



Eastern veterans cycling club

Respecting the Rights of all Road Users

Newsletter February 2nd 2008

Graded Scratch Races – METEC – January 22nd

Race report.

It certainly felt hotter than the forecast 32C, the northerly wind adding to the sensation of hottedness but not contributing a great deal to the toughness of the racing that was about to be undertaken. Given the conditions and the fact that half the club were away at either the Alpine Classic or The Tour Down Under it was a reasonable turnout of 55, over six grades, who greeted the starter. The small field sizes and the conditions saw all races conducted at the same time and restricted to a maximum of one-hour for the higher grades.

a-grade (thanks Phil)

It wasn't long before the a-grade race opened up, once the neutral first lap was completed Phil Smith rode off the front with no interest shown by the bunch, a little rivalry between Guy Green and Justin Davis aiding Phil's escape. As Phil's time off the front neared ten minutes and with his lead not diminishing the bunch eventually started to chase in earnest. The effort saw Guy and Justin get left behind as they, in true Mac and Tosh style, insisted that the other go first. The remaining five taking a further quarter of an hour to return Phil to the relative shelter of the now diminished bunch.

There was no counter attack and the race stayed together as riders recovered from their respective efforts till the forty-five minute mark when Phil made another effort for the big money but the bunch, once bitten twice shy, weren't going to let him get a gap. A belated counter attack by Gerard Donnelly, supported by Phil Smith but not by the others, was consequently closed down. A last ditch attempt by Phil, hoping to capitalise on Gerard's previous effort, was also chased down and the five remaining riders went into the last couple of laps grupetto.

Hearing the bell and putting eggs into a basket Gerard took off early on the last lap to street the field home. Phil Smith found himself in the unenviable position of being second wheel when Gerard bolted, leaving him little option but to lead the others home. Approaching the line Russell Newnham dragged Phil Cavaleri past Phil S. as they approached the line to take second place, Phil Cavaleri finishing third.

b-grade

Peter Shannahan must have been working from the same set of blue-prints as Phil Smith (a-grade), attacking the field almost as soon as the flag was raised. There was an almost palpable sigh and sense of resignation in the bunch - "there he goes again". The goofy gopher free bunch responded by picking up the pace to keep Peter in check and it wasn't long before he conceded to the conditions and was back in the bunch.

Undaunted by the lack of support on his first attempt Peter had another go ten minutes later, this met with the same response, Olivier Pomie, Frank N and Bob Lewis doing the majority chasing. No sooner was he returned than there was another attack. Heads down, shoulders drooped the bunch were just about to chase when the realisation that it was Phil Smith hit and a collective sigh of relief was released as they settled back to their own race. Not for long as Frank and Bob set about testing themselves against the lone a-grader, dragging the rest of the bunch along.

After ten minutes the pair had achieved their objective and sat up, allowing Phil to ride away a bit and the remaining members of the b-grade race to catch their breaths. As the race entered its second half there were more attacks from Peter Shannahan and from Rob Amos. Peter's efforts suffered from the sapping heat and his earlier efforts were little more than a rapid ascension from the rear of the peleton to the front where the lead riders were able to comfortably drift across onto his wheel. Rob's two breaks required a little more effort to control but with Frank, Bob and Olivier all keen to finish in the money they never threatened to get away.

Going into the last lap it was a tight bunch of a dozen riders being led by Olivier Pomie, Olivier leading the race at a hefty pace to the start of the sprint where Bob Lewis proved too powerful, Rob Amos taking second and Kevin Starr again finishing in the shadow of his countryman.

Stats for the race 36k in 59 minutes even (ok, that was for the straggler) for an average of 36.5kph

c-grade

Unfortunately I didn't catch up with any of these guys and consequently haven't been able to put together a report.

d-grade (thanks David & Peter)

The hot conditions and a fairly solid pace saw a slow attrition of riders as the race progressed. Richard Hobson doing the majority of the damage, the ever watchful Paul Kelly on his wheel. Intermittent attacks by the usual suspects in Nick Hainal, Louise McKimmie and John Thompson not helping those who found Richard's pace tough. Having spent most of their bickies and shed a few riders, including the bunch captain - Mick Paull, the antagonists eased up as the race entered its second half, allowing a few new faces to the front.

Over the closing stages of the race it was clear that the bunch wasn't going to allow a break to get away so the remaining riders prepared themselves for what was certainly going to come down to a mass charge for the line, nobody too keen to push the pace just in case somebody chanced their legs. As the officials started to ring the bell for the lower grades the pace in the bunch picked up a tad in anticipation of their own, the slight increase in tempo proving too much for a couple of riders who'd been chewing the bar-tape just trying to hold on. Come the bell though nobody had factored in the enthusiasm of new member David Williamson who attacked off the hump and through the next couple of corners. Gavin Plummer, who was in the right place at the right time, went with David and David McCormack, who had been bidding his time mid field, was quick enough to jump and bridge for the sit to the line. Dave McC. rolled the pair as they tired approaching the finish, Gavin also getting over Dave W. before the finish.

Stats for the race 28k over 50 minutes for an average of 33.6kph.

e & f-grade (thanks Brian)

A combined e and f grades set out for approximately forty-five minutes of punishment. With the pace set by e-grade telling on those in the purple hats it didn't take long before the small bunch fractured into its respective components. Both bunches left to circulate as fast as the conditions allowed.

The f-grade finish was a three-way sprint that was won by the wily Ken Woollard, at 80 years of age a lifetime of experience paying off.

In e-grade one or two riders kept the pressure on until, with a couple of laps to go, a puncture saw the main aggressor withdraw and the pace ease up as the remainder re-stocked their corpuscles with oxygen. On the bell it was Brian Farrell who led the contenders to the line, although something about a wall (or a fat lady) saw Brian's legs stop working on the last bend allowing Andrew Buchanan, Neil Cartledge and Peter Norbury to roll round him and contest the sprint.

Wrap Up.

Despite the small numbers it was great day's racing with some very hard fought races. And even with all grades on the circuit at the same time sensible and courteous riding meant that there were no incidents.

Next week we will be back at Dunlop Road and O'Mara Cycles will again be sponsoring the day's event. This week they will be in attendance with merchandise ranging from tubes of goo and tubes for air, to wheels, hardware and clothing.

Results

	First	Second	Third
a-grade (8)	Gerard Donnelly	Russell Newnham	Phil Cavaleri
b-grade (14)	Bob Lewis	Rob Amos	Kevin Starr
c-grade (14)	Damiano Ambrosini	Graeme Stobie	Tony Renehan
d-grade (13)	David McCormack	Gavin Plummer	David Williamson
e-grade (7)	Andrew Buchanan	Neil Cartledge	Peter Norbury
f-grade (3)	Ken Woollard		

Officials

Good to see Ronnie Stranks assisting Graeme Parker on the entries desk. Thanks to Leon Bishop, Laurie Bohn and Marcus Herzog for getting us underway and finishing us before we expired (well most of us anyway).

Thanks also to JC for carting the trailer and Peter Mackie and Chris Norbury on drinks.

Eastern Vets Program

Saturday	February	2	2:00pm	Casey Fields	Graded Scratch Races
Monday	February	4	8:00pm	Maroondah Club	Monthly General Meeting
Saturday	February	9	2:00pm	Dunlop Road	O'Mara Cycles GSR
Saturday	February	16	2:00pm	Casey Fields	Graded Scratch Races
Saturday	February	23	2:00pm	Macclesfield	Graded Scratch Races
Wednesday			10:00am	The Loop – Yarra Boulevard	Scratch Races

Tuesday	8/1/08 – 1/4/08	6:00pm	METEC	Graded Scratch Races
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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. Riders entering a handicap **MUST** pay the entry fee regardless of participation. Fees are due on race day, entrants will **NOT** be allowed to start in any EVCC race until fees have been paid.
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	February	3	9:00am	Casey Fields	VVCC Crit Titles
Sunday	February	10	9:00am	Casey Fields	Club Teams event
Sunday	February	17	9:00am	Casey Fields	Club Teams event
Sunday	February	24	9:00am	Frankston Gardens Blvd, Carrum Downs	Graded Scratch Races
Thursday	3/1/08 - 6/3/08		6:05pm	Sandown Park Raceway	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	February	3	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Sunday	February	10	9:30am	Toolernvale	Alan Anderson Memorial handicap
Sunday	February	17	10:00am	East Trentham	Handicap (44k)
Sunday	February	24	10:00am	Avenel Rd, Seymour	Handicap (48k)

Victorian Veteran Cycling Council Program

Sunday	February	3	9:00am	Casey Fields	Criterion Championships	\$15 due 28/1/08
Sunday	March	9	9:30	Woodstock	O'Brien Contracting Handicap	\$15 due 3/3/08

For your calendar

Date	Location	Event
2/3/2008	Casey Fields	Southern v. Eastern criterium NB. There will be no Eastern race on the 1 st of March
1-2/3/2008	Mansfield	Holden High Country Challenge www.hhccc.com.au/home.html
15/3/2008	Torquay	Great Ocean & Otway Classic Ride – 145k or 60k options www.supersprint.com.au
21/3/2008 – 23/3/2008	Maryborough	South Pacific Championships Entries close 29/2/2008, see VVCC program for details
24/3/2008	Maryborough	“Cec. Cripps” Handicap Entries close 29/2/2008, see VVCC program for details
19/10/2008	Melbourne	BV Around the Bay Registrations open 7/4/2008 for BV members

Other bits and pieces:

Alpine Classic

Up to thirty Eastern members participated in this years Audax Alpine Classic ride, unfortunately not all in Eastern kit (it may be time to get a full zip version of the Eastern Jersey - ed.). From the over-enthusiastic Tony Chandler who bettered his PB by 15 minutes (ride time of 6hrs 41, total time 6:50) to those who's participation was challenge enough. A special mention goes to Graham Cadd who completed the 200k ride with the climbs up Tawonga Gap (times 2), Falls Creek and Mount Buffalo, anybody who knows the problems Graham has with his chest after his accident a few years back will appreciate the effort this ride required.

My 2008 Alpine Classic - Quentin Frayne

A good year in contrast to last year's shocker, when I DNF'd in Bright after 130km, two punctures, a major hypoglycemic attack and a persistent virus of some sort. A perfect day weather-wise, if typically a little hot in the arvo.

I hadn't done as much dedicated riding as in past years (especially hills!), but a lot of cross-training for the Mark Webber Challenge with the Lonely Planet team in November paid dividends in the endurance stakes. Kept strictly to my plan to ride my own pace, regardless of those around me and riding mates (brother in law Tony Balint, and Nick Tapp ... brother Nigel was sorely missed - get back on that Dero, Nod!), though I did end up riding most of Falls with Nick. Kept the day's stops to what I thought was the absolute minimum (but this still added up to 30 minutes). A 'quick' bottle refill in Mt Beauty (but queuing and slow-flowing water didn't help!) and a banana eaten and one for the road. A toilet-stop and previously mentioned banana on the way up Falls, another bottle refill and sunscreen slip-slop at Falls checkpoint, then a solo descent to Mt Beauty and up Tawonga in a group of four at a nice, steady tempo (always hard that one!). Gave some encouragement to lurgy-affected Tony (Balint) 4km from the top of Tawonga; he looked to be having a similar ride to mine of last year! The longest stop (maybe 15 minutes) was in Bright for water, mix Endura powder, eat lots of orange quarters, grab a roll and see Nick and Andrew Finnigan just in as I ride out. Buffalo was hard, but manageable (1h32 from the gatehouse to the Gap compared to 1h13 on a morning run up there with Nick the previous Wednesday - Nick did it in 1h6 the day before that!). One stop at Waterland to fill bidons and get a wonderful spraydown, a ticket drop only at the Chalet and 52 minutes for the 35km back to Bright.

Very happy with a total time of 8h30 (by my clock start and finish time) and 8 hours exactly in the saddle (only 16 minutes longer than my PB saddle time). Rolling ave 25kph, max 74kph.

Perception can be a strange thing when it comes to pace on the AC - and it is oh SO easy to go out too hard (as evinced by the riders slogging hard up that last 10km to Falls ... with 135km and two huge climbs yet to overcome). Seems the Tassie training and week-long multisport race did indeed put some endurance into the old legs ... which was pleasing, as some of the leadup riding was less than promising!

Saw loads of Eastern jerseys on the day, and kept coming across Andrew Finnigan, who was on track for a major PB. Andy Burmas, looked strong early but seemed to be feeling the pinch and commented on 'not having a very good day' up towards Falls Creek. A sensational PB from Nick (I'll let him tell his story). Well done to every Eastern rider - some gutsy efforts by all concerned. I would have worn my Eastern jersey but I need the full length zip that my loud & lairy Las Vegas Cycling Club jersey offered (it was a present from my US-based sister)

(It may be time to get a full zip version of the Eastern Jersey - ed.)

Nutrition: about 8-9 850ml bidons (half of them Endura Sports Plus electrolyte-carb, half of them water), two bananas, 1 1/2 oranges, three muesli bars, half a roll, 7 Endura gels (my main sustenance)

Merchandise

Eastern Vets merchandise is available from Kevin Starr at most meets, you can check out what's available through the Eastern Vets web site - <http://www.easternvets.com/clothing.php>.

Other Results, etc.:

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.
