



Eastern Cycling Club Newsletter

Edition 2 Jan 2022

2022 season is heating up- the much-maligned Melbourne meteorological malaise has delivered several 30 plus race days and wild weather.

Another jam packed edition of races and news for your reading pleasure.

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

A message from the President

"This week's newsletter contains a copy of the Auscycling Code of Conduct, which all members should familiarise themselves with. In light of a couple of recent incidents it would seem timely to remind all members that they need to adhere to the code of conduct at all times.

I would like to draw particular attention to the statements regarding not sledging or intimidating other athletes, as well as acting in a manner that is compatible with the interests of Auscycling (and by extension Eastern Cycling Club). Our events regularly have onlookers including children and other members of the public, so how we behave has a direct influence on how they view our club and our sport. Specifically, can I remind all members to ensure they do not use unacceptable language in front of other riders or onlookers. We are riding for enjoyment, which means that abusing a fellow competitor who beats you, or otherwise using unacceptable language will not be tolerated.

Dean Niclasen
ECC President



ECC Covid Safety Reminder

No Vax No Race No Exemptions.

- **Positive Covid test reporting** – Members 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.
- **Social Distancing** – Dale gives a demonstration of social distancing- during racing and post race.
- 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.



"That's close enough"
Dale Walton provides advice on social distancing at the Loop



Greg, Ken, Colin, Dale and Jordy at the Road Nationals on Sunday





Club Results from the Australian Road National Championships-Criterium

W1-1st Oliva GHISONI Easts Cycling Club- Sydney

W6 -2nd Ivana Cicchelli ECC

Masters Nationals at Buninyong- Race report from Ivana

I recently donned the ECC kit for Masters Nationals at Buninyong and came away with a silver medal (WMAS6) on a tough ITT course - in a time of 32:22 (ave speed 35km/h), missing out on the top step by just 10sec to last year's reigning winner.



Third place was the 2019 winner, so I was very pleased to be in the mix with the national ITT champions in my category. This was my first ITT, and I was the only competitor in my category without a time-trial bike. I did have an ECC skinsuit (courtesy of Doug), and I had also borrowed clip-on TT bars and an aero helmet. This was a really tough but satisfying event.

Two days later, I competed in the Masters Criterium in Ballarat. I was less successful on this day, finishing fifth, primarily due to tactics, but I guess tactics is what wins crits. I need to get the Wednesday Teardrop regulars to give me some more masterclasses so that I can nail a podium for this event next year!

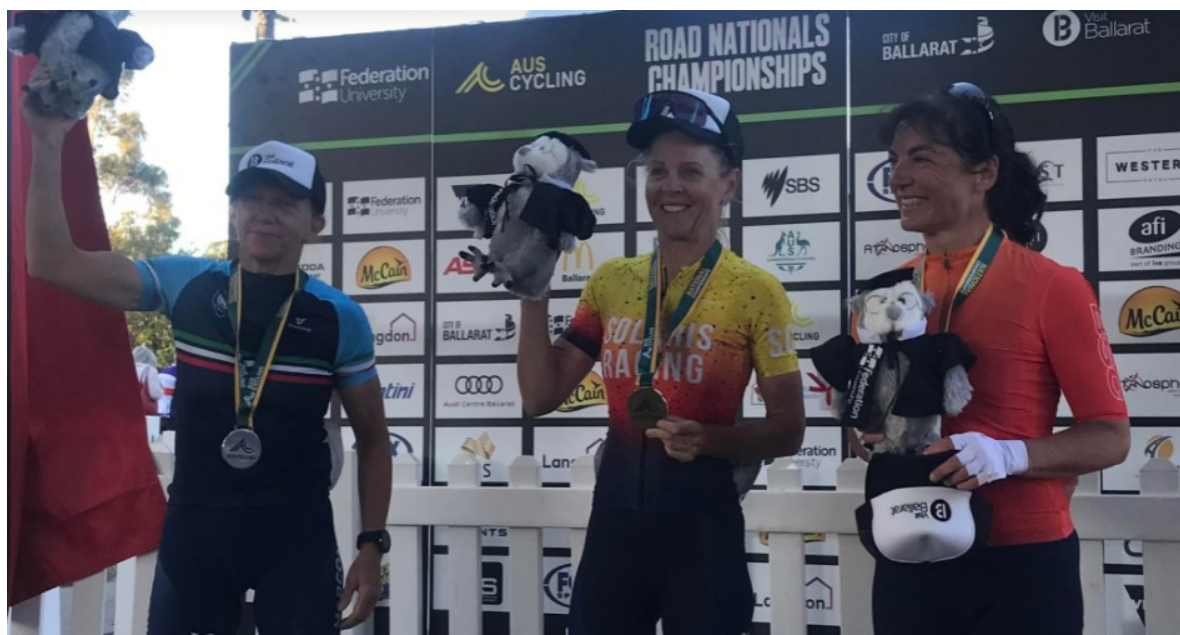
Finally, on Saturday I competed in the Gran Fondo event (5 laps of the road race course). I was very happy to have shaved 2 minutes per lap off my last year's lap times, which rewarded me with a bronze medal. First and second place went to the ITT and Crit winners respectively, so I was in good company on the podium.

It was nice to see some other ECC kits representing out there, and especially to watch Olivia Ghisoni who took on the WMAS 1-4 crit as if it were a time trial and absolutely smashed the field.





ITT Podium L-R Julie Rappo (3rd), Deb Latouf (1st) Ivana Cicchelli (2nd)



The Gran Fondo podium (L-R) Roberta Salvatori (2nd), Deb Latouf (1st), Ivana Cicchelli (3rd)





Graded Scratch Races, The Loop Kew, Sat 15th Jan

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



Second	First	Third
Grant Farr	Kerry Kounnaxis	Jean-Philippe Leclercq



Second	First	Third
Dale Walton	Seungjae Lee	Nick Tapp



Second	First	Third
Sam Curry	Tony Renehan	Peter Webb



Second	First	Third
Keith Wade	Philip Curtis	Susan Williams





2022 ECC Criterium- Studley Park (The Loop), 15th January 2022

A Grade:

Nathan White

Jumping on my bike to roll from Blackburn to loop, I do a pre-race start list check, only three starters listed in A-Grade! Maybe a chance they'll combine A-B and we can smash (or get smashed by?) some B-Graders. Turn up and there are five A-graders at the start line. More than a 50% chance of placing.

How can I muck this up? Neutral lap, friendly and slow. Force myself to consider all the combatants one by one.

Kerry Kounnapi - Brunswick cycling club, haven't raced him before but he looks strong, J.P. – don't let go of his wheel or he will lap me. Rob Amos – still coming back from injury but steady, strong and determined.

Mat Clark, bouncing between A and B – but full of potential and likely he'll be ripping my legs off soon enough.

Grant Farr joins us to make Six. I haven't raced against Grant for ages so he's also a bit of an unknown. He is an endurance hills-man with plenty of Alpine Classic training with Nick Tapp,- what's he like on short bursts? My probability of placing has just dropped, but I positive self-talk to myself. Ride smart, don't work too hard at the wrong times, go with the break and I have a good chance of sneaking in a third.

It quickly becomes evident that Kerry has bucket loads to spend and is just playing with us. He's also, way too graceful around the corner. First ~ 15 minutes and J.P. has not put in his typical jab attacks to test us out – must be keeping it for one almighty well timed wack.

Mat and Rob are rolling turns like clockwork. Grant is skipping the odd turn and laying low at the back. Is he hurting or is he just clever? By the way he's tempo-ing up the hill it might be the latter. I'm taking the corner like an anxious beginner. I tell myself not to attack. "Just wait for someone else to make the right move and go with them. DON'T WORK TO HARD".

Somewhere in the first half of the race I wobble round the corner then attack up the hill. Kerry eases past me somewhere near the finish line and keeps the power on. We get to the top, I look around and Rob and Matt appear to be gone (post-race debrief confirmed there may have been a moment's hesitation between J.P., Rob, and Matt on who would chase/keep the wheel). Now we are Four. Do the right things and I have third in the bag, right!

Kerry and occasionally Grant start increasing the pressure down the hill into the headwind, and I have to work harder than I want just to stay in the draft. J.P.'s passionate spark seems to be missing (I still reckon he's just saving it). My delirium level kicks up a notch, but I start relaxing more round the corner (deliria is a relaxant). I try a few more attacks up the hill, thinking my job now is to drop Grant. But Grant won't drop. In fact, he is getting stronger and stronger and I'm starting to feel distinctly on the back foot.





Next, I tried another attack up the hill, then got hurt by Kerry pushing down the hill. Kerry got round the corner and attacked again to get a decent but bridgeable gap. We start down the hill with Kerrie gesticulating for someone to bridge across and go with him. I'm redlining and look for J.P. to unleash the fury and I will sit on his wheel.



Suddenly, Grant is sprinting across the gap. I hesitate (AKA. Tell myself I can't do it), Kerrie starts pushing again, I blink, Grant is pulling away round the corner and up the hill!!! J.P. and I keep working and chasing for about the last 10-15 minutes, but the gap keeps growing until we lose sight.

Last time round the corner. J.P. sprints and I start on his wheel. What is up with J.P? He's not as full on as usual, maybe I can still take 3 rd. . Nope, J.P. starts pulling away and crosses the line ~ 10 m ahead of me (I have

my delirium goggles on – probably 25 m).

Then, Matt Clark starts sprinting, I dig in and throw my wheel at the line (but think Matt got it).

Post-race debrief clears up the following mysteries:

1. Kerry had raced already that morning! And regularly races the loop with Hawthorn CC.
2. J.P. had his booster shot a day or so before and was lucky to even be racing.
3. Grant tried to sneak into B-Grade but Pete Mackie gave him a, "tell'm his dream'n".

Post Race.

Iced coffee, roll home with Blackburners, camping in front yard with kids and fall asleep in the tent dreaming about rolling round the corner and up the hill.

Thanks to everyone who makes the racing happen and all the riders. Thanks to Kerry -It's way better/interesting when strangers from other clubs visit. Good riding to all the hills-men tackling the Alpine Classic next weekend in its various forms.





B Grade: Rob Lackey

An early phone call from Dean to offer to take the drinks in was welcomed. It meant that we could ride in together with the rest of the Blackburn crew. Thinking I had plenty of time to cruise around in the morning quickly turned to panic. It's funny how the kids on school holidays can be so demanding given that we don't have routine sport on.

The ride in is a good warm up, chance for a chat and grab a few extra K's for the day. With it being so warm on the day, the canopy along the streets, avenues, paths, and roads was a welcomed reprieve from the heat.

Mighty B grade had a mix of new riders, very new to racing, B grade veterans and seasoned tear-drop experts.

Pre-race briefing come with a group photo, which, on reflection probably showed my game face.



Whilst not expecting to feature on the podium, I wanted to prove to myself that I could complete the race in B grade. The proceeding week had a mixed result with a late pop on the Tuesday night METEC smash fest and a podium at Sandown.

As we formed and set off on the neutral the pace seemed to lift. The pace continued to climb which had me thinking, surely there will be a point at which we back off SOON.

It didn't and the first 30 min really had us all working hard. At some point I had fallen off the back of the bunch and really had to work to get back on over the next two laps. Dean had commented to me that the race pace was a concern as we were going fast up the hill and slow down the back- this didn't make sense and to that, Dale must have heard that and lifted the pace down and around the flat, he dangled out the front for a bit with no-one really making an effort (obvious) to bridge or form a break. That was until Nick gave a seemingly effortless move to bridge and then they were away. Both seasoned experts of this track most could have been forgiven for thinking that the race was over.

Our very new B grader Aaron had been on the front, off the front and away more times than I can recall. He seems to have an abundance of pace and is almost superhuman in the way he can lift the pace without looking like he is trying. I'm not sure what his move was but very quickly one became three.

By this stage a good chunk of the field had broken apart. Soon after Dale, Nick and Aaron had formed, Dean too wanted to be part of the action and moved quickly to the group.





This left a formidable five remaining- All big engines and some decent palmares amongst us, we would need to work together if we were to chase down the lead four. Not much talk and everyone seemed to be happy riding tempo. That was until Steve bridged, well, took off. but spent the next 20 mins in no-man's land in position 5.



The remainder of us continued around until Perry mentioned that we wouldn't have far to go, and he was happy to take us all around one more time. As we get the bell, we were told- we were racing for 6th. No signs of anyone lifting and seemingly content to sit behind Perry. As we neared the bottom corner Craig took off which caught us by surprise. I gave chase but the initial gap he created was way too much for me to gain back up the hill. 6th to Craig and a 7th to me. Happy with that as it meant that there are signs of improvement in my efforts. A good solid race and glad everyone kept upright! I am looking forward to the next lap around that track.

Happy Racing and Stay Safe. Rob Lackey



C Grade line up and its smiles all around

(With the exception of Mr Peter Webb and Pete Mackie)



C Grade: Peter Webb



Only eight people turned up for C grade at the Teardrop. I believe that some have made the choice not to race due to Covid concerns, some are still on holidays, and the National championships at Buninyong. Nonetheless the eight that did turn up were keen to have a hard race. The conditions were hot and humid meaning it would be hard for those with less endurance to make an impact at the finish.

First to attack was David Watts (NCI). I haven't seen Dave for a couple of years and it's fair to say that his style of racing hasn't changed.

Sam Curry and myself tacked on, it being too early to try to make a break, but the acceleration put Doug Page under pressure.

Sam, Dave and myself were active at the front and tried to get away multiple times but Steve Barnard kept bringing the others back up to us. Rebecca Williamson (BruCC) was riding really well and happy to go to the front in the latter stages of the race.

Tony Renahan was ever vigilant and positioning himself well and conserving energy. I don't know what happened to Peter Mackie but it's fair to say he didn't feature in any of the moves. When the bell rang it seemed to me that it was going to be a race between Sam, Tony, and myself for the podium. As we rounded the bottom corner I positioned myself badly and lost a couple of meters; you would think that after some ten thousand laps around that course I would know better.

I drew level with Tony but he kicked again and he then just caught Sam on the line.

Special mention to Rebecca who came fourth. She raced very well and was strong all the way to the finish. Thanks to all the volunteers and officials for their efforts on the day.





A highlight for eagle-eyed nature lovers was this magnificent beast.



Rarely seen in its natural environment- *handicapicus getstufficus*

Should be approached with caution and never startled. Although not known to bite, or attack more generally, has been known to “put you up a grade”.

D Grade:

Keith Wade claims that he is no crit lover, but the results suggest otherwise.

Five riders in D Grade, and only Nick Hainal that I have raced with before. The competition looked fierce.

- Nick was recovering from two weeks of beer tasting so maybe he may not be a problem.
- Sue Williams I know is a very strong rider so will need to keep an eye on her.
- Phil Curtis he looked every inch a pro.
- JC and Geoff Miller who both looked like they could sprint.

All I could do is get going and see what happens.
First 4 laps were rather gentle, no one disturbing the peace, so on the next lap I decided to put in an effort on the hill. Got to the top with Phil sitting next to me not looking at all stressed while I was trying to pretend that I wasn't puffing. Sue was still in touch and the others were spread back a bit.

Phil returned the honour on the hill at the next lap that scared me a bit, but it left just three of us (Phil, Sue, and me). After that it was solid riding with Phil and me alternating the lead each lap and Sue looking relaxed.

The bell came a bit earlier than I thought, but luckily Phil was just rolling through to take the lead, and I was more than happy to let him have it. Alas, to no avail for me as Phil started the sprint on the corner and despite all my efforts, the gap just slowly kept opening. Sue was not too far behind with a very solid 3rd place – it was so good to see someone so happy.

Thank you to all those who helped to run this event.

Epilogue: When I downloaded my ride onto Strava I was surprised to see that my final sprint was a PB at a very modest average of 34.4 km/h (24 secs). Then I looked at the fastest time ever and found it was 63.6 km/h (13 secs)!!





Croydon Cycleworks Summer Twilight Crit Series, METEC, 11 January

Tuesday night racing again saw the hard and tough do battle in the windy conditions to fill the podium



CCW SS 20-21, Round 11 at METEC
Tuesday, January 18, 2022

A A GRADE					
A A GRADE					
Bunch	10			Place	Point
11	A	Russell Newnham	▼ ECC	1	10
4	A	Vaughan Bowman	▼ BlaCC	2	6
2	A	Daniel Bishop	▼ ECC	3	4



CCW SS 20-21, Round 11 at METEC
Tuesday, January 18, 2022

B B GRADE					
B B GRADE					
Bunch	20			Place	Points
37	B	Perry Peters	▼ ECC	1	10
38	B	Leigh Johansen	▼ ECC	2	6
45	B	Dean Niclasen	▼ ECC	3	4





CCW SS 20-21, Round 11 at METEC
Tuesday, January 18, 2022

C		C GRADE			
C		C GRADE			
Bunch	13			Place	Point
67	C	Peter Ransome	▼ ECC	1	10
64	C	Kieran Lewis	▼ ECC	2	6
63	C	Michael Lillycrapp	▼ ECC	3	4



CCW SS 20-21, Round 11 at METEC
Tuesday, January 18, 2022

D		D GRADE			
Bunch	8			Place	Point
96	D	Andy Duncan	▼ Trial	1	10
91	D	Ken Bone	▼ ECC	2	6
94	D	Anthony Cox	▼ ECC	3	4





Just Riding...

Emma Smith lining up a top shot at St Leonards with Paul Smith and ring-in Ed Holmes





Future events

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

Saturday, January 29

2:00pm ECC The Loop / Teardrop Graded Scratch Races

Tuesday, February 1

6:00pm ECC Croydon Cycleworks Crit Series

Wednesday, February 2

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

Saturday, February 5

2:00pm ECC Casey Fields Graded Scratch Races

*Note that Holloway Drive has been postponed.

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

Once again, I'm looking after the catering for the Women's GP which is fast approaching! I have secured a coffee van and I'm putting out another call for volunteers with regard to the food. We had such a positive response last time, and everyone was so generous, that I was hoping we could go again!

If you can contribute a plate, I would really appreciate it.

Please let me know if you're happy to do this; I would love to hear from you via email kympetersen@icloud.com.

Thanks so much, Cheers Kym





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.

A longish edit (20 mins) from Steve White's B Grade rear wheel, til he gets dropped.
[Teardrop Saturday Jan 15th 2022](https://www.youtube.com/watch?v=9jRKd6Qq9Ug) <https://www.youtube.com/watch?v=9jRKd6Qq9Ug>

From the same event, [some nice photos and video clips](#)

And from Teardrop Wednesday this week here is an [album of short clips](#) and a little (oops included a bit of Saturday sorry) two minute [movie](#), nothing special, just trying to get familiar with it

Club Champion Update

No Newsletter would be complete without a photo of the club champ in action

(You need to be quick to catch him on film)

Life size copies available soon!

