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2011 Penticton Iron Man

Result, 2011 Penticton Ironman.

Congratulations to Maxim Hansen who finished 6th in his age group, 35th overall from 2800 athletes.

Swim time, 2.4 miles 1 hr 6 min 18 sec.

Bike time, 112 miles 5 hrs 10 min 20 sec.

Run Time, 26.2 miles 3 hrs 27 min 01 sec.

Total time, 9 hrs 43 min 39 sec.

Great stuff Max,

Cheers

John, Peter, Gary, & all Interior Grasslands members.

5km Hill Climb Rose Hill May 19th 2011

The Assault on Rose Hill, 19th May 2011.

Rose Hill is roughly 14% to 17%, One tough climb, approx 5 kil to the water tower, where the pavement ends, 14 riders took part, Not an easy ride.!!!!

1st Martin Bojesen 5 kil in 20 min & 37 sec. Great ride,

2nd Paul Berry

3rd Devon Mooney 21 min & 39 sec. Devon lost his chain on the way up, but still managed 3rd, Well done, 1st Junior.

4th Chris Wenger 22 min & 44 sec 5th Greg Johnson 22 min & 51 sec 6th Jason Ladyman 23 min & 49 sec

7th Tori Spence 25 min & 00 sec 1st lady, great ride.

8th Gregg Murray 26 min & 09 sec

26 min & 11 sec 2nd lady. 9th Jenny Gayfer 10th Josie Spence 26 min & 59 sec 3rd lady

11th Jason Bourgeois 27 min & 40 sec

12th Peter Voss 28 min & 36 sec A strong headwind picked up blowing dust & dirt at the last two riders, making it even harder.

13th BJ Schmitt 31 min & 13 sec 2nd Junior Well Done B J.

Thank you to all the riders taking part, Peter Bartel for timing, Shawn Wenger for taking the pictures.

16 km Time Trial Westsyde rd May 5th 2011

- 1) Chris Wenger 25:00 2) Byron Gayfer 26:45
- 3) Jason Bourgeois 26:55
- 4) Gregg Murray 27:28
- 5) Ken McDonald 27:46
- 6) Tory Spence 29:07
- 7) Josie Spence 29:35
- 8) Ray Lampard 29:25
- 9) Rob Jensen 31:25
- 10) Sara Spence 32:42
- 11) Ethan Wenger 34:05

16 km Time Trial Westsyde rd May 5th 2011

1) Chris Wenger 25:00 2) Byron Gayfer 26:45 3) Jason Bourgeois 26:55 4) Greg Murray 27:28 5) Ken McDonald 27:46 6) Tory Spence 29:07 7) Josie Spence 29:35 8) Ray Lampard 29:25 9) Rob Jensen 31:25 10) Sara Spence 32:42 11) Ethan Wenger 34:05

Thanks to Peter Bartel and Gary Hunt

16km Time Trial Westsyde rd March 31st 2011

16km Time Trial Westsyde March 31st 2011

- 1) Max Hanson 22min.50sec
- 2) Chris Wenger 24min.27sec
- 3) Richard McGillvray 24min.52sec
- 4) Frank Helly 25min.30sec
- 5) Shawn Wenger 26min.54sec 6) Devon Moonie 27min.24sec
- 7) Rob Blair 30min.56sec
- 8) Jason Ladyman 29min.46sec
- 9) Ethan Wenger 35min.32sec

Thanks to JohnTilley Peter Bartell and Doug Wright for thier support

25km 2up Time Trial Westsyde rd April 7th 2011

25 kil 2 up Time trial, Westsyde rd course, April 7th.

5 teams lined up to do battle on a cool windy evening, A head wind going out to the turn, but very fast coming back,

Fastest time, Maxim Hansen & Richard MacGillvery 40m &23s

Peter Voss & Dan Hill 42 min & 41 sec

Devon Moonie & Kevin Hunt, 42 min & 43 sec

Rob Jensen & Paul Najman 52 min & 15 sec

Josie Spence & Klaus Voss 53 min & 01 sec

All teams rode very strongly for this early in the season, Max lost a couple of minutes searching for his contacts, Good luck to Devon & Kevin & Josie in there Western Canada Games Trials,

16km Time Trial Raleigh April 14th 2011

April 14, 2011, Results 16 kil Time Trial, Raleigh Course.

- 1st Overall & 1st Junior Kevin Hunt, time 26 min & 05 sec An excellent time considering the brutal cold windy conditions.
- 2nd Dan Hill 26 min & 45 sec.
- 3rd Perry Grunenberg 27min & 47sec
- Peter Voss 28 min & 37 sec
- Dennis Wilson 28 min & 58 sec
- 6th Ken MacDonald 29 min & 17 sec
- 7th Gregg Murray 29 min & 33 sec

8th Devon Moonie 29 min & 48 sec, 2nd Junior, Devon lost a little time at the turn around., Good job,

9th Allan Bogetti 30 min & 03 sec

10th Russell Jaggard 31 min & 48 sec , Russell also lost a little time at the railway crossing

11th Josie Spence 31 min & 58 sec, 1st Junior lady, Well Done Josie

12th Klaus Voss 35 min & 40 sec.

Thank you to Gary Hunt & Peter Bartel for marshalling and timing, And to Doug Wright for his work on the web-site.

With an influx of new riders, We are going to make sure the courses are well marked for everybody,

If not sure of course please phone Gary, Peter or myself [John] for info.

Road Race Tour De Monte Creek April 21st 2011

Results Le Tour de Monte Creek.

Well we didn't need snow shoes, but for a while I thought wet suits were in order, But it cleared up and the sun came out for a little, But a strong cool wind didn't help.

12 riders rode off with a strong tailwind for 4 kil of neutralized riding, The race split into 2 groups of four on lap 1, Frank Helly, Ian Fillinger, Devon Moonie, Kevin Hunt, lap time 26 min.

Group 2, Peter Voss, Selena Laurie, Josie Spence, Gregg Murray, 1 min down, Dan Hill was stuck in nomans land between the two,

Then came Klaus Voss, followed by Paul Najman & Sara Spence.

Lap 2. saw the same group of 4 off the front, looking very smooth and a minute faster, But the second group lost Peter who had been doing most of the work on lap 1.

Lap 3, Disaster struck, Kevin punctured and Frank & Ian attacked and lost Devon who was riding strong, Due to the cool conditions and losing daylight the race was cut to 4 laps for the men & 3 for ladies,

In a hotly contested sprint finish Josie Spence powered away to win in a time of 1hr & 20min & 0 sec, followed by Selena Laurie at 1 sec. Selena picked up Queen of the Mtns prime.

The finish of the mens reminded me of the 1986 Olympics in USA when Alexi Grewal drafted Steve Bauer to win the gold medal, And Ian did just that to nip Frank at the line, But Frank picked up the 4thlap King of the Mtns,

Kevin picked up 2nd lap prime, but said quote, [Ian was a real gentleman and held back,]

So final times, Ian Fillinger 56 kil in 1hr & 39 min & 47 secs

Frank Helly ''' 1 hr = 39 min = 47 secs ½

Dan Hill 56 in 1 hr = 41 min = 00

Devon Moonie 56 kil in 1 hr & 42min & 32 sec

Gregg Murray 56 kil in 1 hr & 44 min & 56 sec

Peter Voss 56 kil in 1 hr & 46 min & 11 sec

Paul Najman 56 kil in 2hrs & 02 min & 43 sec

Klaus Voss 42 kil in 1hr & 39 min & 00 sec Kevin Hunt DNF had a time at 2laps of 51 min then mechanical disruption.

Ladies 3 laps 42 kil. 1st Josie Spence 1 hr & 20 min & 00 sec

2nd Selena Laurie 1hr & 20 min & 01 sec

3rd Sara Spence, DNF did 1 lap

Personally I really feel this was Devons best performance, And Josie really rode strong, I can see great things happening from these two riders, Just a matter of time.

Thanks to Gary Hunt & Peter Bartel for helping out, Also Pauls first mass start race, and did very well to finish the 56 kil.

Hill Climb Assault On Mt Lolo April 28th 2011

Results, the Assault on Mt Lolo, April 28th 2011.

A great turnout of athletes for the inaugural assent of Mt Lolo, It didn't snow, rain, and the wind actually co-operated,

The race started with approx 2 kil of neutralized zone to get everyone on the same page, Jason Bourgeois fell right at the start but made a great recovery. Right after the neutralized section Peter Holzhuter made a break but was drawn in by a solid fast moving pack,

The pack split with Aaron Weiss [last years climber runner up,] Max Hansen, Kevin Hunt, Chris Wenger, Ceren Canier, Ian

Fillinger, MartinBojesen, Gregg Johnson, Frank Helly, all working very hard to keep the break moving. In the second group Byron Gayfer & Jennie Gayfer, [just back from training camps in Spain] Gregg Murray, Peter Voss, Ken MacDonald, And Allan Bogetti making up time, Jason Bourgeois & Klaus Voss.

As the climbers hit the switchbacks, with lots of loose gravel on the turns in true Paris Roubaix style the group splintered but only seconds separated the first 6 riders.

```
1<sup>st</sup> Aaron Weiss 31 min & 36 sec.
2<sup>nd</sup> Martin Bojesen 31 min & 43 sec
3<sup>rd</sup> Max Hansen 32 min & 05 sec [Still recovering from Boston ]
4<sup>th</sup> Kevin Hunt 32 min & 09 sec [ Junior ]
5<sup>th</sup> Ceren Canier 32 min & 09 ½ sec [ So close ]
6<sup>th</sup> Chris Wenger 32 min & 26 sec
7<sup>th</sup> Ian Fillinger 33 min & 00 sec [ Ian broke all the records at "Hell Week" 1500 kil in 4 days, Not to shabby,
 8<sup>th</sup> Frank Helly 34 min & 50 sec
 9<sup>th</sup> Gregg Johnson 34 min & 52 sec
10<sup>th</sup> Byron Gayfer 37 min & 39 sec
 11<sup>th</sup> Jenny Gayfer 37 min & 41 sec
 12<sup>th</sup> Ken MacDonald 37min & 42 sec
 13<sup>th</sup> Gregg Murray 38 min & 20 sec
 14<sup>th</sup> Peter Voss 38 min & 55 sec [ 2010 60+ group winner ]
 15<sup>th</sup> Jason Bourgeois 38 min & 59 sec Well Done Jason, [1<sup>st</sup> race]
  16<sup>th</sup> Allan Boggetti 39 min & 04 sec. After a tough start Allan fought his way back into contention.
   17<sup>th</sup> Klaus Voss 47 min & 52 sec Great ride Klaus, You never give up, Lolo is one tough hill.
 Peter Holzhuter DNF. Mechanical.
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Thanks to Peter, Gary, and Doug for helping out. Thanks to all the riders for making it a success.

16 km Time Trial Westsyde rd May 5th 2011

16km Time Trial Westsyde rd May 5th 2011

```
1) Chris Wenger 25:00
2) Byron Gayfer 26:45
3) Jason Bourgeois 26:55
4) Gregg Murray 27:28
5) Ken McDonald 27:46
6) Tory Spence 29:07
7) Ray Lampard 29:25
8) Josie Spence 29:35
9) Rob Jensen 31:25
10) Sara Spence 32:42
11) Ethan Wenger 34:05
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Thanks to peter Bartel and Gary Hunt

Race The Ridge 2 Day Stage Race Mission May 8th 2011

Race the Ridge, 2 day stage race, Mission.

May 8th 2011.

5 athletes from the Interior Grasslands cycling club, braved the rainy stormy weather, and competed in the 2 day race in Mission witch consisted of a Time trial, Criterium, & Road race.

Time trial results,

```
Shawn Wenger 3<sup>rd</sup> 38min 58 sec

Jenny Gayfer 5<sup>th</sup> 39 min 35 sec

Tori Spence 7<sup>th</sup> 41 min 00 sec

Josie Spence 10<sup>th</sup> 43 min 40 sec

Youth Class Sara Spence 5<sup>th</sup> 17 min 45 sec
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Only 5 sec separated the teams positions, All representing Interior Grasslands, Shawn & Jenny in great form just returning from a pro

training camp in Spain, and sponsored by Balance Point racing out of Kelowna.

Next came the Criterium, a suicidal close contact race around a 1 kil circuit made slippery by the rain and tight corners, [Not for the faint-hearted]

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Shawn 2^{nd} 30 min 26 sec
Tori 3^{rd} same time
Josie 4^{th} same time
Jenny 11^{th} 33 min 21 sec
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Road Race, Four laps of a very demanding circuit, again wet slippery roads, fast steep downhill going into a tight right hand corner, then a brutal climb straight away, [If your not in the right gear your toast] To start Shawn was plagued with mechanical problems, dropping her chain on the fast descent, on the first lap, But still strong enough to get back to the pack and attack and break away on lap two and stay away until lap four, Now hears the drama, Shawn spots a large moving animal criss crossing the road ahead, witch way to go, It's a large pig, How do you get around a pig in a bike race,??? Very quickly, Shawn went one way, and so did the pig, and took Shawn down,

Shawn is now laying in the road ,chain off and here comes the pack led by team-mate Jenny who yells "Come –on get back on "So Shawn makes it back with team-work from Jenny Tori & Josie, to finish in 2nd place. Wow!

Personally I love these kind of stories it makes road racing what it is,?

Finish road race results

Shawn 1 hr 20 min 52 sec Jenny 1 hr 21 min 34 sec Josie 1 hr 21 min 34 sec Tori 1 hr 21 min 42 sec

Final results 2nd Shawn Wenger 2 hrs 29 min 58 sec

4th Tori Spence 2 hrs 32 min 59 sec 6th Jenny Gayfer 2 hrs 34 min 30 sec 7th Josie Spence 2hrs 25 min 35 sec

Sara Spence riding in the youth class finished 6th over-all just 3 min 50 sec down on the leader, A great showing in her first stage race, Well done Sara.

42km Road Race Westsyde rd May 12th 2011

Thursday evening the IGCC hosted a 42 km road race along their Westsyde course, 15 riders signed on. Under ideal weather conditions racing started , neutralized for the first 5 kms, and it did not take long, before the initial attack off the front was underway, with 8 riders in it, the pace was such, that the remaining riders were strung out behind the leading group. Ian Fillinger was the most aggressive competitor, making numerous attempts to clear, but a well-organized group brought him back each time. That changed after the turn at the far end of Black Pines, Chris Wenger and Greg Murrey were dropped, the group opening up a gap quite quickly. After a few climbs Jason Bourgois also lost contact, with now only 4 riders racing towards the finish line in Westsyde, In the group were Max Hansen, Dan Hill, Ian Fillinger and Frank Helly, and, despite many attacks off the front, no rider could get clear, resulting in a sprint finish, won by Dan Hill, who had wisely preserved his strength, relegating Frank Helly to second place, Ian Fillinger came in third, followed by Max Hansen. Jason Bourgois could never quite make contact, so had to be satisfied with fifth place.

In the ladies race Shawn Wenger, Josie and Sara Spence had earlier dropped Tory Spence, and the three of them rode a very intelligent race, in the process dropping several of their male competitors. The sprint was won by Josie Spence, followed by Sara Spence, Shawn Wenger came in third.

Here the final results: Dan Hill, Frank Helly, Ian Fillinger, Max Hansen @ 1:07:58, Jason Bourgois @ 1:09:06, Chris Wenger @ 1:10:14, Greg Murrey @ 1:10:24, Peter Voss @ 1:11:48, Dennis Wilson @ 1:17:31, Klaus Voss @ 1:25:25. Josie and Sara Spence, Shawn Wenger clocked a time of 1:11:38.

Devon Mooney, by some experts considered one of the favorites to win this race, did not start due to mechanical problems at the start line that could not be overcome, Tory Spence did not finish.

The next race will be on Thursday, May 19, the infamous "Assault on Rose Hill".

5km Hill Climb Rose Hill May 19th 2011

The Assault on Rose Hill, 19th May 2011.

Rose Hill is roughly 14% to 17%, One tough climb, approx 5 kil to the water tower, where the pavement ends, 14 riders took part, Not an easy ride.!!!

```
1<sup>st</sup> Martin Bojesen 5 kil in 20 min & 37 sec. Great ride,
      2<sup>nd</sup> Paul Berry
                                        21 min & 09 sec
                                        21 min & 39 sec, Devon lost his chain on the way up, but still managed 3<sup>rd</sup>,
      3rd Devon Mooney
Well done, 1st Junior.
       4<sup>th</sup> Chris Wenger
                                        22 min & 44 sec
       5<sup>th</sup> Greg Johnson
                                        22 min & 51 sec
       6<sup>th</sup> Jason Ladyman
                                         23 min & 49 sec
       7<sup>th</sup> Tori Spence
                                         25 min & 00 sec 1<sup>st</sup> lady, great ride.
       8<sup>th</sup> Gregg Murray
                                         26 min & 09 sec
       9th Jenny Gayfer
                                          26 min & 11 sec 2<sup>nd</sup> lady.
       10<sup>th</sup> Josie Spence
                                          26 min & 59 sec 3<sup>rd</sup> lady
       11<sup>th</sup> Jason Bourgeois
                                          27 min & 40 sec
       12<sup>th</sup> Peter Voss
                                            28 min & 36 sec A strong headwind picked up blowing dust & dirt at the last two riders, making
it even harder.
                                           31 min & 13 sec 2<sup>nd</sup> Junior Well Done B J.
        13th B.J.Schmitt
```

Thank you to all the riders taking part, Peter Bartel for timing, Shawn Wenger for taking the pictures.

Louis and Clark Ultra 24hr Race

374 miles in 24 hrs. + new course record + King of the mountains. Not to shabby.

That's what Interior Grasslands member did in the Lewis & Clark 24 hour endurance race last weekend, Riding for his sponsor H & R Block, Ian Fillinger completed the first loop in rain, & sunshine, 5 mile climbs, snow,on [Old Man Pass] 4 degrees on the climb in miserable cold conditions, mentally tough 140 miles 9% grades +.

Then 23 – 10 mile laps + 4 miles avg speed 25 min to 40 min a lap as the clock ticked on,

Then in the last 3 hrs of the race, knowing he had a chance for the course record really putting the hammer down. And exceeded the old record by over 20 miles.

When crossing the Canadian border on the way home, the customs officer said to Ian, "Did you win"?? Yes,! Good Stuff, was his reply.

"ULTRA RACE NEWS

The official results for the 2011 edition of The Lewis & Clark 12/24 Ultra are now in. Ian Fillinger, from Kamloops, BC, Canada took the overall win in the 24hr competition with a record setting ride of 374 miles."

Sponsors and RAAM Crew,

This weekend I competed in the Lewis and Clark Ultra. John Tilley provided my support for the race and did a great job. We took 1st place overall, set a New Race Distance Record and also won the King of the Mountains Award. Thanks for your support,

22kmTime Trial Tranquille rd June 2nd 2011

June 2nd. 22 kil Time Trial ,Tranquille Rd Course.

A change in the course due to rough road conditions, ended up at 22 kil with 2 laps, A strong headwind going out, but very quick on the return.

```
1<sup>st</sup> place Richard MacGillvery 35 min & 13 sec.
2nd
         Dan Hill
                              36 min & 47 sec.
3rd
                               37 min & 12 sec
         Byron Gayfer
₄th
         Allan Bogetti
                               38 min & 02 sec
5th
         Tori Spence
                                38 min & 19 sec
6th
         Jenny Gayfer
                                38 min & 31 sec
7th
                                39 min & 10 sec Well Done Tiffany 1st Bike Race
         Tiffany Hornbeck
gth
                                39 min & 27 sec
         Josie Spence
9th
         B J Schmitt
                                41 min & 02 sec
                                44 min & 01 sec
10 th
         Klaus Voss
```

Thank you all for coming out, I think we got some good pictures taken for the [Canadian Cyclist Mag] thanks to Doug for holding, Peter & Bill at the turn around & Gary for camera work.

Oliver 1/2 Iron Man June 5th 2011

Oliver ½ Iron man June 5th 2011.

Max Hansen a member of the Interior Grasslands Cycling Club and Triathelete, finished 5th over-all against a loaded with tough competition field, including pros, That's Max in the Centre of picture.

But finished 2nd overall in the bike leg with a time of 2hrs 18 min & 09 sec for 93 kil avg speed 40,4 kil Max missed the cut by 16 sec, All I can say is, [I'm glad I'm older and don't have to race against him, And he doesn't even shave his legs] cheap shot,!!! M

60km Road Race westsvde to McClure June 9th 2011

Results of the McClure ferry Mass start, I said 60 kil but in actual fact it was 64.7 kil.

Firstly thank you all for competing & making this are most competitive race of the season. When I saw that group of 12 riders coming in at 55 kil an hour, Holy Cow,!! How are we going to count heads, now I know how Custer must have felt at his last stand? Here we go.

```
2<sup>nd</sup>
               Jenny Gayfer 1 hr 41 min 36 sec
3<sup>rd</sup> =
               Shawn Wenger 1hr 43 min 22 sec
               Sara Spence DNF.
1<sup>st</sup> Men
               Ian Fillinger 1hr 41 min 30 sec
 2^{\text{nd}} =
                 Terry Kaay.
3<sup>rd</sup> =
               Dan Hill
 4^{th} =
                 John Armstrong
 5<sup>th</sup> =
                 Caner Ceren
6<sup>th</sup> =
                Byron Gayfer
 7^{\text{th}} =
                  Frank Helly
 8<sup>th</sup> =
                  Kevin Hunt
 9<sup>th</sup> =
                  Michelle Peron
10^{th} =
                Greg Timewell
```

1st Ladies Tori Spence, 1hr 41 min 35 sec

All first 10 riders by UCI rules get the same time.

```
11^{th} =
             Ken MacDonald 1hr 41 min 40 sec
 12^{th} =
             Max Hansen
                              1 hr 42 min 10 sec
13^{th} =
           Jason Bourgeois 1 hr 44 min 03 sec
 14^{th} =
             Craig Morton
                               1 hr 48 min 29 sec
 15^{th} =
             Peter Voss
                               1 hr 49 min 01 sec
 16^{th} =
             Ray Lampard
                               1 hr 58 min 47 sec
 17^{th} =
             Gary Hunt
                                      2 hrs 07 min 58 sec
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Alan Bogetti & Brian Bogetti DNF, did not complete full course.

Not sure about Terry Kaay, But he did promise me a beer,??????? Thanks to Peter for following car, and helping with timing etc. Great Race

Mt Lolo Hill Climb June 16th 2011

- 1) Olaf Stana 29.15
- 2) Ian Fillinger 32.37
- 3) Dan Hill 34.54
- 4) Byron Gayfer 35.16
- 5) Perry Grunenberg 35.21
- 6) Frank Helly 35.46
- 7) Tory Spence 36.20
- 7) Greg Murray 36.20
- 8) Jenny Gayfer 38.30
- 9) Alan Bogetti 38.43
- 10) Peter Voss 39.30
- 11) Klaus Voss 48.13
- 12) Sara Spence DNF

Thanks to Peter Bartel for running the event

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)2
- 8) Sara Spence 36:20

Thanks to Peter Bartel For running the event

70km Road Race Dallas June 30th 2011

- 1) Max Hansen 1:56.08
- 2) Ian Fillinger 1:56.08
- 3) Ceren Caner 1:56.12
- 4) Aaren Weiss 1:56.12
- 5) Kristine Bryoisson 1:56.18
- 6) Trent Smith 2:00.30
- 7) Martin Bosesen 2:00.31
- 8) John Howik 2:03.54
- 9) Byron Gayfer 2:09.28
- 10) Tori Spence 2:15.12
- 11) Jenny Gayfer 2:15.12
- 12)Terry Kaay 2:17.57
- 13) Ken McDonald 2:17.57

DNF

Shawn Wenger (crash)

Sara Spence

Selina Laurie

Mike Johnson

Gary Hunt

Doug, here are the results for to-night's race. I set off 2 groups, with a 5 minute space between the groups, unfortunately Shawn Wenger crashed during the first lap, when she touched wheels with a rider in her group, she went down pretty hard and had to abandon the race. Most riders in her group stopped to assist, thereby losing valuable time, but helping Shawn was more important to them than perhaps winning, great sportsmanship!!!!!

Gary Hunt arrived late, joined the slower group on lap 2, but rode only 3 laps.

All-in-all a fine evening of racing, Max Hansen won the sprint, with Ian Fillinger arriving at the same time, we had some guest riders, who signed waivers.

See you on the road, Peter.

25km 2Up Time Trial Westsyde July 7th 2011

25 kil 2-up Time trial, Westsyde road course, 7th July.

It was a blustery stormy evening, but the riders beat the rain, A very strong tailwind out to the turn made for fast times going out. Six teams lined up to do battle.

1St Ian Fillinger & Max Hansen 25k in 34 min & 14 sec . avg sp 44 kilan hour. Going to the turn avg close to 50 k.

 2^{nd} Kristina Halapija & Paul Berry, 37min & 05 sec, Kristina just came back from Canadian Nationals, [probably did 90% of the work on the return] EH. Just kidding Paul,

3rd Gregg Johnson & Martin Bojesen 37 min & 37 sec.

4th Gregg Murray & Richard MacGillvery 38 min & 10 sec.

5th Frank Helly & Dan Hill 38 min & 40 sec

 6^{th} Devon Moonie & Peter Voss, 39min & 47 sec.

Thank you all for competing, and Peter at the turn around,

56km Mass Start Road Race Dallas July 14th 2011

56 kil Mass Start road race, 14th July,

10 riders signed on for the 56k or 4 laps on the Stockyards circuit, With a King of the Mountains throw in on the 2nd lap and 4th lap.

A strong headwind going out made everybody look for cover on the closest wheel,

Lap one saw Greg Timewell, Frank Helly, Dan Hill, Max Hansen, Martin Bojesen, Phil Sigalet, come though together, followed by Greg Johnson, then Peter Voss, & Gary Hunt,

Klaus Voss joined the race on lap two,

Martin broke away on the hill to take a 15 sec lead for King of the Mtns, And stayed away until halfway home on lap two,

Lap 3 saw some wheel touching and Phil bit the road, while Max & Greg managed to stay upright,

Then Max hit a pot-hole and flatted, We are now down to 4 leaders at the start of lap four, Greg, Frank, Dan ,& Martin, Greg Johnson retired, Max came though 4 min down, Peter, Gary & Klaus still in the hunt.

Martin broke clear again for King on the climb, but was quickly reeled in by Greg, Frank, & Dan,

The foursome stayed together pushed home by a fast tailwind, & Greg became the "Manx Missal" and won the sprint by 4 sec, with Martin ,Dan, & Frank all getting the same time.

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1st Greg Timewell 56 kil in 1hr 36 min & 32 sec.
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2nd Dan Hill

2nd Martin Bojesen

2nd Frank Helly, All in 1 hr 36 min & 36 sec Equal placings

3rd Max Hansen 1hr 41 min 03 sec

4th Peter Voss 1 hr 46 min 25 sec [great ride for 60 +]

5th Gary Hunt 1 hr 53 min 18 sec [A medal winner for sure at the seniors games]

6th Klaus Voss, 3 laps in 1hr 55 min 38 sec

DNF, Greg Johnson & Phil Sigalet.

Cheers, John

Thanks to Peter for timing etc.

Don't Forget, Next Thursday [The Assault on Mt Lolo] with a possible guest appearance by Olaf, Just off his 2nd place finish in the Penticton Fondo.

Hill Climb Mt Lolo July 21st 2011

Results of the { Assault of Mt Lolo } 21 July 2011

Well the way the weather has been behaving I didn't think we would see any riders out, but the rain held off and five athletes braved the cool weather.

At the start Max Hansen and John Armstrong followed by Devon Moonie set a fairly aggressive pace and first to drop off was Wayne Little from Ashcroft, then Frank Helly, Devon found the pace a bit quick on the flats, but recouped when hitting the switchbacks, So Max & John came to the 400 meter sign together, Max went for it, but John got by him for the win.

John Armstrong 30 min & 19 sec
Maxim Hansen 30 min & 25 sec
Devon Moonie 32 min & 56 sec
Frank Helly 36 min & 03 sec
Wayne Little 36 min & 22 sec

16.5 km TT at Rayleigh on July 28, 2011

1st Gregg Murray 25 min & 11 sec.
2nd Richard MacGillivery 25 min & 24 sec.
3rd Dan Hill 25 min & 45 sec
4th Chris Wenger 26 min & 09 sec
5th Terry Kaay 26 min & 47 sec
6th Peter Voss 27 min & 22 sec
7th Allan Bogetti 27 min & 29 sec.
8th Gary Hunt 28 min & 22 sec.
9th Jason Bourgeois 28 min & 47 sec.
10th Ray Perreault 34 min & 04 sec.

Well Done everybody, Thank you Peter for marshalling. Cheers, John

42km Road Race August 4th 2011

1:04:16 1. Ian Fillinger 2. Phil Sigalet 1:06:24 3. Buron Gayfer 1:08:25 4. Gregg Murrey 1:08:26 5. Kristine B. 1:08:31 6. Walter Zaug 1:09:50 7. Dan Hill s.t. 8. Peter Voss s.t. 9. Alan Bogetti s.t. 10. Richard McG.s.t. 11. Brian Bogetti 1:16:22 12. Corey Kamp 1:1:31:40 13 Klaus Voss 1:33:46 14.Chris Jones 1:34:09

25km Team Time Trial Westsyde August 11th 2011

Results, 25 kil Team time trial 11th Aug Westsyde course.

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1^{st} Phil Sigalet & Maxim Hansen 25 kil in 34 min & 53 sec . 2^{nd} Dan Hill & Richard MacGillvery. 37 min & 48 sec. 3^{rd} Peter Voss, Ray Lampard, Jenny Gayfer, 39 min & 05 sec. 4^{th} Chris Jones & Klaus Voss. 47 min & 53 sec.
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5<sup>th</sup> Sara, Josie, Eric, Spence 48 min & 33 sec.
6<sup>th</sup> Peter Bartel & John Tilley 52 min & 53 sec.
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Thank you Doug & Ray for timing & Kaley Sigalet for marshalling.

43km Austrailian Pursuit Dallas August 18th 2011

```
(1)
      Chris McNeil
                     1:04:43
(2)
      Ceren Caner
                      1:04:44
(3)
      Byron Gayfer
                     1:06:54
(4)
      Dan Hill
                      1:06:58
(5)
      Jenny Gayfer
                     1:08:43
      Peter Voss
                     1:08:44
(6)
(7)
      Russel McCue
                     1:09:29
(8)
      Alan Bogetti
                      1:10:24
(9)
      Walter Zaug
                      1:10:25
(10)
     Ray Nuyli
                     1:18:51
     Chris Jones
(11)
                     1:23:08
(12) Klaus Voss
                     1:23:08
```

(13) John Armstrong 1:04:48 (Chris actually won the sprint, however he did not ride the full length of the course due to a puncture, he re-joined the lead group when they returned after the turn at Black Pines.)

16km Hillclimb Mt Lolo August 25th 2011

Assault on Mt Lolo. Aug 25th 2011. Exact dist 14 kil. On re-measuring the course, I made the start a couple of 100 ft difference and the top of the climb a little further, probably making a difference of no more than 1 min, This will be the bench-mark for all future climbs of Lolo ,14 kil.

13 athletes came out to do battle, in 30 degree temp, with a slight tail wind up until the Coal creek turn off, then a slight head wind. Martin Bojesen & Ian Fillinger went right from the gun with an attack that separated the field, followed by Greg Johnson & Devon Moonie, Then a group of 4 led by Russell McCue, Greg Murray, Ray Lampard, Walter Zaug,

Then Terry Kaay & Allan Bogetti. Then Peter Voss, Klaus Voss, & Chris Jones.

Ian sat on Martins wheel for approx 3 kil then attacked hard and rode away to a substantial lead, Devon left Greg only to be caught again, and blew up in the final kil, due to lack of food, But still had a very respectable climb.

Russell did a lot of work in the foursome keeping the pace high.

Ian on a mission hit the Coal creek turn at 18+ min on the clock at approx 8 kil mark, With a 2 min lead over Martin followed by Gregg Johnson just 50 sec back,

Final Result, Ian Fillinger 14 kil in 32 min & 49 sec.

```
35'
Martin Bojesen
                           & 07 sec
Gregg Johnson
                    35 min & 58 sec
Russell McCue
                    37 min & 15 sec
                     37 min & 26 sec
Gregg Murray
Ray lampard
                     37 min & 36 sec
                     39 min & 48 sec [ great ride 60 + yrs
 Walter Zaug
 Terry Kaay
                      40 min & 08 sec
 Devon Moonie
                             40 min & 51 sec [ Junior ]
                     42 min & 12 sec [ 60 yrs + ]
 Allan Bogetti
                       43 min & 48 sec [60 yrs +]
 Peter Voss
 Klaus Voss
                       52 min & 44 sec
                      52 min & 52 sec [ 60 yrs + ]
 Chris Jones
```

Just a note, Olaf Stana time of 29 min & 15 sec still stands even with the course dist being changed by a few meters, Our final Assault is on Sept 29th possible cooler temp will make a difference, My hat goes off to all the riders over 60 yrs ,just to complete Lolo is an accomplishment in itself,

16 km time trial Westsyde Sept. 1, 2011

1st Kristin Brynjolfson 23 min 49 sec 1st Lady

2nd Richard McGillivary 25 min 25 sec

Kevin Hunt 25 min 40 sec 1st Junior 4th Dan Hill 25 min 52 sec 5th Peter Voss 26 min 33 sec 1st Master 60 + 6th Byron Gayfer 26 min 34 sec 7th Russell McCue 26 min 39 sec tied for 7th. 26 min 39 sec 2nd Junior 7th Devon Moonie 8th Chris Wenger 26 min 40 sec 9th Jason Bourgeois 27 min 18 sec 10th Rav Nvuli 27 min 42 sec 11th Jenny Gayfer 28 min 18 sec 2nd Lady 12th Shawn Wenger 28 min 57 sec 3rd Lady 13th Chris Jones 31 min 25 sec 1st Veteran 65 + 14th Klaus Voss 31 min 33 sec

A strong tailwind going out, but made things tough on the return. Excellent times considering the conditions. Maxim Hansen's 21 min & 37 sec in 2010 still stands as the best time on this course. Thank you Gary for helping with timing and marshalling. Cheers, John

September 8, 2011 14 km Time Trial Results: Dallas Rd Course

Thirteen riders gathered on a calm, hot evening to race the shortest time trial we have had this year. The heat and intense sun facing the riders on the return made for challenging conditions. Congratulations to all the riders for your strong rides and exceptional effort. Thank you to Susan Hammond who assisted Gary Hunt with the marshalling and timing, and to Cathy Spence for directing the riders at the turnaround.

Results:

Maxim Hansen	20 min: 29 seconds
Dan Hill	22:11
Peter Voss	22:43
Byron Gayfer	23:00
Alan Bogetti	23:56
Ken McDonald	24:03
Shawn Wenger	24:11
Jen Gayfer	24:13
Josie Spence	25:30
Klaus Voss	26:17
Sarah Spence	27:18
Chris Jones	27:26
Eric Spence	30:56
	Dan Hill Peter Voss Byron Gayfer Alan Bogetti Ken McDonald Shawn Wenger Jen Gayfer Josie Spence Klaus Voss Sarah Spence Chris Jones

Road Race Championships Sept 15th 2011

2011, Road Race Championships, Sept 15th.

It looked very much like it might rain, but held off and the roads dried up, Right away Kristine Brynjolfson attacked and followed by Terry Kaay & Ian Fillinger at about 40 sec, after them came a small group of Ken MacDonald, Alan Bogetti, Peter Voss, then Gary Hunt & Dan Hill, followed by Chris Jones & Sara Spence & Eric Spence.

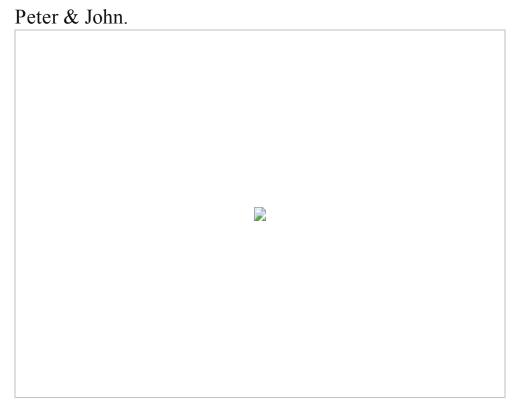
Kristine was on a mission, not to be caught, And it was a cat and mouse game all the way to the turn with Kristine still ahead and Ian & Terry working hard to hold her in sight, Kristines time at the turn was about 35 sec ahead and working hard, The main group now all together were only 2 min down on Ian & Terry, With Ken working hard to keep the pace high.

At approx 28 kil mark on the 2nd steep climb out of Black Pines, Terry & Ian attacked hard and caught Kristine and pulled about 1 min & 15 sec on her, From there on in Terry & Ian attacked each other all the way home, With Terry taking the win by a tire width, Followed in by Kristine at 2min 21 sec, followed by a very aggressive pack with Dan taking the bunch sprint followed by Ken, Alan, Peter, at 1 min 02 sec, & Gary at 20 sec, Then Chris at 13 min 15 sec then Sara Spence & Eric Spence.

A great race all the way, With some personal bests.

Congratulations to all the riders,

Cheers



Start of Club Championships ,picture by Ray Nyuli.

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1^{st} Terry Kaay 42 kil in 1hr 06 min 21 sec.

2^{nd} Ian Fillinger = 1 hr 06 min 21 sec +1/2 tire
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3rd Kristine Brynjolfson 1 hr 08 min 42 sec, 4th Dan Hill 1 hr 09 min 46 sec 5th Ken McDonald Same Time

6th Alan Bogetti Same Time 7th Peter Voss Same Time

8th Gary Hunt 1 hr 10 min 06 sec {Personal best, great ride,]

9th Chris Jones 1 hr 23 min 21 sec

10th Sara Spence 1 hr 31 min 23 sec [Well done Sara, training camp really payed

off,]

11th Eric Spence 1 hr 31 min 39 sec, [I can see down the road Eric you will be a force to be reckoned with.]



Australian Pursuit, 22 nd Sep, 2011.

It was a blustery windy evening, With a head wind going out, And fast tailwind coming back, The distance was cut to 3 laps of 14 k a lap due to nightfall coming early,

Peter Voss first rider to start was the only one in his age group, with a 5 min bonus on 50 + age group Ray Nyuli, Jenny Gayfer, Klaus Voss, Dan Hill, Next at 4 min back the 40 yrs + group of Junior Kevin Hunt, Frank Helly, Ray Lampard, John Armstrong,

Peter was on a mission, Nobody caught him on the first lap, Klaus & Jenny dropped off the fast

paced 2nd group leaving Dan & Ray to work together,

The scratch group were working well together, and caught Dan & Ray on the hill coming back on lap 2

Peter still ahead by 3 min at the start of lap3, now being chased by 7 riders, But not to be caught, Peter came over the line with a 1 min & 27 sec ahead to take the win,

The sprint from the main pack was very close with Dan taking it from Kevin, & John, then Ray Lampard, & Frank. Ray Nyuli missed Dans wheel when caught by scratch group and came in 25 sec back. & Jenny just 2 min 58 sec off the pace, Klaus Voss rounded it out finishing all 3 laps, time trialing alone 80%, All in all a great race.

2011, Australian Pursuit Champion, Peter Voss,

1st Peter Voss 42 kil in 1 hr 15 min 38 sec

2nd Dan Hill 1 hr 17 min 05 sec 1st 50 + category.

3rd Kevin Hunt Same Time 1st Junior cat.

4th John Armstrong Same Time 1st 40+yrs cat

5th Ray Lampard 42 kil 1 hr 17 min o5 sec

6th Frank Helly 1 hr 17 min 06 sec

7th Ray Nyuli 42 kil 1 hr 17 min 30 sec

8th Jenny Gayfer 1 hr 20 min 02 sec 1st Lady

9th Klaus Voss 42 kil 1 hr 32 min 39 sec.

Well done everyone, Thank you to Peter, & Gary for helping with the results.

Assault on Mt Lolo Sept 29th 2011

Sept 29th, 2011 Assault on Mt Lolo.14 kil. Hill Climb Championship. 17 riders in all age group started the climb ,Mass start style, For a couple of

kilometers the pace was fairly steady, but then the attacks started, and the group separated, A leading pack of 9 with Arron Weiss, Maxim Hansen, John Armstrong, Devon Moonie ,stirring things off the front,& Dan Hill, Kevin Hunt Ray Lampard,

Chris Wenger, waiting on the sidelines for a major break

Next came Peter Voss [2011 Australian pursuit champion] chasing hard, followed by Ken McDonald, , Alan Bogetti, Shawn Carpenter, Shawn Wenger, Gary Hunt, [Silver & Bronze winner from Seniors games]Klaus Voss, Chris Jones.

A slight headwind made the speed a little slower, But nobody seemed to get clear on the flats, Once on to the Lolo switchbacks Arron attacked hard and five riders split from the pack, Arron, Ian, Max, John, Devon, and finished in that order with only 1 min 17 sec separating the first 5.

1st Arron Weiss 14 kil in 33 min & 41 sec. 2011 open Hill climb champion,

 2^{nd} Ian Fillinger 14 kil 33 min & 43 sec 1^{st} 40 + yrs

3rd Maxim Hansen 34 min & 07 sec

4th Devon Moonie 34 Min & 24 sec 1st Junior

5th John Armstrong 34 min & 54 sec 6th Ray Lampard 35 min & 28 sec 7th Kevin Hunt, 14 kil 1n 35 min & 48 sec 8th Dan Hill 35 min & 56 sec 1st 50 + age group 9th Chris Wenger 14 kil 36 min & 17 sec 10th Ken McDonald 39 min & 27 sec 11th Shawn Carpenter 39 min & 27 sec 12th Peter Voss 40 min & 19 sec 1st 60+ age gr. 13th Alan Bogetti 42 min & 38 sec 14th Gary Hunt 44 min & 07 sec 15th Shawn Wenger 45 min & 29 sec 1st Ladies Champion, 16th Klaus Voss 14 kil 48 min & 01 sec 17th Chris Jones 49 min & 12 sec

Despite the headwind a lot of personal bests were attained, just showing the excellent fitness level of the riders, Good luck to Maxim on his Triathlon in Hawaii next week.

Thank you Peter for helping and timing.

Cheers

John.

Hefley Creek to Sun Peaks Results Oct 2nd 2011

October 2nd, Hefley Creek to Sun Peaks Results.

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1<sup>st</sup> Ladies, Jenny Gayfer 35 kil in 1 hr 49 min54 sec
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35 kil in 1 hr 25 min & 51 sec
1<sup>st</sup> Junior Kevin Hunt
2<sup>nd</sup> -
          Devon Moonie
                                          1 hr 26 min & 54 sec
1<sup>st</sup> Senior 30+ yrs Greg Murray 1 hr 31 min & 33 sec.
2nd
                  Ryan Kazakoff 1 hr 31 min &35 sec
1<sup>st</sup> Senior 40+ yrs Ian Fillinger
                                    1 hr 23min & 33 sec
2nd
                  Ray Lampard
                                    1 hr 30 min & 17 sec.
3rd
                  Chris Wenger
                                     1hr 30 min & 23 sec
1<sup>st</sup> Master 50+ yrs Dan Hill
                                      1 hr 30 min & 19 sec.
                   Ray Nyuli
                                      1 hr 41min & 29 sec
3rd _ _ _
                   Terry Kaay
                                      1 hr 42 min & 08 sec
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4th - - - Klaus Voss 1 hr 56 min & 29 sec

1st Veteran 60 + yrs Peter Voss 1 hr 38 min & 09 sec.

2nd - - - Alan Bogetti 1 hr 42 min & 07 sec

 3^{rd} - - - - Gary Hunt 1 hr 48 min & 30 sec.

4th - - - - Brian Bogetti 1 hr 52 min & 45 sec 5th - - - - Chris Jones 1 hr 58 min & 34 min

Great race everybody, to finish off the season, Thanks to Shawn, Susan, Mike, for helping with marshalling Sag wagon, & photography.

Cheers John & Peter.

2011 Points Winners

2011 Points Winners, [Age groups]

Junior Cadet ,Eric Spence 4 points Ethan Wenger 2 points

Junior Ladies, Tori Spence 36 points

Josie Spence 31 points Sara Spence 15 points.

Junior Male Kevin Hunt 70 points

Devon Moonie 59 points B J Schmitt 3 points

Senior Ladies Jenny Gayfer 51 points

Kristine Brynjolfson 47 points Shawn Wenger 29 points. Tiffany Hornbeck 4 points Selena Laurie 2 points

Senior Male, 30 to 34 yrs age, Greg Murray 78 points

Ceran Caner 50 points Russell McCue 25 points

Senior Male, 35 to 39 yrs age Maxim Hansen 106 points

Gregg Johnson 34 points

Senior Male 40 to 44 yrs age Ian Fillinger 133 points

Byron Gayfer 95 points
Chris Wenger 82 points
Frank Helly 68 points
Jason Bourgeois 39 points
Ray Lampard 36 points.
Paul Berry 17 points
John Howick 6 points

Senior Male 45 to 49 yrs age Martin Bojesen 56 points

John Armstrong 38 points Gregg Timewell 14 points

Senior Male 50 to 54 yrs age Dan Hill 158 points

Terry Kaay 48 points Phil Sigalet 19 points

Perry Grunenberg 18 points Michelle Peron 9 points Paul Najman 5 points Rob Jenson 5 points

Senior Male, 55 to 59 yrs age Richard MacGillivary 57 points

Ken MacDonald
Klaus Voss
Ray Nyuli
Ray Perault

55 points
34 points
11 points
1 points

Senior Male 60 to 64 yrs agr Peter Voss 110 points

Alan Bogetti 64 points Walter Zaugg 21 points Brian Bogetti 5 points

Senior male 65 to 69 yrs age Chris Jones 17 points

Gary Hunt 15 points

Ancient Senior Male 75 to 79 age Peter Bartel 1 point [motor bike]

2011 Winners

2011 Winners,

Hill Climb Champion, Ladies Shawn Wenger

Male, Arron Weiss.

Junior, Devon Moonie.

Australian Pursuit, Ladies, Jenny Gayfer

Male , Peter Voss Junior, Kevin Hunt.

Road Race Ladies, Kristine Brynjolfson

Male, Terry Kaay

Junior ladies, Sara Spence Junior male, Eric Spence

Time Trial Champion Ladies, Kristine Brynjolfson

Male, Richard McGillivary

Junior Kevin Hunt.

Most Dedicated Rider award, Klaus Voss.

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