



# Eastern Cycling Club Newsletter

*Edn 1 Jan 2022*

**Welcome to 2022** and what an exciting start to the year it has been so far!  
At least we learned a little more about the Greek Alphabet....



A huge thank you to outgoing editor Pete Morris for his hard work last year, regularly producing a highly professional, entertaining newsletter, free of slander and personal insults. The incoming editorial team of Mark Edwards and Steve White have agreed to discard all of those standards.

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@eastercycling.com](mailto:newsletter@eastercycling.com)

In this edition, National ITT results, Covid update, a reminder on riding with slower bunches, member news and social rides and much more.

## **Fired, Hired and Retired- news from the pro peloton.**

Cav is out of le Tour, Griepel has retired after 16 years and Rohan Dennis takes out the Australian 2022 ITT Champs

## **Club Results from the Australian Road National Championships-ITT**

- M5- Al Adams
- W1 -3rd Olivia Ghisoni
- W6 -2nd Ivana Cicchelli
- W7- 1st Pam Vandersluys

Congrats to all who raced.



## ECC Covid Safety

### A Message from the ECC Covid team

Please note the following club policies & requirements as we strive to maintain a safe environment for all members and ECC event attendees.

**Vaccination** - Proof of current vaccination is required to be shown at each ECC event.

### **No Vax No Race No Exemptions.**

- **Positive Covid test reporting** – We now request that members immediately advise ECC if they or a family member tests positive to Covid-19. This will allow the club to immediately advise other club members whom attended events associated with the confirmed case &/or close contact, which in turns allows each member to monitor and test as appropriate. In the interest of personal privacy, the names of reported cases will not be provided to other club members. Please note that each circumstance will differ, with its own level of potential exposure depending on the role of the person attending the relevant event. As such, the club's response to each situation may vary. An example of this may be a 'Rider' carrying a higher risk as opposed to a spectator, official or a dependant of either.

Private & confidential notification of a positive test result can be provided to Dale Walton by email at [covidsafety@easterncycling.com](mailto:covidsafety@easterncycling.com)

- **Symptoms** – We request that members DO NOT attend ECC events if feeling unwell or displaying any flu-like symptoms. *If in doubt, two seasons of 'The Witcher' are available on Netflix and are recommended.*
- **Social Distancing** – Please respect that other members may or may not be as comfortable around groups of people at this time, but still wish to turn up and race in a 'safe as possible environment', so please continue to social distance when not racing.

Dale Walton

ECC Covid Safety Officer



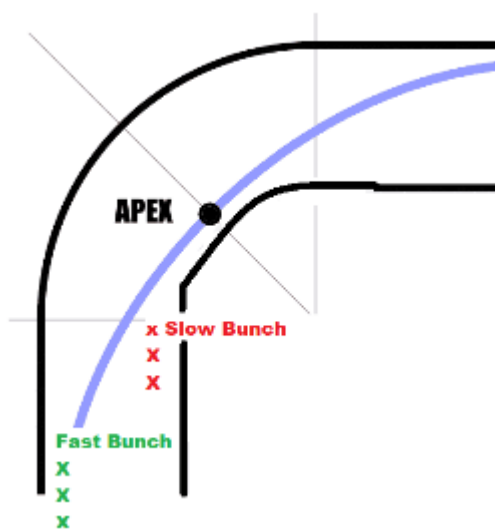


## Racing Safely, Overtaking Safely

When passing a slower bunch or lone rider, please have the courtesy to give them room, especially if you are overtaking or about to pass on a corner. This is especially relevant when racing at Metec.

We all know the fastest line through a corner is to hit the apex. But you cannot do this safely if you are overtaking a slower rider or bunch. Give them room so they too can safely negotiate the corner.

As the lead rider of a faster bunch you may have two, three or more riders on your wheel, all following your line. If you take the apex, the Slower bunch/rider is severely cramped for road space and may result in an incident!



Safe riding!

If you are the lead rider about to pass a slower rider/bunch, give them more room than you think they need, and don't cut down until you are well and truly passed them.

Riders following the leader must resist the temptation to cut down also.

As the lead rider, sometimes you are at your physical limit and your concentration may not be 100%.

This is where the second or third placed rider should call out to '**Stay up, give them room**'. It's important to notify the slower bunch of your approach-calling out- '**A grade**', '**B grade**' etc. but what's the point if you squeeze down on them and give them no or little road to ride on. Not all members have the bike handling skills of a Pro. Some of us need just a tiny bit of room!





## Graded Scratch Races, Casey Fields, Sat 8th Jan

Plenty of familiar faces on the podium at Casey, as well as a few new ones- welcome to Trial rider Seungae Lee who snuck one past the handicapper to take the win in C Grade



A	A GRADE		\$
	Jean-Philippe Leclercq	ECC	1
	Max Kornhofer	ECC	2
	Nathan White	ECC	3



B	B GRADE		\$
	Devon Boyd	HawCC	1
	Craig Stannard	ECC	2
	Mark Edwards	ECC	3



C	C GRADE		
	Seungjae Lee	Trial	1
	Andreas Weber	ECC	2
	Tony Renehan	ECC	3



E	E GRADE		
	John C Wilson	ECC	1
	Danielle van Tol	ECC	2

## B Grade Race Report





**By Mark Edwards**

Devon Boyd, Craig Stannard, Mark Edwards, Paul James, Robert Lackey, Chris Law, Damien O'Hara, Dale Walton, Michael Lillycrapp, Ross Clark

Nice to see a couple of fresh faces. Hoping their legs weren't too fresh. Hawthorn's Devon Boyd came along for the ride. Young, handsome and an accent, set to go. That was my first clue. He had a rear facing camera set up. That was the second clue. Itchy in the warmup. Strike three. Yikes.

We rolled around a bit, the usual radio chatter. A few to watch, more than a few to fear. A few still getting their B legs. A couple of surges then DB drifts off. Not too far away, don't panic Paul J says, leave him out there. After about ten minutes I realised it was more him leaving us behind than us leaving him out. The gap was growing, too far for my liking, and too far for me to bridge solo.

Time for a plan. I picked two likely lads, snuck down the back, said I'm gonna go, jump on. KISS principle. Craig and Ross, two thoroughbreds. I go full gas, Craig latches on but Ross, fresh from a carefree 100m turn decides to wait for the pack response. The waiting game always works, until it doesn't.

Craig and I battled across, a heroic effort. I was spent, got to about 20m and got stuck. We could have used another pair of legs, hey Clarky? Hey Chris I shouted..WAIT UP!. No response, other than keep pedaling, and harder. That made me think. A big effort to catch the last little bit. No turns for me, not for a while. Never mind DB says, I'll sit on threshold (300w). After a while Craig and I start to do a few turns, Devon kindly ushers me through for the short sapping headwind leg every time. He motor paces the rest and we start easing past the A Grade legacies. I'm thinking Devon will look good in white.

We kept distancing the rest, I was urging a slowdown, Craig and Devon don't understand the term. Bell lap I went early hoping for a surprise. The only surprise was how fast they caught and passed me, Devon's calves whizzing by in a Road Runner cartoon blur. Craig second, me a lucky third and the rest some distance back.

Thanks to all.







## Croydon Cycleworks Summer Twilight Crit Series, METEC, 11 January

Tuesday night racing - A grade was once again dominated by series leader, Daniel Bishop. JP picked up more points to solidify second. Matt Clarke added to his tally beating 20 other contenders to win B grade also good numbers in C (9) and D (7)



CCW SS 20-21, Round 10 at METEC  
Tuesday, January 11, 2022

A	A GRADE	
A	Daniel Bishop	1
A	Steve Martin	2
A	Jean-Philippe Leclercq	3
A	Nathan White	4

CCW SS 20-21, Round 10 at METEC  
Tuesday, January 11, 2022

B	B GRADE	
B	Matt Clarke	1
B	Michael Leonard	2
B	Perry Peters	3
B	Darren Woolhouse	4



## Tuesday Night Croydon Cycle works Series Leaderboard.

			Ttl	Avg	Ent	
			Pts	Pts	Races	
Kickr Core	\$1,249	1	78	8.7	9	Daniel Bishop
CCW Kit	\$350	2	51	4.6	11	Jean-Philippe Leclercq
Shimano RC5	\$250	3	42	4.7	9	Leigh Johansen
100% Sunglasses	\$220	4	41	4.6	9	David Brown
Pirelli Tyre Pack	\$200	5	40	3.6	11	Dean Niclasen
CCW Free Service	\$150	6	32	3.6	9	Corey Williams
Muc-off cleaning pack	\$100	7	30	4.3	7	Grant Greenhalgh
Road Tube Pack	\$60	8	28	4.0	7	Matt Clarke
CCW Gift Voucher	\$50	9	28	2.5	11	Anthony Cox
CCW Gift Voucher	\$25	10	28	3.1	9	Glenn Newnham

## Wednesday Criterium at the Loop, Yarra Boulevard, 12 Jan

Wednesday at the Loop saw a small group of 21 racers fight it out for honour and glory.

Grade	1st	2nd	3rd
A Grade (2)	Craig Harvey	Grant Farr	
B Grade (10)	Ross Clark	Nick Tapp	Val Usatoff
C Grade (8)	Tony Renehan	Mel Humphreys-Grey	Philip Curtis
D Grade (1)	Shane Dwyer		





## Roster News

Please keep an eye on the roster page for updates and changes, <https://easterncycling.com/roster/>  
If rostered for duty, you must be there at least 1 hour prior to start time. If unable to do your duty, it is your responsibility to arrange a replacement and update Justin Van Tol- [Roster@easterncycling.com](mailto:Roster@easterncycling.com)

Date	Venue	Duty Roster Link	Referee	Traffic Controllers	Open Marshal Spots	Marshals
15/01/2022	The Loop / Teardrop	<a href="https://volunteersignup.org/KDWXW">volunteersignup.org/KDWXW</a>	Mark Edwards		0	Peter Ransome Colin Doherty Roman Suran
22/01/2022	Dunlop Rd	<a href="https://volunteersignup.org/JT7JF">volunteersignup.org/JT7JF</a>	John THOMSON	Andrew Buchanan Kevin King	0	Peter Shanahan Tony Renehan Cameron White Steven Ross Craig Oliver Keith Wade Marcus Herzog Peter Gray Sam Bruzzese
29/01/2022	The Loop / Teardrop	<a href="https://volunteersignup.org/97HKD">volunteersignup.org/97HKD</a>	Tony Curulli		2	Stephen Barnard David Brown Jack Smith Shane Crowhurst





## Just Riding...

Mad Sec with Gravel Grinders Tony Currilli, his son in law Tyson, Juanita Stumbles, Graeme Cadd ready to tackle Eatons Cutting at Dromana.





## Perrin's Creek Everesting- Success!

Congratulations to Former Eastern member Stephan Jusypiw completed an Everest on the well-known Dandenong's climb, Perrins Creek Rd, over the Christmas break



Starting at 3:20am, it took Steph 15:06 hrs riding time and 52 laps to complete a distance of 290.16km.

Mt Everest stands at 8,849m, and Steph well and truly beat that climbing 10,252m. Although it nearly didn't happen, narrowly avoiding a crash in the first hour when a deer ran out in front of him while descending.







## Glen Newnham shares his recent epic Mt Buffalo ride.

I think my fitness is gradually coming back after my very lazy lockdown period in 2021. Last week I even managed to hang onto the A grade bunch on Tuesday night. Although one race may not be a good indicator of overall form.

I skipped Casey last weekend and spent a few days in the Bright area. My buddy Rod Binedell, who's done the occasional race with Eastern, has a house in Wandiligong. There is no better place to base yourself for a cycling weekend. The weather wasn't the best on Thursday and Friday (torrential rain), but we did a couple of road rides together on the Saturday and Sunday. The memorable one was up Buffalo. We left Wandi at 7am under heavy fog. It was a pretty miserable 10 degrees through town and out to the base of the climb.

This first milestone up the climb is Eurobin Falls and as we peered upwards through the fog there was a huge amount of water cascading down the mountain over the big granite faces. I've not seen anything like that amount of water there before.

From that point we gradually started to emerge from the fog. It was so nice to feel some sun on my back and it's amazing how much difference that can make to how your legs feel. By Mackey's lookout we were above the fog and it was looking like a beautiful clear day. I snapped the photo below, but it certainly doesn't do the moment justice.



The rest of the climb to the gap was a peaceful cruise, enjoying the sun, the mountain and recalling some stories from our 28 years of riding together. We considered going on to the Chalet. It was the perfect day for it, but Rod has young kids, and we decided that breakfast with the kids was the priority. Sometimes you don't want to ruin the perfect ride by pushing on too far.





## Buninyong Ride this Sunday

A group of riders will be heading to Buninyong to watch the Mens and womens National Road Championships this weekend.

The plan- meet at Ballan station- 8:30am Sunday 16th Jan

Ride 32 Km to Buninyong to watch most of the Women's race, breakfast in town and back at 12:30pm to watch the Men's race. (Various vantage points including the Col d Buninyong)

At approx 5:30pm, the race ends and we head back to Balan for the drive home.

All welcome- No Drop Ride



*Buninyong Action*

Contact John Williams (SMS 0419 7134 087) or Dale Walton ([dale@designeq.com.au](mailto:dale@designeq.com.au) 0409 943 663)



## Future events

### Upcoming Eastern CC events

#### **Saturday, January 15**

2:00pm [ECC Graded Scratch Races - The Loop](#)

#### **Tuesday, January 18**

6:00pm [ECC Croydon Cycleworks Crit Series](#)

#### **Wednesday, January 19**

10:00am [ECC Teardrop Racing - Ref Simon Perry/SB](#)

#### **Saturday, January 22**

1:30pm [ECC Dunlop Rd Graded Scratch Races](#)

#### **Tuesday, January 25**

6:00pm [ECC Croydon Cycleworks Crit Series](#)

#### **Wednesday, January 26**

10:00am [ECC Teardrop Racing - Ref Simon Perry/SB](#)

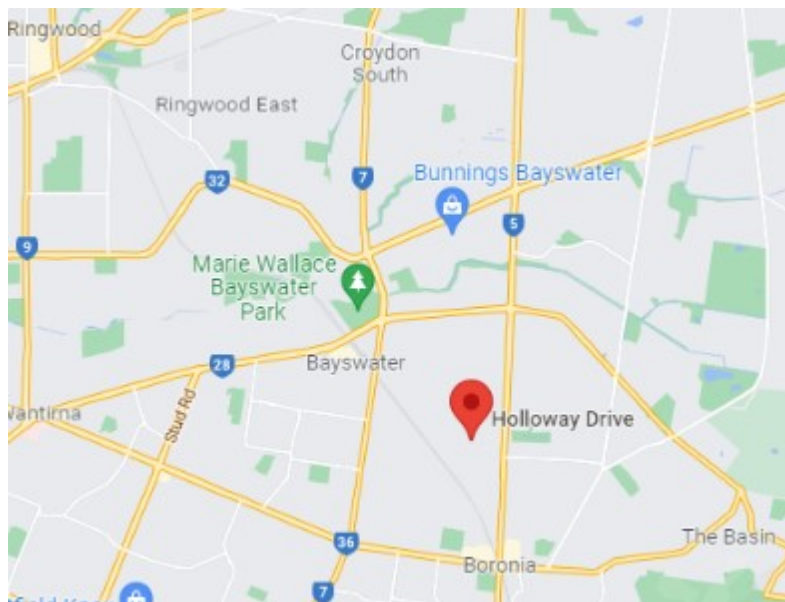
#### **Sunday, January 30**

10:00am [ECC Holloway Drive Graded Scratch Races](#)



Note that on Jan 30th we have a new course, Holloway Drive in Bayswater- Just off Dorset Rd- it's flat and fast.

Set your Garmin to; Holloway Dr, Bayswater VIC 3153



Note: Graded scratch race entries are accepted ahead of time on TeamApp, or on the day up until 15 minutes before the advertised race start time. 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. Fees are due on race day; entrants will *not* be allowed to start in any ECC race until fees have been paid. 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.

## Eastern Cycling Club YouTube

[https://www.youtube.com/channel/UCaBg6iyx\\_22APIW3tiEG\\_BQ](https://www.youtube.com/channel/UCaBg6iyx_22APIW3tiEG_BQ)

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

Has a new Tuesday and Wed video, nothing flash, still learning

[Tuesday Jan 11 CCW SS](https://www.youtube.com/watch?v=ePRHNQXAKcM) ( <https://www.youtube.com/watch?v=ePRHNQXAKcM>)

Pre Christmas [Last Lap Metec, on bike](https://youtu.be/LPNzVW2eyE8) a little bit of action (<https://youtu.be/LPNzVW2eyE8>)

[Teardrop Wednesday Jan 12](https://youtu.be/ePRHNQXAKcM) a GoPro from sidelines compilation (<https://youtu.be/ePRHNQXAKcM>)

