

14 December 2019

## Eastern Cycling Club

# Newsletter

### Duty Roster

#### Sunday 15 December Rocco Drive

Richard Dobson (R), Craig Stannard (TC), Hylton Preece (TC), Andrew Mapstone, Lisa James, Alex Randall, Mick Jamieson, Greg Harvey, Graham Haines

#### Saturday 21 December Casey Fields

Andrew Buchanan (R), Tony Lateo, Nick Panou

*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, [tip2top2@optusnet.com.au](mailto:tip2top2@optusnet.com.au).*

Editor: Nick Tapp  
[editor@easterncycling.com](mailto:editor@easterncycling.com)



Racing last Saturday was at Casey Fields. Results are inside, with a report from Mark Edwards that's more like a footnote to the tale of the Saturday Aggregate – which is nail-bitingly close with just one race to go. Results from Tuesday and Wednesday racing are there as well.

This weekend we race at Rocco Drive, Scoresby, for the first time since March. Racing is on Sunday, starting at 10 am, and presentations will be held as usual at Beach Hut Brewery, with food and drinks available at the bar. Please *do not* park in the car park of No. 6 Rocco Drive.

If you scroll to the end of this newsletter you'll find details of ECC December specials from Croydon Cycleworks and opportunities for members to win with Cervelo and Focus. Also of note in this issue:

- a pat on the back from the Handicapper to some of the people (other than himself!) who keep the club's wheels turning
- information about how to claim on your member insurance should you be injured while riding your bike
- a 'heads up' on plans for a repeat of recent years' ride to the Road Nationals at Buninyong on 12 January.



Glenn Newnham (left) checks the Saturday Aggregate totals while Iain Clark enjoys the view from the top step and looks forward to J-P's race summary at Casey Fields last Saturday.

## Graded scratch races, Casey Fields, 7 December

Grade	1st	2nd	3rd
A Grade (11)	Iain Clark	Glenn Newnham	Jean-Philippe Leclercq
B Grade (8)	Craig Stannard	Chris Ellenby	Paul Anderson
C Grade (9)	Ken Saxton	Adam Dymond	Peter Ransome
D Grade (7)	Peter Gray	Paul James	John Williams
E Grade (5)	J.C. Wilson	Laurie Bohn	John Eddy

### Saturday Aggregate

*By Mark Edwards*

Ian M. Smith, Matt Clarke, Chris Ellenby, Paul Firth, Peter Morris, Ross Clark (N), Grant Farr, Max Kornhofer, Michael Hartman (N), Dean Niclasen, Shane Crowhurst, David Pyne, Paul James, Walter Savini, Nick Tapp, Grant Greenhalgh, John Blyth, Ian McGeoch, Craig Stannard, Anthony Netkow, Liam Oliver (N), Paul Webster, Craig Oliver, Tom McDonough (N), Gavin Plummer, Ray Russo, Shane Crowhurst, Dale Maizels, Daniel Hulbert, Boyd Williams, Colin Doherty and Paul Anderson.

What do these 32 riders have in common? Except for the Marvellous Ms Maizels they are all blokes. So not that then. They are not all Eastern riders. They are tall, short, big, small, skinny, bulky. Bald, dyed, woolly and wiry-haired. Sharp matching kit and dogs bodies cobbled outfits. SRAM, Campy, Shimano. Discs and blocks. Carbon fibre, titanium, alloy, steel. So none of all that then.

What they do have in common is they have all led me home and stood above me on Neil Cartledge's famous B Grade podium steps in 2019. Plenty of them more than once, too, like serial pest Morris. Just 2019, with only one race to go. Not interclub races, not Club

Championships, not TTTs and ITTs and Handicaps. Not Tuesday nights, not Wednesday mornings. That would make it another 30 or 40 riders ahead. Just the weekendcrits and road races, the Saturday Afternoon Fever stuff. The Aggregate.

I've been outsprinted, outlasted, outsmarted, dropped, lapped, caught napping, plain caught. I've led out, shadowed, wheel sucked, gone on breaks, chased, punctured. I'm too heavy, not strong enough. Not tough enough, not smart enough. Beaten by A Graders coming back, C Graders coming up, Northerners stealing across the river.

Another year all in B. Too proud to drop back, not good enough to go up. I did 18 races, with all my bunch mates urging me on, but I still haven't found what I'm looking for. Not one win for the year. In the Aggregate I'm behind riders from A, B, C, D, below the President, the Captain, the Race Committee, the Trailer Man, the Editor, the Drinks Man. Behind climbers, sprinters, rouleurs. How is it I do the Aggregate each week but can't get a look in? Maybe just an accidental slip of the calcs? A mistype here? Would anyone notice if I rocketed up the charts in the next week? With one race to go (Rocco Drive next Sunday) only two can win it. [Glenn Newnham leads Paul Firth by one point.](#) The rest are goneski.







I'm just the 48 points and 23 places behind for the Aggregate Championship. Close enough for a celebration? Yeah nah. Maybe next year.

The Cricket and Rugby World Cup? Don't look here in Oz. We can't win the Davis Cup, forget world football. Golf, basketball, tennis all long gone except for the Barty Party. But now the Eastern Cycling Club Aggregate is coming home. Four long years held in the wilds of France and New Zealand, now the coveted No. 1 Race Number comes home.

So. Last Saturday. Race report. Casey. B Grade. At one stage Steve Wright, Tim Maffey and Paul Anderson, all recently welcomed up from C Grade, well, they were

off the front and going away. The B Team, we just looked at each other, a WTF shrug, then Craig Stannard took charge, took off, terrorised anyone who tried to cling on, and rolled home for the easy win over Ellenby braking hard. Mackie was busy checking out the A Grade pace for a while. Shifty Ray and I pushed big Paul Anderson home for 3rd. We lost a few soldiers on the way, in the surges I suppose, not sure where and when. We all stayed up. There's always next week. Well, this week there is, anyway.

Thanks to all. Enjoyed every minute of it. Especially the bits when it's over and it stops hurting.

### Croydon Cycleworks Summer Twilight Crit Series, METEC, 10 December

Grade	1st	2nd	3rd	4th
A Grade (9)	Jean-Philippe Leclercq	Alex Randall	Chris Hughson	Steve Parker
B Grade (8)	Adam Hinds	Ray Russo	Shane Crowhurst	Craig Oliver
C Grade (12)	Darren Woolhouse	Adam Dymond	Brad Jones	Paul Anderson
D Grade (9)	Chris Norbury	Geoff Mackay	Peter Brann	Ron Gillies

Ride of the night was awarded jointly to J-P Leclercq and Steve Ross.

### Wednesday criterium at the Loop, Yarra Boulevard, 11 December

Division	1st	2nd	3rd
Division 1a (6)	Russell Newnham	Chris Munro (CV)	Tony Kimpton
Division 1b (11)	Chris Ellenby	Grant Farr	Tom McDonough (N)
Division 2/3 (6)	Stephen Barnard	John Williams	Shane Dwyer
Division 4 (3)	Paul Griffiths (N)	Laurie Bohn	Michael Waterfield

Thanks to referee Ian Smith, Dean Niclasen and any other helpers.





## A message from the Handicapper

### A word of thanks

A huge call out to Eastern Cycling Club Committee members and others, in particular Adam Dymond, Susan Williams, Juanita Cadd, Max Michelson, Colin Mortley, Nick Tapp, Andrew Buchanan, Mark Edwards and Lawrence Lee.

I attended the final 2019 committee meeting last night and it occurred to me that these folks do a lot of heavy lifting behind the scenes, which our members don't know about or give much consideration to.

We don't really appreciate and understand their roles and we all assume it just happens. Well, it doesn't 'just happen'.

Here's some of what they do:

- liaising with other clubs, VCV, Maroondah Club, METEC
- listening to advice from members who don't want to contribute personally
- attending monthly club meetings – Eastern, VCV and others
- keeping our finances in check and ensuring we have monies when required
- organising rosters for marshals and the trailer – no one likes to volunteer
- organising training for TCs
- liaising with councils, police, VicRoads etc. so we can race on Victorian roads
- driving the roads and reviewing Google Maps to look for new circuits
- updating aggregates and results
- keeping the website updated and current.

This list isn't exhaustive (and apologies to anyone I may have missed), but I want to assure you none of it 'just happens'. Make sure to say thank you when you next see each of them.

PS Merry Christmas to all!

*Peter Mackie*

## News etc.

### National Road Champs, Sunday 12 January 2020

A group of riders will be heading up to Buninyong on 12 January for the men's and women's road races. Same as last year, the plan is to meet at Ballan Station at 8am and ride the 'undulating' 30 km to Buninyong, where we have breakfast at the start/finish line, catching the second half of the women's race. Then we head up to the Buninyong Hill, where we watch the men's race and take in the carnival atmosphere, watching live on the big screen and seeing them in the flesh 16 times up the hill, where most of the big moves happen. We finish off with a ride back to Ballan and drive home. Everyone welcome, no one gets dropped on the ride.

Text John Williams on 0419 713 087 if you are interested.





## Claiming on member insurance after a bike accident

Have you had an accident on your bike?

Download the AVCC insurance claim form from our website: <https://easterncycling.com/wp-content/uploads/2019/12/AVCC-Sports-Injury-Rehabilitation-Claim-Form.pdf>.

Complete the member injury details section, and then email this to Madame Secretary ([secretary@easterncycling.com](mailto:secretary@easterncycling.com)) and she will complete the Club declaration section (page 6) and send it back to you.

Complete the injury data collection section. Ask your treating doctor to complete the athlete injury medical statement.

Return all completed sections to: [sport@ajg.com.au](mailto:sport@ajg.com.au).

## Subscribe or view the online Eastern Cycling Club Calendar

For all the advantages of a regularly updated race calendar on your device, including notifications and reminders (if you want them). Note that these instructions work on desktops, not phones or tablets as far as I can tell. Once 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](mailto:MarkEdwards@easterncycling.com)

## 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.

## AVCC events

Entries for the 2020 AVCC National Championships, to be held in Adelaide on 18, 19 and 20 January, the weekend prior to the Tour Down Under, are now open.

Here's the link: <https://www.samc.org.au/2020nats/>.

This link will also take you to plenty of other information about the Nationals, including race location, times and distances, plus course maps.

Lock in the dates for great racing and a chance to enjoy the TDU as well.

## 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.

There are also flyers and registration information for the Below the Belt Pedalthon 2020, supporting ANZUP Cancer Trials Group, and the 2020 Autumn Classic virtual race for Very Special Kids, supporting families caring for children with life-threatening illness.

## Sponsors







## ITALY 2020

21 May -1 June

**\$4490 \*ECC only**  
**10 people (max)**

When we at CCW think of Italy we think of passionate cycling nation, with some of the most amazing riding in the world. **Cycling enthusiasts will argue which is the best place to ride, but the legendary Dolomites provide a magnificent backdrop for some epic rides, steeped in history and Giro folklore.** Stelvio Pass is one ride that needs to be on every bucket list and who can resist the beauty of the vineyards of Prosecco country.

We pick up and drop off in Venice. Includes twin share accommodation. All breakfasts, some picnic lunches and snack foods are included. Four dinners are included, while all other dinners are at your own cost as are lunches at cafes or restaurants.



## France 2020

2 July -13 July

**\$4490 \*ECC only**  
**10 people (max)**

Cyclists around the world agree, France is truly the Mecca for road riding. **Magnificent scenery, excellent roads, friendly motorists, great food and wine and a rich cycling culture are elements that make cycling in France, a lifetime goal for many bike enthusiasts.** Everyone knows the Tour de France and we always aim to immerse our tours, in and around the action of Le Tour. Our tour will tackle the big one - Col du Tourmalet, plus Col du Peyresourde, Superbagneres and several more.

We pick up/drop off in Toulouse. Includes twin share accommodation in beautiful French gite. All breakfasts, some picnic lunches and snack foods included. Four dinners included, while all other dinners are at your own cost as are lunches at cafes or restaurants.

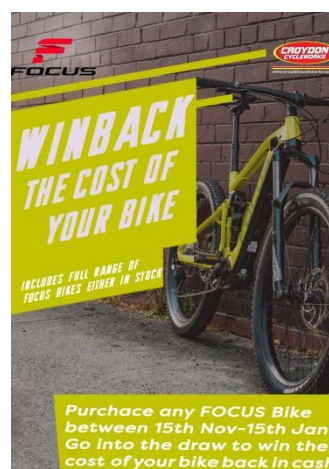
## No better time to buy a new bike



Two opportunities  
To get a new  
Bike

And.....

# WIN!



**Win with Cervelo:** Buy any Cervelo bike (Aspero, S Series, R Series, P Series & C Series) before January 10<sup>th</sup> 2020 and go into the draw to **win one of three VIP Experiences to the 2020 Tour Down Under in Adelaide**. Includes return airfares, two nights accommodation, transfers plus VIP Experience on Willunga Hill stage.

**Win with Focus:** Buy any Focus bike (Izalco Max, Izalco Race, Paralane, JAM MTB, etc...) before Jan 15<sup>th</sup> and go into the draw to **win one of three COST OF YOUR BIKE BACK**. That is your new bike for free.



ECC SPECIALS	RRP	ECC Price
2020 Cervelo C2 105 Disc	\$3700	\$3300
2020 Cervelo R2 105 Rim	\$3000	\$2700
2020 Cervelo S3 Ultegra Disc	\$6300	\$5750
<b>2018 Cervelo R3 Ultegra Rim (Size 56)</b>	<b>\$4800</b>	<b>\$3400</b>
2020 Focus Izalco Max 8.8 Disc - Ultegra	\$5499	\$4950
2020 Focus Izalco Max 8.7 Disc - 105	\$3999	\$3600
2020 Focus Izalco Race 9.7 Disc - 105	\$3099	\$2800
2020 Focus Izalco Race 9.8 Disc - Ultegra	\$3999	\$3600
<b>2018 Focus Paralane 105 Disc (Size L)</b>	<b>\$3499</b>	<b>\$2700</b>
<b>Northwave shoes and 2019 Winterclothing</b>	<b>50% off</b>	

Plus heaps more options across Road, MTB, Gravel, e-Bikes



# *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](http://www.masterscycling.co.nz)*



# Like cycling, don't like cancer?

Fight cancer below the belt by riding or supporting the Melbourne Pedalthon.

REGISTER  
NOW!

[www.belowthebelt.org.au/melbourne](http://www.belowthebelt.org.au/melbourne)

**Sunday 15 March 2020**

Sandown Racecourse,  
Springvale, Victoria



## LIKE CYCLING?

The Melbourne Pedalthon returns for its 3rd year and invites you to ride and help those living with below the belt, (kidney, bladder, testicular, penile and prostate) cancers. Whether you're a keen cyclist, novice, are just looking for a challenge or want a fun day out with the family – then this is the ride for you!

## DON'T LIKE CANCER?

Every cent raised by the Pedalthon goes directly towards clinical trials research, which means straight into the hands of experts committed to improving treatments and outcomes for those living with kidney, bladder, testicular, penile and prostate cancer.

## SINCE 2014:

OVER  
**1,800**  
RIDERS

**24**  
BELOW THE  
BELT RESEARCH  
FUND PROJECTS  
AWARDED

OVER  
**\$1.65m**  
RAISED

With thanks to  
our venue  
partner:

**MRC Foundation**

### Open race challenge registration (team of 4): \$600

Registration to open race (3 hour challenge),  
sprint challenge.

### Individual registration: \$180

Registration to open race (3 hour challenge), sprint  
challenge.

### Family challenge registration for 2 adults and 2 children (team of 4): \$150

Registration to family challenge  
(1 hour challenge).

### Extra Child Registration: \$30

Registration to family challenge

### Sideline Supporter Registration: Free

If you're unable to ride, but would like to support  
the Pedalthon through fundraising

**Registration includes:** jersey or t-shirt, breakfast, coffee, lunch,  
beverages, day insurance, awards, supporter page,  
entertainment



# VERY SPECIAL KIDS

## Autumn Classic

FRI 15 MAY 2020

7AM – 11.30AM

VERY SPECIAL KIDS

321 GLENFERRIE ROAD, MALVERN

The Very Special Kids Autumn Classic is a virtual cycling race, bringing together Melbourne's cycling community as they compete for podium places and ultimate bragging rights.

Riders will attack mountain and prologue stages individually, with the winning team taking home the sought after perpetual cup. Trophies and prizes will be awarded to the winning teams at a celebratory lunch. Check out the 2019 coverage [here!](#)

With up to 16 teams competing, the racing - and spectating - will be more exciting than ever. Limited team places available for 2020, get in quick!

All proceeds will assist Very Special Kids in providing free of charge services to families caring for children with life-threatening conditions at the hospice onsite.



To express interest or for further information, please contact Kristi Ingrilli at Very Special Kids 03 9804 6217 or [kingrilli@vsk.org.au](mailto:kingrilli@vsk.org.au)







# VERY SPECIAL KIDS

## Autumn Classic

FRI 15 MAY 2020  
7AM – 11.30AM

### Registration details:

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email Address: \_\_\_\_\_

Team Name: \_\_\_\_\_

Team Captain Details (if different from above):

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email Address: \_\_\_\_\_

### Fundraising commitment:



We are committed to team participation of \$6,000 through personal donations and/or fundraising, plus an additional minimum fundraising goal of \$4,000

Proudly supported by



**The Cycling Fix**  
Tune Your Bike | Tune Your Body

