



# Eastern veterans cycling club

Respecting the Rights of all Road Users

*Newsletter April 26<sup>th</sup> 2008*

## Club Criterium Championships – Casey Fields – April 19<sup>th</sup>

### Race report.

Uncommon conditions greeted the 65 Eastern Vets members who ventured out to Casey Fields for the Club criterium championships – no wind, well no apparent wind. With eight races on the circuit at the one time and the disparate abilities within each age group the scene was set for an interesting days racing.

On the dot of two o'clock three tenths (or thirty percent) of the eligible ladies of the club set out to determine who would be queen of the crit for oh-eight. Thirty seconds later they were followed by the youngsters of the club and then at regular intervals after that the remaining groups were released in increasing age increments, the girls completing their first lap before the 55-59 year olds set out.

With all groups away there should have been eight little peletons at various points on the circuit ranging in size from three, for the women, to fourteen for the forty-five to forty-nine year olds. Closer inspection showed eight groups and one individual – Ian Milner had bid his nine fellow forty to forty-four year old companions farewell as he tried to win in the longest possible breakaway.

Three laps in and the women still headed the list, they were setting a fair pace and the four young guns were either being gentlemanly or biding their time whilst checking each other out. At the same time the other groups were sorting themselves out, a few of the 45-49 year olds finding out that they were in with the elite of the club and that they just didn't have the legs to match. The 40-44 year olds also losing a member early in the race.

Fifteen minutes in and it had pretty much settled down; the women were still together and still setting a solid pace, the youngsters were up to speed, Peter Mackie hanging on for all he was worth. The next age group up was still one away (Ian M.) and nine chasing, the chase not very organised. The next bunch were down to eleven but still the biggest on the circuit and beginning to test each other out. The fifty to fifty-four year olds had lost one member in an early surge but were essentially together and pretty much cruising. The sixty to sixty-four group had endured some attacks by John Pritchard which had all been squashed by Bob Lewis. And the remaining groups were in procession mode as the higher grade riders watched one another and the lower grade riders found themselves doing the lion's share of the work.

As the first third of the race drew to a close there were moves afoot in the 45yo group with Rob Amos applying the pressure. At the same time Martin Stalder was trying to break free from his seven sexagenarian mates and Ian Milner was still holding a now slightly more coordinated chase at bay, the effort of the chase seeing a couple of riders drop from this race. The women were still at it but Sue Cox was beginning to show the effects of continually matching the digs the other two were making. Soon after the third rolled by an attack by Louise McKimmie, whilst Sue was doing a stint at the front, saw Sue waiving the other two good-bye, turning the rest of the hour into a training session, helped variously by her husband and a variety of other dropped riders.

Taking his cue from Rob Amos, Thorkild Muurholm attacked his white helmeted colleagues, Frank Nyhuis endeavouring to go with him to set up a working break. Frank never quite making it and Thorkild spending the better part of the lap on his own before succumbing to the inevitable. Further up the age scale, the old king of crits; Paul Kelly (70) decided that twenty-five minutes was time enough and hit his four younger (65-69) companions. Only the wily old mountain goat; Ted McCoy, was able to hold his wheel and the pair set about leaving the other three behind. Behind them the 55-59 group lost a couple to the pace as Graham Cadd and Phil Cox bade farewell to their group.

Half way through and Ian Milner was still clear of his age group but they were working together and beginning to close the gap. Louise and Juanita were keeping a fast tempo by trading turns at the front and trying to hurt each other. Martin Stalder was also still clear and with no organised chase he was increasing his lead over the 60-64 year olds. Kevin Starr had taken over from Thorkild but suffered the same fate, holding his break for around a lap before Thorkild chased him down, the bunch chasing them both down. Ted and Paul were throwing all they had at each other and Ian Milner was finally beat sitting up to wait for his bunch to close the last twenty metres.

Colin O'Brien figured if the purple-helmeted lycra-clad sexagenarians weren't going to chase Martin, he'd go it alone, alas Martin proving a rider too far away and after a lap in no-man's land Colin retreated to the mass that was the bunch. Juanita was taking it to Louise, giving as good as she got, the pair raising the interest of the officials on the line. With still over twenty minutes to roll the forty to forty-four year olds were beginning to play games at the head of the bunch, trying to get some of the sprinters to come through and do a turn. Finally

Gary Chamberlain took up the challenge and had the red-heads stretched out like the proverbial Brown's cows.

Into the last third of the race and Craig Everard hit his two remaining young friends, Peter Mackie having quietly drifted off the back at some point in the previous third. Craig's attack was unsuccessful but was the catalyst for Stefan Kirsch to start to put his stamp on the 35-39 year old's race. Richard Dobson tried to replicate what Colin O'Brien had done and pretty much achieved that, returning to the bunch after a lap and a half, Martin was still on the drops, still had his head down and still had a sizeable lead over his group. Things hadn't quietened down in the 45-49 year old group either, Rob making a move up the finish straight with Tony Curulli jumping from around fifth wheel to catch the break, the bunch not slow in responding saw that little manoeuvre shut down quick smart. Paul & Ted and Louise & Juanita were still slugging it out, Louise would back off Juanita's wheel, wind it up and surge past, Juanita would put the head down, pull up on the bars and close the gap, and it would all start again.

After a couple of attempts Stefan finally broke the spirit of Mathew Cornford and Craig Everard and set about time-trialing it to the finish. Kevin Starr was again trying to break the shackles implied by the still large 45-49 year old group but to no avail. Ian Smith countering Kevin's return had Phil Cavaleri on his wheel and Rob Amos, leading the remainder to close the small gap that had been garnered. Up to this point the 40-44 year olds had been pretty quiet, undoubtedly recovering from the chase of Ian Milner. But with less than ten minutes to go Ian was determined to try to get something going, but this close to the finish negative tactics were the mode of choice and a frustrated Ian resigned himself to a bunch kick. Quentin Frayne was looking to improve the odds in the 50-54 year old group by cranking up the pace. It almost succeeded with Phil Thompson braking a spoke - the race referee adjudicating that he could to take a lap out to replace the wheel. The bunch also feeling the strain, almost coming apart. Phil rejoining the fray at the back of the chase bunch just as the leaders legs ran into lactate overload, the bunch collapsing back together.

With around five minutes to go Quentin was again trying to bust the game open and with Trevor Coulter set about getting free, too many sprinters, too many chasers, too close to the finish - game on. The women were still two and one, the young guns were one and two and one (Peter still circulating on the off chance that there'd be a puncture), what remained of the 40-44 year olds were together, as were the 45-49, 50-54 and 55 -59 year old groups. The 60-64 group were still in pursuit of Martin Stalder, and the elder statesmen of the competition were two and three, Ted and Paul still having a ding-dong battle. As the races drew to a close Rob Amos was driving the 45-year-old bus and the purple brigade were beginning to gain on Martin.

It seemed only appropriate to finish the women first and it was a tightly contested sprint for the gold, Louise just holding out Juanita who did well having done the lead out work. In the 35-39 year old race Stefan took the chequered flag well clear of his fellow youngsters. The old buggers

replayed the women's finish with Ted McCoy putting in a valiant effort to finish a very close second, just half a bike behind Paul. Over the closing laps Martin Stalder had re-established his break and was rewarded with first place. Next was the sprint for second in the 35-39 year old group, Matt Cornford having ridden smarter in the closing stages had enough left in his legs to get over Craig on the line. Then the sprint for third in the women's race, Sue just getting across the line ahead of her husband - Phil. All six of the remaining 60-64 year olds were in the sprint for the minor places, a couple dropping away as the stronger riders took it to the line, no surprises to see John Pritchard winning the sprint for second place and Harold Simpson acquitting himself well to hold on for third. Next the sprint for third in the 65+ group, the money on the line was for Kenton Smith and the bookies weren't disappointed although John MacLeod did provide a moments worry, pushing the former Austral Wheel Race winner all the way.

In the midst of the finishing action Thorkild had come through the finish area sixty metres clear of his bunch but with all the other groups finishing the officials were bell tied and had no option but to send him around for at least another two laps. Needless to say he didn't stay away for much longer.

The last four races on the course came down to bunch sprints. In the 55-59 year old group the sprint was started a hundred metres shy of the last turn, the initial move stretching the bunch to the max but it came back together as it rounded the last corner and the judges had to pick three from six. Rob Truscott getting the nod for the gold, Steve Fothergill taking silver and Barry Robertson the bronze. Next to greet the judges were the biggest group of the day; the 45-49 year olds, and again it was a wall of lycra that stormed up the finish straight. Somehow Damian Burke found a clear stretch of road and slipped through to take first by a wheel, Phil Cavaleri just held off a very determined Rob Amos for second, the remainder a bike length behind sans one Kevin Starr who punctured on the last lap (wrong age group Peter - ed.).

The 40-44 year old finish was a dead set copy of the 55-59 year olds with the early break (most likely Ben Schofield - ed.), the compression into the last corner and the mass sprint for the line. Again no surprise as the known sprinter; Gary Chamberlain, came through for first, Ian Milner getting some reward for his great early ride finishing second and Stuart Bendall claiming third.

Finally the fifty to fifty-four year olds got their turn and again there was a jumper before the final corner, and again the bunch came back together as it rounded the last bend, and again the judges had their jobs cut out for them as picked they Quentin Frayne, Greg Lipple and Phil Thompson from the near half-score riders that crossed the line in close proximity.

### **Quentin Frayne's race (50-54 yo)**

Headed off for the standard 'hour' with ten in my age group, many of the 'new' faces unknown to me. There were a couple of strong rouleurs; Peter Stanley and Gary LeRoy who worked a lot on the front early, most in the bunch seemed content to let them do the work to keep things moving, perhaps aware of stronger riders in the field who weren't prominent and expecting

to need something in reserve if attacks came. I put in a turn on the front for a lap (2.2km) or so to keep things moving but there were many sitting in and following wheels, so playing domestique for long didn't seem a very good idea. At the 40 minute mark I put in the first strong attack of the race and created a bit of a gap, but the move seemed to be well covered by the main chase and I sat up. After that the pace eased while we regrouped so I decided another big crack about 10 min later might get something happening. Trevor Coulter got across and we worked a couple of turns, with the bunch strung out and chasing hard about 20 or 30m back. Apparently this second attack saw a few go out the back but the move seemed doomed and with the bunch close I sat up again.

With the hour coming up fast it was clear everybody was backing themselves in a bunch sprint rather than a breakaway, but with a group close ahead, it took forever to get the bell (1h8m). Nick Hainal went to the front and did the honours keeping things rolling steadily along and it was to stay this way right through the bell lap and most of the length of the back straight until Alan Cunneen jumped about 150m before the final bend. I immediately jumped with him but ended up boxed 'out' and riding into the headwind as we barrelled into the finish straight. Opening up the afterburners in earnest I managed to create a gap, kept my head down and gunned it all the way to the line, taking the win by (1 1/2 or 2 bike lengths??). Phil Thompson tired in the closing metres and was pipped on the line for 2nd by Greg Lipple. No idea what was happening behind that.

### Some scattered observations from Damian Burke

45-49 group largest number (I think) & picked as the most likely fastest group on the day. On the start line 5-6 riders in with a chance on the day. Cautious start by all as the cat & mouse was on from the receipt of the starters orders. Warm temperatures had a few unsure about hydration levels and the early warning shots were fired amongst plenty of drinking & each watching each other out of the corner of their eyes and this meant all the early breaks were covered fairly quickly.

A couple of early breaks but not much gained, Phil C jumped early to test, Rob said "That's enough of that ..." and shut him

down pretty quickly. Frank tried, only to have Kevin Starr & Chris quickly close the gap. Kevin tried again at about the 20 minute mark and the bunch while letting him go, lifted the pace to leave him about 150 meters out the front yet within easy distance. All back together at the 30 minute mark, Rob jumped hard, myself on his wheel, we gained about 150 meters, swapped a couple of turns and looked back to see the bunch firmly anchored to our slipstream. Just as we were easing up Phil C tried another quick solo attempt only to have Frank & Ian rope him back in the twinkling of an eye.

All back together as the 45 minute & 50 minute marks passed. Thorkild tried a solo off the front and the bunch looked at each other, all thinking the same things, not exactly sure how strong he was along with wanting someone else to close the gap. Meanwhile the gap grew to about 200 metres then quick as a flash Rob & I jumped hard and bridged. We caught the out marker and started to swap turns in an attempt to snap the silver thread, 2/3rd of a lap we worked then a rustle behind, a quick look over the shoulder and the grinning faces of Phil C, Frank, Chris & Ian successfully leading the bunch back to ensure it would be a bunch sprint.

Up the back straight, round the corner and the bell was rung, a couple of bidons were quickly grabbed, emptied and tossed aside in true pro fashion for the impending sprint. In the middle of the pack Rob was on Phil's wheel, myself & Kevin wrestling for Rob's until an unfortunate puncture took Kevin out of contention. Ian & Frank in behind me as we all swept up the back straight with Thorkild in the lead position Chris at second wheel and everyone straining to hear the telltale sounds of a jump. Hard into the final corner, Thorkild, Chris, Phil, Rob, myself & Frank filling the top 6 positions as we fanned out for the sprint. Phil & Rob headed hard up the right hand side while I had a clean run up the left and was fortunate enough to kick away and greet the judges, Phil holding off Rob for 3rd who was lamenting selecting one gear too small.

I had an average speed of about 38.6 km for close on an hour.

I know Ian had a crack a couple of times but I cannot remember the sequence of when.

### Results

	First	Second	Third
<b>Women</b> (3)	Louise McKimmie	Juanita Cadd	Sue Cox
<b>Men 35-39</b> (4)	Stefan Kirsch	Matt Cornford	Craig Everard
<b>Men 40-44</b> (10)	Gary Chamberlain	Ian Milner	Stuart Bendall
<b>Men 45-49</b> (14)	Damian Burke	Phil Cavaleri	Rob Amos
<b>Men 50-54</b> (10)	Quentin Frayne	Greg Lipple	Phil Thompson
<b>Men 55-59</b> (10)	Rob Truscott	Steve Fothergill	Barry Robertson
<b>Men 60-64</b> (8)	Martin Stalder	John Pritchard	Harold Simpson
<b>Men 65-69</b> (6)	Paul Kelly	Ted McCoy	Kenton Smith

Officials
Thanks to Keith Bowen and Ron Stranks on the entry desk. Today's racing was under the direction of Peter Scarth who was ably assisted by Ron Stranks and the team of invalids; Steve Barnard and the Nigels Frayne and Kimber. Thanks also to Greg Lipple for bringing the trailer in JCs absence and to Peter Mackie with drinks.

### Eastern Vets Program

Saturday	April	26	2:00pm	Killara Road	Graded Scratch Races
<b>Monday</b>	<b>April</b>	<b>28</b>	<b>8:00pm</b>	<b>Maroondah Club</b>	<b>General Meeting</b>
Saturday	May	3	2:00pm	Casey Fields	Graded Scratch Races
Saturday	May	10	2:00pm	Steels Creek	Athletic Soft Tissue Handicap *
Saturday	May	17	2:00pm	Arthurs Creek	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	April	27	9:00am	Somers	Graded Scratch Races
Sunday	May	4	9:00am	Cora Lynn – Nar Nar Goon	Graded Scratch Races
Sunday	May	11	9:00am	Casey Fields	Mother's Day Scratch Races
Sunday	May	18	9:00am	Dromana	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	April	27	9:30am	National Blvd, Campbellfield	Scratch Races
Sunday	May	4	9:30am	Lancefield	Handicap (48k)
Sunday	May	11	9:30am	Lillee Crescent	Mother's Day Scratch Races
Sunday	May	18	10:00am	East Trentham	Handicap (44k)

### Victorian Veteran Cycling Council Program

Sunday	May	20	10:00am	Cororooke Hall	Colac "May Open" – 64k handicap	14/5 - \$15
Saturday	May	26	1:00pm	Rochester	"Oppy Race" – 70k handicap	21/5 - \$15

### For your calendar

Date	Location	Event
23/5/2008 – 25/5/2008	Warburton	Race Right Cycling Training Camp (the people who brought the BrightBootCamp) An hour from Melbourne, two days of seminars and on-road coaching. \$650-700 for two nights accommodation (Fri & Sat) including all food. Further information is available at <a href="http://www.racerightcyclingcamp.com">www.racerightcyclingcamp.com</a> or by calling David Heatly on 0410 331 793. (or Nigel Kimber)
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 Registrations open - 210k via Queenscliff sold out (2/4 - 11/4/2008 (9 days)) Nigel Kimber will be leading a 250k group, there will also be a group going to Sorrento and back.

### Other Results, etc.:

#### Baw Baw Classic

In the Masters 4/5/6 the following Eastern members competed and completed the tough Baw Baw Classic with the second toughest climb in world cycling.

- Guy Green : 2<sup>nd</sup> (-00:02:20) and winner of intermediate sprint.
- Tony Chandler : 7<sup>th</sup> (-0:17:04)
- Craig Peacock (ex-member) : 11<sup>th</sup> (-0:25:05)
- John Lynch : 18<sup>th</sup> (-0:46:48)
- Peter Shanahan : 24<sup>th</sup>

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