



Eastern Cycling Club Newsletter

Edition 7 Feb 2022

The loop lights up, Tuesday Summer series gets hot and riders prepare for Garfield Handicap.

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, The Loop, Sat 19th Feb

The Loop, feared by many, favoured by few- here are the winners from Sat.



Second	First	Third	Second	First	Third
Glenn Newnham	Jean-Philippe Leclercq	Nathan White	Steve White	Paul Firth	Jack Smith
Eastern Cycling Club GSR at The Teardrop			Eastern Cycling Club GSR at The Teardrop		
Saturday, February 19, 2022			Saturday, February 19, 2022		
A	A GRADE		B	B GRADE	





Second	First	Third
Dean Tune	Doug Page	John Williams
Eastern Cycling Club GSR at The Teardrop		
Saturday, February 19, 2022		
C	C GRADE	



Second	First	Third
Justin van Tol	Francois Fabre	Keith Wade
Eastern Cycling Club GSR at The Teardrop		
Saturday, February 19, 2022		
D	D GRADE	



Second	First	Third
John Eddy	Nick Hainal	Neil Cartledge
Eastern Cycling Club GSR at The Teardrop		
Saturday, February 19, 2022		
E	E GRADE	





A Grade Race Report- Dale Walton

I can do 5/6 th of a race report for ya! Because quite frankly I only ever expected it to be around 1/3 rd if I was lucky given it was only my second attempt at an A grade race, with the first being late last year at Dunlop Rd which lasted around 16 minutes or so. That race was super-fast on a flat track which isn't my strength at the best of times, but I loved the speed and adrenaline and wanted more. Those whom I ride regularly with in the club know, I am willing to attempt to make the transition to A grade over time, but this is easier said than done.

Given I ride Wednesdays at the loop on a regular basis, and quite like the course, I thought it's now or never that I start this long journey and entered the race a week early to commit (In reality, I did this to encourage a few of the B graders to come up with me in the hope I had some allies?).

Moving house on the Friday before, added an extra 20 minutes to the ride in, but I trundled off solo (rather than meet up with the Blackburner's) to focus my thoughts on how to survive this pending barrage of attacks and the slaughter of the inexperienced.

I check the entries and see there are only 7 Riders but appreciate that Matt Clarke is there who is also making the transition to A grade albeit with relative ease it appears. Ray Russo agrees to make up the numbers for aggregate points for which I won't be investing in today. Eight is just enough riders to hide behind, but not too many to be too far from the front and miss anything important.

We take off, and on the neutral lap JP says to me in a friendly introduction, "Are you being punished?" I reply "No, stupidly volunteered" hoping he'll take mercy on the newbie. From this point on I can't really say that I can remember much of the detail other than staying focused on hitting that bottom corner at faster than comfortable speeds while not getting dropped on the hill each and every lap – over and over again, plus some.

We get to about 25 minutes in, and the group is being polite when I regularly leave a gap that they comfortably fill knowing that I'm simply planning to survive. I'm thinking that the pace up and over the hill is not too bad but am wandering when it's going to go whooshka, and game over. I remember Grant going of the front and he's reeled in, then Nathan goes and he's reeled in, etc etc etc. With JP in second last wheel, and me behind him, I notice the lesson to the new guy when JP leaves a gap to the group (possibly) intending to throw me out the back, or alternatively wanting me to come through, chase and potentially implode. I hold my nerve and anticipate his attack but stay on. I'm guessing were now about 45 mins in and the attacks were now becoming faster, stronger and requiring a higher heart rate that was approaching my limit. I see the E grade bell and think, cool, I'm happy to get to the E grade bell – that's a win for me. Then I see the D grade bell and think cool – that's a win or me.

Gentleman Grant Farr sees me struggling to hang on on the fast downhill section and politely sits in and allows me to draft back on. He gives me the thumbs up and so I try for another lap.

Knowing that I'm now at my limit, I aim to make the B grade bell but fall short by half a lap as the others had that extra level to raise to and were off like a shot at the business end of the race. Matt comes past and helps me with a wheel to hold onto and we keep a reasonable pace to finish the race albeit somewhere out the back. Rolling onto the rego area I'm shattered but satisfied to last





longer than my first attempt. Thanks to Glenn for the advice on how to best get to a higher grade, Grant, Matt & Ray for the comradery/assistance during this race, JP for being a competitor, Nathan for well.... just being a good bloke, and Kevin for fixing my bike! Looking forward to another crack at it.

B Grade- Ross Clarke

So it with a level of comfort after winning in B grade with Northern at the loop two weeks ago and getting in a 2 up then 3 up break on Wednesday this week only to finish 3rd (Dale Walton way too strong) I felt I had a need to race this week albeit after working two night shifts with ordinary sleep to prepare for Northern's crit champs the next day, it never ends up well as I've found out over the years.

We all set off with a healthy pace with Tommy Mc chirping at the back about having raced twice already this morning, but my mind was firmly set at the front to ensure no large breaks got away after having been caught out napping a few weeks ago at this very course.

Due to my fatigue the heart rate was immediately in the red, even when the pace not exceptionally high, I'm in trouble already.

Mark Edwards queries when I will attack obviously noting my hard push up the hill on Wednesday which created a break, I respond with my previously mentioned fatigue issue which he kindly acknowledges.

There were quite a few hard pushes up the hill from Paul Firth, Colin Blackley on more than one occasion, and Darren Woolhouse later in the piece but interestingly the pace softened significantly once the rise was crested even to the point of freewheeling down the other side which Dean Niclasen commented on to me after quite a few laps of this phenomenon, no need to hold the wheel too closely as you can get back on easily going back down the hill. If I was feeling better, it would have been a great opportunity to apply some pressure but alas. Sometime soon someone surely had to go on with it over the top and quite late in the piece Mark Edwards had obviously had enough and made his customary solo attack. To me it looked like a winning break as there wasn't a great deal of activity in trying to shut it down but slowly, we seemed to peg Mark back come the bell lap. I did hear someone mention post-race over a cool beverage of some possible crystal cranking on Mark's behalf however I'll give him the benefit of the doubt and say he simply got tired out there on his own at the end of the crit, I know I would have in that situation.

The final lap came down to a slightly messy bunchy coming into the last corner. I thought I would sneak up a few places in the hope I had something left for a sprint up the hill a la two weeks ago, it wasn't to be with both calves cramping in protest as soon as I tried to wind it up.

So I had to "sit back" and watch the entire bunch sprint away with a well-deserved and well timed sprint from Firthy, followed by Steve White with an out of true back wheel that was playing havoc with my vision and Jack Smith third. Apart from the DNF's I managed DFL.

Thanks to everyone for a great race and it was fantastic to see a heavy presence of the ladies of Eastern Cycling expertly running the proceedings on the day.





D Grade -Justin VonTol

Riders: 4

Distance: 22.93 km

Average Speed: 29.5 km/h

Elevation gain: 258 m

Very small group in D Grade with only 4 riders, despite this Keith and I were up against Team Fabre - Brothers Francois, from Southern Masters and Bruno, on his racing debut. The race was mostly uneventful. Francois made a small breakaway early on, followed by my attempt to breakaway at half race distance. In the end it came down to a good old fashion sprint. Bruno led the final lap and gave his brother a great lead out up to the hairpin, then Francois was just too strong up the hill taking the victory. Congratulations to Francois, Keith for his great ride and hopefully Bruno enjoyed his debut.

Thank you to Sue, the marshals, Shelly on First Aid and Paul for bringing the club trailer.

Wednesday at the Loop- 23rd Feb

	A	A GRADE			
Referee		Paul Southey	CCCC	1	
Simon Perry		Fraser Short	Unk	2	
First Aid		Craig Harvey	NCI	3	

B	B GRADE				\$	C	C GRADE		
	David Rooke	NCI	1				Stephen Barnard	ECC	1
	Michael Hartman	NCI	2				Peter Webb	ECC	2
	Val Usatoff	ECC	3				Mel Humphreys-Grey PresC		3
D	D GRADE					E	E GRADE		
	Peter Shanahan	ECC	1				Shane Dwyer	ECC	1
	Susan Williams	ECC	2				Neil Cartledge	ECC	2





Tuesday Summer Series- another cracker turnout.



Second	First	Third
Glenn Newnham	Max Kornhofer	Jean-Philippe Leclercq

Eastern Cycling Club

Croydon Cycle Works Summer Series Crits at METEC

Tuesday, February 22, 2022

A **A GRADE**



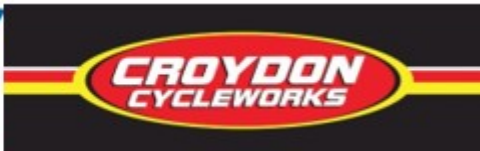
Second	First	Third
Rob Amos	Darren Woolhouse	Perry Peters

Eastern Cycling Club

Croydon Cycle Works Summer Series Crits at METEC

Tuesday, February 22, 2022

B **B GRADE**





Second	First	Third	Second	First	Third
Haydn Chapman	Peter Ransome	David Brown	Peter Shanahan	Anthony Cox	Chris Norbury
Eastern Cycling Club			Eastern Cycling Club		
Croydon Cycle Works Summer Series Crits at METEC			Croydon Cycle Works Summer Series Crits at METEC		
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C C GRADE			D D GRADE		

Future events

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](mailto:kympetersen@icloud.com), don't be shy now!

Kym





Missed out on Amy's Ride Past 2 years! Get onboard.



We are extremely excited to announce that registrations are now open for [Amy's Great Ocean Road Gran Fondo!](#)

Join us on **Sunday 11th September 2022**, for the 10th Amy's Great Ocean Road Gran Fondo and compete in one of the many available rides.





Eastern Cycling Club YouTube

https://www.youtube.com/channel/UCaBg6iyx_22APIW3tiEG_BQ

(57 More subscribers needed to reach- 100 to get our own name Youtube///EasternCycling)

Some great videos and Pics from Mark Edwards. Anyone with experience editing video - assistance would be appreciated, as Mark is still learning.

And from Teardrop Wednesday this week here is an [album of short clips](#)

Also check out A grade- by Sam Curry https://youtu.be/sP_qJD_ptW4

Rider update

Our thoughts are with Johnny Williams who suffered a health issue after Saturday's ride and ended up needing medical attention. He extended his gratitude to all who helped out, especially Paul Firth for his prompt and decisive actions.

