

20 February 2021

## Eastern Cycling Club

# Newsletter

### Duty Roster

**Saturday 06 March**

**GSR, Casey Fields**

John Thompson (R), Nick Panou,  
Max Kornhoffer

**Sunday 13 March**

**GSR, Dunlop Rd, 1:30 pm**

Tony Curulli (R), Ray Russo(TC),  
Craig Stannard (TC), Kevin King  
(TC), Rob Birch, Harry Hibgame,  
Mark Armour, Grant Farr, Anthony  
Gullace, Andre Weber, Anthony  
Cox, Neville Williamson, Peter  
Ransome, Ian McGeogh

*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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Rocco Drive greeted riders with perfect conditions. Seventy-five riders fought hard and fast for bragging rights. These were enthusiastically debated post-race in the comfort and ambience of the Beach Hut Brewery.

There's a couple of race reports below and also check out the News Section for all the latest ECC news.

This weekend we are back at the less vertically challenged Casey Fields for GSR's. There will be a **BBQ** after the race in thanks for all the hard work that Andrew Buchanan, Nick Tapp and Pete Grey have put into the club over the years. So come along and say Thankyou. See you there.



Rocco Drive and the Beach Hut Brewery debrief/presentation



## Rocco Drive, GSR, 28 February

Grade	1st	2nd	3rd
A Grade (15)	Chris Hughson	Simon Bone	Russel Newham
B Grade (25)	Matt Clarke	Corey Williams	Perry Peters
C Grade (17)	Haydn Chapman	Dean Tune	John Williams
D Grade (9)	Damien Ohara	Veronica Vandebroek	Keith Wade
E Grade (6)	Ken Bone	Danielle van Tol	Peter Shanahan

### B Grade

*By Nick Tapp*

Rocco Drive, Scoresby. If you haven't raced there yet, it's kind of a cross between Dunlop Road (small light-industrial area, quiet on Sunday) and the Loop/Teardrop (~1km lap, fast downhill soon after the start/finish, testing uphill finish). But newer, wider roads than both, a squarer loop than the Loop so there's always a headwind somewhere, and a sharp kick up through a wide-ish left-hander – not like the tight bottom corner at the Teardrop – to start the sprint. On the plus side, a small brewery that is happy to open up for our post-race presentations.

A big (for us) B grade field of 25, including several A-graders who struggle to compete in A grade on this fast, hard course, but would be very hard to shake off and can handle an uphill sprint just fine, thank you very much. A majority Eastern bunch, but with a handful from Northern, Brunswick and Carnegie Caulfield. Not a rider among them who didn't look capable of making the podium.

It didn't take long to realise it was going to be tough. We were averaging ~37 km/h initially, at least according to Dean Niclasen (a regular in A recently on flatter courses) until he was dropped and pulled out. Perry Peters (always

A unless hills, bloody fast in a sprint) did some solid turns on the front. Paul Webster (ditto Perry) was sitting comfortably mid-pack, Ray Russo (remind me what were you doing in B, Ray?) was complaining we needed to go harder, and the usual B-grade workhorses were in the mix as well -- Paul Firth, Matt Clarke (both in my group at Garfield; both rode away from me there), Walter Savini, Grant Farr, Dale Walton (not that long up from C but improving steadily), Mark Edwards, Pete Morris, Craig Oliver, Marcus Herzog, Ross Clark and Dave Anderson from Northern, one or two of the strangers and me – pretty much everyone, really.

There were a couple of short-lived solo escape attempts – like me, all probably hoping to tempt a mate or two across the gap. Walter had a couple of laps off on his own. Then Matt Clarke and a stranger rode away. The mystery man was back in the bunch a few laps later, but Matt was now well up the road. Not everyone realised he was away (I didn't), and there was never much of an organised chase. Grant went to the front for a couple of laps, lifted the pace and apparently halved Matt's gap, but then was spent, and no one could or would take up the chase. I focused on staying close to a wheel on the wide downhill and through the fast, slightly tighter than 90





degrees corner at the bottom. From there it's a couple of hundred metres into a headwind to the steep kick up to the line, and you can save so much energy each lap by not having to chase back on across there. But found myself with a gap to close, as often as not, after having to wipe off speed as people in front braked to go into the corner. (By contrast, Grant stayed at the back and took it easy down the hill, let a gap open, then took the corner fast and let momentum carry him up to the bunch with less effort -- smart!)

We never sighted Matt again – he dug in and stayed away for a strong win. There were still plenty of contenders for the minor places when we got the bell. In a nice safe bunch sprint, Perry took 3rd, a whisker behind Corey Williams (CCCC) in 2nd. I started too far back, made up a few places in the sprint but finished 10th or 11th. Thereabouts. It's an excellent circuit, but definitely not a gimme for a climber when strong sprinters can stay in touch until the end (just ask Nathan White!) Thanks to everyone who made it happen and kept us safe.

## C Grade

*By John Williams*

Race committee take note, we need to bottle these conditions and roll them out for every race. Twenty degree Celsius starting temp, and never rising above 24 degrees. Not a breath of wind and clear sunny skies. Chuck in an on-course brewery and I'm coming here for my holidays!

First off though, we need to perform over 35 laps of a circuit that looks harmless enough at first sight, but by the 29th time up the hill, hands up all those who weren't blowing a tad?

Big Dougie Page spent a lot of early laps on the front, and he can really ramp up the pace down the hill. Post-race he confided in me 'I

was hoping to sneak off the front unnoticed'. Doug, that's like the elephant in the room exiting the room without anyone in the room noticing, when the elephant was bigger than the room. If you get my drift, it was never *gonna* happen, but we're all grateful for the ride you gave us.

Tony Curuli took some time at the front, as did Dean Tune, Andre Webber, Haydn Chapman and myself, but there were plenty of others who wanted to be riding in the front half dozen, that seemed averse to clear air in front. I really should tell you the wide mouth frog joke here.....

With a couple of laps to go, it was clearly set up for the sprinters that had been saving their legs, so just for the hell of it, I thought I might throw in a fast lap or two and see what happens. Dean Tune was soon on to my wheel, and at one point we thought we might be able to go on with it, but there was plenty of horsepower, not far behind us, like already in our draft.

Hoping for a lap or two to recover, I drifted back in the field, but when the bell rings on a short fast lap like Rocco, twelfth wheel is not a great position to be in.

Justin van Tol took a flier down the hill and no one seemed interested in chasing. With everyone still in a line following wheels heading into the bottom corner, I knew I was too far back to influence the result, so I elected to go way too early from the left to see if I could a) catch Justin and/or b) maybe hang on for a place.

Justin died pretty suddenly, so a) was achieved, and with 100m to go I was feeling fast, strong and in-front. Lactic struck first, rapidly followed by Haydn and Dean. I managed to limp across the line for third marginally ahead of fast finishing Andre, and goodness knows how many others in close contention.





The Beach Hut Brewery was a fabulous spot to recover, and I'd still be there now if I didn't have a 25k ride home.

Thanks as always to referee Richard, along with all the marshals and officials that kept us safe!

### Croydon Cycleworks Summer Twilight Crit Series, METEC, 2 March

Grade	1st	2nd	3rd	4th
A Grade (15)	Chris Hughson	Glenn Newnham	Steve Martin	Alan Adams (Sey)
B Grade (13)	Matt Clarke	Craig Oliver	Corey Williams	Jamie Goddard (Bbn)
C Grade (12)	Haydn Chapman	Kristopher Masters	Peter Ransome	Darren Thompson
D Grade (10)	Philip Tomaszewski	Peter Brann	Ron Gillies	John Cochrane

*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.*



A grade sprint it out at METEC's CCW Twilight Crit. Well done Chris, Glenn, Steve and Alan (Photo: Mark Edwards)



## Wednesday GSR, Teardrop Criterium Track, 3 March

Grade	1st	2nd	3rd
A Grade (8)	Alan Adams	Russel Newham	Peter Vali AlpCC
B Grade (13)	David Rooke (NC)	Nick Tapp	Peter Morris
C Grade (8)	Mel Humphries-Grey (PreCC)	Ian M Smith	Ivana Cicchelli
D Grade (7)	Meg Brown (HCC)	David Drew (NC)	Anthony Martin (BCC)
E Grade (3)	Alan Cuneen	Peter Shanahan	Shane Dwyer

## News etc.

### Order Your ECC Club Kit

You can now order your new Eastern CC kit at <https://www.bikegearnow.com/eastern-cycling-club>

The Password for the website is: **eastern2021**.

The design has changed minimally (cuff colours), but we believe the quality is even better, and the price is around 20% less (\$229 for Jersey/Knicks). The range includes long and short sleeve jerseys, bib and non-bib Knicks, wind vests, arm warmers, single piece speed suits, and caps.

Sizing - John Williams has samples of the kit in men's sizing from XS to XXXL (in Blackburn CC colours). He will bring them to races for members to inspect and try for size. We would prefer women to discuss their specific sizing needs with Doug Reynolds on 0418 382 330 so we can get the size just right.

We have the first kit on order as a trial to ensure the production matches expectations. We are hoping to have that in our hands by end of April. In the meantime the website is open for orders, but the production order will not be placed on the factory until we are happy with that first sample. From there we expect a 6 week lead time, meaning first delivery in July.

VeloEx, run by ECC member Doug Reynolds, have provided the club with great versatility with small orders (most suppliers insist minimum order of 50), a great website and competitive pricing. In addition, if you wreck your kit in a fall, VeloEx will replace it at 40% discount.

So let's get it on!





VELOEX
ECC DESIGN V12
BikeGearNow.com

**Colours**

- Pantone 2725 C
- PMS2190
- Pantone 376 C
- PMS2195
- Pantone 289 C

**BikeGearNow.com**      **VELOEX**

**ECC Cycling Socks Design V01**  
Minimum 100 pairs

Back Center  
Cuff  
Heel

Left Side      Right Side

New ECC Kit by VeloEx / BikeGearNow
Stop Press. Socks will also be available

## Ride for Rotary – Celebrating 100 years in Australia

The Rotary club of Lilydale are organising a charity bike ride along the Warby Trail. It's a \$5 entry fee with proceeds going to Rotary Ride for Research.

## LILLYDALE LAKE - WARBY TRAIL RIDE

**SUNDAY 11TH APRIL, 2021**  
**STARTING FROM 8AM**

Join our bike ride from Lillydale Lake up the Warby Trail  
and back to Celebrate 100 years of Rotary in Australia

- Water stations provided along the Trail
- BBQ and bottled water at the Lake after the ride.
- Ride is 80km (40km each way) or choose a shorter ride at  
<https://www.dotheyarravalley.com.au/warburton-rail-trail-yarra-valley>
- Registration and BBQ - grassed area at Lillydale Lake near  
Community House.

**ENTRY FEE \$5**  
(donated to Rotary Ride for Research)

FOR REGISTRATIONS AND QUERIES  
PLEASE CONTACT LYNN WHELAN,  
ROTARY CLUB OF LILLYDALE, MOB 0409 938 694,  
EMAIL: [lynnwhelanevents@hotmail.com](mailto:lynnwhelanevents@hotmail.com)



## Johnny Socks

Some of you may have noticed the crazy socks I was wearing on Sunday. A few even mentioned them. These socks 'so *don't go with anything*', that you can in fact wear them with everything. I should know - I'm an amateur fashion consultant. When was the last time you saw me looking uncool?\*

More importantly, all profits from the sale of these socks go to suicide prevention charities. If you are interested go to: <https://www.inspirednunder.com/shop>

Johnny B Good (Williams)



\* Note from the Editor: If you would like to enter the 'Johnny B Good looking uncool competition' send your photos to Newsletter Editor, Pete Morris.

\*\*Second note from Editor: Inspire Downunder will be manufacturing the ECC Kit socks, so that is yet another reason to order some!



## **Member update - 80YO+ members**

Greetings members, please be advised that there is no requirement under AusCycling for members over 80 years old to provide a medical certificate to race.

The ECC committee ask that all members regardless of their age have an onus on themselves to ensure they are fit to ride. If you are unsure, please take it upon yourself to seek medical advice.

## **Sunday Club Ride - CANCELLED**

This Sunday's organised Club Ride has been cancelled due to long weekend commitments.

## **Duty Roster**

A friendly reminder to all club members. If, for some reason you are unable to fulfil your roster responsibilities, it is your responsibility to find a replacement marshal to swap with AND then notify the duty co-ordinator (Andrew Buchanan) preferably within 72 hours of your scheduled duty. If members need the phone number of a potential swap, contact Andrew Buchanan.

## **Call for Additional Race Day Facilitators**

The role involves directing the marshals to their pre-determined (road course) locations 1 hour prior to the race. With this role you can still race on the day. Contact the duty co-ordinator (Andrew Buchanan) if interested in helping.

## **Stephanie Coulson Accident**

Thanks to Peter Webb for providing this information regarding Steph's mountain bike accident: 'Stephanie Colson unfortunately broke her leg in three places on a dirt track that is close to Basin - Sassafras Road. Evidently she clipped a tree trunk with her handle bars and fell awkwardly. Luckily Garry Wishart was with her and was able to phone for assistance. The ambulance was able to get reasonably close which made getting her out a lot easier. She is laid up for awhile and Gary has to put on the apron and do some of the chores around the house'.

ECC wishes you a speedy recovery Steph.

## **Stephen Barnard Surgery**

Steve submitted to surgery on his collarbone last Wednesday. The surgery went well, however he will be spending the next four weeks in a sling. ECC wishes Steve a speedy and complete recovery.







## VicDivide550

Congratulations to Brendan Wain for completing the VicDivide550. Brendan knocked this mammoth route off in a little over five days. That's a 557 kilometre self-supported ride from Melbourne to Wodonga on mostly unsealed roads and single track, with 12,557 metres of climbing. Great effort Brendan!

FYI, the fastest time this year was by Stephen Lane, who completed the route in a blistering 1 day 14 hours 14 minutes with apparently only a 20 minute rest along the way – Now that is incredible!



*Brendan certainly has something to smile about. At the VicDivide550 finish line*

## Race Entries

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

## 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

### 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 in 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 Womens 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 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.



**eastern**  
**CYCLING CLUB**





## 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.

### ECC Sponsors



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