



Eastern Cycling Club

8 June 2019

# Newsletter

## Duty Roster

### Saturday 8 June, Gruyere

Colin Mortley (R), Ian M. Smith (TC), Peter Webb (TC), Ray Watts (TC), Nick Panou, Peter Shanahan, Anthony Cox, Darren Woolhouse, Perry Peters, Murray Howlett

### Saturday 15 June, Yarra Glen

Richard Dobson (R), Nick Hainal (TC), David McCormack (TC), Steven Davis, Sam Curry, Mick Jamison, Rob Castellani, Graham Haines, John Eddy, Phil Cavaleri

*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, [tip2@optusnet.com.au](mailto:tip2@optusnet.com.au).*

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It was a rare (almost) windless day at Casey Fields last Saturday for elimination races (E and B Grades) and graded scratch races. Results, plus epic tales from A and C Grades, are inside.

This Saturday we race at Gruyere in the first round of the four-race Toughen Up series, sponsored by Toy Bricks. Scroll down to **News etc.** to see how points will be allocated across the series. Racing on Saturday starts at 2 pm. Registration and parking are near the footy oval, at the corner of Killara and Cahillton roads, and the desk closes at 1.45 pm. Don't forget to charge your tail light. As usual, you can sign up ahead of time via TeamApp. Round 2 the following week is at Yarra Glen.



*The Vets are getting younger, but not that young. Dale Walton was joined on the podium on Saturday by his cheerleader, who promptly took charge of the envelope. Ken and Adam were there, too.*





## Elimination races (B, E) and graded scratch races, Casey Fields, 1 June

Grade	1st	2nd	3rd
A Grade (12)	Jean-Philippe Leclercq	Glenn Newnham	Phil Smith
B Grade (10)	Walter Savini	Ian McGeoch	Dean Niclasen
C Grade (9)	Ken Saxton	Dale Walton	Adam Dymond
D Grade (8)	Greg Harvey	Harry Hibgame	Phil Taylor
E Grade (7)	Peter Shanahan	Geoff Miller	Neil Cartledge

### A Grade

*By Glenn Newnham*

You want a bike race to play out to your strengths. You don't want to be in a position where you are contributing to it playing into the strength of others. I know my strengths, somewhere between endurance and sprinting – more sprinter than endurance, unfortunately.

We had a good field of 12 riders in A at Casey on Saturday. Great to see the return of Paul Firth and Rob Suter to A. The same game was on again, though. Plenty of sprinters – Paul Webster, Perry Peters, Phil Cav – which provided motivation for the breakaway specialists to get active early. The first try was by Phil Smith, which was brought back reasonably quickly, then J-P, then Kevin King. Chris Ellenby must have had a go too, because he always does. Alex Randall made a decent break at about 15 minutes in. Paul Webster went on the chase (his endurance seems to be building too), and then J-P was after them. I'd been caught out like this before and decided, if J-P was going, it was time for me to go. I waited until he was up the road about 50 m and jumped from the back. J-P had already overtaken Paul, and as I went past I gave Paul a shout to jump on, but I think we were headed in different directions. Then I got up to J-P and we carried on until

we reached Alex, and the three of us (Alex, J-P and me) started pulling turns.

I expected that my move would prompt counter-moves, particularly from Kevin and Phil Smith, but it seemed they were initially happy to work with the group and wear us down. Our chances of staying off the front diminished when a round plate on the side of Alex's hub came loose and started jingling away. I could see it was nothing other than an annoying noise, but he was rightly concerned and pulled over to check it wasn't serious. So, at about 20 minutes into the race, it was J-P and me, with about 200 m on the rest of the field. As we all know, this sounds like J-P in his element, but two of us off the front so early didn't sound like such a great idea to me. I felt like I was pulling decent turns at first. We looked to be building the gap and I wasn't in too much discomfort. Unfortunately, it only deteriorated from that point. By a little over half race distance, I was suffering and thinking, 'I'm not going to make it'. I had a word to J-P, along the lines of 'I'm cooked, don't let me hold you up', but he talked me through it and started pulling longer turns so that I could recover. I'd like to think that I was doing about a third of the work from that point on, but that might be an overestimate. Anyway, J-P kept it smooth and essentially we just maintained the gap.



It might have been at around 20 minutes to go that we saw Phil Smith off the front of the bunch and chasing us. He was chipping away at our lead, but it didn't look like he was going quick enough to catch us. When Stef Kirsch at the finish line gave us the two-finger salute, I was happy just to do turns until the finish and get rolled by the stronger man. J-P had other ideas, and halfway through the second last lap he attacked, and I had nothing to counter. I was so exhausted that it was all I could do to just finish that last lap and a half. As J-P sailed off into the distance, I watched behind and tried to judge how hard I'd have to go to stay ahead of Phil. It felt like I was at walking pace when I came up the finish straight the last time and crossed the line, about 50 m ahead of Phil but well behind J-P. The bunch was another 100 m back, and Paul Webster and Cav finished out the top five with a fast sprint finish.

So that was me playing into someone else's strengths. But hey, it's better to have a go than to be left wondering, and that was the alternative. Thanks to J-P for coaching me through that dark patch, and to all the volunteers, particularly Nick Tapp for stepping in as referee at the last minute.



*Glenn looks a bit tired. J-P and Phil, not so much.*

## C Grade

*By Ken Saxton*

Saturday may go down in history as the first one this century when Casey Fields was not windy. A little damp in some places, but no wind, not too hot, and flat. Perfect racing conditions (for me)!

We started with nine riders, but immediately after the mandatory neutral lap Rob Lackey jumped out of the blocks and streaked away with one other, while the bunch remained in 'chat and cruise' mode. They established a good gap on the bunch before the bunch decided they needed to be reined in. It felt like a final sprint on the first lap. We did bridge across, but lost Andrew Buchanan in the process.

The burst of speed must have triggered some adrenaline, because it felt like everyone wanted to give it a go, jumping off the front and being chased down by a vigilant bunch. This went on for 30-odd minutes, during which we lost Rob, before John Thomson put in a big dig, established a sizeable lead and held it for a couple of laps.

For several years Hylton has suggested we should roll turns to pull back a breakaway, but it never happens, and typically some poor sucker flogs themselves for the good of the bunch. Hylton suggested it again, and for some unknown reason we started to roll turns. It worked a treat and we reeled John back in with no one blowing up in the process.

Then it was Dale Walton's turn to disappear up the track until, after three laps, the bunch closed him down, again by rolling turns. There may be a very important lesson we could learn from this!

We then had a couple of easier laps towards the end and we also had to button off to follow D Grade into their bell lap.



As soon as D Grade finishes, we get the bell, and I'm sitting in second wheel, tucked in behind John Thomson, who leads us around the track for the final time. As we move along the back straight, John is winding the speed up. This is the perfect lead-out – thank you, John. Up one gear, I pull out from behind

John, 20 or 30 metres before the final corner, and hit the gas. Up another gear as I come out of the corner and into the finish straight and I push as hard as I can. Perfect race conditions and a perfect result as I manage to hold off a fast-finishing Dale Walton (2nd) and Adam Dymond (3rd) to the finishing line.

### Wednesday criterium at the Loop, Yarra Boulevard, 29 May

Division	1st	2nd	3rd
Division 1a (6)	Russell Newnham	Stephen Lane (N)	Tony Hallam
Division 1b (6)	Dean Niclasen	Grant Farr	Chris Ellenby
Division 2 (6)	David Griffin	Roman Suran	Tony Curulli
Division 3 (5)	Shane Dwyer (N)	Michael Muscat	Peter Shanahan
Division 4 (2)	Alan Cunneen	John Eddy	--

Thanks to new referee Ian Smith, Dean Niclasen, John Williams and anyone else who helped.

### News etc.

#### Toy Bricks Toughen Up series

This year's Toughen Up series is once again sponsored by Dean Niclasen and Toy Bricks Bayswater. A big thank you to Dean for his generous support. Don't go anywhere but Toy Bricks for your Lego needs!

Series points from each of the four races are allocated depending on numbers, as follows:

Riders	Points
8 or more	1st: 5 points, 2nd: 3 points, 3rd: 2 points, everyone else: 1 point
6–7	1st: 3 points, 2nd: 2 points, everyone else: 1 point
4–5	1st: 2 points, everyone else: 1 point
Less than 4	Every competitor receives 1 point.

For people who do duty during the series, their final points score is simply scaled by a factor of 4/3 – in other words, their average points score for the other three races is credited to them for the race that they do duty.

Series prize money is \$600 all up, over and above normal prize money paid out each week:

1st: \$250, 2nd: \$150, 3rd: \$100, 4th: \$60, 5th: \$40.





## Aggregate progress

As winter officially descends upon us, the top 20 in the Club Saturday Aggregate looks like this (below). You can check the Aggregate at any time (as well as full Saturday start lists and podium finishers) by going to <https://easterncycling.com/results-aggregate-current/>.

Points	Rider	Points	Rider	Points	Rider	Points	Rider
41	Paul Firth	30	Ken Saxton	24	Dean Niclasen	19	Paul James
33	Greg Harvey	24	David Griffin	23	John Williams	18	Chris Hughson
33	J-P Leclercq	24	Neil Cartledge	20	Peter Morris	18	Paul Webster
31	Glenn Newnham	24	Chris Ellenby	19	Nick Tapp	17	Dean Tune
30	Hylton Preece	24	Kevin King	19	Peter Gray	17	Colin Mortley

## 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.







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