



## Interior Grasslands CYCLING CLUB



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### 62km Road Race Westsyde rd June 28th 2012

The weather was ideal, and 22 riders took advantage by competing in this race. With only about 5 kms into the event the tempo at the front was such, that several riders dropped off the back, and the majority soon split into 2 groups, in the lead were Ray Lampart, Russell McCue, Chris Orr and Dan Hill, by the time they reached Whispering Pines they had a 40 second lead over the peleton. Soon after the turn at the McLure Ferry, Ian Fillinger began to increase the tempo, and it did not take too long before the peleton caught the breakaway riders. No-one knew at this time, that Ian Fillinger had a plan, and it became evident at the Petersen Creek Hill what his intentions were. He attacked on the hill, taking 3 other riders with him, this move turned out to be the decisive one, by the end of the race in Westsyde he turned on the afterburners and handily outsprinted his groupmates, his time was 1:43:18 hrs., followed by Junior rider Kevin Hunt in 1:43:19, third was Frank Helley in 1:43:19, relegating

Chris Orr to 4th place, his time 1:43:20.

Next followed a group of 4 riders, Brian Kazakoff, Dan Hill, Ray Lampart and Richard McGillivray, all in 1:45:41 hrs., (9) Alan Bogetti 1:46:49, (10) Brian Bogetti 1:46:50, (11) Russell McCue 1:46:50, (12) Devon Moonie, a junior rider, 1:48:20, (13) Ray Woodley 1:53:51, (14) Ray Nyuli, who, until he punctured, rode a very strong race, 1:56:08, (15) Peter Voss, having an off night, 1:57:41, (16) Gary Hunt 1:58:38 (17) Matt Tregar 1:59:24, (18) Mike Stewart-Smith 2:02:55, (19) Chris Jones 2:08:18.

Terry Kaay, puncture, Klaus Voss and Seamus Benwell did not finish.

A sizeable number of Club members will participate in the 2nd annual "Axel Merckx Grand Fondo" in Penticton on Sunday, they are certainly capable to achieve good results.

### 2012 Points Results

Riders Points for 2012 Season.

Dan Hill, 185  
Peter Voss, 177  
Kevin Hunt, 171.  
Ray Lampart 167  
Ryan Kazakoff 160.  
Allan Bogetti, 157.  
Ray Nyuli 157.  
Ken MacDonald 133.  
Chris McNeil 126.  
Chris Orr 120 .  
Brian Bogetti 117  
Kristine Brynjolfson 113  
Gary Hunt 112.  
Byron Gayfer 112  
John Armstrong 111.  
Maxim Hansen 108.  
Richard MacGillivray, 104  
Ian Fillinger 103  
Dana Manhard 102.  
Ray Woodley 94 .

Jenny Gayfer 60.  
Mike Stewart Smith 58.  
Yvonne Timewell 57  
Chris Wenger 57.  
Scott Decker 56.  
Perry Grunenberg 54  
Chris Jones 51  
Devon Moonie 45.  
Matt Tregar 35.  
Hadley Thompson 31  
Frank Helly 29.  
Klaus Voss 28  
Shawn Wenger 24.  
Arron Weiss 24.  
Greg Timewell 22  
Ethan Wenger 18.  
Paul Berry 18.  
Ceran Caner 16.  
Holly Antifay 15  
Corey Anderson 14.

Fred Hindley 5.  
Guido Gremaud 5  
Tara Bauer 5  
Erin Kavalivnas 5  
Tiffany Hornbeck 4.  
Charlie Bruce 3  
Sara Spence 3  
Erik Spence 2  
Terry Norlander 1  
Peter Bartel 000

Thank you all for  
Taking part. Cheers

Russell McCue 87. Joshua Ogilvie 14  
Frank Dacho 13  
Martin Bojesen 78 . Dave Carlson 9  
Terry Kaay 76, John Connor 8.  
Seamus Benwell 69, Sophie Ogilvie 7  
Jason Bourgeois 64. Bill Antifay 6.

Interior Grasslands Cycling Club,2012 Season Winners.

Best all Round . Junior Kevin Hunt , Runner –up Seamus Benwell.

Best all Round, Senior Men, Dan Hill, Runner –up Peter Voss.

Best all Round, Senior Ladies, Kristine Brynjolfson, Runner –up Jennifer Gayfer.

Time Trial Champion, Ladies, Kristine Brynjolfson,

Time Trial Champion, Men, Chris McNeil.

Time Trial Champion Junior, Seamus Benwell.

Road Race Champion, Ladies, Kristine Brynjolfson,

Road Race Champion, Men, Dan Hill.

Hill Climb Champion, Ladies, Yvonne Timewell.

Hill Climb Champion , Men, Aarron Weiss.

Hill Climb Champion , Junior, Kevin Hunt.

Australian Pursuit, Ladies, Jennifer Gayfer.

Australian Pursuit, Men, Peter Voss

Masters : Points 70 yrs + Mike Stewart Smith.

65 yrs + Brian Bogetti

60 yrs + Peter Voss.

55 yrs + Richard MacGillivery

50 yrs + Ray Nyuli.

45 yrs + John Armstrong.

40 yrs + Ray Lampard.

35 yrs + Maxim Hansen.

30 yrs + Chris McNeil

Most Aggressive Rider, Ray Lampard. Ladies Kristine Brynjolfson,

Most Improved Rider, Men, Ray Nyuli, Junior, Seamus Benwell.. Ladies , Jennifer Gayfer.

Special award, Lantern Rouge, Klaus Voss, Never gives up, Always finishes.

Special Awards, Ethan Wenger, Holly Antifay, Joshua Ogilvie, Sophie Ogilvie,

Also Recognition for our Sponsors, Spoke & Motion, Runners Sole, Cap-It, Interfor,Kamloops Tile works,, Arrow Transportation, Taboo Cycle,

And a big thank-you to our marshalls, Bill Flynn, Matt Denuys, Greg Ogilvie, Terry Norlander, Ray Nyuli, Maxim Hansen

## **Second Annual Sun Peaks Hill Climb Sept 23rd 2012**

On Sunday the Interior Grasslands Cycling Club hosted the second annual Sun Peaks Hillclimb, a 35 km race from Heffley Creek to Sun Peaks.

And the record set last year by Ian Fillinger was broken, by no other than Olav Stana, who covered

the course in 1:13:17 hrs., beating Kamloops rider Chris McNeil to second place in 1:15:55 hrs., followed by Aaron Weiss in 1:17:48. (4) Stuart Smith 1:18:17, (5) junior Kevin Hunt 1:22:11 (6) John Armstrong 1:22:26, (7) Pete Holzthuter 1:22:54, (8) Ray Lampard 1:23:49, (9) Dana Manhard 1:27:08, (10) Ryan Golbeck 1:28:46, (11) Richard Marks 1:30:06, (12) Hadley Thompson 1:30:36, (13) Mike Corno 1:32:25, (14) Ken McDonald 1:33:18, (15) Corey Camp 1:33:19, (16) Seamus Benwell 1:33:21, (17) Bruce Kilparick 1:34:02, (18) William Richardson-Little 1:34:17, (19) Doris Brakop 1:34:33 (20) Peter Voss 1:34:47, (21) Dave Carlson 1:39:10, (22) Hendrik Dremer 1:39:23, (23) Marika Juergens 1:39:26, (24) Gary Hunt 1:39:33, (25) Graham Swann 1:40:29, (26) Eric Rayson 1:40:30, (27) Alan Bogetti 1:40:53, (28) Terry Kaay 1:40:53, (29) Matt Treger 1:43:06, (30) Ray Woodley 1:44:18, (31) Charley Bruce 1:44:43, (32) Lisa Jeffary 1:45:42, (33) Brian Bogetti 1:47:17, (34) Shane Savage 1:47:17, (35) Rob Klassen 1:53:53, (36) Chris Jones 1:55:43, (37) Phil Youe 2:17:46

## **2-Up Team Time Trial Dallas Sept 20th 2012**

With the days getting shorter, race distances have to be of fewer kilometers, in order to finish before dark. With that in mind the Interior Grasslands Cycling Club held a 29 km 2-men team trial along the Dallas Road course.

One team, consisting of three riders, because of the odd number of riders who came out, finished with the fastest time.

(1) Dan Hill/Ray Nyuli/Allan Bogetti 45:39 mins., (2) Dana Manhard/Seamus Benwell 46:26, (3) Ken McDonald/Terry Kaay 46:55, (4) Brian Bogetti/Hedley Thompson 48:02, (5) Gary Hunt/Peter Voss 48:40, (6) Chris Jones/Mike Stewart-Smith 54:00, (7) Alyssa Manhard/Sarah Manhard 1:07:43.

The "Ogilvie Arrows" Sophie and Joshua Ogilvie, did only one lap, and despite Sophie having a mechanical problem, rode a respectable time of 35:46 mins.

## **Time Trial Westsyde Aug 16th 2012**

The Interior Grasslands Cycling Club entered into their 2012 championship series of races with the "Spoke" sponsored 16 km time trial. A record number of 30 racers lined up for the event. Under ideal racing conditions, no wind and most of the course was shaded, Canadian time trial champion in his age category, Chris McNeil, set a blistering pace and established a new course record with his time of 19:45 mins., followed by Chris Orr who clocked 22:08 mins., Ian Fillingier had to be content with third place at 23:15 mins. Peter Voss, who always seems to get stronger during the latter part of the season rode to fourth place, his time 23:45 mins. (5) Terry Kaay 24:21, (6) Ryan Kazakoff 24:37, (7) 2012 road race champion Dan Hill

had to be satisfied with his time of 24:45, (8) Chris Wenger 24:51, (9) Ray Woodley, who recently upgraded to a faster bike, noticed the improvement, his time 24:52, (10) Alan Bogetti 25:00, (11) Ray Nyuli 25:01, (12) Byron Gayfer 25:15, (13) Dana Manhard 25:21, (14) Jennifer Gayfer 25:29, (15) Ken McDonald 25:30, (16) Gary Hunt 25:39, (17) Brian Bogetti 26:39, (18) Seamus Benwell 26:55, (19) Shawn Wenger 27:02, (20) Klaus Voss, whose intense training regimen is starting to pay off, 27:20, (21) Mike Stewart-Smith 27:41, (22) Chris Jones 28:42, (23) Fred Hindley 28:55, (24) Guido Gremaud, returning to the sport after years of absence, 29:22, (25) Tara Bauer 29:54, (26) 12 year old Joshua Ogilvie, who continues to impress with his strong rides, 30:46, (27) Greg Ogilvie, the father of the "Ogilvie Arrows", 31:30, Ethan Wenger, who just recently, at the age of 11 years old, finished the 92 km ride during the Axel Merkx Pentict on Gran Fondo, 34:11, (29) Sophy Ogilvie, 11 years old, 34:26.

## **Future Champions Road Race Dallas Aug 14th 2012**

On Tuesday evening the Interior Grasslands Cycling Club hosted the Kamloops Tile Works sponsored race on a 14.7 km stretch along Dallas Drive. the race was part of the "Learn to race Clinic" the Club held a few days ago. accompanied by several experienced members of the Club, to ensure the young riders' safety, 12 competitors set out. From the start it became clear, that most of the riders were determined competitors, none more so than 12 year old Joshua Ogilvie, who broke away soon after the start, and managed to stay clear for the entire race, in the process winning the "King-of-the-Mountain" title, as well as the race, with the time of 27:38 mins. 15 year old Elizabeth McKenzie was second, her time 27:47 mins., (3) Alyssa Manhard 27:47, (4) Ethan Wenger 29:29, (5) Sophy Ogilvie 31:50, (6) Alex McDonald 32:16, (7) Nicole Vermey 33.13, (8) Sara Manhard 35:31, (9) Hanneli Ladyman 37:20, (10) Heather Vermey 46:27.

It is clear that there is a lot of talent among the young riders who participated and Club coach John Tilley, who is keen to develop young future racers, will be putting on some more events in the future. He can be

## **Road Race Dallas Aug 9th 2012**

It was hot, but that did not stop 24 riders to contest the race. Right from the start the pace was fast and a few riders were dropped off the rear, one of the strongest competitors, Chris Orr, punctured, mad repairs and finished the race. A similar fate befell Jennifer Gayfer who did not finish.

Eventually a group of 14 riders got clear and stayed together, despite several attempts by various racers to break away, the race came down to the final sprint to determine a winner. Dan Hill crossed the line first in 1:06:09 mins., relegating Byron Gayfer to second in 1:06:09 mins., (3) Perry Gruenneberg 1:06:10, (4) Ryan Kazakoff 1:06:10, Ray Nyuli 1:06:11, (6) Dana Manhard 1:06:12, (7) Kristine Brynjolfson, who recently had a great win in the international " Tour de

Whiterock", 1:06:13, (8) Ken McDonald 1:06:14, (9) Alan Bogetti 1:06:15, Ray Lampart 1:06:16, (11) Darren Ketter 1:06:17, (12) Max Hansen 1:06:19, (13) Peter Voss 1:06:34, (14) Ray Woodley 1:06:36, (15) Gary Hunt 1:10:24, (16) Brian Bogetti 1:12:53, (17) Chris Orr 1:16:24, (18) Mike Stewart - Smith 1:18:00, (19) Frank Dacho 1:18:23, (20) Chris Jones 1:20:30, (21) Roy Langdon 1:21:16.

In a separately run event for young riders, the "Ogilvie Arrows" Joshua (aged 12) and his sister Sophie (aged 11) did a 16 km race, which Joshua win by a whisker in 35:11 mins, Sophie came in at 35:12. Mins. These two are new members of the Interior Grasslands Cycling Club, both are ably coached by their dad, they are very competitive and show great promise. They will participate in the Aug. 14 "Kamloops Tile Works" sponsored 14 km road race in Dallas, start is @ 6:00 pm at the Stockyards on Dalas Dr. This race is open to 12-15 year olds and is intended to attract more young riders to the sport of competitive cycling.

## Hill Climb Mt Lolo Aug 2nd 2012

This bicycle race is gaining popularity and Thursday evening was no exception. 24 riders came out to contest the "Taboo Cycles" sponsored event. Most of the top riders of the Interior Grasslands Cycling Club signed on.

Right from the start the pace was such, that some riders lost contact with the break-away group, led by Max Hansen, and the dropped riders formed small groups, working together, trying to get back to the front. Klaus Voss was the first victim, he had a mechanical problem with his bike, but finished the race, Kevin Hunt, too, had bike trouble, he could only manage an 8th place finish. Shortly after turning into the Mt. Lolo road two racers broke off the front, Aaron Weiss and Martin Borjesen rode away and finished in that order. Gregg Timwell came in third, followed by John Armstrong, Max Hansen and Ryan Kazakoff.

(1) Aaron Weiss 33:38 mins., (2) Martin Borjesen 33:41 mins., (3) Gregg Timwell 33:58 mins., (4) John Armstrong 34:15 mins., (5) Max Hansen 35:35 mins., (6) Ryan Kazakoff 36:01 mins., (7) Phil Sigalet 36:16 mins., (8) Kevin Hunt 38:21 mins., (9) Russel McCue 38:59 mins., (10) Bruce Kilpatrick 39:12 mins., (11) Byron Gayfer 39:17 mins., (12) Yvonne Timewell 39:31 mins. ( and women's Hill Climb Champion ), (13) Dan Hill 41:27 mins., (14) Gary Hunt 41:46 mins., (15) Ray woodley 41:57 mins., (16) Brian Bogetti 41:59 mins., (17) Ken McDonald 42:00 mins., (18) Peter Voss 42:09 mins., (19) Richard McGillivray 43:53 mins., (20) Seamus Bennwell 47:53 mins., (21) Mike Stewart-Smith 48:54 mins., (22) Chris Jones 49:23 mins., (23) Roy Davidson 50:50 mins., (24) Klaus Voss 55:28 mins.

On a lighter note, 2-year old Nash Gayfer showed up at the finish line, covering the last 5 meters on his "walkcycle" in 9.9 secs. There is no doubt, that once Nash advances to a real bicycle, he has a bright future in the sport.

## 2Up time Trial 25k Westsyde July 19th 2012

It was a hot night, 34 degrees, But 16 athletes turned up to do battle, Guest appearance by Carl Hansen, Max's brother [ I wasn't sure who was who,] hardly any wind.

Fastest time, 1<sup>st</sup> Carl & Maxim Hansen, 25 k in 35min & 21 sec.

2<sup>nd</sup> Peter Voss & Dan Hill, in 38 - 17 sec

3<sup>rd</sup> Russell McCue & Ryan Kazakoff in 38 - 35s

4<sup>th</sup> Ray Lampard & Richard McGillivray in 38 - 50s

5<sup>th</sup> Terry Kaay & Alan Bogetti in 40-07

6<sup>th</sup> Gary Hunt & Ray Woodley in 41-16s

7<sup>th</sup> Klaus Voss & Chris Jones in 44 - 24s [ Note this is a personal best, knocking 3 min off there previous time, well done]

1<sup>st</sup> in the junior 16 kil working hard together

Dana Coulter & Holly Antifay 43 min & 33 sec,

Since starting cycle racing this year these young ladies have shown great improvement, Well Done.

Thank you to our marshals, Michelle, Bill, & Doug [ timing ]

Cheers.

PS. For your info the record still stands of 34min & 53 sec, held by Max & Phil Sigalet Aug 11<sup>th</sup> 2011.

## criterium Dallas July 12th 2012

Although it was hot, 12 members of the Interior Grasslands Cycling Club took part in the 30mins. plus 3 laps race along the club's Dallas course, a 1.6 km loop.

After one neutralized lap the racing began in earnest, and the tempo was high right from the start. John Armstrong began attacking off the front and it took its toll among some of the older riders, who began dropping off the rear. Halfway through the race Seamus Benwell had to abandon, he tried to stay with the fast riders, but the heat got to him. Klaus Voss, Chris Jones, Mike Stewart-Smith and later Gary Hunt got dropped, but finished the race. Towards the end of the contest Dan Hill had to take a free lap because of a mechanical problem, but re-joined.

It came down to the final sprint, which was won by John Armstrong, his time 38:48 mins., followed by Russell McCue, 38:52 mins., (3) Dana Manhard 39:00 mins., (4) Jason Bourgois 39:17 mins., (5) Alan Bogetti 39:17 mins., (6) Brian Bogetti 39:19 mins., (7) Dan Hill 39:40 mins., (8) Peter Voss 40:08 mins., (9) Gary Hunt 40:12 mins., (10) Mike Stewart-Smith 40:28 mins., Chris Jones 41:48 mins.

Next week the Club is hosting a 25 km 2-up time trial in Westsyde.

## **62km Road Race Westsyde rd July 5th 2012**

The weather was ideal, and 22 riders took advantage by competing in this race. With only about 5 kms into the event the tempo at the front was such, that several riders dropped off the back, and the majority soon split into 2 groups, in the lead were Ray Lampart, Russell McCue, Chris Orr and Dan Hill, by the time they reached Whispering Pines they had a 40 second lead over the peleton. Soon after the turn at the McLure Ferry, Ian Fillinger began to increase the tempo, and it did not take too long before the peleton caught the breakaway riders. No-one knew at this time, that Ian Fillinger had a plan, and it became evident at the Petersen Creek Hill what his intentions were. He attacked on the hill, taking 3 other riders with him, this move turned out to be the decisive one, by the end of the race in Westsyde he turned on the afterburners and handily outsprinted his groupmates, his time was 1:43:18 hrs., followed by Junior rider Kevin Hunt in 1:43:19, third was Frank Helley in 1:43:19, relegating

Chris Orr to 4th place, his time 1:43:20.

Next followed a group of 4 riders, Brian Kazakoff, Dan Hill, Ray Lampart and Richard McGillivray, all in 1:45:41 hrs., (9) Alan Bogetti 1:46:49, (10) Brian Bogetti 1:46:50, (11) Russell McCue 1:46:50, (12) Devon Moonie, a junior rider, 1:48:20, (13) Ray Woodley 1:53:51, (14) Ray Nyuli, who, until he punctured, rode a very strong race, 1:56:08, (15) Peter Voss, having an off night, 1:57:41, (16) Gary Hunt 1:58:38 (17) Matt Treger 1:59:24, (18) Mike Stewart-Smith 2:02:55, (19) Chris Jones 2:08:18.

Terry Kaay, puncture, Klaus Voss and Seamus Benwell did not finish.

A sizeable number of Club members will participate in the 2nd annual "Axel Merckx Grand Fondo" in Penticton on Sunday, they are certainly capable to achieve good results.



## **Australian Pursuit June 28th 2012**



The Interior Grasslands Cycling Club held its weekly race in the form of an "Australian Pursuit", where riders start in age-and ability groups, which makes for very positive racing.

21 riders entered, of whom 19 did the 42 km distance and two only rode 14 kms, both being newcomers to the sport. Older racers, and some who have not been able to stay with faster riders in previous races, are formed into groups, which then are started with several minutes between them. In the end the winner is the rider who crosses the finish line first, regardless of the time ridden.

The race came down to a 4-men sprint, with 65 year old Brian Bogetti beating his 61



year old brother Alan to the finish line, closely followed by Jennifer Gayfer, with Peter Voss taking 4th place.

Gary Hunt, who, at 65 years, is presently in top form, had led the race for 25 kms but had to be satisfied with a 5th place finish. Despite having the fastest time at 1:05:58 hr., Chris Orr took 6th place, followed by a strong-riding Ken McDonald (7), Ray Nyuli (8), Byron Gayfer (9), Richard McGillivray (10), Scott Decker (11), Mike Stewart-Smith (12), Ray Woodley (13), Chris Jones (14), Klaus Voss (15).

Bill Antifay and his daughter Holley only raced 14 kms, they finished in identical times of 39:20 mins, bettering their previous time over the same distance.

Doug, would you please amend the results by including the times, which are corrected to actual time ridden ?

Brian Bogetti 1:10:34 hr., Alan Bogetti 1:10:34 hr., Jenny Gayfer 1:10:35 hr., Peter Voss 1:10:41 hr., Gary Hunt 1:15:09 hr., Chris Orr 1:05:58 hr., Ken McDonald 1:09:59 hr., Ray Nyuli 1:10:00., Byron Gayfer 1:06:36., Richard McGillivray 1:10:29 hr., Scott Decker 1:08:11 hr., Mike Stewart-Smith 1:20:52 hr., Ray Woodley 1:14:27 hr., Chris Jones 1:25:03 hr., Klaus Voss 1:29:46 hr.

Mike Moonie, Perry Gruenenberger, Jason Bourgois and Kevin Hunt did not finish. The times do not correspond with the order of finish, as that is the way the Australian Pursuit works, first one across the finish line is the winner. Peter, with thanks.



## 16km Time Trial Westsyde June 21st 2012

- 1 ) Chris McNeil 20:48.60
- 2) MAX hANSON 22:29.04
- 3) Richard McGillivray 24:21.07
- 4) rYAN kAZAKOFF 24:52.93
- 5) Peter Voss 25:09.76
- 6) Chris Wanger 25:41.47
- 7) Ray Lampard 25:48.07
- 8) Byron Gayfer 25:52.88
- 9) Allan Bogetti 26:03.00
- 10) Ken McDonald 26:03.03
- 11) Frank Dacho 26:06.85
- 12) Terry Kay 26:21.68
- 13) Brian Bogetti 27:26.85ht for running the event
- 14) Klaus Voss 27:30.15
- 15) Erin Kavaliunas 28:03.62
- 16) Shamus Benwell 28:42.34
- 17) Mike Stewert-Smith 28:57.18
- 18) Tara Bauer 30:30.37
- 19) Ethan Wenger & Shawn Wenger 36:49.29

It was a perfect day for time trialing not too hot and very little wind made for some great times. Thanks to Terry Norlander, Ray Nyuli, Bill Flynn, and Doug Wright

## Hill Climb Mt Lolo June 14th 2012

There are a number of die-hard bicycle racers who, no matter how bad the weather gets, come out to compete. At 3 minutes to 6:00 pm it was raining, at 6:00 pm the rain gave way to sunshine, and 7 riders were glad they came out to race.

The mass start hill climb is one of the more popular events on the local calendar and is always hotly contested. Right from the start Max Hansen set a fast pace and he strung the group out after only a few kilometers, and by the time he made the turn onto Mt. Lolo Road, Max had built a sizeable lead over Ray Lampard, Seamus Benwell, in his first Mt. Lolo race, found out, that trying to stay with Max Hansen can sap one's strength, as he fell to 5th place in no time, struggling during the latter part of the race. Ray Nyuli and Tiffany Horbeck rode together for awhile, but Nyuli proved to be the stronger rider and beat Horbeck to the finish line. Peter Centic, also on his first climb of the season, had been dropped early, yet he was getting stronger as the race wore on, but he could not quite catch Seamus Benwell and finished last. Peter Voss, who got to the start late, tackled the hill in a solo ride, capturing 5th place.

(1) Max Hansen 35:02 mins., (2) Ray Lampard 36:10 mins., (3) Ray Nuyli 39:38 mins., (4) Tiffany Horbeck 39:49 mins., (5) Peter Voss 41:05 mins., (6) Seamus Benwell 44:13 mins., (7) Peter Centic 44:13.

On Thursday June 21, @ 6:00 pm the club meets for their 16 km time trial on their Westsyde course.

### **Criterium Dallas June 7th 2012**

the rain held off long enough for the Interior Grasslands Cycling Club to hold its criterium in Dallas. A small field of 8 riders signed on to do the 30 mins. plus 2 laps race, and a competitive event it turned out to be. The pace was fast from the start, and after only one lap 2 riders were dropped, losing more time on each subsequent lap. Guido Gremaud, who a number of years ago was a member of the then Kamloops Bicycle Club, took part in his first race in quite some time. He found the going tough and could not stay with fast group, soon to be followed by Chris Jones, who for once, had an off night, but to their credit, both Gremaud and Jones stayed in the race, despite the fact, that towards the end, they were both lapped. The lead group saw several changes at the front, the hectic pace proved too fast for young Seamus Bennwell, who was dropped with only a few laps to go. Ryan Kazakoff went back and helped Benwell to get back into the group, and so it came to the final sprint to decide the winner. Ryan Kazakoff had the fastest time in 39:34 mins., relegating Dan Hill to second, his time 39:36 mins. (3) Ray Nyuli 39:37 mins., (4) Russell McCue 39:38 mins., (5) Scott Decker 39:39 mins., (6) Seamus Benwell 39:40 mins., (7) Chris Jones 41:43 mins., (8) Guido Gremaud 43:31 mins.

Hopefully the weather will improve for next week's 15.5 km hill climb to Mt. Lolo slated for Thursday, June 14 @ 18:00, start at Hwy. 5 and Paul Lake Road, behind the Husky Station.

### **3-up Time Trial Westsyde rd May 31st 2012**

The Interior Grasslands Cycling Club, held 2 separate races Thursday evening. A 14 km road race for newer club members & a 28 kil 3 man team time trial.

The road race was intended to give newer club members and those members who have limited experience in this kind of event, to get the feel of competitive racing.

Eight riders set off and 11 yr old Ethan Wenger, with the support of his parents Shawn & Chris, who are in training for a 600 kil event in 10 days, set a fast pace and managed to get clear of the pursuing group led by Dana Coulter and Holly Antifay showing surprisingly aggressiveness, Bill Antifay, Michelle Coulter, Mike Moonie were forced to chase the second group, but could not quite close the gap.

As a result the finishing order was ; Ethan Wenger beat his dad Chris in the sprint while Shawn Wenger came in third there time was 33:23 mins, 4<sup>th</sup> Mike Moonie [ Mtn Bike ] 36:31 mins 5<sup>th</sup> Holly Antifay 36:40 mins 6<sup>th</sup> Bill Antifay 36:40 mins 7<sup>th</sup> Dana Coulter 42:01 8<sup>th</sup> Michelle Coulter 42:02 .

Four teams signed on for the 28 kil time trial, 3 riders to a team The teams were put together according to there level of previous results.

The 3 up time trial against the clock, And out of 3 riders it's the first 2 across the line that the time is taken, The secret is to work together and draft to get the most speed with a minimum of work.[ this doesn't always happen ] But a stronger rider can do double or triple his share of work to keep the speed up, But must not lose sight of his team mates. As the time is taken by the 2nd rider across the line.

1st place ,28 kil the team of Kevin Hunt

Ian Fillinger

Dan Hill

Scott Decker [ Spare ] Winning time 43 min – 59 sec

2nd place,	Jason Bourgeois Peter Voss Devon Moonie, Time 47 min -21 sec
3rd place	Ray Nyuli Gary Hunt Perry Grunenberg Time 49 min - 04 sec.
4th place	Mike Stewart Smith, Chris Jones Matt Tregar Time 54 min -45 sec

## 42km Road Race Westsyde rd May 24th 2012

Typical Thursday evening blustery and rainy weather saw 22 riders lign up at the start for the 42 km R.R.

It did not take long before the stronger competitors, led by Maxim Hansen, Kevin Hunt and Byron Gayfer were on a break-away, resulting on some riders being dropped. A very strong riding Yvonne Timewell was placed well in the lead group of 14 racers, even though Maxim Hansen made several attempts to get clear. Several smaller groups formed behind the leaders, but despite giving it their best effort, could not get back to the leaders. After turning around at the northern end of Black Pines, some of the racers in the lead group peeled off the back, with Maxim Hansen and Dan Hill getting clear for awhile. With about 5 km to go Hansen finally got away by himself, crossing the finish line in first place, his time 1:08:41 hrs., Kevin Hunt sprinted to second place, closely followed by Ryan Kazakoff, Byron Gayfer, Yvonne Timewell, Russel McCue, Ray Lampard, Ray Nyuli, Scott Decker all at the same time. Dan Hill ended up in 10th place, his time 1:08:55 hrs., (11) Chris Orr 1:12:08, (12) Peter Voss 1:12:21, (13) Ray Woodley 1:15:06, (14) Seamus Brenwell, in his first ever road race he showed great determination and caught the eye of coach Tilley, his time a very respectable 1:15:08, (15) Allan Bogetti 1:17:38, (16) Brian Bogetti 1:17:39, (17) Gary Hunt 1:17:40, (18) Matt Treger 1:23:41, (19) Mike steward 1:14:23, (20) Chris Jones 1:25:51, (21) Klaus Voss, who despite a lack of training, rode a strong race to finish at 1:27:17.

Absent from the race was Ian Fillinger, who is off on Friday to Washington State, where he will defend the title he won last year at the Lewis & Clark endurance race.

## Australian 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 morning was 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 aban

Two young [ Long Blades ] speed skaters, Holly Antifac & Dana Coulter [12 ] took part in there first ever bi  
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 B  
Donald for marshalling at the turn, And Bill Flynn for helping at the finish line. And Shirley for collecting the registra

## Hillclimb Rose Hill May 17 th 2012



This always popular hill climb time trial attracted 15 competitors, despite, by now typical Thursday weather, cold, blustery and some sprinkles.

However that did not deter the riders to put up some good results.

Junior rider Kevin Hunt continues to impress, his winning time was 20:34 mins., closely followed by Maxim Hansen, who clocked 20:59 mins., in third place was Kristine Brynjofson, presently one of the top female riders in B.C., her time 21:42 mins., followed by Ray Lampard in 22:52, Perry Grunenberg had a 23:33 min. ride. The second lady, Yvonne Timewell clocked 23:51, good for 6th overall. (7) Ryan Kazakoff 23:57, (8) Chris Orr 24:40, (10) Russell McCue 25:08, (11) Gary Hunt, who had a great race, 25:55, almost catching his minute man Peter Voss @ 26:54, good for 12th place, (13) Ray Woodley 28:58, (14) Seamus Benwell 29:23, (15) Chris Jones suffered in the cold weather, his time was 33:09.

The IGCC is geared up for a weekend of competitive Cycling, with 2 races on Saturday and 2 races on Sunday.

## Criterion 1.6km Dallas May 9th 2012

In preparation for the May long weekend Masters bicycle race competitions the Interior Grasslands Cycling Club tested its closed circuit 1,6 km course with their Thursday race.

17 riders signed on, the race got underway with the first 3 laps neutralized, to give the competitors a feel for the course, and when racing started, the hectic pace starting taking its toll after 3 laps. the first 2 riders to get dropped were Mike steward-Smith and Chris Jones, followed by Gary Hunt and Brian Bogetti. At this stage Alan Bogetti had to abandon the race with brake problems. Several riders dictated at the front of the race, notably Kevin Hunt, John Armstrong and Ray Woodley, but the modest brake-aways were quickly reeled back in.

And so after 30 mins plus 5 laps it came down to the final sprint, with John Armstrong winning out over Kevin Hunt, with Kevin only recently, during an event in Penticton, being praised by none other than former pro Axel Merkxx, to having a promising racing career ahead of him.

Here then the results:

(1) John Armstrong 44:32 mins., (2) Kevin Hunt 44:32 mins., (3) Dana Manhard

44:33 mins.,

(4) Jason Bourgois 44:34 mins., (5) Ray Nyuli 44:35 mins., (6) Ken Mcdonald 44:36 mins., (7) Russel McCue 44:36mins., (8) Chris Orr 44:37 mins., (9) Scott Decker 44: 38 mins.,

(10) Ray Woodley 45:24 mins., (11) Peter Voss 45:25 mins., (12) Brian Bogetti 46:44 mins.,

(13) Gary Hunt 46:45 mins., (14) Mike Steward-Smith 48:16 mins., (15) Chris Jones 48:18 mins.

Kris Pynten, who was in his first event and riding a mountain bike, completed several laps of the course, showed talent and determination and tried hard to stay with some of the more experienced riders.

On May 19 and 20 the IGCC is hosting a 4-stage racing event consisting of a Time Trial, Hillclimb, Roadrace and Criterium. For more information on this event you may contact Peter Bartel @ 250-372-8343

begin\_of\_the\_skype\_highlighting 250-372-8343 end\_of\_the\_skype\_highlighting or John Tilley @ 250-554-0939  
begin\_of\_the\_skype\_highlighting 250-554-0939 end\_of\_the\_skype\_highlighting.

## 16km Time Trial Westsyde rd May 4th 2012

16 kil Time Trial , Westsyde Rd course, Friday 4<sup>th</sup> May,

It was a cool rainy night, More like Feb weather, But 16 riders came out & 10 personal bests were achieved for 2012 .

1 <sup>st</sup> Ian Fillinger	16 k in 23min & 03 sec.	March 2012 time	23.36			
2 <sup>nd</sup> Kristine Brynjolfson	23.42	“ “ “	24.13			
3 <sup>rd</sup> Ryan Kazakoff	24.43					
4 <sup>th</sup> Dan Hill	25.09	- - -	25.44			
5 <sup>th</sup> Jason Bourgeois	25.29	- - -	26.19			
6 <sup>th</sup> Kevin Hunt	25.31	- - -	25.50			Kevin came to the race directly from riding the three peaks.
7 <sup>th</sup> Ynuk Bosse	25.41	Guest rider,				
8 <sup>th</sup> Ray Lampard	25.48					
9 <sup>th</sup> Ken MacDonald	26.09	March 2012 time	26.52			
10 <sup>th</sup> Ray Nyuli	26.25	- - -	27.08			
11 <sup>th</sup> Yvonne Timewell	26.43					
12 Brian Bogetti	28.25					
13 <sup>th</sup> Seamus Benwell	28.43	Junior rider 1 <sup>st</sup> race	Well Done.			
14 <sup>th</sup> Mike Stewart Smith	31.00	Just returned from Mexico,	31.08			
15 <sup>th</sup> Holly Antifay	38.30	Cadet rider	39.30			
16 <sup>th</sup> Bill Antifay	39.00					

Well Done everyone, Thank you to Gary Hunt for timing, & Bill Flynn for marshalling at the turn.

This Thursday 10<sup>th</sup> May, ' The Criterium Challenge ' 6.00pm start by Moly-Cop just off of Dallas drive & Andover. 1.6 kil course, dist approx 30 min + 5 laps.

Cheers

John

## Australian Pursute Dallas April 27th 2012

Despite inclement weather, it was cool and rainy, 10 riders signed on for the 28 km event.

At the first climb the group started to split up, with Matt Treger the first one off the back, soon after cresting Gary Hunt, and the Dana Manhard had to let the younger riders go. After a few more kilometers Ray Nyuli and Chris Orr lost contact, leaving a 5-man group working well together at quite a fast pace.

During the second lap a hill premium was contested, which was won by Kevin Hunt, followed by Frank Helly, Ray Lampart and Byron Gayfer.

IN the end it was Byron Gayfer who won the sprint for the finish line in the time of 46:50 mins., closely followed by Frank Helly in 46:51 mins., Ray Lampart and Kevin Hunt had a time of 46: 53 mins., new club member took Dana Manhar took fifth place in 47:38 mins., Ray Nyuli and Chris Orr came in sixth and seventh, their time was 49:26 mins., Lawrence Gamracy finished 8th, with 51:41 mins., Gary Hunt was 9th, his time 53:57 mins., Matt Treger ended up in 10th place with a time of 57:16 mins.

## 24km 2-Up Time Trial April 19th 2012

2 up Time Trial, 19<sup>th</sup> April 2012.

Thursdays Time Trial was held in the form of a 2-up Team time trial, Two riders form a team and at the finish line it's the second rider of each team who gets timed, The riders work together drafting each other to get higher speed and faster times.

The coach try's to put riders of equal strength together, But sometimes one rider feels really strong and has a far better race ,and in the process drops his partner,

So this happened Thursday night when Max Hansen rode with Chris Orr, unfortunately Chris could not stay with Max and despite riding the fastest time of the race 36 min & 50 sec, an awesome time for 24 kil The overall winners were Dan Hill & Perry Grunenberg in a time of 38 min & 36 sec.,though Chris Orr also did a great time alone of 40 min & 02 sec

Results, 1<sup>st</sup> Perry Grunenberg & Dan Hill 38 min & 36 sec.

2<sup>nd</sup> Jenny Gayfer, Ray Nyuli, Russel McCue 39 min & 32 sec.

3<sup>rd</sup> Ken McDonald & Terry Kaay in 40 min 02 sec , Note Ken said after that he did all the work,

4<sup>th</sup> Dana Manhard & Jason Bougeois in 40 min & 38 sec.

5<sup>th</sup> Peter Voss & Matt Treger in 44 min & 19 sec

6<sup>th</sup> Chris Jones & Klaus Voss in 47 min & 15 sec.

7<sup>th</sup> The Threesome of junior riders doing there first 24 kil ride Holly Antifay & Ethan Wenger, Chaperoned by B C Games rider

Erik Norlander did 1 .00 . 32 sec a very respectable time for these young athletes.

A big thank-you to Bill Flynn, marshalling Peter Bartel , timing. Terry Norlander & Ian Fillingner for support vehicles,

Ian just returned from Hell Week in witch Ian won the 600 kil event.. And thank you to all the riders .

## Hil Climb MT lolo APRIL 12th 2012

April 12<sup>th</sup>. " Assault on Mt Lolo " dist 14.6 kil Mass start.

It was a cool evening, but a slight tailwind helped the riders, And the rain held off, A great turnout 23 riders took part. And a new record was established. Knocking 1 min & 13 sec of the old record. Also a lot of personal bests.

1<sup>st</sup> Chris McNeil 14.6 kil in 28 min & 20 sec New Record. Great ride,

2<sup>nd</sup> Martin Bojesen = = 29 min & 16 sec PB 1 sec off the old record,

3<sup>rd</sup> Kevin Hunt = = 29 min & 41 sec, PB. Great things to come from this

talented young athlete

4<sup>th</sup> Paul Berry = = 30 min & 06 sec

5<sup>th</sup> John Armstrong = = 30 min & 27 sec

6<sup>th</sup> Kristine Brynjolfson 31 min & 08 sec 1<sup>st</sup> Ladies.

7<sup>th</sup> Ray Lampart = = 32 min & 54 sec PB

8<sup>th</sup> Cory Anderson = = 33 min & 44 sec

9<sup>th</sup> Byron Gayfer = = 33 min & 46 sec

10<sup>th</sup> Yvonne Timewell = = 35 min & 49 sec 2<sup>nd</sup> Ladies

11<sup>th</sup> Scott Dreker = = 35 min & 58 sec

12 <sup>th</sup>	Gary Hunt	=	36 min & 18 sec PB.
13 <sup>th</sup>	Chris Ord	=	36 min & 27 sec
14 <sup>th</sup>	Ken MacDonald	=	36 min & 38 sec PB
15 <sup>th</sup>	Jenny Gayfer	=	38 min & 17 sec 3 <sup>rd</sup> Ladies.
16 <sup>th</sup>	Alan Bogetti	=	39 min & 05 sec PB
17 <sup>th</sup>	Peter Voss	=	39 min & 14 sec PB
18 <sup>th</sup>	Brian Bogetti	=	40 min & 38 sec
19 <sup>th</sup>	Matt Treger	=	41 min & 52 sec
20 <sup>th</sup>	Michael Peron	=	42 min & 31 sec
21 <sup>st</sup>	Klaus Voss	=	45 min & 03 sec PB

Also on the 8.8 kil course Holly Antifay = 32 min & 53 sec. Well Done Holly ,  
 Bill Antifay = 32 min & 54 sec, Bill's first hill climb,

We thank Maxim Hansen & Susan Hammond for timing , Bill Flynn for marshalling & Terry Norlander for support vehicle. & Doug Wright for computer programming

And again we like to thank our Sponsors for there support, Arrow Transportation, Interfor, Spoke & Motion, Taboo Cycles , Kamloops Tile Works, & Runners Sole.

## 16km Time Trial Westsyde rd March 29th 2012

March 29<sup>th</sup> First T/T of the season ,16 kil, Westsyde Road Course.

A great turnout for the first race, And Records were broken,

Chris McNeil coming off 2<sup>nd</sup> place in the Cdn Nationals 2011 in Ontario in the men's 30 to 39 age group by just 26 sec Cyclo Cross, Stormed the Westsyde course despite rainy and windy conditions to put up a new record [Old record 2010 , 21 min 37 sec Maxim Hansen ]

1 <sup>st</sup> Place	Chris McNeil	16 kil in 20 min & 44 sec.
2 <sup>nd</sup>	Ian Fillingier	23 " & 36 sec RAAM -24 hr Age group winner
3 <sup>rd</sup> Place	Kristine Brynjolfson	24 min & 13 sec 1 <sup>st</sup> Ladies.
4 <sup>th</sup>	Richard McGillivray	24 min & 49 sec
5 <sup>th</sup>	Martin Bojesen	25 min & 06 sec
6 <sup>th</sup> Place	Chris Wenger	25 min & 15 sec
7 <sup>th</sup>	Dan Hill	25 min & 44 sec
8 <sup>th</sup>	Kevin Hunt	25 min & 50 sec 1 <sup>st</sup> Junior
9 <sup>th</sup>	Jason Bourgeois	26 min & 19 sec
10 <sup>th</sup>	Devon Moonie	26 min & 36 sec 2 <sup>nd</sup> Junior
11 <sup>th</sup>	Ken MacDonald	26 min & 52 sec
12 <sup>th</sup> Place	Shawn Wenger	26 min & 57 sec 2 <sup>nd</sup> Ladies
13 <sup>th</sup>	Ray Nyuli	27 min & 08 sec
14 <sup>th</sup>	Rusell McCue	27 min & 17 sec
15 <sup>th</sup>	Scott Decker	27 min & 46 sec
16 <sup>th</sup> Place	Brian Bogetti	28 min & 07 sec
17 <sup>th</sup>	Gary Hunt	29 min & 41 sec
18 <sup>th</sup>	Mike Stewart Smith	31 min & 08 sec Well Done Mike [ Mikes first race ] 70yrs,
19 <sup>th</sup> Place	Chris Jones	30 min & 35 sec
20 <sup>th</sup>	Matt Tregar	32 min & 14 sec Matts first Time Trial,
21 <sup>st</sup> Place	Ethan Wenger	34 min & 01 sec Personal best for 11 yrs old, Great .
22 <sup>nd</sup>	Holly Antifay & Terry Norlander	39 min & 30 sec, Hollys first ride at 12 yrs old, Terrific for first time. Well Done
23	Ray Woodley	DNF Mechanical.

A big thank-you to Doug Wright & Alan Bogetti for marshalling at the turn, & Peter Bartel for Timing.  
 Thank you to all the athletes for coming out.

## Assault on Rose Hill Aug 2nd 2012

The "Arrow Transport" sponsored race always attracts a sizeable number of participants, and this Thursday was no different. 21 riders signed on, from ages 12 to 71 years.. The rose Hill is a punishing course, not for the faint hearted.

Chris McNeil, one of Canada's top time trialists won the event, setting a new record with a time of 18:43 mins., followed in second place by strongly riding Martin Borjeson in 18:52, Kristine

Brynjolfson, one of the top riders in B.C., finished third in 21:26, (4) Devon Moonie, just back from the "Future Champions" camp in Penticton, clocked 21:48, (5) Ray Lampart 22:15, (6) John Armstrong 22:24, (7) Dana Manhard 23:33, (8) Ryan Kazakoff 23:36, (9) Byron Gayfer 23:59, (10) Dan Hill 24:18, (11) Ray Nyuli 25:15, (12) Jennifer Gayfer 26:02, (13) Hadley Thompson 26:16, (14) Seamus Benwell 26:23, (15) Ray Woodley 28:19, (16) Matt Treger 28:37, (17) 13 year old Joshua Ogilvie, on a mountain bike, 32:13, (18) Mike Stewart-Smith, at 70 years the oldest rider, 31:54. 11 year old Sophie Ogilvie, who was a winner in Penticton over the weekend, rode a 3 km portion of the course, her time, on a mountain bike, 29:59.

Both Sara Spnce and her younger brother Eric did not finish the race.

## **Australian Pursuit Dallas Aug 30 2012**

In a series of Club championship races for 2012 the Interior Grasslands Cycling Club held its Australian Pursuit race over 42 km along the Dallas Rd. course, with 16 riders signing on.

Unlike the previous Thursday, when this event had to be called because of extreme weather, the conditions were ideal and the competition was intense. Peter Voss, who was the 2011 champion, and who was in the first group to start, set a furious pace from the start, after one lap only Alan Bogetti could stay with him. The first chasing group, set off 4 mins. later, made

every effort to catch up, in the process braking up the six riders and catching Mike Stewart-Smith, who had been dropped by the first bunch. The fastest group, which had the youngest and fastest riders in it, could not catch the older group ahead of them except for Ken McDonald, who nevertheless, once caught, stayed with the fast group, a great effort for him. Here then the order of finish:

(1) Peter Voss 1:12:08 hr., (2) Alan Bogetti 1:12:80, (3) Dan Hill, (4) Ray Nyuli, (5) Jennifer Gayfer, (6) Terry Kaay, (7) Ray Lampart, (8) Byron Gayfer, (9) Dana Manhard, (10) Jason Bourgois, (11) Ken McDonald, (12) Mike Stewart-Smith, (13) Klaus Voss. Ryan Kazakoff did not finish due to a mechanical problem.

Three junior riders participated in a 14 km race, Sophie Ogilvie, Joshua Ogilvie and Holley, with Sophie winning in 37:06 mins., despite having to change a flat tube in his rear wheel, Joshua came in second, his time 42:06 mins., while Holley, not having much training time lately, had a third place finish in the respectable time of 43:19 mins.