

10 August 2019

Eastern Cycling Club

Newsletter

Duty Roster

Saturday 10 August, Yarra Glen

Mark Edwards (R), Dean Tune (TC), Walter Savini (TC), Matt Clarke, Phil Smith, Roman Suran, John Blyth, Anthony Gullace, Stuart Bendall, J.C. Wilson

Saturday 17 August, Thornton

Richard Dobson (R), Ken Saxton (TC), Ray Watts (TC), Tim Crowe, Grant Farr, David Griffin, Chris Hughson, Tim Maffey, Wes Black, Peter Ransome, Geoff Darroch, David Pyne, Sam Bruzzese

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.

Editor: Nick Tapp
editor@easterncycling.com



Tour de Metro: the final round

The deciding final round of the Tour de Metro takes place this Saturday at Yarra Glen and it's going to be tough. (Good job we all Toughened Up® earlier.) Eastern took the overall points at Gruyere last Saturday but we still trail by 41 points in the series. Scroll down for results and reports from Gruyere. And please come to race at Yarra Glen if you possibly can – with the proviso that the weather forecast is ominous, so keep an eye out for notifications in case it is necessary to cancel. Racing starts at 2 pm, weather permitting, opposite the cemetery on Glenview Road. Word on the grapevine is that Helen's fireside soup kitchen (donations gratefully received, proceeds to the Wellington community centre in Collingwood, <https://thewellington.org.au/>; bring your mug and spoon) and a coffee van may again be in attendance.

The bike service special offer from Croydon Cycleworks for the Tour de Metro ends this Saturday. Scroll down for details.

There's lots happening this week in News etc. including word on Steve Ross and John Williams, who have both seen the inside of a hospital in recent days.



The forces of the North mass for the final battle outside the citadel of the East in Yarra Glen.



Graded scratch races (Tour de Metro round 3), Gruyere, 3 August

Grade	1st	2nd	3rd	4th	5th
A Grade (14)	Mark Seddon (N)	Jean-Philippe Leclercq	Aaron Christiansen (N)	Mark Adams (N)	Vaughan Bowman
B Grade (12)	Trevor Coulter (N)	Chris Ellenby	Craig Harvey (N)	Paul Firth	Craig Stannard
C Grade (23)	Nick Nomikos (N)	Brendan Wain	Alex Muhia (N)	Terry Hodges (N)	Tim Crowe
D Grade (10)	Bernie Evans	Veronica Vandenbroeck	Ron Gillies	Andrew Buchanan	Vince Sinni (N)
E Grade (16)	Michael Muscat	Max Michelson	Ken Allen	Nick Hainal	Alison Watt (N)
F Grade (2)	Meredith Kelly (N)	–	–	–	–

A Grade

By Jean-Philippe Leclercq


I spoke with Phil Smith during warm-up and he was not feeling good. He's got a bad cold but was still here to race. Tough Phil, sick and still racing, must be an All Blacks thing, never give up!

At the start, I quickly looked at who was there and could see some tough riders lined up, and some looking like typical climbers. I could not see myself in the top five today, but legs felt OK during warm-up so let's see. The rain had just stopped and the race was starting – what good timing!

On the first lap, Phil S. was at the front, leading and with about four or five riders behind him. I thought maybe Phil was winning against his bad cold ...? After two or three laps, I managed to be in a break with Aaron Christiansen and Mark Seddon (both Northern). After one lap or so of being in the break, Mark had a flat tyre, really bad luck. Then Vaughan Bowman joined us, and it was back to three riders in the break. Around lap 5, we were rejoined by Mark (got a spare wheel), Mark Adams and Tony Giuliano (Northern).

So we were now six in the break, two Eastern vs four Northern. I thought this was not looking good for Vaughan and myself. Mark Adams attacked a bit before the long hill. Midway to the hill, Mark had a nice gap, 30 metres I would say. We were watching, and wondering what to do I guess. I thought I would try to get him back and see what happened. So by pure instinct I put the hammer down from the bottom of the hill and with Mark as my target. Midway, my legs were still feeling good and I was closing down on Mark.

Fifty metres before the top of the hill I reached Mark, for a split second I thought I would sit behind him, but as crazy as I can be sometimes, I passed him and carried on like a mad frog. Could not believe those legs were still working. Going down the hill, there were some gaps among us, and we were all smashed (well, I was!) Back on the flat, Mark Seddon put in a massive attack, and was immediately followed by Aaron. I knew this one was the one, and as I still had a bit left in the tank I followed those two. We were on another break, Aaron, Mark and myself. But there was still a lot to go through, five laps was remaining if I am correct. The three of us were working well. In the last three laps, Mark



was sometimes missing his turn. I wondered if he was preparing to attack me, if he was tired or saving himself for the final sprint. Aaron was looking the strongest and I was watching him too. I was surprised Aaron and Mark did not play any sneaky game to get rid of me (however, I was ready for it!) – good on them.

On the last hill, I put in an attack in the last 50 metres and got a little gap but was quickly caught during the descent. In the sprint, Aaron was leading, then me and Mark. In the last 200 metres Mark put in a massive acceleration, I tried to follow his wheel but too strong he was. I still managed to place 2nd, and quite happy with this, considering the calibre of the riders today at Gruyere. Best legs I have had for a long time!

B Grade (I)

By Paul Firth

On Saturday morning I looked out the window and it was immediately clear that conditions for the afternoon's race were not going to be merely the usual Gruyere pain but also cold and miserable.

The previous week, Northern's Trevor Coulter and I had managed 1st and 2nd place in a break at National Boulevard. As a result, I was met by the handicapper with the proposition, 'Trevor Coulter is here and he said he would race A Grade but you have to as well'. Not much of a choice, to be honest, but better to struggle to hang on to one, rather than a dozen.

So with misty rain coming down, 12 riders set off, six each from Northern and Eastern. As I sized up the field, I knew we had our work cut out. Trevor Coulter, Craig Harvey and David Anderson were standouts who could make it a hard day at the office. From our perspective, Nick Tapp is always strong at Gruyere, and Craig Stannard and Paul


Webster are both in great form. Despite his protestations and claims of 'I am just a sprinter', Paul Webster can climb pretty well. So, while I felt Trevor would likely prevail, I was confident we could take some of the minor places.

Well, the first lap set the tone of the race. A moderate pace up the first pinch, across the top, down the descent and then the hill. Oh, that hill. I normally don't mind the hill and would go as far as to say I enjoy it. This was a new ball game. It felt like an A Grade race trying to hold Phil Smith up the hill. Trevor Coulter and Craig Harvey set a really high tempo, which had us all stretched, and then over the last 100 metres kicked really hard. Craig, Nick and others stayed with them, but the majority of us found ourselves gapped and a hard chase ensued to get back on.

This process repeated for the next five laps. Clearly, these two Northerners were trying to hurt us. By the middle of the race, several riders had dropped off. Nick, normally strong at Gruyere, was feeling the impact of celebrating his son's 21st the night before, and Mark Edwards was feeling the heat also.

Laps 7 and 8 the pace eased off ever so slightly, and I was at my limit but hanging on. Paul Webster was still looking strong. During laps 8 and 9 a few attacks were launched. On lap 9, on the back side of the course, Chris Ellenby launched an attack which Trevor Coulter covered. At this point, I didn't think I could jump across the gap fast enough to get over solo, and thought if I tried I would just drag the rest of the bunch, including the Northerners, across to Chris and Trevor. Let them fight it out for 1st and 2nd, I thought, as they rode off from us, and we would try to clean up the remaining places.

As we hit the hill on laps 9 and 10 Craig Harvey continued to drop the hammer on us and we all fought to hold his wheel.



Luckily, the lap counter did us a favour and rang the bell a lap early. At this stage, my plan was to leave Craig Harvey on the front, try to hang onto him up the hill, and hopefully get him in a sprint.

We hit the hill for the 11th and last time. Like clockwork, Craig Harvey cranked up the power. I dug deep, held his wheel and crested the hill right behind him. As we descended, I realised Craig Stannard was with me and also Ross Clark from Northern. We turned left at the bottom and headed towards the finish line. Craig Harvey on the front, Craig Stannard second wheel, myself and Ross Clark.

At 500 metres Craig Stannard made a move on the inside. At the same time, Ross Clark jumped on my right. Everyone was off. Out of the saddle in top gear at this distance is a very long sprint for me. I was over Ross Clark and Craig Stannard and into the wheel of Craig Harvey. Both of us still out of the saddle. I started to make a move past him and he somehow found a bit more and pulled ahead of me. We crossed the line with Craig Harvey snaring 3rd, myself 4th and Craig Stannard in 5th.

We later found out Trevor Coulter had won and Chris Ellenby had come 2nd. A great, but tough, day of racing at a testing course.

The Northerners have us on the ropes so we will need all hands on deck in B Grade next week at Yarra Glen.

B Grade (II)

By Craig Stannard

The basic details were:

Lap 1 – nice bunch riding had by all until halfway up ‘Heartbreak Hill’ where Trevor Coulter (N) and his mate Craig Harvey (N) would attack and get away a bit, and then we (Easterners) would work together taking turns to get back on their wheels by the finish line straight.

Laps 2 to 8 – as above with a few attacks thrown in

Lap 9 – Chris Ellenby went for one of his customary long-range attacks and Trevor went with him, and that was the last we saw of them

Lap 10 – fairly sedate

Lap 11 – bell lap (one lap early!). Craig Harvey summited the hill first, with me on his wheel and Paul Firth on mine. Kept that formation till the last bend before the finish. I got blocked on my right by a Northern rider. Worried I was going to get stuck there, I saw a gap open up on the left and decided I had to go for it. Turns out it was far, far too early and got run over the top 50 metres out by Craig Harvey and then by Paul. Took home the consolation point for 5th.

C Grade

By Alison Skene

Nine laps to find out

Am I the hammer or nail?

Turns out I’m neither.

Thanks to all riders, officials and volunteers for a most enjoyable day’s racing.

Tour de Metro individual aggregate points – Male

	R1 Nat Blvd	R2 Nat Blvd	R3 Gruyere	Total
Trevor Coulter (N)	0	8	8	16
James Stuart (N)	8	5	0	13
Greg Harvey (E)	3	8	0	11
Aaron Christiansen (N)	8	0	3	11
Jean-Philippe Leclercq (E)	0	5	5	10
Paul Webster (E)	8	1	0	9
Adam Hinds (E)	8	0	0	8
Gregory Dight (N)	5	3	0	8
Harry Hibgame (E)	3	5	0	8
Brian Forbes (N)	5	3	0	8
Troy Morgan (N)	0	8	0	8
Ian Michelson (E)	0	8	0	8
Mark Seddon (N)	0	0	8	8
Bernie Evans (E)	0	0	8	8
Michael Muscat (E)	0	0	8	8
Mark Adams (N)	3	2	2	7
Alex Muhia (N)	5	0	2	7
Paul Firth (E)	0	5	2	7

Tour DeMetro individual aggregate points – Female

	R1 Nat Blvd	R2 Nat Blvd	R3 Gruyere	Total
Fran Medina (N)	8	8	0	16
Meredith Kelly (N)	3	2	2	7
Veronica Vandebroek (E)	0	0	5	5
Donna Jamieson (N)	1	2	0	3
Petra Niclasen (E)	2	0	0	2
Sue Scott (N)	0	1	0	1
Susan Williams (E)	0	1	0	1



Wednesday criterium at the Loop, Yarra Boulevard, 7 August

Division	1st	2nd	3rd
Division 1a (6)	Russell Newnham	Fraser Short (N)	Tony Hallam
Division 1b (11)	Ross Clark (N)	Ray Russo	Adam Eastoe
Division 2 (--)	--	--	--
Division 3 (5)	Michael Muscat	David Drew (N)	Susan Williams
Division 4 (3)	John Eddy	Laurie Bohn	Michael Waterfield

Thanks to referee Mark Edwards and anyone else who helped.

News etc.

Steve Ross and John Williams

Many will know that Steve Ross fell on a slippery wooden bridge during a recent training ride and cracked several ribs. Steve has been back on the indoor trainer already, but can't yet get out of the saddle, apparently ...! Meanwhile, John Williams has had surgery this week to repair/replace an aortic valve and bypass a couple of blocked coronary arteries. Who would have thought such a fit bloke could need heart surgery? – which was very much the message of John's pre-race briefing at the Loop last week. Your fitness may be masking underlying issues, so make sure you get checked out properly before you receive a nasty shock. John is in Mulgrave Private Hospital and would be glad of visitors once he's back on the wards. Maybe phone the hospital (9790 9333) before you head off. We wish both Steve and John a speedy and full recovery and look forward to seeing them both back on the start line in the fullness of time.


Duty roster

Please check your roster dates on the website (<https://easterncycling.com/roster/>). Some changes to earlier notifications were necessary when posting the current version (in late June). Any member who received a notification around mid-June can contact Andrew Buchanan (0472 699 322) if clarification is needed.

Race day trailer update

In great news, the club has been able to secure a permanent place for the race day trailer to be kept at METEC, which will help with our Tuesday night summer crits and is central to all Saturday race venues. We still require some extra drivers to have a roster system in place, so if you were thinking of helping but storage was a problem – it has been solved! Hopefully, we can resolve this soon; if not, we may be faced with only racing at METEC and Casey Fields because we can't get





the trailer to other locations. To ensure we don't get that desperate, make some enquires to Pete Gray on 0418 333 342 or Max Michelson on 0438 538 139.

Max Michelson

Monthly Sunday ride

The monthly Sunday club ride will recommence on Sunday 18 August, leaving the Croydon Cycle Works shop at 7.30 am. Same format as previously, with a 'hot' and a 'mild' group, all meeting afterwards in Croydon for a coffee and debrief. All riders are encouraged to wear the new club kit and fly the flag.

Southbank Promenade: your coffee fix is safe

Tuesday riders (and others) may be concerned at recent TV reports suggesting that cyclists are to be banned from cycling along Southbank Promenade. Following a similar story earlier in the year, Keith Bowen received the following reply from Melbourne City Council.

Dear Mr Bowen,

Thank you for your inquiry regarding Southbank Promenade and cycling.

As mentioned in our earlier phone conversation, we are not detouring cyclists away from Southbank Promenade.

Our policy is to retain access for cyclists through Southbank Promenade as an area shared with pedestrians. We are designing the space to moderate the speed of the minority of cyclists who travel through the area at high speed.

We are also developing an alternative route for commuter cyclists to ensure lower speed cyclists can continue to share the space with pedestrians on the Promenade. Higher speed cyclists on the Promenade will be encouraged to reduce their speed through measures such as signage, pavement texture and a more meandering path.

Cyclists will continue to be an important part of what makes Promenade a vibrant and inclusive place.

Sincerely,
Simon Shiel

Mail to: you@easterncycling.com

Have you ever wanted your own @easterncycling.com email address? Scroll down to see what Mark Edwards has done about it.





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

The VCV Individual Time Trial championships will be held on 8 September at Balliang. Entries close Tuesday 3 September. See the flyer at the end of this newsletter for more details.

Other events

There is another flyer and an information sheet/media release at the end of this newsletter with details of the inaugural Australasian Masters Cycling Championships (criterium, TT and road race) to be held in the Wairarapa region, New Zealand, over Easter (11–13 April) 2020. Australian riders are welcome, we are told, though it's not 100% clear whether a Veterans licence will suffice or whether you will need a Masters licence.

Sponsors





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. Offer ends Saturday 10 August.

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





Under the possible but not essential business of Google Apps for ECC, photos, videos, mail, storage, archiving, spreadsheets (like the aggregate), calendar and more we now have

@Easterncycling.com email addresses.. free to a good home

Sick of being JoeBlw1B1956@bigpond.com ...that you can't explain to people?

Or JuvenileName-69@hotmail.com you made as an 15 year old spotty faced monster?

Do you want people to be impressed you are an elite cyclist from a great club?

Want to enquire about that new bike without telling the loved one you share your email with?

You could be Something@easterncycling.com



Like JP@easterncycling.com

Or leFrog@easterncycling.com

Or MultiClubChamp@easterncycling.com

Or all three if you like

These are basically google gmail addresses via the ECC Google For Non Profit G Suite Apps with all the back end "support" and "help" of Google..free to us as we are a non profit.

We can do this.. all easy..you must be capable of creating and remembering your own password or at least owning a child or a grandchild with opposing thumbs

If you want one tell me markedwards@easterncycling.com what you want and as long as it's not taken then it's yours. By the way please tell me by email not in a passing conversation!

Also if you want your own group or forum email, for you and a few others, say referees@easterncycling.com and raclemania@easterncycling.com (yeah those are up and about already:-)) or say DGrade@easterncycling.com or TdU2020@easterncycling.com (they aren't things as yet) we can do that too, as long as one or more of you in the group wants to own and manage it (and edit in and out changes of people)

Lastly if anyone is a bit techie (I'm not I just crash about and try stuff) and wants to help administer the apps, or be a backup I am looking for collaborator(s). As much or as little scope and work as you want. It's not ideal for me to be solely in charge, these are collaboration tools, designed to load share



VCV TT CHAMPIONSHIPS

8th September 2019

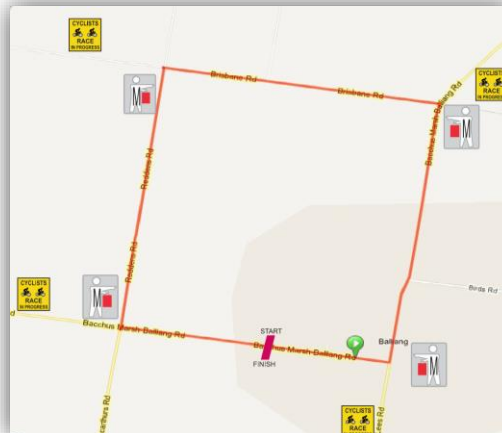
- Contested in 5 years age groups, male and female
- Flat 10km course
- 30-69 years age groups do 3 laps
- 70+ years age groups do 2 laps
- Entries close Tuesday 3rd September
- Entry Fee \$10.00, Transponder hire \$5.00

More information:

<http://www.veterancycling.com.au/events.html#statett>

Enter on line now:

<https://www.registernow.com.au/secure/Register.aspx?E=35113>



Raced in 5 years age groups

**Medals for:
1st, 2nd & 3rd
(all age groups)**

Starting from 10am

**Registration:
Balliang Hall, Bacchus
Marsh/Balliang Road,
Balliang**

**Course:
Flat 10km course
30-69 years 3 laps
70 + years 2 laps**

**Entries Close:
Tuesday 3rd September**

**Entry Fee \$10
Transponder Hire \$5**

Australasian Master's Cycling Championship

11 – 13 April 2020



*Australasian Masters
Cycling Championship*

*Visit NZ's beautiful Wairarapa
region for a spectacular 3 race
cycling series held over Easter
weekend.*

www.masterscycling.co.nz

A NEW INTERNATIONAL CYCLING EVENT FOR WAIRARAPA

The Wairarapa's sought after location as a road cycling destination has been strengthened following today's announcement that another international event will be held there in 2020.

Cycling race director Jorge Sandoval will stage the inaugural international Australasian Masters Cycling Championships over Easter weekend 2020 (April 10-13). The championships will encompass three separate events – one criterium, one-time trial and one road race – and be held on circuits already used in the UCI 2.2 New Zealand Cycle Classic and in the Trust House North Island Team Series. The event has been endorsed by Cycling New Zealand as a recognised event and is expected to attract masters (35years plus) cyclists from around New Zealand and Australia including past national champions

It will be the first time a master's championship of this nature has been held in New Zealand and Jorge believes the timing is perfect.

"Masters riders commonly provide the largest number of participants in fun races and competitive races within in New Zealand. Between the months of September to May each year, club races are held with men and women over the age of 35 years getting out on their bikes and giving it their all," he said.

"The inaugural Australasian Masters Cycling champs will not only fill a gap in the market for riders but I believe will also attract lots more riders and their families to Wairarapa, a region which already hosts the only Union Cycliste Internationale stage race in New Zealand, the NZ Cycle Classic, and the Trust House North Island Team Series for our top male riders."

Destination Wairarapa general manager David Hancock says having Wairarapa chosen as the location for this new event confirms the regions status as a major road cycle racing destination.

"Wairarapa's proximity to Wellington, the diversity of race routes and terrain available (as endorsed by UCI for the NZ Cycle Classic) plus quality accommodation means we're a top cycling choice. Easter sees settled late summer weather and popular events such as the Wairarapa Balloon Festival being held across the region too," says David.

The 2020 Australasian Masters Cycling Championships will consist of three events. A 10km hill climb time trial up the steep Admiral Hill in the Gladstone region; a criterium circuit race held at Masterton Motorplex, a venue traditionally used for drag racing, and a road races held on the outskirts of Carterton.

There will be three age groups available: 35 years to 44; 45 to 54; and 55 to 59 and 60 years plus with both social grades and competitive grades.

"The championships will provide masters of all ages the opportunity to compete against other riders of like abilities – whether that be in a friendly social grades or super competitive", " says Jorge.

Registrations for the 2020 Australasian Masters Cycling Championships open on 12th August via the event Website. For more information on the Wairarapa, a renowned wine, food and cycling destination located only just over an hour's drive or train ride from Wellington city, can be found at www.wairarapanz.com.

For more information please contact;

Race Director Jorge Sandoval 0274 464300

Email: jorgesandovalnz@gmail.com

Website; <http://masterscycling.co.nz/>