



Grab a coffee and a slice of fruit cake and settle in to read my first 3 bike race reports ever ...

3 races completed over 2 days in the: **2018 Bathurst Cycling Classic** 21 – 22 April, which as part of the **2018 UCI Gran Fondo World Series**.

I initially gathered interest in this event mid November 2017, I sourced and booked accommodation this same month but waited until the very last day of the early bird specials in late January to actually book my races in :)

Knowing its always better to do these events with mates, and seeing that the B2B (Blaney to Bathurst road race) was available as a team event I began my search for 2 fast riders to pull me through... didn't take much convincing and I had Jeffrey and Kendall on board and Team J.A.K. was formed for the 110km fondo.

The other 2 events the Hill Climb and the Crit were individual events so I was on my own for them.

Come race weekend, dropped the dog off at the kennels, quick family trip with #toomanyhoursonmyfeet at the Hawkesbury Show with the kids, just what my legs needed the day before a big weekend of racing! checked in on work and once got the ok my staff had everything under control for the weekend it was time to rack up the bikes, rack the kids, husband and the mother-

in-law and head off, arrived at our accom around 7pm Friday night - great place - highly recommend Joe and Blandford Cottage if your ever in town, he met us standing on the street waiting for the car to pull up, not sure how long he was standing there for?!





Saturday 21st April 2018: NSW Hill Climb Championships & UGFSW Time Trial

Mount Panorama saw riders heading off every 30 sec from 8:30am until 11:15:30am. I had a 9:25am allocated start time.

Signed in, picked my race pack with numbers for the weekend, went for a quick test on my Addict bike which setup is a little more suited to climbing than my Foil but I haven't been on it since January, yep seemed fine except for the horrendous difference in gear changing- **once you eTap you can't go back!**

Three quick phone calls:

1. **Jeffry** (my hill climbing mentor, and a calming voice!),
2. **Sonia** (with the L&L team out riding with her) with words of encouragement and support,
3. **Cain** (coach) who told me to basically give it all.

Then it was phone off to concentrate & get my head in the game.

Just about to head into the starting shoot to have my bike weighed I saw some familiar faces in Maryanne & Paul from L&L, I raced over to say hello, Maryanne was fanatically waving me away saying "no no no, don't talk to me! Get you B*tch face on!" made me smile.

Up on the trailer I go, clipping in, the count down is on, 30 sec is not long between riders - and certainly not long enough to convince the man holding you upright to give you a push! he wasn't having any of that :(off I go, its only 4.1km right?!

OMG famous last words!

Within 300m-400m I had caught the lady in front of me & passed her & thought cool, I've caught up 30sec when is the hill going to really start, i'm going ok - didn't have to wait long, next corner it was here - wow granny gear, out of the saddle & into the hurt locker not to come out for the next 11min or so. This was not nice at all....

Halfway up I see the familiar faces of Maryanne & Paul cheering me on, I cant get off now - I just want to get off, there are people taking photos, I cant get off! its only 4.1km right?!. Jeffry's words in my head 'tempo tempo tempo' I just repeated & just logged it

out, not liking this at all #nolongerahillclimber.

Get to the top-ish then its a turn & flatish track that winds around with count down signs every 100m to the finish, I had nothing left even the flat still felt like an incline, tank was empty - Maryanne was at the top (I think she actually walked there quicker than I got there on a bike!) I just gave her my bike and mumbled who knows what - I am sorry for what I may have said !!

I concentrated then on getting my HR down & breath back, I must have looked bad as Maryanne was even trying to work out how to rack my bike to take me down #itsonly4.1km !!! OMG that was horrific.

Rolled back with some girls who had also just competed it, (going down was WAY easier!!), Chatting along the way I'm saying to everyone 'so I'll see you at the crit' each time was answered with "Haha no way!"

I knew from that point I had potentially made a big mistake in registering for all 3 events over the weekend.

Result: - 1st in my age group + Qualification to the UCI World Championships in Varese, Italy. 30 Aug – 2 Sept 2018

NSW age group hill climb champion

Lessons learnt: Potentially pushed to hard too early, more training needed, tempo tempo tempo.

Stats:

- 4.19kms • Elevation Gain: 174m
- 13min • adv speed 19.34/km
- fastest speed 47.93km/hr





Saturday 21st April 2018:

Crit - Div 2 Ladies. 30min + 3 laps

Back to the car park, rack the bike, swear some more - head off to where I need to be for my crit race. Quads are screaming! Trying to convince myself to skip the crit & concentrate on road race the next day, convincing didn't work.

Get to the crit event, transfer the stickers over on the bikes, pump up my tyres - lets do this!

The jnrs are racing around the course, it looks fast, great course set up in the middle of town with barriers up for spectators to have a good vantage point from anywhere around the course, lots of crowd support, this was going to be fun.

No warm up on the course was available due to the tight turn-around of races that day so I did a quick ride around town to try to become friends with my quads again.

Quick race brief from a familiar face Frank from Cycling NSW & we were on the track with the first lap being a neutral roll.

Uneventful first few laps everyone just feeling the course & the competitors out rolling around turns, few little attacks but nothing major. Our race was 30min + 3 laps so around & around we went 1.1km per lap it was fast but nothing crazy, once we lapped a rider they were out it only happened a few times mostly we were together just doing our thing waiting until the countdown of 3 laps. One rider took off on a solo break, I was towards the back of the pack & didn't see this happen (mistake no.1) I guess the pack thought we'd catch up & re-group with her - we didn't.

3 laps, 2 laps to go, I should have chased but due to an issue I was having (but thats another story!) I didn't have the confidence to go. Bell lap, ok now its game on!

I'm 4th wheel for the start of this final lap, knowing in my last few crits I'd waited too long & left my sprint too late I didn't want to do that again, I wanted to shake things up & test myself.

There were no attacks when I expected them in the initial stages of this final lap so halfway around on the back straight I was sitting 3rd wheel, thought its now or never before the attacks come from behind me & there is no time to respond so I took my moment, out of the saddle, swung to the right to not allow anyone a quick chance of getting the jump on my wheel.



There were 2 tight corners & a slightly uphill section between me & the finish, hit those last corners I think faster than I have ever cornered before & just positioned myself to power out of them & use the momentum to propel me forward. In the drops out of the saddle & head down waiting for that finish line to come pushing pushing pushing - I knew at least one person was real close but how close I could not see & didn't want to look! - I just thought if I give it all and leave nothing out there & they get me thats fine, so thats what I did. Thankfully crossed that line before anyone caught me.

I was extremely happy with my race, focus + sprint - my confidence in crit has got a long way to go but its growing.

Result: 2nd place in B grade.

Lessons learnt:

- Fully test your bike before riding,
- Don't wait for the pack to chase if the attack is getting way too in front
- Back yourself & go for it.

Stats:

20.3kms • Elevation Gain: 44m • 32.26min
 • adv speed 34.33/km • fastest speed 45km/hr
 • Front gear shift count: 0 • Rear gear shift count: 84





**Sunday 22nd April 2018:
B2B - Bathurst to Blaney - the long way! 110km
qualifying round for the UCI World Gran Fondo
Championships.**

Early text message from Jeffy at 7am **"At Blaney..... COLDDDD!!!"** 1 x Long black coffee & a quick chat with Cain during the drive to Blaney to meet with Team J.A.K. Turns out all 3 of us were in different starting waves. My wave was the 2nd one to go after the elites, Jeffy and Kendall were both in different start groups behind me.



Countdown was on and my wave off with a new mumbles from the pack "where is the NRS team" I could only spot 1 of them in the pack - the others were nowhere to be seen hmmm??!

2.8km into the race with a nice starting average of 34km/h a car came tearing up the side of the back blasting its horn scaring the crap out of us then got itself in from the of peloton & put the breaks on - WTF everyone on the breaks screaming what was going on?? This was the first of a few naturalisations (is that a word?!) for the womens race. This first one was due to the fact that some races had missed the start so we were forced to ride at 9 - 11km/hr for the next 5 - 10min while these particular riders caught up? Not ideal and certainly not safe. As soon as the Sydney Uni NRS team come down the right hand side of the pack & got to the front the car pulled away, we were racing again with these girls up the front controlling the pace / race.

At around the 15-20km mark we were once again naturalised by a car in front on a downhill decent - this one for no apparent reason, very dangerous as the pack was quite big & with everyone hitting the breaks at different speeds some collisions I believe occurred. Then off we go again & back to an average speed of around 32 - 34km/hr. Still none the wiser for the reason we were slowed down.

NRS team mainly controlling the front with a few others taking turns. I was sitting comfortably being able to see all that was going on at the front & keeping pace well.

My legs were fatigued from the previous day so I just wanted to keep up as long as I could - then at around the 30km disaster struck for me, the fatigue got the better of me & upon trying to put my drink bottle into the far holder on my bike something just tweaked & I had an enormous shooting of sharp pain from my Achilles all the way up to my hamstring in my left leg (my good leg!) - I was in





instant horrendous pain & as safely as I could stopped peddling & made my way away right to the back of the peloton to take a moment to regroup with myself on what just happened. Having had tendon problems before I knew instantly what it was but knew it was still holding together & nothing serious just yet.

My body went into shock & I was trying to work out what to do, I was looking for a support car for the pack but couldn't immediately see one I kept slowing peddling just to hang on & be pulled by the pack while I waited for my leg pain to settle.

Anyway with tears streaming down my face with the pain & the confusion and disappointment of how this happened so quickly also trying to decide if I should pull out but remembering I am part of a 3 person team & if one of us doesn't finish then the team effectually would be a DNF. If there was an available support car with the capabilities of racking my bike I think I would have done it as disappointing as it would have been but the much bigger picture I was focusing on.

So I continued rolling with the pack until I could see a support car, the pain was becoming manageable & I could see that the power ratings on that leg were coming back slowly over time so I decided to push on gently for a little while longer.

At around the 55km mark a car with its horn blaring again came up beside the main pack pushing us all over to the left hand side - the first wave of male riders were coming though - they were to pass on the right, girls were to stay natural on the left, these were the instructions we were given. All good in theory - not so good in practice. With a wave of faster/stronger riders there a lot of the front group took this opportunity to mix themselves up with the boys to get pulled along. Not the support cars or the



Team J.A.K - before and after



men yelling at them could get them out - this continued on for around 10km. Cars were coming up beside the riders trying to force around 100 - 150 riders into one lane whilst waving a red flag shouting at the women to keep away from the boys & let them through. I was just trying to stay out of trouble & stay safe through all the confusion, this did not feel safe at all.

Meanwhile up the front the girls were not letting the boys go clear, a few of them were told to stop at the next aid station to take a time penalty, like that was going to happen ?!

I was now riding with one or two other girls, we were dropped from the main bunch & there was no way of catching back on. We worked together & two became 3, which became 4 as we caught up to riders in front all did constant rolling turns, this was great our pace was picking up well.

Then we hit the Rockly Mountain climb & this really sorted us out, this was around 8km of steep climbing, riders were off their bikes with cramps - my head was just repeating "Tempo Tempo Tempo !" I got to the top happy to be still peddling. I was now on my own again for awhile.

I stopped at my first and only aid station for the day at around the 90km mark to top up one of my bottles with water - to thank the volunteers esp the kids there for their time & grab a banana. I was on my way again shortly after - 20km to go.

At around the 96km mark 2 guys who were



Photo credit: Raceatlas

racing in the 70km event were catching me, I saw them coming & upped my pace to be able to grab their wheel as they passed, this worked, they were strong. We then started doing constant rolling turns, it was tough - we were pushing 34 - 36km/hr but this was my best chance of getting to the finish quick, rolling turns with only 3 people at this stage in my race was hard, but then 3 become 4, 4 become 5 as we caught other boys. Not wanting to be a girl about it & just go along for the ride I was going my share of the pulling but knowing this was not going to last for me at this pace - I was pretty much running on empty at this stage - pace had increased with this pack & we were at 38 - 41km/ hr still rolling turns with those that could.

A few fleeting thoughts passed through my head of dropping off but then knowing that riding this last stretch by my myself is going to be so much harder with no help just got to try to work with these boys as long as I can for my own benefit !! We all started seeing the signs & counting out loud the kms to go, we got a boost as they got lower & just played well together. I remember thinking of how great is this, 5 of us all from different places, different clubs working so well together with the same goal to get back home safe & as fast as possible !.

Hit the 1km to go mark we were directed up the side of Mt Panorama (thankfully not the same side as yesterdays hill climb!) & the group I was with had split a bit due to the varying degrees of cramps people were having in the previous climb.

One final hill & I am almost at the top & I hear someone yelling my name, its coming from Jeffry - my teammate !!! I was so happy to see a friendly face & right before we finish the race & at the top of the climb it was just so fitting to see Jeffry there - I started yelling at him "where have you been for the last 3 hours!!!!" haha!!! he was spent - Jeffry road an incredibly fast race & had given it all he could. Down to the finish line - what a relief - we were done!

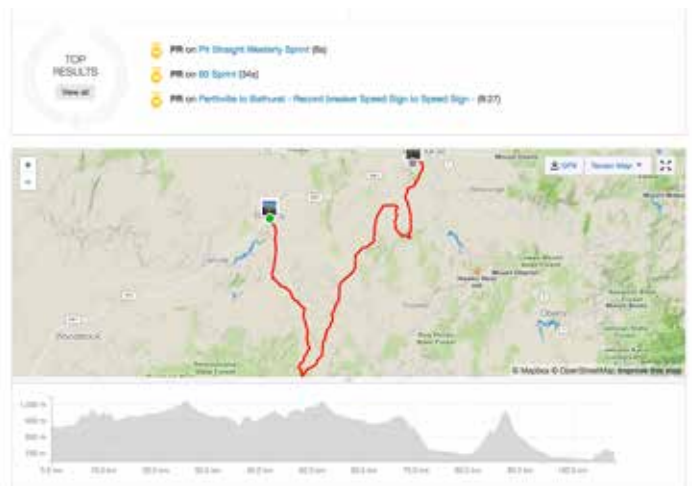
Results individual: 3rd in age group - bronze medal + UCI Fondo Qualification to be able to race in The UCI World Championships held in Varese, Italy from 30 August – 2 September 2018

Results Team: J.A.K = 1st place in mixed team. 1hr 15min overall in front of the next teams combined times. = GOLD!

Lessons learnt: Manage fatigue, listen to your body - just ride fast!.

Stats:

- 108.25kms • Elevation Gain: 1,130m • 3hrs 21min
- adv speed 32.31/km • fastest speed 76.79km/hr
- Front gear shift count: 42 • Rear gear shift count: 545.



Very happy with my weekend of racing and results.



Photo credit: RaceAtlas



Long Course Mixed Gender (110kms)		
1	Team JAK	0:44:43
	1372 Amanda JONES	3:21:11.02
	1713 Stefano J ANWAR	2:56:38.62
	1061 Kendall DRANSFIELD	3:27:06.48
2	Coffee and cranks	11:00:36
	1362 Malinda McDONALD	3:40:09.94
	2726 Ashley SMITH	3:40:12.82
	1487 Robert WRIGHT	3:40:13.58
3	Sparkle Motion	13:08:48
	1134 Lucy MOSSOP	4:01:34.67
	1409 Ben MILLIGAN	4:18:19.13
	1408 Daniel MOSSOP	4:48:54.21
4	PhD	13:47:29
	1061 Leonie SUMMERSBY	4:26:45.92
	2210 Chris DAVEY	4:26:46.42
	1949 Stephen BUCKLEY	4:26:48.50
5	Davies	13:55:27
	2084 Ian DAVIES	4:11:00.11
	1042 Emma DAVIES	4:52:18.87
	1041 Tanya DAVIES	4:52:18.94