



## Interior Grasslands CYCLING CLUB



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### Austrailian Pursuit Dallas April 5th 2010

April 5<sup>th</sup> Australian Pursuit 28 kil road race.

Despite a cold and windy evening, 21 riders signed on for 28 kil Australian Pursuit road race, Where riders start in groups, With older participants going off first at 3 min intervals, With the first rider across the line the winner. This was a very positive and fast racing, The results are as follows.

- 1<sup>st</sup> John Armstrong [47 ] in 50 : 50 mins
  - 2<sup>nd</sup> Ray Lampart [42 ] in 50 : 51 mins
  - 3<sup>rd</sup> Ceran Caner [ 32 ] in 51: 03 min
  - 4<sup>th</sup> Ian Fillinger [ 44 ] in 51 : 11
  - 5<sup>th</sup> Kevin Hunt [17 ] in 51 : 50 min
  - 6<sup>th</sup> Chris Ord [43 ] in 52:19 min
  - 7<sup>th</sup> Alan Bogetti [61 ] in 53:07 min
  - 8<sup>th</sup> Peter Voss [ 62 ] in 53: 38 min
  - 9<sup>th</sup> Brian Bogetti [ 65 ] in 54 : 50 min
  - 10<sup>th</sup> Terry Kaay [52 ] in 55 : 33 min
  - 11<sup>th</sup> John Connor [16 ] in 55 : 38 min
  - 12<sup>th</sup> Jason Bourgeois [ 41 ] in 55 :38 min
  - 13<sup>th</sup> Ray Woodley [47 ] in 56: 45 min
  - 14<sup>th</sup> Russel McCue [35 ] in 56:45 min
  - 15<sup>th</sup> Gary Hunt [67 ] in 57 :03 min
  - 16<sup>th</sup> Chris Jones [65 ] in 57:31 min
  - 17<sup>th</sup> Klaus Voss [59 ] in 1:04:33 hr
  - 18<sup>th</sup> Matt Tregar [44 ] in 1: 05 :54 hr
- Devon Moonie [18 ] did not finish, He was not dressed warmly enough and the cold wind forced him to abandon the race.

Two young [ Long Blades ] speed skaters, Holly Antifac & Dana Coulter [12 ] took part in there first ever but a shortened dist, With Holly out sprinting Dana by one second,

Well done everybody, Thank you to Terry Norlander for helping the young ladies, And Peter for timing and Bill Donald for marshalling at the turn, And Bill Flynn for helping at the finish line. And Shirley for collecting the registration.

### 16km Time Trial Sept 13th 2010

Coach John Tilley's pre-race prediction that a woman would win Thursday's race came true, when Kristine Brynjolfson had the fastest time of the evening, clocking 24:44 mins. for the 16 km course, relegating Perry Gruenberg, with 24:53 mins. into second place, closely followed by Dan Hill in third with 24:58 mins. Richard McGillivray finished fourth, his time 25:06 mins., Peter Voss, who is having a stellar racing season, came in fifth at 25:24, (6) Allan Bogetti 25:26, (7) Ray Nyuli 25:26, (8) Ken McDonald 25:53, (9) Terry Kaay 25:53, (10) Hadley Thompson 26:03, (11) Seamus Benwell 26:09, (12) Corey Camp 26:33, (13) Brian Bogetti 27:51, (14) Chris Jones 29:35, (15) Sara Spence 28:58, (16) Eric Spence 29:57, (17) Holly Antifay 38:43.

### 16km Time Trial Raleigh June 23 2010

- 1) Chris Wenger 27:33

- 2) Terry Kaay 28:28
- 3) Alan Bogetti 29:11
- 4) Shawn Wenger 29:21
- 5) Tory Spence 30:09
- 6) Ken McDonald 31:35
- 7) Josy Spence 32:20
- 8) Sara Spence 36:20

Thanks to Peter Bartel For running the event

## **16km Time Trial Westsyde Rd April 1st 2010**

16 kil Time Trial Results , Westsyde rd , April 1<sup>st</sup>.

- 1<sup>st</sup> Max Hanson 22 min 45 sec A great benchmark to work on..???
- 2<sup>nd</sup> Richard MacGillvery, 25 min 46 sec 1<sup>st</sup> in Age group
- 3<sup>rd</sup> Greg Yeomans 26 ' 00
- 4<sup>th</sup> Kevin Hunt 26 ' ' 21 Great ride Kevin. 1<sup>st</sup> Age group
- 5<sup>th</sup> Ken Macdonald 27 ' ' 39
- 6<sup>th</sup> Walter Zugg 27 ' ' 41 1<sup>st</sup> in Age group.
- 7<sup>th</sup> Shawn Wenger 28 ' ' 26 1<sup>st</sup> in Age group
- 8<sup>th</sup> Peter Voss 28 ' ' 27
- 9<sup>th</sup> Chris Wenger 28 ' ' 54
- 10<sup>th</sup> Jenny Gayfer 29 ' ' 12 Well Done 1<sup>st</sup> Time trial
- 11<sup>th</sup> Gary Hunt 31 ' ' 45
- 12<sup>th</sup> Klaus Voss 32 ' ' 33.

## **16km Hillclimb Time Trial Mt Paul April 22 2010**

16km Hillclimb Time Trial Mt Paul Results April 22

- 1) Russell McCue 25.37
- 2) Ken McDonald 25.57
- 3) Devon Moomie 26.15
- 4) Walter Zugg 26.28
- 5) Peter Voss 26.37
- 6) Shawn Wenger 26.52
- 7) Allen Bogetti 27.07
- 8) Jenny Gayfer 27.51
- 9) Gary Hunt 29.21
- 10) Klaus Voss 30.25
- 11) Mark Bowls 32.37
- 12) Bj Schmidt DNF

Thanks to Terry Norlander and Doug Wright for timing and Marshlling

## **16km Time Trial Tranquille Rd Course April 29 2010**

16km Time Trial Tranquille rd Course April 29

- 1) Max Hanson - 23.37
- 2) Ian Fillinger - 23.46
- 3) Russell McCue - 27.45
- 4) Shawn Wenger - 28.56
- 5) Gary Hunt - 30.13
- 6) BJ Schmidt -30.18
- 7) Ethan Wenger - 44.04
- 8) Chris Wenger - 44.05

Thanks to John Tilley for timing Terry Norlander for marshalling Doug Wright for start line holding and Peter Bartel for traffic control

## **25km Time Trial Westsyde rd May 6th 2010**

- 1) Max Hanson - 36.30
- 2) Chris Wenger - 40.30
- 3) Jenny Gayfer - 42.43
- 4) Peter Voss - 42.53
- 5) Gary Lustig - 42.55

- 6) Klaus Voss - 48.29
- 7) Ethan and Shawn Wenger 16km - 39.18

Thanks to John Tilley for timing, Terry Norlander for marshalling and Doug Wright for start Holding

## Australian Pusuit May 13th 2010

- 1) Ladies Team Shawn Wenger & Yvonne Timewell 1:14.54
- 2) 42km Dan Hill 1:08.59
- 3) Corey Anderson 1:09.00
- 4) Keven Hunt 1:11.29
- 5) Chris Orr 1:11.58
- 6) Gregg Murray 1:12.04
- 7) Peter Voss 1:14.14
- 8) Gary Hunt 1:21.08
- 9) Klaus Voss 1:26.07
- 10) DNF Selina Lawrie after extended lay off

Thanks to John tilley and Peter Bartel for timing and Terry Norlander for marshalling  
Three team were sent out at four minute intervals

## 2-up 25km Time Trial May 20th 2010

A strong tail wind made for some fast times to the turn-around but everybody had to work twice as hard getting back.

1<sup>st</sup> Chris Wenger & Dan Hill 25 kil in 39min 36 sec .

2<sup>nd</sup> Shawn Wenger & Yvonne Timewell & Kevin Hunt  
time 40 min 07 sec.

3<sup>rd</sup> Russell Mccue & Corey Anderson 40 min 58 sec.

4<sup>th</sup> Jenny Gayfer & Tori Spence 42 min 57 sec.

5<sup>th</sup> Devon Moonie & Peter Voss 44 min 00 sec.

6<sup>th</sup> Cathy Spence, Sara Spence ,Gary Hunt.

47min 17 sec for Gary, 52 min 03 sec Cathy & Sara.

Thank you all for coming out , Thanks Terry for the turn-around.

Note. This Sunday ride 23<sup>rd</sup> May starts at the Coopers parking lot in Brocklehurst at 10 am ,goes out to Raleigh & Hefley Creek  
approx 60 kil [ easy riders ]

Check out the Cycling B C web for info on up-coming races,

Sooke Classic May 29<sup>th</sup>. Westside Classic, June 6<sup>th</sup>, Canadian Nationals Edmonton July 1<sup>st</sup> - 4<sup>th</sup>, Tom Binnie Crit July 25<sup>th</sup>,

The Tour of White Rock, Stage Race July 16<sup>th</sup> to 18<sup>th</sup> a great stage race to watch. & Banff bike fest, with 5 races going on June 17<sup>th</sup>  
to 20<sup>th</sup>.

Next Week 27<sup>th</sup> May ,MASS START at the Stockyards at 6.00 pm 4 laps Ladies 56 kil.

5 laps Men 70 kil, 4 laps Juniors & under 17 56kil , Everybody starts together,

Cheers

John.

## Tour De Monte Creek May 27th 2010

Le Tour de Monte Creek, May 27<sup>th</sup> 2010.

A group of 15 strong willed riders started under grey skies with a forecast of heavy rain didn't stop the determination of the pack. The main group pretty well stayed to-gether for the whole race; witch was cut to 4 laps for seniors & 3 laps for Ladies & Veterans & juniors. Due to the storm that hit on lap 2.

1<sup>st</sup> Ian Fillingner with a time of 1 hr 30 min 45 sec for the 56 kil course.

2<sup>nd</sup> Ceren Caner [ Salmon Arm ] 1hr 30 min 45 & ½ sec

3<sup>rd</sup> Dan Hill 1 hr 30 min 46 sec

4<sup>th</sup> Richard McGillvery 1 hr 30 min 59 sec Very fit from his Mexico training.

5<sup>th</sup> Russell Mccure 1 hr 31 min 00 sec

6<sup>th</sup> Phil Sigalet 1 hr 31 min 01 sec

7<sup>th</sup> Chris Wenger 1 hr 31 min 01 & ¼ sec

8<sup>th</sup> Keven Hunt 1 hr 31 min 01 & ½ sec 1<sup>st</sup> Junior , Sooke here we come.

9<sup>th</sup> Byron Gayfer 1 hr 31 min 50 sec

10<sup>th</sup> Greg Murray 3 laps 1 hr 08min 07 sec did not complete 4<sup>th</sup> lap

11<sup>th</sup> Ray Lampard 3 laps 1 hr 12 min 00 sec “ “ “ “ Good ride Ray for first time out this season, I know you like the rain, Mentally tough!

1<sup>st</sup> Veteran 60 + Gary Hunt 1 hr 21 min 47 sec for 42 kil Great, Well Done Gary.

1<sup>st</sup> Ladies Senior , Jenny Gayfer, 1 hr 08 min 05 sec, for 42 kil, Jenny stayed with the fast group for her 3 laps, great ride, I can see a threat to the Provincials & Nationals.

2<sup>nd</sup> Shawn Wenger, 1 hr 11min 14 sec , 6 tough climbs in the 42 kil, Well Done Shawn.

3<sup>rd</sup> Selena Lawrie 1 hr 21 min 46 sec , On the comeback trail Doing great.

Thank you all for competing, & Terry for marshalling. We are now away for a approx 4 weeks for the " Ian Fillingers Race across America " See you when we come back. Check web-site for updates on races etc.

Cheers

John

## **16km Hillclimb Time Trial Mt Paul June 3rd 2010**

- 1) Cory Anderson 24:15.20
- 2) Chris Wenger 24:26.29
- 3) Kevin Hunt 24:51.35
- 4) Shawn Wenger 26:18.43
- 5) Tori Spence 26:29.86
- 6) Jen Walker 27:25.00
- 7) Brian Bogetti 27:47.90
- 8) Jennifer Gayfor 27:49.50
- 9) Gary Hunt 29:10.86
- 10) Cathy Spence 36:20.13
- 11) Sarah Spence 37:20.03

Thanks to Terry Norlander and Doug Wright for running the event

## **16km Time Trial Tranquille Rd Course June 10th 2010**

- 1) Paul Berry 24:59 senior
- 2) Shawn Wenger 27:35 senior 35-40
- 3) Jenny Gayfor 28:09 senior
- 4) Byron Gayfor 28:16 senior
- 5) Tori Spence 28:48 Junior 16-17
- 6) Ethan Wenger 36:05 9yrs old Great job keep it up

Windy rainy conditions made for a challenging ride

Thanks to Terry Norlander and Doug Wright for running the event

## **16km Time Trial westsyde rd June 17th 2010**

- 1) Max Hansen 21:37.64 Senior 30-35
- 2) Kevin Hunt 25:02.27 Junior 16-17
- 3) Peter Voss 26:17.38 Senior 60-65
- 4) Ken McDonald 26:21.48 Senior 50-55
- 5) Allen Bogetti 26:54.31 Senior 55-60
- 6) Gary Hunt 27:48.18 Senior 60-65
- 7) Cathy Spence 31:04.29 Senior 50-55
- 8) Sarah Spence 31:42.37 Junior 14-15

Thanks to Terry Norlander and Doug Wright for running the event

## **40km Time Trial Westsyde rd June 24th 2010**

- 1) Greg Murray 1:11.00.77 senior 30-39
- 2) Chris Wenger 1:11.30.43 senior 40-44
- 3) Shawn Wenger 1:11.49.46 senior 35-39
- 4) Ridhard McGillivray 1:11.50.43 senior 50-54
- 5) Peter Voss 1:13.36.81 senior 60-64
- 6) Jenny Gayfor 1:22.45.40 senior 35-39
- 7) Shamus Benwell 1:27.57.56 junior 15-16
- 25km) Sarah Spence 54.24.15 junior 14-15
- Cathy Spence 54.24.17 senior 50-55

Thanks to Terry Norlander and Doug Wright for running the event

## **Australian Pursuit Monte Creek Curcuit July 15th 1020**

15 riders came out to compete in the pursuit, enabling us to have 3 very strong teams.

Team One, Bob Hughes Terry Kaay.

Ray Lampard Allan Bogetti

Brad Heyman.

Team Two, Chris Orr. Richard McGillvery,

Peter Voss, Ken Macdonald,

Yvonne Timewell, Byron Gayfer,

Team Three, Gregg Timewell, Dan Hill,

Paul Berry, Russell Mccue,

Race started with 2 min handicap between teams. And a strong tail wind going out. By the end of lap 1 Team One had caught team Two with Team Three only 2min down, On lap 2 everybody was together with a group of 10 riders working hard into a brutal head wind and heat. Lap Three saw Allan, & Brad & Ken & Yvonne, retire with cramping and heat, Peter Voss punctured on lap 1, but continued on alone to finish.

Gregg Timewell sacrificed himself to help Yvonne get back to the fast moving front runners, Yvonne was starting to cramp, At that moment in true [Tour] form Paul attacked and got clear, and Gregg could not get back on, So now everybody had broken down into twos & Threes to the finish.

Final Result. 1<sup>st</sup> Paul Berry 56 kil in 1 hr 33 min 47 sec. 4min handicap

2<sup>nd</sup> Chris Orr " 1 hr 34 min 19 sec 2 min ""

3<sup>rd</sup> Gregg Timewell 1 hr 35 min 22 sec 4 min ""

4<sup>th</sup> Dan Hill 1hr 37 min 41 sec 4 min ""

5<sup>th</sup> Byron Gayfer 1hr 37 min 42 sec 2 min ""

6<sup>th</sup> Terry Kaay 1hr 37 min 46 sec 0 ""

7<sup>th</sup> Richard McGillvery 1 hr 40 min 14 sec 2 min handicap

8<sup>th</sup> Russell Mccue 1hr 43 min 40 sec 4 min ""

9<sup>th</sup> Bob Hughes 1hr 43 min 41 sec 0 ""

10<sup>th</sup> Ray Lampard 1hr 43 min 41 sec 0 handicap

11<sup>th</sup> Peter Voss 2 hr 02 min 53 sec 2 min handicap.

Well done everybody , great race, Thanks to Peter for timing .

Next Thursday, A mass start from the Westsyde learning centre to Black Pines, dist 40 kil with 1<sup>st</sup> 5 kil neutralized, by popular census, start at 6.00pm  
22 July.

All members that haven't caught up with club dues, We would appreciate you forwarding checks to Post office box 483 Kamloops B C , V2C-5L2. Interior Grasslands. \$30.00 membership, \$30.00 Insurance  
Note, The club is sending Devon Moonie & Kevin Hunt to a high performance training camp in Rossland Aug 8<sup>th</sup> to 14<sup>th</sup> , run by ex pro Ron Hayman and Cycling B C .

If you hold a B C racing license cost is just club dues \$ 30.00

On talking to some of our lady members, They are interested in putting together a team for racing next year, and we have 4 very strong committed riders, Anybody out there interested in sponsoring them please contact the club.

Cheers

John.

## Interior Grasslands Tour De McClure Ferry July 8th 2010

It was a hot night, but 20 riders showed up to challenge the 65 kil Mass start road race, The race neutralized for 10 kil to help our new a younger riders get a feel for shoulder to shoulder pushing and shoving, { We had none of that } !!!.

As the race speed picked up on the Jamison Creek ascent, The pack split into 3 distink groups , With 10 or 11 riders in the first group, followed by Peter Voss, Ken MacDonald and Tri-athlete Chris Wenger,all working well together, Next group Brian Bogetti, Gary Hunt, and new junior rider Seamus Denwell doing his first road race

The first group had attacks off the front consistently, Max Hanson, Ian Fillinger, Dan Hill, Gregg Timewell, Richard MacGillvery, Phil Sigalet, Arron Weiss, Kevin Hunt, { Junior} Gregg Murray, Peter Hulzhuter, And lone lady Yvonne Timewell showing the fast guys how to ride,

With speeds touching 70 kil on some of the short downhill. The first group hit the turn at around 45 min, followed by group 2 at 45 sec [ Peter ,Ken, Chris } and at 5 2 min { Richard } by himself followed by junior Devon Moonie riding very strongly, They were followed by group 3 [ Gary , Brian, Seamus ]

All hell broke loose on the return leg, Max attacked again & again, And once he was out of sight,[ Out of site out of mind } I thought he was away,?? But the strong animators on the front played a little cat & mouse, and brought Max back on the climb out of Black Pines, The the final attacks came on Jamison Creek hill with the pack disintegrating and every-body for themselves.

Results, 1<sup>st</sup> 65 kil in 1hr 40 min Ian Fillinger

2<sup>nd</sup> 40 min 05 sec Arron Weiss

3<sup>rd</sup> 40 min 10 sec Dan Hill

4<sup>th</sup> 40 min 10 ½ sec Max Hanson,

5<sup>th</sup> 40 min 11 sec Gregg Timewell

6<sup>th</sup> 1 hr 41 min 00 sec Phil Sigalet

7<sup>th</sup> 43 min 00 Kevin Hunt [ Awesome ride Kevin.

8<sup>th</sup> 1hr 43 min 02 sec Yvonne Timewell, 1<sup>st</sup> Lady.

9<sup>th</sup> 65 kil in 1hr 43 min 30 sec Peter Holzuter

10<sup>th</sup> 1hr 44 min 00 Gregg Murray

11<sup>th</sup> 1hr 50 min 00 Peter Voss

12<sup>th</sup> 1 hr 50 min 00 Ken MacDonald { tire width]

13<sup>th</sup> 1hr 50 min 00 Chris Wenger [ So Close]

14<sup>th</sup> 1hr 59 min 30 sec Devon Moonie, Great ride Devon , just beat the 2hr mark , Well Done

15<sup>th</sup> 2hr 10 sec Richard MacGillvery

16<sup>th</sup> 2hr 02 min Gary Hunt

17<sup>th</sup> 2hr 02 min 01 sec Brian Bogetti

18<sup>th</sup> 2hrs 08 min 00 Seamus Demwell, Well done Seamus, just finishing this your first mass start was a major accomplishment.

19<sup>th</sup> 25 kil 56 min Doug Wright,

Thank you all for coming out and having a great race, Thanks to Official photographer Shawn Wenger for some great pictures witch will be on the web-site.

Cheers

John

PS, If I am a few seconds off on a couple of the times, it's because I had a senior moment.

## Mass Start Road Race Westsyde rd July 23rd 2010

Here are the results of last night's race:

(1) Dan Hill 1:07:58 hr.

(2) Greg Timewell 1:07:58 hr.

(3) R. Macgillvrey 1:07:60 hr.

(4) K. MacDonald 1:07:61 hr.

(5) Byron Gayfer 1:07:62 hr.

(6) Phil Sigalet 1:07:62 hr.

(7) Greg Murrey 1:07:62 hr.

(8) Y. Timewell 1:07:62 hr.

(9) R. McCurr 1:07:62 hr.

(10) G. Johnson 1:07:62 hr.

(11) Alan Bogetti 1:08:37 hr.

(12) Brian Bogetti 1:09:23 hr.

(13) Terry Kaay 1:09:23 hr.

(14) Peter Voss 1:10:49 hr.

(15) Tracie Moore 1:15:30 hr.

(16) Brad Heyman 1:15:31 hr.

(17) Fred Hindley 1:21:31 hr.

With almost perfect weather this was a well contested race with a great sprint finish by a sizeable group.

Next week's event will be a 16 km time trial along our Westsyde course, start is at 6:00 pm. There will be a Sunday ride, 9:00 am at Riverside Park, meet at the tennis court parking lot.

Peter.

## 16km Time Trial Westsyre rd July 29th 2010

1<sup>st</sup> Richard MacGillvery 16 kil in 24 min & 20 sec 89 100ths

2<sup>nd</sup> Greg Johnson 24 min & 22 sec 07 " "

3<sup>rd</sup> Greg Murray 24 min & 31 sec 58 " "

4<sup>th</sup> Peter Hultzhuter 24 min & 32 sec 63 " "

5<sup>th</sup> Dan Hill 25 min & 05 sec 14 " "

6<sup>th</sup> Chris Wenger 25 min & 36 sec 51 " "

7<sup>th</sup> Shawn Wenger 25 min & 43 sec 69 " "

8<sup>th</sup> Devon Moonie 27 min & 18 sec 40 " "

As you can see very competitive times, Devon knocked approx 4 min off of last years personnel best, well done everybody, Temp was 35 ++ degrees with a tail wind on the way home.

Thanks Terry for marshalling, & Mike for holding.

Next Week. 5<sup>th</sup> Aug, 6.00pm, meet at the base of Paul Lake Rd above the Husky station, for a Mass Start to the top of Mt Lolo,

The race will be neutralized for approx 3 kil to clear the start area,

Hope to see you there.

Cheers

John

## Assault on Mt Lolo Aug 5th 2010

## The Assault of Mt Lolo, Aug 5<sup>th</sup> 2010.

19 riders turned out for the hill-climb challenge, weather conditions were excellent, not too hot, After a 2 ½ kil neutralized portion, 8 riders split from the main group, Arron Weiss, Ian Fillinger, Peter Holzhuter, Max Hanson, Byron Gayfer, Greg Johnson, Mike Winkel, Dan Hill, This was a fast group of animators, With Arron at times leading the group up hill at 40 kil speed.

The pack split again on the Lolo switchbacks and it was everybody for them to the finish.

1<sup>st</sup> Arron Weiss 14 kil in 23 min & 05 sec.

2<sup>nd</sup> Ian Fillinger 23 “ 10 sec

3<sup>rd</sup> Peter Holzhuter 23 “ 30 “

4<sup>th</sup> Max Hanson 23 “ 49 “

5<sup>th</sup> Greg Johnson 24 “ 01 “

6<sup>th</sup> Mike Winkel 24 “ 33 “

7<sup>th</sup> Dan Hill 24 “ 34 “

8<sup>th</sup> Gregg Murray 26 “ 33 sec

9<sup>th</sup> Russell Mccue 26 min 35 sec

10<sup>th</sup> Byron Gayfer 27 “ 13 “

11<sup>th</sup> Jenny Gayfer 27 min 31 sec 1<sup>st</sup> Lady.

12<sup>th</sup> Ray Lampard 27 min & 46 sec.

13<sup>th</sup> Chris Wenger 28 “ 24 sec

14<sup>th</sup> Peter Voss 28 min 39 sec , Great ride Peter,

15<sup>th</sup> Ken MacDonald 29 min & 16 sec.

16<sup>th</sup> Brian Bogetti 29 “ & 42 “

17<sup>th</sup> Shawn Wenger 29 “ 47 sec

18<sup>th</sup> Alan Bogetti 30 min & 26 sec

19<sup>th</sup> Selena Laurie 30 min & 52 sec. Great Ride Selena, We look forward to seeing you on the ladies team 2011.

Thank you all for a great turnout, And Peter and Terry for marshalling.

Good luck to all the riders going to the coast on the 15<sup>th</sup>,

Next Thursday, 12<sup>th</sup> August, a 65 kil Mass start out to the McLure Ferry & back, starting at the Westsyde Learning centre at 6.00pm.

For the easy riders group, again from Riverside Park at 9.00am on Sunday.

NOTE. Due to the popularity of the Mt Lolo ride, next time we do it will be right to the road ends into gravel, an extra 2 kil. Across the 2<sup>nd</sup> cattle guard.

Cheers

John.

## 65km Road Race McClure Ferry Aug 12<sup>th</sup> 2010

After riding together for the first 5 kms, the racing began in earnest, with Ian Fillinger setting the pace, making several attempts to get clear. At the turnaround point at the McLure ferry, several riders had been dropped due to the fast pace set by an 11 man group, at this stage Fillinger had a slight lead, that, however was soon erased by the chasing group, lead by Paul Berry. toward the last few kilometers of the race Fillinger and Berry made a successful break off the front, in the sprint Fillinger had the upper hand and won the event, his time 1:30:46 hr., Berry right on the wheel of Berry, in the same time. Greg Timewell finished in third place, his time 1:31:27 hr.

Max Hansen was fourth, in 1:32:02 hr. followed in order by:

Dan Hill 1:33:97 hr., F. Helly 1:34:19 hr., M. Winkel 1:34:32 hr., G. Murray 1:34:41 hr., P. Voss 1:35:34 hr., R McCue 1:35:34 hr., B. Gayfer 1:35:34 hr., B. Bogetti 1:44:25 hr., A. Bogetti 1:44:26 hr., N. Sargent 1:49:40 hr., W. Zaug 1:50:12 hr., B. Hayman 1:52:13 hr.

A race is planned for next Thursday, venue and time will be announced early next week.

Thank you all for coming out, it turned out to be a perfect evening for racing with lots of action. For those of you who participated in the first race with the Club, welcome, we hope to see you again.

Peter.

## 16km Time Trial Aug 19<sup>th</sup> Westside rd

Race Results, 16 kil Westsyde road “ Smoky “ Time Trial. 19<sup>th</sup> Aug.

Smoke didn't deter these 8 riders who braved the elements to post some excellent times,

1<sup>st</sup> Ian Fillinger 16 kil in 23min & 10 sec  
2<sup>nd</sup> Dan Hill 24 min 28sec  
3<sup>rd</sup> Richard McGillvery 24 min & 32 sec  
4<sup>th</sup> Byron Gayfer 24 “ “ 53 sec  
5<sup>th</sup> Wayne Parsons 26 min 17 sec  
6<sup>th</sup> Jenny Gayfer 26 min & 40 sec 1<sup>st</sup> Lady  
7<sup>th</sup> Selena Lawrie 28 min & 13 sec 2<sup>nd</sup> Lady  
8<sup>th</sup> Gary Lustig 28 min & 43 sec 1<sup>st</sup> Master 60 +.

Well done, everybody, Thank you Peter & Doug for timing & marshalling.

Next Thursday, Australian Pursuit at the Stock-yards, 4 laps of 14 kil, total 56 kil. 26<sup>th</sup> Aug at 6.00pm  
Sunday ride from Riverside park at 9.00am for the relaxed easy riders, either Westsyde rd or Mac-Athur park.

Cheers

John

## **Australian Pursuit 56km Aug 26th 2010**

Eleven riders braved the brutal headwind to compete in the 56 kil pursuit, 4 laps of a very demanding circuit.

1<sup>st</sup> team off consisted of Shawn Wenger still hot off the Stevens ton Classic Criterium, together with master Gary Hunt, Terry Kaay training for the up-coming Grand Fondu , Vancouver to Whistler, And Veteran fast man Peter Voss to hold the foursome together.

2<sup>nd</sup> team Ken Macdonald riding very strongly, Chris Wenger, just off the Triathlon circuit, And a very competitive Russell Mccue, 3<sup>rd</sup> team The scratch riders with a 6 min handicap, Ian Fillinger, Dan Hill, Richard MacGillvery getting ready for the B C Seniors Games, And fast Frank Helly,

Lap One saw Shawn, Peter, Terry come threw in 25.00 min Gary in 28,27 followed by Ken, Chris ,& Russell, at 27.00 min , picking up a minite on the 1<sup>st</sup> group. And Ian & Frank at 28.00 min picking up 3 min on the leaders.

Lap 2, saw a big change of positions with the teams splitting up under the high speed.

Lap 3 Saw Ian out in front on his own with a time of 1hr 12 min followed by Frank & Shawn, at 1 hr 13 min.& Russell same time.

Lap 4, Saw Ian 1st with a time of 1 hr 35 min 34 sec followed by Frank at 1hr 37 min 38 sec, & 1<sup>st</sup> lady Shawn Wenger at 1 hr 37 min 39 sec

Final Break-down, 1<sup>st</sup> Ian Fillinger 1hr 35 min 34 sec

2<sup>nd</sup> Frank Helly 1hr 37 min 38 sec

3<sup>rd</sup> Shawn Wenger 1hr 37 min 39sec

4<sup>th</sup> Terry Kaay 1hr 39min 17 sec

5<sup>th</sup> Peter Voss 1hr 39 min 18 sec

6<sup>th</sup> Russell Mccue 1hr 40 min 10 sec

7<sup>th</sup> Chris Wenger 1hr 41 min 55 sec

8<sup>th</sup> Ken MacDonald 1hr 41 min 55 sec , Equall time

9<sup>th</sup> Dan Hill 1 hr 44 min 37 sec

10<sup>th</sup> Richard Macgillvery 1hr 44 min 37 sec

11 th Gary Hunt 1 hr 54 min 09 sec

Breakdown on the handicap, 1<sup>st</sup> group 0 min 2<sup>nd</sup> group 3 min, 3<sup>rd</sup> group 6 min. A great race ,Thank you Doug for marshalling.

Cheers

John

## **16km Time Trial Raliegh Sept 2 2010**

Results 16.4 kil Time Trial, Raleigh Course.

The weather was favorable, slight crosswind,

1<sup>st</sup> Richard McGillvery 25 min & 13 sec

2<sup>nd</sup> Byron Gayfer 26 “ & 04 “

3<sup>rd</sup> Phil Sigalet 26 “ & 47 sec [ No Warm-up ]

4<sup>th</sup> Russell McCue 26 min & 59 sec

5<sup>th</sup> Shawn Wenger 27 min & 35 sec 1<sup>st</sup> Lady

6<sup>th</sup> Peter Voss 28 “ & 07 “ 1<sup>st</sup> Veteran 60 +

7<sup>th</sup> Gary Hunt 29 min & 36 sec 2<sup>nd</sup> Vet 60 +

8<sup>th</sup> Jerzyk Glowczynsk 31 “ & 28 sec 1<sup>st</sup> Junior , Well Done Jerzyk in your first ever time trial,



9<sup>th</sup> Klaus Voss 33 min & 02 sec

Lets not forget Ethan Wenger at 10 yrs old did a great ride of 40 min & 11 sec, Well done Ethan.

Sunday 5<sup>th</sup> Sept the easy riders start at Riverside Park by the tennis courts at 9.00am , MacAthur Park loop out to Tranquille and back approx 35 kil.

Sunday 12<sup>th</sup> Sept is the M S Ride start at Riverside also.

Sunday 19<sup>th</sup> Sept easy riders start at 10,00am at Riverside

## Time Trial Mt Lolo Sept 9th 2010

Fourteen Athletes turned out for the last hill-climb of the season, Including the 2 kil neutralized zone distance was 16 kil total.

At approx 5kil into the climb 6 riders moved ahead in a fast moving break, With constant attacks by Arron Weiss & Greg Timewell but they were countered by Greg Johnson & Peter Holzuter & Frank Helly & Kevin Hunt.

At the 11 kil mark the leaders were down to 4 namely Peter, Greg, Arron & Greg Johnson, with Junior rider Kevin loosing contact at the cattle-guard before the switchbacks .[Texas Gates] in Alberta.

Then Greg Timewell put the pressure on and managed to split from Arron at the finish,

Our first 3 riders all within 25 sec of each other.

1<sup>st</sup> Greg Timewell 14 kil in 28 min & 36 sec.

2<sup>nd</sup> Arron Weiss 28 ‘ ‘ 50

3<sup>rd</sup> Peter Holzuter 29 min ‘ 01 sec

4<sup>th</sup> Greg Johnson 29 ‘ ‘ ‘ 40 ‘

5<sup>th</sup> Kevin Hunt 30 min & 00 sec 1<sup>st</sup> Junior

6<sup>th</sup> Frank Helly 31 ‘ ‘ 20 ‘

7<sup>th</sup> Dan Hill 31 ‘ ‘ 30 ‘

8<sup>th</sup> Jenny Gayfer 33 min & 32 sec 1<sup>st</sup> Lady

9<sup>th</sup> Greg Murray 33 ‘ ‘ 44 ‘

10<sup>th</sup> Richard McGillivery 34 ‘ ‘ 19 sec 1<sup>st</sup> Master

11<sup>th</sup> Ray Lampard 34 min & 21 sec

12<sup>th</sup> Peter Voss 36 ‘ & 25 sec 1<sup>st</sup> Veteran. 60 yr.

13<sup>th</sup> Gary Hunt 38 min & 55 sec 1<sup>st</sup> 65 yr.

14<sup>th</sup> Gary Lustig 43 min & 26 sec 2<sup>nd</sup> Vet 60yrs.

Devon Moonie rode the hill, but missed the start, & Jerzyk Glowczynsk did not start, All in all it was a great race, Well done everybody, We missed a few riders who are saving there legs for the Grand Fondue , Vancouver to Whistler this weekend, Good luck to you all.

Next Thursday 16<sup>th</sup> September. 16 kil Time trial on the Tranquille rd course start at 6.00pm sharp. Its starting to get darker in the evenings, So well keep the events short.

Start instructions, follow Tranquille out towards the airport, and start at Mikes Transmission.

Thanks to Bill Flynn for marshalling,

See you at the MS ride on Sunday.

Cheers

John

## 16km Time Trial Tranquille rd Sept 16th 2010

Sept 16<sup>th</sup> Tranquille Rd 16 kil Time Trial 2010.

1st Maxim Hanson 16 kil in 22 min & 06 sec.

2<sup>nd</sup> Dan Hill 24 ‘ ‘ 24 ‘

3<sup>rd</sup> Chris Wenger 25 min & 12 sec

4<sup>th</sup> Greg Murray 25 ‘ ‘ 14 sec

5<sup>th</sup> h Frank Helly 25 ‘ ‘ 26

6<sup>th</sup> Byron Gayfer 25 ‘ ‘ 40

7<sup>th</sup> Peter Voss 25 min & 42 sec , 1<sup>st</sup> Vet 60 +

8<sup>th</sup> Terry Kaay 25 ‘ ‘ 43 sec , 1<sup>st</sup> Master 50 +

9<sup>th</sup> Ken MacDonald 26 min & 12 sec

10<sup>th</sup> h Russell McCue 26 min ‘ 22 ‘

11<sup>th</sup> Shawn Wenger 26 min & 37 sec 1<sup>st</sup> lady.

12<sup>th</sup> Jenny Gayfer 26 min & 51 sec 2<sup>nd</sup> Lady.

13<sup>th</sup> Patrick MacDonald 27 : : 08 sec Great to see you out Pat.

14<sup>th</sup> Gary Hunt 27min & 44 sec 1<sup>st</sup> Vet 65 +

15<sup>th</sup> Jerzyk Glowczynsk 28 min & 20 sec 1<sup>st</sup> Junior

16<sup>th</sup> Ethan Wenger 33 min & 30 sec 1<sup>st</sup> Bantam under 15 yrs, Ethan at 10 yrs old you are a future champion. Thanks everyone a great turnout, Thank you to Doug for holding and Terry and Bill at the turn-around.

## **25km Time Trial Westsyde rd Sept 23rd 2010**

23<sup>rd</sup> Sept 2010, 3-up Time trial Westsyde rd course.

1<sup>st</sup> team , Max Hanson, Dan Hill, Frank Helly 25kil in 35min & 55 s.

2<sup>nd</sup> team , Ken Macdonald , Terry Kaay, Peter Voss, 38 min & 33 sec

3<sup>rd</sup> team , Shawn Wenger, Chris Wenger, Klaus Voss, 39 min -21 s.

Dan Hill dropped off the pace with a bad chest cold, and Klaus dropped off but finished alone in 47min & 21 sec, Avery good time when riding alone.

Thank you everybody for competing, We are winding down the season, getting dark early, One more time trial next Thursday 16 kil Westsyde rd course at 6.00pm

If weather is good a Sunday ride at 10.00 am from Riverside park 26<sup>th</sup> Sept.

Our club banquet is booked for 26<sup>th</sup> November at ABC Family restaurant.

Thoughts on a possible Mass start road race on Sunday 3<sup>rd</sup> October start at the stock-yards, Monte Creek circuit, 100 kil for men ,80 kil for ladies start time 11.00am if enough interest. Last race of the year for Interior Grasslands.

Cheers

John

## **16km Time Trial Westsyde rd Sept 30th 2010**

Conditions were great, hardly any wind,

1<sup>st</sup> Max Hanson 16 kil in 22min & 12 sec

2<sup>nd</sup> Phil Sigalet 23 - - 17 -

3<sup>rd</sup> Dan Hill 24 min - 33 sec

4<sup>th</sup> Kevin Hunt 25 - - - 26 -

5<sup>th</sup> Peter Voss 25 - - - 50 sec

6<sup>th</sup> Russell McCue 26 min & 27 sec

7<sup>th</sup> Gary Hunt 28 - - - 15

8<sup>th</sup> Gary Lustig 28 - - - 28

9<sup>th</sup> Paul Najman 30 min & 05 sec

10<sup>th</sup> Klaus Voss 30 - - 22 -

Excellent times across the board, Thank you to Bill Flynn for marshalling. Big thank-you to all the riders in the last time trial of 2010.

Don't forget ,One more event, { Tribute to Jure Robic } Sunday mass start at 11.00 am at the stockyards, 98 kil men, 7 laps, 70 kil ladies 5 laps,

See you there,

Cheers

John

## **Mass Start Road race Oct 3rd**

Last race of the Interior Grasslands season, With the weather co-operating 100% and a tail wind going out, it made for a great race, 16 riders turned out to do battle.

The race started with a neutralized lap 14 kil to get everybody warmed up, On laps 2 & 4 there was a prime for King & Queen of the mountains thrown in to keep everybody honest.

The race second lap saw Paul Berry[ Spoke & Motion ] take the first prime, following attacks by Ian Fillinger [ H&R Block] but the pack stayed reletivly together until lap four,

Arron Weiss attacked for the 2<sup>nd</sup> prime and crossed the line first, but then another attack by Paul & Ian pulled away from the hard chasing group, with Greg Timewell chasing hard approx 1 min down,

Now the pack is disintergrating with Yvonne Timewell, Kristine Byrnjolfson, Frank Helley, Cory Anderson, Arron Weiss, Russell McCue, together chasing hard, followed by Gregg Murray, Chris Wenger, Peter Voss, working together all within 5 min of the leaders, followed by Shawn Wenger, Ray Lampard, Selena Laurie, & Gary Hunt,

In the ladies Queen of the mountains prime, both times picked up by a very strong Kristine Brnjolfson, 14 times up and down the 7 to 8% grades of the 2 hills on the course was now starting to take its toll on the athletes, and one by one the burn started to heat up in the legs and backs of the riders, Final finish came down to a sprint with Paul Berry taking over Ian by 4 bike lengths, with Gregg Timewell 7 min back for third.

Ladies sprint was so so close with Kristine winning just a ½ wheel ahead of Yvonne. 3<sup>rd</sup> spot went to Shawn Wenger just 4 min back.

1<sup>st</sup> Ladies 70 kil Kristine Byrnjolfson 2hrs & 2 min

2<sup>nd</sup> - - Yvonne Timewell 2hrs & 2 min & ½ wheel.

3<sup>rd</sup> - - - Shawn Wenger 2hrs & 4 min.

4<sup>th</sup> - - - Selena Laurie 2hrs & 22 min

1<sup>st</sup> Mens 98 kil distance Paul Berry 2 hrs & 43 min ,[ Spoke & Motion. ]

2<sup>nd</sup> - - - - Ian Fillinger 2hrs & 43 min & 4 bike lengths H & R Block.

3<sup>rd</sup> - - - - Gregg Timewell 2hrs & 50 min,[ Taboo Cycles ]

4<sup>th</sup> - - - - Russell McCue 2hrs & 57 min

5<sup>th</sup> - - - - Chris Wenger 2hrs & 57 min +2 bike lengths

6<sup>th</sup> - - - Peter Voss 2hrs & 59 min 1<sup>st</sup> grand master 60 to 64 age category.

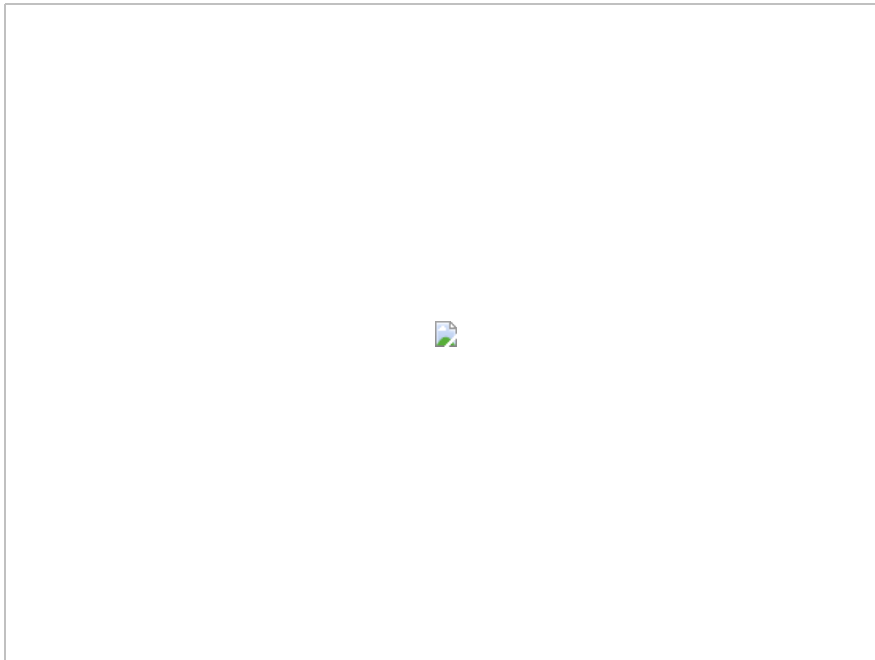
7<sup>th</sup> - - - Gary Hunt 3 hrs & 22 min, 1<sup>st</sup> grand master 65 age category.

A great race for end of season , A big thank you to Matt Denys for marshalling on the primes, and to all our sponsors for 2010 season , Kamloops Tile works, Runners Sole, Funstuff, Adams lake lumber, Interfor,

We will advise closer to November for the club banquet Nov 26<sup>th</sup>, ABC Family Restaurant

Cheers

John



## Season Points Totals

2010 Total Point Count for the season. Points are accumulated by the amount of riders in the event, and your finishing position,exp, 10 riders you finish 6<sup>th</sup> you get 4 points, 1<sup>st</sup> place gets 10 points As you can see , The more races you took part in the more points you stacked up.

Ladies. Shawn Wenger 161 Men. Dan Hill 136

Jenny Gayfer 130 Peter Voss 126

Yvonne Timewell 61 Max Hanson 104

Tracie Moore 15 Russell McCue 95

Selena Laurie 0 Chris Wenger 93

Lynda Shepherd 0 Gary Hunt 91

Tori Spence 0 Ian Fillinger 88

Josie Spence 0 Kevin Hunt 87

Sara Spence 0 Gregg Murray 87

Richard McGillvery 84

Men. Ken MacDonald 74

Byron Gayfer 68

Greg Timewell 63

Phil Sigalet 52 Cadet. Ethan Wenger 46

Arron Weiss 50

Devon Mooney 37

Terry Kaay 35

Ray Lampard 29

Paul Berry 28

Allan Bogetti 27

Klaus Voss 25

Brian Bogetti 23

Gary Lustig 19

Chris Orr 16

Doug Wright 07

Fred Hindley 06.

Thank you all for taking part in 2010 series races.

Cheers

John & Peter & Terry & Bill & Doug & Gary H & Gary L,