

# Newsletter



## Duty Roster

### Sunday 16 December, Rocco Drive

John Thomson (R), Ray Watts (TC), Ian M. Smith (TC), Keith Wade, Adam Hinds, Paula McGovern, Lisa James, Brad Jones, Rob Truscott, John Cochrane, Shane Crowhurst

### Saturday 22 December, Casey Fields

John Williams (R), Phil Thomson, Aaron Field

*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](mailto:tiptop2@optusnet.com.au).*

Editor: Nick Tapp  
[nick.tapp@detail-ed.com.au](mailto:nick.tapp@detail-ed.com.au)

Eastern riders heavily outnumbered those from Northern at last Saturday's well-attended Dave Ryan Memorial crits at Dunlop Road. The results reflected the numbers, and Eastern comfortably retained the trophy. Well done to all who took part. Full results and reports are inside.

This weekend we race at a new circuit on Rocco Drive, Scoresby. Racing starts at 9 am on *Sunday* (note the day!) Register beforehand on TeamApp or before 8.45 am on the day. Registration tent and toilet will be located in the car park of Beach Hut Brewery, 4 Rocco Drive. Note that there will be *no parking* in No. 6 Rocco Drive as yoga classes will be in progress. Beach Hut Brewery will be open for our sole use from 10 am. Beer, cider, pizzas, chips and buffalo wings will be available, and there will be tables, chairs and an internal toilet for our post-race presentations. Come along and support your club – and a local business that is trying to support us.

**Breaking: Beach Hut Brewery will be providing a coffee van from 8 am on Sunday**

In other news, it's membership renewal time of year. AVCC licences expire at the end of December, so go to the membership page of the club website at [easterncycling.com/membership](http://easterncycling.com/membership), click the 'Renew' button and follow the instructions to be covered by insurance etc. for racing and training in 2019.



Big fields dominated by Eastern riders were the order of the day for the Dave Ryan Memorial crits at Dunlop Road, and none was bigger than B Grade.





## Dave Ryan Memorial graded scratch races, Dunlop Road, 8 December

Grade	1st	2nd	3rd	4th	5th
A Grade (16)	Phil Smith	Jean-Philippe Leclercq	Rob Amos	Colin Doherty	Lawrence Lee
B Grade (21)	Chris Ellenby	Paul Webster	Max Komhofer	Nick Nomikos (N)	Ray Russo
C Grade (19)	Rob Lackey	Chris Beard	Franc Tomsic	Peter Ransome	Adam Dymond
D Grade (20)	Greg Harvey	Stephen Saunders (N)	Ken Allan	Colin Mortley	Max Michelson
E Grade (11)	Geoff Forbes (N)	Harry Hibgame	Barry Rodgers	J.C. Wilson	Laurie Bohn
F Grade (4)	Ray Watts	Clive Wright	Ron Stranks	–	–

### B Grade

*By John Williams*

Eh up, lads, it seems that Northerners work down t' pit on Saturday, no wonder there were so few at Dunlop Road to contest the Dave Ryan Memorial trophy. Meanwhile them stockbrokers and lawyers from the East had a leisurely champagne and cray brunch before lining up to show the blue collar folk what for, especially when we outnumber them 5 to 1.

No better example than C Grade where, with a 17 to 1 superiority, we created an early break of eight, and then the other nine contrived to get lapped whilst holding back the sole Northerner. Somewhat reminiscent of the 'hunt' back in old blighty – 17 hounds onto one fox, and they called that sport, too! I'm surprised we didn't let the poor Northerner's tyres down as well.

Anyway, this is the B Grade race report, aka the 'I don't wanna race in A Grade' grade.

Here we only had a 4 to 1 superiority in numbers, but then it turned out that two of theirs were from Hume, not Northern, and another one was Eastern but doesn't ride too often.

Still, you can only race those who turn up, and race we did. After the first lap my average speed was showing 37.5 km/h as we gradually ramped up, courtesy of Walter, a couple of Pauls and

sundry others. By lap 5 the average was showing 40.3 km/h without much sign of slowing. I felt sure I couldn't maintain this fury, and I was right, gradually dropping back through the field before executing a solo break off the back. Once I have mastered this manoeuvre, I'll experiment with one off the front. After a lap and a half solo, my average was still over 40, but the pack were putting on 20 seconds per lap and I lost sight of them soon after.


Apparently Paul Firth broke free and the pack sat up to let him cruise away so, if I had survived another lap or so, I may have held on. All ifs and maybes.

After a number of solo laps I was lapped by Paul, then spent half a lap blocked by a truck, even having to stop at the top corner with the D Grade break, as the truck couldn't get around the corner. Then B Grade came past and I happily sat on the tail end now all the heat had gone out of the race.

Towards the end I saw that Paul had been caught, Chris 'did an Ellenby' and survived to the line, and Paul Webster won the sprint for 2nd. The other places were shared equally by Eastern, Northern and Hume, giving us a convincing win, and placing Northern 3rd in a two-horse race!

Sharing my woeful top-speed limitation with another rider post race, he suggested that I was not utilising my strongest muscle in my pedal action. I smiled, pointing out that I saved that





muscle for different action, but he was referring to my gluteus maximus. Apparently I need to recruit it, so if we have any headhunters (or butt hunters) that can put me in touch with gluteus, please get your people to talk to my people.

Good to see that first aid was not required despite large fields and high speeds, so thanks and well done to Richard, Andrew and all marshals and helpers for providing us with safe racing.

## C Grade

*By Rob Lackey*

Last week's Dunlop was billed as the big one. A chance to host our cross-town rivals in the Dave Ryan Memorial crits against Northern.

Inspecting the trophy pre-race I noted the list of respected Eastern riders that adorned the side of the well-thought-out and large structure. I mentioned to Shelly, our first aider, that there was hope for me yet to get my name engraved on something! Shelly as always gave me one of those motherly smiles, as in 'Sure, Rob'.

Encouraged not to 'race' twice, I donned a fluoro vest to marshal at the top of Geddes Street, which allowed Max 'the axe' Kornhofer to have a crack. Glad I did as he placed 3rd in his race.

Noting the breaks in each grade, I thought that I would have to be extra vigilant and not get boxed in during my race so as to be able to respond. Seemed a bizarre, hot, humid day with a funny breeze standing on the sidelines.

Pre-race briefing had me chatting to Pete Ransome, discussing – as we have come to do of late – how much training we are getting in. Not much, was the consensus.

First lap after the neutral Pete takes off with a couple of hangers on. At this stage I was up beside Kym when we both said, 'Wait, what?' I enquired as to who had broken the barrier and taken off. (Knowing that there was one solo Northern racer, I figured we should have had a few more tactics up our sleeves.)

Kym announced that it was Pete Ransome, to which I replied, 'Nah, he's just foxin' it. Don't reckon he has the legs or puff in him today.'

Well, I'm mostly happy to admit when I'm wrong. As we rounded the main straight it was like someone had frightened the horses as racers started to peel off the front in an effort to latch on to Pete and Co. Pete and Co. was quickly becoming Ransome et al, with some notable sprinters in Dean Tune, Adam 'El Presidente' Dymond and Hylton 'Immediate Past El Presidente' all taking off.

Kym asked, politely I might add, why we were chasing our own riders. Reports of this question being asked were heard in Frankston, with further unconfirmed reports of the question being heard as far away as Hobart!

I wanted to answer Kym but found myself kicking to latch on to the breaking group. My answer would have been something like, 'Because we are middle-aged men and our egos won't allow for anything less' or something like that. It was a day for egos, not ergos!

Soon, though, I was out of breath from trying to latch on. It took me two laps to lock on to Dean Tune, who happened to be performing the role of arse-end arnold quite well.

I thought, as long as I hang back and conserve myself I may be in with a chance. After all, I deserved a rest after chasing down for two laps and having survived Kym's sonic boom of a question. A rhythm developed and I expected that the main part of C Grade would have caught us nine adventurers.

There seemed to be a couple of little stretches off the front but nothing that wasn't shut down in a matter of a few hundred metres. Pete managed to flatten his own tyre so as he could grab a lap out to swap wheels. Magic, that move, and I'll need to learn it one day! But for a good portion our race seemed like a team time trial. Our average was high and, most importantly, consistent.

Toward the pointy end of the race we were within a bike's length of our original group. They were really in ergo mode. We backed off to allow A Grade to stream through, and then the fun started.

Surges, track stands, slow, slow, slow, surge, sprint and so on was the game we were now





playing. Now, I've never raced track but if that's what it is like, then no thanks! No-one wanted to be on the front for the last few laps i.e. no-one wanted to lead anyone else out. Fair enough, but Jesus!

This continued well past the bell until the second-last corner we started to form. The team time trial was no more. Ears pinned back, somebody kicked, then Adam kicked, which I followed.

As we approached the finish line, a couple of A Graders were cruising back after their race, and in trying to get around a car approached on the opposite side of the street.

Interesting, I thought, so I did what most would do in that situation and politely asked them to 'Move aside promptly in order to allow us all to pass

safely'. Now, it probably didn't sound like that to most, but that's how it did in my head – promise.

Anyway, I put the foot down and nudged another gear, which got me across the line in 1st place!

Happy with that one as it's been a while since I stood on the top step – in fact, I don't think I've ever stood on the top step of Neil's wonderful podium, so what a day.

Also, winning the arm warmers was a treat too. Thanks, Madam Secretary!

Great to see Eastern hang on to the trophy and very happy that my name will go on it under C Grade 2018! Giddy up!

Happy and safe racing!

## Club Aggregate Championship 2018

This Sunday's races at Rocco Drive are the last chance to score points towards the aggregate championship for 2018. The aggregate championship determines an annual club champion based on performances in Saturday (or Sunday) racing across the year.

The table shows the top 10 in the aggregate competition going into this Sunday's final round.

Rider	Points
Jean-Philippe Leclercq	62
Phil Smith	54
Peter Gray	50
Ken Allan	46
Peter Webb	45
Neil Cartledge	44
Chris Hughson	43
Max Michelson	43
Greg Harvey	42
Adam Dymond	41







## Croydon Cycleworks Summer Twilight Crit Series, METEC, 11 December

There was no Tuesday night racing at METEC this week, but more than 30 riders showed up to ride in the Dandenongs (see below). Thanks to Kym Petersen for organising!



## Wednesday criterium at the Loop, Yarra Boulevard, 12 December

Division	1st	2nd	3rd
Division 1a (9)	Mark Seddon (N)	Chris Munro (CV)	Tony Hallam (G)
Division 1b (13)	David Rooke (N)	Grant Farr	Mark Edwards
Division 2 (9)	James Somers	Richard Dobson	Nick Nomikos (N)
Division 3 (7)	Peter Gray	Ken Allan	Geoff Forbes (N)
Division 4 (4)	Alan Cunneen	Barry Rodgers	Laurie Bohn

Thanks to referee Stephen Barnard, first aider Michael Waterfield, Dean Niclasen and other helpers.



## News etc.

### Life Membership to Peter Mackie

At this week's meeting of the club committee, Peter Mackie was awarded Life Membership of Eastern Cycling Club. Pete's palmarès includes:

- nine years as Handicapper
- running the show every Saturday – taking registrations, handicapping, reconciling money, assisting with presentations etc.
- running the Twilight Crit series and sacrificing his own racing so he can referee
- miscellaneous work in handicapping the field for club and state champs.

This should be a very popular award and is well-deserved recognition of many years of diligent and passionate service to ECC.

*Adam Dymond*



*Pete receives the award from Club President Adam Dymond.*

### A winning contribution (II)

A huge thank you to everyone who has contributed to my Tour de Cure fund so far. The raffle last weekend, together with the donated prize money from Casey Fields and Dunlop Road, has raised a massive \$785.

Gratefully yours,  
Madam Secretary

### Hour record

Congratulations to former long-time Eastern member Liz Randall, who just this Thursday set a new Australian hour record for her age group (70–74 years) by riding 36.245 km in an hour at DISC velodrome in Thornbury. This adds to the Australian hour records she holds for women 60–64 and 65–69 years. Liz was attempting to set a new UCI world hour record, and missed it by just 336 metres, or a lap-and-a-bit.

### Below the Belt Pedalthon

This fundraising event for research into urogenital cancers is on again, on 17 March 2019, at Sandown Racecourse. You may remember that three teams with members from Eastern Vets took part in the 2018 Pedalthon earlier this year. Neil Cartledge's team raised the third-highest amount of money and finished 4th in the three-hour event. Watch this space for more news or go to <https://www.belowthebelt.org.au/>.



## Old club kit

With a new-look kit on the way, the committee has agreed to sell the last stock of old Eastern CC kit for cost less 20%. See below for prices and availability as of a few weeks ago. If you are interested in picking up a soon-to-be-vintage bargain, please email David McCormack at [davemacq@bigpond.com](mailto:davemacq@bigpond.com).

Short Sleeve Jersey – \$35			
"S"	"M"	"L"	"XL"
0	3	2	0

Long Sleeve Jersey – \$35			
"S"	"M"	"L"	"XL"
0	0	1	0

Wind Vest – \$35			
"S"	"M"	"L"	"XL"
1	1	1	2

Miscellaneous – \$10				
Cycling Caps	Dress Caps	Socks sizes		
27	17	2 - 8	7 - 11	11 - 14
		2	17	8

Knicks (BnB) – \$40				
"S"	"M"	"L"	"XL"	"XXL"
0	2	3	3	1

Knicks (BnB, old design) – \$25				
"S"	"M"	"L"	"XL"	"XXL"
0	0	0	2	2

Knicks (old design) – \$10				
"S"	"M"	"L"	"XL"	"XXL"
0	0	0	0	1

## 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](mailto:John.Williams@jhw.com.au) or 0419 713 087.

*John Williams*

## No Buninyong tent, National Road Champs 2019

Col Mortley and Mark Edwards have decided not to do the tent set-up beside the course at Buninyong. Sorry, but there was not quite enough interest to warrant the very early start and work involved.







## Future events

### Eastern CC 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.

### 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](mailto:rfreak@bigpond.com).

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

Nominations for CAMS events are now live on the SAMCA website: <https://www.samc.org.au/cams/>.

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







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