



# Eastern veterans cycling club

Respecting the Rights of all Road Users

*Newsletter April 5<sup>th</sup> 2008*

## Casey Fields – March 29<sup>th</sup>

### Race report.

It was a bitter wind that blew the weather in from the west, the rain falling as the kids wound up their clinic and the oldies gathered to weigh their sanity against their desire. Around forty odd soles (and I use the word 'odd' in all its forms) gathered to race, none too keen to pull out their steeds or don their lycra. At a quarter to the hour, the masses still huddled under the meagre shelter provided by the pavilion veranda, a vote was called. A show of hands indicated desire overruled sanity. Only a handful stayed their legs and it was thirty-six who took to the track.

Minimal numbers in c-grade saw a couple promoted, a few demoted and the grade removed from the start sheet. Small e and f-grade contingents saw their numbers combined but their races retained. So it was that as the combined e and f graders struggled off into the gale for the first time the officials shuffled toward the finish line the wind whipping their treads about their legs and their hair across their faces.

With a near gale force wind blowing along the back straight it was a day where an eleven would have seen some use, the high speeds and the wet circuit making for cautious riding on the last corner.

### a-grade

Little Phil Cavaleri set the spinnaker first time along the back straight and drew away from his four fellow combatants; taking a fifty metres gap into the last corner. Fifty metres that was rapidly eroded as he rode up past the finish and around into the wind for the first time in anger. Having tasted freedom Phil was content to conform and follow the lead as the small group plugged away, swapping turns to keep the pace above escape velocity. The other Phil (Smith) wasn't content to conform and set about getting clear and time-trialing it to the finish. Either the presence of Rob Amos (making a welcome return to the top level of racing) on his wheel deterred Phil from going on or the presence of Rob Amos on Phil's wheel spurred the chasers on, either way the pair didn't get far.

Twenty minutes in and Phil C. again tacked masterfully to gap the fleet along the down-wind leg. Royce James was second out of the corner and also garnered a gap with the remaining three hot in pursuit. As the road turned across the

breeze the wind went from the sails and it was all back together as the race went into its second third. Next time round Royce got out of the saddle and powered up the small incline to Lap's End and continued driving into the wind along the short top straight, he quickly had 80 metres on the rest. For the next fifteen minutes Royce circulated a hundred metres ahead of the other four who bided their time in bringing him back, but as the race entered its third third Royce saw the writing on the wall and sat up to wait for the others who by this stage had cut his lead to mere metres.

Anticipating an early bell Phil S. again tried to ride off the front to solo it home but was denied and it was the full compliment, led by Rob Amos, that started the last 2.4 kilometres. A still determined Phil S. attacked the bunch two hundred meters into the lap as the members started to maneuver for position (ie. not being on the front), shaken into action the quartet set off in chase. The crowds (well all three of us) on the sideline willed Phil to stay away but to no avail as he was picked up and summarily dumped as the race headed out of the last corner and up to the finish. Phil C. also a victim of the chase losing touch as Royce James, Damian Burke and Rob Amos turned up the gas in the run for the line. Rob, still not 100%, held Damian's wheel 90% of the way to the line. Royce managed to hold Damian out all the way to the finish for first.

### b-grade

It as the short stocky form of Kevin Starr setting the pace early in the b-grade race, a couple of laps in he was giving Thorkild Muurholm and the others in the bunch a hare to chase. When Kevin eventually eased up Thorkild found himself on the front and wasn't backward about keeping the punishment going. With Kevin, Thorkild and Frank Nyhuis doing the majority of the work at the pointy edge Ian Smith was relieved of his usual task at the front and was able to relax (as much as the tempo allowed). Eighteen minutes after the bunch had been set off Ian set off, making a serious effort to get away. Unfortunately the Thorkilds of the group hadn't had enough and Ian achieved little more than inflicting a little more hurt on everyone as the elastic was stretched but then rebounded.

Half an hour in and the weather wasn't looking any better, although the wind had dropped from gale force to near gale force and turned a little more Southerly, and Brian McCann was leading the field, showing that a c-grade regular could hold his own. It didn't last long as Kevin took the opportunity of the lull in both the weather and the pace to attack, Frank sitting

comfortably on his wheel, and another giving chase. The resultant surge from the bunch costing Brain his place in the peleton. Despite being caught Kevin didn't let up, hoping to shed a few of the less fresh legs and improve the odds.

As the chronological hour approached and with the weather looking like it would seriously deteriorate Ian Smith hit out with Tony Curulli in the hope of grabbing a holdable break. No joy, the bunch (Kevin, Thorkild and/or Frank) weren't having any of it and Ian and Tony barely knew they'd been away before they were back. On the other side of the hour Frank and Kevin mimicked the previous move. Thorkild was left behind and was not happy, the bunch mimicked the previous chase and Thorkild was happy.

As the rain began to fall Frank wound it up along the bottom straight, riding away from the slightly diminished b-grade bunch. Around the last corner and into the finish straight, the sight of the bell enough incentive for the bunch to dig deep one last time and drag itself back up to Frank's wheel to go into the last lap en-masse. Frank wasn't finished though and hit the fatigued bunch in a last ditch attempt to ride clear. The delay from counting votes in the election of a lead chaser enabled Frank the space he needed. Taking a decent gap onto the last down-wind stretch it was going to take a mammoth effort from the bunch to get him back and, as we all know, mammoths are extinct. The sprint for second was well contested, Kevin Starr not having enough left in his legs to get over Steve Ross who rode a good race to lead the bunch up the majority of the length of the finish straight and take second.

### **c-grade**

No race

### **d-grade**

Having had little opportunity to warm-up the first couple of laps were spent opening the pulmonary capillaries and increasing the heart rates to get more oxygen into the blood and to get more blood to the muscles that were going to need that extra oxygen. Third time past the pavilion Alan Cuneen has checked the levels and found them adequate, pouring on the pace. Next time round it was Dave Worland in the driver's seat and making the others suffer. Another lap and another rider had taken the mantle and continued to set a pace that had a few struggling to stay in touch and none in a position to make a move.

Almost half an hour of racing had passed before Richard Dobson was able to break the shackles and get away up the road, taking fifty metres before any of the bunch were able to react. With the momentum of the initial move Richard's lead continued to grow, a bridging attempt by one rider didn't have the legs to succeed but did up the tempo of the chase enough to arrest the increasing gap. Two times into the wind was incentive enough for Richard to reassess his plans and retreat to fight another day.

After it came back together things settled down once more, the sting gone from the group it was left to the likes of Richard Dobson and Alan to keep the others honest as the race wound itself down to a bunch sprint. As the bunch exited the last corner for the last time the sprinters wound it up and the three c-grade riders who had remained quiet throughout the race came to the fore and cleaned up, Rod O'Dowd powering away, and despite sitting up early and looking round with a tinge of guilt cruised over the line for first. Paul Kelly second and Hylton Preece third.

### **e-grade/f-grade**

Like the d-grade race the combined e and f grade group started circulating at a leisurely pace as the riders slowly warmed to the task ahead and it wasn't till the twenty-minute mark that things hotted up. JC, using the wind to his advantage, pulled a twenty-metre gap along the back straight that had the others scrambling to bring it back. And bring it back they did, before lap's end. All bar Charles Lethbridge that was, as the first of the regular f-grade contenders slipped from the back of the bunch. A lap later two of the remaining f-grade riders were struggling but were hanging in there. Not to be though as Keith Bowen lost contact on the next lap leaving a group of six followed by the two dropped riders.

While the half dozen in the bunch parried in their attempts to stay out of the wind the two solitary dropped riders continued to circulate, like a pair of frogs in a pail of milk hoping that it would turn to butter (it sounded better in my head - ed.). As the race drew to its conclusion so to did Charles draw closer to Keith.

The major placings were decided in a hard fought sprint with all e-graders and the two remaining f-graders fighting it out. Graham Cadd proved the strongest of the lot to beat the others across the line by a couple of bike lengths, a blanket separated the remainder with Clive Wright just ahead of f-grader Darren Rowlinson, Paul James (e-grade), Ashley Wilcox (f-grade) and JC Wilson (e-grade) bringing up the rear after running a tad wide on the last corner. Charles Lethbridge upset those on the finish who had already written Keith into the results by catching and passing him in a slow motion sprint to settle the last of the f-grade placings.

### **Post Amble**

Despite the deplorable conditions those who chose to race all agreed that it was a good competition and most hung around to re-live their exploits over a slowly sipped cold drink.

From the sideline it looked like good safe competition but there were two minor incidents in the finishes of races that bear mention. Firstly; in the sprint hold your line, in one finish the lead rider drifted across the track as he sprinted squeezing another rider out, good tactic on the pro circuit - not at an Eastern Vets event. Secondly; Veterans Cycling frowns upon the act of saluting the finish and requires that all competitors finish with both hands on the bars, failure to do so may incur a fine and/or disqualification, the practice is not necessary and is potentially dangerous.

## Wednesday racing at the Loop, Phil Cavaleri puts in a blinder

Notwithstanding the strong winds Wednesday morning eleven riders turned up ready to race. It seemed like too much trouble to take entries and get the numbers out of the car, so it was decided to have a handicap with Phil Cavaleri and Tom McDonough on scratch and the rest of the field on limit. The limit bunch were to be given the maximum start possible at the Loop with scratch being sent off just as the limit group appear around the last bend. The arrangement regarding duration of the race was that the officials would ring the bell so that there would be a bunch finish. The initial gap was 1 minute 40 seconds or thereabouts and Phil and Tom were reducing this by a pretty consistent 5 seconds a lap. When the gap was reduced to 10 seconds, it was time to ring the bell next lap when the gap was about 5 seconds. Tom McDonough put in a big turn along the back straight and was able to launch Phil onto the back of the bunch at the sharp corner at the bottom of the hill coming to the finish. With 10 metres to go Tony Curulli, looking over his right shoulder to see who was coming, thought he had it won, but he didn't count on Phil. Phil threaded his way through the field, a la Robbie McEwen, first down the right hand side and then across to the left to get a clean run when he was going to be baulked by a slow rider and managed to get over Tony and third place getter Ray Russo just on the line. Ray yelling at Tony at the last minute to keep going as he saw Phil come past. The race duration was about 27 minutes with the limit bunch averaging 34+ km/hr (a personal best at the Loop for Alan Cunneen).

Congratulations to Phil and Tom and to the limit group, you don't need prize money for riders to put in maximum effort or to have a fantastic race.

If you want to join in the fun at the Loop of a Wednesday morning entries are taken from 10:00 am with racing starting at 10:15 for about 45 minutes and followed by coffee and cake at the Studley Park Boathouse.

Keith Bowen

### Next week

Next week we are back at Dunlop Road for our last club criterium for the season and once again the race will be sponsored by Omara Cycles who are providing \$600 worth of prizes. Jae Omara will be there with a range of stock that members will be able to purchase at discounted prices.

### And the week after

The week after next is the Club Criterium Championship to be held at Casey Fields. These races are age group championships with medals for the first three across the line in each age group. Entry is free and is limited to club members only.

To compete in club championships you must have competed in at least three regular club events during the season.

## Results

	First	Second	Third
<b>a-grade (5)</b>	Royce James	Damian Burke	Rob Amos
<b>b-grade (10)</b>	Frank Nyhuis	Steve Ross	Kevin Starr
<b>c-grade (0)</b>			
<b>d-grade (10)</b>	Rod O'Dowd	Paul Kelly	Hylton Preece
<b>e-grade (4)</b>	Graham Cadd	Clive Wright	Paul James
<b>f-grade (4)</b>	Darren Rowlinson	Ashley Willox	Charles Lethbridge

## Officials

Thanks to Nigel Kimber and Ron Stranks for taking entries. Today's racing was under the direction of Rob Truscott, Anthony Gullace and Peter Stanley. Thanks also to JC for bringing the trailer and to Peter Mackie with drinks.

## Eastern Vets Program

Saturday	April	5	2:00pm	METEC	Graded Scratch Races
Saturday	April	12	2:00pm	Dunlop Road	<b>Omara Cycles GSR</b>
Saturday	April	19	2:00pm	Casey Fields	Club Championships
Saturday	April	26	2:00pm	Killara Road	Graded Scratch Races
<b>Monday</b>	<b>April</b>	<b>28</b>	<b>8:00pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
Wednesday			10:00am	The Loop – Yarra Boulevard	Scratch Races + post race coffee

**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	April	6	9:00am	Lakewood Blvd, Braeside	Graded Scratch Races - President's Cup
Sunday	April	13	9:00am	Crib Point	Graded Scratch Races
Sunday	April	20	9:00am	Dromana	Graded Scratch Races
Sunday	April	27	9:00am	Somers	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	April	6	9:30am	National Blvd, Campbellfield	Scratch Races
Sunday	April	13	10:00am	Avenel Rd, Seymour	McCallion Handicap (64k)
Sunday	April	20	10:00am	Lancefield	Scratch Races (60k)
Sunday	April	27	9:30am	National Blvd, Campbellfield	Scratch Races

### Victorian Veteran Cycling Council Program

Sunday	April	6	10:00am	Burrumbeet	Chris Cashin Memorial handicap	Closed
Friday	April	25	1:00pm	Seymour	64k Benghazi Handicap	21/4 - \$15

### For your calendar

Date	Location	Event
6/4/2008	Macedon Ranges	MAD ride - 60 or 110k rides
30/8/2008 31/8/2008	Halls Gap	Grampians VCC Graded Scratch Races VVCC Handicap A great weekend of socialising and cycling Contact Ian Smith for details or expressions of interest.
19/10/2008	Melbourne	BV Around the Bay Registrations open Nigel Kimber will be leading a 250k group, there will also be a group going to Sorrento and back.

### Other bits and pieces:

The Eastern Veterans Cycling Club Annual General Meeting was held on Monday night (31/3/2008) and the following members were elected to the committee;

Position	Incumbent	Elected
President	Ian Smith	Matt White
Vice President	Matt White Greg Lipple	Greg Lipple Hylton Preece
Secretary	Keith Bowen	Keith Bowen
Assistant Secretary		Nigel Kimber
Treasurer/Public Officer	John MacLeod	Juanita Stumbles
Assistant Treasurer	Juanita Stumbles	John MacLeod
Handicapper	Graeme Parker	Graeme Parker
Assistant Handicapper	Keith Bowen	Keith Bowen
Referee	Graeme Parker	Graeme Parker
Club Captain	Ron Stranks	Ron Stranks
Vice Captain	Steve Fothergill	Steve Short
Safety Officer	Ron Stranks	Ron Stranks
Race Committee (4)		Richard Dobson, Philip Cox
VVCC Delegates (3)	Nigel Frayne, Nigel Kimber, Ian Smith	Nigel Frayne, Nigel Kimber, Ian Smith

Non-elected office bearers;

Newsletter Editor - Nigel Kimber  
Web Master - Phil Spona  
Merchandising - Kevin Starr

The club thanks all members of the 2007 committee for their contribution and the work they have done to ensure the continued growth of the club as an organiser of safe and friendly competition. A special note of thanks goes to the incumbent president - Ian Smith, for his contribution over the past four years in this role. Ian has overseen the club through a period of growth (from a membership of 100 in 2004 to around 250 this year) and consolidation and is to be lauded for his efforts. Also to John Macleod who is stepping aside after 7 years in the role as treasure ensuring that the club remained in a sound financial position through this period of continuous demand for more and more capital equipment to meet police, local council and Vic Roads requirements.

The club also wishes members of the 2008 committee all the best for the year ahead.

As can be seen from the table above some roles were not filled. There is always room for more names in the list of committee members, either filling an unfilled role, relieving a member of a cap or assisting where an assistant doesn't currently exist. It is people who make the club what it is and the more people assisting the better the club can be, it is not too late to volunteer for a role nor to put your hand up to help. If you feel that you are able to contribute please do not hesitate to talk to a member of the committee or come along to a monthly meeting where you can put forward your two-pennies worth and see what goes into running the club.

### **Gariwerd:**

August may be a way off, but it is rapidly approaching and this weekend proves popular with all Victorian Veteran's Cyclists. This is a great opportunity to socialise with fellow club members and to meet like minded individuals from other parts of the state in a relaxed and friendly atmosphere.

If you've never been to a VVCC open this is a great introduction as you will be surrounded by friends. If you've never ridden the roads around Halls Gap then this is the ideal opportunity to experience the beauty of the area as only cyclists can. If you've never been away with the club then, basically, you don't know what you are missing. If you've done these things then you know what I'm talking about. Last year's event was a terrific success and this year promises to be better with Graeme Parker getting more involved.

You can organise yourself or you can let the club do it for you, Ian Smith is currently taking bookings for the weekend. Bookings include accommodation and optional dinner on the Saturday night. To really enjoy the weekend book for Friday, Saturday and Sunday to relax and enjoy. But get in quick as rooms will be at a premium and the longer you wait the more likely you'll be sharing a two-man tent.

You don't have to leave your better half (or offspring) at home (unless you want to), there are enough wineries, Aboriginal cave paintings, walks and natural wonders to keep the non-riders busy whilst their partners are pounding the pedals.

### **Other Results, etc.:**

#### **South Pacific Championships**

The South Pacific Championships are held at Maryborough each Easter and this year was no exception with a good showing of Eastern members. Congratulations to all who competed and to the following place-getters;

#### **Road Race**

40-44 - 1st Simon Bone  
45-49 - 1st Roy Clark  
65-69 - 2nd Ken Bone  
70-74 - 3rd Paul Kelly

#### **Sprints**

40-44 - 2nd Simon Bone  
45-49 - 3rd Phil Cavaleri  
50-54 - 3rd Peter Gray  
60-64 - 3rd Robert Lewis  
65-69 - 1st Ken Bone

70-74 - 1st Neil Wray, 3rd Paul Kelly

Time Trials

45-49 - 2nd Roy Clark

70-74 - 3rd Paul Kelly

Criterium

35-39 - 3rd Jason Bone

40-44 - 1st Simon Bone

45-49 - 3rd Roy Clark

60-64 - 2nd Robert Lewis

64-69 - 2nd Ken Bone

**Police and Emergency Services Games**

Held at Balliang Tuesday (1/4/2008), there were several Eastern riders competing in various age groups. Members competing (oldest to youngest) were Peter Ransome (Road race), Mark Wallace (RR), Frank Nyhuis(TT and RR), David Hyde (TT and RR), Ben Schofield (TT and RR) and Damiano Ambrosini (RR).

There was a 7 odd km time trial:

Ben Schofield 35-39 Division - Bronze medal

Frank Nyhuis 45-49 Division - Bronze medal

60km Road race:

Mark Wallace 45-49 Division - Gold medal

Damiano Ambrosini 35-39 Division - Bronze medal

45km Road race:

Peter Ransome 55-59 Division - Gold medal

Good effort by our guys, and I know in my race (Frank Nyhuis), we had a breakaway of seven and Mark Wallace was riding really strongly in only his second race back after neck surgery. Kept it going to win by 100m against some strong opposition. Brad Daly, an a-grader from Southern Vets, was in the same race (different age division) and Mark beat him home by a good margin.

If you have any results or items of interest please get them to me and I'll include them here.

\*\*\*\*\*