

19 June 2021

Eastern Cycling Club

Newsletter

Duty Roster

Saturday 26 June
GSR Seymour, 1:30pm
Nick Tapp (R), TBA (TC),
Stephen Barnard, Grant
Greenalgh, Sam Bruzzese,
Neville Williamson, Nick Panou,
Anthony Cox, Harry Hibgame

Saturday 03 July
GSR, Casey Fields, 2:00 pm
Susan Williams (R), Grant Farr

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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Members emerged from lockdown with unfinished business to attend to. The Toy Bricks Toughen Up Series had one last race to be contested and so Gruyere greeted 52 riders with mild conditions. One incident had two B graders on the deck but otherwise racing was completed Covid-safely and without further incident. See below for the day's results and a profusion of reports. Outright winner of the series was Kym Petersen (12 pts), followed by Justin van Tol (11 pts) and equal third went to Tim Crowe and Nick Tapp (10 pts). Special mention goes to Paul Firth who was leading the series going into Race 4 but was unable to start due to other commitments. Thanks go to Dean Niclasen for his sponsorship of the series.



Race 4 C grade placegetters, Toybricks Toughen Up Series: Kym Petersen (1st), Tim Crowe (2nd), Alison Skene (3rd). Photo: Veronica Vandebroeck..

This Saturday we have a GSR at Seymour. A and B grade will be racing 3 laps and other grades, 2 laps. Racing starts at 1:30pm and be sure to allow time to ride from Registration to the start.

Lastly see below for information regarding the Fantasy TDF.

Gruyere, Kermese, 19 June

Grade	1st	2nd	3 rd
A Grade (9)	Jesse Cropley	Jean-Philippe Leclercq	Iain Clark
B Grade (13)	Jack Smith	Nick Tapp	Steve White
C Grade (17)	Kym Petersen	Tim Crowe	Alison Skene
D Grade (9)	Richard Dobson	Justin van Tol	David Bonnett
E Grade (4)	Kath Simpson	Danielle van Tol	Peter Shanahan

A-Grade

By Jean-Philippe Leclercq

We were 10 riders in A grade, with dry weather and not too cold for this time of the year. There were 5 riders from other clubs which I did not know, I thought this was good because it makes the race more unpredictable and fun 😊.

On lap 1, the Gruyere hill was ridden at a strong tempo and with all 10 riders in a compact group. You could tell after a couple of laps, everyone was a threat to the top 3 places as no one was showing evidence of strength superiority on the hill and/or flat sections. However, some individual tactics were going on. I was watching closely the body language of some riders as I could see some were clearly being conservative and letting others chase when solo breaks were happening 😊 ... From lap 2 on onwards, at each lap, they were one or two riders going away, and managing to stay away for 1 to 2 laps max. Ian Clark must have gone about 3 or 4 times, another rider (can't remember his number) about 2 or 3 times. I went away 2 or 3 times

but each attempt failed. Sometimes I attack to test my "legs of the day" and/or others reaction(s), but not aiming for a successful break away 😊. With 2 laps to go, Jesse Cropley increased the intensity on the long hill and then accelerated mid way. I saw this one happening and joined him straight away (as I could see this was not a fake attack 😊 😊 😊). At the top of the hill we had a small gap to about 4 riders chasing. Jesse and I were giving 100% and working well together. On the last lap and in the middle of the hill, Jesse put in a strong acceleration. I could not match his acceleration so had to let him go. I got back some ground at the top of the hill but he extended back his advantage down hill and to the finishing line. Behind and not too far were Ian Clarke with another rider (Dean or Adrian?). I understand Ian dropped the other rider in the last hill and finished 3rd. Chapeau Ian, considering several breaks he did during the race and with hills not being his strength.

Was a great day for racing at Gruyere and good to see everyone.





B-Grade

By Nick Tapp

And it came to pass. Lockdown was over, racing was back on – at Gruyere. So, neatly, race 4 in the Toughen Up series was rescheduled, same place, same hill, just three weeks later.

Did a modest warm-up. Glenn Newnham introduced me to Jack: 'He'll be riding with you in B. You can give him a hand up the hill.' Hmm, at first glance, I reckoned Jack could probably look after himself. I saw Peter Dean out there – he won race 1 here – and I'd parked beside Steve White. Where was Firthy?

Lined up for the briefing. Craig Oliver, strong, and not to be underestimated in a tight finish, likewise Dale Walton – check. Perry and Paul W, up the front – check. Dean – check. Stuart Bendall, who has been racing B grade at Gruyere as long as I have, since it was four laps of a hotdog course – you'd never write him off, either. Glenn's mate Jack and a couple more unknowns – a challenge for the deputy handicapper. But no Paul F, top of the Toughen Up table: a higher authority had called, and Firthy was a DNS.

And they're off. One of the unknowns, perhaps unknowing about the neutral zone, did a bolt but responded to a yell from the DHC and sat up. Past the line, 12 more times to go.

After that it very soon got serious. Anthony O'Connell was new but looked the goods: tapping out a fast tempo, no gloves. Steve White was also keen. No sign of Peter Dean yet, but give it time. Perry did his obligatory early turn. Webster led us up the hill – true! On lap 3 I set a new PR for the length of Cahillton Road. By then I was away up the road with

Anthony and Peter – had to respond, couldn't afford to let them ride away with it. Very soon after, Anthony and Peter were away up the road and I was not. Still couldn't afford to let them go, but couldn't hold their wheels, either. Was this race over already? The bunch came past, smaller now, with Steve on the front. 'Get on, Tappy', he said, and I did.

We chased. I introduced myself to the other new rider, Matt Rafferty, who looked strong. He had what seemed like a reasonable idea: 'We have to bring them back on the flat. They're killing us up the hill.' Only thing was, having recently spent some time trying to hold their wheels, I knew they were killing us on the flat as well. Still, it was a plan, which was better than no plan, so we chased. But the gap continued to grow. Not that we could see it – the two leaders were well out of sight – but that's the news we got from the side of the road. After a couple of laps of this, at the foot of the hill on Killara Road, Matt announced he was done and sat up.

That left Steve, Jack, Craig O, Stu, Adrian Rollins and me. I hope I haven't missed anyone, but I think Perry, Paul, Dale and Dean were already out the back. The chase lost some intensity – what was the point, after all? Racing for 3rd place, anyone? We lapped Dean, who confirmed that Peter and Anthony were miles ahead and said they looked like catching A grade. Then we were reminded why you keep trying when all seems lost. At the far end of the straight, the corner just before the little pinch on Medhurst Road – what was this?! Three figures in the grass on the far side. One, upright and walking, was definitely Peter Dean, who said 'It's all yours ...' as we rode past. One looked like Rob Lackey. Could he have stopped to help? That would be Rob to a T. And the one on the deck





– was it Anthony? Turns out it was. Not good, but Rob and Peter were on their feet, and there didn't seem to be any urgency about the situation, so we continued.

That changed everything. Racing for 3rd went out the window. Some of the intensity returned, though not to the level of the first three laps. Steve and Adrian pushed the pace for a couple more, but we stayed together. Stuey Bendall was waiting for me to attack on the hill, he said afterwards, but he was about eight laps, and five years, too late. In Medhurst Road, Glenn's mate Jack put in a long pull on the front, then flicked the elbow, but there was little response. The bell came and, as night follows day, so did the last time up the hill. Who would attack? Answer: no one. I think we shed Stuey with cramp, though, and we may or may not have got a gap on Craig.

So it came down to three or four on Cahillton Road. A couple of cars made life interesting for a moment, and Steve may have had to check his speed to go around one of them. Then it was fresh air for the last 100 metres or so. Jack got the jump and I was left chasing him to the line, while Steve rounded out 'a climbers' sprint' and finished in 3rd. Well done to Jack, who gave as good as he got and was too quick at the end. Commiserations to Peter and Anthony, who had the race won before luck intervened. Thanks to Rob for giving up his race to help them. And thanks to all the vols – we couldn't do it without you.

Footnote: This was the final round of the Toughen Up series, after all. Big congratulations to toughest woman, and overall toughest – who could dispute it? – Kym. Also to toughest bloke Justin, and my fellow not quite tough enough Tim. The series is the shot in the arm our winter program

needs, in my opinion, so very big thanks to Dean and Toybricks for sponsorship and inspiration.

B-Grade

By Steve White

Covid Rules- no presentations and no post-race refreshments.

It was good to see 13 contenders turn out for B grade at Gruyere, a circuit that is not favoured by the bigger riders.

I sized up the bunch and realised that half of them would out-sprint me, half would out-climb me and half were unknowns (the remaining half stayed home to work on their fractions).

My plan revolved around the thinking-If you race the same way, you will get the same results (i.e. 8th). So I decided to push the pace a bit on the climb in the early laps, with a solid effort on lap three.

The bunch seemed smaller, but angrier, and soon Ant O'Connel, Nick Tapp and Peter Dean were off the front. Half a lap later Nick took refuge in the peloton, where we tried and failed to co-ordinate a chase.

After a hold up with traffic on one corner, the momentum was lost and we conceded that there was only a 3rd place up for grabs. Unless disaster struck. Two laps later and we round the corner, to find our two breakaway riders in the grass. Apparently one messed up the apex and took them both out. Peter was banged up and had plenty of road rash and xrays later revealed Ant had a separated AC joint.

For most of the remaining laps, Nick and I had a perfect system going. He lead the climbs and head wind sections, and I lead the downhill and tailwind sections. Symbiosis that





is. (In parasitism the host dies!) anyway, second last climb and there is an attack but we reel him in, last climb and I am waiting for Tappy or Craig Oliver to launch, but it doesn't happen. Round the bend and over the bump we bunch up for the sprint, but a van followed by a car pushes into single file on the left and what follows was unkindly described as a "climbers sprint" with new man Jack a length ahead of Nick and me in third.

Thanks to dean and Toy Bricks for sponsoring the series which I shall fondly remember for the wind, hail and hellish climbs.

C-Grade

By Sam Curry

Having not raced for 3 months and a sick 15 month old whom kept Mum and Dad up most of the night I didn't drive out to Gruyere with a lot of confidence - or sleep! I decided to take a leaf out of Adam Dymond's race strategy and give myself a number of laps to hang on. At approximately 10 min per lap I decided on a loose goal of 6 laps or 'hour of power'.

If you race only when you're race fit or somewhere near your peak fitness then you wouldn't race very much. We are fortunate to race in beautiful countryside surrounds. Having played official at Yarra Glen a month earlier in perfect Autumn sunshine, similar conditions presented themselves Saturday so regardless of how I felt it was an easy decision to get in the car.

17 riders made up our grade which was a large increase from online entries only days before. Kym, Alison and Veronica escorted everyone up to the start line and we were off. In fact these three stayed at the front for the first couple of km's which included the

headwind on the back straight. Not very chivalrous at all!

The climb up Killara Rd injected some intensity and riders begun to jockey for positions. A look on strava post-race would show that would be our fastest ascent with most laps approx. 5-10 seconds slower. That tends to be the trend with a lot of races involving a hill ..perhaps to use up climbers legs and prevent an attack mid race to get away.

A few riders found themselves with a gap at the front but no one really made a decisive move to get away. I started to sense with a few weeks of Covid 19 restrictions a lot riders were off their best and were content on getting to the finish. Brendan Wain hit the lead on the back straight on lap 6 or 7 and realising the group had dropped back I told him to keep gassing it. We worked together a few minutes until we hit the left turn on to Killara Rd and everyone re-grouped.

With my goal of 6 laps done and dusted my new aim was to try and finish with the leaders. Soon enough the bell rang and we were on our last lap. A car on Medhurst road as we turned left slowed things and gave everyone a chance for a breather. Timothy Crowe made a move half way up the climb and split the front pack up. Turning left into the home straight Alison went by and there were 4 or 5 riders in contention for the win. Kym showed her class and timing and got the win followed by Brendan and Alison.

Here's hoping for similar weather for the remainder of winter.





C-Grade

By Alison Skene

Great, my favourite circuit again

Rain, hail, arctic blasts? nowhere to be seen today

Uh-oh, I have also signed up for a race on Sunday, what the hell, this is too good to pass up...

Yay, C grade wins the participation stakes again

Errgh, Kym's made a killer sortie up the hill on the first lap, can't keep this up

Rob's sacrificed his chances helping a downed rider, thanks Rob!

Eastern jerseys always on the front, that's club spirit

Referees are on fire today, lap counts all correct

Ominous, we're nearing the pointy end and there are too many sprinters still in the mix

Cripes! watch for oncoming cars, phew, snuck around and gained some places I think

Kym's wheel is the one to follow, if only I had the legs

Satisfying still, a few faded there, I'll happily take third

D-Grade

By Bernie Evans

Well here I am back at cold and tough Gruyere after not having raced for over a year. Out of condition and weighing nearly 90kg. Was I crazy or just stupid expecting to drag that bulk up that hill nine times? I looked at the field.

Here was Justin Van Tol who was half my age and had six wins and two seconds in the last eight races including a win in C grade, two wins at Gruyere to say nothing of winning the 35-39 club championship! Fat chance of beating him! Then there was David Bonnett a very good rider from Brunswick who rides every day averages 250Kays a week and just for fun does repeats on the Kinglake hills often setting PBs. After combining that with half a dozen other good riders I figured I would be lucky not to get dropped on the first lap more or less finish!

So off we went with Richard Dobson setting a good pace of the front and reeling in surges by Keith Wade on the short hills around the back. Hard luck to Max who dropped his chain going up the hill on about the fourth lap. After 7 laps of that hill I figured I was lucky to still be there and thought that Richard would have to tire. Imagine my horror and surprise when on the eighth time going up the hill Richard simply rode away from the field Then surprise surprise Justin and David took off to chase him leaving the rest of us gasping in their wake.

I tried my hardest to get back on and was hoping for fourth. Trouble was, so was the rest of the field who were behind me and i was very quickly shuffled back to seventh by Keith and Hylton as we sprinted for the line. Still I finished and enjoyed every minute of it.

Well done to Richard who took a good win and to Justin and David who got second and third. Lastly thanks to all the officials who worked hard in chilly conditions to make it a great day.





D-Grade

By Justin van Tol

After 3 weeks without racing due to yet another COVID lockdown in Melbourne, we were finally able to race the last race of the Toy Bricks Toughen Up Series. Mid June, in Gruyere, in winter, doesn't sound like an ideal time to ride, but the sun made its way out, well ... on and off, the roads dried up and it would have been a perfect day for riding if not for the cool Melbourne winter wind.

Nine riders started off in D grade and on the first lap and half, all was pleasant. Then, as we started the Killara Road climb on our second lap Max's gears decided that his chain would rather not be on a chainring. While Max stopped to attend to his bike, the group slowed, however despite Max's best efforts he was unable to get back on to the group.

The next 6 laps were uneventful as Richard, Keith and Hylton spent a fair amount out front keeping the pace up. Unlike previous races at Gruyere where the Killara Road climb splits the field up after the 4th or 5th round, the group

stayed together. It took until lap 8 up the Killara Road Climb for the group to splinter when Richard picked up the pace, and David was the only one to stay with him. I fought hard to stay within reach, and pushed hard down the descent until the start finish line to catch Richard and David. On the bell lap Richard, David and I had a few hundred metres on the rest and worked hard together to keep it that way.

The final ascent of Killara Road saw the pace pick up even more, and at the halfway point of the climb the pace broke David then at 75 metre from the top the pace broke me as Richard rode away. I pushed as hard as I could to try and catch Richard however without success as Richard went on to win thanks to his amazing pace up Killara Road, I pushed hard for second followed by David in third.

Well done to all the riders and of course thank you to all the volunteers for allowing the racing to occur.

Wednesday GSR, Teardrop Criterium Track, 23 June

Grade	1 st	2 nd	3 rd
A Grade (5)	Damian Burke (HawCC)	Russell Newnham (CCCC)	Grant Farr
B Grade (6)	Dale Walton	Michael Hartman (NC)	Adrian Rollins
C Grade (6)	Ian Smith	Michael Muscat	Anthony Martin (BruCC)
D Grade (3)	Tony Renehan	Tony Curulli	N/A
E Grade (2)	Shane Dwyer	Neil Cartledge	N/A





ECC Fantasy TDF Competition

Hello All,

Fancy yourself as a top notch Directeur Sportif?

Well, as promised in the newsletter a few weeks ago, here's your chance to show your talents to your fellow club members and possibly win some cash at the same time.

The TdF has their Fantasy TdF competition up and running and I have set up a private league so club members can compete against each other (as well as competing in the general competition). This competition will cost you NOTHING. However, our private league is being limited to club members only. Prize money will be awarded to the top 3 DSs at the end of the TdF in the amounts of 1st: \$100, 2nd: \$70, 3rd \$30. So what have you got to lose?

To join in the fun you will need to do the following:

- 1) Go to <https://flobikes.fantasybytissot.com/#/welcome>
- 2) Create yourself a profile.
- 3) To join our league click on Leagues and then List of leagues and then Search. Search for our league using the name (Eastern Cycling Club (Melbourne)) or league number (21351). Hit join. You will then need the password: NNJBF.
- 4) Set up your team (a full list of rules is available on the website)

Not sure what we're talking about here? This competition runs similar to Supercoach in the footy tipping, but instead of coaching your own footy team, you are managing your own cycling team competing in the TdF. If anybody would like to be involved but need a little help getting set up, please get in touch and I can assist with the set-up.

Any questions at all, please get in touch.

Dean Tune: Treasurer & TdF Games Administrator. (Mob: 0428 959 166)





Covid Protocols. Message from your Covid Officer

Please note that spectators are not permitted to attend until restrictions are further reduced.

Further to recent information regarding the use of QR Codes (Spectators & Visitors etc), ECC will now be encouraging **all attendees including riders** to check-in via the QR Code system available at the race registration area.

Regards,
Dale Walton

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.

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. 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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