

24 August 2019

Eastern Cycling Club

Newsletter

Duty Roster

Sunday 25 August, Rocco Drive

tbc (R), Craig Stannard (TC), Ian Smith (TC), Laurie Gates, Marietjie de Cock, Dave Worland, Harry Hibgame, Sue Sharples, Ian McGeoch, Peter Ransome

Saturday 31 August, Yarra Glen

Tony Curulli (R), Nick Hainal (TC), Peter Webb (TC), Ken Mayberry, Bob Lewis, Jason McCoy, Adam Hinds, Paul Anderson, Iain Clark

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, tjtop2@optusnet.com.au.

Editor: Nick Tapp
editor@easterncycling.com



The Rob Graham Individual Time Trial and Club ITT Championships were held last Saturday in near perfect conditions at Thornton. Results and a reflection on the event (do we dare to call it a race report?) are inside.

This weekend we reset the body clock and race on Sunday morning at Rocco Drive, Scoresby. Racing starts at 10 am and the desk will close at 9.45. Post-race presentations will be held as usual in the comfort of Beach Hut Brewery, which will be open from 9.30 am to give us access to their toilets. Bar and kitchen will be open after the race, so stick around.

After being cancelled due to bad weather a couple of weeks ago, the deciding final round of the Tour de Metro has been rescheduled to the following Saturday 31 August at Yarra Glen. Eastern trails Northern by 41 points in the series so it's going to take a big effort to reclaim the trophy. Good numbers are the key, so please be there if you possibly can.



Most of the top 10 from last Saturday's Rob Graham handicap, plus fastest man and woman (see results)

Rob Graham Individual Time Trial and Club ITT Championships, Thornton, 17 August

Handicap placing	Rider	Ride time	Corrected time
1st	Craig Stannard	40:55	32:05
2nd	Adam Hinds	41:01	33:01
3rd	Rob Suter	41:08	33:08
4th	Dean Niclasen	37:49	33:29
5th	Chris Ellenby	41:26	33:36
6th	Paul Anderson	42:46	33:56
7th	Ian Smith	41:58	33:58
8th	Paul Webster	37:44	34:04
9th	Kevin King	36:15	34:05
10th	Colin Mortley	43:33	34:13
Fastest time	Justin Hogan (CVV)	34:03	(Average speed 44.05 km/h)
Fastest woman	Lisa James	43:26	(Average speed 34.54 km/h)

Club Individual Time Trial Championship

Age group placing	Rider	Ride time
Men 40–44		
1st	Adam Hinds	41:01
Men 45–49		
1st	Paul Firth	38:48
2nd	Steve White	35:50
Men 50–54		
1st	J-P Leclercq	37:08
2nd	Paul Webster	37:44
3rd	Dean Niclasen	37:49
Men 55–59		
1st	Richard Harvey	35:03
2nd	Colin Doherty	38:31
3rd	Phil Cavaleri	38:55
Men 60–64		
1st	Kevin King	36:15
2nd	Rob Suter	41:08
3rd	Ian Smith	41:58

Age group placing	Rider	Ride time
Men 65–69		
1st	Chris Ellenby	41:26
2nd	David McCormack	42:31
3rd	Andrew Buchanan	45:21
Men 70–74		
1st	John Thomson	43:01
Men 75–79		
1st	Neil Cartledge	46:57
2nd	Keith Wade	49:39
3rd	John Eddy	50:35
Women 50–54		
1st	Lisa James	43:26



The race of truth

By Mark Edwards

To tell you the truth, I have studiously avoided ITTs. And TTTs. And Hill Climbs, and long events – all the tough stuff. The sort of people who love ITTs, the hard core, I like to admire them from afar. In Bologna we walked the cruel Giro ITT Prologue, a short, viciously cruel hill, I'm still having 'mares. Still, I thought I should have a go, at least once, so I entered, or at least I thought I did. When I arrived early, the Handicapper thought not, so we settled on me setting off last. I've really only come to do a race report. I've got the wrong name, the wrong sex, the wrong age group and the wrong start gate but everything else is good. Something to chew on and plenty of time to warm up.

Truth is beauty, and beauty truth.

A lot of TT bikes, disc wheels and clip-ons. Damn, why didn't I think of that? I've seen the pros, the lazy, too cool for school elbows draped casually over the bars. Easy peasy, I'll do that. I'm a bit wobbly in the warm-up, bumpy roads, oops don't turn head around to look back, oops keep fingers off front tyre, try pushing the elbows to the hoods. Dialed in, Rudy Project prescription glasses, classic kit, hey I'm a cool cat too. I'm way outta town at the boonie start, with no shop windows to check myself out. Referee Richard Dobson is a straight ahead kinda man, old school, but his assistants Morris and Farr are checking me out, kinda creepy but kinda nice.

Truth is stranger than fiction.


In front of me there's some big gear starts that look way too hard. I'm worried I might do a Shane Kelly so opt for a smallish gear and a standing start. A few seconds won't matter. I'm out of order (again) and have a few ahead I might catch. I crank up, settle in to HR 150, I reckon I can hold that, and sight John Eddy

up ahead. He's given me 13 years and I've given him a minute, seems fair enough. He looks strong and it takes a worrying time to catch him. I hope I'm as fast at that age, probably not, but I hope I'm still riding. Chapeau John. Then Harry H. He's just ahead up the hill (What hill? They told me it was flat) and I'm locked on. Harry crests the hill and disappears, I change down a front cog and a few back ones, gotta save my energy, and by the time I finally crest HH is gone, but he takes a recovery break and freewheels so I can wind him in. I'm always racing with Gen Y and Gen X, it's nice to be riding with the future. Now Peter Gray. We're a similar age but he's had shocking leg injuries, career-threatening stuff, and I haven't, but he's ridden on. He's got a silly hat and I haven't. Keep going, Pete! I start to search for the next one.

I can't handle the truth.

Jack, I'm flying! Head down, bum up, sometimes I see a 4x, downhill, downwind, sweet, arms draped but something is different. Sweaty arms on old dirty glazed bar tape. I keep sliding forward, I'm worried I'm gonna hit my chin on the phone, there are some cars so I stay on the verge. Off camber, slippery, bumpy. My left eye has got salty sweat in it and I can't see. I lift a hand up to shift the glasses and wipe. Whoa boy, settle down. I ride in the drops for a while. Where is that next rider? I dream of catching Ellenby, gliding past with a polite nod as I mouth, 'I am Spartacus'.

I've gone out easy. When I race there's always a few in front. Here I'm in the wind on my own, no fun at all. At Eildon I get a sight of next up on the wall. Three marshals and one roundabout. Green flag and I'm clear through. Homeward bound. Stay left, they said, it's a simple loop. I'm flying along beside the river. I'm trying to work out a way to put fish on a



bicycle in the report and can't think of a way. Why can't I see that rider? What, wait, there's an armco in the course? Three rides in one – age-based Club Champs, Rob Graham Handicap ITT and a cyclocross with obstacles? That's way cool! A rider flies down the hill from the right as I clip out and jump the fence. Ah. My life is full of wrong turns

May you always know the truth and see the light surrounding you.

I should just cruise home. Legs are so stuffed, I can't get the ticker above about 140. But I'm fired up and pedal on to limp over the line. The Handicapper is looking worried, he's doing some calcs and I might have done alright – too good. I fess up and he looks much relieved.

At Presentation, everyone gets a prize, nearly everyone, everyone except me. DISQ. Two events, 10 places plus eight age groups times

three places makes 34 riders. Club Champs prizes go out and come back to await Presentation Night. A delicious stout in the weak sun, some photos, some unholy times, some looking and talking very pleased with themselves, others disappointed. There's always next time.

Time for home. I'm an old man, I drive a four-cylinder diesel, I drive slow. Over the Black Spur I follow a crawler, hacking his way with 10 saws at the wheel for every corner. Braking from 35 km/h when he sees a 55 sign. Over an hour to Healesville before the traffic gets heavy. Helen asks if there is an envelope. I pout no and blame everyone else. She twists the knife: 'I bet Ellenby got one.' *The truth hurts.*

Another great day of fun in the sun. Thanks to all, and JohnnyBGood, if you got this far it's time for another nap.



Wednesday criterium at the Loop, Yarra Boulevard, 21 August

Division	1st	2nd	3rd
Division 1a (7)	Chris Munro (CV)	David Rooke (N)	Grant Farr
Division 1b (5)	Tom McDonough (N)	Graham Cole (N)	Brendan Wain
Division 2 (1)	Michael Muscat	--	--

Thanks to referee Ian Smith and anyone else who helped.

News etc.

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

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





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 at Wairarapa, 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



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.





VCV TT CHAMPIONSHIPS

8th September 2019

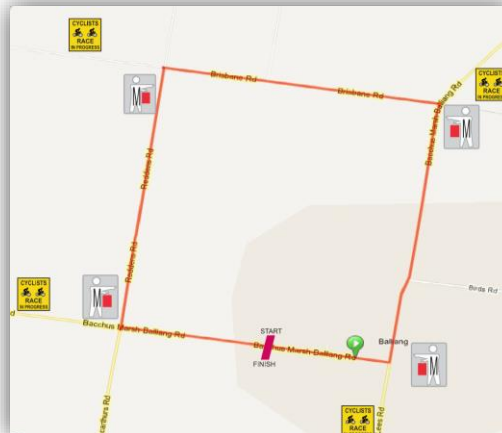
- Contested in 5 years age groups, male and female
- Flat 10km course
- 30-69 years age groups do 3 laps
- 70+ years age groups do 2 laps
- Entries close Tuesday 3rd September
- Entry Fee \$10.00, Transponder hire \$5.00

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/>