



Eastern Cycling Club

13 July 2019

Newsletter

Duty Roster

Saturday 13 July, Yarra Glen

Mark Edwards (R), Max Michelson (TC), Hylton Preece (TC), Veronica Vandebroek, Bernie Evans, Gavin Plummer, Tony Dalton, Leon Bishop, Gary Pye, Peter Shanahan

Sunday 21 July, National Boulevard Northern Cycling

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.

Banner photo: Pete Morris

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After a washout the week before, our better luck with the weather returned last Saturday at Casey Fields. Scroll down for results and race reports.

This Saturday, weather permitting, the Toy Bricks Toughen Up series (see trophies below) concludes with a round of graded scratch races at Yarra Glen. Registration and parking are opposite the cemetery on Glenview Road. Racing starts at 2 pm and the desk will close at 1.45 pm. As usual, you can sign up ahead of time via TeamApp. Don't forget to charge your tail light.



And then it's time to get excited about the Tour de Metro. The annual four-race series between Eastern and Northern begins with two weeks of Sunday morning criteriums at Northern's National Boulevard circuit in Campbellfield on 21 and 28 July. We need all members to make the effort to come and race. Northern won the trophy last year and have now won it three times to Eastern's two. Ours is the bigger club with more members so there's no reason why we shouldn't get the trophy back this year and level the score. Note that, in addition to weekly and series prizes, six Gold Class cinema double passes will be raffled at the conclusion of the series among those riders who compete in all four races.

In news just to hand, the new ECC/Pedla kit has arrived. If you ordered the kit, you can collect it from Croydon Cycleworks during normal shop hours from this Friday 12 July. Perhaps on your way to Yarra Glen on Saturday ...?

And a reminder that the Saturday duty roster for August–October is now on the website at <https://easterncycling.com/roster/>. Please check whether you're on the list and that you're available when shown – and, if not, go the Roster Swap page.



Graded scratch races (and elimination race for A Grade), Casey Fields, 6 July

Grade	1st	2nd	3rd
A Grade (14)	Jean-Philippe Leclercq	Stefan Kirsch	Phil Cavaleri
B Grade (7)	Gavin Plummer	Ray Russo	Mark Edwards
C Grade (10)	Hylton Preece	Lisa James	Ross Sanelli
D Grade (8)	Peter Gray	Peter Shanahan	Colin Mortley
E Grade (5)	Ken Allan	Neil Cartledge	John Eddy

A Grade (I)

By Jean-Philippe Leclercq

Elimination race, it was a while since I did this one, always tricky. Before the race, I had in mind to break away early if there was an opportunity and see what would happen. On the second lap, after the first sprint, I carried on and established a little gap. Lap after lap, I kept this little gap. On the second last lap, Kevin and Stef caught me. On the sprint, I led and Kevin got done, however Stef carried on (surprised me!) and produced this little gap, which I could not get back before the finishing line. I was 2nd and happy with this result.

Now was the usual scratch race. Legs were still OK, so I started to attack early but got caught all the time. There were a few attacks from others and it turned out to be a good fun race. On the last lap, I attempted to break away but was caught by my good friend Phil Smith. So the end had to be a sprint finish. Phil (Smith) was leading, with Phil (Cav) and Kevin I think. On last bend, I passed Kevin, then was making ground on Phil (Cav) but not enough to get him. Finished 2nd again, and 1st overall on this day. Been a while since my legs felt this way!

A Grade (II)

By Pete Morris

Having dodged the Gruyere bullet last weekend due to some Divine Intervention, it was time to drop hills from the training program and concentrate on flatland strength and efficiency. Wednesday's race at the Loop showed some promise as I rolled around with Division 1a for the first time in over a year and was still there at the end. Happy with that effort, thoughts turned to Saturday's GSR. The forecast was looking nigh on perfect, so I decided I would put my hand up for A Grade if the wind was not going to be a factor.

Saturday rolled around and Jane got it right! The conditions were perfect. I volunteered for a white cap and Mackie metaphorically fell off his chair in shock. Luckily, I wasn't the only new kid in the grade. Through hook or by crook, a whole bunch of 'B Graders' – I use that term loosely – lined up in white. There was Dean, both Pauls, Perry, Ellenby and even Walter. This left a much emaciated B Grade, but never have I seen them sport broader smiles.

The day had an extra twist with a 'missing out' race for A Grade. Fourteen of us lined up for this, and Paul Firth and I were eliminated at the first opportunity. This was a strategic





exit for us as the potential for up to eight sprints in short succession prior to what was going to be one of the fastest races I've ever entered was not wise preparation. I'm not sure of the final placings in this, but I think it involved J-P, Stef Kirsch and Kev King.

The GSR rolled out after little recovery time. The first few laps were at a reasonable pace with no serious breaks. Walter decided to let his presence be known and leapt off the front. A possie of true A Graders brought him back with ease. Up to this stage I was content staying down the back of the bus, accepting tutelage from Perry and Paul W. on how to survive.

'Stay hidden and whatever you do, don't do any work. Don't cover breaks', etc. etc.

Great advice, but pathetic student. One advantage of being down the back is that you can see who is getting twitchy. The most obvious was J-P. Sure enough, the Frog pounced, and through reflex more than design I found myself on his wheel.

We maintained a break for the best part of a lap, swapped turns on request probably three times, before the pace had me well and truly in the red. I tried to tell Frog that I was cooked; however, at about this time the bunch was back on us.

Having thrown the rule book out the window, I covered a couple more attacks but couldn't really work with them. With what should have been about 10 minutes to go, the Ellenby

Express departed, right on schedule, with the Frog on board. Webster (guess who is TT training!) bridged across to make a very strong trio that had every chance of taking the bickies. Not content with this, I lunged off the pack and managed to get within 10 metres of the breakaway where, in No-Man's Land, I spontaneously combusted. The pack caught and passed me with no mercy and I spent the next lap or two trying to get back on terms. Sadly, it wasn't to be, and I forfeited the fight with 1 hour and 1 minute of racing on the clock. Where was the bell?! If only ... So in short the trio were caught and a diminished bunch sprinted for the line with 10 bonus racing minutes in their legs! Cav took the sprint with the aggregated podium consisting of J-P, Stef and Cav. Well done to all. That was one hard and memorable knockout. Definitely not the smartest race I've ridden, but very happy to almost survive. I may have even learnt a thing or two! Amongst these are: Don't volunteer for a higher grade. Don't do any work that other riders could do for you. Don't try and draft behind whippets and don't cover breaks. All great pearls of wisdom – until next week, when I will no doubt abuse most of them.

Stats:

Time: 1:10:22

Speed Ave: 38.7 km/h

Speed Max: 56.9 km/h

Power Ave: 232 W

Power Max: 939 W

Distance: 45.35 km

Wednesday criterium at the Loop, Yarra Boulevard, 10 July

Division	1st	2nd	3rd
Division 1a (9)	Liam Oliver (N)	Tony Kimpton	David Rooke (N)
Division 1b (6)	Nick Tapp	Roman Suran	Tom McDonough (N)
Division 2 (8)	Ian Smith	Stephen Barnard	Brendan Wain
Division 3 (0)	--	--	--
Division 4 (3)	Paul Griffiths (N)	John Eddy	Michael Waterfield

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

News etc.

Race day trailer

Our club is in need of someone to take over trailer duty. After six years, Peter Gray needs a well-earned break and will be doing some overseas travelling. Amazing job, Pete, and we thank you very much. This is our clubhouse on wheels. It contains everything for our race days, so we need a new volunteer, or maybe a few volunteers to put a roster in place. Petrol money and race day fee paid for by the club. We are a fantastic club with great members and if you would like to make some enquiries, please contact Adam Dymond, Peter Gray or Max Michelson.

Max Michelson

Toy Bricks Toughen Up series

Heading into the final round at Yarra Glen (see front page), the top of the Toughen Up series scoreboard is as below.

Points	Rider	Points	Rider	Points	Rider
7	David Griffin	4	Jean-Philippe Leclercq	3	Michael Muscat
6	Glenn Newnham	4	John Williams	3	Craig Oliver
6	Ken Saxton	4	Walter Savini	3	Keith Wade
6	Paul Webster	4	Max Michelson	3	Jason McCoy
6	John Blyth	4	Kym Petersen	3	Garron Buckland
6	Ian Michelson	4	Des Browne (ACT)	3	Liam Oliver (N)
5	Colin Mortley	3	Nick Tapp	3	Steve White

Again, a big thank you to Dean Niclasen for his generous sponsorship of the series. Don't go anywhere else but Toy Bricks Bayswater for your Lego needs!





Series points from each race 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.

Mornington Peninsula Ride for Relief, 20 October 2019

Come and join us on a fabulous ride on the Mornington Peninsula that includes lunch and bathing at the Peninsula Hot Springs after the ride. The funds raised from this event will go to Mentis Assist, a not-for-profit mental health support service that provides specialised mental health services for people (and their carers) living with a diagnosed mental illness in and outside of Victoria's Mornington Peninsula.

Please click on the link to download a brochure for further details. Early bird entry before 14 July.

www.peninsulahotsprings.com/wp-content/uploads/2019/05/Ride-for-Relief-Digital-Brochure-2019.pdf

Juanita Stumbles

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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