

Newsletter

2 February 2019



Duty Roster

Saturday 2 February, Casey Fields

John Williams (R), Justin Hogan,
Chris Hughson

Saturday 9 February, Yarra Boulevard

Nick Tapp (R), David Holt, David
Worland, Peter Ransome

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
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The newsletter is back from summer holidays (see photo below) with results and one report from racing at Yarra Boulevard ('the Loop') last Saturday and results from Wednesday morning. Tuesday night racing in the Croydon Cycleworks series at METEC was cancelled this week owing to the extreme heat. Budding correspondents, please sharpen your pencils! Race reports from each Saturday's racing throughout the year will be gratefully received and will normally be published in the following week's newsletter. Send them in an email, or attached as a Word document, to the Editor (nick.tapp@detail-ed.com.au) by Wednesday evening.

This Saturday's racing will be graded scratch races at Casey Fields, off Berwick–Cranbourne Road, Cranbourne East. The registration desk closes at 1.45 pm and racing starts at 2 pm. As usual, you can sign up ahead of time on TeamApp.

The following Saturday, 9 February, the circuit at Yarra Boulevard is not available for warming up and setting up until 1.30 pm and racing will start at 2.30 pm rather than the usual time. Racing continues as well on Tuesday evening (at METEC) and Wednesday morning (Yarra Boulevard, aka the Loop).

Membership renewal

Last reminder. If you still haven't yet renewed your membership for 2019, go to the membership page of the club website at <https://easterncycling.com/membership>, click the 'Renew' button and follow the instructions to be able to race and to be covered by insurance etc. for racing and training.



On Mt Hotham during last Sunday's Alpine Classic. Photo: Tim Fitzgerald



Graded scratch races, Yarra Boulevard, 26 January

| Grade | 1st | 2nd | 3rd |
|--------------|---------------|------------------------|----------------------|
| A Grade (10) | Chris Ellenby | Jean-Philippe Leclercq | Phil Cavaleri |
| B Grade (12) | Grant Farr | Paul Firth | Max Kornhofer |
| C Grade (12) | Doug Page | Roman Suran | Michael Lavender (N) |
| D Grade (5) | Colin Mortley | Kelly Murphy (N) | Peter Gray |
| E Grade (5) | Geoff Miller | Michael Muscat | Pat Ruys |
| F Grade (4) | Clive Wright | Ron Stranks | John Eddy |

E Grade

By Pat Ruys

Today we saw the whippets – Geoff Miller, J.C. Wilson and birthday boy Laurie Bohn – against the heavyweights – the in-form Michael Muscat and myself (Pat Ruys). Had a good warm-up and rode to racing again today, but while I was warming up on the circuit my Di2 died – oops, I forgot to charge it.

So it was the small chainring for me today. It was going to be a high cadence day – one part of cycling I'm not too good at, but I'm getting better all the time. Different tactics for me today: recover on the downhill and spin like hell on the uphill. We were all together for the first four or five laps, with all of us attacking up the hill except for the birthday boy. But as we went over the top they all went up a gear. I was spinning like hell and getting nowhere. It wasn't long before I was dropped and nearly threw in the towel. But that's not what I train for, so I dug in for the long haul. I wasn't going to get lapped. Once I found a tempo that worked well for me, I started to chase.

The first rider I caught and dropped was J.C. Wilson. Then a few laps later I caught Laurie

Bohn and dropped him, but I just couldn't see Geoff and Michael. They were at least half a lap in front of me. I pushed as hard as I could going up the hill, then I would roll past Paula (where she was marshalling) at anywhere between 39 km/h and 45 km/h. As you know, on the downhill there is a slight uphill. I would pedal through that section, then roll again to the bottom corner, then attack again up the hill. I just couldn't believe it – I could finally see them, but not only could I see them, I was gaining on them. I was like Puffing Billy going up, and everyone was encouraging me.

With about 10 minutes to go I caught them and passed them. What was I thinking? I totally stuffed up. Should have just sat there, because two laps later they attacked me again on the downhill, I was wasted and had nothing left in the tank. Geoff Miller came in 1st today, 2nd place went to Michael Muscat, 3rd place myself, 4th place Laurie Bohn and J.C. Wilson 5th.

After the presentations I rode home for an 85 km day. Pete, our handicapper, passed me near Malvern Station and gave me some wise advice, just two words: 'Charge it'. Which I did when I got home.



Wednesday criterium at the Loop, Yarra Boulevard, 30 January

| Division | 1st | 2nd | 3rd |
|------------------|-----------------|-----------------|--------------------|
| Division 1a (10) | Mark Seddon (N) | Russell Newnham | Stephen Lane (N) |
| Division 1b (8) | Pete Morris | Nick Tapp | David Rooke (N) |
| Division 2 (7) | John Williams | Doug Page | Stephen Barnard |
| Division 3 (3) | Shane Dwyer | Simon Bol (N) | Paul James |
| Division 4 (4) | Alan Cunneen | Laurie Bohn | Paul Griffiths (N) |

Future events

Eastern CC events

Please refer to page 1 of this newsletter, or go to <https://easterncycling.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 the flyer at the end of this newsletter for details of the Camperdown to Warrnambool Handicap 2019.

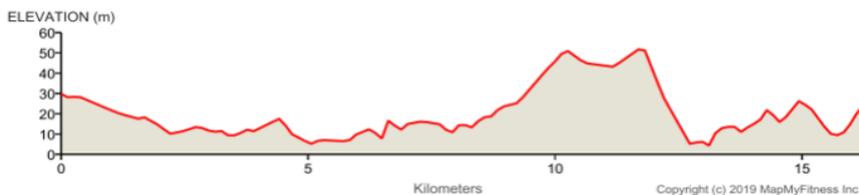
Sponsors





BILL LONG **CAMPERDOWN TO WARRNAMBOOL** **16th February 2019**

Exciting new run in: via Allansford and Hopkins Point Road to the finish line on Raglan Parade under the Melbourne to Warrnambool banner.



More information:

<http://www.veterancycling.com.au/events.html#camperdown>

Enter Now:

<https://www.registernow.com.au/secure/Register.aspx?E=33289>



Sponsored by
Patron
Ray King

74km Open Handicap
Road Race

10am start

Registrations:
Commercial Hotel
Leura St
Camperdown

Entries Close:
Tuesday 12th
February

Entry Fee \$30
Transponder Hire \$5