

# Newsletter

23 March 2019



## Duty Roster

**Saturday 23 March, Seymour**  
VCV Referee, Mark Granland (TC), Rob Birch, Tim Maffey, Guy Green, John Blyth, Ross Bowlby, Paul Webster, Anthony Gullace

**Sunday 31 March, Rocco Drive**  
John Williams (R), Kevin King (TC), Steve Ross, John Cochrane, Dave Moreland, Paula McGovern, Bob Lewis, Harry Hibgame, Chris Beard

*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  
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Results and reports from last Saturday's charity day scratch races at Dunlop Road are inside. The other big result from the day was a total of \$1330 raised (from entry fees and sale of raffle tickets) and donated to Below the Belt, also known as the ANZUP Cancer Trials Group, in support of research into urogenital cancers. After the racing, Neil Cartledge and others spoke of the importance of this research to our cohort, and of the particular value to veteran-aged men of getting a regular check for prostate cancer. Then on Sunday two teams of Eastern members rode in the Below the Belt Pedalthon at Sandown Racecourse and raised thousands of dollars more for this great cause. If you'd still like to donate, go to <https://everydayhero.com.au/event/belowthebeltpedalthon-melbourne>. Special congratulations to Glenn Newnham, who recorded most laps and took 1st place in the two sprint race and in the 40–49 year age group overall.

This Saturday, Eastern hosts the VCV Open Handicap at Seymour, sponsored by Croydon Cycleworks. Entries have closed. The first riders go off at 1.30 pm – and remember it's 5 kilometres or thereabouts from the registration area opposite the Royal Hotel to the start line. The start list is now available on Facebook.

The following weekend *on Sunday at 10 am* we return to Rocco Drive.



*The Below the Belt crew at Sandown last Sunday. Chapeau to all!*





## Graded scratch races, Dunlop Road, 16 March

Grade	1st	2nd	3rd
A Grade (15)	Russell Newnham	Andrew Mapstone	Steve Ross
B Grade (14)	Dave Pyne	Paul Firth	Paul James
C Grade (17)	Dean Tune	Ken Saxton	Peter Ransome
D Grade (10)	Peter Gray	Greg Harvey	Veronica Vandenbroeck
E Grade (3)	Phil Johns	Alan Cunneen	Laurie Bohn
F Grade (6)	John Eddy	Rod Goodes	Petra Niclasen

### A & B Grades

*By Rob Suter*

There's been a dearth of race reports in this illustrious publication of late, so I thought I'd provide two. I, too, have raced about as often as there have been reports of late, this being only my third start since the Tour DownUnder – aside from an abortive attempt at the Camperdown–Warrnambool: dropped from third scratch before we got over the hill. (Why I was there, given my previous start was off 17 minutes, is one of the mysteries of handicap racing!) Anyways, I had packed the white helmet, so planned to race A and sit on B beforehand.

Pleasing to see Neil Cartledge circulating with shortened cranks to limit extension of his knees, with the right one braced to make him look like Lee Majors (aka the Six Million Dollar Man). And to hear his rousing reminder to look after yourselves, fellas – trusting the Below the Belt Pedalthon was a success. Also pleasing to see Pat Ruys circulating before the races, with nary a bruise to be seen on his calves.

A pleasant 30°C day with a light wind, the slight smoke haze making the light yellow but


cutting the burn from the sun. The wind appeared to be in the faces of the earlier grades up the rise on Dunlop Road, but then became a headwind along the finish straight for the later starters.

There were only 70-something starters, down from the halcyon days of 100+ riders, who faced referee Richard Dobson's admonishments. Still puzzled by his instructions that we were to stop when he held the green flag out – isn't green for go?

### B Grade

Fourteen riders plus your correspondent set off for 'about an hour, to be called in when it is safe to do so'. The first 10 minutes it was the guys in black stirring things up, as Dave Pyne, Paul Firth and Dean Niclasen set about challenging the field with surges.

Then came the turn of the red shirts, Nick Tapp and Ian R. Smith. Dave Pyne was no longer showing himself, and Webby resolutely stuck to fourth wheel, with Kimmy thereabouts. No-one ever got a gap of more than 40 metres, and seemingly no-one lasted a lap, but that didn't hold anyone back from having a go – apart from the four shirking (or was that lurking?) at the back.



Our Northern visitor, Michael Hartman, had a few surges off the front, as did Roman Suran, before he was to be seen stretching his back in the finishing straight, to withdraw a lap or two later. Big Dean rolled his hips into action on several occasions, while Paul Firth did a great impersonation of Mr Eveready, Michael Chang, as he kept on keeping on hunting down each of the breakaway attempts.

These chases would see the speed get up to 46 km/h, then 48, and I think even once over 50 down the finishing straight under Paul's urging, but then see the pace drop to 34–36 km/h at the catch, and as low as 28 towards the end. That was the cue for Big Doug to launch around the outside, with a similar result to all of the others as he began to pedal squares.

The bell came, and Mackie did his characteristic fly around the outside in the back straight. I urged Paul James to tag along, but he waited until Mackie was caught and went on the final, short side. So it became a race of the black and the white, as Paul Firth (black) and Dave Pyne (also black) slugged it out past Paul James (white) to take the spoils.

I made that an average of 38 km/h, and it was time to take the 30-minute breather, refuel and rehydrate.

### **A Grade**

Sixteen riders for A Grade, with four in escaped convict stripes (Rob, Steve, Lawrence and Chris), several TriVelo riders and two in Colorbond jerseys, with the rest in their teams of one (if you can count on Phil Smith and J-P to ride solo races).

For much of the race, a similar story to B Grade, with surges of ones, and occasionally twos, being hunted down. Rob Amos and J-P

were particularly active, with Rob kicking off proceedings as soon as we finished the neutral lap. In A, the speed didn't drop below 38 km/h, and there were one or two times when I'd chase two-thirds of the back straight to make contact, with Andrew Mapstone, the larger of the Colorbond guys, following me.

After 40 minutes or so I began to feel too adventurous, and tracked two of Rob Amos's surges, with J-P glued to his wheel, only to have the field close us down rapidly. Another surge by Rob, J-P went with him, and a third (can't recall, possibly Kevin King) and it was three away. Russell Newnham put in a strong effort to successfully bridge, making it four away.

Paul Webster also went, and I did a turn on the front. Thankfully, the field responded appropriately to my frantic flap of the elbow. As Paul was caught, the gap to the breakaway four had been halved, but was then let to balloon out again.

At 51 minutes my legs said 'enough is enough', having averaged 40.1 km/h to that point. Two laps on C Grade chatting to Nick and John, who went around for the ride with them, then the bell came, so I pulled off to watch the outcome, tipping Russell to hold sway.

The four breakaway riders still held their gap, with the big TriVelo guy (Richard Harvey?) leading the chase into the bell lap. As they swung into the finishing straight it was field together (if being covered by something the size of a circus tent can be called 'together') but Russell Newnham showed that the surge to get across to the break was no fluke as he held off convict Steve Ross and Colorbond Andrew Mapstone.

Thanks to all for a pleasant Saturday's outing, with no scrapes or bruises, and a successful raffle for Below the Belt.



## E Grade

*By Laurie Bohn*

Three starters in E Grade, plus Petra fronting up for another 30 kilometres. A perfect day weatherwise resulted in a 28–33 km/h speed. The three of us working even turns and Petra having a nice ride sitting on.

Further to my 3rd place race report on the podium, when I said I am one of the lucky

ones regarding prostate problems, I should have added that a high PSA reading led to a biopsy, which revealed a tumor. The same tests at regular intervals showed the same results with no change. I am now 'wait and watch'. So I say again, listen to what Neil had to say and see your doctor if you haven't already.

Safe ride on Saturday.

### Croydon Cycleworks Summer Twilight Crit Series, METEC, 19 March

Grade	1st	2nd	3rd	4th
A Grade (13)	Andrew Mapstone	Richard Abel	Chris Hughson	Glenn Newnham
B Grade (9)	Max Kornhofer	Ray Russo	Mark Edwards	Dean Niclasen
C Grade (13)	Paul Anderson	Gary Pye	Nick Panou	Haydn Chapman
D Grade (15)	Veronica Vandenbroeck	Peter Brann	Chris Norbury	Nick Hainal
E Grade (2)	Leon Bishop	J.C Wilson	--	--

### Wednesday criterium at the Loop, Yarra Boulevard, 20 March

Division	1st	2nd	3rd
Division 1a (7)	Mark Seddon (N)	Fraser Short (N)	Troy Jordan (N)
Division 1b (9)	Grant Farr	Nick Tapp	Dean Niclasen
Division 2 (9)	Peter Whyte (trial)	Rod Moore (N)	Richard Dobson
Division 3 (3)	Gordon Holdsworth (trial)	David Drew (N)	Shane Dwyer (N)
Division 4 (4)	Alan Cunneen	Peter ?	--





## From the President

### Annual General Meeting

Following the Annual General Meeting on Wednesday 13 March, the members of the Executive Committee are as follows:

President – Adam Dymond

Vice President – vacant

Secretary – Susan Williams

Treasurer – Juanita Stumbles

Captain – Max Michelson

Handicapper – Peter Mackie

Although we have the key roles filled, we still need to fill many other positions, mainly the VP role and also that of Duty Roster Coordinator. Even though the AGM has come and gone, we can and will fill these roles in the coming weeks and months. The committee will be seeking out members who we feel would be a good fit to keep the club evolving and moving forward on a upward trajectory.

*Adam's full report to the AGM appears later in this newsletter – just scroll down.*

### Club Championships and Awards Night

At the February committee meeting, it was decided to revert back to the traditional method of giving out all podium medals won during the year, for all three club championship disciplines (Crit, Road Race and ITT), at the end-of-year Awards Night. It was felt that the 'Champion of Champions' we tried last year didn't work as well as the committee had hoped.

Thus all medals will be given out at the annual Awards Night, which is scheduled for Saturday 26 October. The committee is working to attract another high-profile guest speaker and presenter, similar to Matt Keenan, so please mark this date on your calendar.

## News etc.

### 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.

### VCV events

Eureka Cycling presents the Ron Rivette Classic 55 km VCV Open Handicap on Sunday 7 April at 9.30 am. Registration from 8.45 am at the Eureka clubrooms beside Lake Learmonth.

Note: this event will be run as two separate handicap divisions.

The new Mount Ercildoune circuit is short and sharp. At just 55 km, the Ron Rivette Classic is suitable for all veteran cyclists! View the circuit at <http://evcc.org.au/site/wp-content/uploads/2019/03/EVCC-Mount-Ercildoune-Open-course.pdf>.

Entries close on Tuesday 2 April via the VCV website at <https://www.registernow.com.au/secure/Register.aspx?E=33730>.

## Sponsors





## President's Report for AGM – 13 March 2019

**Chapeau** to all members for your efforts in racing this year. Whether you raced only once, or pinned on a number most weeks, it takes courage to get out of your comfort zone and race. In particular I want to pay tribute to our small but passionate group of lady members at ECC. You are all truly inspirational to race in a male-dominated sport and you can rest assured that the committee is committed to attracting more women to the club in 2019 and beyond.

I want to thank all the committee members and extended group of volunteers who all work together on a regular basis to ensure that we have a varied and safe racing program. As far as I know, we are the only AVCC club to hold three races a week in summer and two in winter (weather permitting).

A special shout out to Peter Mackie, who was very justifiably awarded Life Membership of ECC last November after his ninth year as handicapper. He's going again this year and this is a massive effort. 'PAM' does a lot of work behind the scenes that most don't know about. Also Pete runs the show on Tuesdays, runs the TeamApp program and is essentially the window to all club members every Tuesday and Saturday. Well done on another great year in supporting ECC, big fella.


I want to thank the executive committee for 2018–19, being Susan Williams, Juanita Stumbles, Emma Smith, Max Michelson and Peter Mackie. You are the core of the club and we just wouldn't function without your hard work and dedication. In particular Susan, who has admirably filled Nigel Kimber's shoes. Well done, Madam Secretary. Juan, too, is in her 10th year as treasurer and just keeps getting the books balanced with no fuss or fanfare. Thanks, ladies.

Then come a few more unsung heroes of the club, in particular Peter Gray, who was justifiably awarded ECC Club Member of the Year at November's Awards Night, and Colin Mortley. Peter is on the trailer and BBQ week in, week out, and does just about anything else that needs doing around the place. Colin does more behind-the-scenes work than just about anyone in the club, with race permits, liaising with Victoria Police and local councils. Col's efforts in finding the new and extremely popular Rocco Drive circuit in Scoresby were outstanding. Colin also heads up the race committee and, with the assistance of PAM and Andrew Buchanan, the race committee put together another sensational 12 months of varied and exciting weekend racing.

Massive thanks and kudos go to Pete and Col.

Also a big thank-you to our wonderful Race Referees, Richard Dobson, Mark Edwards, Tony Curulli, John Thomson, Colin Mortley, Susan Williams, John Williams and Nick Tapp. You all sacrifice your races in order for us to race as safely as possible. Well done to all – although I'm a bit worried about the bad hat competition between Messrs Edwards and Williams.





We also recently had 20-odd members attend a traffic management course and attain their Traffic Control accreditation, which is a requirement for all our road races. There are too many of you to mention here, but thanks and well done to you all. In particular, I noted a lot of new names on the list, so thanks to those of you putting your hand up for the first time. Thanks to Andrew Buchanan for pulling this together also.

Kudos goes to many other crucial people, like our Newsletter Editor extraordinaire Nick Tapp, closely followed by Nic Hainal (Saturday set-up crew), Stephen Barnard (Wednesday racing at the Loop), Dean Niclasen (Saturday drinks, VCV delegate, Wednesday Loop and GC member), David McCormack (uniforms and trophies), Paula McGovern and David Richards (Get into Road Racing Coaches), Mark and Helen Edwards (social committee and social media), Lawrence Lee (webmaster and Blue Sky Committee member) and Perry Peters (BSC member). Apologies if I've missed anyone and there are also many members who help out on an ad-hoc basis.

Thanks also to our First Aid officers, Kevin Marks and Shelly Timson, you are also vital to ensuring our races run safely, and unfortunately you have been required a few times over the last 12 months. You always support and treat fallen members with excellent care, thanks guys.

A thanks also goes to Shelly for helping Pete out at Saturday registrations, helping me with post-race photos and just about anything else we need on most Saturdays and Tuesdays.

We have a few members on long-term recoveries from falls in the last 12 months. Our thoughts are with you and we hope you are recovering steadily.


Andrew Buchanan and Emma Smith are standing down. Andrew had been race day duty roster and Traffic Management Plan set-up officer for six years. He is also another unsung hero who gets the job done without fuss or fanfare. Thanks to you, Andrew, for your huge contribution over a long period.

Due to work and family commitments, Emma is standing down as VP after two years. I have worked very closely with Emma over this time and her support and wise counsel has been invaluable to me and the committee. Emma chaired the Blue Sky Committee and took the lead on driving the member survey, which ultimately led to the club re-branding initiative. I can't thank you enough, Emma, and I hope we still see you around the club in the coming months and years as we continue to evolve from the changes that you helped initiate.

I want to give special recognition to our key sponsor, David Richards and his dedicated team at Croydon Cycleworks. David just can't do enough to support ECC. Once again CCW sponsored the Twilight Crit season. They have also come on board for the second year running to sponsor our Open Handicap at Seymour on 23 March. David also assisted with coaching the Get into Road Racing new member initiative. David and I talk on a regular basis and David also helps out in many other smaller ways that go unnoticed by the general membership, but please rest assured that David is a true and genuine supporter of ECC. Please make sure you reciprocate in kind by using CCW's products and services as they are also pretty bloody good at what they do!

Thanks go also to our other sponsors, Dean Niclasen with Toy Bricks in Bayswater, and Colin Doherty from Orger Engines – well done, gents.





Kit update: this is still a work in progress and we are very close. We are working with two manufacturers (Pedla and Cannibal) and hope to have three final design options to submit to the general committee for approval in April.

Highlights for 2018–19 included the evolving friendly rivalry with Northern Cycling Club. The Tour de Metro trophy went north, but we held onto Dave Ryan.

Another highlight for mine was to get Matthew Keenan to speak at our Awards Night. Matthew couldn't have been more approachable or amicable. He stayed well after his formal duty was done and is a genuine and passionate ambassador for our beautiful sport. I'm also happy to report that Matthew is now a friend and fan of ECC and has committed to helping us land another high-end speaker at our 2019 Awards Night. This is scheduled for Saturday 26 October so put it in your diary now.

The Member Survey run by Emma and the BSC was a big initiative undertaken in May 2018. The feedback from the membership was an overwhelming sentiment that the club had to change and become more progressive. This gave the committee the green light to proceed with the rebranding of the club. Changes to date are:

- name change to Eastern Cycling Club
- new logo and colours
- new website.

Moving forward, we need more new blood coming in to help run the club. Juan and Peter can't go on forever. Hopefully this update gives you a feel for how much work goes on to help run the club. I ask you to seriously consider putting your hand up for one of the formal roles, or just to help out. Even if you've only got an hour a week, we will find something for you to do. More hands make light work, guys, get on board and you will be rewarded by helping to make this great club even better.

Regards,  
Adam Dymond  
President – Eastern Cycling Club





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**.