



# Eastern Cycling Club

18 May 2019

# Newsletter

## Duty Roster

**Saturday 18 May, Yarra Glen**  
Richard Dobson (R), Ken Saxton (TC), Dean Tune (TC), Daniel Ives, Rob Suter, Ed Holmes, Allan Hicks, Chris Norbury, Phil Johns, Richard Vernon

**Saturday 25 May, Thornton**  
John Thomson (R), Walter Savini (TC), Craig Stannard (TC), Steve Short (TC), J-P Leclercq, Kym Petersen, Richard Harvey, Tim Crowe, Ross Bowlby, Dale Waltoon, Ken Allan, Max Kornhofer, Haydn Chapman

*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).*

Banner photo: Pete Morris

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



The road was wet at Gruyere last Saturday and it was far from toasty warm, but any further rain held off for the afternoon. A wet surface meant the corners on Killara Road demanded even more respect than usual. Otherwise, no dramas with the weather. Which just left the hills ... Results and a race report are inside. And you shouldn't miss Susan Williams's account of her Tour de Cure ride. *Chapeau*, kudos, well done – you name it!

This Saturday we head to Yarra Glen for more graded scratch races, starting at 2 pm. Please note that the Womens Handicap originally scheduled for this date is not on. Registration and parking are opposite the cemetery on Glenview Road, and the desk closes at 1.45 pm. Charge your tail light – and bring \$15 to enter.

Entries for the following Saturday's Royce Bennett Handicap at Thornton close on Wednesday 22 May at 5 pm. Register directly on TeamApp, or via <https://easterncycling.com/events/royce-bennett-handicap-thornton/>.



Above, L-R: Mountain goats John Blyth, Anthony Netkow and Paul Firth took the chocolates in B Grade at Gruyere. Read how their race panned out inside. R: the other four podiums. The place-getters on Saturday were a mix of old and new faces.





## Graded scratch races, Gruyere, 11 May

Grade	1st	2nd	3rd
A Grade (8)	Richard Abel	Glenn Newnham	Jean-Philippe Leclercq
B Grade (10)	Anthony Netkow	John Blyth	Paul Firth
C Grade (8)	Tony Dalton	Tim Crowe	Paul Anderson
D Grade (4)	Ron Gillies	Max Michelson	Greg Harvey
E Grade (4)	Jason McCoy	Michael Muscat	Petra Niclasen

### B Grade

*By Nick Tapp*

Our kermesse circuit at Gruyere is a tough course, no doubt about it, whether you like hills or not. I guess it's just that much tougher if you're not a climber or are short on form. And 12 laps will always sort the sheep from the mountain goats. John Blyth, who won convincingly the previous week at Jindivick, is definitely in the latter category, and it didn't take long to put number 38 there as well. He looked familiar but I couldn't quite place him, so on the first lap I introduced myself and discovered this was Anthony, who races CX most of the time but makes do with a road race when there's no CX going. Didn't ring any bells but he still looked vaguely familiar ...

The pace was solid for the first few laps, which meant there was not much chance of an early attack going off. Laps 4 and 5 in particular got quite willing up Killara Road hill, and by the halfway point, at the end of lap 6, Pete Morris, Peter Mackie and Dean Niclasen had been shed. John and Anthony were active on the front, and Michael Hartman (Northern) did what he often seems to do and took a regular flyer around the back on Medhurst Road, hoping maybe to start up the big hill with a buffer.

Craig Oliver was hanging in there, yo-yoing off the back but always getting back on, and Craig Stannard began to come through and do the odd strong turn on the front. Paul Firth had read the writing on the wall and was staying out of the wind more than usual, trying to make sure he was still around when the fireworks began. As they surely would. Having survived to this point, I was trying to do the same.

Strava says my two fastest ascents of Killara Road hill for the day were on laps 9 and 10. After one of these I was pretty sure we had finally shaken off Craig O. and Michael, but the tenacious Craig rejoined once again. Two laps to go; six survivors. Lap number 11 was quiet as everyone marshalled their forces for one last effort. Or I told myself that's what I was doing, at any rate.

Of course, the fact that 9 and 10 were my fastest times up the hill means that number 12 wasn't fast enough. John, on the other hand, saved his best until last, left us all gasping and rode away over the top with daylight behind. Then followed Anthony, Paul, Craig S. and me, spread fairly evenly at 50-metre intervals behind. All over, red rover.

But wait! John has an uphill acceleration to die for, but on his own is comparatively slow when going downhill and on the flat. Whereas





Anthony, having looked comfortable all day, flew down the hill, drew on his CX skills through the corner and overhauled John just before the line to take the win. Paul came in a strong and well-judged 3rd.

The reason Anthony looked familiar? Anyone remember the mystery rider who beat Northern's finest in the Tour de Metro at Gruyere last year? The very same. Welcome back, Ant Plus.

### Wednesday criterium at the Loop, Yarra Boulevard, 15 May

Division	1st	2nd	3rd
Division 1a/b (10)	Mark Seddon (N)	Troy Jordan (N)	Fraser Short (N)
Division 2 (5)	John Williams	David Griffin	Richard Dobson
Division 3 (6)	Mic Deans	Shane Dwyer (N)	Michael Muscat
Division 4 (3)	Neil Cartledge	Alan Cunneen	John Eddy

Thanks to referee Stephen Barnard, Dean Niclasen and other helpers.

### News etc.

## Notes from the President

### ***New VP***

We're please to announce that Veronica Vandebroeck has put her hand up to fill the vacant position of Vice President. Well done, Veronica, and thanks for stepping up to help in the running of the club.

### ***Club trailer***

After 5 years of diligent service, Peter Gray has informed the club that he won't be continuing in his role of transporting the club trailer to road races. Accordingly, we need to find someone – or a group, on a roster basis – to not only take the trailer to and from road races, but also store it in between.

The club pays a weekly petrol allowance and also covers the race day entry of the trailer tow-er. If you can help out, please let Adam Dymond or Max Michelson know. If you need more information or want to discuss further, please chat to Peter, Adam or Max on race day.

This is a vital role to the successful and safe running of our road races, so please consider putting your hand up and giving back to the club in this way.

*Adam Dymond*



## Tour de Cure Signature Tour 2019

8515 kilometres of training (October –April)  
\$24,760 raised for cancer research

*On tour, Sydney to Geelong, 3–11 May*  
13,387 vertical metres  
1123.5 kilometres  
9 days in the saddle

How to sum up my Tour de Cure experience?

I am a newly upgraded D Grade racer and I spent 9 days riding with A, B and C graders, mostly men. The 20 or so women who were on tour were, in the majority, ex-triathletes or seasoned younger women with decent sized quads, not like my 60-year-old chicken legs.

For 9 days in a row, after an early breaky at 6.30 am, the 150 riders were put into pelotons of about 20 with a lead and rear car support who managed the traffic and navigated. After three food breaks, we usually made it to our destination at around 4–6 pm. Some days we stopped at a primary school to meet the kids and deliver the 'Be fit, be healthy, be happy' message, which was always great fun and rewarding.

I have to say I didn't see much of the scenery, especially on the days it rained, as I was too intent on concentrating on the wheel and riders in front of me, listening to the instructions of the riders and hanging on like grim death! The peloton was kept as a tight bunch of pairs, only separating for steep descents or the climbs, when we rode at our own pace. We encountered feral dogs, kangaroos, a deer that jumped over a bunch, and every kind of weather: torrential rain, hail, sunshine, blustery wind, freezing temperatures and fog. Twelve hours after we left Thredbo, it snowed. I wore double of every layer and managed to stay warm on the days I didn't get drenched. Total mechanical mishaps were two flats and a shredded tyre – I got off lightly!

The extreme discomfort of horrible weather, a crucified butt and the effort and anxiety of constantly trying to keep up took its toll, so by day 7 I had absolutely nothing left in the tank. I lasted 98 km and surrendered to the rear car for the rest of the ride. If I have learnt one thing from the experience, it's to listen to my body and that it's actually OK to pull the pin. Day 8 was even worse so, after 70 terrifying wet kilometres of seeing only the wheel in front of me with the spray in my face, I called it a day. At lunch the ride was cancelled at 100 kilometres. I'm not embarrassed to say that at the end of nearly every day, I cried with relief.

Did I mention the food? For this kind of ride there is only one thing to do and that is to eat. Throughout the day I constantly guzzled water and shovelled food in – anything to keep my energy and spirits up. I didn't care what my calorie intake was, but staying off alcohol was a good move.



*At the finish in Geelong*





*Afternoon tea stop with rainbows after torrential rain*

Every day in the saddle I was shown the most unbelievable kindness and generosity of spirit by the volunteers, support crew and other riders. Time and time again I was given a wheel and wind protection by two riders to get back onto the bunch. Guys would give me a push and whoosh me forwards or chat to me nonstop as a welcome distraction.

I met so many extraordinary people, all with an interesting story to tell and a dedication to eradicating the cancer beast. It was inspiring and reaffirmed why I was there. To date, the Signature Tour 2019 has raised \$3,013,585 and this will be granted to research projects, clinical trials and community support groups.

*Susan Williams*



*On the road. It was impossible to take photos other than at breaks.*





## Room to rent in Girona

Eastern member Rob Birch lives in Girona, Spain. It is a fantastic location for cycling, not far from the Pyrenees, France and the Mediterranean.

Rob has a 2-bedroom apartment and his second bedroom is available to rent for any Eastern Cycling Club member, subject to availability (June is currently booked out). Price is €120 per week or €20 per night. Rob's contact details are as follows:

Email: [robgb53@gmail.com](mailto:robgb53@gmail.com)

WhatsApp: +61 478 119 502

Mobile: +34 662 060 483

## 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

**Sunday 26 May: Colac May Open, hosted by Colac Veterans Cycling Club**

Entries close Tuesday 21 May. Scroll down to see a flyer for this event.

## Sponsors



# Colac Veterans Cycling Club Inc

Proudly Presents the:

2019 Colac May Open

58kms

Sunday 26<sup>th</sup> May 2019

Commencing at 10.00am

Start and Finish at Cororooke Hall, Cororooke.

Entry Fee \$25.

Entries close Midnight Tuesday 21<sup>st</sup> May 2019.

[www.veterancycling.com.au](http://www.veterancycling.com.au)

Please note: no following cars on the course.

This event is conducted in accordance with VCV Rules and Victorian Road Laws.