



WARRNAMBOOL MOUNTAIN BIKE CLUB

Website: www.wmtbc.com.au
Facebook: Warrnambool Mountain Bike Club
Email: warrnamboolmtbclub@gmail.com

Important reminders:

- **First round of the Crankhouse/Bicycle Centre *Winter Series* this Sunday 21st August at Thunder Point. Registration from 10.00 am, racing from 11.30 am.**
- **Check the club Website and/or Facebook for details of other forthcoming events.**

NEWSLETTER: 2015 No. 2, June

Forthcoming dates for your diary:

Sunday 21 June	Crankhouse/Bicycle Centre Winter Series Round 1
Sunday 5 July:	TP180, Thunder Point
Sunday 19 July	Crankhouse/Bicycle Centre Winter Series Round 2
Sunday 23 August	Crankhouse/Bicycle Centre Winter Series Round 3

IN THIS NEWSLETTER:

- 1. Grant successes**
- 2. Club events**
- 3. WMTBC Chicks**
- 4. Victorian Schools Cycling Championships (MTB)**
- 5. Club member involvement in other events**

1. GRANT SUCCESSES

The major item for this newsletter relates to the considerable success the club has had with grant applications coming to fruition over the past few months. The two major successful grants are for the *Green Army* and *Communities for Nature* programs. Other successful applications relate to a club defibrillator and a communications strategy. Details are as follows:

Green Army Programme:

Pursuant to the Australian Government's *Plan for a Cleaner Environment*, the Warrnambool Mountain Bike Club has been successful in sponsoring a project titled *Reducing the Woody Weed and Pest Threats at Thunder Point Coastal Reserve*. The service provider for the program is *Conservation Volunteers Australia*. A key component of the plan is the *Green Army Programme*, which aims to build teams of young Australians to undertake a range of environmental and heritage projects. The project will make a big difference to the Thunder Point environment, and members will no doubt see progress as they ride around the tracks. Please keep an eye out for project workers and obey any signs they may put up from time to time.

Communities for Nature:

Funding of \$23,000 under a *Communities for Nature* grant has been obtained by the club from the Australian Government's *Department of Environment, Land, Water & Planning*. This grant is again for the reduction of woody weed and pest threats at Thunder Point, and will complement the work undertaken pursuant to the Green Army Programme.

Club Defibrillator:

Along with approximately 35 other Warrnambool and district clubs and organisations, the Mountain Bike Club was successful with an application for supply of a heart defibrillator. These were supplied free to successful clubs/organisations as part of the *Defib Your Club for Life* program. Funding for the defibrillators distributed to Warrnambool and district clubs was provided by the Ray and Joyce Uebergang and Gwen and Edna Jones Foundations, The South West Credit Union and Rotary Club Warrnambool.

Communications Strategy:

Funding of \$5,000 has been received from the Victorian Government's *Department of Health and Human Services*, under the *Country Action Grant Scheme*, for preparation and implementation of a club communications strategy.

2. CLUB EVENTS

We have had a successful series of three Friday night Poker Rides/Races over the period since February. The final round was held on 17 April, with the end of daylight saving meaning riders needed lights on the night.

The club's flagship event, the TP180, is to be held at Thunder Point on Sunday 5 July. The format will involve a three hour race over a longer than normal course at Thunder Point. For event entry, it is preferable for you to use the link from the club website. But entries will also be taken on the day.

The Crankhouse/Bicycle Centre Winter Series will commence with the first round on **Sunday 21 June** at Thunder Point (registration from 10.00 am). The relay format entails teams of three, with riders allocated to teams on the day. Each rider will complete four laps of a course of approximately 2.5 to 3 km. The advantage of this format is that it allows riders to relax, recharge and socialise at the race centre between their laps while other team members are out on the track. The second round of the series will be held on **Sunday 19 July**, and the third

and final round on **Sunday 23 August**. As teams will be separately allocated on each day, you do not have to ride all three rounds (although hopefully you will).

3. WMTBC CHICKS

Some of the WMTBC girls will be attending the Geelong Dirt Girls ride at the You Yangs on 16 August (the afternoon of the VSCC comp- see below). Email Mia Venema if you would like further details or would like to attend (venema.mia.m@edumail.vic.gov.au).

And a big thanks to local rider Kerry King who has been working on *WMTBC Chick* logos and T-Shirts. Keep an eye out for the merchandise coming soon.

4. VICTORIAN SCHOOLS CYCLING CHAMPIONSHIPS (MTB)

Entries for the Victorian Schools Cycling Championships open on 1 July. The first round for mountain bikes is to be held at the You Yangs on Sunday 16 August, and the second at Bendigo on Saturday 10 October. Contact Mia Venema (venema.mia.m@edumail.vic.gov.au) if you would like any further details, or go to:

<http://vic.cycling.org.au/Get-Involved/Schools/Victorian-Schools-Cycling-Championships>.

5. CLUB MEMBER INVOLVEMENT IN OTHER EVENTS

Club members have been busy attending a number of mountain bike competition events around the region. The three major events that have occurred in the period since the previous newsletter include the Wombat 100 (Woodend), the Golden Triangle Epic (Bendigo) and the Forrest 6 Hour (Forrest).

Wombat 100 (Wombat Forest, Woodend, 12 April):

Warrnambool club members competed in the 25, 50 and 75 km categories at the Wombat 100. The standout performance came from Tim Reddick, with fourth overall in the 50 km event, giving him second in his age group class. With a time of 2:24, Tim was less than a minute and a half behind the third placed rider. Jeremy Anderson also performed extremely well in the 50 km, placing 18th overall and sixth in his age group after having to stop to repair a broken chain.

Russell Cairns achieved an impressive result with a third place in his age group category for the longer 75 km event. In his first attempt at the longer (75 km) race length, James Russell placed tenth in his age group category.

After debuting in the 15 km event at the Otway Odyssey, junior Tyler Meddings tackled the 25 km race distance and placed a credible 33rd out of 84 finishers.

Other Warrnambool competitors in the 50 km event were Brian Dufty, Peter Meddings, Barry Pike, Jane Wade and Graeme Wines.

Golden Triangle Epic (Bendigo, 26 April):

The Golden Triangle Epic (Bendigo), using the Koolamurt Park Scout Camp as the base and a 50 km loop of trails, provided riders with optional race distances of 50 km (1 lap), 100 km (2 laps) or 100 miles (3 laps).

Matt Hand had an outstanding performance in completing the 100 miler on his single speeder. After running toward the head of the field on the first lap, Matt unfortunately had a

bad crash involving a trip over the handlebars. Despite being in considerable pain, Matt soldiered on to finish 8th from a field of 23 starters (and first single speeder), an impressive effort.

James Russell tackled the 100 km race length, the first time he had attempted this length in a competition. Finishing 10th in his age group, he was forced to ride the last 35 km with completely collapsed forks.

The hardest charging finishers in the 50 km race length were Tim Reddick and Jeremy Anderson. They finished 6th and 8th respectively, out of 56 finishers, in their age group category, in times of just over 2:20. Deale Beaton also performed well in this category with a time of slightly over 2:40. After starting well up in the field, Dave Sagnol suffered some mechanicals and flat tyres, but still finished in a time of under 3 hours. This reportedly included a fair amount of time at one of the food stops on the course.

Other finishers in the 50 km distance were Peter Meddings, Jane Wade and Graeme Wines.

There was also a 15 km event, with Tyler Meddings placing a respectable 7th out of 19 finishers in the under 15 age group category.

Forrest 6 Hour (Forrest, 2 May):

The Forrest 6 hour is a great event given the many categories available. Variations in entry categories included 3 hour and 6 hour lengths and various male, female, mixed, pairs, 3 person, 4 person and age group categories.

With the event being held on a Saturday, many members camped at the venue on the Friday night. In contrast to last year, this year's event was devoid of any rain.

Around 31 Warrnambool club members rode in the event, with an impressive 12 being women. *Warrnambool TryHard Ladies* comprised Chelsea Fox, Colleen Hughson and Mia Venema (first all women team in the triples), *Dirt Chicks* comprised Karen Crispe, Amanda Sutton, Rose Owen and Jane Wade, and *Dirty Angels* was made up of Jo Coomber, Kerry King, Cate O'Keeffe and Sue Owen. The 12th of the women competing, riding in the *Redbacks* team with Gary Bell, Gerard Gleeson and Gary Rodgers, was Debbie Rodgers. The Redback team members receive an honourable mention as they are in training for a 4 day, 6 stage mountain bike stage race to be held in Alice Springs in August.

Noteworthy performances in the gruelling 6 hour solo category were posted by Jeremy Anderson (6th in the 6 hour open solo) and Russell Cairns (3rd in 50+ male).

In the 6 hour pairs, with 42 entries, club members posted impressive results with Dale Beaton and Simon (Spud) Crispe (*Bush Ford Boys*) placing 5th and James Coomber and Jeremy Sagnol (*the Young Bools*) placing 9th (and being the first junior team home). Others competing in this class were Brett Easton and Brendan Polack (with their team name not being suitable for publication here), Troy Boote and Jayce Dufty (*Boot the Duff*), and Brian and Leigh Dufty (*MayDay*).

Other club members competing were James Byron, James Russell and Graeme Wines (*TryHard MTB*, 3rd in 6 hour triples), and Rob Owen in the 3 hour solo class.

The great Forrest trails, and the format and flexibility of the Forrest 6 Hour, make the event one to definitely put in the calendar for next year.

Committee Members:

President:	Brett Easton
Vice- President:	Russell Cairns
Secretary:	Keith McAlley
Treasurer:	Graeme Wines
Committee:	Brian Dufty
	Leigh Dufty
	Jonathan Leigh
	Gavin Prentice
	Mia Venema
	Jane Wade