



Eastern veterans cycling club

www.easternvets.com.au

Respecting the Rights of all Road Users

Newsletter October 2nd 2010

Don Road – Hill Climb - September 25th

Race report

Lifting cloud and little wind greeted the forty-six registered riders as they assembled, registered and set up in the car park beside the Home Hotel in Launching Place. Regular Warrby Trail riders wondering if the owners of all that high-end machinery were aware that the trail was dirt.

The first order of business was to determine the distance for the race and with reports that the dirt above the bridge was basically good but for a few corners where the corrugations weren't it was decided to cut the dirt and go the shorter option, 6k from the bus stop at the corner of Dalry and Don Roads to the bridge at the end of the bitumen. With that decided entries were taken and competitors were despatched to the start point along Don Road. The favorite - Phil Smith, leading off proceedings at one minute past ten. Phil followed at one minute intervals by the remaining near four dozen competitors till, forty-six minutes later, Juanita Cadd embarked on her odyssey.

The course starts off with a lovely flat section through the last of the Don Valley township and into the surrounding farmland but a look at the speedo, and the heart rate monitor shows that it isn't all that flat, those deciding to start on the big chain ring thinking that the small would have sufficed and in fact may well have been a better idea. After a couple of kilometres the fields give way to forest and the gradient increases as the real hill commences, and those who had started on the big-ring are searching for the smaller one - at a cost of a couple of seconds. With little to do but keeping the pedals turning competitors made their way slowly uphill until, rounding a bend after four kilometres of picturesque, steady ~~grinding~~ climbing the finish is right there, providing little opportunity to spend the last of the biscuits they'd been saving in the hope of gaining a couple of precious seconds.

At a touch under six kilometres the shorter Don Road climb is shorter than the one-in-twenty but the average gradient is a tad steeper and with the gentler lower slope it spends a considerable time greater than 5% getting as high as 9% at some points.

In the wash Phil Smith didn't disappoint the handicapper, crossing the finish fourteen minutes sixteen seconds after

departing to post what was to be the fastest time for the day (and on record), completing the 5.9k at an average speed of 24.8kph. The next rider across the line was the second on the road but over a minute and a half behind (losing over half a minute to Phil). James Steward was the third rider across the line despite being fourth on the road, his effort just a dozen seconds off Phil's time and enough to have caught and passed his minute-man.

For almost an hour after Phil crossed the line the activity at the finish fluctuated between frenetic and tranquil as a cluster of riders would finish together then a gap to the rider who'd lost time to his minute-man, who'd closed on his. At 11:11:26 the last rider crossed the line twenty-two seconds behind her minute-man, and husband; Juanita Cadd putting in a solid ride that bested Graham by over half a minute and was enough to give her the handicap win on corrected time.

The winners on the day being the first away (winning fastest time) and the last (winning on corrected time). In between riders learnt a bit more about the course and about themselves - be back next year a little wiser and a little better prepared.

As well as being a club handicap the hill climb was also on the Team's Race calendar, absolute times being the measure for these results and it was team Adriatic that cleaned up with all three of their riders picking up points, Phil Smith and James Steward collecting the two top allocations and Tony Chandler adding a very handy sixth place points to their total. The swag bolstering the team's position and opening the series right up for the last race in a month's time - the top two teams now separated by a solitary point - Doherty/Eltham Cycles on 86 points and Adriatic on 85. In the series Peter Howard has the individual category sown up with a 19 point lead over Michael Hay of Croydon Cycleworks/Pick-a-Part but the teams' classification is not settled although it will be between the top two.

After the race it was terrific to gather in the Home Hotel's lovely beer garden, the staff keen to serve members cold drinks and ensure we were happy with the facilities. If you're up that way drop in and show your appreciation by partaking of a mid-trail refresher or hang around a bit longer and enjoy an ale or two and the ambience.

Results

	Handicap
first	Juanita Cadd
second	Ian Amsden
third	Glen Pascall
fourth	Nick Tapp
fifth	Bruce Hawker
fastest	Phil Smith - 0:14:16, 24.8kph

Teams Race

Phil Smith (Adriatic)
James Steward (Adriatic)
Michael Hay (Croydon Cycleworks)
Guy Green (Doherty/Eltham Cycles)
Trevor Coulter (Team Degani)

Current Aggregate

			Points
1st	John C Wilson	D	50
2nd	David Ryan	C	47
3rd	Martin Stalder	B	45
4th	Guy Green	A	43
5th	Dean Niclasen	C	43
6th	Ron Stranks	E	43
7th	Rob Amos	A	40
8th	Jim Swainston	B	40
9th	Chris Ellenby	C	38
10th	Steven Ross	A	38

Officials

Thanks to Peter Mackie for doing the handicapping and Ron Stranks on the desk taking entries. Thanks to the helpers on the day; Greg Lipple, Keith Bowen, David Worland, John Van Seters, Stephen Szalla, Kevin Starr, Damiano Ambrosini, John Pritchard and Richard Maggs. Also thanks to Richard Dobson who manages the duty roster and ensures we have enough people on the day for our races, to Keith who brought the trailer along.

Note : Members rostered for marshal or traffic control duties must be at the circuit at least one hour before the scheduled start time to assist with the setting up of the course.

Eastern Vets Program

Saturday	October	2	2:00pm	Casey Fields	Avon Tyres Handicap
Saturday	October	9	2:00pm	Yarra Junction #	Club Championships #
Saturday	October	16	2:00pm	METEC	Graded Scratch Races
Saturday	October	23	2:00pm	Kernot #	Royce Bennett memorial handicap **
Monday	October	25	7:30pm	Maroondah Club	General Meeting
Tuesday	October	5, 19	6:30pm	METEC	Croydon Cycleworks Series
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.

Tail lights are a requirement for all EVCC Road events.

Northern Vets Program

Sunday	October	3		No racing	
Sunday	October	10	9:00am	National Boulevard	Graded Scratch Races
Sunday	October	17	9:00am	Yellow Box Drive, Somerville	Graded Scratch Races
Sunday	October	24	10:00am	East Trentham	Pig & Whistle handicap

Gippsland Vets Program

Sunday	October	3	10:00am	Kernot	Graded Scratch Races
Sunday	October	31	10:00am	Kernot	Graded Scratch Races

Victorian Veterans Cycling Council Program

Saturday	October	16	10:00am	Camperdown	Camperdown to Warrnambool	6/10 - \$25
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Note : Entries can be made on-line through the VVCC website or are to be on the appropriate VVCC Open entry form (available on VVCC website) and are to be accompanied by the requisite fee.

Other Results, etc.:

For your calendar

Date	Location	Event
17/10/2010	Melbourne	Around the Bay in a Day

		Nigel Kimber is doing the 250k option and will be coordinating an EVCC group.
27/11/2010	New Zealand	Wattyl – Lake Taupo Cycle Challenge Mal Jones on 0412 569 100 or email mal@shotproperty.com.au

UCI Australian Masters Championships

Cycling Australia conducted their national Masters Championships in Ballarat over last weekend and there were a few Eastern Vets members competing, some coming away with good results. Deb Chambers winning her road race and finishing third in the criterium, Liz Randall winning her time trial, Martin Peeters claiming two titles in the Masters9 (70-74) category - Criterium and Road Race and Tony Chandler winning the Masters5 (50-54) Road Race. Roy Clark and Jim Swainston also finishing on the podium in their respective Criterium races. Congratulations to our Australian Champions (5 titles in total) and to all of our members who competed in what was some tough racing.

Tony's win coming after some aggressive riding that went unrewarded in the criterium but paid off in the road race. After constantly attacking the field over the first two 23k laps Tony was sitting a couple of wheels back as the bunch rolled round to start the last lap. Half-a-dozen kilometres into the final lap Gregory Stewart made an effort that gained him around ten metres over the bunch, Rob Amos leading the peloton with Tony comfortably at third wheel. As the status quo continued Tony rode up to Rob who said 'go!', not needing to be told twice Tony went. A call to Gregory and the pair were again away, this time the move stuck. Half way through the lap their lead was 30 seconds, with a kilometre to go it was 55 seconds; it was all over bar the sprint. In the 'sprint' it was a tired Tony who out sprinted the tired Greg to take the win and the championship.

Criterium.

WMAS3 : Deb Chambers 3rd
MMAS3 : David Holt 8th, Andy Burmas 11th
MMAS4 : Roy Clark 3rd, Simon Bone 21st
MMAS5 : Gerard Donnelly 3rd, Tony Chandler 30th
MMAS6 : Ian McGeoch 16th, Chris Ellenby 21st
MMAS8 : Jim Swainston 3rd, Ken Bone 7th
MMAS9 : Martin Peeters 1st

TimeTrial (20k)*

WMAS8 : Liz Randall 1st (36.77kph)
MMAS2 : Jamie Goddard 23rd (43.43kph) - winner clocked 50.03kph
MMAS5 : Gerard Donnelly 4th (46.45kph), Tony Chandler 8th (45.79kph)

* There seems there was a timing error in some of these races, the officials clocked a minute less than the actual time.

Road Race

WMAS3 (15 starters - 70.5k) : Deb Chambers 1st
MMAS4 (51 starters, 35 finishers - 70.5k) : Roy Clarke 4th, Simon Bone 22nd
MMAS5 (59 starters, 40 finishers - 70.5k) : Tony Chandler 1st (1:50:02, avg 38.44kph), Gerard Donnelly 5th, Rob Amos 18th
MMAS6 (51 starters, 25 finishers - 70.5k) : Ian McGeoch 5th, Chris Ellenby 24th
MMAS8 (20 starters, 47k) : Jim Swainston 9th
MMAS9 (11 starters, 47k) : Martin Peeters 1st

Tuesday Night Crits

Tuesday night crits start this week; Croydon Cycleworks have come on board to sponsor this event, their involvement bolstering the prize pool to over \$5,000 in cash and prizes which will be distributed across the top ten place getters in the aggregate.

Remember racing starts at 6:00pm sharp, registrations close 5:45pm and riders are not to access the circuit until after 5:00pm.

AVCC Australian Championships

The AVCC Australian Championships are being held in Canberra in November. Riders wishing to compete should enter through the host club - ACT Vets, via their web site - www.actvets.cc/html/main.html.

Note that all helmets will be checked for ASA certification and any helmet not having the appropriate sticker will not be allowed.
