

27 July 2019

Eastern Cycling Club

Newsletter

Duty Roster

Sunday 28 July,
National Boulevard
Northern Cycling

Saturday 3 August, Gruyere
John Thomson (R), Rob Lackey (TC), Ray Russo (TC), Neil Cartledge (TC), Grant Greenhalgh, John Cochrane, Rob Suter, Wes Black, Richard Vernon, Andrew Wedderburn, Keith Wade

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.

Editor: Nick Tapp
nick.tapp@detail-ed.com.au



The Tour de Metro against Northern CC got under way last Sunday at National Boulevard, and continues this weekend at the same time and place: National Boulevard, Campbellfield, Sunday, starting at 10 am. Online entry is preferred. Enter online at <https://entryboss.cc/races/2666> before midday on Saturday and pay \$12, or pay \$15 on the day (desk closing at 9.45 am). I think everyone agrees it's a lot of fun working together as a team. But to do so effectively we need numbers, and last week A, E and F grades were well outnumbered and took a hammering on the results sheet as a result. The series scorecard now reads Northern 67 points, Eastern 39. Scroll down for race reports and details of the scores. We have some ground to make up in round 2 this Sunday and the following two Saturdays at Gruyere and Yarra Glen. Be there if you can.

If you haven't yet collected your new club kit, you can do so at Croydon Cycleworks during normal shop hours. And see the next page for a great offer from CCW for Eastern members throughout the Tour de Metro.

And put Saturday 26 October in your diary. That's the date of our annual Awards Night, with guest speaker Dave McKenzie. Scroll down for details.



Andrew Mapstone taking the bunch sprint for 4th place in A Grade by a country mile. Photo: Steve Ross



Croydon Cycleworks special offer

In support of our Eastern members racing to win the Tour de Metro against Northern Cycling Club, Croydon Cycleworks has a great offer for Eastern Cycling Club members.



We have added more value into our Comprehensive Service package. Normally, this package is valued at \$199 – for Eastern Cycling Club members during the Tour de Metro race series – JUST \$149. Cash in now and your bike will be ready for the challenge.

Here is what you now get under our new package:

Overall

- Comprehensive assessment (including frame)
- Full bike wash (drive train removed and comprehensively cleaned)
- Quote
- Test ride

Cockpit/Brakes

- Check/adjust headset bolts
- Service/rebuild headset
- New bar tape*
- New brake pads*

Drivetrain

- Check/adjust gears front/rear
- Cables relubed
- Service/rebuild BB
- Service/rebuild rear derailleur (where applicable)
- Chain relubed

Wheels

- Tyres inflated
- Front and rear wheels removed and trued
- Service/rebuild Hubs

* Now we have also added new brake pads and new bar tape to this package.

David and the CCW Team



Graded scratch races (Tour de Metro round 1), National Boulevard, 21 July

Grade	1st	2nd	3rd	4th	5th
A Grade (18)	Aaron Christensen (N)	Paul Moore (N)	Mark Adams (N)	Andrew Mapstone	Glenn Newnham
B Grade (23)	Paul Webster	Nathan D'Arcy (N)	Tom McDonough (N)	Graig Stannard	Mark Edwards
C Grade (22)	Adam Hinds	Alex Muhia (N)	David Griffin	Greg North (N)	David McCormack
D Grade (15)	James Stuart (N)	Colin Mortley	Greg Harvey	Marek Augustynek (N)	Mark McCrossin (N)
E Grade (9)	Fran Medina (N)	Gregory Dight (N)	Harry Hibgame	Jeff Romans (N)	Donna Jamieson (N)
F Grade (6)	Brian Forbes (N)	Meredith Kelly (N)	Petra Niclasen	Ian Buckingham (N)	Sue Scott (N)

B Grade (I)

By Paul Webster

I always look forward to competing in this annual series. It is an opportunity to race as a team, rather than as individuals, allowing everyone to race to their strengths – sprinters, climbers, escape artists alike.

As is often the case at National Boulevard, we were outnumbered 13 to 10. It was going to be a hard race, especially with a strong northerly headwind on the back straight.

The race started at a conservative pace, until 'serial pest' Tom McDonough (N) started his antics with 60 minutes to go. We could see this was only the start of things to come. Luckily, we had strong men Pete Morris and Walter Savini at the ready to rein in his enthusiasm. When a few more Northerners decided to play the attacking game, we had to call for reinforcements with Paul Firth, Craig Stannard, Craig Oliver and others stepping up to lend a hand keeping the escapes in check.

Midway through the race, there were two strong Northern riders who I could sense were about to break the leash. After a couple of strong attacks from Nathan D'Arcy (N) and

Liam Oliver (N), the leash finally broke. Luckily for me, I was able to get across onto Nathan's wheel and a gap started to form. We rolled turns over the next five or so laps until the chase appeared to be over, and the group was happy to have a one-on-one battle up the road.

We worked well together over the remainder of the race, and the pace increased around the final couple of corners until the final 100 metres, then I got the better of my breakaway companion and took the win.

I believe there were a number of late attacks in the main group, with Craig Stannard chasing Tom to finish 4th and Mark Edwards taking the sprint for 5th.

Great racing by all. Looking forward to another tough, tactical race next week, then the reins can be handed over to our climbers.

Many thanks to all competitors and marshals.

Stats:

Time: 1:09

Speed Ave: 36.6 km/h

Speed Max: 62.6 km/h

Power Ave: 237 W

Power Max: 1130 W

Distance: 42.0 km





B Grade (II)

By Mark Edwards

Saturday night I'm thinking nah, meh, too late, too tired, too wet, too cold, too windy, too early. It's too like a U2 song and it's like at Nowhere North and it's early Hawks at the G and anyway it's B+ or A- and I'll only get a few laps in before Webster goes. I might give it a miss.


Sunday morning I wake up, sweet waking heart rate, squalls passed, no rain forecast so now I gotta go. I grab my Eastern Team Tactics folder, it's pretty thin but you gotta do what you can, and anyway I've already paid. So it's Maccas for coffee and a toastie and maybe that last orange Smurf, then the Ring Road halfway to Sydney, the classic *Blood on the Tracks* playing and it's cold. I've packed Antarctic kit but can't think how many layers to put on. J-P is warming up and we chat, something Alaphilippe, something French, something *allez allez*, something yellow. He's been up too late and I wonder how he's going to go. He's warming up at my pace, a sure sign I should worry for our A Team. Craig Stannard flies by at race pace. Ooooooh.

Before the start I shed the legs, long gloves and jacket and reluctantly go into the big ring. We're off and I'm pleasantly surprised, the pace is relaxed. I'm no chance in this company, so I sit at the back and contemplate the mighty Hawks. My second Grand Final, already a pessimistic and fretful boy, 10 years old, sat with my Aunty Ruth in the old seething Southern Stand. I can't remember beating the Doggies in 1961 even though I was there, but oh I remember the pain of the 63 Grand Final loss to Geelong, when I first learned there is no justice, no decency in this world. Ever since, I'm annoyed at the sight of navy hoops. I'm wondering if at 66 years old I should let this go, I like Dangerfield, love Tim Kelly (he could

be one of ours), am not over-enthusiastic about a couple of others from the Cattery. I decide this churlishness has been my constant friend for so long, and as I don't have many others I'll cherish it for a bit longer.

Nothing seems to be happening in our race, not at the back anyway, it's nice hiding outta the wind. Tommy is being Tommy. It's a pity Ellenby isn't here so they could put on a show for us. I can see Morris's head bobbing up and down and assume he's being his annoying chase and tag self. Good for him and us. This track, long since renamed the Paul Webster Circuit, was once Roman's Rubicon and he's restless, up back, like a kid on an escalator. He says something but it's in his Slovakian accent and I'm a bit deaf. I thought he said 'You're looking very handsome today' and felt a bit awkward but maybe I lip-read it wrong. Green Jersey leader Wally Savini hasn't mentioned his back so he's a real chance and he's hiding nicely. A three-man A Grade Northern train flies by us and I think our boys will just be sitting a bit back, letting them wear themselves out before we attack past. Good plan boys, some serious talent for us, smart riding! But gee they've left a long gap and I'm wondering if the plan has gone a bit awry. Anyway, Webby drifts back and tells me there's two lots of two away. He's been paying attention, he's good like that. The other PW (Webster) well away, no mystery there, and some Northern dude, and the constant Looper and Northerner Tommy McD has finally made one stick, along with our Craig Stannard, in fine form lately. There's some desultory chase/attacks, downwind, crosswind and for the very brave upwind, nothing sticks and it's just wait for the bell. I'm no jet but I pride myself on some rat cunning – it's gonna be so fast downwind downhill that overtaking will be tough as people spin out, especially the standers who will have spare





power but not likely the cadence. I want to be already moving fast-ish at the top left-hand crest. Not likely to work in this company but it's my best chance. Nick Tapp happily has thought it through and come up with the same idea so I follow him up the outside. The pace is curiously mild, it doesn't feel right. What's going on?

I come over the top with Nick, he fades and mutters a bookish curse, I take a few stomps to wind up and then sit and pedal. I'm sure the bunch will roll over me, they always do. Firth, Morris, Oliver, Savini and those Northern glute-and-thigh brigade boys, plenty looked likely there. I get to where it flattens out and start to fade. Where are they all? I'm dying near the line, spent, and look back in frustration only to see I've somehow got enough. Up ahead, Webster has skinned his man for 1st, well done, but it seems Craig Stannard has been outsmarted by Tommy for 3rd, that's gotta hurt. They were so far away I didn't see any of it, but I brought home 5th and the final point. Kinda surprising but nice.

No presentations for me, lost 15 minutes wrestling a hundred safety pins and numbers off (thanks Tappy) then dash home, train to the G, only 10 minutes into the first quarter. It's hard being a Hawks supporter. We've won three of the last six flags but it doesn't feel enough. Nothing seems in its proper place right now. Today good triumphs over evil again, the Cats fans whine like a grounded 787 Max and now I can relax and relive the day. The station is too crowded so we slink off to Swan St, the PO, to have a couple of appetisers and talk. Such fun. I talk too loudly about 2008, 2013, the glorious finals bookends, and today. Not really too loudly, just loud enough to sour the afternoon even more for the gloomy and resentful mob at the next table. They start talking ladder positions so I mention their recent sad finals performances. They pack up and leave, all

blue and white and blue. Then it's home for us, the replay, where we play even better. Life is good. I tell Helen about my ride today, lap by lap, only slightly embellished. I'm not qualifying any superlatives. She seems interested, she can fake it with the best.

By the way, can someone take over my B Grade Lanterne Rouge duties next week, and maybe do a Race Report? I gotta go to Launceston on Friday to see a footy match. Good luck B Grade, and to A Grade too – a few more jets need to turn up and wheel-suck those three tall skinny blokes in black, no easy task by the look of it.

C Grade

By Kym Petersen

First things first. Was it going to rain again? Would the weather hold out? The last two races I've been available to attend (Yarra Glen and Gruyere) were both rained out and the forecast for our first TdM was looking dodgy. Tricky time of year, flippant weather and kids' commitments make for a tough schedule to follow!

We had one light sprinkle at home, that was it. Done. Nothing in it. Time to hit the road and drive across town to our Northern cousins' place and have some fun!

I was really looking forward to this series again. It's such a great format to race, when you combine your talents and work together as a team and as a club, to try and overthrow the other lot. Usual rivalries with your teamies are shelved, you can complement, rather than compete with, your clubbies!

Adam D. was our Team Captain. Don't recall voting him in but I guess that was a fait accompli, hey Ads! There were 12 ECC entrants versus 10 from NCC.

A quick team meeting was held trackside to discuss our tactics and to assign our roles:





we had some to patrol the front, some to chase attacks, some to do the attacking, breakaway specialists and those assigned to protect the sprinters and keep them safe and fresh to the end. Lucky me, I was assigned as a sprinter along with Adam Hinds. Cool!

We set off and I was expecting the usual frenetic pace from the gun but it wasn't to be. Nothing leisurely but it was quite sedate compared to previous NCC crits I'd attended. It gave Ad H. and myself a chance to have a quick chat and to position ourselves comfortably in the bunch. The weather was interesting, we had a fantastic tailwind down the front straight. Fast finish to be had there, faster than usual! However, it came at a cost and gave us a huge headwind up the slightly uphill back straight and a vicious crosswind along the top section!

Northern were quite active and had a few digs off the front, but our crew were so attentive that anything of significance was shut down. A great effort by Ian Michelson, who was strong all race. He put in his own attacks and managed some fantastic air time out the front on his own. He also chased down attacks aplenty. Really great racing from Ian. Both Ad and I were so well looked after by all the ECC crew, it really felt like an armchair ride to the finish! I felt a bit lazy as I'm not really accustomed to just sitting in, to

be honest. I worked on my position as the race wore on, and Dave Griffin offered to be my leadout. With a few laps to go, Adam D. started rallying the troops and the pace certainly kicked up in the bunch as everyone got a bit twitchy with the finish approaching.

On the bell lap, there was a lot of movement as riders tried to either shelter from the wind or grab a good position in the bunch. I found myself fighting for wheels to stay on Ad D's ECC train, and the headwind got me a few times as I improved my position. We rounded the top section into the crosswind and Adam H. took off like a rocket partway along. No one seemed to have enough to go with him, we certainly weren't going to chase and he powered on. As we turned onto the home straight it was full gas and everyone started to gradually spread wide and the track opened up. I could see Ad H. comfortably in the distance and he was home for the win. As for me, I didn't have near enough grunt nor mass to be competitive down that hill with an assisting tailwind. I watched in delight as my lead-out Dave powered down the straight and came in 3rd place, with Dave McCormack a close 5th. I rolled in about 12th place. What a team effort! Well done, everyone, thank you for looking after me and well done to our place-getters. Next week I'll happily be the workhorse!

	A		B		C		D		E		F	
	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC	ECC	NCC
1st		8	8		8			8		8		5
2nd		5		5		5	5			5		3
3rd		3		3	3		3		3		2	
4th	2		2			2		2		2		1
5th	1		1		1			1		1		
Total	3	16	11	8	12	7	8	11	3	16	2	9
Progressive total						ECC	NCC					
						39	67					





Wednesday criterium at the Loop, Yarra Boulevard, 24 July

Division	1st	2nd	3rd
Division 1 (10)	Pete Morris	Tony Hallam	Chris Ellenby
Division 2 (5)	Dale Walton	Ian Smith	Dean Tune
Division 3 (5)	Susan Williams	David Drew (N)	Andre Weber
Division 4 (2)	John Eddy	Michael Waterfield	--

Thanks to referee John Williams, Mark Edwards and anyone else who helped.

News etc.

Lost and found

Peter Gray needs to get rid of this stuff (below), all left at races over the last couple of years. See Peter on race day if you recognise any of it as yours.





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

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 ctrl-click on the link to download a brochure for further details.

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

Juanita Stumbles

The Big Bike Film Night

Movies about bikes! Eleven short films from 2 minutes to 27 minutes long. Screening in Melbourne Tuesday 13 August. Details here: <https://mailchi.mp/9f1f8d944ebe/lights-camera-bikes-bikes-and-yip-bike-films?e=927687e968>.





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



Eastern Cycling Club Annual Awards Night

SATURDAY 26TH OCTOBER - 7PM

**MAROONDAH SPORTS CLUB - DUBLIN RD, RINGWOOD EAST
2 COURSE MEAL**

DRINKS AT BAR PRICES

GUEST SPEAKER - DAVID MCKENZIE

TICKET PRICE - \$70EA

TICKETS MUST BE PURCHASED ONLINE BY 21/10/19

www.trybooking.com/BEDIZ

Our special guest speaker & presenter is David McKenzie. David won the Australian National Road title in 1998 & his biggest victory came on stage 7 of the 2000 Giro d'Italia where he rode to victory after a 164 km solo breakaway. David now works as a cycling journalist and commentator on SBS.

