

28 March 2021

## Eastern Cycling Club

# Newsletter

### Duty Roster

**Saturday 03 April**  
**Casey Fields GSR, 2:00 pm**  
TBA (R), Tim Crowe, J P LeClerq

**Saturday 10 April**  
**GSR, Dunlop Rd, 1:30 pm**  
John Thomson (R), Nick Hainal (TC), Dave McCormack (TC), Peter Webb (TC), Matt Clarke, Tim Maffey, Dave Griffin, Quentin Frayne, Tony Renehan, Glenn Newnham, Dale Walton, Ken Bone, Michael Lillycrapp, Justin Van Tol  
*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](mailto:tiptop2@optusnet.com.au)

Editor: Peter Morris  
[pmoz@ozemail.com.au](mailto:pmoz@ozemail.com.au)

Rocco Drive greeted 56 riders for Saturday's GSR. Good, clean and fast racing was had by all, proceeded with drinks, eats and presentation at the Beach Hut Brewery. It was awesome to see E grade women fill all steps on their podium, which reminds me that we have the Eastern Grand Prix Womens Race looming up on May 01 (Details below). If you can't wait for that, there is Eureka's Women's Open as part of their Easter Carnival on April 05. (Details also below).

Last Sunday, Mark Edwards came to Rocco Drive armed with his Nikon. There's a few photos below but the whole swag can be found here: <https://photos.app.goo.gl/uuuQCMPWysyak7P36>

Last Tuesday saw the finale of the CCW Twilight Crit Series. Once again it saw great participation and congrats to Glenn Newnham who was crowned as this year's aggregate winner. Much thanks goes out to Dave Richards and CCW for their generous support and sponsorship of the series. So, return the favour and support a great local enterprise that is Croyden Cycle Works. Here's a link to the results and prize winners [CCW Top Ten](#) and below is a wrap from Glenn Newnham.

This Saturday we are at Casey Fields for more Crit action.

If you are in need of a spritely warmup in preparation for Saturday's race check out John William's Good Friday Super Crucifix ride. Details below.



## Casey Fields, GSR, 06 March



A grade Sprint. Photo: Mark Edwards



AB Combine. Photo: Mark Edwards



B grade behaving...briefly. Photo: Mark Edwards



C grade sprint. Photo: Mark Edwards



D grade tension. Photo: Mark Edwards



Danielle Van Toll . 'Where's the bell Pete?' Photo: Mark Edwards



Tanya Simpson putting on the pace to lead home an all female podium in E grade. Photo: Mark Edwards



Ray Russo. Just because it is a great photo. Photo: Mark Edwards



Grade	1st	2nd	3rd
A Grade (13)	Chris Hughson	Simon Bone	Russel Newnham
B Grade (14)	Perry Peters	Marcus Herzog	Paul Firth
C Grade (14)	Damien Ohara	Darren Thompson	Tony Curulli
D Grade (8)	Ken Allan	Ken Bone	Tony Renehan
E Grade (5)	Tanya Simpson	Pamela Vendersluys	Danielle Van Tol

## C Grade

*By Damien O'Hara*

Another perfect Sunday for racing. Temperature was pleasantly warm, the roads nice and dry. Rocco drive is proving my favourite track. The steep downhill gives you a 20 second rest for each lap. Who doesn't want that?

A chatty bunch of riders gathered outside the Beach Hut Brewery. What a great place to linger. With the pre-race instructions done, 14 riders in C grade peeled off for a lazy warm-up lap. Kris was eager for a win, but worried about a dodgy calf. Justin was equally eager, riding his new machine. Darren, blaming last minute repairs decided to race without a drink bottle cage, and therefore, no water.

The race alternates between a 200 metre dash, a lazy climb, a speedy decent, and a tight corner that fills you with adrenaline, terror, and thoughts of bike insurance.

Only five attempts for a breakaway were made. All of them failed, with the pack jumping on the tail end, and enjoying the draft. My own lung busting efforts ran out of steam, when I couldn't maintain the pace, and needed a few laps at the back of the pack to recover.

As we reached the fifty minute mark, the pace dropped off significantly, with riders jockeying

for position close to, but not at the front. With the bell ringing for last lap, adrenaline kicked in, hands gripped the bar, and the pack surged forward. The bunch at the front stayed tight with Tony Curulli doing the hard yards leading, as he had for the past few laps. As we rounded the topmost corner, Tony poured on the speed for a final, butt-clenching descent. I sat on his tail, watching my speedo hover above 52 kph. A hard tight corner, and the final sprint was on. Fifty minutes of mild pedalling came down to the next 30 seconds.

Legs were pumping. Heart and lungs were roaring along the flat stretch. I sat on Tony's tail, sticking to my game plan. As we hit the final steep corner, Tony slowed, and it was time to swing wide on his right, and see if I could climb home. Tony jumped out of the saddle, and powered up the hill. I tried to drop a gear to match his pace, only to find my Shimano 105 jump a few gears, and I was losing ground. Swearing at my bike to behave itself, another quick gear change, and I was back in action, matching Tony's pace. It was a battle over the 100 metre climb, with burning quads and lungs, our wheels alternating the lead, one after another. And then, Tony faltered. His speed dipped, and I knew I had him. All I had to do was keep the legs turning the same pace. And then Quadzilla put in an appearance on my right hand side. Darren had timed his sprint well. The line was still 25





meters away, I was fading, and Darren was cruising forward like an e-bike. My hands gripped the bar, trying to command unresponsive quads to push harder. It all became a blur, and as we crossed the line, I glanced right, and thought Darren had half a wheel in front. After all that effort, I needed a lie down. Thank god the pub was open.

## E Grade

*By Danielle Van Tol*

Rocco Drive. My nemesis. Sure, ascents are hard, they hurt, the legs scream and everyone always seems to attack on them. But for me, it's the descents. I just hate descending. It's scary. And I always get swamped.

E Grade began by cyclo-crossing over the grate and really just wandering off without the starter telling us to. Within one lap, Pamela and Tanya had forged ahead and dropped JC, Ron and myself. They did so through sheer strength and pace as opposed to a deliberate attack.

From there I spent lap after lap chasing (slowly) JC. I could see him on the straight, I could see him on the hill, I could see him pass the finish line and on every single lap I lost him on the descent.

I nabbed third place by default as JC ended his race early. Lap after lap I rode alone. Lapped twice by the extremely strong combination of a cohesive Pamela and Tanya. Lapped countless times by everyone else.

I saw my husband drop off C Grade. Thought I could catch him, have a chat. Yeah no, never going to happen because here comes a descent again.

I waited eagerly for the bell at 50 mins. 55mins. Where's the bell? Hysteria was setting in and I was yelling at Peter M every time I went past. Where's the bell?!

One hour on the dot and Tanya put in a powerful sprint to get the better of Pamela. I happily trudged over the line for third.

Although I missed attending the podium, I was incredibly proud that the top three spots were filled with females. All in all, a fabulous race conducted in fantastic weather with a brilliant result.

## E Grade

*By Tanya Simpson*

Congratulations to Ron Stranks, John Wilson, Pamela Vandersluys and Danielle Van Tol for not sitting on the lounge and watching TV but getting out there and making me work hard. Pamela set a cracking pace down the hill and around the corners and always managed to get a 2-3 bike length gap on myself every time. However I could challenge Pamela up the hill so it was a good workout. Pamela is an inspirational woman who was chatty at times however picked up the pace to lap some riders and we did manage to break away from the other riders. It was great to see three women at the top of the podium. Well done everyone and to the marshals who are vital to enable the racing to happen on the day.

## Croydon Cycleworks Summer Twilight Crit Series, METEC, 30 March

Grade	1st	2nd	3rd	4 <sup>th</sup>
A Grade (19)	Matthew Sherwin (CCCC)	Tayfun Ugrasbul (MCL)	Glenn Newnham	Steve Martin (BBN)
B Grade (21)	Matt Clarke	Dale Walton	Corey Williams (CCCC)	Mark Edwards
C Grade (9)	Darren Thompson	David Brown	Damien O'Hara	Kristopher Masters (CCCC)
D Grade (12)	Peter Brann	Ken Allan	Kylie Barnett	Ken Bone
E Grade (3)	John C Wilson	Harry Hibgame	Danielle Van Toll	-

### The Wrap on the Croydon Cycle Works Crit Series

*By Glenn Newnham*

I find it hard to believe that less than six months ago we were wondering if we'd be racing this summer. The club committee were wondering if anyone would want to turn up to a race, and Shelly was wondering, if we did race would, we would all just ride into each other like a real-life Zwift race. After a couple of club social rides (mandatory masks at the coffee stop) our first race back was the Croydon Cycle Works Crit on 24<sup>th</sup> of November 2020. I was so excited to race that I forgot my shoes that day, but I was so happy to see everyone that I was content to marshal and watch from the sidelines. There were just under 50 riders that turned up that day.

In those first weeks we seemed to just pick up where we left off. Familiar faces, friendly conversations, hard racing, and maybe with a little extra appreciation for what we had been missing. After a month of racing, there was a new challenge on the horizon, the prospect of moving away from VCV to a new governing body. Why change something that isn't broken, right? I know this was a major concern for the committee, but with the move to AC came new riders and, from my perspective, even more exciting racing. For the latter half of the CCW crit series you just

never knew who was going to turn up and smash the race apart. We certainly saw some talent from the other local clubs, and it was great to be able to welcome them into the ECC culture.

By season-end we were getting big fields in most grades. I think we topped out at 67 riders and at least for me I was regularly seeing personal best average speeds and pushing myself more than I've done before. I was always looking forward to Tuesday night races and to win the series felt like a huge accomplishment for me. That said, whether I ended first or last, I never took the friendships and the opportunity to race for granted.

I have to say a massive thank you to Dave and the Croydon Cycle Works crew for their ongoing support and sponsorship of the series. They have been an integral part of the club for longer than most can remember. Sometimes I wonder if Dave gets back anything like what he puts into the club. But Dave and CCW are the club, as much as any of us are, and I know he gets a huge amount of satisfaction from the success of the series, being part of the fierce racing and seeing the friendships that develop through it.

One final big thanks to the club committee and regular helpers. We all know the dedication of Pete Mackie, who is on the desk and at the finish line every week (I know you all thank him at the sign on desk ;-)) but it's easy to forget to thank the many others that ensure the racers run smoothly,



that the club stays in the black, that we have the required permits, newsletters are written and web pages updated, that we have marshals, that the race trailer arrives with the right equipment and signs. I could go on, but just one last special mention to the outgoing president Adam Dymond who has been such a great leader of the club since 2017 and seen us through so much over that time. I think he should be proud to be stepping down with the club in such a great position and with a strong club committee developing to help fill those big shoes.



*Dave presents Glenn with the much cherished trophy and Kickr.*

### Wednesday GSR, Teardrop Criterium Track, 31 March

Grade	1st	2nd	3rd
A Grade (6)	Mark Seddon (NC)	Russel Newnham (CCCC)	Tony Kimpton (SMCC)
B Grade (13)	David Rooke (NC)	Craig Harvey (NC)	Val Usatoff (CCCC)
C Grade (10)	Mel Humphries-Grey (PresCC)	Rebecca Wilson (BruCC)	Trevor Rim
D Grade (4)	Tanya Simpson	Philip Curtis	David Drew (NCI)
E Grade (1)	Shane Dwyer		

### News etc.

#### Wanted

Second hand 56cm men`s road/race bike.

Potentially a bike that you have upgraded from.

Doesn`t have to be flash, just suitable for a young rider getting into crit racing.

Please contact Dale Walton on:

0409 943 663 OR

[dale@designeq.com.au](mailto:dale@designeq.com.au)

Thanks,

Dale Walton



## Roster Adjustments in April

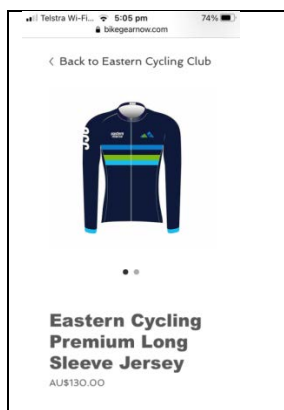
Due to some alterations to the racing program, some changes have been made to the roster in April. Please refer to the Roster page on the website.

## Order Your ECC Club Kit

An order has been placed for several 'test' kits so we can examine the colours, logos, text etc, just to be sure, to be sure.

These should be available by early April. Once we are satisfied all is well the main order will be placed, and we will expect to take delivery 6 - 8 weeks later. The cut-off date is 10 April. If you have placed your order by then yours will be part of the first delivery (end of May/early June).

**STOP PRESS:** Long sleeve jerseys have been added to the range with a choice of light-weight lycra or warmer fleece-lined jerseys.



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 the 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 six week lead time, meaning first delivery in July.





VeloEx, run by ECC member Doug Reynolds, 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

Cuff  
Heel

Stop Press. Socks will also be available

New ECC Kit by VeloEx / BikeGearNow



## Good Friday SuperCrucifix – hosted by Johnny Williams

As Easter approaches, the thoughts of the more spiritual amongst us naturally become preoccupied with Hot Cross Buns.



Good Friday, for the devout, starts at The Basin at 7:30AM. An easy ascent of the 1 in 20 is extended up to Sky High and the first group photo. On with the wind vest and arm warmers for the descent to Olinda and the Tourist Route all the way past Devil's Elbow, and down to Burwood Highway near Upper Ferntree Gully. Back to Sky High, but with a diversion to One Tree Hill, and another Group photo. Out of Sky High this time we head north, and then descend the vertiginous Inverness Rd all the way down to York Rd, Montrose, before an about turn back up to Sky High, for a third snap shot. For this climb, bring your granny gear - Inverness tops out at 20+%.

The final descent takes us down The Wall to Monbulk, and, of course, what goes down must go up - back

up The Wall to Sky High, for a final digital exposure. By now we have also stopped for a caffeine fix and carbo load, and all that's left is an easy descent back to The Basin. That's just about 93 km of riding, including around 2550m ascent/descent.

This is not a no drop ride. Everyone gets dropped on either ascents or descents, but we always regroup at the top and bottom of every climb so we can all go at a comfortable pace.

Let me know if you're joining us: (0419 713 087). Don't plan too much with the family for the afternoon!

JohnnyBGood



Elevation profile

6 h 10 0 m 0 m 0 m





## Eureka Cycling and South Pacific Championships / Easter Carnival

Eureka Cycling Club is pleased to announce the details for the TWO day 2021 MASTERS Easter Carnival to be staged at Ballarat and Learmonth.

Eureka has committed to resurrecting the South Pacific Cycling Championships in the form of criterium racing. We hope to grow these championships in the future as the replacement "veterans" Championships for Victoria. Maybe we will be able to bring the Time Trial back in 2022?

Eureka is also pleased to announce that we have split our Open into separate MASTERS Women and MASTERS Men races. Each event will be contested on the same 55 Kilometre course and they both carry the same prizes and prize money.

We hope that our Opens will complement the major Open races and Women's events that our sister "vets" and Masters clubs are staging during autumn.

Full details can be found here: <http://evcc.org.au/easter-carnival-2021-2-days/>

**EASTER CARNIVAL**  **SUNDAY APRIL 4**  
**MONDAY APRIL 5**

**SOUTH PACIFIC CYCLING CHAMPIONSHIPS**  
CRITERIUMS

**EUREKA WOMENS OPEN**  
ROAD RACE

**MASTERS EUREKA 2021**

**EUREKA MENS OPEN**  
ROAD RACE

**MASTERS GRADED CRITERIUMS @ VICTORIA PARK, BALLARAT - 4/4/21**  
**EUREKA WOMENS + MENS OPEN HANDICAP ROAD RACES @ LEARMONTH - 5/4/21**  
**EUREKACYCLING.ORG.AU**

Made with PosterMyWall.com





## 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)



## 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

No Sunday club ride this week due to Easter, however see details above for Johnny William's Good Friday Super Crucifix ride if you are hankering for some hills.





## 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.

## 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!



The poster features a light blue background with a stylized sunburst pattern. At the top is the Eastern Cycling Club logo, which includes a stylized mountain range and a cyclist icon. Below the logo, the text "eastern CYCLING CLUB" is written in a bold, sans-serif font. The main title "Womens Only Racing" is in a large, dark blue font, followed by "3 Races in 1 Day" in a smaller font. The date "Saturday 1st May 2021" is on the left, and "Grades A - D" is on the right. A green, 3D-rendered race track is shown in the center, with the text "2.2km Circuit" on a small green box. Below the track, the text "Hot Lap, Elimination & Criterium" is written. At the bottom of the track, "Casey Fields, Cranbourne" is written. Below the track, the text "Entries & Info: <https://easterncycling.com/>" and "Riders will need a current AusCycling licence." are written. At the bottom left is a logo for "Proudly supported by Sneeze Nunawading". At the bottom right is a logo for "CROYDON CYCLEWORKS" with the website "www.croydoncycleworks.com.au" below it.

**eastern  
CYCLING CLUB**

**Womens Only Racing**

3 Races in 1 Day

Saturday  
1st May  
2021

Grades  
A - D

2.2km  
Circuit

Hot Lap,  
Elimination  
& Criterium

Casey Fields, Cranbourne

Entries & Info: <https://easterncycling.com/>  
Riders will need a current AusCycling licence.

Proudly supported by  
**Sneeze Nunawading**

**CROYDON  
CYCLEWORKS**  
[www.croydoncycleworks.com.au](http://www.croydoncycleworks.com.au)




## 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.

## Benghazi Handicap

Our northern friends have their Benghazi Handicap fast approaching. Entries are capped at 120 so get in early. Details below.



**2021 Benghazi - Top Tech Panels  
Masters Handicap 77km**

**Anzac Day, Sunday 25 April 2021 Race start at 1pm**

Entry fee \$25 Transponder Hire \$5  
\$15 discount entry fee for 2020 Northern Cycling members

Entries are open to all masters members from any affiliated  
AusCycling Club

Online entries via Entry Boss  
[www.northerncycling.com.au](http://www.northerncycling.com.au) (Events)

Entries will close on Tuesday 20<sup>th</sup> of April at 11:59pm or earlier if the  
entry cap of 120 competitors is reached

Northern Cycling is a masters racing club for men and women aged 30+

Registration at the Lancefield Park Recreation Reserve, Woodend-  
Lancefield Road, Lancefield, Victoria

**\$3050 Prize Pool - Winner \$800 + Trophy**  
**Proudly sponsored by Top Tech Panels**

At a Northern Veterans club meeting in 1979, it was agreed to stage a handicap race on Anzac Day. It was also agreed that the race carry the name 'Benghazi' inspired by the battles for the Libyan city of Benghazi during World War II. The race celebrates the ANZAC spirit and it is in their memory that veteran riders from across the state converge on Lancefield to contest this monumental race.



**Presentation and refreshments will be at the pavilion after the race.**





## ECC Sponsors



AUTOMOTIVE ENGINE SHOP

Proudly supported by

*Snooze*® Nunawading

