

Newsletter

20 October 2018



Duty Roster

Saturday 20 October, Seymour

Andrew Buchanan (R), Ray Watts (TC), Colin O'Brien, Chris Norbury, Rob Suter, John Wilson, Peter Brann, Alison Skene, Lindsay Bridgford, Ed Holmes

Saturday 27 October, Thornton

John Williams (R), Ray Russo (TC), Hylton Preece (TC), Kevin King (TC), Ron Chapman, Ross Sanelli, Anthony Netkow, Franc Tomsic, David Brown, Barry Beachley, Allan Hicks, Phil Johns, Nick Panou, David Jordan

If rostered for duty, you must be there at least 1 hour prior to start time. If unable to do your duty, it's your responsibility to find a replacement, then advise Andrew Buchanan, tiptop2@optusnet.com.au.

Editor: Nick Tapp

nick.tapp@detail-ed.com.au



Results and reports from last Saturday's graded scratch races at Yarra Glen are inside. This Saturday's Road Club Championships at Seymour start at 1.30 pm. Remember that racing starts about 5 km from the registration table, which will be opposite the Royal Hotel on the corner of Manners Street, Seymour, as usual.

Racing in the Croydon Cycleworks Summer Twilight Crit Series was again cancelled on Tuesday due to rain. METEC is unavailable next Tuesday, but Kym Petersen has offered to host a ride, as she did last year. The group will leave at 6 pm sharp from the Basin. All welcome. And the first monthly Sunday club ride with Croydon Cycleworks is this Sunday. See 'News etc.' for full details and maps.

A reminder that Darryl Blanchett is now on a normal ward at Caulfield Hospital, 260 Kooyong Road, Caulfield, and is keen to receive visitors, especially on the weekend – after 2 pm, and no more than one or two at a time.

Update on Champion of Champions points and eligibility

Back in January, the General Committee decided to change the format for the Club Championships and add an overall 'Champion of Champions' category for each age group in addition to individual medals for each of the three disciplines – Criterium, Individual Time Trial and Road Race. Points would be calculated across all three races and the rider in each age group with the most points overall would be crowned Champion of Champions for 2018. Individual medals would be given out during the year, and Champion of Champions medals would be distributed at the Annual Awards night on 17 November.

It was recently pointed out to the committee that we failed to advertise a crucial factor in the eligibility criteria. It was decided that, to be eligible for the Champion of Champions award, you must race in all three race disciplines – the last being the Road Race this Saturday. This decision was made in an effort to get more members competing in the Club Championships, which typically haven't been that well supported.

Unfortunately, this affects some members, who haven't raced in both the Criterium and ITT Club Championships. Please see the end of this newsletter for an updated points table with current standings, and please accept our apologies for any confusion or disappointment. Even if you are not in the running to be Champion of Champions, you are encouraged to race at the Club Road Race Championships on Saturday. Individual medals in each age group are up for grabs on the day.

Adam Dymond, Club President

Graded scratch races, Yarra Glen, 13 October

Grade	1st	2nd	3rd	4th
A Grade (12)	Jean-Philippe Leclercq	Glenn Newnham	Rob Amos	--
B Grade (16)	Kon Pappakonstantinou (N)	John Blyth	Nick Tapp	John Williams
C Grade (15)	Bob Lewis	Andrew Buchanan	Kym Petersen	Sam Bruzzese
D Grade (4)	Keith Wade	Colin Mortley	Chris Norbury	--
E Grade (4)	J.C. Wilson	Ron Stranks	Laurie Bohn	--

A Grade (I)

By Glenn Newnham

What a beautiful day to be out on the bike. As I chatted to people before the race, everyone was feeling positive. Most of us just feeling grateful that we have this amazing opportunity to race every week on such amazing courses, and to share the experience with such a great group of people.

It was good to see a decent field of A Graders. Twelve of us lined up at the start, but we were all looking at one man. J-P was obviously going to be the one to keep an eye on. It was good to see Steve Ross on his new Specialized rocket ship, but I think most people were hoping he wouldn't make it to the last lap and manage to get it into the launch sequence. Steve certainly wasn't the only danger in a sprint, though, with Phil Cav and Paul Webster in the group.

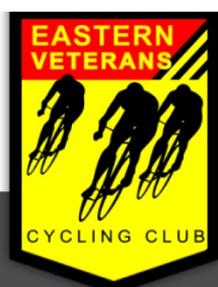
The pace from the start was reasonably sedate. In fact on the third or fourth lap we were holding up the B Grade bunch. There were a few efforts off the front by J-P, Tony Kimpton, Nathan White, Paul Firth and others, but there were enough of us workhorses – Rob Amos, Darren Woolhouse et al. – to bring them back.

As the race progressed, it was generally on the hill where the action started. One of J-P, Nathan or Tony would jump away, and it would be a

matter of not letting the gap get too far out before the top. A couple of times I tried to discourage the climbers by setting a more moderate pace up the hill. Ken Mayberry seemed to have a similar idea. This did work, but the problem was that someone else would always jump once we crested the hill.

On the last lap I led up the hill, hoping for a better outcome, but sure enough at the top of the hill Rob Amos jumped off the front. I wasn't in a fit state to chase him down, and wasn't too concerned as he built a healthy lead. By the time we entered the home straight, I would estimate he had 100 metres on us, and it almost looked like he had it sewn up. The rest of us were still playing games. I was sitting behind Lawrence Lee, waiting for a lead-out, not really thinking of his team allegiance with Rob.

It was a long way out (maybe 400 m) when the sprint started, and it was Paul Webster who initiated it. He went hard and fast. I tried to grab his wheel as he went past, but he had a gap on me and the rest of the field at 300 m to go. Rob was still 80 m in front of Paul, though, and still looked set for the win. As we got to 200 m, my pace was building as Paul's was dropping and I fancied myself for a 2nd spot, leading the bunch home. When we hit the base of the incline up to the finish line, we were catching Rob quickly and I thought, just maybe ... In the last 20 metres, Rob still looked like he had it. I was trying to extract the last ounce of energy from my legs, and as I





crossed the line I looked left to see my front wheel just ahead of Rob's. How elated I felt, for that millisecond before I looked right to see J-P, half a bike length ahead of me.

What started as a pretty mundane race ended with one of the best finishes I've been involved in. You never can tell with a bike race, but you always feel for the solo breakaway rider run down on the line.

A Grade (II)

By Rob Amos

Near perfect conditions greeted us at Yarra Glen, on a slow neutral roll out, and the race started in much the same pace, until Glenn Newnham took it upon himself to up the pace for a couple of laps. Along with Glenn, newer riders Nathan White and Tony Kimpton, as well as J-P, were the ones to watch, with all four having a bit of a dig, although no one was given much rope by the rest of the bunch.

The first major break came after myself and Paul Firth found a bit of a gap and rolled turns for a lap before Paul sat up as the bunch pulled us back. I carried on and was joined by J-P and Nathan, causing panic in the bunch, who chased us down as we crossed the finish line with a few laps remaining. No more major attacks were attempted as everybody seemed resigned to the fact that nobody could get away and it was going to be a bunch gallop.

As we crested the hill for the last time on the bell lap, I looked around and realised that I would probably finish last, so I tried one last attack. I had a small lead going into the second-last corner, and I knew I could increase my lead going downhill with the extra kilos I had put on while overseas. Coming into the finish straight, the crosswind and my time off the bike started to slow me down. A look around and I started to dream of a rare win until I was a few metres from the line. Despite shouts of encouragement from the marshals, the extra kilos were working in reverse going uphill, and with the bunch starting the sprint early I was passed by J-P and Glenn on the line.

B Grade

By Rob Suter

What a difference a few weeks in a dry spring make: I was driving over the Gruyere finish line on Cahilton Road at 11.30 am last Saturday, thinking what a wonderful day it was – a vast contrast to our last race on that circuit. Fast forward to Yarra Glen in the afternoon, the slightly less demanding of our two kermesse road circuits – but still one I've never finished on with the bunch in B Grade.

Two kilometres into the race and the mound was set. The two spring-heeled, coloured-back guys had shown their aptitude for the circuit, bounding away on the hill, with four others quickly responding. Me, I was left grinding away, trying to close the gap, which was achieved with the help of a few others past the bottom of King Street.

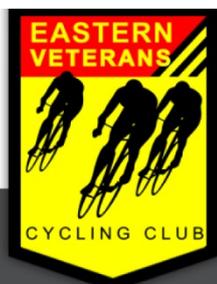
Two notes to self at this point:

- 1 'Blue Diamond' (Kon from Northern) and 'Green Qube' (our own John Blyth) looked like they had us for toast, with the other four likely to figure in the minor placings. Past form would suggest that 'Jumping Chain' Nick Tapp was a likely 3rd, and 'Golden Chain' John Williams would challenge him.
- 2 I'd better get my racing legs turned on pretty quickly, otherwise this would be another ignominious DNF at Yarra Glen!

The other two to respond to the coloured-back guys were, with alacrity, the Feather (aka Webby) and Spinerger (David Watts from Northern), living up to his jersey sponsor. It was hard to predict what would become of them – see the results for their outcomes.

This time there were no easy laps following the first, so that A Grade were only 500 m ahead at the finish of the third lap. Hard past the finish, then Blue Diamond (Kon) jumped away on the hill with Green Qube (John) responding, and it was on. A frantic chase by most finally closed the gap to those two by the finish of the fourth lap, as we were threatening to pass A Grade.

Still no respite for the next two laps, by which time a third of the field had retired, including Captain Doug. Green Qube tried a solo flyer over the hill,





with the Feather and others trying to freewheel down King Street after him. It was time to show what power + weight can achieve for me on a downhill (as against weight – insufficient power on an uphill) and close the gap. Which led the Feather to politely enquire, as we rode along the finishing flat, as to the make-up of my recent top-up injection. Aspersions aside, that was the last I heard from him.

We then settled into a lesser tempo, warily awaiting a flyer from the One-Armed Bandit (aka Chris Ellenby). Rob Truscott seemed glued to my wheel, Spinergy was thereabouts, our Northern competitor from previous outings (Michael Hartman) was applying the old trick of being first onto the hill so that he could slide back through the bunch, and Mark Edwards was MIA (apparently sent to get ice for the drink eskies).

The bell and the final stanza, where Ellenby showed his best hand (or was it his only one at this stage of his return to racing?). The Coloured Backs repeated their imitations of springboks and jumped on him, to ride away over the hill. The Chain Gang responded, eventually got to Chris's wheel and duked it out for the last of the minors (as predicted 1.5 hours ago), with the remainder finishing in ones (and maybe twos).

Thank you to all officials, marshals and fellow competitors for a pleasant and safe outing on a lovely spring day in the Valley.

C Grade

By Andrew Buchanan

A mechanical in the warm-up and I thought my day might have been over, but rear derailleur problems in the small ring did not equate to troubles in the big ring, so onwards!

Fifteen riders set out in fairly orderly fashion, with a few early moves off the front, the most serious coming from Kym Petersen, Adam Hinds and John Thomson (I think). This brought the heart rates up, but the group reformed half a lap later. Ian Smith tested the water in the middle stages, and John Thomson made his presence felt at the driving end.

After the bunch took some easy drifts down the hill, John and I decided to keep everyone 'honest' by pushing things on the downhill section in the middle and later laps. Tim Crowe kept things ticking over up the hill a couple of times, without any real intent to break away.

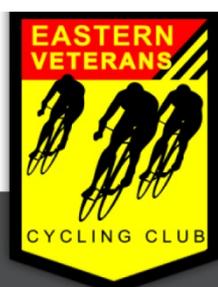
Along the way the bunch had been whittled down, and eight remained by the bell. Strong riders Franc Tomsic, Adam Dymond and Ian Smith (who suffered a mechanical) were nowhere to be seen.

Half expecting an attack up the final climb, I was careful to stay handy to the front, but it wasn't to be. Obviously, a sprint home was coming up, and the likes of Bob Lewis and Sam Bruzese were going to be hard to hold out.

The reins were allowed to slip out approaching about the 300 m, and by the 150 m it was pretty much 'on'. Bob had slipped through on the inside to grab the lead, with Kym sprinting up the right-hand side and challenging. I was pushing hard and, with the leaders seeming to have peaked, realised there might be a chance for this old stayer to break his C Grade maiden! In a driving finish, Bob and I virtually hit the line together, with Bob getting the nod in a tight one. Kym was maybe half a wheel away, if that, in 3rd. Sam was close behind in 4th.

Well done to Bob, capping his comeback from serious injury with two wins on the trot.

In all, an enjoyable ride with an exhilarating finish.





Wednesday criterium, the Loop, Yarra Boulevard, 17 October

Division	1st	2nd	3rd
Division 1a (8)	Tony Hallam (G)	Chris Munro (CV)	Troy Jordan (N)
Division 1b (5)	Paul Firth	Tom McDonough (N)	Chris Ellenby
Division 2 (6)	Russell Wheelhouse	Ross Bowlby	Peter Morris
Division 3 (6)	David Drew (N)	Simon Bol (N)	Tony Curulli
Division 4 (4)	Laurie Bohn	Paul Griffiths (N)	Geoff Forbes

Thanks to referee John Williams, Peter Gray, Michael Waterfield and other helpers.

News etc.

Tour de Cure

In May 2019, on the third anniversary of my breast cancer diagnosis, I will be riding from Sydney to Geelong – a mere 1275 km – over eight days as part of the Tour de Cure team. The tour raises money to find a cure for cancer and promotes a healthy lifestyle among the communities we visit en route. Each participant in the tour must raise a minimum of \$11,000.

We all know that research is the key to beating this beast, so this is why I want to do my bit. It's one thing for my generation to deal with cancer, but I worry about the next generation and am determined that, by helping to fund research and clinical trials, they will make huge progress in the next few years.

You can help too – by sponsoring me!

Sponsor me for 5 cents per kilometre = Rounded up to \$60.00

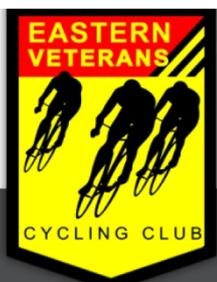
OR

10 cents per kilometre = Rounded up to \$120.00

Click on this link to donate: <https://tourdecure.com.au/profile/?memberId=87580&tourId=1018>.



Susan Williams



#GIRR2018

Following last year's successful first running, Get Into Road Racing (GIRR) returns this summer. This four-week introduction to road racing will be held on Wednesday evenings in October and November, starting next Wednesday 24 October, on a closed road circuit at METEC driver training facility in Kilsyth. See the flyer at the end of this newsletter for full details.

Monthly ride with CCW

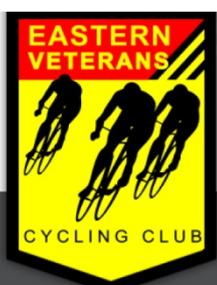
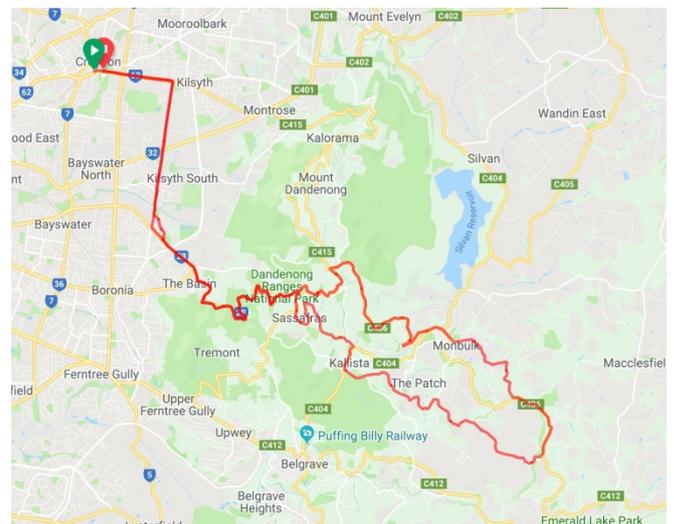
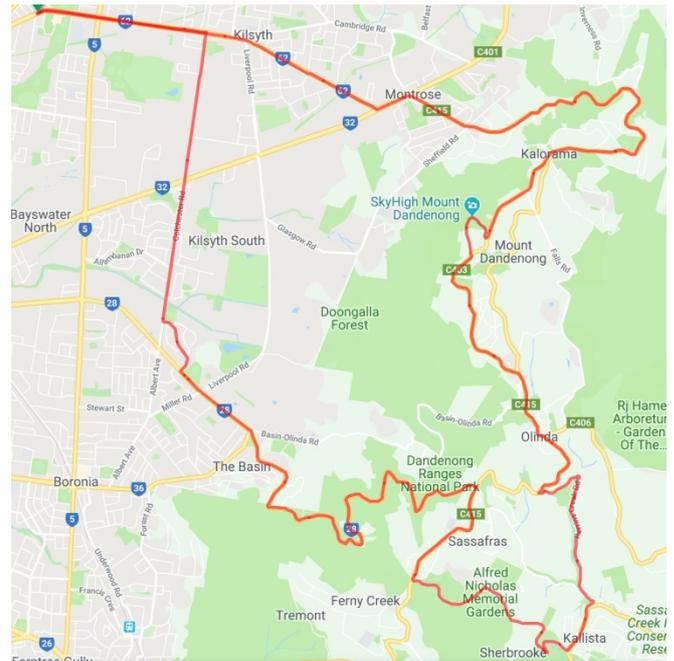
The new monthly club ride with Croydon Cycleworks, to be held on the third Sunday of the month, kicks off this Sunday 21 October, departing from the CCW shop, 182 Mount Dandenong Road, Croydon, at 7.30 am. If you need to park, please park next door in Tyrepower. The CCW shop may even open at about 11 am if anyone from the ride groups needs anything or wants to check out the new Cervelo S5.

Mild ride – Led by Adam Dymond (est. 20–21 km/h), approx. 45 km and 1000 m vertical

Leave shop and head for the Basin via Colchester Rd. Regroup in Sassafras. Turn right and head for Sherbrooke Rd. Descend to Kallista, turn left at the roundabout and head for Perrins Creek Rd. Climb Perrins Creek Rd to the top and turn right toward Olinda. Regroup in Olinda. Roll down to Ridge Rd and turn left and head up to Sky High. Regroup. Descend to Montrose and back to Croydon via Mount Dandenong Rd for coffee.

Warmer ride – Led by David Richards (est. 24–25 km/h), approx. 60 km and 1200 m vertical

Leave shop and head for the Basin via Colchester Rd. Regroup in Sassafras. Turn left and head up to Olinda. Turn right and descend the Wall to Monbulk. Regroup at the base of the Wall. Ride through Monbulk and turn left onto David Hill Rd. Turn right onto Kallista–Emerald Rd. Ride through to Cooks Corner (cnr Kallista–Emerald and Grantulla Rds) to regroup. Return to Sassafras via the Crescent. Return to Croydon via the Basin for coffee.





National Road Champs, Sunday 6 January 2019: Ride from Ballan to Buninyong

For the last five years a small group of Vets have met up at Ballan Station (70 minutes drive from Camberwell) to ride 35 km to the Nationals at Buninyong, and then make the return trip after the events have concluded. This has proved to be a fantastic ride, and provides the following benefits:

- No parking problems – plenty of space at Ballan Station, just a few minutes off the Western Freeway
- Get to see the Nationals *and* get your own ride in (just under 70 km return)
- Leisurely start – no need to be up at sparrow's. Leave Melbourne around 7.15 am for an 8.30 depart from Ballan. That will get us to Buninyong in time for breakfast near the finish line before the halfway mark of the women's race. We then watch the entire men's race on the hill and the big screen
- Safe, low-traffic ride through attractive 'undulating' countryside.

If you are interested, let me know at John.Williams@jhw.com.au or 0419 713 087. If we have enough numbers, Col Mortley and Mark Edwards have agreed to take the tent and barbecue.

John Williams

Vale Hugh Weeks

VCV Secretary Clive Coomber advised us of the passing of Hugh Weeks last Wednesday morning.

Hugh was a champion cyclist and a long-time supporter of Veterans cycling and member of Central Victorian Veterans Cycling Club. He was a valued member of the VVCC/VCV Committee for many years and was recently appointed a Life Member. He will be sadly missed by many.

Social notes

Awards Night



Eastern Cycling Club
2018 Club Champions Awards Night
November 17th
with special guest Matt Keenan
Maroondah Club - \$70 per person

It's great for us if you can book and pay here at www.trybooking.com/425357.





If you prefer to pay on the night, please add your name to our list [here](#).

Tables If you want to organise a table, let me know somehow.

Buninyong tent

More on Buninyong as we get a bit closer (and see earlier re: riding from Ballan Station with John Williams et al.) Col Mortley has kindly offered to set up again with a bit of help with the transport.

Thanks to all.

Mark & Helen Edwards markedwardsmac@gmail.com

Future events

Eastern CC events

For other events, please refer to page 1 of this newsletter, or go to <http://easternvets.com/roster/>.

Note: Graded scratch race entries are accepted on the day up until 15 minutes before the advertised race start time. Handicap entries close the Tuesday or Wednesday before the race, as advertised. Riders who enter a handicap *must* pay the entry fee regardless of whether they participate. Fees are due on race day; entrants will *not* be allowed to start in any ECC race until fees have been paid. No late entries will be accepted for either scratch races or handicaps. Entries to handicaps can be submitted to the handicapper via email or TeamApp, or on any race day before the event.

Northern CC events

For details, go to <http://northerncycling.com.au>. Please note that Northern has a new start time of 10 am for road races. Start time for criterium races at National Boulevard remains unchanged at 9 am.

VCV events

See flyer on the following pages for details of the following event:

- Geelong and Surf Coast Women's Handicap (supported by men's scratch races) on 2 December.

CAMS 2019, Adelaide, 12–17 January 2019

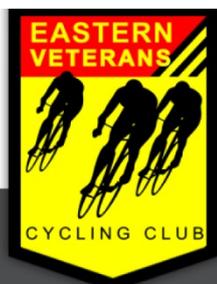
You are welcomed as an interstate rider to this important AVCC/SAMCA event.

What's new?

- A Sprint, Hill Climb and KOM on Willunga Hill (just like TDU)
- You can enter five events: Criterium, Sprint, Road Race, Time Trial and Hill Climb
- Aggregate Mens/Womens trophy with 2nd and 3rd being recognised

Here's what we are offering

- Saturday 12 January: Graded Criteriums at Victoria Park Crit Track followed by Sprints, both using Mylaps timing (\$5 hire covers both events)
- Sunday 13 January: Graded Road Race at McLaren Flat with KOM on Willunga Hill – just like TDU – using





Orion timing (\$5 hire)

- Monday 14 January: Individual Time Trial at McLaren Flat using Orion timing (\$5 hire)
- Thursday 17 January: 6 km Hill Climb along Old Mt Barker Bike Track using Mylaps timing (\$5 hire)

We have deliberately kept the transponder hire as low as possible.

The events are being run as close to the city as possible and finished in time for you to get to the TDU.

Road Race and Time Trial are in the McLaren Vale premium wine district in beautiful countryside.

Photos of you racing and on the podium, with results, will be posted on the website that day.

We are asking our riders if they would be willing to host a fellow cyclist from interstate. If you are interested, please contact me: rfreak@bigpond.com.

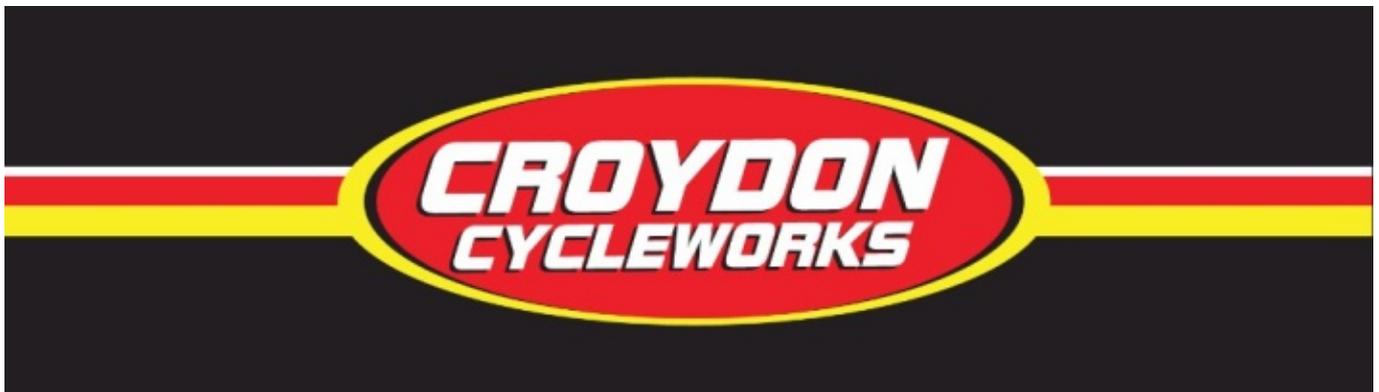
The usual attractive prize money, recognising more riders in bigger fields; giveaways; incentives for being there at presentations.

We look forward to having some of the best Masters/Vets cycling in Australia. You have to experience the fantastic hype around the TDU to believe it!

Keep watching the website for registration and more details.

Robert Freak – CAMS Race Director, on behalf of the CAMS committee

Sponsors



WOMEN'S HANDICAP RACE

SUNDAY 2ND OF DECEMBER 2018 10AM

GSCC CLUB ROOMS, HENDY MAIN AND
GRASSDALE ROAD

MEN'S SCRATCH RACES 9:30AM



GEELONG & SURF COAST CYCLING CLUB INC



VETERAN CYCLING Victoria

TROPHIES

PRIZE MONEY

51.6 KM

<https://ridewithgps.com/routes/28628201>

AFTER RACE BBQ

ONLINE ENTRY ONLY: \$20 FOR WOMEN'S RACE

<http://www.veterancycling.com.au/>

MALE SCRATCH RACES: EMAIL GSCC AT

daverobbo@hotmail.com NO LATER THAN

30th NOVEMBER 6PM: \$15



simply
helping

In-home Care & Support Service

Get Into Road Racing

(#GIRR2018)



If you've considered road racing & have reasonable bike handling skills, but don't have the knowledge or confidence to race, then this course is for YOU.

Eastern Cycling Club is running a 4 week introductory course that provides all participants with the necessary skills and confidence to start competing in road cycling races.

This course is aimed at Female road cyclists over 30YO and Male road cyclists over 35YO with reasonable road cycling skills.

Your safety is our priority.

All ECC road races are fully approved by Victoria Police and local council with traffic management including: traffic control, marshals and first aid officers.

What can you expect?

Over the four-week period, all participants will complete three weekly training sessions and a trial race supervised by two qualified Cycling Australia coaches as follows:

- Week 1 – Wednesday 24th October – Introduction, safety & basic skills.
- Week 2 – Wednesday 31st October – Overview of a race, warm-up, where to position in a race, drafting, skills and techniques etc.
- Week 3 – Wednesday 7th November – As per week 2 plus a short mock race.
- Week 4 – Wednesday 14th November – Warm-up & trial race with fellow GIRR's.

Where? METEC Driver Education Centre, Colchester Rd, Kilsyth, 6.00pm – 7.00pm

This is a “closed private” circuit, so no traffic.

How much does it cost? \$50 includes insurance, off-road venue and coaching

Further Info: Contact Emma Smith, ECC Vice President 0437 437 800 or at fortune5@live.com or register at www.easternvets.com

Registrations close Sunday 30th September 2018, numbers are limited to 20

Eastern Cycling Club is proudly sponsored by;



ECC - Champion of Champions

R1 - Crit @ Casey Fields 5/5/18 R2 - ITT @ Thornton 25/8/18 R3 - Road Race @ Seymour 20/10/18 **Total**

W 50-54				
	Paula McGovern	5	5	10
Men 45-49				
	Glenn Newnham	5	5	10
	Perry Peters	3	3	6
Men 50-54				
	Phil Smith	2	5	7
	JP Jecqerc	1	3	4
	Paul Webster	1	2	3
Men 55-59				
	Phil Cavaleri	5	3	8
	Colin Doherty	1	5	6
	Rob Amos	3	2	5
Men 60-64				
	Colin Mortley	1	5	6
	Hylton Preece	2	3	5
	Peter Gray	1	2	3
Men 65-69				
	David McCormack	2	5	7
	Peter Webb	3	1	4
	Andrew Buchanan	1	3	4
Men 70-74				
	John Thompson	5	5	10
	Neil Cartledge	1	3	4
Men 75-79				
	Keith Wade	5	5	10
	Harry Hibgame	3	3	6
	John Eddy	2	2	4