

Newsletter

23 February 2019



Duty Roster

Saturday 23 February, METEC

John Thomson (R), Garry Wishart, Craig Oliver

Saturday 2 March, Garfield

Mark Edwards (R), Tony Kimpton (TC), Peter Webb (TC), Steve Short (TC), Brett McInnes, Nathan White, Wes Black, Neville Williamson, Grant Farr, Stewart Bendall, Geoff Darroch, Sam Bruzzese

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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Casey Fields was relatively calm last Saturday. All grades contested two intermediate sprints, and races were decided on points accrued in these and the final sprint. You can read results and a race report inside. There's also a report from Pat Ruys, who was one of several Eastern members to compete in the Bill Long Camperdown to Warrnambool Open Handicap last Saturday. Tuesday and Wednesday results are there as well.

Several Eastern women riders were involved – either as competitors or in an organising role – in the inaugural Melbourne Bicycles Hanging Rock Handicap last Saturday. Nearly 100 women raced, and Club Secretary Susan Williams finished 8th (see photo). We'd have had a report and more photos, but virtual gremlins intervened. Maybe next week.

This Saturday's racing will be at METEC, starting at 2 pm. The desk will close at 1.45 pm, and you can sign up ahead of time on TeamApp.



Toto, I've a feeling we're not at Casey Fields any more. Susan Williams (3rd from L) among the top 10 finishers in last Saturday's Melbourne Bicycles Hanging Rock Handicap. Photo: Louise Wolfers



Points races, Casey Fields, 9 February

Grade	1st	2nd	3rd
A Grade (10)	Kevin King	Chris Ellenby	Glenn Newnham
B Grade (10)	Pete Morris	Mark Edwards	Nick Tapp
C Grade (8)	Paul James	David Griffin	Ken Saxton
D Grade (9)	Chris Norbury	Greg Harvey	Ron Gillies
E Grade (–)	No race		
F Grade (6)	Alan Cunneen	Peter Shanahan	Ron Stranks

B Grade (I)

By Pete Morris

I'd dodged flak and innuendo all week after declining to enter the Camperdown to Warrnambool. So I skulked off to Casey for what looked like being a relatively depleted field. Walter 'Dodgy Back and Calf' Savini was off somewhere secretly training for Tuesday's CCW crit. Dean and brother-in-law Firth were getting shredded at the Bill Long, along with the majority of the Eastern riders who bravely entered this masochistic event. I sort of feel sorry for them; however, after reading their tales of woe, I am even surer I made the right decision not to enter.


Ten green hats warmed up at the unusually calm(ish) and sunny Casey. A small but talented bunch. Webby, always a danger – anywhere. Edwards, sure to attack repetitively – anywhere, anytime. John Thomson and Craig Stannard, both definitely not afraid to have a go. John Williams was looking angry, no doubt he was bearing a grudge after I beat him on the First Aid theory exam during the week. There were those riders who are definitely on a rapid improvement program, like Ian Smith and Ross Bowlby. Their time is nigh! Then there was Mackie, a wealth of knowledge of all our strengths and weaknesses, which ensures that any move by Pete is not to be ignored. Last but not least is our editor, not a bad word can be said about Nick because he will just

delete it anyway. Seriously though, I can't remember the last time I got over Nick in a bunch sprint – if ever.

So at the briefing Ref. Curulli shook it up a bit by making today's GSR a points race. All of a sudden, I was having regrets about the Bill Long. So, with the format explained and half-digested, we rolled out for the neutral lap. It was to be two intermediate sprints and a final sprint with 3, 2 and 1 point for placings in each. First time around after the neutral there was a bell for B! Geez, this one was going to hurt. A litany of surges off the front happened for the length of the sprint lap but none successful. A tightly bunched sprint saw me well and truly boxed in and it would have taken some Caleb Ewen head-butting efforts to extricate myself from the bunch. Edwards cleaned up the points with Nick, and John W. I believe, filling out the minor placings.

The second sprint was about a third of the way through the race. This one seemed pretty fast for the entirety of the bell lap. Edwards took a flyer down the back straight and it was a fight to regain his wheel, which I did just after the corner and took him just prior to the line. Mark held on for 2nd, not sure who was 3rd, and Nick was way off the pace in dead last.

Things settled down marginally for the remainder of the race. At about 50 minutes the final bell rang. I needed to win this one for the glory of the top step but I was going to be marked. Mackie



took it upon himself to have a dig down the back straight. I caught his wheel by the final corner and, in fear of actually having to survive in a sprint, kept going and managed to hold a nice gap to Nick and Mark all the way to the line.

With two wins/six points I was tied with Edwards but won on a countback. Nick took 3rd. Average speed: 36.7 km/h.

Thanks to all helpers, riders and officials for a memorable day at Casey!

B Grade (II)

By Mark Edwards

A tragedy in three acts

Author's note: any resemblance to actual events or people, living or dead, is entirely coincidental.

The scene

A godless, barren, windswept plain where an afternoon joust has been organised

The lead actors

- The hero, the **Knight Rider**, handsome, kind to children and animals, modest to a fault – Edwards
- The villain, the **Wasp**, the spoiler – Morris
- The **Thinker**, quiet, studious, fast and dangerous

The supporting cast

A hill of beens: the onces was beens, the oneday beens, the wanna beens, the coulda beens, aka my best friends

Act 1

The early Triumph

The contest is barely under way when the bell rings, signifying the first pass. Our hero lands a wonderful blow, taking all the points while holding the Wasp at bay and out of the points. The Wasp is stung to revenge. In another contest nearby we see a different story unfolding. Brer Ellenby ('Please, please, don't put me in A Grade, do whatever you like to me but please, please, I could never ever survive in A Grade') was away and looking as smug as ever while the rest of the field muttered, 'Do we need to talk about Kevin?'

Act 2

The Troubles begin

The Wasp wasn't always evil. Once upon a time, long before the first phantom, his ancestors were well-respected villagers. One fateful day a Morris performed a dance so horrible that his entire clan was banished forever. Their punishment was to be forced to wear the most heinous outfits, the most garish plumage known to man, the stuff rejected by Liberace, Priscilla and the Wiggles. The current Morris has manifested this in lycra – frightening kit that makes women shy, cover their children's eyes. The outcast Morris has remained bitter and resentful. The bell rings for round 2, our hero settles for second behind the raging Wasp but still leads the points comfortably heading to the grand finale. The Thinker is still there, watching, waiting. His chance will come.

Act 3

The Tragedy unfolds

Our hero needn't panic. The game is in his keeping. Only a couple of unlikely, unlucky scenarios can see him lose overall. His confidence sees him leave the fold and head off on long and fruitless crusades that weary him. The Wasp is lying in wait, saving himself, recharging his venom. The bell rings one last time, our hero is poised for a stunning triumph, but a black wall of lycra bums is spread across his path. The handicapper begins a curious move that turns into a mobile chicane before fading to nothing. The Wasp attacks hard and is away, gone, but still all is not lost. All our hero needs is 2nd, and he takes up the challenge. But the Thinker is there and refuses to yield. Nothing can be found to put in his wheel and his brake lever is just too far away. Our hero struggles so hard, everything begins to tremble, but the end has come and gone and all is lost. Women are weeping. The Wasp has won but still his lycra curse remains.

Next time, the pageant returns to the foothills. No doubt the Wasp will be sent up to A Grade where he can be safely contained.

Thanks to all. Happy and safe racing.



Croydon Cycleworks Summer Twilight Crit Series, METEC, 19 February

Grade	1st	2nd	3rd	4th
A Grade (17)	Richard Abel	Vaughan Bowman	J-P Leclercq	Chris Hughson
B Grade (8)	Mark Edwards	Shane Crowhurst	Dean Niclasen	Tim Maffey
C Grade (15)	Gary Pye	Nick Panou	Doug Reynolds	Andrew Wedderburn
D Grade (8)	Chris Norbury	Peter Gray	Peter Brann	Ken Allan
E Grade (6)	Geoff Miller	Peter Shanahan	Ed Holmes	--

Wednesday criterium at the Loop, Yarra Boulevard, 20 February

Division	1st	2nd	3rd
Division 1a (13)	Russell Newnham	Troy Jordan (N)	Chris Munro (CV)
Division 1b (10)	Ross Clark (N)	Dean Niclasen	Peter Webb
Division 2 (14)	Greg Foster (N)	Adam Eastoe	Terry Hollibone (N)
Division 3 (4)	Peter Gray	David Drew (N)	Shane Dwyer (N)
Division 4 (5)	Laurie Bohn	Alan Cunneen	Paul Griffiths (N)

Thanks to referee Susan Williams, Dean Niclasen and others.

Bill Long Camperdown to Warrnambool Open Handicap, 16 February

By Pat Ruys


I had a good warm-up, but I'm still the biggest guy in the 25 minute bunch. I was eager to go and so was everyone else – limit had 8 minutes start on us.

Off we went and it wasn't long before we were working turns together, averaging about 32 km/h. I made it halfway up the hill with them. I just couldn't believe, it the pace picked up a bit on the steepest part of the climb and I got dislodged and was dropped on that first climb out of Camperdown, 2 km into a 74 km race. There was

no way I was going to give up. Then, as I got closer to the top, I saw that my mate Ken Lacey had also been dropped.

It felt like old times. We didn't talk much and kept on working together, and about 40–45 minutes into the race the 19 minute bunch on the road passed us. I stayed with them for at least 25 minutes with average speeds around 39 to 43 km/h. When the next bunch passed us on the road we were climbing on the little pinch up (40 km into the race) and the speed went from 43 to 48+ km/h. That's where I lost contact and got dropped. Ken was able to hold on.





I ended up doing the last 34 km by myself. Paul Webster was driving his bunch with a huge turn of speed on the front as they passed me around 46 km into the race, and scratch caught me around the 52 km mark. I slowed through Alansford, where it was quite hilly and lumpy. I was the last rider on the road and came 100th out of 110 riders – only 10 riders didn't finish.

Believe it or not, I'm actually happy I finished and didn't come in last. It was a quick day with ideal conditions for all the bunches, and I ended up with an average speed of 31.3 km/h, which I'm really pleased with considering I rode the last 34 km by myself.

Eastern Cycling had nine starters today. In the 05:30 bunch were Paul Firth (90th), Dean Niclasen (89th), Steve Ross (69th), Rob Suter (87th) and Paul Webster (28th). In the 09:00 bunch was Nick Panou (DNF), in the 11:00 bunch Dean Tune (97th), and in the 13:00 bunch Graham Nicolson (55th).

After refuelling my body, I left Warrnambool with Paul, Dean, Rob and Paul for the ride back to

Camperdown, where our cars were parked. I told them not to wait for me as I was riding slower. At Panmure (24 km) there was a shop and a toilet. I offered a farmer with a ute \$50 to drive me to Camperdown as I was starting to feel it, but he was nearly home and knocked me back. So I pushed on. Shortly after I came good, about 10 km from Camperdown, the marshals who were in Alansford (who I knew from HST) stopped and offered me a lift. I knocked them back since I knew I only had about 10 km to ride. I was only 25 minutes behind the boys as they called to me at a bakery. Just as I got some food Paul, Dean and Paul left for their drive home and Rob sat with me while I ate.

That was a huge day – started off with a 10.8 km warm-up, then a 73.6 km race and 67.75 km ride back, 152.k in all. What I do love is the encouragement and the camaraderie within all the bunches which they give you as they pass, urging you not to give up. Would I do it again? That is a definite yes.

News etc.

Annual General Meeting and committee positions

A reminder that our AGM is coming up on Wednesday 13 March. 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.





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.

Tour de Cure dinner dance

Susan Williams continues in her efforts to raise \$20,000 in support of cancer research and the 'Fit for Life' program in primary schools before she rides from Sydney to Geelong with the Tour de Cure. As part of this, Eastern CC members are all invited to the Tour de Cure Dinner Dance on Saturday 6 April at Royal Brighton Yacht Club. See the flyer at the end of this newsletter for full details and a link to book.

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.

Sponsors



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!



*'Keep riding,
spread the
message and
thank you for
being part of
the Pedalthon'*



Simon Clarke,
Pedalthon Founder

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



Susan Williams invites you to



The Tour de Cure
DINNER DANCE

Saturday 6th of APRIL 2019
Royal Brighton Yacht Club
6pm – 11pm

Dress: Cocktail

HELP US FIND A CURE FOR CANCER

Your ticket includes

2 course Sit Down Dinner

All Beverages

Special Guest Speaker

Live & Silent Auctions

Conducted by Auctioneer Extraordinaire

Andrew Reynolds

The White Tree Band

Tickets

\$200 per person

\$150 under 30's

<https://www.trybooking.com/465203>

Tables of 8 and 10 available

Please note that tickets are non-refundable

Tax deductions will be emailed to you as the ticket contains a donation.

Be a part of finding a cure for cancer. Tour de Cure funds cancer research projects and the 'Fit for Life' educational program for Primary Schools.

I had Breast Cancer in 2016 and reaped the benefit of the years of research that has been made possible by public fund raising and philanthropic donations. For this and the care I received from every single professional, I am eternally grateful.

To mark the 3 year anniversary of my breast cancer diagnosis and treatment I am riding from Sydney to Geelong, inland, via the Blue Mountains for 1275 kilometres over 8 days. My Aim is to raise **\$20,000** over 6 months and I am currently sitting on **\$11,235**.