

19 October 2019

Eastern Cycling Club

Newsletter

Duty Roster

Saturday 19 October, Thornton

Andrew Buchanan (R), Ray Russo (TC), Neil Cartledge (TC), Malcolm Rowley, Martin Peeters, John Eddy, Nathan White, Vaughan Bowman, Doug Page, Daniel Ives, Colin Doherty

Saturday 26 October, Gruyere

Richard Dobson (R), Rob Lackey (TC), Kevin King (TC), Dean Tune (TC), Allan Hicks, Alison Skene, Phil Johns, Haydn Chapman, Chris Norbury, Ken Allan, John Cochrane, Neville Williamson

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



Last Saturday we travelled to Yarra Glen for the Club Road Championships, and wasn't it a grand afternoon for a bike race. Results and reports are inside. This Saturday, 11 teams will contest the 47.6 km Team Time Trial at Thornton, sponsored by Orger Engines, starting at 1.30 pm. On Sunday there will be a 'Captain's choice' club ride around Wandin – details inside.

Next week, on Saturday 26 October, our busy month winds up with a full afternoon of racing at Gruyere, including the 'Raclemania 19' A Grade Scratch Race. Entries close on Wednesday 23 October – for full details, see the website, Facebook or TeamApp. This will be followed by a big night starting at 7 pm at Maroondah Sports Club, Dublin Road, Ringwood East – the Annual Awards Night, with special guest speaker and presenter David McKenzie. See flyers for both at the end of this newsletter. If you haven't booked your spot at the Awards Night yet, good luck! No promises, but you may still be able to book this Friday at www.trybooking.com/BEDIZ.



All the podium line-ups from Saturday's Club Road Championships at Yarra Glen. Results are inside.

Club Road Championships, Yarra Glen, 12 October

Age group	1st	2nd	3rd
Men 45–49 (5)	Lawrence Lee	Perry Peters	Darren Woolhouse
Men 50–54 (12)	Jean-Philippe Leclercq	Glenn Newnham	Tony Kimpton
Men 55–59 (6)	Phil Smith	Phil Cavaleri	Garron Buckland
Men 60–64 (10)	Nick Tapp	Kevin King	Rob Amos
Men 65–69 (6)	Mark Edwards	Andrew Buchanan	David McCormack
Men 70–74 (2)	John Thomson	Tony Dalton	--
Men 75–79 (2)	Keith Wade	John Eddy	--
Men 80–84 (2)	Laurie Bohn	--	--
Women 45–49 (1)	Kym Petersen	--	--
Women 50–54 (1)	Dale Maizels	--	--

Women 45–49

By Kym Petersen

A race within a race

With just two females on the start line for the Club Champs, both in different age groupings, the decision was made to put us in a men's group of comparable standard. I was in with the men's 65–69 group and Dale with the men's 60–64s. The conditions out at Yarra Glen were perfect, we'd really lucked out with the weather.

I knew how this would go: don't influence the race, don't get in the way, don't drag anyone along and keep out of the final sprint; and so on and so forth. Where exactly is the fun and effort in that? So, after the neutral lap and a very tardy start to the race proper, I decided to do my own thing. I put in a little effort over the rise from the finish line as we commenced lap 2, and made the decision to just go.

As I was about to take the right-hand turn into Glenview Road with a nice clear gap, I noticed a car coming down the hill. Plenty of time for me to safely turn but, as luck would have it, my bunch got stopped by traffic control. After having a good look at them all and quietly chuckling to myself, I took off again up the hill.

Now, I'm not stupid, I realised their race was not with me, so who would bother trying to come across? Male egos and pride being what they are, someone may've wanted to mow me down! Us women are just the same, we are there to race so, quite honestly, gender has nothing to do with it. For me, this was about coming out to a Saturday race to do my best and make it worthwhile, and that's exactly what I did. I raced the uphill, the downhill, across the flats, just to see how long I could stay away for. Turns out I did so for the remaining five laps.





Thanks for the encouragement on the corner, Pat, along with the guys on the finish line. A shout out every now and then does spur you on and keeps you honest.

I encourage all our female members to get behind our championship days. Obviously we will have commitments that prevent us getting to all of them but, if you can manage it, please come along. Save me from racing with the blokes again!

Men 60–64

By Nick Tapp

Those who do not remember the past are doomed to repeat it.

– George Santayana

I never used to ride Club Championships. Who needs to get hammered by A Graders, I thought. These days I even ride Crit and TT Championships. There aren't so many A Graders my age any more. There's also something honest about racing against your age group every so often, and if nothing else I like to give the Club Champions someone to race against. Still, the closest I'd ever come was 2nd and a handful of 3rds.

I remembered two of those past races on the drive out with Mark on Saturday. A few years ago the road champs were at Yarra Glen (again). Early in the race, I wasn't paying attention at the top corner, and by the time I got around, Rob Amos and Kevin King were off down the hill. I chased for a full lap, but nothing doing. Lesson 1. More recently, two years ago at Seymour, coming back on lap 1, I rode off the front on the rise and Rob joined me down the other side. We stayed away and rode together until the finish line came into view, when Rob sat up, took a drink, looked around at the view and generally whistled Dixie. I foolishly went to the front, and when Rob opened the sprint from behind me, the race was all over. Lesson 2.

Conditions were perfect. Ten in my age group, including Rob and Kevin. Plus Dale Maizels, who started with us as the only woman in her age group. Race plan: don't let Rob and Kevin get away, don't go near the front, and hope it comes down to an uphill sprint between three. Which is almost exactly what happened.

I thought that keeping it all together for a lap or two might be good, but my tempo up the hill on lap 1 was too slow for Rob, and he went to the front halfway up. Then from lap 2 Kevin set a wicked pace up the hill for five laps in a row. The first couple dropped everyone else but Rob and me. Six in a row would have finished me. Damn, all this way to get hammered by A Graders again! But I kept on my best poker face, and Kevin either didn't know how close I was to popping or he just didn't have any more.

So by lap 3 it was a race in three. I was happy to sit in third wheel, mostly. Remembering lesson 1, I felt sure Rob and Kevin both wanted to get rid of me, I figured they would work together to do it and I felt no obligation to make it easier for them. Kevin's message up the hill was clear. Between hills, time and again, one of them would surge away to a gap while the other sat up, inviting me to bridge across, or then went hard and tried to drop me while they bridged themselves. Just once, they both sat up and I went to the front. Not hard, just waiting, ready. It all went quiet behind for a kilometre or so, until the bottom of the hill, then whoosh! Past they went, one on either side, and I had to dig deep and get on.

The last two laps (of 9) were slower, and I began to think I could go the distance. On lap 8, Rob attacked again at the bottom of King Street and got a gap, but he looked behind and in doing so rode off into the gravel, then nearly lost it getting back onto the road. As we rode past, he was standing





beside the road, wrestling his back wheel, which he had whacked partway out of the dropouts on the edge of the bitumen. We sat up until he rejoined us a kilometre or so later, just after the bell.

So with a lap to go it seemed as if Kevin was feeling all that earlier pace up the hill. Rob was a bit knackered from chasing hard because he panicked and didn't realise we were waiting for him. And I was still there. There was no attack up the hill, or down. I hung back, even when the pace slowed to a dawdle in the long straight run to the finish. With about 250 metres to go, I drew level and we were three across the road, me in the middle. I accelerated a little, but resisted the urge to go really hard until it kicked uphill, then gave it everything. And, blow me down, it worked. Behind me, Kevin got the better of Rob to take 2nd place.

Another lesson from bike racing is that the strongest rider doesn't always win. There were two stronger riders than me in the race, but maybe I'd learnt my lessons that bit better. Thanks to all the riders in the group for contesting the Club Championship, to Rob and Kevin for a hard contest, and to all the volunteers who made the day run smoothly.

Men 65–69 (I)

By Mark Edwards

Some riders like to ride share on the way to a race, some don't. A few I've asked have made plausible excuses: I've got something else on; I have a lot of spare gear I take; I like to gather my thoughts on the way. Maybe they just don't like me. Unlikely, I know, but possible. Lately I've been going with Nick Tapp or Glenn Newnham, widely regarded as two of the nicest blokes in the club. So far, it hasn't rubbed off. I'm still cranky.

This week it's Tappy. He's spare, quiet. Big and small in all the right places. Big heart,

light frame, fast thighs and those celebrated calves. He lives inside the latte line and does the right things. He knows where his kids are and what they are doing. He goes to concerts. He cooks. I have good intentions but somehow ... My favourite album is TISM's *Great Truckin' Songs of the Renaissance*. I watch *The Bachelor*. We live in different worlds with that little Venn overlap of bike racing. Sweet.

He picks me up in the classic TdF Skoda. It's got bike wheel nets. Nice. We talk about stuff, get the Brexit and Kurdish stuff sorted quickly and move on to the important things like bike racing. He's a 59er, the last of the postwar generation. His one decadence is a brand spanking new baby blue custom titanium bike. He's the Baby Baumer. He usually has a sandwich on the way. Today it's special. A lasagne. He makes it all himself. Since the microwave and foil incident, I haven't been allowed back in the kitchen.

The Club Road Championships. Turns out we have the same plan, only the details are different. We have to hang on and hope. He is up against A Grade powers Rob Amos and Kevin King, but knows if he is there at the end he might be able to take them in a sprint. Hang on to their seat post, I say. He's not that type. How about some trash talk then? He gives me a world-weary glance. He's got that Clark Kent faraway look, maybe searching the horizon for a phone box. He's in the zone but I'm not confident he can stay with the King. Me, I've got the Red Baron Ellenby to fear. He comes from nowhere and attacks. We are all there to hang on and hope. He was just a whisker away from being World Champion. Webby and the rest mutter, watch Chris.

Chris is a no-show. Tuesday after, he tells me it was a family thing. It must have been a coronation, a bar mitzvah or a wedding, coz he wouldn't miss an easy trophy lightly. We all scratch about, thinking about another plan.





Ellenby can cause chaos just by not being there. I dropped coffee and alcohol last week and had a few rough days. I didn't feel like it, but we are all old and tired and sore so we all push on. At the start/finish line Peter Gray says have a nice race and prepares to fall off, but we mosey along and he stays with us. We've got a ring-in. A girl. I've had the usual trouble with young blondes in my day and Kymmie P. is no exception. She slips a move on us, takes off without looking back and disappears. She's having fun. I'm left on the front. I felt I was working, but then old boys John Thomson and Tony Dalton sail past and away. Andrew Buchanan can't track stand, so he slips off the front. He's got form, having done the same thing years ago at Yarra Junction. No-one goes with him and we cruise around until Dave Mac puts in a sharp chase on lap 5 of 7. On the long down, everyone sits up and freewheels, so I take off and get a little gap with the posse in hot pursuit. Over the creek, up, turn, down over the creek again and I've still got a little gap. I'm worried about Webby. I won't be able to hold him on the final lap climb, so I dig deep and try to keep 30 metres or so behind Lawrence Lee, just A Grade cruising. By the top of the hill I caught Andrew – I was going for 2nd, I thought he was gone – and held on for a grateful win.

Meantime during the race the 60–64 kids lapped us, and fast. Tappy clinging on to Amos and King. Apparently they rag-dolled him but he came out in one piece and tucked in, chewed his new handlebar tape for a while and sprinted for the win. Another one for B Grade!

On the way home we chat. Two champions but no parade. I'll do a race report, I say. Can I use the Mac Davis classic 'Oh Lord It's Hard to be Humble'? A slight shake of the head. He looks ahead when he's driving. How about

Queen's 'We Are the Champions'? Another no. We are going to keep it real, stay under the radar stuff. The one celebration he'll allow is a cooked chook for dinner. He drops me off at home. My wife comes out. How did you go? We both won! For 42 years I've been trying to impress her.

'Chris Ellenby wasn't there, then?'

Damn. No chicken dinner for me.

Men 65–69 (II)

By Andrew Buchanan

Mark Edwards was the one to beat, Webby too for that matter, then there was Dave McCormack, Bernie Evans, Pete Gray and myself.

We started out at just a steady canter, and held this for three laps. We lost Pete in the third lap. Thinking the pace might increase a tad at this point – nope! We 'walked' up the hill again in the same set pattern: Mark on the front, Webby tracking him, Dave tracking both of them, and myself and Bernie at the rear. The only thing missing was the coffee!

Fifth time up the rise we were moving at 12.8 km/h. I could see that there was no chance of a podium if things stayed like this. So I moved off the front to test the water. No chasers. OK, and away I went, hoping to break the field up and turn things a bit more to my advantage.

I expected Mark and Webby at least to catch me eventually. Mark did, half a lap out, but no sign of Webby. (He had pulled out crook in the last lap and, knowing Peter, probably did me a bit of a favour.)

Mark won after a strong chase and, with nothing left in the tank, I managed to get home before Dave and Bernie.

Well done to all. It was a race – eventually!

Croydon Cycleworks Summer Twilight Crit Series, METEC, 15 October

Grade	1st	2nd	3rd
A Grade (12)	Richard Abel	Andrew Mapstone	Jean-Philippe Leclercq
B Grade (7)	Mark Sontag	Mark Edwards	Anthony Gullace
C Grade (17)	Brendan Wain	Adam Dymond	Dale Walton
D Grade (11)	Peter Gray	Peter Brann	Jason McCoy

The series got under way in perfect conditions this week. Thanks to race referee Colin Mortley. Ride of the night was awarded jointly to Mark Sontag and Ray Russo.

The prize list for this year's series has been announced and it's a cracker (see below). Get along to METEC at 6 pm on Tuesday while daylight saving lasts for the chance to get amongst it.

Place	Prize	RRP (\$)
1st	Wahoo KICKR Core Smart Trainer	1200
2nd	Shimano Z1 Helmet & Sunglasses Pack	500
3rd	BBB Pro Workstand & BBB Toolkit	400
4th	CCW Jersey/Bibshorts	290
5th	Shimano RC5 Shoes & Socks	250
6th	CCW Gold Service – Road	199
7th	Sportful Fiandre Jacket	190
8th	Pirelli Velo Tyres Pack	150
9th	SIS Nutrition Pack	100
10th	Muc Off Bike Care Pack	80

Wednesday criterium at the Loop, Yarra Boulevard, 16 October

Racing was cancelled this week on the strength of the wet weather, both actual and predicted.



Captain's ride, Sunday 20 October

This Sunday's club ride will leave Wandin North shops on Union Road at 7.30 am – get there at 7.15. It will be a 'no drop' ride, with three groups: hot, mild and scenic. Hot and mild will do 57 km with 900 m vertical. Scenic will do 44 km with 650 m vertical. All will meet after the ride for coffee.

Subscribe or view the new Eastern Cycling Club Calendar

Note that this works on desktops, not phones or tablets as far as I can tell. After you have subscribed on a PC, you will see the Calendar on your mobile device, but I don't think you can subscribe from a phone. I could be wrong.

Windows format

<https://calendar.google.com/calendar/embed?src=markedwards%40easterncycling.com&ctz=Australia%2FMelbourne>

Go to the bottom and click add + if you already use Google Calendar.

Apple format

<https://calendar.google.com/calendar/ical/markedwards%40easterncycling.com/public/basic.ics>

and then do whatever it is you mac types do with iCal.

If you want to be an editor of the Calendar so you can add or modify events, let me know and we can make it happen. The more, the merrier.

MarkEdwards@easterncycling.com

Support Juanita on Mornington Peninsula Ride for Relief

Mental health issues have been close to my heart since working in psychiatric hospitals for 15 years. It made me realise how most families are affected at some point by mental illness.

Mental illness is very common yet it is challenging to openly talk about one's feelings and to ask for help.

That is why I am committed to join Ride for Relief on 20 October to raise funds and awareness for Mentis Assist.

Please support me on my ride by donating any amount you could contribute on this page. Every dollar given will help Mentis Assist make a difference to the lives of people living with mental illness.

<https://rideforrelief2019.everydayhero.com/au/juanita-s-2019-ride-for-relief-page>

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

Geelong & Surf Coast Cycling Club will host a VCV 65 km Open Handicap on Sunday 27 October at Paraparap. See the flyer at the end of this newsletter.

Other events

There is a flyer 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 proudly presents

RACLEMANTA 19

A Grade Scratch Race

sponsored by BOONGALLA BUILD

Saturday 26th October, 2pm start at Gruyere

15 Laps, 77km, 1125m Climbing, \$20 Entry Fee, AVCC Licence required

Entries close Wed 23rd October, details see Web, FaceBook or Team App

Entries may be capped

Plus usual B, C, D and E Graded Scratch Races on the day

Prizes

1st	\$500
2nd	\$400
3rd	\$300
4th	\$200
5th	\$150
6th	\$125
7th	\$100
8th	\$90
9th	\$75
10th	\$60
	\$2,000

featuring

Richard Abel
Rob Amos
Stuart Bendall
Vaughan Bowman
Garron Buckland
Philip Cavaliere
Iain Clark
John Clarkson
Chris Ellenby
Grant Farr
Paul Firth
Clem Fries
Anthony Gullace
Richard Harvey
Chris Hughson
Tony Kimpton
Kevin King
Max Kornhofer
Jean-Phillipe Leclercq
Lawrence Lee
Andrew Mapstone
Glenn Newnham
Russell Newnham
Dean Niclasen
Steve Parker
Perry Peters
David Pyne
Alex Randall
Steve Ross
Ray Russo
Philip Smith
Rob Suter
Paul Webster
Nathan White
Darren Woolhouse
and many more



**BOONGALLA
BUILD**

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 17/10/19

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.





GEELONG OPEN DAY

Entries close midnight
Tuesday 22nd Oct, 2019
www.veterancycling.com.au/events

Trophies: 1st, 2nd, 3rd
Fastest Time, Male & Female
Prize Money: 1st to 10th
Fastest Time, Male & Female
1st Unplaced Super Vet

OCT 27
2019

65 km handicap
@ Paraparap

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