

06 February 2021

## Eastern Cycling Club

# Newsletter

### Duty Roster

**Saturday 06 February**  
**Casey Fields Criterium Track**  
Susan Williams (R), Phil Johns

**Saturday 13 February**  
**Teardrop Criterium Track**  
John Thompson (R), JC Wilson,  
Stefan Filonzi, Ken Allen

*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.*

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Bazalgette Crescent was the venue for Sunday morning's graded scratch race. A large field of 63 riders started in near perfect conditions. A welcome goes out to the new members who lined up today as well as several riders from other clubs. The larger groups made for easier work in the headwind up the back straight. Safe racing was had by all however a few punctures prematurely ended the race for a few. See below for a slurry of race reports.

Next week we are at Casey Fields, then it's the Teardrop the following week.

Make sure you keep February 20 free for the ECC Garfield Handicap. It is a great day out and prizemoney will be on offer. More details to follow.

John Williams has more information regarding Buninyong and the National Champs.

Finally, our Sunday club rides resume this weekend. See the Presidential message in the news section for details.



Club Rides to resume this Sunday.

## Graded scratch races, Bazalgette Crescent, 31 January

Grade	1st	2nd	3rd
A Grade (16)	Glenn Newnham	Chris Hughson	Paul Webster
B Grade (15)	Paul Firth	Craig Oliver	Mark Edwards
C Grade (16)	Nick Panou	Peter Ransome	Ken Saxton
D Grade (11)	Darren Thompson	Ken Allan	Chris Norbury
E Grade (5)	Philip Johns	Peter Shanahan	Ron Stranks

### A Grade...sort of...

*By Pete Morris*

It turned out that 2020 was a pretty good year to take off from racing. My plan was to investigate other sides of cycling –bikepacking in particular. I had a bomb-proof, go anywhere stead built up and then worked on my endurance. I was looking at a couple of sojourns, the 600 km Vic Divide Ride and the Hunt1000. Both tackle some of Australia's most rugged terrain. Well as you all know Covid got in the way which put all plans and aspirations on hold. The bike was built but lock-down saw it sit in the garage until November with barely a ride. I resorted to the indoor trainer to work on some semblance of fitness and developed callouses in never regions for my efforts. Finally we were allowed out of our bubble and I had a crack at the Vic Divide. It was everything they said it was and more. I cut it short with a detour to Wangaratta for logistical reasons and covered ~550 km over five days. This ride traverses some Victoria's most spectacular mountain and rural scenery. Along the way I dodged snakes and goannas, saw wallabies and wombats. I hauled the rig over a myriad of fallen trees and dragged it through overgrown single-track. Mountains were scaled, rivers forded and I careered (well walked more often than not) down hideous rock gardens only to hike-a-bike

back up yet another ridiculously steep incline. This was all in the name of fun.

Three months later, as I write this, I am still seeing the physio for a torn tendon in my shoulder and a crushed ulnar nerve which has caused the loss of sensation in at least two fingers.

So, a new year. What to do? The bike packing is on hold until the rehab shows some light at the end of the tunnel. Why not race again? My physio and doctor could provide an answer to that question but I'm not asking them. My first race back was at the Loop, just after Christmas and somehow I managed to podium in Div 1B (B grade). Maybe all those endurance kilometres had not been in vain after all. The next race was B grade at Casey and I managed another podium. So with two starts and two podiums I promoted myself to A grade and got dutifully dropped in the next 6 starts. A demotion to B gave me another podium – talk about been between a rock and a hard place!

Last Sunday, Mackie was unkind enough to put me, and half of B grade, into A grade. Bazalgette is fast and flat so if I was ever going to hang onto A it was here. With 16 starters, most looking like chiselled granite Adonis's, it didn't take long for the attacks to start. Nathan, Glenn, JP and Steve were some





of the offenders and no doubt there were others but I was beyond caring by this stage. For the first few laps I was attentive, stayed up the action end of the peloton and covered gaps as necessary. As the lactic acid and heart rate built to depressingly high levels I searched out the biggest wind break to hide behind and eventually found myself down the back of the bus for probably the last half of the race. By this stage it was evident that no one was getting away and the pace had actually settled a little. That all changed with the sound of the bell and a blistering last lap was had. I actually managed to hang on and had a sprint albeit from last wheel. I reckon I finished about 10<sup>th</sup> and ran out of gears trying so all in all I am very happy with that. The big question is whether I can hang on again at Casey this week...Hmmm

Thanks for all who made this race happen.



Somewhere between Mt. Buller and Mt Sterling. Photo: Pete Morris

## B Grade

**By Mark Edwards**

Bazalgette Drive. Hmmm. Um, like, boring. On the ride down, with Dean, Dale and Glenn I was kinda hoping that gun Glenn, the handsome sprint King, wouldn't win. The prospect of hearing Bazalgette and Newnham

together made me a bit anxious. That led me to Suzi Quattro's Devil Gate Drive, and how Robert Dipierdomenico's son learned to say his own name. Focus! Gotta get into race mode. A nervous Newnham pit stop at Maccas, then found our way in through the creek freeway interchange maze. Now for the fun bit.

Heaps of riders. Mostly familiar. Happy to see Wally slumming in Blue and Ray Ray going honest in White. Dale and her friend Gemma, and Ian McGeoch, yep, that's right, Ian McG. I've raced with Ian often enough at SMCC Casey Sundays to give the man respect.

We did a few laps, nothing much happening, quick with the tailwind, steady into the headwind. A couple of little testers. Rob Suter wandered off the front a bit, and Ian, and others but the B train just hitched back on. I was drifting along near the back thinking about the late great Dolores O'Riordan. The Cranberries. Dreams. That opening, the cymbal fade to a back beat, a couple of holding bars into the classic lick. Still building momentum til we hear Dolores "Oh my life is changing every day....." something to take my mind off the dying crit when Craig O comes along side with "this is the most boring circuit we do, nothing happens, there's nowhere to attack.." and he's right of course. It's ok if you like that sort of thing. It suits me coz I can't climb, but it's still boring. With no Ellenby, Niclasen or the like to try something it's just gonna be a procession. Nothing to see here.

How to make it interesting? Would four away work? I approached three blokes, I won't use full names, let's just call them Oliver, Firth and Woolhouse. "Come down the back and we'll make a plan" but no-one seemed much interested. Later I took off alone, full gas, hoping two or three would jump across and work but nothing happened and a lap later I fizzled out. Recover a bit. I suggested to Ian M we go, he didn't have the fitness to go ten

minutes long but offered to help me on the bell. A man of his word, he took me to the front up the back straight, perfect position, but I didn't have the smarts or the legs to hold off Paul Firth and Craig O, who apparently had their own plans better sorted than mine. I owe you one Ian.

Oh well, maybe next week.

Thanks to all who organize and help.



*B grade keeping it tight. Photo: Pat Ruys*

## C Grade

*By Peter Webb*

Bazalgette Crescent is one of my favourite flat courses, very safe with contoured gutters, and you can pedal around all the corners. Sixteen riders started in C grade with some of the old crew returning to racing and some very welcome new ones. The pace was very high right from the end of the neutral lap thanks to "Dodgy Back, I'm not contesting" Walter Savini. Most people had a bit of a dip at the front, but there was a lot of sitting-in happening on the back of the course, due mainly to the head wind. Michael Lillycrapp had a puncture early in the race and took a lap out to repair it and get back into the action. As the race continued it was great to see Greg Harvey and Adam Dymond near the front and looking strong. Tim Crowe was also riding

strongly as was Michael Lillycrapp, and Peter Ransome wasn't letting anyone get away. Nick Panou put in a strong surge towards the end but no-one panicked and slowly we brought him back. After nearly an hour the bell rang and with nearly all the field still together it was always going to be a fiercely contested sprint. As we rounded the second last corner I was in a good position and accelerated with Peter Ransome on my wheel. We hit the front and were looking good. We hit 47 kph before I pulled off and unleashed Pete (maybe a tad early). Big Nick just got over the top of Pete, and Ken Saxton managed to get third. It was a great race that tested everyone's endurance and tactical skills. Thanks as per usual to everyone that makes these event happen and keeping us safe.



*Walter 'not contesting' C grade. Photo: Pat Ruys*



## D Grade

*By Stephen Parker*

It was great to be back racing again and the pace was just right for a coming slowly back to form A grader. Thanks guys for letting me race. I had a blast, and well done to the winner Darren who I think only had his second ever race. Kudos also to Ken and Chris who podiumed. See you next time.



*D grade under pressure at Bazalgette. Photo: Pat Ruys*

## CCW Tuesday Night Crit Report

### D Grade

*By ECC Captain, Max Michelson*

Hi all. Its great to see some new riders in D grade coming along and experiencing the race at Eastern. It certainly has increased our numbers in D grade and it's helped for better racing as three new riders got on the Podium. Well done to boys. Keep up the strong riding and go into C grade 😊. One our valued D graders is having a birthday on Sunday so happy birthday to Ron Gillies enjoy your special day Ron.



*CCW Twilight Damien O'Hara, Kristopher Masters and Daniel Bolton claim the Crit C grade Podium.*

## Croydon Cycleworks Summer Twilight Crit Series, METEC, 02 February

Grade	1st	2nd	3rd	
A Grade (17)	Glenn Newnham	Chris Hughson	Steve Martin (BB)	-
B Grade (16)	Dale Walton	Marcus Herzog	Craig Oliver	-
C Grade (9)	Nick Panou	Justin Van Tol (SMCC)	Franc Tomsic	-
D Grade (9)	Damien O'Hara	Kristopher Masters	Daniel Bolton	Chris Norbury
E Grade (2)	John C Wilson	John Eddy	-	-

Aggregate Prizes: With over \$2500 worth of value spread over the top six places, the CCW Summer Twilight Crit Series will no doubt be hotly contested. David and the CCW team have been sponsoring this series for over 15 years. Thanks as always for your support. Please make sure you support CCW with your custom.

### Top Six Prizes

Wahoo KICKR Core RRP\$1250

Road Ultimate Service & Bikefit RRP\$500

PRO Digital Torque Wrench RRP\$350

100% Sunglasses RRP\$250

Pirelli Tyre pack (Tubed or Tubeless) RRp \$220

CCW Gift Voucher RRP\$100

## Wednesday GSR, Teardrop Criterium Track, 03 February

Grade	1st	2nd	3rd
A Grade (11)	Andrew Hull (CC)	Brendon Scott	Stefan Filonzi (N)
B Grade (14)	Ross Clark (N)	Mark Edwards	Dean Niclasen
C Grade (9)	Dean Tune	Trevor Rim	Ian M Smith
D Grade (7)	Tony Renehan	Ken Allan	David Drew (N)
E Grade (4)	Peter Shanahan	Paul Griffiths (N)	Meredith Kelly



## Race Entries

Race entries for Tuesday night and Saturday are online via Entry Boss .

## Message from your Club President. Sunday Club Rides

Greeting's members, the Sunday Club ride will re-commence this Sunday 7th of Feb. This week we will be meeting at The Basin Shops at 7.30am. Like we did before Christmas there will be hot & mild groups & all will meet back at the Basin Shops for the all-important post ride coffee (if your Glenn Newnham also a Boston bun & meat pie) & debrief.

The plan is to have a club ride every Sunday except when we race, ie Rocco Drive on 28th Feb.

We plan to mix this up a bit with Captain Maxi taking us up the Warby Trail & also a flat ride leaving Rowville & along beach road in the coming weeks. Details on these rides will follow in due course.

Please wear your ECC kit (Old or New) if you have one.

We hope to see you there on Sunday, cheers AD

## ECC on Instagram

Eastern Cycling Club has cast its social media net further and now has an Instagram page. Be sure to follow your club to access photos, news etc



## Future events

### National Road Champs, Sunday 7 February: Ride from Ballan to Bunninyong.

#### Overview:

Drive to Ballan

Ride to Buninyong

Watch races, Feed etc.

Ride to Ballan

Drive home

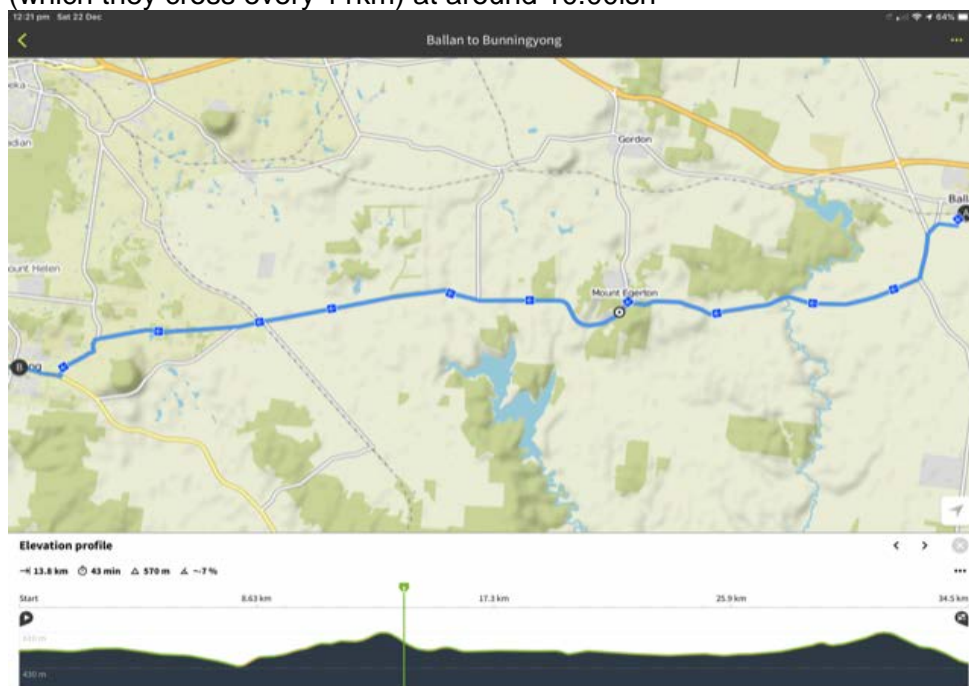
#### 1. Drive to Ballan

There is plenty of parking at Ballan Station, which is only a few minutes from Western Highway, so that seems to be a good start place. From Melbourne, Google Maps estimates a 1 hour drive to Ballan. From Camberwell its 72 minutes. I suggest we are ready to ride from Ballan at 8:30 am, so departure by car from Melbourne around 7ish should be fine.

If anyone needs lifts or wants to offer car space, please contact John Williams (details below).

#### 2. Ride to Buninyong Depart 8:30 am

The ride to Buninyong is 35 km on quiet and pleasant roads with a few lumps. We can split into groups, but nobody will be left behind. The Women's race starts at 8:30 am and is 104 km so we should arrive in time for the second half of the race. Last year we were able too get breakfast at a cafe overlooking the finish line (which they cross every 11km) at around 10:00ish







### 3. Watch the races

Women's race (104k) starts at 8:30 am, Mens 185K starts at 12:30 pm.

I intend to have breakfast in town on arrival, watching the women's race. We usually ride a couple of kms up the KOM hill to watch the men's race from there. However this year with COVID restrictions, if you don't have a pass they won't allow you access. Organisers say there is plenty of space at the university (north-west part of course) with good viewing, large screens and refreshments. The course is 11.6 km so we get to see them multiple times.

We don't have to stick together, feel free to do your own thing, but it would be good to fix a departure point so we can ride home together. We should be able to get away pretty sharpish after the end of the race which will be around 5ish.

It would be a good idea to bring:

Light bike lock

Rear flashing light

Sun screen

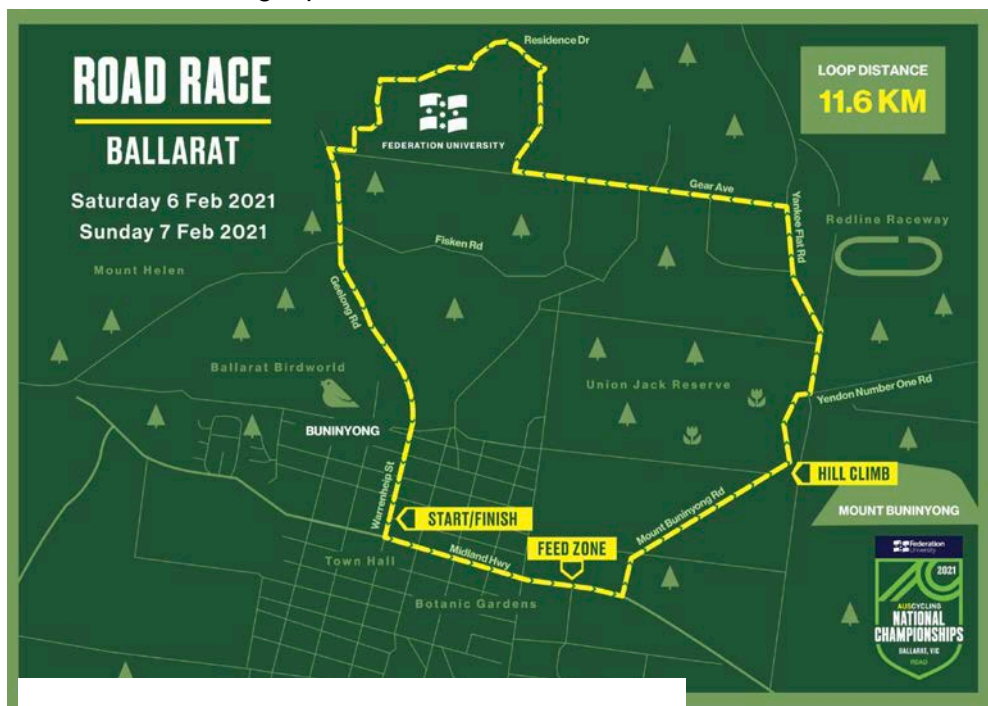
Walking shoes/thongs

Hat

Jumper or jacket (depending on weather forecast)

Snacks

Some like to bring a portable seat.



### SATURDAY 6 - SUNDAY 7 FEBRUARY FEDERATION UNIVERSITY

The Fed Uni Live Site is the perfect spot to kick back and watch the racing from the big screen, ensuring you don't miss a single second.

Make sure you pack a picnic blanket or some chairs so you can settle in for the full day of racing in comfort.

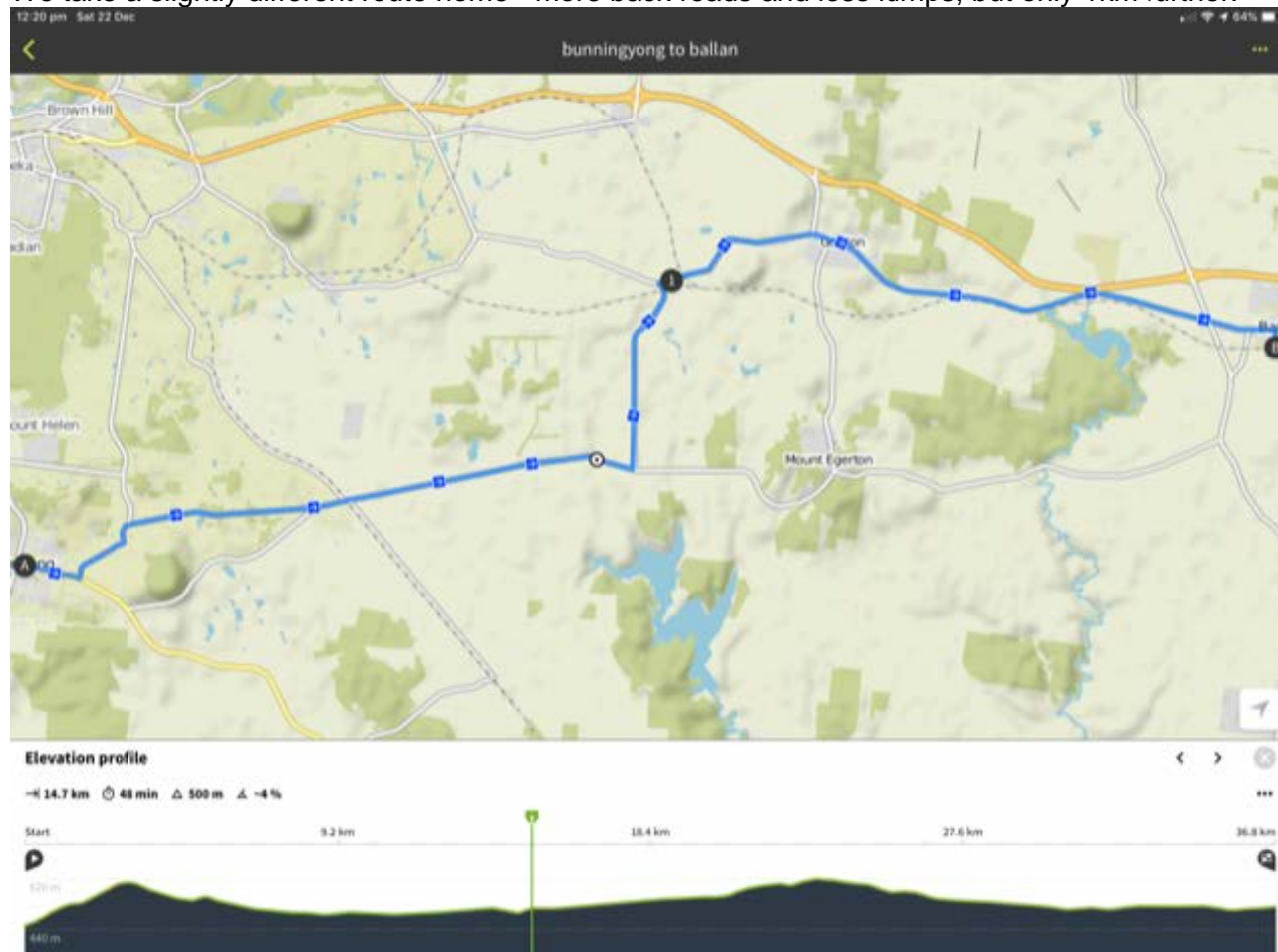
You do not need to pre-book to come to the Fed Uni live site.

#### FEATURING

- ✓ Food Trucks
- ✓ Live Race Broadcast via the Big Screen

#### 4. Ride to Ballan

We take a slightly different route home - more back roads and less lumps, but only 1km further:



Again, we will not leave anyone, although faster riders welcome to go ahead.

#### 5. Drive home

Try to stay awake for the drive!

It should be a great day, looking forward to seeing you there.

Contact John Williams if you are interested: [John.Williams@jhw.com.au](mailto:John.Williams@jhw.com.au) or [0419 713 087](tel:0419713087)



## Eastern CC events

Please refer to page 1 of this newsletter, or go to <https://easterncycling.com/event-calendar/>

Note: Graded scratch race entries are accepted ahead of time on Entry Boss <https://entryboss.cc/calendar/ecc>. 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. 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.

Wednesday racing at the Teardrop/Loop is still cash on the day with registration closing at 10:00 am and a start time of 10:15 am. Cost is \$4 coins or a \$5 note. No change is offered due to ECC Covid Safe procedures.

### **Eastern Grand Prix women's race**

Saturday 1 May is the ECC Womans Grand Prix at Casey Fields. This is a multi race womens only event with more details to follow. So mark this in your diary and spread the word. If you're female, 30+ years of age and would like to give this road road racing a try, get yourself an Australian Cycling license and come along. Casey Fields is a closed circuit so is a safe place to learn the art of cycling!

## Eastern Grand Prix

3 races in 1 day

brought to you by

Save the  
date!



closed circuit!  
new fun format!

**eastern**  
**CYCLING CLUB**

Saturday May 1st 2021  
Casey Fields

give racing a try!  
it's just for women, 30+yo with  
current AC race licence.



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## Northern CC events

For details, go to [northerncycling.com.au](http://northerncycling.com.au). Please note that Northern road races start at 10 am on Sunday; start time for criterium races at National Boulevard is 9 am.

## Sponsors

