

Newsletter

9 February 2019



Duty Roster

Saturday 9 February, Yarra Boulevard

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

Saturday 16 February, Casey Fields

Tony Curulli (R), Clive Wright,
David Pyne

*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

Racing last Saturday was cancelled because of the forecast high temperature. You can read the club's weather policy at <https://easterncycling.com/weather-policy/>. Tuesday and Wednesday racing went ahead and results are inside, along with an update on the Croydon Cycleworks series standings – among other things.

This Saturday's racing will be at the Loop, off Yarra Boulevard, Kew. Because of events at the circuit earlier in the day, racing will start later than usual, at 2.30 pm, and the registration desk will close at 2.15 pm. It's within riding distance for many, but there is also limited parking available on the Boulevard and more down below at Studley Park Boathouse. As usual, you can sign up ahead of time on TeamApp.

A reminder that race reports for the newsletter from each Saturday's racing throughout the year will be gratefully received and will normally be published the following week. Send them in an email, or attached as a Word document, to the Editor (nick.tapp@detail-ed.com.au) by Wednesday evening.

And a correction: 2nd place in Division 2 at the Loop last week went to Northern rider Raelene Lesniowska, not to Doug Page, as stated. Apologies all round.



The D Grade podium at METEC on Tuesday (L-R): Peter Brann (2nd), Veronica Vandebroek (1st), Harry Hibgame (3rd)



An update from the President

Greetings members,

Here are some important updates from last night's general committee meeting for your information and consideration.

AGM and committee positions

Our AGM is coming up on Wednesday 13 March and we need new blood coming into the committee.

Please consider putting your hand up for any of the the following positions – or, if you're time poor and just want to help out, let us know and we will find something for you to do. In particular, we need people to fill the following important roles:

- Saturday marshalling and duty coordinator – Andrew Buchanan is standing down after six years in the role; this role requires a few emails and phone calls every week
- Coordinate Saturday traffic control set-up – we have split Andrew's old role in half to make it more manageable
- Assistant Handicapper – Pete has put his hand up for the 10th year in a row but can't do this forever; we need 2–3 assistant handicappers to help Pete and learn the ropes for when he does eventually stand down
- Assistant Treasurer – likewise, Juanita has put her hand up again, however she can't do this for ever either, so we need someone to come in, learn the ropes and hopefully take over in a year or two
- Referees coordinator – to take the lead on ensuring all ECC races have an accredited race referee in attendance and also that all our referees have the correct accreditation
- State referee – we need to have our own 'in-club' state referee, whose main duty is to referee club open handicaps; this is a paid position via VCV
- Miscellaneous helpers – let us know if you want to get involved and we will find you something to do.

Feel free to discuss any of this with the committee executives: Adam Dymond, Susan Williams, Juanita Stumbles, Emma Smith, Max Michelson or Peter Mackie.

C'mon guys, get involved, more hands make light work.

Insurance

A reminder to all members that you must have your own personal ambulance insurance.

Note also that your bike is not covered by your VCV insurance policy so, if you want to insure it, you need to take out a policy.

A review of the current race insurance policy is under way. If you have concerns or are not sure about what you are covered for, please refer to the attached link for policy details: <https://sport.aig.com.au/australian-veteran-cycling-council/>.

We will post the AVCC policy document on the club website as soon as possible.

Regards,
AD





Monthly Sunday ride with CCW

ECC Sunday morning social rides in conjunction with our major sponsor, Croydon Cycleworks, kick off again soon, with the first being on Sunday 17 February.

These rides are aimed for everyone, with two groups – one slow–medium and one faster. Both will leave from Croydon Cycleworks shop at a time to be confirmed.

The ride

This is a 'no drop' ride, so even if you don't feel you have the pace to keep up, a smiling face will be there to greet you at main corners so you won't get left behind.

After the ride, everyone will gather in Main Street at about 8.30 am for a well-earned coffee/cake.

The route

Heading out from CCW shop, we head up Mount Dandendong Road, making a right-hand turn into Colchester Road. Following this road and making a left-hand turn at Alber Street roundabout into Mountain Highway takes each group to the base of the 1 in 20 to regroup.

Everyone will pace themselves up to the top to regroup again at Sassafras.

Taking a left-hand from here, both groups will proceed up to Olinda with a final descent into Montrose, regrouping again at the main roundabout, with the possibility of the kick up to Sky High for the fast group – again, to be confirmed.

Taking Mount Dandenong Road back leads both groups to the final destination – coffee!

Dates

Sunday 17 February

Sunday 17 March

Either Sunday 14 April or Sunday 28 April (as Sunday 21 April is Easter Sunday) – to be confirmed

Sunday 19 May

Then let's see what the weather is doing after that.

Go to the club website or see next week's newsletter for more details, or visit Team App to let us know you are coming.

Hope to see you all there!

Cheers,
ECC and CCW



Croydon Cycleworks Summer Twilight Crit Series, METEC, 5 February

Grade	1st	2nd	3rd	4th
A Grade (15)	Chris Hughson	Richard Abel	Glenn Newnham	Lawrence Lee
B Grade (10)	Mark Edwards	Grant Greenhalgh	Walter Savini	Paul Firth
C Grade (14)	Tim Maffey	Gary Pye	Nick Panou	Haydn Chapman
D Grade (9)	Veronica Vandenbroeck	Peter Brann	Harry Hibgame	Colin Mortley
E Grade (4)	Geoff Miller	Leon Bishop	Peter Shanahan	--

Top 10 hot's up

By Peter Gray

With only eight rounds completed, it promises to be a 'hotter' summer than in the past with a possible seven races remaining.

The series has been significantly shortened by several factors, including cancellations for rain and heat, Christmas/New Year (which both fell on Tuesday) and venue availability.

The points differential is starting to compress and placings are becoming volatile, so there is no room for complacency among riders striving for glory and that coveted trophy.

Walter Savini (Mr Consistent) is holding a comfortable 12-point lead on his nearest rival, Peter Gray (Mr Inconsistent), while only 11 points separate places 2 to 10.

The big movers into the top 10 this week, with wins in their respective grades, were A Grade's Chris Hughson, who jumped into 6th place with an exciting demonstration of power sprinting over Richard Abel, Glen Newnham and Lawrence Lee; and D Grade's Veronica Vandenbroeck, who catapulted into 8th place with her second

consecutive win, in a consistent effort throughout the evening followed by a measured sprint.

An interesting statistic – the top 10 contains:

- 4 riders from A Grade
- 3 riders from B Grade
- 2 riders from C Grade
- 1 rider from D Grade.

Rider	Grade	Points
Walter Savini	B	56
Peter Gray	C	44
Grant Greenhalgh	B	42
Lawrence Lee	A	40
Richard Abel	A	39
Chris Hughson	A	36
Nick Panou	C	36
Veronica Vandenbroeck	D	36
Max Kornhofer	B	33
Glenn Newnham	A	33

Wednesday criterium at the Loop, Yarra Boulevard, 6 February

Division	1st	2nd	3rd
Division 1a (9)	Mark Seddon (N)	Russell Newnham	Troy Jordan (N)
Division 1b (8)	Pete Morris	Nick Tapp	John Hasouras (N)
Division 2 (12)	Adam Eastoe	Doug Reynolds (GCM)	Greg Foster (N)
Division 3 (4)	David Drew (N)	Simon Bol (N)	Shane Dwyer (N)
Division 4 (6)	Susan Williams	Alan Cunneen	Paul Griffiths (N)

Thanks to referee John Williams, Dean Niclasen and others. It was good to see Neil Cartledge out and about at the finish line.

News etc.

Award to Paula McGovern

Congratulations to Paula McGovern, who has been honoured with an award in recognition of her efforts in support of women's cycling. During a ceremony at the Jayco Herald Sun Tour, Paula was presented with the Cycling Victoria Nicola Davis Spirit of Breeze Award as part of CV's 2018 International Women's Day awards. The award recognises Paula's involvement in She Rides (<http://cycling.org.au/Participation/She-Rides>) as well as her coaching activities (Paula is a Level 1 accredited cycling coach) and her role with Rowville Riders and the Puka Up suicide prevention campaign. Paula races regularly with Eastern and has been instrumental as a coach in the success of the club's Get Into Road Racing program. Great stuff, Paula!

You can read the full announcement online at <http://vic.cycling.org.au/News/paula-mcgovern-wins-spirit-of-breeze-award>.



Paula (second from right) among the heavy hitters with the CCW (A) team at the 2018 Team Time Trial

Below the Belt Pedalthon

This ride in support of research into urogenital cancers – the ones below the belt – is on again, on Sunday 17 March at Sandown Racecourse. Three teams with members from Eastern Vets took part in the 2018 Pedalthon. Neil Cartledge's team raised the third-highest amount of money and finished 4th in the three-hour event. See the flyer at the end of this newsletter for more.





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 Bill Long Camperdown to Warrnambool Handicap 2019. Entries close Tuesday 12 February so you'd better get cracking!

Sponsors



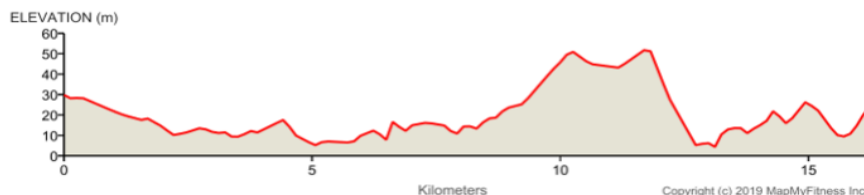
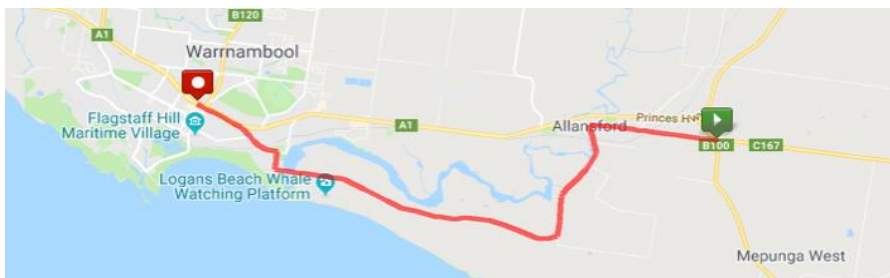
AUTOMOTIVE ENGINE SHOP





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

Like cycling? Don't like cancer?

**RIDE WITH US
IN MELBOURNE**

**SANDOWN
RACECOURSE
SUNDAY
17 MARCH
2019**

Join us in the ride to defeat testicular, prostate, bladder and kidney cancers!

Following on from the success of the inaugural Below the Belt Pedalthon in Melbourne, we are doing it again. Register, ride and raise vital funds in the ultimate community challenge on Sunday 17 March at Sandown Racecourse.

Whether you are an avid cyclist, new to the sport or just looking for a challenge, we invite you to ride to help those living with urogenital cancers and to improve outcomes for the next generation.

Ride as many laps as you can in 3 hours (open race) or 1 hour (family challenge) on Melbourne's iconic Sandown Racecourse. The day also includes the short course competition, best dressed, post ride lunch, awards presentation and great entertainment. A fun day out for all!

The Pedalthon was founded to promote awareness of these common but 'less glamorous' cancers and to provide ANZUP with critical funds needed to improve the lives of so many.

Every cent raised by the Pedalthon goes directly towards clinical trials research, which means straight into the hands of experts committed to treating testicular, kidney, bladder and prostate cancer better.

We can defeat these cancers – but only with your support!

How are you helping?

All funds raised will benefit ANZUP Cancer Trials Group in their efforts to improve treatments and outcomes for those affected by urogenital cancers.

It can be challenging to obtain initial funding to move a concept through to being a viable clinical trial. That is why the Below the Belt Research Fund has been established: to move new ideas into the next evolutionary phase and ultimately completion.

Fundraising efforts from the Pedalthon has provided 18 medical researchers' funds for their successful projects. These projects are crucial to improve treatments and outcomes for those living with these cancers.

We need your help to fund more trials.

www.belowthebelt.org.au

With thanks to our venue partner MRC Foundation

Through your support, the Pedalthon aspires to change how we view, act, respond, and treat below the belt – testicular, prostate, kidney and bladder – cancers.

Every dollar raised will help ANZUP improve the treatment and outcomes of those affected by these cancers.

**OVER
23,988**

PEOPLE DIAGNOSED
EVERY YEAR NEED
YOUR HELP

Package highlights

- Individual, team or family registration
- Access to food, coffee, refreshments, and entertainment
- Insurance
- Awards for champions and other categories
- Post ride lunch with awards ceremony
- Complimentary 2019 Pedalthon jersey and t-shirts for children
- Plenty of entertainment and fun!

Event details

Sunday 17 March 2019

7.00am - 7.45am

Registration and breakfast

7.45am - 8.00am

Safety and event briefing

8.00am - 11.00am

Open race (most laps in 3 hours)

11.05am - 12.05pm

Family challenge (most laps in 1 hour)

12.15pm - 12.45pm

Sprint challenge

12.45pm

BBQ Lunch and awards presentation

Registration fees

Open race challenge registration
team of 4):\$600

Family challenge registration
(2 adults and 2 children): \$150

Individual registration: \$180

Individual fundraising goals:

Individual: \$500

Children: \$100

To register go to www.belowthebelt.org.au

Let's fight cancer below the belt!



For further information please contact pedalthon@anzup.org.au or 02 9562 5042