



Eastern veterans cycling club

Respecting the Rights of all Road Users

Newsletter October 11th 2008

Casey Fields - Graded Points Races – October 4th

Race report.

It won't be long before the sound of leather on willow will resound about the Casey Fields sporting complex but today all was quiet as 75 cyclists gathered under almost ideal conditions to compete in a slightly different event from the normal graded scratch race. The format of the day's racing was a points race, three sprints in an hour long criterium, points awarded to the first three, or four (depending on field size), across the line on the designated sprint lap. Double points for the final sprint ensuring that those who lasted the distance were rewarded.

With a slight South-Easterly breeze aiding the sprinters on the run to the line proceedings got away under clear skies.

a-grade

A small field started the a-grade race, six fairly evenly matched combatants, with the possible exception of Roy Clark recently returned from Dubbo with three national titles in his back pocket.

As is the norm with small field a-grade races the constituents of the bunch swapped off turns every couple of hundred metres, keeping the pace high and steady to deter any attacks. Despite the efforts of the group in the opening laps the attacks still came, D Sayers making a couple of forays up the road in an attempt to break the field, Ian Milner, always keen to make things interesting, joining him on each occasion. The remaining four continuing to roll turns behind. None of the moves eventuated to anything, the momentum of the bunch bringing the break back within a half lap or so.

The first of the intermediate sprints was ushered in with around twenty minutes of the race gone. Roy Clark started the sprint early, Ian Milner, thinking it was the place to be, burnt himself trying to chase him down but came up short, finding himself in no-man's land, only to get swamped by the other protagonists at the line - Royce James and Rob Amos taking the points for second and third. With daylight behind the third place getter Rob powered to the front in an attempt to drag the three clear, to no avail as Mark Wallace and D. Sayers fought their way back on within a half lap, a slightly knackered Ian Milner having to chase for well over a lap to achieve the same result.

All together again things continued as before until Mark Wallace backed his legs, spending an extended period 200m off the front with everyone happy to leave him out there hoping he would cook himself. Mark was eventually reeled in after about ten minutes restoring the bunch to six, still rolling turns keeping the pace fast enough to make everyone think twice about making some feeble attempt at getting away.

The second sprint was your stock standard sprint, Royce James jumping at the start of the long back straight, Roy Clark winding it up in pursuit. Royce tiring as Roy led the bunch onto his wheel at the turn into the finish straight. Royce with enough in the legs was able to catch Roy's wheel as it went by; Roy first, Royce second and Rob third, the other three hanging on.

The run to the final bell was a little more sedate, the efforts of the previous fifty minutes, and two sprints, reducing the race to steady rolling turns, some in the group finding themselves obliged to pull bigger turns than others. Towards the end of the allotted race time the bunch was down to five; Mark stopping to tend a fallen rider from the b-grade race. Not only was the number down but the pace dropped as well, the bunch waiting for Mark to rejoin - not to be as a lap later the bell was rung to ring in the final sprint.

The final sprint going much the same way as the second but this time it was Roy who started it as well as finishing it. From the start of the back straight Roy wound it up before slowing it down as they headed into the last bend and then using his kick out ran Rob and Royce to the line. A clean sweep of the sprints giving Roy maximum points and the overall win, double points in the last sprint gave Rob enough to overhaul Royce who was the only other points scorer in the race.

Thanks to Ian Milner & Rob Amos whose contributions helped compile this report.

b-grade

The big bunch made a cautious start, unsure of the timing of the sprints and wary of the likes of John Pritchard and Steve Fothergill in their midst, they made their way around the circuit, everyone watching everyone else. Despite the trepidation the pace was still high, the speedo not dipping much below 38 for the first twenty minutes. And then it got faster. But it got slower first. The bell for the first sprint saw the momentum come out of the bunch as the jostling and jockeying for positions started,

and whilst every one was looking at everyone else Matt White bit the bullet and shot up the road, gaining a significant break.

The officials on the line were preparing to write Matt's number down for the maximum points but the sound of carbon wheels gave them cause to pause and it was John Pritchard who took the six points by the proverbial, Matt second, Damian Burke and Steve Ross leading the rest of the bunch through got the last of the points.

The post-sprint lull is always a dangerous time for the not so fit and this was no exception as Ian Smith and Thorkild Muurholm took the opportunity to attack their gasping pelotonites, the pair getting away and holding the bunch off for almost twenty minutes, with each passing lap willing the bell for the second sprint. Meanwhile the bunch had regrouped and recovered and with the likes of Steve Ross, Damian Burke and Kevin Starr leading the chase the bunch slowly pegged back the leaders. As the clock ran down the chase picked up and with almost professional peleton timing the bunch caught the leaders as they passed the d-grade bunch on the line and the bell was rung.

Again the foxing began, this time it was John Pritchard who broke, going early along the bottom straight, Matt White keen to revenge his loss in the first sprint, scarpering after him. Matt had no luck, John crossing the line well ahead of him, Matt crossing the line second, still clear of the chasers.

John had no luck either, crossing the line he got the bell for the b-grade sprint - ?. Having spent all they had Matt and John were quickly picked up by the bunch, the subsequent foxing allowing the pair to at least recover a bit before the real sprint. The second second sprint was a more conventional affair, there were no breakaways and the bunch crossed the line en-masse, Damian Burke getting the nod from the officials for the big points, Steve Ross following (as he did in the first sprint), Peter Gray taking third and Kevin Starr getting the last point on offer.

Damian Burke (8), John Pritchard (6), Steve Ross (5), Matt White (4), Peter Gray (2), Kevin Starr (1), twelve points for the final sprint, now if I win and Damian, John and Steve finish fourth or worse than I have the big money but even if they finish second I'll get second, and if

The mathematicians in the bunch were working over time, their oxygen-depleted brains trying to figure out what was required to get into the money at the end of the day. Whilst the budding actuaries were grinding the numbers Kevin Starr ground on the pedals and got clear, Damian Burke jumping onto his wheel but not lasting long as his legs hadn't recovered from the exertions of the sprint. Steve Ross brought the bunch up to rescue Damian as Kevin continued to pound the pedals in an effort to consolidate his lead.

With at least twenty minutes to run and a large chasing bunch Kevin's attempt to stay away was never going to succeed and as he was returned Ian Smith countered but it was still too early and he suffered a similar fate, the bunch swallowing him back up fifty-five minutes into the race.

This was the cue for Thorkild, and he jumped, building a lead of over a hundred metres with the bunch doing little in response. As the clock ticked past one hour fifteen Steve Fothergill wandered off the front and nobody did anything about it either until, as the bunch crossed the line a hundred metres behind him they got the bell for the final sprint.

The math were forgotten as reality hit home and the chase was joined. Steve Ross leading the bunch around the first bend and into the short straight, having done his bit Steve pulled up the track to allow the next rider through, unfortunately he wasn't ready, the consequent flow back saw a touching of wheels down the line followed by the sound of carbon and aluminium crunching as Peter Gray hit the bitumen - rather hard. The interruption taking the momentum from the chase and allowing Thorkild a well deserved win, Steve Fothergill taking advantage of his position crossed in second and it was Thorkild - 12, Steve F. - 8, Damian - 8, John - 6, Steve R. - 5, Matt - 4, Peter Gray - 2 (and out) and Kevin Starr - 1.

With 4 and 2 points on offer Damian was the only threat to Thorkild and only if he finished third. In the sprint for the last of the points it was Damian who brought the remainder across the line, Steve Ross again following Damian for the final two points. Thorkild - 12, Damian - 12, Steve F. - 8 and Steve R. - 7. Damian, having placed in all sprints, was given the day on a count-back.

Thanks to Matt White and Damian Burke for their input to this report.

c-grade

No report

d-grade

No report

e-grade

With only six starters this was most likely going to be a cat and mouse affair. And the initial laps bore this out with the six content to take turns at setting a reasonable but undemanding pace, watching each other while saving themselves for the sprints.

Coming into the first sprint the money in the bunch was on Zenon Gawronski but he failed to live up to expectations, dashing the hopes of Graham Cadd for an early lead in the points score. Instead it was Paul James who led out and won the sprint from Kenton Smith, Kenton having had the smarts to be on Paul's wheel but just not the strength to come off it for the win, Les McLean crossing in third. Graham scrambling from well back was fourth over the line, towing Zenon and Brian Farrell with him only to be rewarded by the pair launching an attack as the others tried to get oxygen back into their systems.

The move by Brian and Zenon proving too much for Les who had spent too much on the initial sprint, the other three having to dig deep on empty legs after a hard sprint, to hang onto the

antagonists' wheels. A half lap's effort was all the antagonists had and an audible sigh of relief was heard from the chasers as the pace eased back to pre-sprint levels.

Fifteen minutes passed before the sound of the bell was heard for the second intermediate sprint, this time Graham was better situated and almost ready when Paul jumped. Unfortunately for Graham, Paul had the break and, despite closing on him, it was Paul by a bike length then Graham and then Kenton Smith again in the points in third. And again Zenon and Brian vented their feelings by shooting off for another half a lap, trying to blow the bunch apart, but the others were wary and ready to go with them this time.

Throughout the race Zenon seemed to get himself into the wrong position prior to each sprint and did much of the work on the laps preceding the sprints, there was no change come the last sprint as Zenon took the bell that heralded the ultimate lap. The final sprint followed much the same pattern as the previous two, only this time Graham had things covered - just. Paul James again went off like a cut cat with an amazing acceleration that he sustained for 200 meters and gained him a couple of bike lengths lead but Graham went

the big gears and, winding it up, very slowly, but steadily, caught and over-hauled him to win by an inch. Graham Cadd 1st, Paul James 2nd and Kenton Smith 3rd.

Top intermediate sprint points combined with those for the final second place giving Paul a convincing win, the double points of the final sprint pushing Graham ahead of Kenton for second, Kenton getting third.

Thanks to Brian Farrell and Graham Cadd for the information for this report.

f-grade

No report

Post race wrap

Accidents are never good to see but what is good to see is that the club has qualified members who are ready to stop their own race to assist fallen riders. The club thanks these individuals, specifically in this case; Mark Wallace and those others who assisted Peter Gray after his fall on Saturday.

Results

	First	Second	Third	Fourth
a-grade (6)	Roy Clark (24)	Rob Amos (14)	Royce James (10)	
b-grade (17)	Damian Burke (12)	Thorkild Muurholm (12)	Steve Fothergill (8)	Steve Ross (7)
c-grade (10)	David Hyde (20)	Jason King (12)	Greg Lipple (8)	
d-grade (22)	Grant Greenhalgh (16)	Chris Norbury (12)	Graeme Parker (10)	Brett Robinson (3)
e-grade (6)	Paul James (18)	Graham Cadd (15)	Kenton Smith (9)	
f-grade (14)	Michael Pearce (22)	Paul Reid (14)	John Harle (8)	

Officials

Thanks to Graeme Parker and Ronnie Stranks who were on the desk taking entries. Thanks to Sue Cox, Tom O'Malley, Phil Pelgrim, and Richard Plumb who had the responsibility of separating the sprint place getters. Thanks also to JC for bringing the trailer, to Ian Smith who was on hand with the drinks and thanks to Richard Dobson who is responsible for the roster and looking after helmet covers and numbers.

Eastern Vets Program

Saturday	October	11	2:00pm	Yarra Junction	Club Championships
Saturday	October	18	2:00pm	Steels Creek	Royce Bennet Memorial Handicap
Saturday	October	25	2:00pm	Killara Road	Graded Scratch Races
Monday	October	27	8:00pm	Maroondah Club	Monthly General Meeting
Saturday	November	1	2:00pm	Casey Fields	Graded Scratch Races
Tuesday	Oct	21,28	6:00pm	METEC	Graded Scratch Races
	Nov	18, 25		NB. No entry to facility before 5:00pm	
	Dec	2,9,16,23			
	Jan	6,13,20,27			
	Feb				
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.

Northern Vets Program

Sunday	October	12	10:00am	Avenel Road, Seymour	Vin Nuttal handicap (64k)
Sunday	October	19	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Sunday	October	26	10:00am	East Trentham	Handicap (44k)
Sunday	November	2	9:30am	National Blvd, Campbellfield	Graded Scratch Races

Victorian Veteran Cycling Council Program

Sunday	October	25	10:00am	Camperdown	Camperdown – Warrnambool	20/10 - \$20
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For your calendar

Date	Location	Event
12/10/2008	Traralgon	2008 Jayco Herald Sun Tour Masters Support Races
14/10/2008	Warragul	See the SVCC web site for details.
16/10/2008	Mansfield	- www.southernvets.com.au/modules/news/article.php?storyid=209
18/10/2008	Carlton	
16/10/2008	Mansfield	2008 Jayco Herald Sun Tour - 1'etape du Tour Ride the last 48k of stage 4 of the Herald Sun Tour from Mansfield to Mt Buller See Cyclo Sportif's website (www.cyclosportifvic.com.au/page/events.html) for details.
19/10/2008	Melbourne	BV Around the Bay Nigel Kimber (0409 386 349) will be leading a 250k group, there will also be a group going to Sorrento and back. Graham and Juanita Cadd will be leading the other group
13/12/2008	Shepparton	Scotty's Ride. A 120km recreational challenge ride on the quiet country roads around Shepparton. See Cyclo Sportif's website (www.cyclosportifvic.com.au/page/events.html) for details.

Other Results, etc.:

Australian University Games

Congratulations to Sue Cox who, along with team mate Laurel Dayman, finished third in the Women's Pairs Time Trial over the demanding 6.6k Kew Boulevard course.

Training rides:

Mick Jamison

For those Eastern members who just can't get enough there's a bunch ride Wednesday nights from Croydon Cycleworks leaving at 6:30pm for approx 2 hour ride through the Dandenongs. Lights are compulsory and can be bought from the shop.

WHERE : Croydon Cycleworks, 182 Mount Dandenong Road Croydon. Meet in the front carpark.

WHEN : Wednesday nights at 6:30

DURATION : Approx 2 hours through the Dandenongs

BRING : Lights are compulsory.

Please don't come without adequate lights and please be self sufficient with water, spare tubes, pump, etc.

Cycling-Inform

This RaceRight one day training intensive for criterium racing is based within 5 km's of Melbourne 's CBD and is scheduled for Sunday 30 Nov 2008.

There are strictly limited places!

Book now to ensure you get the chance to participate in this unique event and make this summer your best summer of racing results ever.

For more information please visit the RaceRight's website at www.raceright.com.au or call David Heatley on 0410 331 793.
