



Interior Grasslands CYCLING CLUB



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2013 has been spectacular. We have had a great growth for the club and it certainly showed in all our races. All riders and volunteers have had fun. The riders themselves have turned over some fantastic results!! Many riders have managed to beat their own personal bests and the club itself has had most of it's records smashed due to some great riding.

Be sure to come to the year end wrap up and either cheer on your fellow riders, or come to collect your hardware.

We thank you all and look forward to a very strong 2014.

Without further ado, the results have been tabulated for the [2013 Races!!!](#)

the winners are.....

2013 IGCC Cycling Awards:

<i>BAR Senior Men:</i>	<i>Peter Voss</i>	<i>270 Points</i>
<i>1st runner-up</i>	<i>Ray Nyuli</i>	<i>267 Points</i>
<i>2nd runner-up</i>	<i>Dan Hill</i>	<i>195 Points</i>
<i>3rd runner-up</i>	<i>Devon Moonie</i>	<i>195 Points</i>

<i>BAR senior Ladies:</i>	<i>Kristine Brynjolfson</i>	<i>105 Points</i>
<i>1st runner-up</i>	<i>Melissa Loewenberg</i>	<i>90 Points</i>

<i>BAR Junior Men:</i>	<i>Seamus Benwell</i>	<i>71 Points</i>
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Points champions by Age Groups:

<i>25 to 34 yrs.:</i>	<i>Doug Paeth</i>	<i>153 Points</i>
<i>35 to 39 yrs.:</i>	<i>(1) Max Hansen</i>	<i>189 Points</i>
	<i>(2) Aaron Weiss</i>	<i>164 Points</i>
	<i>(3) Chris McNeil</i>	<i>116 Points</i>
<i>40 to 49 yrs.:</i>	<i>(1) Ray Lampard</i>	<i>191 Points</i>
	<i>(2) Dana Manhard</i>	<i>177 Points</i>
	<i>(3) Corey Anderson</i>	<i>160 Points</i>
<i>45 to 49 yrs.:</i>	<i>(1) Ray Woodley</i>	<i>169 Points</i>
	<i>(2) Chris Orr</i>	<i>99 Points</i>
	<i>(3) Matt Treger</i>	<i>94 Points</i>

<i>50 to 54 yrs.:</i>	<i>(1) Dan Hill</i>	<i>195 Points</i>
	<i>(2) Maurice Maher</i>	<i>79 Points</i>
	<i>(3) Terry Kaay</i>	<i>30 Points</i>
<i>55 to 59 yrs.:</i>	<i>(1) Ray Nyuli</i>	<i>267 Points</i>
	<i>(2) Ken McDonald</i>	<i>133 Points</i>
	<i>(3) Darryl Ketter</i>	<i>109 Points</i>
<i>60 to 64 yrs.:</i>	<i>(1) Peter Voss</i>	<i>270 Points</i>
	<i>(2) Allan Bogetti</i>	<i>145 Points</i>
	<i>(3) Klaus Voss</i>	<i>109 Points</i>
<i>65 to 69 yrs.:</i>	<i>(1) Brian Bogetti</i>	<i>99 Points</i>
	<i>(2) Chris Jones</i>	<i>78 Points</i>
	<i>(3) Gary Hunt</i>	<i>59 Points</i>
<i>70 to 74 yrs.:</i>	<i>(1) Mike Stuart-Smith</i>	<i>67 Points</i>

T.T Champion Senior Men:

Chris McNeil

21:03 mins.

T.T. Champion Senior Ladies:

Not Contested

T.T. Champion Junior Men:

Seamus Benwell

H.C. Champion Senior Men:

Aaron Weiss

H.C. Champion Senior Ladies:

Not contested

H.C. Champion Junior Men:

Not contested

H.C. Champion Junior Women:

(1) Alyssa Manhard

(2) Sarah Manhard

R.R. Champion Senior Men:

Devon Moonie

R.R. Champion Senior Ladies:

Not contested

R.R. Champion Junior Men:

Not contested

R.R. Champion Junior Ladies:

(1) Alyssa Manhard

(2) Sarah Manhard

Australian Pursuit Champion Senior Men:

Dan Hill

Australian Pursuit Champion Senior Ladies:

Not Contested

Cadet Champion Boys:

Joshua Ogilvie

Cadet Champion Girls:

(1) Sophie Ogilvie

(2) Holly Antifay

(3) Martina Antifay

Most Improved Rider:

Ray Woodley

Most Aggressive Rider:

Devon Moonie

Most Inspirational Rider:

Alain Cordonnier

Lantern Rouge:

Darin St. Jacques

Race To The Sun - Sun Peaks Event - Oct 6/13

The best-ever bicycle racing season in Kamloops came to an end last Sunday with the hillclimb from Heffley Creek to Sun Peaks. 36 riders, a number of them from out of town, lined up at the start line, the most prominent one being Nancy Green Raine.

This race has gained participants over the last 3 years, and now plans are underway to make it into a major event in the province with more involvement from the municipality of Sun Peaks and Cycling B.C.

Soon after the race was started the stronger riders stretched out the field, Canadian time trial champion Chris McNeil set a fast pace, only a handful of riders managed to stay with him, amongst them Devon Moonie, Vancouver rider P. Paquette, O. Harrison, C. De Vries, S. Smith, Ray Lampard and Wayne Little. Devon Moonie rode a strong race, trying to get clear a couple of times, only to be reigned in by McNeil, and in the end it came down to the final sprint to determine the winner.

- (1) Chris McNeil 1:18:30 hrs.,
- (2) Devon Moonie 1:18:36,
- (3) P. Paquette 1:18:42,
- (4) O. Harrison 1:21:28,
- (5) C. DeVries 1:22:19,
- (6) S. Smith 1:22:20,
- (7) Ray Lampard 1:28:47,
- (8) Wayne Little 1:28:47.40,
- (9) Dana Manhard 1:30:39,
- (10) Bill Letham 1:32:24,
- (11) J. Larter 1:33:03,
- (12) Doug Paeth 1:34:59,
- (13) Dan Hill 1:35:50,
- (14) D. Friesen 1:40:01,
- (15) Ray Nyuli 1:41:21,
- (16) Peter Voss 1:42:35,
- (17) Colin Holte 1:46:06,
- (18) Alan Schmidt 1:46:08,
- (19) Jason Bourgois 1:46:20,
- (20) Alan Bogetti 1:46:08,
- (21) Terry Kaay 1:47:18.06,
- (22) Dave Carlson 1:47:18.55,
- (23) Brian Bogetti 1:49:02,
- (24) K. Nakagawa 1:49:45,
- (25) M. Russworn 1:53:46,
- (26) Ken McDonald 1:54:27,
- (27) Mike Stewart-Smith 2:00:33,
- (28) Klaus Voss 2:01:32,
- (29) Chris Jones 2:04:42,
- (30) Greg Ziebart 2:12:53,
- (31) B. Decraene 2:18:22,
- (32) Alyssa Manhard 2:26:46,
- (33) Sarah Manhard 2:34:46,
- (34) M. Glawczynski 2:51:55.40,
- (35) Nancy Green Raine 2:51:55.70,
- (36) Alain Cordonier 2:55:16 (after having overcome a "mechanical").

A "BIG" thanks to all the volunteers who made this event very successful because without them the event would not be putting on this or any events.

Thanks again to John & Linda Tilley, Bill & Sheena Flynn, Mike Moonie, Lee Kenny, Jackie Manhard, Peter Bartel and Darin St.Jacques.

"ZIEBART" 42 km Road Race - Sep 26/13

This was the last club race of the season and the latest in the season we have run this event, and with encroaching darkness we started a few minutes early & a few riders barely made it before dark. The riders who showed up put in a good race.

In the Junior Race which went for 25 km, First place went to a hard charging Soph who etched out brother PSJ (Josh) by a mere tire width. The last race of the season will end leaving sibling rivalry to run hard next year. The final results were:

- (1) Sophie Ogilvie at 48:40.33 min.,
- (2) PSJ (Joshua Ogilvie) - 48:40.34 min.,
- (3) Holly Antifay - 61:08.33 min.,
- (4) Martina Antifay - 61:09.00 min.,
- (5) Darin St Jacques (who started with seniors and coached the Antifay girls on the leg back) - 55:45.00 min.,

In the 42 km Seniors Race.

- (1) Dan Hill - 67:57 min.,
- (2) Ray Nyuli - ""
- (3) Ray Lampard - ""
- (4) Devon Moonie - ""
- (5) Allan Schmidt - ""
- (6) Peter Voss - ""
- (7) Ray Woodley - ""
- Dana Manhard - ""
- (9) Klaus Voss - 1:19:34 min.,
- (10) Mike Stewart Smith - 1:19:35 min.,
- (11) Chris Jones - 1:22:47 min.,
- (12) Kelvin Turpin - 1:24:24 min. Kelvin started late and missed the draft of the pack, so time trialed the whole distance.

Many thanks to JT (John) for the timing of the race, Greg Ogilvie & Bill Antifay for marshalling the juniors, Mike Moonie for marshalling the seniors and Darin for posting signs etc.

Well done everyone, now just one big event left.... The RACE to the SUN.

"Cap It" 4.8 km Hill Climb / Rose Hill - Sep 19/13

Several of the fastest riders in the Interior Grasslands Cycling Club popular "CAP IT" Rose Hill, Hill Climb, set personal best times but none broke the course record of 17 minute 40 seconds set by Martin Bojesen last year (2012).

- (1) Devon Moonie was the first overall at 18 minutes 11.3 seconds.
- (2) Aaron Weiss 18:36.5 min.,
- (3) Wayne Little 20:20.7 min.,
- (4) Larry Hindle 21:00.7 min.,
- (5) John Armstrong 21:42.5 min.,
- (6) Max Hansen 21:56.8 min.,
- (7) Ray Lampard 22:37.0 min.,
- (8) Dana Manhard 22:45.8 min.,
- (9) Dan Hill 23:48.2 min.,
- (10) Josh Ogilvie was the fastest at 23:57.5 min..
- (11) Melissa Lowenberg was the fastest female at 24:33.2 min.,
- (12) Peter Voss 25:18.2 min.,
- (13) Ray Nyuli 25:40.5 min.,
- (14) Ray Woodley 26:38.2 min.,
- (15) Eric Spence 27:02.6 min.,
- (16) Coming off of some serious surgery, Gary Hunt rode in at 27:41.3 min.,
- (17) Kelvin Turpin 28:52.2 min.,
- (18) Klaus Voss 30:03.9 min.,
- (19) Sophie Ogilvie 30:28.9 min.,
- (20) Sarah Spence 31:09.6 min.,

- (21) Chris Jones 32:36.5 min.,
- (22) Greg Ziebart 34:44.7 min.,
- (23) para-cyclist Alain Cordonier 43:37.6. min.

A thank you goes out to all who made this race possible. Darin St.Jacques did the timing for the abscent PB & J with the help from Susan, Mike and Alan. Also a thanks for our photographer Mr. G (Greg).

"TaBoo" 16 km TT - Sep 12/13

Moderate temperatures, calm winds and late-season fitness created ideal conditions for the 16 km Time Trial. Several riders set personal best results.

The fastest time was set by...

- (1) Max Hansen at 22 minutes 24.76 seconds.
- (2) Wayne Little - 22:59.88 min.
- (3) The fastest woman was Kristine Brynjolfson at 23:54.03 min.
- (4) Ray Nyuli 24:24.81 min.
- (5) Peter Voss 24:49.83 min.
- (6) Melissa Lowenberg 25:03.61 min.
- (7) Alan Bogetti 25:16.59 min.
- (8) Ken McDonald 26:03.35 min.
- (9) Ray Woodley 26:11.46 min.
- (10) Klaus Voss 26:22.25 min.
- (11) Brian Bogetti 27:33.69 min.
- (12) Chris Jones 29:01.77 min.
- (13) Kelvin Turpin 30:27.53 min.
- (14) Alain Cordonier 34:38.28 min.

A big **"Thanks"** goes out to Carr Nyuli for stepping up to give Darin St.Jacques a hand for the timing.

The next race will be on September 19. Details at www.interiorgrasslandscycling.ca

"SPOKE n MOTION" criterium - Sep 5/13

"SPOKE" CRITERIUM CHAMPIONSHIP

Ray Woodley out sprinted Dan Hill to win the Interior Grasslands Cycling Club "Spoke Criterium Championship". Third to six places went to Dana Manhard, Russell McCue, Alan Bogetti and Peter Voss. All six were given the same time of 44 minutes, 6 and 40/100 seconds. Brian Bogetti, Klaus Voss and Matt Treger finished 1:10:00 back of the lead group. One lap down were strong performances from Ken McDonald returning from an injury, youth riders Josh Ogilvie and Sophie Ogilvie who spent the past weekend getting professional coaching at the Axel Merckx racing camp in Penticton, Chris Jones, Greg Ziebart racing his first criterium, and para-cyclist Alain Cordonier who tenaciously finished two laps back from the leaders. The sprint competition was won by Dan Hill with 8 of 9 maximum points. Ray Woodley finished second and Russell McCue third with 3 points each.

A big thanks to all the volunteers (Wayne Little, Greg Ziebart, Matt Denys, Matt Tregar, Mike Stewart Smith, Greg Ogilvie, Josh Olgilvie, Sophie Ogilvie, Ray Nyuli and Darin St.Jacques) who came out to ensure that all the racers had a safe course to ride on and for the timing of the event.

"RUNNERS SOLE" 42 km Australian Pursuit - Aug 29/13

The 2013 bicycle racing season has been both competitive and well attended by competitors, not only from club members but also other riders from the cycling community. The sport of cycling is certainly growing in Kamloops and the Interior Grasslands Cycling Club has enjoyed a successful 2013.

On Thursday evening the final race in the championship series took place in Dallas, the 42 km Australian Pursuit.

Riders were set off in groups, taking into consideration age, fitness level and results from previous races, with time gaps from 7 to 10 minutes. The winner is the racer first across the finish line, regardless of the elapsed time. In this race only the first 10 racers were timed.

Three groups were set off, the second and third groups setting hectic pace, attempting to catch the riders ahead of them. Ray Nyuli, in the second group, experienced a broken spoke in his front wheel during the first lap, he had a wheel change at the finish line area, continued the race, but lost any chance of winning the race. After the first half of the race the slower riders were caught, and passed, Ian Fillinger, who, together with a number of other riders had started 10 minutes down and caught all other riders. The only competitor able to stay with him was Dan Hill. Together the two racers made their way to the finish line, where Dan Hill outsprinted Ian Fillinger, winning the race.

- (1) Dan Hill finished with the time of 1:06:35.8 hrs.,
- (2) Ian Fillinger - 1:03:36.4 hrs.,
- (3) Larry Hindle - 1:07:23.8 hrs.,
- (4) Peter Voss - 1:07:55.5 hrs.,
- (5) Ray Nyuli - 1:10:43.9 hrs. even with his time spent in the pits changing a tire.
- (6) Wayne Little - 1:06:48.5 hrs.,
- (7) Ray Lampard - 1:07:46.0 hrs.,
- (8) Mike Stewart-Smith - 1:23:00.0 hrs.,
- (9) Chris Jones - 1:23:37.0 hrs.,
- (10) Jason Bourgois - 1:13:46.9 hrs.

Thanks again to the volunteers who showed up for this race. The dynamic duo of PB & J, Mr Domane himself Bill Flynn, Matt (last name not needed cause we all know who he is), Dead Last D and our cheering squad made up entirely by Alain Cordonnier.

Many thanks go out to all of the volunteers who have given their time and effort throughout the year to making all the races very successful.

"Arrow Transport" 16km TT - Aug 15/2013

IGCC Race Results Sheet

Event: 16 Km TT.
2013 CHAMPIONSHIP

Date: AUG. 15, 2013 Venue: WESTSIDE

Order of Finish	Race Number	Finish time	Order of Finish	Race Number	Finish Time
1	81 CHRIS MCNEIL	21:03	17	44 SEAMUS BENNETT	28:26
2	86 DEVON MOONIE	23:08	18	91 MIKE STEWART-SMITH	29:45
3	65 MAURICE MAHER	23:33.8	19	- JOSHUA OGILVIE	29:56
4	56 K. BRYN JOHNSON	23:33.9	20	57 CHRIS JONES	30:04
5	71 CHRIS OER	23:43	21	47 KATHY WILSON	31:23
6	72 JASON BOURGOIS	24:22	22	- SOPHIE OGILVIE	32:35
7	73 RAY NYULI	24:31	23	48 ALAN CORDONNIER	34:54
8	61 DARRELL KETTER	24:50	24		
9	51 P. GUENENBERG	24:59	25		
10	68 PETER VOSS	25:06	26		
11	62 RAY LAMPARD	25:33	27		
12	99 MELISSA LOWENBERG	25:34	28		
13	69 ALAN BOBETI	25:49	29		
14	49 RAY WOODLEY	26:11	30		
15	92 WAYNE LITTLE	26:19	31		
16	52 BRIAN BOBETI	27:38	32		

August is cycling championship month for the Interior Grasslands Cycling Club. Thursday evening, the road race was contested by 31 riders. 28 in the Senior division and 3 took part in the Junior 25 km race.

After a neutralized first kilometer, racing got underway and for the most part of the event, racing was pretty well controlled by the stronger riders. A few attempts were made to get clear off the front only to be reeled in by the peleton. On the return leg from the McLure ferry, the pace picked up considerably and the field got strung out along the road. The outcome was affected by a 2-men crash at Dairy Rd., a small group, who had gotten away, were not aware that a couple of riders had gone down. A number of the racers turned around to assist the downed cyclists. Luckily, no riders were seriously hurt.

After a high-speed sprint to the finish line...

- (1) Devon Moonie claimed victory, his time 1:39:30.10 hrs., just beating out...
- (2) Max Hansen who finished in 1:39:30.40 hrs.,
- (3) Darryl Ketter came in third with 1:39:34.60 hrs.,
- (4) Ray Nyuli 1:39:41 hrs.,
- (5) Mike Winkel 1:39:56 hrs.,
- (6) Lennard Pretorius 1:40:07 hrs.,
- (7) Aaron Weiss 1:41:40.37 hrs.,
- (8) Kristine Brynjolfson won the ladies' championship with her time of 1:41:40.38 hrs.,
- (9) Hank van Zyl 1:41:47.27 hrs.,
- (10) Dana Manhard 1:41:47.35 hrs.,
- (11) Doug Paeth 1:41:51 hrs.,
- (12) Paul Berry 1:42:22.37 hrs.,
- (13) Mike Johnson 1:42:22.38 hrs.,
- (14) Ray Leonard 1:42:23 hrs.,
- (15) Peter Holzhuter 1:44:52 hrs.,
- (16) Larry Hindle 1:44:53 hrs.,
- (17) Ray Woodley 1:45:08 hrs.,
- (18) Bruce Kilpatrick 1:45:12 hrs.,
- (19) Ken McDonald 1:47:54.30 hrs.,
- (20) Russell McCue 1:47:54.31 hrs.,
- (21) Peter Voss 1:49:15 hrs.,
- (22) Allan Schmidt 1:59:54 hrs.,
- (23) Klaus Voss 2:00:23 hrs.,
- (24) Chris Jones 2:07:36 hrs.,
- (25) Mike Stewart-Smith 2:09:10 hrs.,
- (26) Kelvin Turpin 2:14:13 hrs.,
- (27) Ray Langdon 2:22:55 hrs.,

One rider did not finish.

The 25 km race was won by...

- (1) Alyssa Manhard in 50:02 mins.,
- (2) Sarah Manhard in second at 54:57 mins.,
- (3) Alain Cordonnier took third in 56:38 mins.

Thanks again to our great volunteers, the dynamic duo PB & J, on the timing. To our Marshalls Dead Last D (Darin as you all call him),

The championship series continues Aug. 15 with a 16 km time trial along the Westsyde course.

"Ziebart" Hill Climb - Mt. Lolo - Aug 01/13

August is championship month for members of the Interior Grasslands Cycling Club, and Thursday evening 30 riders came out to contest the "Mt. Lolo Challenge".

After a short neutral ride to the start line the race was on and the faster riders soon broke clear off

the front, last year's champion Aaron Weiss amongst them, challenged by national time trial champion Chris McNeil, Max Hansen, who before the race had discussed race strategy with Club coach John Tilley, as well as Dana Manhard, Paul Berry, Doug Paeth, Russell McCue, Ray Lampard, Chris Orr, Peter Voss, Jason Bourgois, Ray Nyuli.

Junior riders Sophie and Josh Ogilvie, just back from the Axel Merckx clinic in Victoria, together with Alyssa and Sarah Manhard, chased, Joshua getting clear by himself, eventually crossing the finish line as junior champion.

After the turn to Mt. Lolo, Aaron Weiss dropped the remaining racers in his group and repeated as champion.

- (1) Aaron Weiss topped the pack with the time of 33:52:70 mins.,
- (2) Chris McNeil came in second at 34:22:70 mins.,
- (3) Paul Berry, last year's 4-mountain bike world champion, his time was 34:34:60 mins.,
- (4) a strongly riding Doug Paeth finished fourth in 35:00:00 mins.,
- (5) Max Hansen ended up sixth, clocking 35:08:60 mins.,
- (6) Dana Manhard 35:09:10 mins.,
- (7) Russell McCue 36:32:60 mins.,
- (8) Ray Lampard 36:36:10 mins.,
- (9) Chris Orr 37:37:00 mins.,
- (10) Peter Voss 37:44:50 mins.,
- (11) Jason Bourgois 37:46:20 mins.,
- (12) Ray Nyuli 38:19:70 mins.,
- (13) Ray Woodley 38:48:50 mins.,
- (14) Bruce Kilpatrick 38:52:00 mins.,
- (15) Mike Winker 38:52:60 mins.,
- (16) Ken McDonald 39:01:40 mins.,
- (17) Alan Bogetti 40:20:10 mins.,
- (18) Joshua Ogilvie 41:25:80 mins.,
- (19) Alan Schmidt 42:11:90 mins.,
- (20) Matt Treger 44:20:70 mins.,
- (21) Brian Bogetti 44:34:80 mins.,
- (22) Alyssa Manhard 46:53 mins.,
- (23) Kelvin Turpin 47:47:40 mins.,
- (24) Chris Jones 48:08:00 mins.,
- (25) Mike Stewart-Smith 49:02:80 mins.,
- (26) Sarah Manhard 51:35:60 mins.,
- (27) Greg Ziebart 54:09:60 mins.,
- (28) Sophie Ogilvie 59:34:80 mins.,
- (29) Alain Cordonnier 59:41:20 mins.,
- (30) Darin St.Jacques 1:10:09:70 hrs., shaving off almost 5 minutes from his previous time.

Thanks again to our volunteers, the dynamic duo of PB & J (Peter and John) and to our great marshalls Charlie and Matt.

The Championship series will continue Aug. 8 with the road race in Westsyde, start/finish at 3550 Westsyde Rd. sign-on opens @ 5:30 pm, start is @ 6:00 pm.

"INTERFOR" TT (Time Trial) - Juy 25/13

INTERFOR's time trial attracted 19 riders, a number of them wanting to familiarize themselves with the course, since the Senior Games will have two of the cycling events take place in Dallas.

Although Max Hansen is not eligible to represent Kamloops during the Games, he nevertheless put in a stellar performance winning the race.

- (1) Max Hansen finished in a time of 20:51 mins.,
- (2) Chris Orr took second place, his time 22:00 mins.,
- (3) Ray Nyuli finished third with 22:08 mins., close to his goal of breaking the 22 min. mark.
- (4) Dan Hill 22:54 mins.,
- (5) Ken McDonald, definately not running out of gas, finished at 23:03 mins.,
- (6) Jason Bourgois 23:14 mins.,
- (7) Ray Woodley 23:53 mins.,
- (8) Peter Voss 23:55 mins.,

- (9) Alan Bogetti 24:21 mins.,
- (10) Klaus Voss 25:00 mins.,
- (11) Brian Bogetti 25:34 mins.,
- (12) Gary Lustig 27:07 mins.,
- (13) Mike Stewart-Smith 28:18 mins.,
- (14) Kathy Wilson 28:48,
- (15) Darin St. Jacques 32:00 mins.,
- (16) Alain Cordonnier 32:17 mins.,
- (17) Martina Antifay 39:07 mins.,
- (18) Holly Antifay 40:08 mins.

Albert van Goor, signed up for his first time trial, but did not finish the race.

Again, a thanks goes out to the "Dynamic Duo" PB & J (Peter and John) for timing the race. To our marshalls Bill Flynn and his trusty sidekick Sheena and Matt Denays.

Tour De Tobiano

TOUR DE TOBIANO



The 2nd Annual installment of the "Tour de Tobiano" was run on Sunday, and despite the relatively small number of entrants, 13 in total, it turned into a very competitive event. From the start a 4-men group formed and they stayed together pretty well throughout the race. Ray Nyuli, Ray Lampard, Peter Voss and Terry Kaay set a hectic pace, opening up a gap between themselves and Corey Kamp, Alan Bogetti, Klaus Voss, Mike Stewart-Smith, Brian Bogetti, Ken McDonald, Mike Moonie, Darin St. Jacques and Allain Cordonnier. The heat took its toll, and after a little over 3 laps Mike Moonie was forced to abandon, soon to be followed by Ken McDonald and Brian Bogetti. The 10% grade of the "Col de Tobiano" certainly played a part in the retirements.

During lap 5 Ray Lampard and Ray Nyuli broke away from Peter Voss and Terry Kaay and built a good lead, yet after staying away for several kilometers Voss and Kaay chased them down, and the foursome continued to work together, in due time they lapped two riders, Darin St. Jacques (DeadLastD) and Allain Cordonnier.

In the final lap the two Rays made their final attack, got clear, and in the sprint to the line Ray Lampard succeeded in edging out Ray Nyuli which had to be determined by a photo finish:



The winning times were:

- (1) Ray Lampard 1:44:28.10 hrs.,
- (2) Ray Nyuli clocked in at 1:44:28.11 hrs.,
- (3) Third place went to Peter Voss in 1:45:52 hrs.,
- (4) Terry Kaay 1:47:05 hrs.,
- (6) Alan Bogetti 1:59:02 hrs.,
- (7) Klaus Voss 2:00:23 hrs.,
- (8) Mike Stewart-Smith 2:11:22 hrs.,
- (9) Darin St. Jacques 2:19:24 hrs.,
- (10) Allain Cordonnier 2:28:04 hrs.

Thanks to our "**dynamic duo**" PB & J (Peter and John) for their great efforts in setting up the race, timing the race and arranging for the great get together over lunch afterwards.

Special thanks to the lovely ladies (Linda Tilley, Michelle Nyuli and Sandy Bartel) for their great support in being there to cheer on the racers!!!

"Arrow Transport" Criterium - Jul 11/13

The "Arrow Transport" criterium brought out the *great* in the riders. Max Hansen dominated the field of 20 riders who came out to contest the 30 mins. plus 5 laps race, with most of Kamloops' top cyclists taking part. Hansen attacked from the start of the race, and only 9 other competitors could match his pace, stretching out the field after only 2 laps. Hansen made several successful breaks off the front, but a determined group containing Dan Hill, Jason Bourgois, Ray Nyuli, Chris Orr, Alan Bogetti, Ray Woodley, Corey Kamp, Frank Dacho and Alan Schmidt worked together to reel Hansen back in, each taking turns at the front. Halfway through the race Chris Orr punctured and was given a free lap to change the tube, after a short chase Orr re-established contact with the lead group. Hansen, however, was not to be denied, with only a few laps to go he dropped the field and cruised to a convincing victory.

- (1) Max Hansen finished in the time of 44:39:28 mins.,
- (2) Dan Hill eeked out a close second place, his time 44:52:18 mins.,
- (3) Jason Bourgois clocked 45:08:88 mins.,
- (4) Ray Nyuli 45:09:18 mins.,
- (5) Ray Woodley, who had attempted a break-away on his own, 45:10:34 mins.,
- (6) Alan Bogetti 46:58:34 mins.,
- (7) Corey Kamp, who took part, and placed well in last week-ends Osoyoos mini triathlon 47:02:81 mins.,
- (8) Frank Dacho 47:18:86 mins.,

- (9) Chris Orr 47:56:84 mins.,
 - (10) Alan Schmidt, in his first race with the Club, 47:58:04 mins.,
 - (11) Ken McDonald 47:58:30 mins.,
 - (12) Peter Voss 47:59:47 mins.,
- all the other riders were lapped, but finished the race.
- (13) Terry Kaay 51:35:65 mins.,
 - (14) Matt Treger 51:40:12 mins.,
 - (15) Mike Stewart-Smith 51:42:28 mins.,
 - (16) Joe Dobson 51:42:32 mins.,
 - (17) Seamus Benwell 51:42:47 mins.,
 - (18) Gary Hunt 51:42:66 mins.,
 - (19) Klaus Voss 51:42:68 mins.,
 - (20) Chris Jones 54:50:19 mins.

In the junior race, covering the same distance, it was...

- (1) Alyssa Manhard who finished first in the time of 51:39:22 mins.,
- (2) Sarah Spence was second in 51:40:39 mins.,
- (3) Eric Spence 51:55:08 mins.,
- (4) Sarah Manhard 52:03:37 mins.,
- (5) Holly Antifay 54:59:11 mins.,
- (6) Martina Antifay 54:59:13 mins.

"Thanks" again going out to our great people who have donated their time and effort to working and marshalling this event; **Peter Bartel, Matt Denys, Brian Bogetti and Darin St.Jacques.**

"Mr. Lube" 60 km Road Race

Last night's **60 km. race out to McLure ferry and back** had some great results. Dan Hill is back in form, proving it with a sprint victory over Max Hansen.

- (1) Dan Hill came in with a time of 1:43:55.30 hrs.,
- (2) Max Hansen clocked a close 1:43:55.80 hrs.,
- (3) Ray Lampart, finished 3rd, his time 1:43:57.60 hrs.,
- (4) Chris Orr took 4th, 1:43:57.20 hrs.,
- (5) Corey Anderson 1:43:58.00 hrs.,
- (6) Doug Paeth, who, until a few kilometers from the finish line had broken away from the lead group, was finally caught by the fast charging chasing foursome., had to be satisfied with a 6th place finish, his time 1:44:04.80 hrs.,
- (7) Jason Bourgois 1:44:09.20 hrs.,
- (8) Ken McDonald, getting faster with each race he enters, 1:45:18.40 hrs.,
- (9) Peter Voss 1:45:20.90 hrs.,
- (10) Alan Bogetti 1:45:21.50 hrs.,
- (11) Ray Woodley 1:47:44.60 hrs.,
- (12) Frank Dacho 1:50:11.60 hrs.,
- (13) Terry Kaay, in only his second race of the season, 1:58:10.50 hrs.,
- (14) Dave Zeke 2:11:38.80 hrs.,
- (15) Ray Nyuli, who stopped to assist with a flat tire still clocked in at 2:11:39.30 hrs.,
- (16) Klaus Voss 2:11:40.20 hrs.,
- (17) **Helen Dacho** 2:18:05.60 hrs.,
- (18) in his familiar spot, Dead Last D (Darin St. Jacques) rounded out the group at 2:32:32.00 hrs.

In the **25 km race** for younger riders...

- (1) 13 year old Joshua Ogilvie was the outstanding competitor, racing to a 48:00 mins. finish
- (2) relegating his younger sister **Sophie Ogilvie** to 2nd place, her time 49:34 mins.,
- (3) para-olympian Pramod Kim-Ski 50:51 mins.,
- (4) Erik Spence, who fell at the turn-around when he hit the soft shoulder, had to be satisfied with 4th place in 52:46 mins.,
- (5) Alan Cordonnier 56:11 mins.

All in all, it was good competition between all riders. **And again if not for the help of the volunteers; Peter Bartell, John Tilley, Lee Kenny, Mike Moonie, Greg Olgilvie and Mike Stewart Smith, none of these races would be such a success!**

"Spoke" Australian Pursuit - June 27/13

The main event - ***The 56 km race.***

There were 14 entrants, who were set off in 3 groups, according to their fitness and skill levels. The interval between the groups were 5 and 3 minutes, which meant that, in order to win the race, group two had to make up 5 minutes, group three 8 minutes and this made for a very positive and interesting race.

Shortly after group one set off, 2 riders broke clear. Chris Orr and Ray Woodley, and working well together, they steadily rode away from the rest of their group members. The strongest riders in group two, Ray Lampard and Ray Nyuli set up the chase, soon catching group one racers, with the exception of Orr and Woodley.

In the meantime a fired up Max Hansen, in group three, set a torrid pace, intent to catch group two, but also to gain on group one. Hansen surprised group two at the end of lap 2, catching them at the turn-around, a short time later Hansen continued going after group one. He did catch up to them during the final lap.

Chris Orr was the only one to stay with Hansen, and when it came to the final sprint...

(1) Max Hansen had enough left to cross the finish line first in a time of 1:30:10 hrs.,

(2) Chris Orr clocked in at 1:38:11 hrs.,

Ray Lampard and Ray Nyuli had ridden away from group 2, in the end Lampard barely beat Nyuli to the line, his time...

(3) Ray Lampard 1:34:56.26 hrs.,

(4) Ray Nyuli's time 1:34:56.30 hrs.,

(5) Ray Woodley, who rode a strong race, finished at 1:40:47 hrs.,

(6) Dana Manhard 1:33:18.40 hrs.,

(7) Darryl Ketter 1:33:18.90 hrs.,

(8) Kristine Brynjolfson, who competed at the Canadian National Championships in Quebec, 1:33:20.60 hrs.,

(9) Peter Voss, 1:41:54hrs.,

(10) Patrick McDonald 1:47:30.50 hrs.,

(11) Doug Paeth 1:49:21.50 hrs.,

(12) Chris Jones 2:00:01.40 hrs.

Brian Bogetti and Dan Hill rode but unfortunately did not finish.

Riders placed in the order they crossed the finish line, regardless of their time.

In a shortened ***race over 28 km***, 8 riders entered...

(1) Alyssa Manhard the overwhelming winner, finished in the time of 55:58 mins.,

(2) Erik Spence of speed-skating fame, came in second, clocking 56:54 mins.,

(3) Pramod Ki-Ski (a para-olympian) finished at 1:00:30 hrs.,

(4) Sarah Manhard 1:00:41 hrs.,

(5) Sarah Spence 1:04:48 hrs.,

(6) Alain Cordonier 1:09:29 hrs.,

(7) Holly Antifay 1:26:47 hrs.,

(8) Martina Antifay 1:26:49 hrs.

Thanks again to Peter Bartel and JT (John Tilley) for their timing skills, and to Bill Flynn, who is always there to marshall the race and keep everyone safe on our turning points.

The club members do appreciate all their time and efforts to make these races run as smoothly as they do.

Ashcroft "Hell" Climb



This challenging race is getting more popular each year, attracting more riders from Kamloops as well as the Ashcroft area. The Interior Grasslands Cycling Club was well represented, including Para-Olympian Pramod Ski-Kim, who was supported by realtor Jim Knowles.

In all 22 riders signed on, and all of them finished the gruelling climb.

After about the first third of the course 2 riders broke clear, IGCC's Martin Bojeson and Aaron Weiss, opening up a sizeable gap to the rest of the riders, who were splitting into smaller groups. Bojeson set a very fast pace and Weiss let him go, they finished in that order, **Bojeson setting a new course record**, established last year by Ian Fillinger.

- (1) Martin Bojeson's time a blistering 47:59:50 mins.,
- (2) followed by Aaron Weiss **who also came under the old record** @ 52:04:10 mins.,
- (3) Larry Hindle, who passed a strongly riding Peter Holzhüter, came in third with 54:28:20 mins.,
- (4) Peter Holzhüter took fourth, his time 54:35:80 mins.,
- (5) Doug Paeth 57:55:70 mins.,
- (6) Dana Manhard 58:21:70 mins.,
- (7) Dan Hill 1:01:01 hr.,
- (8) Maurice Maher 1:02:22,
- (9) *Melissa Lowenberg, the fastest competitor in the women's category, her time 1:04:49,*
- (10) *Tracy Moore 1:08:22,*
- (11) Ray Woodley 1:10:33,
- (12) Colin Holte 1:14:47,
- (13) Para-Olympian Pramod Ski-Kim with the amazing time of 1:14:53,
- (14) Dan Brewin 1:24:57,
- (15) *Alyssa Manhard, a junior women's rider, clocked in at 1:25:59,*
- (16) Ethan Wenger, the youngest competitor, had a 1:27:30, barely beating his mom Shawn Wenger,
- (17) *Shawn Wenger who came in @ 1:27:32,*
- (18) *Sarah Manhard, also riding in the junior women's division, 1:28:52,*
- (19) Glen Buchanan 1:31:13,
- (20) Briggie Schroeder 1:33:10,
- (21) *Tracy Kubik 1:33:24,*
- (22) Dead Last "D" (aka Darin St.Jacques) rounded out the group at an even 1:56:00.

Local organizer Wayne Little was very pleased with the turn-out, and the level of competition. During the post-race BBQ, Little expressed the hope that this event will grow

in the years to come.

A big thanks goes out to Wayne Little for organizing and timing the event, Peter Bartel for timing, John Tilley for assisting in the timing and taking photographs and Gary Winslow (from Cache Creek) who came out to be the "Official" photographer (his photo's can be seen on the Ashcroft Hell Climb page on Face Book).

"Runners Sole" 16km Time Trial - June 20/13

Thursday evening's 16 km bicycle race had 15 entrants, a field that contained some of the best timetrial specialists in Kamloops.

- (1) Max Hansen had the fastest time in 23:05:50 mins.,
- (2) Ian Fillinger, who has a lot of training kilometers in his legs clocked 23:09:60,
- (3) Maurice Maher finished in third, his time 24:57:50.
- (4) Ray Nuyli, who encountered a sudden strong headwind gust on the return leg, rode to a 25:25:40 finish.
- (5) Peter Voss, who is returning to form, 25:36:50,
- (6) Alan Bogetti 25:59:00,
- (7) Doug Paeth 26:24:40,
- (8) Melissa Lowenberg, the fastest woman entrant, 26:47:00,
- (9) Ray Woodley 26:53:20,
- (10) Klaus Voss 27:10:00,
- (11) Brian Bogetti 27:36:00,
- (12) Seamus Benwell 28:05:50,
- (13) Chris Jones 29:46:10,
- (14) Kathy Wilson, *in her first race of the season*, 32:10:90,
- (15) "Dead Last D" (Darin St. Jacques) as usual, bringing up the rear at 33:54:50.

Thanks again to Peter Bartel for timing the race, Bill (bull fighter) Flynn for dodging riders at the turn around and Mike Moonie for helping out at the starting gate.

"CAP IT" Mt Lolo hill climb - Jun 13/13

All the top riders rode at a slower pace, but a number of the competitors significantly improved their times.

As the race unfolded, Cory Anderson was the most aggressive rider, making several attempts to get clear of the field, but Ian Fillinger, Aaron Weiss, Max Hansen, Peter Holzhüter and Perry Gruenberg combined their efforts to reel Corey back in.

At the finishline, it was once again:

- (1) Aaron Weiss who crossed first in the time of 34:51:50 mins. closely followed by a very strongly riding;
- (2) Ian Fillinger in 35:00:06 mins.
- (3) Max Hansen took third with 35:01:04 mins.
- (4) Corey Anderson finished fourth, his time 35:09:30 mins.
- (5) Peter Holzhüter in 35:21:00 mins.
- (6) Perry Gruenberg 36:52:03 mins.
- (7) Maurice Maher 38:00:00 mins.
- (8) Ray Lampart 38:10:06 mins.
- (9) Ray Nuyli 38:11:02 mins.
- (10) Scott Decker 38:48:70 mins., *bettering his previous time by 1:09 mins.*
- (11) Russell McCue 39:40:05 mins., *bettering his previous time by 1:04 mins.*
- (12) Dan Hill 40:50:03 mins.
- (13) Peter Voss 42:21:40 mins., *bettering his previous time by 0:57 mins.*
- (14) Melissa Loewenberg 42:31:30 mins.
- (15) Ted Milne 42:51:10 mins., *bettering his previous time by 2:36 mins.*
- (16) Alan Bogetti 43:02:50 mins.

- (17) Matt Treger 43:40:20 mins., *bettering his previous time by 1:33 mins.*
(18) Sheila Sadden 44:05:20 mins.
(19) Klaus Voss 47:13:50 mins., *bettering his previous best time by a whopping 6:23 mins. making him the rider of the night!!*
(20) Tony Dufficy 47:13:51 mins.
(21) Holly Antifay 1:07:00 mins.
(22) Martina Antifay 1:09:56 mins.,
both Holly and Martina finished their race in the pouring rain. It may have affected their time, but they stuck through it to finish the race.

Michel Peron arrived at the start too late to compete, he nevertheless chose to ride the course, but was not given a time.

Again, thanks to the usual great efforts of "Peter Bartel and Bill Flynn (and his assistant Sheena)" for their awesome support to the club for timekeeping and marshalling the race. Also thanks to Darin for the photography at the finish line, and to Brodie St. Jacques for his all around help for the race.

"KAMLOOPS TILE WORKS" Criterium - June 6/13

The criterium in Dallas is always a popular event. Coach John Tilley inserted a slight change into the race, introducing a premium sprint every 5 laps, which sees the first three riders across the line getting points. This makes for very aggressive racing, plus it adds another dimension to the competition.

From the start, the race went for 45 mins. plus 5 laps around the 1.6 km course. The pace was high, with Corey Anderson the instigator of a number of attacks off the front, therefore it did not take long for the field to stretch out. Corey took the first sprint, followed by Dana Manhard and Peter Voss, the second sprint was also won by Anderson, relegating Ray Nyuli and Dana Manhard to second and third. Peter Voss, who was having perhaps the best race of this season, could not stay with the leaders and dropped back. In subsequent sprints...

- (1) Corey Anderson amassed a total of 15 points and the eventual win in a time of 1:01:06 hrs.
- (2) Dana Manhard came in second, clocking 1:01:10 and 9 points,
- (3) a strongly riding Ray Nyuli in 1:01:13,
- (4) Peter Voss 1:03:51 with 1 point,
- (5) Alan Bogetti 1:04:58.

all other riders were lapped...

- (6) Chris Jones,
- (7) Klaus Voss,
- (8) Mike Stewart-Smith,
- (9) Matt Treger,
- (10) Gary Hunt,
- (11) Alyssa Manhard,
- (12) Sarah Manhard.

Several riders did not finish, Dan Hill, Jerry Marzin, Mike Moonie, Seamus Benwell and Darin St.Jacques (mechanical).

Kevin Hunt missed the start, but was allowed to compete. He stayed with the leaders and rode a steady race.

Thank you to all the volunteer marshalls, timers and photographers. Without you guys, we would be raceless!!!

"INTERFOR" 2-Up Team Time Trial 28km - May 30/13

1st Place: Daryl Ketter & Corey Anderson - 42:31

2nd Place: Scott Decker & Russell McCue - 46:40

3rd Place: Klaus Voss & Peter Voss - 48:19

4th Place: Michel Peron & Brian Feero - 53.43

Junior Cadet ladies:

14.5 km Course.

1st Place: Alyssa Manhard & Sarah Manhard - 29:11

2nd Place: Holly Antifay & Martina Antifay (chaperoned by Bill Antifay) - 34:41

Riding was very consistant with 1st lap times of 21 mins. and 13 sec.

A great effort by all riders and a big **"Thanks"** to Bill Flynn for marshalling.

"TABOO CYCLES" 42 km Road Race - May 23, 2013

With 17 riders signing on, the 42 km road race attracted some of the top racers in the Club. As soon as the event got underway, a group led by Ian Fillinger, Corey Anderson, Devon Moonie and Kristine Brynjolfson set a fast pace that forced some of the competitors to drop off the back. The leading group stayed together 'till after the turn-around at the end of Black Pines, when the tempo picked up as the **"King and Queen of the mountain" sprint**, which had been added to the race, was being approached, on a short, but steep, section of the road just south of Black Pines.

Corey Anderson attacked and after cresting the hill it looked as though he was going to take the title, only to have a fast charging Devon Moonie beat him to the line. Kristin Brynjolfson took the "Queen" win.

Moonie and Anderson were chased by Brynjolfson, who tried to bridge to the 2 leaders, then Ian Fillinger made contact. With only a short distance to go to the finish line, Moonie and Fillinger dropped Anderson. The two sprinted for the victory, which went to Devon Moonie (who over the long weekend finished 5th in general classification in a multi-stage race in Washington State).

Final results:

- (1) Devon Moonie 1:06:17 hrs.
- (2) Ian Fillinger 1:06:17.
- (3) Corey Anderson 1:06:45.
- (4) Richard McGillivray 1:06:46.
- (5) Russell McCue 1:06:47.
- (6) Kevin Hunt 1:06:48.
- (7) Ray Nyuli 1:06:49.
- (8) Kristine Brynjolfson (who just returned from competition in Quebec) 1:06:50.
- (9) Scott Decker 1:06:50.
- (10) Darryl Ketter 1:06:51.
- (11) Ray Woodley 1:09:10.
- (12) Alan Bogetti 1:09:11.
- (13) Peter Voss 1:09:13.
- (14) Matt Treger 1:19:00.
- (15) Gary Hunt 1:20:29.
- (16) Brian Feero 1:21:42.
- (17) Michel Peron 1:24:20.

Camera timing was provided by Darin St. Jacques, while John Tilley and Peter Bartel did the stop watch portion of the timing. Thanks also to Mike Stewart-Smith, who did the marshalling in Black Pines.

Rose Hill Climb TT - May 16/13

Although the distance for this hill climb is only 4.65 km it is perhaps the most challenging race the

Interior Grasslands Cycling Club hosts. And the riders love it, which accounts for the number of racers who sign on each time this event is scheduled. This Thursday was no exception, 22 competitors came to the line to **"Assault Rose Hill"**, and the result were some very fast times.

- (1) Martin Bojesen led the way with a **NEW RECORD**, clocking 17:40 mins.
- (2) Chris McNeil, last year's time trial champion settled for second place, 22 seconds behind, his time a fast 18:07 mins.
- (3) Devon Moonie set a personal best @ 18:23 mins.
Devon will spend the week-end in Washington State, where he is entered in a multi-stage race in Enumclaw.
- (4) Aaron Weiss, last year's hill climb champion, had to settle for 4th place in 19:13 mins.
- (5) Wayne Little from Ashcroft took fifth with 20:30.
Wayne will be hosting a hill climb in Ashcroft in late June that promises to be worthwhile race to enter.
- (6) Corey Anderson 22:22.
- (7) Perry Grunenberg 23:07.
- (8) Russell McCue 24:29.
- (9) Maurice Maher 24:44.
- (10) Ray Nyuli 25:17.
- (11) Melissa Lowenberg 25:26, taking first place in the **women's group**.
- (12) Peter Voss 25:58.
- (13) Gary Hunt 25:59.
- (14) Tori Spence 26:22, second in the **women's group**.
- (15) Ray Woodley 27:00.
- (16) Patrick McDonald 27:11.
- (17) Matt Treger 28:29.
- (18) Sheila Sadden 32:01. third in the **women's group**.
- (19) Klaus Voss 32:28.
- (20) Chris Jones 32:50.
- (21) Darin St. Jacques, who had a difficult time, but nevertheless finished the race, his time 56:26.
Darin is determined to better next time around.
- (22) Kevin Hunt, DNF.
Kevin suffered a tire puncture on the first turn, had to abandon the race.

Crit - May 9/13

Due to the high number of competitors race management decided to hold 2 races, one designed for the fast racers, the second one for the "slightly lower speed" group.

The Club, under the auspices of Luciano Guilherme, was trying out a camera-based timing system. 16 riders set out to circumnavigate the 1.6 km course, and despite the heat, set a fast pace, with the lead changing constantly. Devon Moonie was the first rider trying to escape, but did not get very far, he was being closely watched by Corey Anderson, Ryan Kazakoff, Dana Manhard, Kevin Hunt, who due to educational commitments has not had much time to train, was also keeping a close eye on the goings-on at the front.

- One rider, (1) Dan Hill, who is known for biding his time before making a move, rode intelligently, and in the end outsprinted all other competitors to the finish line, clocking 45:48 mins., delegating
- (2) Ryan Kazakoff to second place in 45:50, while
 - (3) Cory Anderson came in third with 45:51,
 - (4) Kevin Hunt 45:51:23,
 - (5) Seamus Benwell, who riding with a lot of confidence since the start of the season, 45:51:25,
 - (6) Dana Manhard 45:51:37,
 - (7) Russell McCue 45:51:48,
 - (8) Ray Nuyli 45:51:61,
 - (9) Ray Woodley 45:51:99,
 - (10) Tori Spence, not only is she fast on skates, but no slough on her bike, 45:52:06,
 - (11) Devon Moonie, tired but determined, 45:52:57,
 - (12) Alan Bogetti 45:52:84,

- (13) Peter Voss 45:53:04,
- (14) Doug Paeth 46:03:50,
- (15) Ken McDonald 46:03:30,
- (16) Ted Milne 46:40:50.

The second race got underway shortly after the first one was finished, with 13 racers starting. It did not take long for the field to stretch out, within a few laps a 4-men group established itself at the front and steadily rode away from the other riders, in the process lapping some of the less experienced riders. Amazingly 13-year old Joshua Ogilvie stayed with 3 of his considerably older, and many thought, faster riders, Joshua rode a very intelligent race, doing some work at the front, even leading the group in the sprint for the line, but he could not hold off a fast charging

- (1) Fank Dacho who crossed first, his time 47:05:13 mins,
- (2) Joshua Ogilvie 47:05:90,
- (3) Corey Kamp 47:06:26,
- (4) Brian Bogetti 47:09:13,
- (5) Sophie Ogilvie, not to be outdone by her older brother, 49:01:10,
- (6) Chris Jones 49:53:45,
- (7) Matt Treger 50:26:97,
- (8) Allyson Manhard 50:44:30,
- (9) Sarah Manhard 51:57:11,
- (10) Darin St. Jacques 52:31:83,
- (11) Holy Antifay 57:04:67,
- (12) Martina Antifay 57:04:98.
- (13) Klaus Voss, who had started the race, but for some reason was under the impression that lapped riders would be taken out of the race, discontinued the race after he was caught. Until then Klaus was riding strongly and felt he could have easily finished the contest.

Next week the race you all have been waiting for: **"The Assault on Rose Hill" !!!!!**

The timing system worked very well thanks to Luc and Rob, also assisting with the race were marshals Matt de Nys, Mike Stewart-Smith, Terry Norlander, Gail Antifay, John Tilley and Peter Bartel.

16km TT May 2/13

Another 16 km time trial in Westsyde.

Another **course record** for (1)Chris McNeil, who is getting faster with each year, this time clocking 20:34 mins, relegating

- (2) Darryl Ketter to second place in 24:00 mins.,
- (3) Corey Anderson raced to a time of 24:03,
- (4) Kristine Brynjolfson took 4th in an impressive 24:04, leaving a somewhat disappointed
- (5) Devon Moonie in fifth @ 24:06.
- (Both Brynjolfson and Moonie continue to impress with good placings at national events).*
- (6) Ryan Kazakoff 24:16,
- (7) Peter Voss 25:13,
- (8) Ken McDonald 25:26,
- (9) Scott Decker 25:31,
- (10) Kevin Esseltine 25:47,
- (11) Pat McDonald 25:53,
- (12) Tony Buckley 25:54,
- (13) Doug Paeth 26:36,
- (14) Russell McCue 26:39,
- (15) Colin Holte 26:42,
- (16) Dennis Loewen 26:44,
- (17) Melissa Lowenberg 27:15,
- (18) Tori Spence 27:52,
- (19) Seamus Benwell 27:53,
- (20) Klaus Voss 27:57,
- (21) Matt Treger 27:59,

- (22) Rober Forsyth 29:03,
- (23) Joshua Ogilvie 29:44,
- (24) Darin St. Jacques 31:25, bettering his previous time by almost 3 mins.,
- (25) Sara Spence 31:42,
- (26) Sophie Ogilvie 35:05,
- (27) Martina Antifay 36:50,
- (28) Holly Antifay 38:30.

A special thanks to Peter, John, Terry and Gale for "donating" their time to officiate and marshall the race. We couldn't have them without you guys (and gals)!!!

Also a big thank you to all the [Kamloops Triathlon Club](#) riders who came out to race.

42km Australian Pursuit Apr 25/13

The 42 km race was in the form of an "Australian Pursuit". Riders are started in age groups, with the older riders setting off first, subsequent age groups at intervals of several minutes, depending on the distance of the race.

This format gives older participants a fair chance at winning. It also makes for very positive racing, as the younger riders have to ride hard if they want a chance at victory, for the first rider across the finish line is the winner... regardless of elapsed time.

Here are the final results from the finish line:

- (1) Darryl Ketter 1:09:25 hrs.
- (2) Perry Grunenberg 1:09:28 hrs.
- (3) Ray Nyuli 1:09:46 hrs.
- (4) Peter Voss 1:12:35 hrs.
- (5) Alan Bogetti 1:13:42 hrs.
- (6) Ken McDonald 1:14:36 hrs.
- (7) Brian Bogetti 1:14:37 hrs.
- (8) Corey Anderson 1:07:39 hrs.
- (9) Ryan Kazakoff 1:07:40 hrs.
- (10) Dennis Loewen 1:16:41 hrs.
- (11) Scott Decker 1:13:11 hrs.
- (12) Brian Bogetti 1:22:12 hrs.
- (13) Kathy Morgan 1:22:39 hrs.
- (14) Matt Treger 1:19:50 hrs.
- (15) Chris Jones 1:26:53 hrs.
- (16) Phil Pharand 1:19:16 hrs.
- (17) Klaus Voss 1:29:54 hrs.
- (18) Doug Paeth 1:11:13 hrs.
- (19) Darin St. Jacques 1:39:11 hrs.
- (20) Devon Moonie DNF (2 laps completed).

In a separate 24 km race, sisters Holley Antifay and Martina Antifay competed fiercely. The final sprint saw Holley beating her sister Martina by the narrow margin of 5 seconds!!! Very exciting to watch.

- (1)Holley Antifay 1:21:35 hrs.
- (2)Martina Antifay 1:21:40 hrs.

A special "THANKS" again to [Gary and Kevin Hunt, Bill Flynn and Peter Bartel](#) for officiating the race.

2-Up Time Trial Westsyde Road April 18/13

Despite the inclement weather seven 2-person teams entered Thursday's race. Once again 2 riders turned in stellar performances over the 25km distance:

- (1) Corey Anderson and Devon Moonie teamed up to post the fastest time in 37:18 mins.
- (2) Ken McDonald / Scott Decker came second clocking 40:45 mins.
- (3) Ray Nyuli / Phil Pharand took third in 41:55 mins.
- (4) Dan Sultz / Dennis Loewen 42:46.
- (5) Perry Gruenenberg / Pat McDonald 43:00.
- (6) Mike Mooney / Ted Milne 52:08.
- (7) Holly Antifay / Martina Antifay 1:04:00 hr., whose time would have been much faster had Holly Antifay not encountered some mechanical problems with her rear derailleur.

Thank you to Peter, John and Terry for timing and marshalling the race.

Conquer Mt. Lolo Mass Race Apr 11/13

As in the past this race always attracts a lot of riders, and Thursday evening was no exception. Under ideal conditions 30 riders signed on for this challenging climb to Mt. Lolo, and as expected, it was a fast-paced race from the start. A 15-person group, comprising the strongest climbers, broke off the front after the first climb, put pressure on the chasing, remaining racers, and by the time they reached Scheidam Flats, the lead group was down to 10 riders. Shortly after the turn onto Mt. Lolo Rd. 3 riders got clear, and Devon Mooney, last year's champion Aaron Weiss and Ian Fillinger attacked each other, each trying to drop the other two. The first to crack was Ian Fillinger, who fell back a few meters and could not close the gap, leaving Mooney and Weiss to battle it out for the victory.

In the end Mooney left the sprint a bit too late and **Aaron Weiss (1) claimed victory** with a time of 34:03 mins. for the 15.5 km race, **Devon Mooney (2)** just beaten by the width of a wheel in identical time, relegating a fast-charging **Ian Fillinger (3)** to third place in 34:22 mins.

- (4) John Armstrong, who is planning to race in Europe's Alps later this year, had a time of 34:52,
- (5) Corey Anderson 34:53,
- (6) Peter Holzhüter 35:18,
- (7) Christine Brynjolfson, who last week-end finished 5th in an international race at the coast, her time 36:06,
- (8) Ryan Kazakoff 37:36,
- (9) Ray Lampard 38:00,
- (10) Seamus Benwell, who is off to a great start of the season, 39:37,
- (11) Dan Hill 39:39,
- (12) Scott Decker 39:37,
- (13) Russell McCue 40:44,
- (14) Hal Rezansoff 40:55,
- (15) Hadley Thompson 42:30,
- (16) Peter Voss 43:23,
- (17) Gary Hunt 43:56,
- (18) Matt Treger 45:13,
- (19) Ted Milne 45:27,
- (20) Robert Forsyth 45:47,
- (21) 13 yr. old Joshua Ogilvie, who outraced a number of the masters in the field, clocked 46:08,
- (22) Charley Bruce 46:27,
- (23) Rob Klassen 46:27,
- (24) Mike Stewart-Smith 48:41,
- (25) Chris Jones 51:53,
- (26) Klaus Voss 53:37,
- (27) Holly Antifay 1:02:49,
- (28) 11 yr. old Sophie Ogilvie, who was slightly overgeared, 1:05:37,
- (29) Darin St. Jacques 1:14:00.

Martina Antifay, despite trying hard to make it to the finish line, did not finish the race.

A big Thanks again to "Birthday Boy" Peter Bartel, John Tilley for the results and Kevin Hunt and Bill Flynn for marshalling the event.

Mass Start Apr 04/13

Mass start Results 4th April 2013.

Place:

Time:

1 st Corey Anderson.	47 min & 11 sec
2 nd Devon Moonie,	47 `` 15 ``
3 rd Seamus Benwell,	49 `` 54 sec
4 th Ray Nyuli,	49 `` 56 sec
5 th Scott Decker,	49 `` 57`
6 th Ray Lampard	49 " " 58
7 th Doug Paieth,	49 ` ` ` 59
8 th Hadley Thompson,	49 " " " 59+
9 th Ryan Kazakoff	51 15
10 th Kevin Hunt,	53 14 sec
11 th Dan Sultz	53 15
12 th Gary Hunt,	53 ` ` ` 16
13 th Lawance Gamracy	58 ` ` ` 03
14 th Matt Tregar	58 min & 04 sec
Dennis Loeven	DNF
Darin St Jacques	DNF (1 lap completed)

Many Thanks to Peter Bartel for timing and results, Bill Flynn for marshalling, all done in the pouring rain. And thank you to Kamloops Tri club for participating.

16km TT Mar 28/13

16 km Time trial 28th March,

1 st Kevin Hunt	25min 52 sec
2 nd Scott Decker	25 , 55 sec
3 rd Peter Voss	26 min 04 sec
4 th Ray Nyuli	26 `` 08 sec
5 th Gary Hunt	28 min & 27 sec
6 th Brian Bogetti	29 min & 07 sec
7 th Michael Stewart Smith	29 min & 13 sec [70 yrs +]
8 th Robert Forsyth	29 min & 20 sec
9 th Matt Tregar	30 min 01 sec
10 th Michel Peron	30 min & 13 sec
11 th Klaus Voss	30 min & 19 sec
12 th Chris Jones	30 min & 34 sec
13 th Shawn Meville	31 min 44 sec.
14 th Darin St Jacques	33 min & 17 sec
15 th Holly Antifay	37.00 min.
16 th Martina Antifay	37 min & 55 sec.

Thank you to Bill Flynn for marshalling & Peter Bartel for helping with results .

"Runners Sole" - 2 up Team Time Trial

The team of Ray Nyuli, Darryl Ketter and Corey Anderson proved to be the fastest to cover the 25 km course in Westsyde, finishing in first place ahead of the team of Doug Paeth/Colin Holte.

Paeth & Holte squeezed in just ahead of the Voss team by a mere 6 seconds. The rest of the pack came in in very respectable times.

Final Results:

- (1) Ray Nyuli / Darryl Ketter / Corey Anderson - 36:42 minutes.
- (2) Doug Paeth / Colin Holte - 39:57 minutes.
- (3) Peter Voss / Klaus Voss - 40:03 minutes.
- (4) Brian Bogetti / Alan Bogetti - 43:01 minutes.
- (5) RayWoodley / David Montpetit - 45:02 minutes.
- (6) Sarah Spence / Eric Spence - 49:22 minutes.
- (7) Allan Cordonnier / Mike Moonie - 54:12 minutes.
- (8) Holly Antifay / Joshua Ogilvie - 55:41 minutes.
- (9) Sophie Ogilvie/ Martina Antifay 55:42 minutes.

Thanks as always to our race volunteers Peter Bartell and John Tilley for timing the race, and to the lone marshal Darin St.Jacques (who unlike Bill Flynn, didn't get run over by any racers!!!).