

# THE MUD ISSUE

Hi everyone, I'm Chelsea, and welcome back to the second instalment of my now monthly tradition. – the *fat chat (Version 2)* series!

First and foremost, a somewhat sincere apology for the general lateness of this newsletter's release – but it was clearly all part of my grand plan to rev up this weekend's race! Which is at Prospect Hill... 31<sup>st</sup> of May... **this Sunday**... Prospect Hill... Register... before Sunday... Prospect Hill.

Now that you have no excuse, allow me to take you back through the latest test for the tyres with a month's worth of mud and dirt and all things unclean!

Starting with this writer's favourite of races, we had the kick off to the **Hammer Nutrition Winter Enduro Series!** which brought the sport four hours of non-stop slop, fun and pine forest adventure!

Hey, wanna hear a dirty joke? ....Someone fell in the mud.

(Eh hem) Much like the rain, I managed to follow the week right into Adelaide's own Junior Development Camp by MTBA! An awesome weekend which saw 11 of our local, (and finest) under 17 and under 15yo legends in the making, show off their knowledge and skills under the instruction of some of mountain biking Australia's most iconic figures! (I know, I shouldn't brag).

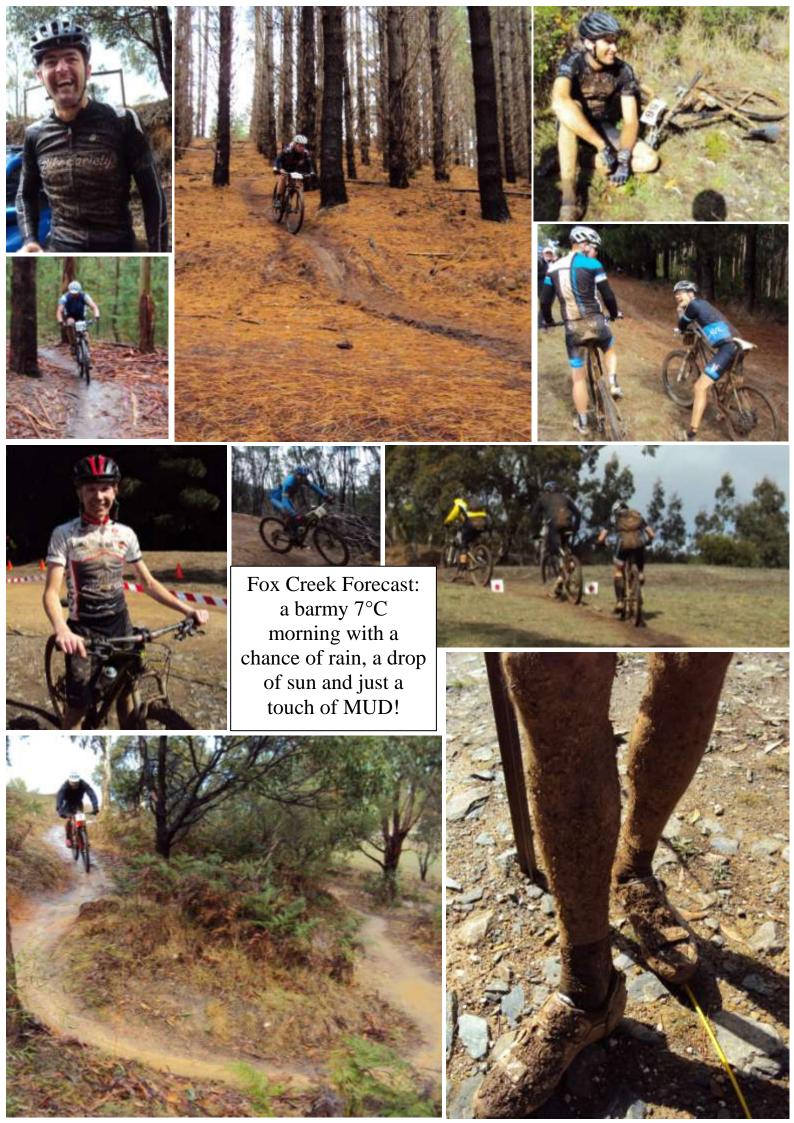
And to finish this edition on a muddy high, I've snuck in some pics from PACC's first round of the CX Crossfire Cup Series, and Bike SA's 24hr

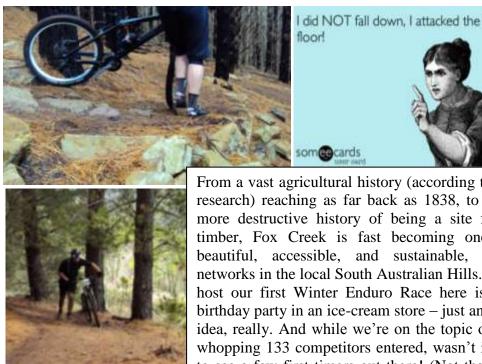
"Dirty Weekend!" – an annual personal favourite of one of the muddiest of muddy weekends... which, ironically saw no mud.

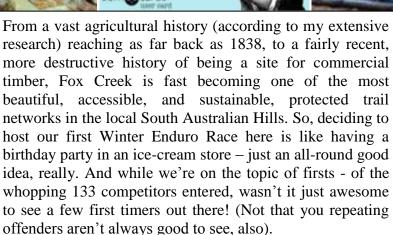












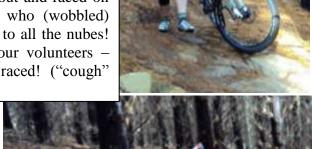
But what a result from our fresh faces - with Tara Ross taking out second place in Elite Females, and Daniela Coutinho scoring a sneaky first place in the Female Duo's, (with yours truly)! ... Granted, we were the only female duo, but hey - just goes to show how much fun you can have on your first MTB race ever! ... and how few female competitors there are – up your race game ladies!



Aside from being tacky, and slippery as all fun!, the starting track built up your confidence with the flowing down trails of the XC Forest Network, then somehow found you testing your suspension against the freshly polished rocks of the Rocky Outcrops, before throwing you into the most glorious, perilous, victorious, of track sections through (insert lost trail memory), a quick trip into Around the Knoll, then onto a crowd-rich finish at the top of the Easy Rider western trail loop, where conveniently, you would find your friendly local vollies working hard at the BBQ, and a small collection of exploded rear hubs, broken chains, the (ever-favourite) flat tyre, broken thumb and some generous leg cramps.

A huge thank you to everyone that came out and raced on the day! Especially to Michael Denton, who (wobbled) away with first place, overall! Well done to all the nubes! And of course a massive thanks to all our volunteers especially those that volunteered AND raced! ("cough" Braithewaite "cough").







### Next race is Hammer Nutrition 4hr Enduro Round 2 @ Prospect Hill - 31st May 2015

Thanks to: Registration: Chelsea Hooton, Anna Puckridge; Race Brief: The Illustrious Time Keeper

Course/track setup: David Knight (Committee), Griff Knight, Nick Noske, Craig Hutchins;

Course Packup: Paul Massey, Annie Knight, James Irving; I can help with everything!: David Braithwaite (stellar performance!)

BBQ: Betina Denton, Amelia Denton, Unknown gentleman (email racevolunteers@ambc.asn.au and let us know who you were!)

Special thanks to: Human Projectiles, Forestry SA, Anderson Hill Winery and Adelaide Hills Council for their committent to the trails











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	UB		ENDURANC	E FUELS	org	anie	escapegod		DID MECHANICS CYCLES AND REPA		RKSHOP	XO
Category	No	PIC	Rider/Team	Laps	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	TOTAL
Elite Male	53	1	Michael Denton	7	00:36:08.5	00:35:58.1	00:36:16.6	00:37:19.2	00:37:48.7	00:39:28.0	00:41:11.7	04:24:10.8
Elite Male	5	2	Ben Hogarth	7	00:34:23.0	00:36:19.7	00:37:04.7	00:39:07.8	00:40:11.7	00:40:39.9	00:41:26.2	04:29:13.1
Elite Male	55	3	Rohan Baird	7	00:36:21.6	00:36:30.3	00:37:28.8	00:39:11.2	00:40:04.0	00:42:03.6	00:45:10.4	04:36:49.9
Elite Male	4	4	Angus Hogben	6	00:36:12.0	00:35:56.1	00:36:43.7	00:40:52.1	00:45:20.8	00:44:39.5		03:59:44.3
Elite Male	1	5	Adrian Scott	6	00:37:49.6	00:37:40.5	00:39:28.4	00:41:24.9	00:44:01.8	00:40:52.1		04:01:17.2
Elite Male	56	6	Tristan Jones	6	00:36:15.1	00:36:30.4	00:38:27.6	00:40:55.1	00:44:39.0	00:47:11.3		04:03:58.5
Elite Male	10	7	Ian McGraw	6	00:37:57.2	00:38:35.2	00:39:51.1	00:41:35.0	00:44:25.9	00:46:14.2		04:03:38.7
Elite Male	52	8	Marc Freemantle	6	00:38:09.3	00:37:15.1	00:41:22.8	00:44:14.4	00:44:22.2	00:43:17.3		04:08:41.0
Elite Male	13	9	Kevin Pullen	6	00:39:56.7	00:40:28.4	00:41:53.9	00:42:29.1	00:41:37.7	00:43:59.4		04:10:25.1
Elite Male	2	10	Andrew Burley	6	00:39:17.7	00:39:42.7	00:40:54.5	00:44:14.6	00:47:41.5	00:48:44.8		04:20:35.8
Elite Male	9	11	Griff Knight	6	00:38:14.1	00:39:07.5	00:42:21.1	00:49:58.2	00:46:41.6	00:45:53.9		04:22:16.4
Elite Male	54	12	Nick Stokoe	6	00:40:47.6	00:41:48.1	00:45:01.9	00:47:00.0	00:48:18.1	00:47:34.4		04:30:30.1
Elite Male	50	13	Liam Jeffries	5	00:34:00.7	00:35:08.7	00:37:04.3	00:38:43.6	00:45:18.5			03:10:15.8
Elite Male	3	14	Andrew Duncan	5	00:39:41.7	00:38:52.8	00:39:58.2	00:43:11.5	00:46:00.8			03:27:44.9
Elite Male	11	15	Jarrod Clark	5	00:43:10.1	00:42:49.0	00:48:03.9	00:49:44.3	00:50:08.8			03:53:56.2
Elite Male	7	16	Clint Draper	5	00:42:19.7	00:59:01.1	00:50:05.5	00:44:19.5	00:43:30.9			03:59:16.8
Elite Male	6	17	Christopher Crocker	3	00:39:10.0	00:39:57.9	00:42:50.1					02:01:58.0
Elite Male	15	18	Lea Holland	3	00:42:16.7	00:54:44.6	00:50:01.2					02:27:02.4
Elite Male	14	19	Kym Bellett	3	00:54:53.9	01:01:53.8	01:10:14.0					03:07:01.7
Elite Male	12		Jason Morrison	2	00:37:56.1	00:39:27.6						01:17:23.7
Elite Male	8		Darius Kubilius	1	00:41:03.2	00.55.27.0						00:41:03.2
Ente mare			Zarras mazirras		001.11.05.12							0011210012
Elite Female	102	1	Aurelia Strozik	5	00:49:59.4	00:51:59.1	00:55:05.4	00:55:05.5	00:55:25.3			04:27:34.7
Elite Female	104	2	Tara Ross	5	00:53:28.9	00:54:04.5	00:54:22.4	00:54:29.5	00:59:28.2			04:35:53.5
Elite Female	103	3	Kelly Charlton	4	00:48:16.3	01:03:54.4	00:46:17.3	01:03:25.8				03:41:53.8
Elite Female	105	4	Jaymi Bowyer	4	00:59:00.4	01:02:15.3	01:16:08.3	01:09:28.1				04:26:52.1
Solo Male	217	1	Tim Klein	6	00:42:13.4	00:42:58.4	00:46:40.6	00:49:24.7	00:50:46.4	00:57:16.7		04:49:20.3
Solo Male	214	2	Michael Roennfeldt	5	00:46:08.3	00:44:16.0	00:47:15.7	00:48:28.1	00:46:44.4			03:52:52.4
Solo Male	208	3	David Poulsen	5	00:42:06.9	00:45:01.5	00:52:52.9	00:54:29.7	00:51:45.2			04:06:16.2
Solo Male	206	4	Daniel Morgan	5	00:45:24.9	00:46:02.6	00:50:56.4	00:53:28.7	00:52:39.2			04:08:31.8
Solo Male	210	5	James Irving	5	00:46:07.9	00:45:18.6	00:54:55.8	00:54:03.0	00:51:54.3			04:12:19.7
Solo Male	213	6	Matt Leeder	5	00:46:21.9	00:48:29.2	00:55:13.1	00:55:47.9	00:58:06.2			04:23:58.3
Solo Male	218	7	Tom Allen	5	00:47:33.0	00:50:11.2	00:53:17.6	00:56:50.3	00:56:59.3			04:24:51.3
Solo Male	211	8	Lachlan Palmer	5	00:45:43.4	00:55:38.2	00:49:49.3	00:56:07.3	00:57:54.0			04:25:12.2
Solo Male	201	9	Andrew Hawkes	4	00:44:05.0	00:45:56.0	00:51:26.2	01:01:22.6				03:22:49.7
Solo Male	216	10	Scott Hamilton	4	00:45:12.9	00:55:46.2	00:48:33.7	00:58:12.1				03:27:44.9
Solo Male	209	11	Duncan Forbes	4	00:45:10.7	00:55:53.3	00:56:27.2	00:54:45.6				03:32:16.8
Solo Male	212		Mark Thomson	4	00:52:02.4	00:55:14.7	00:59:05.6	01:07:16.0				03:53:38.7
Solo Male	205	13	Craig Lawn	4	00:51:42.7	01:01:51.7	01:05:09.3	01:05:55.6				04:04:39.3
Solo Male	207	14	Daniel Sander	3	00:57:16.4	00:56:54.6	01:01:30.6					02:55:41.6
Solo Male	203	15	Chris Hutchesson	3	00:58:08.8	00:59:08.1	01:14:27.9					03:11:44.8
Solo Male	219		Wade Smith	3	01:06:19.6	01:16:29.9	01:28:01.0					03:50:50.5
Solo Male	202	17	Bevan Jones	2	00:43:17.5	00:59:38.8						01:42:56.2
Solo Male	204	18	Chris Imeson	2	00:57:18.2	00:57:48.2						01:55:06.4
Solo Female	401		Emma McCambridge	3	01:24:48.1	01:18:22.6	01:42:29.0					04:25:39.7
Solo Female	402		Marika Suszko	2	01:13:34.4	01:43:04.6	A 18	A NO. OF LAND SHAPE OF LAND				02:56:39.1



Solo Male 40+	309	1	Darren Hobby	6	00:40:25.6	00:40:46.8	00:44:54.5	00:45:27.5	00:50:20.4	00:46:13.7	04:28:08.6
Solo Male 40+	307	2	Daniel Wade	5	00:38:55.1	00:44:17.9	00:47:28.6	00:52:04.4	00:48:26.0		03:51:12.0
Solo Male 40+	314	3	Geoff Luders	5	00:42:09.7	00:43:29.6	00:46:38.3	00:48:52.0	00:52:44.9		03:53:54.4
Solo Male 40+	320	4	Nicholas Tilbrook	5	00:47:57.9	00:46:29.1	00:48:27.1	00:49:12.4	00:49:50.5		04:01:57.1
Solo Male 40+	322	5	Simon Taylor	5	00:46:36.1	00:46:56.3	00:50:28.8	00:49:40.2	00:48:50.3		04:02:31.6
Solo Male 40+	313	6	Erik Lock	5	00:45:53.5	00:44:14.4	00:47:26.1	00:55:26.6	00:50:38.3		04:03:38.8
Solo Male 40+	308	7	Darren Munro	5	00:43:22.0	00:44:48.2	00:49:59.5	00:55:31.1	00:52:17.1		04:05:57.8
Solo Male 40+	324	8	Stephane Tournier	5	00:44:18.2	00:45:49.3	00:56:49.4	00:53:26.4	00:55:29.8		04:15:53.0
Solo Male 40+	312	9	David Knight	5	00:47:06.0	00:47:26.0	00:56:21.1	00:55:51.7	00:56:03.7		04:22:48.4
Solo Male 40+	302		Bill Frame	5	00:45:48.4	00:52:46.4	00:56:59.2	01:01:07.8	01:02:41.3		04:39:23.2
Solo Male 40+	321		Nuno Goncalves	4	00:50:39.4	00:54:27.0	00:57:28.7	01:01:18.0			03:43:53.1
Solo Male 40+	301		Andrew Fleming	4	01:05:52.1	00:58:31.4	01:14:19.8	00:57:22.4			04:16:05.7
Solo Male 40+	315		Matthew Sanderson	3	00:41:36.1	00:41:48.7	00:43:09.0				02:06:33.9
Solo Male 40+	304	14		3	00:48:54.7	00:49:09.6	00:57:53.4				02:35:57.7
Solo Male 40+	319	15	Neil Penno	3	00:55:32.1	00:59:13.1	01:05:45.8				03:00:30.9
Solo Female 40+	501	1	Julia Massey	4	01:04:14.8	01:11:36.7	01:16:15.4	01:14:45.7			04:46:52.6
Solo Female 40+	502	2	•	3	01:02:12.7	01:09:00.0	01:15:18.4	01.14.45.7			03:26:31.0
Solo Junior	603	1	Jarred Clarke	5	00:46:13.0	00:43:21.0	00:46:06.1	00:51:58.9	00:53:18.5		04:00:57.6
Solo Junior	601	2	Bryce Penno	5	00:43:06.8	00:45:00.6	00:50:00.9	00:51:49.0	00:53:29.7		04:03:27.1
Solo Junior	604	3	Robert Allison	5	00:47:42.7	01:08:46.9	00:53:02.8	01:01:16.4	01:13:07.9		05:03:56.7
Solo Junior	907	4	Corey Ackerman	2	00:56:48.3	01:02:05.6					01:58:53.9
Duo Junior	901/902	1	Free to good home	6	00:46:06.8	00:42:15.5	00:47:16.0	00:44:49.7	00:50:07.4	01:07:10.1	04:57:45.5
Duo Junior	907/908	2	E C Riding	5	00:52:32.3	00:49:46.8	01:03:47.6	00:51:43.0	01:10:04.6		04:47:54.3
Duo Junior	905/906	3	Slow Motion	5	00:49:47.1	00:58:55.8	00:55:35.7	01:06:58.7	01:04:25.2		04:55:42.4
Duo Junior	903/904	4	Josh and Mitch	3	00:52:05.3	01:18:04.1	00:56:18.1				03:06:27.5
Duo Male	730/751	1	One by One Hooray Hoora	6	00:38:59.7	00:38:53.7	00:40:15.5	00:41:12.1	00:44:15.8	00:42:08.8	04:05:45.5
Duo Male	701/702		Allison	6	00:39:11.3	00:39:50.6	00:40:55.0	00:46:47.9	00:40:27.0	00:42:37.5	04:09:49.3
Duo Male	718/719			6	00:39:45.9	00:41:32.5	00:41:20.0	00:45:33.5	00:42:35.2	00:43:47.2	04:14:34.3
Duo Male	716/717	4	HellBoy and Mackey	6	00:39:08.8	00:45:52.7	00:41:38.8	00:49:28.5	00:42:56.1	00:49:34.2	04:28:39.0
Duo Male	756/757		Trail Blazers	5	00:43:09.5	00:50:30.7	00:44:18.7	00:54:58.1	00:44:33.6	001 1313 112	03:57:30.7
Duo Male	728/729		Muzzollies	5	00:46:32.5	00:46:11.6	00:46:53.2	00:50:10.3	00:49:32.5		03:59:20.0
Duo Male	714/715	7	Dave and Phil	5	00:52:03.3	00:43:20.7	00:53:11.7	00:45:16.1	00:46:54.7		04:00:46.5
Duo Male		8		5	00:43:12.6	00:45:32.6	00:55:08.5	00:49:41.7	00:50:08.9		04:03:44.3
	724/725		Leaping Lizards								
Duo Male	758/759			5	00:48:26.2	00:50:20.6	00:49:52.2	00:53:08.5	00:54:34.7		04:16:22.3
Duo Male	760/610		Wells Escargot	5	00:47:24.5	01:04:40.3	00:48:22.9	01:12:01.2	00:47:25.6		04:39:54.5
Duo Male	722/723		Last Minute	4	00:43:18.4	00:51:07.5	00:44:06.4	00:53:22.6			03:11:55.0
Duo Male	705/707	12		4	00:49:52.2	00:54:17.3	00:52:09.8	00:57:23.0			03:33:42.2
Duo Male	720/721		Kris and Matt	4	00:46:00.4	01:02:49.9	00:45:56.9	01:02:54.6			03:37:41.8
Duo Male	752/753		R2D2's	4	00:49:42.5	00:56:08.7	00:52:39.7	01:02:02.9			03:40:33.8
Duo Male	754/755		Rex 'n' Wayne	4	00:56:35.2	01:10:53.6	01:00:50.6	01:06:05.6			04:14:25.0
Duo Male	712/713		DAPA	4	00:53:20.2	01:11:42.0	01:02:30.7	01:18:04.6			04:25:37.5
Duo Male	703/704	17	Blue Steak	4	00:54:08.1	01:27:43.5	01:09:49.8	01:27:11.4			04:58:52.9
Duo Male	726/727	18	Lucen	3	00:44:25.9	00:45:05.9	00:46:20.0				02:15:51.8
Duo Male	708/709	19	Brooks Brothers Racing	3	01:03:39.5	01:06:46.8	01:12:10.4				03:22:36.7
Duo Male	710/711	20	chicken legs	3	01:06:27.3	01:10:15.7	01:11:39.7				03:28:22.7
Duo Mixed	807/808	1	Mic & Nic	5	00:49:45.8	00:57:24.9	00:53:52.0	00:58:42.6	00:55:25.4		04:35:10.7
Duo Mixed	805/806		hutchy's	5	01:01:33.8	01:02:35.8	01:05:40.8	00:43:13.0	00:46:40.3		04:39:43.7
Duo Mixed	850/851		Double D's	5	00:42:52.0	00:46:21.3	00:47:07.2	00:48:53.2	01:36:21.5		04:41:35.3
Duo Mixed	809/810		Old n New	4	00:47:50.3	01:20:12.3	00:57:17.7	01:04:38.2			04:09:58.4
Duo Mixed	803/804			2	01:10:25.9	01:13:50.5					02:24:16.4
Duo Mixed	801/802		DezNPen	2	01:11:13.7	01:35:35.3					02:46:49.0
Duo Female	853/854	1	Giblets	2	01:24:42.8	01:18:25.9					02:43:08.6
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## Coming up...

31, 21: Easy to say, Easy to do!

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1ST RACE: 19 April @ Fox Creek!

2<sup>nd</sup> RACE: 31 May @ Prospect Hill!

3<sup>rd</sup> RACE: 21 June @ Craigburn!

All races are *still* open for entry – for the whole season!





The Junior Development Weekend, brought to you by our fearless leader, Evan James as Head Coach, and our modest crew of Level 1 Trainee Coaches: our very own David Knight, and Luke Hallam, Andy 'Goggles', Chris Jongewaard (I hear he's alright at riding bikes?), Darren O'Grady, Tyson Schmidt, and myself – together, presented our juniors with the perfect opportunity to learn what mountain biking is all about. With skill levels that ranged from '*just starting out*' to '*hey you, check out my mad skills*', our juniors certainly took every opportunity to show off some serious participation, skill development, and just plain old good team work... and yes, mad skills. Some of them even took it to the next level! The DIRTY level! The 24r DIRTY LEVEL! Or more specifically, the 12hr DIRTY LEVEL. And although they put in a solid competitive effort, this writer will regrettably note - not **one of them**, wore a costume.

Below are just a few pics that I've stolen (with permission), and cropped from the epic weekend, by: Kane Naraat (www.kaneophoto.com.au/2015-Dirty-Weekend-Fox-Creek/), and Sam Bruce (https://goo.gl/m96qs4).

For some serious talent shots, check out their webpages! And if you're interested in purchasing a fun-size print version, check out their webpages! In the meantime, **throw your hands up** for the 2015 Bike SA Dirty Weekend!... (yes, my first round of pictures was somewhat based on what punch line I could use...)









### HAMMER NUTRITION ENDURANCE FUELS

### SO MUCH AWESOME!

#### **GIANT**

With generous donations, ongoing support within the GIANT WORLD OF CYCLING and a local bike shop in the heart of the city, Giant is definitely up there in our thank you list. To keep yourselves updated with some local awesomeness, check out their Facebook page, at:

https://www.facebook.com/GCWADELAIDE/timeline

#### **B-D FARM PARIS CREEK**

Over the years, B-D Farm has taken out the food industry podiums for their dedication to producing high quality products! And with that strong running history to hold them high, we are proud to see them back in the running for this year's SA Food Industry Awards!

To appreciate the delicious extent of their products, check out their webpage:

http://www.bdfarmpariscreek.com.au/

And to make sure we keep seeing B-D Farm Paris Creek dairy bag prizes at our events, vote them in!, at:

http://safoodawards.com.au/consumer/

#### **MAXXIS TYRES**

Straight from the box of original designs, with an enduring dedication to research and development and high class performance, you'll be sure to see, use, smell, touch, and test a set of these high-quality, ground-grabbing pieces of awesomeness! If you've never thought to look up their history, I encourage you to take a peek:

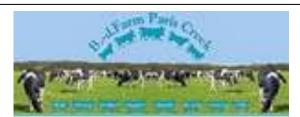
http://www.maxxistyres.com.au/

#### **BMCR**

Did you know that BMCR have supported us for over a decade now!? On top of that, these guys are huge advocates for the cycling world with major support in events such as the Tour, Three Peaks, Coast to Coast and of course our AMBC events. And you know what they seem to just love what they do.

Check them out:

http://bmcr.com.au/



#### **HAMMER NUTRITION**

Our headliner for the series! Did you know, that apart from being an awesome sauce of sport nutrition (see what I did there), HN are also awesome sponsors! In addition to AMBC, these guys support events right down from massive desert marathons, to 200km alpine road-ride experiences, to a wide range of MTB madness! To find out more about team Nutrition, check out their page:

http://www.hammernutrition.com.au/

#### **OVER THE EDGE**

There is LOTS happening at OTE this year! Like the Freaky 13<sup>th</sup> Melrose FAT TYRE FESTIVAL over the June long weekend. AKA: a massive weekend dedicated to fun! Riders from all over the country can come and ride those sweet Melrose trails, improve their skills, meet new people, drink amazing port, check out some art, make your own art!, and just enjoy the myriad of colours, sounds and activities this weekend will host!

For details, and further inspiration, visit:

http://melrosemountainbike.com/2015-freaky-fat-tyre-programme/

And while you're at it, don't forget to check out this year's 18 Hours of Melrose Race!

#### WHIPPET'S WORKSHOP

Located just outside of North Adelaide, complete with coffee and access to a whole range of bike kit out, WW not only have their place in our community, but have also been awesome supporters for our race series over the years. Hey – they even race with us!

To follow these guys, and see what they get up to, check out their page:

http://www.whippetsworkshop.com/





#### **AMBC Committee Members:**

President: Treasurer:

**Vice President/secretary:** 

**Race Director**:

Junior Coordinator: Volunteer Coordinator:

Trails Officer: Sponsorship:

Timing Coordinator: Media Coordinator: Website Administrator: General Committee:

**CONTACT** 

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Matthew Ackland Scott Keneally

POSITION AVAILABLE (We'll miss you Luke)

David Knight
Chris Crocker
Robyn Couch
Malcolm Robertson
John Allison

P'An-Tau Jiricek-Scott

Amy Austin
Tom Bamman
Scott Denton

## fat chat V2

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