



eastern veterans cycling club

Newsletter July 28th 2007

Rob Graham Memorial Time Trial, Yarra Junction – July 21st.

Race report.

They came from far and wide for the word had done the rounds, there was prestige to be had at the inaugural Rob Graham Memorial Time-trial. In lycra of all hues they amassed, their steeds did range from old faithful to specialised machines of polished carbon and steel. Many had made the modifications that would hopefully glean a couple of seconds more (or less) - stretching their bodies into postures aerodynamic and slick.

You could not have asked for a much better mid-winters day, the sky was clear and the slightest of nor-westerly breezes did little more than rustle the leaves of the gums that lined the road. From the unbackable favourite for fastest time - Phil Smith, to the oldest - Johnny Porter who at 79 wore the No. 79, sixty riders lined up to test themselves against the clock, their biggest challenge - themselves.

Thirty seconds past two o'clock and Phil was off, thirty seconds later Peter O'Callaghan was away, and so it went, every thirty seconds a rider released, the rider ahead visible for a few seconds before disappearing around the first bend down the road, a carrot to chase. The odd no-show disrupting the sequence, depriving the following rider of the carrot.

As Graham Cadd was called to the line a look down the road not only showed Ron Stranks making his way to the first corner but a lone rider making their way back up to the finish line. It was Phil Smith. Phil stopping the clock at 36 minutes and 37 seconds, having averaged just under 42kph for the trip to Poweltown and back. Two and a half minutes later the time keeping responsibilities of those on the finish line kicked in in earnest as Peter O'Callaghan crossed the line followed by a steady stream of riders separated by varying amounts of time.

The outstanding rides of the day go to Phil Smith for his blistering time and Martin Peeters (at 65+) for finishing in less than forty minutes and battering (sic) his time against age by more than 10 minutes. Liz Randall, who bettered her time against age by almost eight minutes, and Paul Kelly and Martin Stalder, also over five minutes better than their peers, deserve special mentions. As do many others, from Juanita Stumbles who averaged a heart rate of 171bpm for three-

quarters of an hour (forty minutes better than her previous best) to finish the fastest female to John Porter who didn't stop pedaling the whole 25 kilometres and all those in between who pushed themselves to the max .

Nigel's Race

At 2:03:30 Tony Chandler was away and the call came, time to front the line. Easy up, give the bike (and rider) to Graeme Parker, he's got the weight, clip in the left foot. The starter calls "fifteen seconds", find the pedal, roll it over, slip the cleat in, "ten seconds", clamp it down, instructions from Graeme - "stay in the saddle till you are released", the starter again - "five", Tony's still in view, "four", I'm sure he's further up the road than Rob Amos was at the same time, "three", legs in position - ready to drive the cranks, "two", breathe, "one", I need a wee, "go", too late we're away.

Go, get it up to speed, go, don't go too hard, go, don't blow up before you start. A glance at the speedo - forty-something, good. Breath, control the heart. OK, we're in, we're under way, stay low on the bars, where's Tony, keep pedalling.

What to think about, there's nobody to watch, no tactic to devise (or revise), just keep pedalling. Gladysdale, Tony's about as far ahead a he was last time I looked that far up the road. The speedo's showing kilometres completed - 5 point a little bit. Over 25k that's 25% completed, that's good. No it's not, 5 is 20% of 25 : $5 = 2 * 2.5$, $2.5 = 10\%$ of 25, $2 * 10\% = 20\%$. And then it's probably a bit more than 25k anyway so don't get to hung up on the distance covered. The speed is still just over 40, and it's below the average, shit, I'm going too hard. Tony's still up ahead, 'bout the same distance as before. Through Gladysdale the road goes up, the surface deteriorates and the speed comes down, the legs hurt, have I gone too hard too early? A look up the road and Tony appears to be suffering the same, good, keep pedalling.

The non-Warburton turnoff, it hurts, keep pedalling. The dip and curve that indicates half distance to the turn - that's 25% completed. A look down and maybe it's more, 25% of 25 is five plus half of two point five or half of twelve point five, that's 6.25, allow a bit more in case the distance is more and yes I think we're a quarter of the way through, one-fourth, only three more of the same. Tony's still there disappearing into the

winding forested section, don't expect to see him till we get out the other side.

The other side and Tony's still there, that's good. A small van passes me, that's cool, a car coming in from the right ahead of the van that's just passed me, that's cool. What the? he's going slowly, holding up the van, pass the van on the left - no sweat, but the car's too close to the verge, on its right, don't move, "STAY THERE!!", I'm around, a quick glance back, he's turned right, that could have been colourful. That cost me how much? three seconds (in my dreams) don't be silly, it cost me nothing. Tony's still there, it cost me nothing.

The little dip just before the turn, no it's the shallower dip, the one before the one before the turn. Phil is on his way back, wonder how far back to the next rider. It's a way back, still no sign, it's a long way back, there he is, it's a long long way back. There's the dip can't be too far now and Tony's still just there. There's the turn, Tony's around, one thousand and one, one thousand and two, ..., one thousand and twenty something, slow down, change gears, turn. I've made a couple of seconds on Tony - maybe. Where is he? where's the rider at four-minutes thirty? Tony's ahead but further than before, got to get it back up to speed, there's no sign of the rider behind - that's gotta be a good thing. Concentrate on Tony, get the momentum going. Still no sign of my pursuant. There he is, yeah, we got this. He's a long way back, a quick glance to check his number as he flashes by - buggger, no. 10, he started a minute behind. I think it's ok, it's been a big gap, yeah, it's ok. Keep pedalling.

Tony's getting away, he must have had a plan - take it steady on the way out, preserve, see how he felt at the turn and push it home. Keep pedalling, find the smooth surfaces - a metre in from the road's edge, where the cars drive, where the metal has been worn down. Every time I looked up from the road, from watching the bitumen pass under the Schwalbe, black on black, the spokes an opaque grey blur, Tony was that little

further ahead, pulling away, only a little bit, but it was happening.

Gladysdale, nearly there 75% down, three-quarters of the way, only have to hang in there for another five. Five is still a long way at this stage. It wasn't much more than a gust of wind and the number 10, attached to the back of a bent over rider on a slick looking machine, is five metres ahead of me. That's not good. Hold him, as the road rises towards the town limits I pull him back and pass, as the road flattens out and goes back down, he's through again. Use this, push yourself, keep him just there, I got him on the last hill, the race finishes up hill, I can pass him there, I can at least finish with a bit of pride - by not being passed, I just have to not let him ride away.

The speed restriction sign, not far now, this hill, the bend, the finish. Still within catching distance of the number 10. Let's go, but he's got the scent of victory in his nostrils and he's digging deep, I'm digging deeper but not making anything on the sixty metres that separates us. And that's how it ends, six seconds after the no. 10 crosses the line my race is over.

Wrap up

The majority of those who had come for the race stuck around for the presentations, maybe it was the food that kept them there. More likely it was the yen to know who had won what is certain to become a much desired title and trophy - the Rob Graham Memorial Time Trial champion.

Rob's wife, Julie Graham was on hand to present the prizes for the race that now bears his name in memoriam. But before the ken was unveiled the club captain (Ron Stranks) shared a few moving words on the contributions Rob Graham had made to the club and to those who were privileged to have called him friend. A half minutes silence was observed to reflect on those sentiments before the final business of the meet was conducted. The day's formalities were concluded with Julie presenting the handicap trophy to a humble Martin Peeters.

Results

Handicap		
1	Martin Peeters	0:36:13
2	Phil Smith	0:36:37
3	Tony Curulli	0:36:54
4	Craig Everard	0:37:00
5	Peter Shanahan	0:37:03
6	Phil Cavaleri	0:37:05
7	Tony Chandler	0:37:25
8	Richard Dobson	0:37:27
9	Andy Burmas	0:37:33
10	Guy Green	0:37:38

Overall		
1	Phil Smith	0:36:37*
2	Peter O'Callaghan	0:38:38
3	Guy Green	0:38:58
4	Martin Peeters	0:39:13
4	Tim Meaden	0:39:13
6	Tony Chandler	0:39:45
7	Peter Campbell	0:39:49
8	Rob Amos	0:40:16
9	Nigel Kimber	0:40:19
10	Craig Everard	0:40:30

Time against age		
1	Martin Peeters	-0:10:55
2	Elizabeth Randall	-0:07:52
3	Paul Kelly	-0:06:03
4	Martin Stalder	-0:05:19
5	Phil Smith	-0:05:22
6	Tim Meaden	-0:04:46
7	Ted McCoy	-0:04:23
8	Peter O'Callaghan	-0:04:00
9	Guy Green	-0:03:38
10	Tony Chandler	-0:03:32

*over 25.5k (my computer's reading) Phil's time of 36 minutes 37 seconds equates to an average of 41.78kph for the distance, Peter averaged 39.60kph

Club Championships

35-39		
1	Craig Everard	0:40:30
2	Andy Burmas	0:41:03
3	John Thomas	0:41:58

40-44		
1	Phil Smith	0:36:37
2	Olivier Pomie	0:42:40
3	Paul Wilson	0:43:05

45-49		
1	Guy Green	0:38:58
2	Tony Chandler	0:39:45
3	Rob Amos	0:40:16

50-54		
1	Quentin Frayne	0:41:46
2	Steve Short	0:43:49
3	Phil Thompson	0:43:52

55-59		
1	Nigel Frayne	0:43:59
2	Steve Fothergill	0:44:49
3	Dave Worland	0:45:19

60-64		
1	Martin Stalder	0:42:25
2	Richard Dobson	0:44:42
3	Andy Ferridge	0:46:22

65-69		
1	Paul Kelly	0:44:46
2	Ron Stranks	0:48:28
3	John Porter	0:57:33

Female		
1	Juanita Stumbles	0:46:25
2	Elizabeth Randall	0:46:26
3	Sue Sharples	0:48:13

Officials

Thanks to Graeme Parker for handicapping the event, to Graeme and Ron Stranks for taking entries, to Greg Lipple for organising the traffic controllers and marshals which included; John Thompson, Matt White, Graeme Parker (prop), Ian Smith, Kathy Green (traffic & rider control), Marcus Herzog, Alan Hicks, Jim Hobbs, Peter Howard, Murray Howlett and David Hyde

Eastern Vets Program

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
Saturday	August	11	2:00pm	Steels Creek	Jack Thompson handicap
Saturday	August	18	2:00pm	Casey Fields	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	29	9:00am	Cora Lyn – NNG – Modella	Tracker White H/cap
Sunday	August	5	9:00am	Casey Fields	Graded Scratch Races
Sunday	August	12	9:00am	Crib Point	Graded Scratch Races
Sunday	August	19	9:00am	Lang Lang - Yannathan	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	29	10:00am	Avenel Rd, Seymour	General Memorial Handicap
Sunday	August	5	10:00am	Open Age Championships	Lancefield
Sunday	August	12	10:00am	Pyalong Rd, Seymour	Eagle Handicap (53k)
Sunday	August	19	9:30am	Gisborne	Time Trial

Victorian Veteran Cycling Council Program

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
Sunday	September	9		Wangoon	60k Jack Brennan Handicap	3/9 - \$12

* See note below concerning Club Halls Gap weekend.

For your calendar

Date	Location	Event
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.
16-19/11/2007	Australian National Championships	16/11 - Time Trial - Paraparap 17/11 - Road Race - Australian Automotive Research Centre, Anglesea 18/11 - Track*: TT, Pursuit, scratch - Geelong West Cycle Track 19/11 - Criterium - The Esplanade, Torquay Entries close 26/10/2007, \$15/event. *TT & Pursuit, road bikes permitted, no gear changes allowed. Scratch races - track bikes only.

Other bits and pieces:

Rob Amos:

Unfortunately Rob was knocked off his bike in Croydon Wednesday night and was airlifted to the Alfred Hospital where he is in the trauma ward with a lower vertebrae fracture, broken pelvis and arm. He also has severe bruising of the buttocks, but then that's nothing new to Rob.

Rob, if you get to read this, we wish you a speedy recovery.

Halls Gap – August 25th-26th:

If you haven't yet put your name down for this great weekend now is the time. Aside from the two races around the beautiful roads of the Grampians there are plenty of activities for any non-riders. Saturday afternoon there is a winery tour that includes diversions to Red Rock Olives and Barney's Rubble. Sunday morning the non-riders have the option of a lazy stroll around the Halls Gap Wildlife Park and Zoo (\$10pp), a slightly more active 2-hour trot (or canter) at the Grampians Horse Riding Centre (\$65pp) or simply wander through the Halls Gap township checking out the little boutiques and galleries. For those interested in the non-riding options contact Stephanie Dwyer on 0412 828 921 or email her at steph@aquariusdist.com.au.

There is also a group dinner organised for the Saturday night that will be a night to remember, Masters of Ceremonies; Steve Short and Colin O'Brien are sure to keep the night rolling with humorous anecdotes and activities.

For accommodation 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.:

Northern Vets @ Campbelfield:

A successful day out for a group of Eastern riders at Northern's criterium last weekend; Ian Milner winning a-grade, Phil Cavaleri in third, a similar result in b-grade with Steve Fothergill and Mathew Cornford filling first and third respectively.

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.
