



# Eastern veterans cycling club

Respecting the Rights of all Road Users

*Newsletter June 14<sup>th</sup> 2008*

## Graded Scratch Races – Casey Fields – June 7<sup>th</sup>

### Race report.

Casey Fields; dull, overcast, cold, wet and a long weekend to boot. It didn't have a lot going for it. Still, fifty-eight of the more masochistic Eastern members rolled up for what was to be some pretty dirty racing.

Morning showers had made the track wet another shower half an hour before racing commenced kept it that way and despite the wind coming up on cue (as the first group got under way) another shower mid-way through the hour ensured that the track was wet for the duration, only starting to dry off as the higher grades were finishing.

The beauty of Casey Fields is the lack of motor traffic, the bane of Casey Fields on Saturday was the lack of motor traffic. The rain enough to wet the track but not enough to wash it, the result was 58 grit-covered riders in desperate need of showers, 58 machines and 57.5 sets of lycra in desperate need of a wash.

### a-grade

The discomfort of wet chamois was soon secondary to that of the legs as the blood started to flood the muscles, Phil Smith's knicks benefiting from the extra rinse. Suds aside, and true to form, Phil was soon time-trialing off the front leading the other eight by 150 metres. The conditions giving the chasers no reason to do more than hold him on a reasonable leash, twenty minutes later, as the race neared half distance, the others reeled him back in and the racing started in earnest.

The next thirty minutes saw a flurry of attacks, Royce James, Rob Amos and Stuart Bendall all keen to try to get away, Phil Thompson also keen to be involved. Phil Smith putting in the odd move of his own in the hope the tiring legs of the aggressors and the responders would enable him the opportunity to again get clear and time-trial it to the finish. But with evenly matched members in the group every move was quickly quashed, after each break and chase a lull before the next move.

Ten minutes from the finish Phil Smith tried again to shake the others and managed to slip away, half a lap later Royce James jumping strongly was able to bridge the 150m gap without dragging the bunch across and the pair took the race away from the others. Realising that if nothing was done

nothing would be achieved Mick Jamison set about trying to get across but didn't have the legs. Spending a lap and a half in the effort only to fall short and be caught by the chasers half a lap from the finish and with nothing left watch Stuart Bendall lead out Phil Thompson and the others.

Royce jumped Phil Smith mid-way through the last lap to win comfortably, fifty metres ahead of Phil. Phil Thompson making the most of the chasing bunch's momentum to sprint clear in the last hundred metres to finish twenty metres ahead of the remainder who were spread out like Bindi's crocs as they crossed the finish line.

### b-grade

Given the conditions the best plan for the day was to be at the front the whole race, stay cleaner that way, unfortunately with half a dozen strong and enthusiastic riders in the bunch that wasn't going to be easy. Nor did it come to pass. After an initial lap at two abreast and under threat of a-grade lapping the bunch early in the proceedings things got serious as the race turned out of the wind and down toward the bottom of the circuit for the second time. And it pretty much didn't let up after that.

With the dirty half-dozen; Steve Ross, Matt Cornford, Martin Stalder, Ian Smith, Thorkild Muurholm and Bob Lewis keeping the pressure on there was little opportunity for any serious attack. Early in the race one or two riders were able to gain a couple of bike lengths on the bunch, the first such move being chased down in earnest. For subsequent moves common sense prevailed and the over-enthusiastic rider or riders were essentially left to their own devices, the conditions bringing them back in-line in short order. Twenty minutes in, one pair of escapees gained more than the customary three bike lengths on the field and attracted the attention of a couple in the bunch, a quick bridging attempt and some encouragement to start a rolling break had six away and panic in the bunch. The strong legs of Thorkild closing the break down before it was able to get established.

An ex-president of the club was also prominent in the race, not shirking his turn at the front and putting in a couple of strong moves up the short finish straight that had several in the bunch (or on the front, thanks Ian – ed.) struggling to stay in touch.

But the die had been cast in the first couple of laps, a solid but steady pace that all were able to hold, a pace that had the bunch catching the a-grade race as the time neared the hour. A sojourn

up the road by Ian Smith who, recalling his time Out of Africa, informed them of their impending embarrassment with enough power to clear the road ahead and enabling the b-grade race to continue. A couple of extra laps whilst the higher grade drifted far enough away that they could be finished and then after one hour ten minutes the full b-grade contingent heard the bell and set about the final two point something kilometres. Ian Smith was in no hurry to win the race and led the field around to the far loop where Nigel Kimber was about to take over when Thorkild came through like the proverbial to drag the stretched out peleton along the back straight at near fifty kilometres per hour. The final corner and Thorkild's legs finally ran out of steam enabling the sprinters to start their race, the road filling with dirty faces and dirty lycra as a wall of dirty cyclists descended on the finish line. It was Bob Lewis who greeted the officials first with Rob Truscott, Mark Withers, Steve Ross and the rest of the bunch hot on his wheels.

Figures for the race 47.1k in 1:13:17 for an average of 38.6

### **c-grade**

By all accounts the c-grade race was run at a fairly pedestrian pace, the conditions not inspiring the participants to great efforts. The lack of pace illustrated by the b-grade bunch passing this group three or four times in the hour indicating a six kilometre an hour speed differential.

Darren Boyd was one who tried to uphold the honour of the grade, but almost alone he was simply being used and eventually gave up, retreating to the back of the bunch two laps from the finish for some respite. The lack of any serious attempts to break things up resulted in the race coming down to an inevitable bunch kick, a strategy that played into the hands of the sprinters. On the last corner Darren Boyd, having caught his breath, took his bunch-mates by surprise, racing up the left of the last rise to take the tight contest from Rod O'Dowd, Gary LeRoy and the rest.

### **d-grade**

In contrast to the c-grade race the d-grade bunch kept the pace up for the duration, threatening to catch the higher grade. Cube Taylor one of the bunch members responsible for keeping this race honest also catching the eye of the officials for his efforts. But three or four laps from the finish the efforts of his labors began to show as he slipped from the

front of the bunch to the back and then beyond, conceding a good distance before clawing his way back to the bunch on the penultimate lap and going on to finish second in the bunch sprint.

### **e-grade**

In a first for e-grade there was a rush to be leading the race from the gun, the wet track and rooster tails having more to do with it than any chivaleristic motivation. The first half of the race was run at a fairly comfortable pace until Neil Cartledge, Ben Muller and a couple of others decided that it was time to sort the wheat from the chaff, picking the pace up and rolling off the front things started getting serious. Despite the increase in pace, the change in attitude saw a couple of breakaways attempted, but all were doomed to fail, the small pace differential, the conditions and the larger chase group ensuring they didn't last long.

As the race entered its last couple of laps Ben Muller made a break with another, the pair able to hold their lead into the final lap. A bridging attempt by Neil Cartledge, and bolstered by Brett Robinson, caught the lead pair as the sound of the bell was fading, the remainder not far behind. Having caught the break Brett didn't wait around keeping his head down he pulled away, Ben having enough to go with him for three-quarters of a lap before being left behind. In the wash, Brett finishing 50 metres clear of Ben. Ben's co-conspirator and Neil, having been left in no-man's land to struggle on, were swamped leading into the sprint, Andrew Buchanan powering past to finish twenty metres ahead of the bunch and twenty behind Ben.

### **Post race wrap.**

Just a reminder that our hold on race venues is tenuous at best and our behavior may determine our continued use of these venues. Inappropriate behavior could jeopardize our access to circuits - both road and crit. Casey Fields now has toilet facilities at the track, along with facilities at adjacent pavilions. They are there to be used - use them.

Any individual caught urinating outside a toilet not only risks our club losing access to the venue but also risks a hefty (\$500) fine and (1 month) suspension, a subsequent infringement will incur heavier penalties and a third infringement will attract termination of (and life time ban from) VVCC membership.

## **Results**

	<b>First</b>	<b>Second</b>	<b>Third</b>	<b>Fourth</b>
<b>a-grade (9)</b>	Roy James	Phil Smith	Phil Thompson	
<b>b-grade (14)</b>	Bob Lewis	Rob Truscott	Mark Withers	Steve Ross
<b>c-grade (11)</b>	Darren Boyd	Rod O'Dowd	Gary LeRoy	
<b>d-grade (11)</b>	Dave Worland	Cube Taylor	Michael Cosgrave	
<b>e-grade (13)</b>	Brett Robinson	Ben Muller	Andrew Buchanan	

## Officials

Thanks to Keith Bowen and Ronnie Stranks who were on the desk taking entries, and to Keith and Ronnie and Geoff Cranstone who got us underway and brought us in safely. Thanks also to JC for bringing the trailer and to Peter Mackie who was on hand with the drinks.

## Eastern Vets Program

<b>Saturday</b>	<b>June</b>	<b>14</b>	<b>2:00pm</b>	<b>Yarra Junction</b>	<b>Eastern v Southern</b>
Saturday	June	21	2:00pm	METEC	Graded Scratch Races
Saturday	June	28	2:00pm	Macclesfield	Graded Scratch Races
<b>Monday</b>	<b>June</b>	<b>30</b>	<b>8:00pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
Saturday	July	5	2:00pm	METEC	Graded Scratch Races
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	June	15	9:00am	Lang Lang – Yannathan	Graded Scratch Races
Sunday	June	22	9:00am	Crib Point	Graded Scratch Races
Sunday	June	29	9:00am	Lang Lang	VVCC Road Championships
Sunday	July	6	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	June	15	9:30am	Freight Drive, Somerton	Graded Scratch Races
Sunday	June	22	10:00am	Avenel Road, Seymour	Tom Stewart Handicap (64k)
Sunday	June	29	9:30am	National Blvd, Campbellfield	Graded Scratch Races

## Victorian Veteran Cycling Council Program

Sunday	June	29		Lang Lang	VVCC State Road Championships	22/6 - \$15 29/6 - \$20
Sunday	July	6	10:00am	Kilfeera & Samaria Rds, Benalla	Hume Vets handicap, 56k	30/6 - \$15

## For your calendar

Date	Location	Event
14/6/2008	Yarra Junction	<b>Ike Collings Shield</b> It's on again, club pride is at stake as Eastern host this year's annual Eastern versus Southern road race challenge. Set this date aside and bring out your best legs to wrest the shield back from the southerners.
15/6/2008		EastLink Cycle Challenge Registrations close 13/6/2008
12/7/2008 - 13/7/2008	Lang Lang/ Cora Lynn	Southern Vets Two Day Tour Day 1; 22k ITT and Road Race (A-D – 66k, E & F – 44k, G - 22k) Day 2; Road Race (A-E - 72k, G - 50k) Entries are \$40 with the secretary and close 7/7/2008
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 Nigel Kimber will be leading a 250k group, there will also be a group going to Sorrento and back.

## Other Results, etc.:

### Social Rides

Looking for a few extra miles to hone those legs? There are several social/coffee rides each week that club members enjoy;

- For the hard core flat track roadies there's Beach Rd on a Sunday morning. Departing from the Southern end of Renfrey Gardens, St Kilda at 8:00am, the ride goes to Frankston with a regroup just the other side of Mordialloc, a rest at Frankston with the option of doing Oliver's Hill and then returning to St Kilda for a coffee. Total ride time is around three - three and a half hours, average speed 30kph.
- For those who like it a bit bumpier there's the one in twenty - plus a bit. This ride starts from the shops at The Basin 8:00am Sunday mornings, heads up the 1:20 before continuing up through Sassafras, Ferny Creek and Kallista to Emerald for a well deserved coffee and maybe some cake. The ride returns to the bottom of the slide via Monbulk, Olinda, 'the wall' (that second piece of cake may have been a mistake) and Sassafras. In all it's around 45k that is completed at an easy b-grade pace in around two and a half hours, riders regrouping at the top of each major climb
- For those who like it dirty there's the Warby Trail, again 8:00am Sunday morning this ride starts outside the Cog café in Mt Evelyn and follows the rail trail to Warburton, arriving around 9:45, where the group has a table reserved to enjoy a coffee before returning to Mt Evelyn around 11:30-12:00, ride distance is typically around the 70k mark although maybe a bit longer if an additional loop along the river is included at Warburton. Mountain bikes are recommended. For details see Hylton Preece or Graeme Parker on any race day.
- If Sunday's too far away, there's the alternative Wednesday Warby Trail Ride from Mt Evelyn, starting 9:00am (sometimes earlier) from outside Cog Café on Monbulk Rd (near Marshall St). There's coffee at Warburton before backtracking to the beginning, ride distance is around 65k and gets back about 1:00pm. Again fat tyres and comfy seats are the recommendation.
- And for those in between there's the Yarra trail ride that runs to the city with a 30 minute coffee and cake break at South Bank. Approximate distance 60km from Lower Plenty. Meet at various points along the bike path, 8:30am Bonds Road Lower Plenty, 9:00am Burke Road, other points as you wish. Start times will be 30 minutes later when daylight saving ends. Enquiries can be made of Keith Bowen 9439 8013

If you want further information on any of these rides catch me (Nigel) at a race meet and I'll refer you to ride regulars.

NOTE: These are social rides, not races, not even training rides, the aim is to work out the lactic acid from the previous day's exertions whilst getting to know your fellow club members.

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