

08 May 2021

## Eastern Cycling Club

# Newsletter

### Duty Roster

**Saturday 15 May**  
**Toughen Up Series, Race 2,**  
**Jindivick, 1:30 pm**  
Richard Dobson (R), Ian Smith (TC), Ray Russo (TC), Kirsty Johnson Cox, Sam Curry, Paul Firth, Perry Peters, Paul Anderson, Geoff Miller, Darren Woolhouse, Doug Page

**Saturday 22 May**  
**Toughen Up Series, Race 3,**  
**Yarra Glen, 2:00 pm**  
Tony Curruli (R), Graham Cadd (TC), Juanita Stumbles (TC), John Eddy, Peter Norbury, Phil Johns, Marcus Herzog, Martin Peeters, Peter Howard, Franc Tomsic

*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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The first race of the Toughen Up Series was hotly contested at Gruyere. C-grade had so much fun they did an extra lap! Well done to all who contested and thanks to Dean and Toy Bricks for your generous sponsorship. Next week the series continues in the bigger hills of Jindivick. Gruyere photos [Here](#) TUS results [Here](#)



Mark Adams celebrates his A-Grade win at Gruyere with family.

This week in 'Tales From Yesteryear', Ron Stranks gives us an insight into the nouse and tactics employed to win him an Australian Road Championship.





## Greycere, Kermese, 08 May

Grade	1st	2nd	3rd
A Grade (10)	Mark Adams	Alan Adams	J.P Leclercq
B Grade (19)	Peter Dean	Nick Tapp	Matt Clarke
C Grade (20)	Time Crowe	Doug Reynolds	John Williams
D Grade (7)	Justin van Tol	Tony Renehan	Richard Dobson
E Grade (2)	Danielle van Tol	Emma Smith	-

### C-Grade

*By Alison Skene*

Gruycere, a course of hills. Well, the same hill, which gets progressively nastier, the nearer you are to the top, and the number of times you flog yourself on it. Sometimes you're struggling to stay in touch, but you drop that descent like a stone and a lull at the front brings you back by the finish straight, you hang on with intent over the rollers, only to have your hopes cruelly dashed once more on the climb. It's only a matter of time before it's curtains. Then again, on other occasions you find yourself feeling pretty perky on that climb, you have a little dig each time, stick like glue to the front runners, keep the burners on full gas on the downhill and beyond, look back with satisfaction at the destruction wrought behind, as one by one the sprinters drop away from contention. Then sometimes you sense your fellow hill climbers, unlike you who has been racing a steady diet of handicaps, don't actually feel the need to work flat out over all 9 (sometimes 10!) laps and you are

disappointed at their lack of ruthless aggression. You are also a little nervous that they are saving all their firepower for a final surge to distance you, or just suck your wheel until overtaking your feeble sprint effort at the finish line. In any case, you always have a great time, and plenty to write about.

Thanks to all the organisers, helpers and fellow racers.



*Alison leading the way*

*Photo: Mark Edwards*



## Wednesday GSR, Teardrop Criterium Track, 12 May

Grade	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
A Grade (13)	Mark Adams (HawCC/Val Usatoff (CCCC))	Mark Seddon (NC)	Russel Newnham
B Grade (9)	Dale Walton	Michael Hartman (NC)	Tom McDonough (NC)
C Grade (6)	Adrian Rollins (Trial)	Dean Niclasen	Rebecca Williamson (BruCC)
D Grade (6)	Anthony Martin (BruCC)	Tony Renehan	Ron Gillies
E Grade (2)	Paul Griffiths (NC)	Mark Armour	-

### News etc.

#### Toughen Up Series

Race 2, Jindivick. The **Jindi Caf** is the place for a pre-race lunch/coffee/drink. The Café has relocated across the road from the old General Store and is now opposite the hall at 1070 Jacksons Track. The menu looks pretty darn good, especially that award winning home made Passionfruit Sponge Cake.

Web Page: <https://jindivick.com.au/>

Facebook Page: <https://www.facebook.com/TheJindiCaf/>



#### Covid Safe QR Code

We now have a QR Code that needs to be scanned by all non-riding attendees/spectators on race days. Riders entered for race do not need to scan.

#### Rostering

It seems all clubs have experienced reduced membership in recent years. This means that we churn through the duty roster faster. In past years a member would be rostered for marshalling maybe twice a year. This year, for us to hold a full winter road season, your rostered duty is more likely to come up every four months or so. It is important that we all fulfill our duty obligations, or arrange a replacement if you cannot (see procedure below). The frequency of duty for our traffic controllers and referees is even greater, so spare a thought for them.





## 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.

## Tales from Yesteryear. My Greatest Day in Sport

**By Ron Stranks**

17<sup>th</sup> April 1995. Arising on this day little did I know that I would achieve my lifelong ambition – to win an Australian Road Championship.

The day looked so bad weather-wise that at the last moment Rosalie decided not to come with me, but on arriving at Sandown I was surprised to see a dry track.

I was quietly confident that I could do well, as I had trained for the extra distance, 75 kms, and I thought there was one standout in the 55-59 age group, World Masters Champ, John Clift. However, my first setback for the day came when I found that a big group of riders, including myself, had gone up to the 60-64 age group as this was the year of our 60<sup>th</sup> birthday.

Hell! I think, Trickey, Chiesa, Hill, Witcamp and my mate Des Rowan are just a few who can win this age group, and the distance does not suit me either – 45 kms.

On collecting my thoughts, I know I must proceed with my original plan of breaking away, probably with Des, somewhere – about 10 kms to go. Also, from past experience in the last six Victorian titles I've run two thirds, three fourths and one fifth. I have picked Jack Trickey for first, Guiseppe Chiesa for second and David Hill to run third, so best I can do is finish fourth if I am there in the sprint finish. It is quite ironic that I picked the Trifecta, but they were 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>.

We are finally off the mark and immediately Nick WitKamp and Chiesa are the aggressors. I have moved to the front during the first lap and find a strong wind blowing up the back straight rise, and two words go through the brain "you ripper", I'm rapt. I notice also that David Hill is 6 inches off Chiesa's back wheel everywhere he goes.

With 11 laps (33 kms) to go Dessie has a go on his own and, halfway up the rise, is over 50 metres clear, so I decide to go with him. I pick him up quickly and find we are still clear, so I say to the young bloke (I'm 7 days older than him) "let's go son, we're clear", and Des answers "too early" and my brain tells me he's right, so I just ride as easy as I can for the next three and a half laps, and I can't believe how well I'm going covering every move so well. I feel that I still haven't used any petrol.

Then with 23 kms to go, Nick Witkamp lets fly and the bottom of the back straight, stringing the bunch right out. He eases halfway up the rise and the pace falls. I jump to the other side of the road and wind up quickly. At the top corner out of the rise I find I have a 75 metre break and this time the brain says 'go with it', so up to 102 gear straight away. For the next two laps I really thrash myself and catch the 55-59 age group. I go straight past them and this gives me a big boost. By three laps to go I am giving myself a big chance as by this time my bunch has dropped out of sight, so I make sure that I don't drop the pace by staying on the same gears – 89 up the rise and 102 through the bends and up the front straight. Then that beautiful bell is ringing in my ears. Last lap and one to go! Through the bends and I allow myself a look around and shout out at the top of my voice 'there's no one there!'. The ride up the straight to the chequered flag is unbelievable. When I hit the line there are tears in my eyes. At last, after being so close in those six Vic titles I have realised my boyhood dream – I have won the big one by a margin of three and a half minutes.

Coming back off the track a St. Johns Ambulance officer said to me "Are you alright?" and I answered "Mate, I've never been better!"

Bill Long then grabbed me for an interview which went really well. One question was 'were you worried about puncturing?' I must have said to myself over the last two laps at least a hundred times 'please don't puncture!'

I was presented with the gold medal by Harry Wood, who was as excited as I was. We had started work together as



Grocers Assistants in Port Melbourne in 1949 and joined the South Melbourne Cycling Club as two raw kids, and I was rapt when he yelled out 'Go Burra!' We Port Melbourne people never forget where we come from. Finally a big thank you to all the people who have congratulated me, many of them I have never met before. Only one knocker (who hasn't raced for 5 or 6 years).  
Thank you,  
Ron Stranks

## 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.

### 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.







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