



# Eastern veterans cycling club

Respecting the Rights of all Road Users

*Newsletter November 1<sup>st</sup> 2008*

## Killara Road- Graded Scratch Races – October 25<sup>th</sup>

### Race report.

It was hot, it was dry, it was windy, it was Killara Road - it wasn't going to be easy. A sentiment shared by around 150 members of the club who stayed away, leaving 56 souls to battle the conditions, their peers and their inner demons. The north-westerly wind a force to be reckoned with on the run from the bottom of the circuit to the Coldstream turn around, provided some assistance on the return but little on the eastern end of the circuit, the hills and trees sheltering the riders.

Not only were the conditions responsible for a steady attrition of competitors, mechanicals also saw a few out of the race, or out of contention. Three riders puncturing and having a bit of a walk, at least the same number of riders suffering dropped chains and losing ground that, under the conditions, was pretty much un-reclaimable.

### a-grade

Eight starters; a couple of old faces back in the mix, a couple of regulars missing.

It was team Deutschlandsberg that led the race away, Mark Wallace and Tony Chandler first into their cleats and opening a small gap that didn't get much smaller despite their waiting for the rest to get organised. Eventually everyone was all together and it was all together as the small group headed up to the eastern turn for the first time. Tony Chandler seemed content to set the pace and everybody else was content to let him do so. As the incline increased so did the effort and a gap appearing behind the pace setter having some dig deep to regroup the bunch before the turn and descent.

The first around the turn quick to clunk the chain to the 53-14 and set off down the hill, the last around finding a rapidly increasing deficit to make up. The tail finally catching the body as the road leveled. Up to the school Tony relinquished his grip on the front for the first time as Olivier Pomie took a turn at setting the pace and to look good as the race rode past the officials and gathered crowd at the Gruyere ~~Footy~~ Cricket oval. Battling into the wind for the first time it was the big boys that were encouraged to the front as a few more shared the load. Around the Coldstream turn the first through were keen to enjoy the tail wind, the last through having to endure a bit of a chase before the group was once more, sans one

Thorkild who'd struggled over the first three-quarters of a lap and didn't have the reserves to chase back on.

Early on the last incline of the lap Tony slowly rode away from the group and nobody was inclined to push any harder to keep him under control. Over the top and Tony had a handy break but he had three laps to go. There was no chase; with three windward stretches to complete the money was on Tony being back in the fold by lap's end, tail between his legs. But then again, he has done it before, just in case a rotation of the more wary riders began, sharing the effort to limit his gains.

On the way to the top of the circuit Rob Amos, seeking a higher cadence in a lower gear, got maximum spin as the chain went from 53 to 39 to bottom bracket. As he desperately tried to ride it back on a gap appeared and grew, Rob having to dismount to replace the chain (his efforts to ride it back on stretching the cable so much that he was unable to get the big ring for the remainder of the race). By the time Rob was back on gear there was a chase to be had, fortunately the trailing Thorkild had just ridden by and the pair set about trying to regain the back of the bunch by the top of the hill. But by the top of the hill the back of the bunch was off the back of the bunch; Tony turning eighty metres ahead of a group of three, and thinking that he might have a chance against a trio. A further forty metres back came the pairing of Russell Newman and Phil Cavaleri followed by Thorkild and Rob a similar distance behind them. On the descent a catching of breath by the chasing trio allowed Phil and Russell to catch up making it five after one.

A lap and a half into the race and Nigel Kimber's legs started to get into it and he, Mark and Olivier set about trying to reduce Tony's lead. At the Coldstream turn it was still Tony a hundred metres clear of the main chase of five, Rob and Thorkild still trying to regain the group, Tony's thinking now not so optimistic. The inclines on the run back to the bottom of the hill showing up the disparities in the chase bunch, Phil and Russell having to chase after each crest to ketchup. The final climb for the lap proving too much, the thread breaking and it was back to where it'd been three-quarters of a lap before.

Little changed at the head of the race over the third lap except everybody's legs were hurting that little bit more. At the tail of the race, shortly after the Coldstream turn, the two pair at the back of the race amalgamated.

Into the final lap it was still Tony clear of two chasers, Nigel having lost contact on the ramp to Gruyere Road, fifty metres

behind and losing ground. Further back Russell was in a similar position as “lantern rouge”, just off the back of the other three as they came through the finish for the bell and struggling to stay in contact.

The last lap was the lap of attrition; Nigel abandoning at the school, the voices inside his head convincing him that continuing was silly. Phil C succumbing to the same voices and Thorkild, losing all the air from his rear tyre as he and Rob climbed to the school for the last time, had the wind taken from his sails and a short walk to the car.

The remainder maintained the status quo as the race ran down down, Tony crossing the finish line one and a half minutes ahead of Mark Wallace and Olivier Pomie for a well earned win, Mark rolling across in second closely followed by Olivier. Rob Amos finishing the race alone another minute back and Russell further back completing the story.

#### **b-grade** (Nick Tapp)

It was warm and windy for the final race of the road season – though the wind was mainly across the road. The B-grade field of ten was led away on a tentative, testing-out-the-legs-and-the-conditions kind of first lap by Andy Burmas, Trevor Coulter, Kevin Starr, Steve Ross, Phil Pelgrim – in fact, most of the field had a go. Peter Shanahan went for the obligatory early attack but barely got clear of the front of the group, and was next seen going the other way, out the back. One down; nine remaining.

The pattern for the race emerged on lap 2, when Phil went to the front and lifted the rhythm on the climb towards the eastern turnaround. Andy and Damian Burke were able to go with him and the rest were struggling to stay in contact. It was all too much for Steve Ross, and we were down to eight. The bunch threatened to split on the descent from the turn, but some brisk chasing brought it back together at the little pinch by the school, and that’s how it stayed for the remainder of the lap.

Lap 3, and the same three contenders – Phil, Andy and Damian – applied the pressure on the climb to the turn. About here, we shed Kevin Starr, though Kevin gamely worked his way back to the group on the descent before being dropped again, once and for all. Trevor Coulter looked good until we lost him to a chain jam, and Anthony Gullace was obviously not ready to be left out either. Nick Tapp, who had struggled down the back earlier, made his way to the front on this lap as well, which meant everyone in the race had taken a turn at the sharp end. Nick took the bell on the front with Phil, and then the pattern repeated.

With their consistent ability to stretch out the field on the climbs, Phil, Andy and Damian were the riders to watch – and were now carefully watching each other. In an impressive effort, Trevor had rejoined the group for the closing stages. After the final turnaround at the Coldstream end, the foxing began and the pace dropped to a crawl. Last drinks, gentlemen – if you had anything left to drink. Back to the long deciding hill.

No one attacked from the bottom this week, or even from halfway. Phil and Damian were on the front, watching. Nick followed Martin Stalder up the outside and still no one went. With 150 metres or so to go, Nick finally went around Martin and made a slow-motion dash for the top. Behind, there was some furious downshifting and laboured breathing. Three riders were out of contention, but the three danger men were coming. Nick led over the top, but not by enough to worry the big three. Damian moved up alongside Phil on the descent, then kicked at about the 300 metre mark, but too early and not hard enough. Andy came off Damian’s wheel and surged past for his first ever win, holding Phil to 2nd by less than a wheel, with Damian a few lengths back in 3rd, and Nick and the rest of the bunch trailing in from there.

#### **c-grade**

Even with a couple of ring-ins it was a small bunch of seven that set off for the allocated 48 kilometres. In true leadership form club president Matt White set the pace for the majority of the first lap, in not so leadership form the pace he set was too hot for some, a couple being burned by the Coldstream turn. A quarter of the way through the race it was down to Debbie Chambers, Darren Darling, Greg Lippie, John Van Seters and Matt White as they headed back to Gruyere to complete the first lap.

The next two laps (from the Coldstream end) nothing much changed, only the man (or woman) on the front, as the five settled down to eliminate any prospect of being re-joined by those who hadn’t made the cut over the first three-quarter lap. As the race progressed through its final lap efforts were made up the inclines to test the others. Signs of weakness were looked for, sounds of laboured breathing listened for. None were apparent.

Past the airfield for the last time and minds were thinking of where to make the move, what to do if somebody pre-empted the plan. The majority thinking of playing it safe, settling on holding out to the last rise before making their bid for the win, but with an opening call of four-spades it was John Van Seters who backed the tail wind and jumped the field out of the final turn - going for game. One escapee, four chasers, if they played their cards right they should pull John back by the final crest (desperately looking for the opportunity to use the word ‘dummy’ - ed.). It wasn’t to be, Matt setting off in solo pursuit in an effort to Bridge to John left the other three to do the work of four. Too much too soon and the threesome of Darren, Deb and Greg slowly closed on Matt who, when caught, went straight out the back. In the meantime John had disappeared from sight, crossing the finish as the remainder started the last little climb.

Half way up that final little climb, as the effort sapped the strength from the legs; Debbie seized the opportunity, standing on the pedals and putting the hammer down she relegated Darren and Greg to fight it out for the last step on the podium. Debbie a comfortable second, Darren just holding off Greg for third, Matt rolling across the line a little while later in fifth.

## **d-grade** (Darren Rowlinson)

It was a quiet start for the nineteen riders who started off on the hilly circuit of Killara Road. The heat and the hills were always going to take their toll, so conservation of energy was the order of the day. The majority of the bunch stayed together for the first lap, with no one prepared to go it alone. The likes of Richard Dobson and Ted McCoy ensured the pace was kept at a reasonable level. The pace picked up after the first turnaround, with a few of the tail enders having to work extra hard on the down hill leg in order to maintain contact with the bunch.

Unfortunately Andrew Buchanan dropped his chain at the 15 km mark and played catch up for the remainder of the race. Andrew was unable to regain the lost time over the remaining thirty three kilometres. Two other riders struggled with the strong pace which reduced the bunch to sixteen riders.

By the first turnaround of the second lap, Richard Dobson decided it was time to stretch the legs and managed to gain a break of about a hundred and fifty metres.

After leaving Richard on his own for six or seven kilometres, Peter Mackie decided it was time to perform his traditional dash and test his legs. Chris Norbury and Darren Rowlinson happy to assist in bringing Richard back to the main group. By the final turnaround of the second lap, the bunch was back together for the return leg back to the start finish line.

Thirty two kilometres complete, sixteen to go, eleven riders still together – unfortunately the bell lap was where the conditions took their toll and the casualty list continued. The riders were slowly dropping off one by one – a deadly mix of pace, heat and hills.

At the second last turnaround, a group of five decided to make a break for it in attempt gain a clear advantage - Graeme Parker, Peter Mackie, Richard Dobson, Ted McCoy and Dave Worland. Both Paul Kelly and Mark Cheeseman had other ideas and quickly gave chase in order to maintain a lead group of seven.

Neil Cartledge also managed to catch the lead riders, but by the time the bunch reached Gruyere Rd, a few more dropped off including Dave Worland, Paul Kelly and Neil. The pace was once again being dominated by Ted McCoy, Peter Mackie, and Richard Dobson. Mark Cheeseman also assisted with big efforts at the front.

About a kilometre out from the finish line, there were only a handful of riders fighting out for the win - Mark Cheeseman,

Peter Mackie, Richard Dobson, Ted McCoy. All the other riders were trailing behind, or taking the opportunity for an early finish.

In the sprint for the finish line, it was Peter Mackie leading out with Ted McCoy on his wheel. Richard then accelerated and managed to force his way to the lead, but this was short lived due to front derailleur/gear change issues. Ted jumped onto Richard's wheel and once the four riders reached the flat, Ted took off from Richard's wheel with Peter doing the same. Ted McCoy managed to hold on to take the win leaving Peter Mackie with a well deserved second with Richard Dobson finishing a close third. Mark Cheeseman finished a commendable fourth place and taking the last of the prize money.

## **e-grade**

No report.

## **f-grade**

Three starters over two laps; Ronnie known for his tenacity, JC known for his dislike of hills and new member - Daryl Jowett - an unknown, there was little doubt in anybody's mind that this race would be decided on the climb to the first turnaround, the only question was; where would Daryl fall in the mix?

It took a while to find the answer to that as the trio slowly made their way to the start of the pinch before the turn. Lady O. B. Ese could be heard in the wind, clearing her throat as the riders meandered their way through the wooded slopes. The answer was forthcoming as the road kicked that little bit more over the last couple of hundred metres. As Madame Ese began exercising the vocal chords Daryl and Ronnie increased their effort along with the dame's oral output, riding away from JC, and as she started hitting the high notes Daryl continued to apply the pressure, rounding ahead (and clear) of Ronnie. And then there was silence.

Except for the laboured breathing of the three competitors as they desperately gulped lungfull of air down their throats as they belted down the hill back to the start/finish line.

A solid ride by Daryl over the remaining 1.75 laps meant he was never challenged for the win and will see him in d-grade next week ("not kidding" - Ronnie), an equally tough pursuit from Ronnie securing him second. A broken saddle, excuse enough for JC to sit the remainder of the race out.

## Results

	First	Second	Third	Fourth
<b>a-grade (8)</b>	Tony Chandler	Mark Wallace	Olivier Pomie	
<b>b-grade (10)</b>	Andrew Burmas	Phil Pelgrim	Damian Burke	
<b>c-grade (7)</b>	John Van Seters	Debbie Chambers	Darren Darling	
<b>d-grade (19)</b>	Ted McCoy	Peter Mackie	Richard Dobson	Mark Cheeseman
<b>e-grade (9)</b>	John Harie	Kylie Ward	Ross Gardiner	
<b>f-grade (3)</b>	Daryl Jowett	Ronny Stranks		

## Aggregate

	Name	Pts
<b>1<sup>st</sup></b>	Rob Amos	60
<b>2<sup>nd</sup></b>	Neil Cartledge	54
<b>3<sup>rd</sup></b>	Steve Ross	53
<b>4<sup>th</sup></b>	Damian Burke	51
<b>5<sup>th</sup></b>	Thorkild Muurholm	42
<b>6<sup>th</sup></b>	Graham Cadd	41
<b>7<sup>th</sup></b>	Frank Nyhuis	40
<b>8<sup>th</sup></b>	Phil Cavaleri	39
	Trevor Coulter	39
	Anthony Gullace	39
	Kevin Starr	39
<b>12<sup>th</sup></b>	Anthony Chandler	38
	Guy Green	38
	Nick Hainal	38
	Hylton Preece	38
	Martin Stalder	38
<b>17<sup>th</sup></b>	Roy Clarke	37
	Ben DeJong	37
	Paul Kelly	37
	Ian Smith	37

## Officials

Thanks to Graeme Parker and Ronnie Stranks who were on the desk taking entries. Thanks to Dave McCormack and his small army of helpers which included; Ian Smith, Colin O'Brien, Steve Short, Shane Schlotterlein, Kevin Mills, Ken Saxton, Liz Randall, Ben Schofield and Darren Sayers. Thanks also to JC Wilson for bringing the trailer, to Peter Mackie 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	November	1	2:00pm	Casey Fields	Graded Scratch Races
Saturday	November	8	2:00pm	Macclesfield	Graded Scratch Races
Saturday	November	15	2:00pm	Dunlop Road	Omara Graded Scratch Races
<b>Saturday</b>	<b>November</b>	<b>22</b>	<b>1:00pm</b>	<b>Yarra Junction</b>	<b>Omara Eastern 100</b>
<b>Monday</b>	<b>November</b>	<b>24</b>	<b>8:00pm</b>	<b>Maroondah Club</b>	<b>Monthly General Meeting</b>
Tuesday	Nov 18, 25 Dec 2,9,16,23 Jan 6,13,20,27 Feb tba.		6:00pm	METEC  <b>NB.</b> No entry to facility before 5:00pm	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.

## Northern Vets Program

Sunday	November	2	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Tuesday	November	4	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Sunday	November	9	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Sunday	November	16	10:00am	Pyalong Rd, Seymour	Chooks Wheel Race, 53k h'cap
**Sunday	November	23	9:30am	National Blvd, Campbellfield	Graded Scratch Races **

\*\* Northern Vets invite Eastern members to attend this race and join them afterwards for a barbeque.

## Victorian Veteran Cycling Council Program

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## For your calendar

Date	Location	Event
22/11/2008	Yarra Junction	Omara Eastern 100 A premier event, over \$1500 in prizes. <b>Note</b> : earlier start time of 1:00pm.
13/12/2008	Shepparton	Scotty's Ride. A 120km recreational challenge ride on the quiet country roads around Scott's home town of Shepparton. For details check out Cyclo Sportif's website; - <a href="http://www.cycloportifvic.com.au/page/events.html">http://www.cycloportifvic.com.au/page/events.html</a>
14/12/2008	Geelong	To celebrate the opening of the Geelong bypass the Geelong Advertiser is running a 60km individual TT. Entry fee is \$55 and proceeds go to the Geelong Hospital appeal. Entries are capped to the first 900 registered and close 9/12/2008, see the web site for full details; - <a href="http://www.ringroadrideandrun.org.au/">http://www.ringroadrideandrun.org.au/</a>

## Other Results, etc.:

### Cup Day;

Looking for a ride, or a race, on Tuesday morning? Choose from the following:

- Usual Tuesday morning ride into Southbank. Leaves bridge over Yarra at Burke Road at 9.30am.
- Ride via Eastlink to Carrum or might head along bike paths to Pipe Works at Campbellfield. Graeme Parker is the person in charge. Ride will be leaving Mitcham police station at 8.00 am.
- Looking for a race, then head to National Boulevard Broadmeadows (Melway 7 C1) for racing with Northern on one of the best crit circuits in town. Racing starts at 9.30am.
- But not at METEC, there isn't any racing Tuesday evening.

### 2009 memberships;

Licence applications will be available at Casey Fields on Saturday and next Saturday at Macclesfield. If you haven't collected your letter by then it will be posted out to you.

### Upcoming Events;

Omara Eastern 100 on November 22 - note the 1:00pm start,

Omara sponsored races at Dunlop Road starting November 15

Annual Eastern fund raiser at Dunlop Road on November 29. This year we are raising funds for the Make a Wish Foundation.

Northern has invited Eastern members to National Boulevard on Sunday morning November 23 for racing and a BBQ.

### Michael Burke 1-hour record attempt;

Michael will be attempting to break the world one hour record for Masters cyclists age 50yrs+ on the day of his 50th birthday.

To do this he must exceed an average speed of 44.82 kph for the hour to break the age group record, a very challenging feat. This is contested on an indoor velodrome, with Australian cycling officials present to verify the results.

Due to the difficulty of this event, not many elite cyclists attempt to break the hour record. Some noteworthy riders who have broken the hour record include Eddy Merckx - five time winner of the Tour de France, former world champion Graeme O'Bree, British Olympian Chris Boardman, and Australian Anna Wilson – twice world cup winner.

With Michael's history of illness and injury it is remarkable that he is undertaking something that very few elite riders will attempt. He will be the first Australian male masters category over 50 to attempt to break this record.

This event will be held at DISC Darebin Road, Thornbury/Northcote. The record attempt will be conducted between 5 – 6pm on Friday 7th November, 2008. Guests are invited to arrive from 4.30pm that day.

### World Masters Track Championships, Sydney;

There were (at least) two Eastern Vets members competing in the World Masters Track Championships in Sydney over the past week, both doing well in their events.

Liz Randall competed in the woman's 60-64 age group with the following results;

- 500m time trial 1st (41.12kph)
- 5000m scratch race 1st

Neil Wray in the men's 70+ age group achieved the following;

- 500m time trial 2nd (43.50kph) (1st was 43.58kph)
- 5000m scratch race 3rd
- sprint qualification 2nd fastest
  - round 1 fastest (by 0.5sec),
  - 1/4 final won through in three, lost the first won the other two (had the fastest time of the round in race 2),
  - semi final beaten in two
  - bronze race won in two, in faster times than the gold medal winner (both races))
- 10,000m points race 1 point

### **Melbourne to Warrnambool**

In the 187 starters for this classic event there were (at least) four Eastern Vets members and one past member, all of whom completed the 299k of the race.

Posn.	Rider	Time	Deficit
13	Stefan Kirsch	7:21:01	0:02:46
60	Cameron Winton	7:32:09	0:13:54
88	Peter Howard	7:32:38	0:14:23
131	Craig Peacock	8:13:04	0:54:49
145	John Pritchard	9:06:39	1:48:24

Congratulations!

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