



Eastern veterans cycling club

Respecting the Rights of all Road Users

Newsletter July 18th 2009

Rob Graham Memorial Time Trial – Yarra Junction – July 11th

Race report



Cloudy, patchy rain, winds – northerly, averaging up to 60 km/h easing to 40 km/h, that was the forecast. At Yarra Junction the wind was more easterly than northerly and Powelltown is south east of Yarra Junction making it a serious cross wind for the seventy-three VVCC members who competed and completed the third Rob Graham memorial Time Trial.

As the riders rolled in to registration the rain rolled into the Little Yarra Valley, a heavy shower half an hour before the first rider was due to set off corralling the gathering masses under cover at the Upper Yarra Secondary College. As the rain cleared cyclists came out, lycra was donned, oil applied and bikes assembled, time trial bikes still in the minority but making up a good proportion of the bikes on hand. Scattered around the park the more serious were warming up on rollers while out on the road others were rolling the legs over in an effort to warm them up and get the heart used to working.

Race time arrived and at one-minute intervals riders were released in handicap order; Roy Clarke, as current National champion (for his age group), had the honour of having nobody to chase. A last minute scratching meant that Phil Smith also lacked a carrot, starting two minutes behind Roy - nothing but empty bitumen ahead. For the early riders the minute gap meant that the rider ahead was just disappearing around the first corner as they themselves were released from the gate. Being about the longest stretch of straight bitumen on the course it was the last time many saw their minute-man until the far turnaround where they had the opportunity to judge their progress.

With each passing minute the number of waiting riders diminished and the numbers of riders on the road increased. Saturation point being reached at seventy-seven minutes past one o'clock as Ronnie Stranks was set on his way in pursuit of new member John Shaw. The return of Ian Milner (#37) eighteen seconds after Ronnie started heralded the start of the end as the tail slowly wend its way in.

The first rider home was Frank Nyhuis, some five minutes after leaving, his chain only managing the couple of hundred

metres to the first bend before forcing his retirement. A five minute walk back up the hill completing his race.

While Tony Curulli (#35) was waiting in the starter's hands the first returning rider rounded the final bend and made his way up to the finish, as expected it was Roy Clark (#1). Stopping the clock in a time of 0:35:07 (an average of 41.7kph for the 24.4k) the bar had been set, now to see if any of the other top mark riders would better it. Forty five seconds after Roy had crossed the line Phil Smith rounded the last bend and in sight of the line. With an average of just over 42kph Phil stopped his clock at 0:34:46, taking the lead from Roy and looking assured of fastest time.

From then on in there was a steady stream of riders returning; none bettering Phil's time. At times there was clear road for a couple of minutes, at other times two or three riders would be making their way up the long slog to the finish. The rider ahead hoping to stave off the chaser, the chaser driven on by the prospect of catching the minute-man before the finish. Notable catchers were (in chronological order);

- Rowan Birch (#13) (Hume) who made up two minutes and one second to pass the non-existent Frank Nyhuis and Frank Donnelly (#11)(in that order).
- Rob Harris (#33) who caught and passed three of the four ahead of him, Nick Tapp (#30) only evading the same fate by catching and passing his minute-man
- Dean Jones (#46) scurried past two ahead of him as did Dave McCormack (#51)
- Craig Everard (#52) and Bill McConnell (#55) slipped past three each but not necessarily their respective three minute-mans (Craig was running away from Bill)
- Craig Dare (#65) also managed to get by two ahead of him, finishing eight seconds ahead of his two-minute-man
- John Shaw (#76, 2nd last away) passed the Cadds; Juanita (#75) and Graeme (#74), and
- Juanita passed, and took time out of, her minute-man to finish almost three and a half minutes before her husband.

After the exhaustions of the race competitors were able to re-hydrate and re-stock the calorie bank with post race drinks and barbecue before the presentations. It was unfortunate that Rob Graham's wife Julie was unable to attend as she was interstate at the time but it was terrific to have Rob's mother, Irene and sister Julie present to award the prizes and congratulate the winners.

A special thanks to those involved in the running of the event; starting with the handicappers (Graeme, Keith and Harry Tamms), the registration desk attendants (Mary Tamms & friend), the starters (Graeme (again) & his helpers), the finishers (Ian,

Matt and their assistants) and finally Keith who collated and ordered the results. Also thanks to the marshals and traffic controllers on the course.

Thanks also to those who provided the catering for the hoards after the event; Peter Mackie, Frank Nyhuis and Rudi Botha on the barbecue before Peter was reassigned to his usual role serving drinks as the riders came in seeking hydration. Thanks to Ronnie and Richard Dobson for organising the bbq, Gary Wishart for the bread and the afore mentioned two for the fillings, Ian Smith for organising the cakes, Ian & JC for the tea, coffee & biscuits. And a final thanks, again to Graeme Parker, for organising the trophies.

The event was supported by quite a few sponsors without whom the club could not have been able to put on such a great event. Thanks to the following for their support;

- David McCormack of **Athletic Soft Tissue**.
For that therapeutic rub call David
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- Nick Hainal of **Avon Tyres**
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Most of these sponsors are club members who continue to support the club so if you are in the market for any of their services please consider them in appreciation for their support of our club.

Nigel's race

The first time I did this race, half a dozen years ago, there were a handful of clip on TT bars and one guy with a skin suit and tear-drop helmet (he was considered a bit of a money lender at the time). This year TT bars were the norm and full on TT bikes, and kit, were abundant, the variety of machinery ranging from top level TT bikes with disk wheels to your stock road bike. Last year I'd thought to myself that I would (at least) get a set of tri-bars and move into the lower echelons of the TT world, well it didn't eventuate and so it was that it was the trusty (un-modified) road steed that rode the roof to Yarra Junction for the third Rob Graham memorial Time Trial.

A quick out and back to reconnoitre the course (in the car) revealed that the road was essentially dry, a few damp patches but nothing of concern. No serious debris on the road but that

could change given the wind that swept across the course. An interesting collection of road kill though - the wombat should be beyond the turn but the wallaby definitely wasn't.

Driving through Gladysdale I remind myself of the dead road and make a mental note to try to find the smooth line in the race. Bit further out the left side of the road is patched and bumpy, another note to stay as wide as possible to avoid that. The turn and the run back, no more notes (the Gladysdale note applying to both directions) but I do notice the car taking a buffeting from the cross winds.

Back at registration, the first moment of truth - what has the handicapper done to me? 17, about what I expected (20 was the figure I had in mind Graeme). Chasing Andy Burmas and Steve Ross. No idea about Andy's abilities, should match Steve so no hope of taking two minutes out of him. More importantly who was behind? Quentin Frayne and Thorkild. And Rob!, but he was eight minutes back, he wasn't going to catch me, but Quentin? I was going to have to ride hard to avoid being caught, and Thorkild wasn't beyond breathing down my neck by the finish either.

A pre-race shower curtailing any inclination to warm up and seeing Justin Davis pull out to avoid a second round with the flu. A subtle hint about borrowing his bike didn't go unnoticed but I declined as, with zero aero experience, I'd probably be on the deck at the first corner or the first gust of wind. Foregoing a warm-up as well it was a relaxed preparation, a quick second nervous toilet visit and then to the start.

In the chute, half a dozen riders ahead of me and seven minutes to wait. Five for six then four for five, with each departing rider the heart rate increased a couple of beats per minute - who needs a warm-up. Before I knew it I was in Graeme's hands and Andy Burmas' back was disappearing down the road at an alarming rate. Then the countdown and it was my turn - the race of truth. Out of the starter's hands, out of the saddle and pushing the pedals to get top speed asap. High forties by the bottom of the hill and I wasn't feeling too bad about Andy's rapid rate of disappearance. Around the corner, off the decline and onto the flat the speed comes down - low forties, still good but this is what I'm going to have to average if I'm to win - that's not going to happen. The main objective; stay away from Quentin who was, by now, on his way.

Into Gladysdale, look for the smooth surface. None to be found. Out of Gladysdale and the speedo is spending more time in the thirties and fastest time is looking unlikely, not that it ever was.

How long have I been going? Seven minutes, Roy has a seventeen minute head start, twenty five kilometres at forty is less than fifty minutes, um, forty is two-thirds of sixty, um sixty is one kilometre per minute, forty is too hard to figure, oops there goes Roy, down on the extensions, looking smooth and sharp in a new set of colours. (40kph = 1k/1.5min, 25k = 37.5mins - ed.). *[Thanks, so that's 18.25 minutes per leg. With a 17-minute head start Roy would be turning at 1.25 minutes or before I'd completed the first kilometre making it an 11.5 kilometre separation, assuming kilometre for kilometre (me for him) we'd meet 5.75 + 1(the one I'd already done)k down the road. Six point five kilometres at 40kph is nine and three quarter minutes in.]* What's the time now?

Phil will be next, two minutes behind or one minute away. And there he was, looking more ragged than Roy but looking like he'd taken a bit of time out of him. From here on in it was going to be a steady stream of riders making their way back to the finish and an end to their own personal hells. Speaking of which ... Damn, should be concentrating on my own race as I rode through the patched and bumpy section that I'd flagged as being worthy of avoiding.

Into Gilderoy, the turn on the far side of town (town?? – ed.), looking for the two ahead of me, that looked like Steve and then Ian Milner (Steve's minute-man), Andy'll be next, not too far to go. Andy came and went a bit too quickly but then the turn. Time to find out how close Quentin and Thorkild have got. There's Quentin, what time is it? What time did I turn? The brain's not functioning but the gap is certainly less than that ahead to Andy. I'm losing ground somewhere.

Keep the head down and the pressure on, it should be a tail wind home, it's generally downhill, it shouldn't be too hard. But the wind's coming across the road, a turn swings it from being on the back of the right shoulder to the front, at one point it was like hitting a wall, the speed dipping nearly fifteen kilometres per hour in a matter of metres. The rear derailleur is getting a serious work out.

Through the dip at the halfway point, should get out of the saddle and power up the rise - ... phhh.

Don't look back, no point; visibility isn't that great and if he's there then I'm done. Into Gladysdale – uphill dead road, look for that magic bit of slightly smoother bitumen – can't find it and we're heading past the school and onto the flat out of town. Not far to go now, can't hear anybody behind, won't look, no sign of anybody ahead. The 90kph sign - not far now, up this hill, round the bend then the 60 sign, another hill, the bend and the finish line, that long uphill haul to the finish.

Around the bend, look up for the finish and hopefully the back of Andy Burmas, there's the finish but no sign of Andy – well that's a handicap place gone. Push it all the way to the finish, make Quentin earn any gains he may take. Over the line, sit up, suck in the big breaths, look back - no sign of a chaser but then the crest reduces the horizon and limits the view.

The final moment of truth - what time did I do. As the speedo took a kilometre or so out I'll have to wait for the official results.

Club Clothing

A range of clothing is available for sale and usually available from Kevin Starr at the races on Saturday. Check out the website (www.easternvets.com/clothing.php) for the full range of clothing.

Results

	Handicap	time*	handicap
1 st	John Shaw (Eastern)	0:31:13	14:00
2 nd	Bill McConnell (Geelong)	0:31:46	7:30
3 rd	Juanita Cadd (Eastern)	0:32:36	14:00
4 th	Craig Dare (Eastern)	0:32:44	11:30
5 th	Rowan Birch (Hume)	0:32:45	4:00
6 th	Gerald Donnelly (Eastern)	0:33:33	2:20
7 th	Michael Waterfield (Northern)	0:33:54	13:00
8 th	Rob Harris (Eastern)	0:33:58	5:50
9 th	Andy Burmas (Eastern)	0:34:21	4:10
10 th	Rob Amos (Eastern)	0:34:28	5:20

*Corrected time

Outright	time	
Phil Smith (Eastern)	0:34:46	
Roy Clark (Eastern)	0:35:07	
Gerald Donnelly (Eastern)	0:35:53	
Time against Age	time	delta
Bill McConnell (70) (Geelong)	0:39:16	11:10
Paul Kelly (71) (Eastern)	0:42:01	8:45
Ian Jolly (62) (Eastern)	0:39:57	7:44
First Female		
Juanita Cadd (Eastern)	0:46:36	
First 70+		
Bill McConnell (Geelong)	0:39:16	

Club Championship

	35-39 (4)	time
1 st	Andy Burmas	0:38:31
2 nd	Matt Robinson	0:43:33
3 rd	Brett Robinson	0:45:01
	50-54 (11)	time
1 st	Gerald Donnelly	0:35:53
2 nd	Frank Donnelly	0:38:46
3 rd	Peter Cox	0:39:37
	65-69 (5)	time
1 st	Neil Cartledge	0:42:09
2 nd	Ted McCoy	0:45:26
3 rd	Bruce Hawker	0:46:04

	40-44 (7)	time
	Craig Everard	0:40:10
	Ian Milner	0:41:18
	Ben Schofield	0:41:28
	55-59 (8)	time
	Steve Fothergill	0:42:02
	David McCormack	0:42:05
	Dave Worland	0:43:57
	70+ (3)	time
	Paul Kelly	0:42:01
	Les McLean	0:49:25
	Ron Stranks	0:49:58

	45-49 (16)	time
	Phil Smith	0:34:46
	Roy Clark	0:35:07
	Michael Day	0:36:07
	60-64 (6)	time
	Ian Jolley	0:39:57
	Martin Stalder	0:41:51
	John Shaw	0:45:13
	women	time
	Juanita Cadd	0:46:36

Officials

Thanks to the VVCC (Harry & Mary Tamms) who were on the desk taking entries and managing the numbers. Thanks to Graeme Parker, Keith Bowen and Harry for the handicapping and to Keith for collation of the results. Thanks also to Hylton Preece, Peter Shanahan, Mark Granland, Leon Bishop, Rudi Botha, Laurie Bohn, Simon Bone, Ken Bone, Sam Bruzzese, Tim Crowe who were marshalling turns or controlling traffic to ensure we had a safe race. Also thanks to Richard Dobson who manages the duty roster and ensures we have enough people on the day for our races, to JC Wilson who brings the trailer to all our races and Peter Mackie with the drinks.

Eastern Vets Program

Saturday	July	18	2:00pm	Killara Road	Graded Scratch Races
Saturday	July	25	2:00pm	Arthurs Creek	Graded Scratch Races
Monday	July	27	8:00pm	Maroondah Club	General Meeting
Saturday	August	1	2:00pm	Casey Fields	Graded Scratch Races
Saturday	August	8	2:00pm	Casey Fields	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	July	19	9:30am	National Blvd, Campbellfield	Graded Scratch Races
Sunday	July	26	10:00am	East Trentham	Pig & Whistle handicap (44k)
Sunday	August	2	9:30am	South Gisborne	Graded Scratch Races
Sunday	August	9	10:00am	Avenal Rd, Seymour	General Memorial Handicap (64k)

Gippsland Vets Program

Sunday	July	26	10:00am	Kernot (Melways 627 K8)	46k scratch races
Sunday	August	23	10:00am	Kernot (Melways 627 K8)	46k scratch races

Victorian Veterans Cycling Council Program

Sunday	Aug	16		Woodstock	VVCC Road Championships	10/8 - \$15
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Note : Entries for VVCC Opens are to be submitted through the club secretary – Keith Bowen.

Entries are to be on the appropriate VVCC Open entry form (available on VVCC website) and are to be accompanied by the requisite fee.

Entries should be with the club secretary the Saturday before they are due.

Other Results, etc.:

For your calendar

Date	Location	Event
29-30/8/2009	Halls Gap	A great weekend of dining, socializing and cycling. - Graded Scratch race - VVCC Open handicap Details available from Ian Smith
13/9/2009	Shepparton	Fruitloop ride, 50, 100 & 200k ride options. \$90.00 registration - www.fruitloopshepparton.com/fruitloopride/
13/9/2009	Whittlesea	DeGani Kinglake ride, 120k - \$130, 70k - \$105 - www.supersprint.com.au/events/degani-kinglake-ride-2009.aspx
18/10/2009	Melbourne	Around the Bay in a Day.
7/3/2010	Falls Creek	BV - Alpine attack, 230k. Registrations open 1/9/2009 - \$150 - http://www.bv.com.au/great-rides/42359
