastern turn for the final time, all in the group surviving but feeling it. Each subsequent climb stretching the group but it held together till the base of last incline where Phil Cavaleri attacked early, surprising the others and gaining a break. Eventually Olivier and Evan Butler set off in pursuit, Nick Tapp in close company.

The big lads drove over Phil's exhausted escape near the top and went on over the hill in a battle to the line. Evan holding off a determined Olivier for first, Phil surviving for third and Nick Tapp holding on for fourth. Nigel Frayne and Phil Pelgrim, the remaining depleted survivors of the group, trailing in a little later.

A determined Peter Shannahan, Kevin Starr and Steve Barnard persisted with solo rides to the finish.

Nigel Frayne's figures for the race: 64.3k in 1:59 for an average of 32.3kph

c-grade (3 laps - 48k)

Ross Tinkler must have been feeling pretty good, launching an attack in the first half-lap of the race. The break joined by Thorkild Muurholm who proceeded to up the pace a notch. Ross wasn't feeling as good as he thought, unable to maintain the effort demanded by Thorkild he was soon back in the bunch. The lack of company didn't impede Thorkild who sailed through the start/finish zone 15 seconds clear of the chasing bunch.

The bunch re-assimilated the break on route to the Coldstream turnaround only to be hit again by the same individual on the return, this time Steve Short and Greg Lipple participating as co-conspirators. The three taking a twenty metre lead into the second lap, a lead that was nullified soon after by effort from the chasing group. The effort though costing Ross his place in the peleton, losing contact on the climb up Ford Hill and despite encouragement from one of the corner marshals - something about extracting a digit, his race was run.

At half race distance, as the bunch came back past the Gruyere Reserve, it was all together (except Ross) and looking to be doing it comfortably. And from the officials

point of view nothing had changed as the bunch passed back the other way to take the bell.

At the penultimate crossing of the finish line, Peter Sijpkes was 80m clear of the bunch, having made a move early in the final lap, Greg Lipple was in no-man's land just ahead of the pursuing bunch. Peter was not actively chased down and held his lead for the major part of the lap, that was until Thorkild, timing the chase with TdF precision, led a depleting bunch that ultimately caught and passed him at the final crest.

With nothing between him and the finish line Thorkild rode off the front of the remnants of the group that had been able to go with him up the last hill to take the win. The group, consisting of Steve Short, Terry Murdoch, Harold Simpson and Tony Renehan were left to decide the minor placings. Tony, doing his best to spoil Thorkild's party, had his own upset as Terry out-sprinted him to take the major minor place.

d-grade (3 laps - 48k)

A few guests from c-grade combined with a couple of regular d-grade riders to make it a tough three laps for the others. If it wasn't Hilton Preece and Ted (mountain goat) McCoy pushing the pace up the hills it was Graeme Parker and Paul Kelly keeping the field honest along the flatter sections.

Despite the high pace the field stayed together for the first lap, Richard Dobson having chased back on after dropping his chain in the first quarter lap. The relentless drive of the mountain kings up Ford Hill for the second time though had a few souls in strife, a couple of competitors finally succumbing and losing contact. But it was still a good sized bunch that passed the finish area at half race distance.

On the run to the bell, in what was subsequently shown to be a practice run, Nick Hainal attacked the bunch on the last rise before the descent to the finish. Obtaining a break Nick took the bell clear of a stretched bunch, Peter Mackie, who obviously found Nick's antics not to his liking, bringing up the rear, chasing hard in an effort to stay in the race.

Things had settled down the next time through Gruyere, the bunch together but down to nine riders from the original sixteen starters. At the final turnaround Nick set about improving the odds, shedding the odd rider until his final effort on the final climb finished off those who had been able to hang on till then. Having done enough Nick took the checkered flag clear of the bunch. A tight sprint ensued for the remaining places, Frank Nuyjuss winning from Ted (not known as a sprinter) McCoy and Hilton Preece.

e-grade (2 laps - 32k)

The TAB weren't taking bets on the e-grade race, not even the trifecta; Ron Stranks + hills = 1st, JC + nice bike = 2nd. Leaving one to pick from three, Keith Bowen riding above his grade and already in holiday mode wasn't going to pose a threat, Graham Cadd - strong on the flat but altitude finding him struggling for air also unlikely to trouble the scorers, leaving Brain Farrell - an unlikely dark horse and undoubtedly the man destined for the last podium spot.

And sure enough that was the way it went, the first time back past the registration area there was a group of four with Keith following a little ways off the back. Next time they passed, taking the bell, it was Ron, JC and Brian at 20m intervals, Graham a further 200m behind them. As they headed out for the final half-lap Ron was 1 minute ahead of JC who was 15 seconds ahead of Brian, Graham still bringing up the rear. At the finish the gaps were similar giving Ronnie a comfortable win and enabling JC to pay a bit more off that new machine of his.

Wrap up

Again many thanks to those who contributed information that enabled me to put this newsletter together;
a-grade : Phil Smith
b-grade : Nigel Frayne
c-grade : Ross Tinkler & Ian de Kam
d-grade : Peter Mackie

Results

	First	Second	Third	Fourth
a-grade (6)	Phil Smith	Rob Amos	Boyd Friis	
b-grade (15)	Evan Butler	Olivier Pommie	Phil Cavaleri	Nick Tapp
c-grade (11)	Thorkild Muurholm	Terry Murdoch	Tony Renehan	
d-grade (16)	Nick Hainal	Frank Nuyjuss	Ted McCoy	Hilton Preece
e-grade (5)	Ron Stranks	JC Wilson	Brian Farrell	

Officials

Thanks to Graeme Parker and Ron Stranks for taking entries. Another road circuit means many helpers, this week under the control of Martin Stalder, the w-ants included; Leon Bishop, Grant Greenhaulgh, Brian Guillot, Ian Harper, Michael Hay, David Hyde, Nigel Kimber, Ian Smith, John Thomas and Matt White. As always thanks to JC for trailing the carter, Su Pretto for dealing the merchandise and Peter Mackie on drinks.

Eastern Vets Program

Sunday	July	15	9:00am	Lang Lang	Eastern v Southern GSR
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
Monday	July	30	8:00pm	Maroondah Club	Monthly General Meeting
Saturday	August	4	2:00pm	Macclesfield	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	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
Sunday	August	5	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	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
Sunday	August	5	10:00am	Open Age Championships	Lancefield

Victorian Veteran Cycling Council Program

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; colinjbg@netspace.net.au For race entries see Ian Smith next Saturday. Note entries close with the VVCC 20 th 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:

Halls Gap – August 25th-26th:

Accommodation is filling up fast and the numbers suggest that this is going to be a top weekend so get in now, contact Colin O’Brien at (colinjbg@netspace.net.au) to reserve a room and see Ian Smith at the next race to shore up your race entries.

Other Results, etc.:

Victorian Duathlon Titles:

Sue Pretto, Mick Jamieson and Ian de Kam won their respective age groups in the Victorian Duathlon titles last week. Sue is off to France for the World Long Course Triathlon Championships later this year. [she’s had Col O’Brien as a running coach]

ATTA:

Time-trialing seems to be picking up popularity in Victoria with 80 individuals making the trek to Lancefield last weekend.

Again Phil Smith has topped the competition, this time in a 60k teams event, his four man team finishing in fastest time. The windy conditions making things a little uncomfortable at times but enabling top speeds of 75kph (which was also uncomfortable).

Liz Randall was also present as were a couple of other Eastern members but unfortunately at the time of going to press the ATTA hadn’t posted results so I am unable to bring them to you.

If you have a result or an announcement you would like to share please forward it on to me (nigel.kimber@bigpond.com) and I will include it here.
