



Eastern Cycling Club Newsletter

Edition 6 Feb 2022

Blown away at Bazalagette, Summer Series gets hot, gearing up for Garfield and the ECC Women's grand Prix.

Your contributions are a critical part of the newsletter, so please send in your race reports, news, gossip and slander, no matter how brief (or accurate) to newsletter@easterncycling.com

ECC Covid Safety Update- Dale Walton

In undertaking a periodic review of the current ECC vaccination policy, the committee has voted to retain the requirement to be fully vaccinated to attend all ECC events.

No Vax No Race No Exemptions.

- Positive Covid test reporting – Members are requested to advise ECC if they or a family member tests positive to Covid-19. Private & confidential notification to Dale Walton by email at covidsafety@easterncycling.com
- Symptoms – DO NOT attend ECC events if feeling unwell or displaying any flu-like symptoms.
- Please respect that some members may or may not be as comfortable around large groups at this time, but still wish to race in a 'safe as possible environment', so please continue to social distance when not racing.

Graded Scratch Races, Bazalgette, Sun 13th Feb

Fast, flat and windy as heck. Here are the podiums from Saturday's Scratchie.



Second	First	Third
Glenn Newnham	Alex Randall	Simon Bone

Eastern Cycling Club GSR at Dandenong Sth

Sunday, February 13, 2022

A	A GRADE		
---	---------	--	--



Second	First	Third
Dean Niclasen	Ray Russo	Paul Firth

Eastern Cycling Club GSR at Dandenong Sth

Sunday, February 13, 2022

B	B GRADE		
---	---------	--	--



Second	First	Third
Andreas Weber	Nick Panou	Andy Duncan

Eastern Cycling Club GSR at Dandenong Sth

Sunday, February 13, 2022

C	C GRADE		
---	---------	--	--



Second	First	Third
Ken Bone	Greg Harvey	Daniel Ives

Eastern Cycling Club GSR at Dandenong Sth

Sunday, February 13, 2022

D	D GRADE		
---	---------	--	--





Second	First	Third
Nick Hainal	Danielle van Tol	Neil Cartledge
Eastern Cycling Club GSR at Dandenong Sth		
Sunday, February 13, 2022		
E	E GRADE	

Who was Bazalgette anyway?

Sir Joseph William Bazalgette (1819 –1891) was chief engineer of London's Metropolitan Board of Works, his major achievement was the creation (in response to the Great Stink of 1858) of a sewerage system for central London which was instrumental in relieving the city from cholera epidemics. He was also the designer of Hammersmith Bridge.

The Weekend Aggregate is starting to gather pace, with legends from all grades still in the mix.

Ttl	Avg		Ref		
Pts	Pts		First Aid	Club	Pts
13	3.3	4	Seungjae Lee	Trial	M1
12	2.4	5	Tony Renehan	ECC	M9
10	1.7	6	Perry Peters	ECC	M5
10	1.7	6	Paul Webster	ECC	M5
8	2.0	4	Jean-Philippe Leclercq	ECC	M5
8	2.0	4	Damien O'Hara	ECC	M5
8	2.0	4	Doug Page	ECC	M7
8	2.0	4	Andreas Weber	ECC	M8





A Grade Race report- Glenn Newnham

Fitness is an adaptation to physical stress. I've heard people say they're not fit enough to race. I often feel I'm not fit enough not to race.

Despite being a flat circuit, the wind at Bazalgette on Saturday was going to put us all under stress. We had thirteen riders, with a number who had been promoted from B grade. The race was always going to play out in one of two ways. Either the bunch would stay together, and the fast B grade sprinters would dominate the podium, or the race would split apart, and the stayers would prevail. It was obvious in the first few laps what each person's preferred strategy was.

I'd expected Simon Bone to be throwing out most of the attacks, but it was Nathan White who was the most consistent attacker. Every time he went to the front he'd step the pace up significantly, enough to have us strung out with gaps all along the line. We'd gradually reel him in and then the pace would slow right down again.

The decisive move came at around the half hour mark. After a series of smaller attacks Rob Amos went off the front. I chased him down and raised the pace for around a lap. Then every rider with any energy left started to go, one by one. Simon Bone, then Matt Clarke, Nathan White, Grant Farr, Kevin King, Alex Randall and form up as a group in front, as if it was all planned. The gap between that group and the rest was growing. Paul Webster tried a valiant effort to bridge and didn't quite make it across. Rob and I were still recovering but I saw this was the last chance at making the break. It was now or never. Now was the time to spend all my tickets, and I chased across the 100 or so meters to join them.

Our breakaway group was surprisingly well behaved. Nobody was missing a turn, the pace was kept high and there were very few attacks. Nathan would stretch the group out each time he was at the front, but with six other strong riders to reel him in the gaps were closed quickly. With only around 15 minutes to go Grant Farr seemed to be struggling to respond to Nathan's pace, and then he was gone.

The group was working so well that the last lap bell came before I expected it. I was looking at Simon Bone and Matt Clarke as good lead out men. The only problem was that they were looking at me to play the same role. Alex Randall read the group and attacked on the back straight. The three sprinters continued to look at each other and Alex continued to build a gap, Simon pulled to the back and Alex continued to build a gap. Matt was keeping an eye on me as we turned into the straight and Alex continued to build a gap. The sprint started and Alex kept his head down. And as the three sprinters crossed the line in rapid succession, Alex had held onto a 20 m lead and a great win.

Thanks, and all credit to those who stepped up from B grade to race A given those conditions. I know it's a tough transition. It took me quite a few years to consistently finish A grade races. I really appreciated Peter Mackie's approach during that time. He'd put me up when he felt I had a shot at finishing, and suggested I race B when the course was too tough, or he could see I needed a confidence boost. Each time I raced in A it helped me adapt physically, mentally, and tactically. It's still a constant battle but I enjoy the challenge.



Wednesday at the Loop

A	A GRADE				\$	B	B GRADE		
	Paul Southey	CCCC	1				Dale Walton	ECC	1
	Fraser Short	Unk	2				Michael Hartman	NCI	2
	Craig Harvey	NCI	3				Ross Clark	ECC	3
C	C GRADE					E	E GRADE		
	Ivana Cicchelli	ECC	1				Shane Dwyer	ECC	1
	Greg Foster	NCI	2						
	Tony Curulli	ECC	3						

Croydon Cycle Works Summer Series

Daniel Bishop may have the Summer Series stitched up with an almost 40-point lead, but back in the bunch there is plenty to fight for- with 5 riders sitting on 48 – 52 points

				Ttl	Avg	Ent	
				Pts	Pts	Races	
Kickr Core	\$1,249	1		98	8.2	12	Daniel Bishop
CCW Kit	\$350	2		57	4.4	13	Jean-Philippe Leclercq
Shimano RC5	\$250	3		52	4.3	12	Leigh Johansen
100% Sunglasses	\$220	4		50	4.2	12	Corey Williams
Pirelli Tyre Pack	\$200	5		48	4.4	11	David Brown
CCW Free Service	\$150	6		48	3.4	14	Dean Niclasen
Muc-off cleaning pack	\$100	7		48	4.8	10	Perry Peters
Road Tube Pack	\$60	8		41	3.7	11	Peter Ransome
CCW Gift Voucher	\$50	9		36	2.6	14	Anthony Cox
CCW Gift Voucher	\$25	10		34	3.8	9	Matt Clarke





Second	First	Third
Devon Boyd	Daniel Bishop	Jean-Philippe Leclercq

Eastern Cycling Club

Croydon Cycle Works Summer Series Crits at METEC

Tuesday, February 15, 2022

A

A GRADE



Second	First	Third
Corey Williams	Perry Peters	Dale Walton

Eastern Cycling Club

Croydon Cycle Works Summer Series Crits at METEC

Tuesday, February 15, 2022

B

B GRADE



Second	First	Third
Darren Thompson	Peter Ransome	David Brown

Eastern Cycling Club

Croydon Cycle Works Summer Series Crits at METEC

Tuesday, February 15, 2022



Second	First	Third
Ron Gillies	Nick Mahon	Ken Bone

Eastern Cycling Club

Croydon Cycle Works Summer Series Crits at METEC

Tuesday, February 15, 2022

D

D GRADE





Second	First	Third
Nick Hainal	Peter Shanahan	Kelly Dalton

Eastern Cycling Club

Croydon Cycle Works Summer Series Crits at METEC

Tuesday, February 15, 2022

E

E GRADE

Proudly supported by
Snooze Nunawading

ORIGINAL
ENGINES CO
ENGINE REMANUFACTURING

TOY
BRICKS

CROYDON
CYCLEWORKS

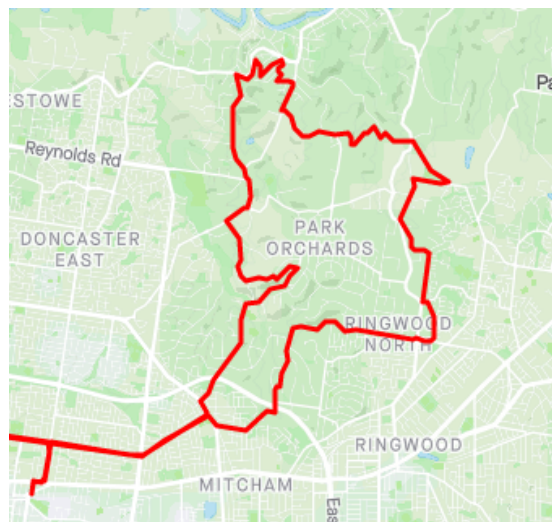


Local Rides/ Training rides- send in the details and we'll post them here.

Blackburner's

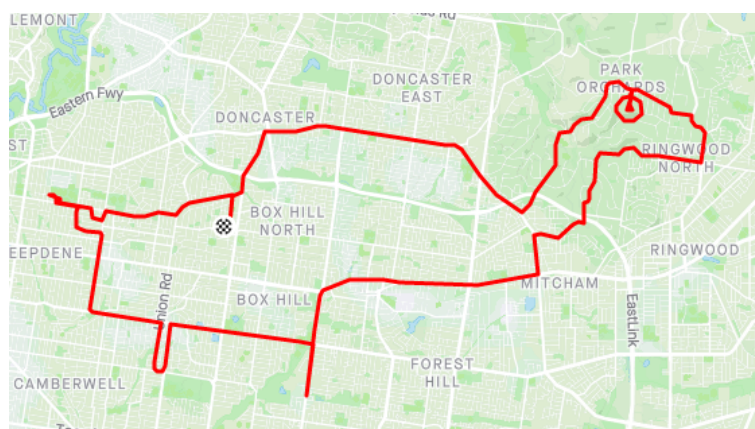
Tuesday and Thursday Blackburner's 6am ride
Approx. 45km with a few short hills. No Drop ride.

Contact Glenn Newnham or Mark Edwards-markedwards@easterncycling.com



Got Strava Art? Send it in!

Not even Picasso could find fault with my award-winning Dinosaur.





Movie Night!

"The Soul of a Cyclist".

An invite from Nuno Tavares, director, and producer of the film "The Soul of a Cyclist".

An independent project to convey a very positive message about cycling to a broad audience.

Nuono says, "This is not a movie about bicycles only, but about the importance of appreciating the simplest (and most precious) things in our life like friendship and appealing for a sustainable life. In the end the viewer also gets an urge to ride a bike."

The film has been selected for 33 international film festivals around the world, had 7 awards for best film and 3 honourable mentions

You can watch the film and its trailer at - <https://vimeo.com/ondemand/soulofacyclist>



Nuono says that the film is being launched independently, and in a world dominated by the big entertainment companies, with their own agenda, there isn't much room for a film like this other than through independent distribution.

"If you enjoy the movie, and want to help it reach a broader audience, please share it on social networks.

The movie has messages that we need to spread, among human beings, to try to become better.

And wherever the film goes, your main message, your mission to promote and develop cycling goes as well. So, I believe we've a great synergy here. "

"The Soul of a Cyclist" Documentary -www.almadeciclista.com





Future events

Saturday, February 19

2:00pm ECC Graded Scratch Races @ The Loop

Tuesday, February 22

6:00pm ECC Croydon Cycleworks Crit Series

Wednesday, February 23

10:00am ECC Teardrop Racing - Ref Simon Perry/SB

Saturday, February 26

2:00pm Garfield - Handicap 66km



Tuesday, March 1

6:00pm ECC Croydon Cycleworks Crit Series

Wednesday, March 2

10:00am ECC Teardrop Racing - Ref Simon Perry/SB

Saturday, March 5

ECC WGP Women's Grand Prix

ECC Women's Grand Prix - Sat 5 March, 2022

Help us, for we are hungry!

Yes, I'm putting forward an impassioned plea for plates of goodness.

We had such an overwhelming response last year, I would dearly like to try and go again!

If you would like to donate a plate, myself and the good ladyfolk racing would be ever so grateful.

This year I have a pie warmer. I plan on filling this with goodies and offering this to the good menfolk after the 2pm scratch races.

Cmon! This is an offer you can't refuse.

Please email me at kypetersen@icloud.com, don't be shy now!

Kym









The Extra Mile – Cerebral Palsy Alliance is all about two things:

- Taking on a cycle or spin challenge through the month of May. Pick the distance you'll cover and ride your way to glory!
- Help brighten the lives of kids and adults by helping to prevent, treat & cure cerebral palsy.

Register today and, you'll go into the running to WIN a bike (\$4,000) from Bicycles Online.

There's a challenge for all abilities:

141 km	340 km	438 km	Extra mile
for the 141 newborn babies at risk of CP who received life-changing early intervention from CPA last year.	for the 34,000 Australians currently living with CP.	for the 438 babies who will be diagnosed with CP this year.	Set your own distance goal and challenge yourself.
			

Get your friends together & form a team? Sign up at www.theextramile.org.au

Heaps of rewards up for grabs along the way:

- Exclusive Cycling Jerseys
 - Water bottles
 - Neck warmers
 - Prize draws for fitness trackers, café vouchers and hotel stays.
- Come along for the ride, get out of the house, **AND** support an amazing cause. You will be joining an incredible community of cyclists, just like you!

