

fat chat

Version 2



Adelaide Mountain Bike Club Newsletter
Elite rider, Terry Rhodes — too fast for full colour!/the picture blurred...
(Eagle MTB Park) August Issue 2015

XCO IS HERE!

Hey: what do you get when you cross a rock with a pun? Dwayne Johnson! (... this joke is only funny if you can find all 9!)

Welcome back everyone to AMBC's Giant XCO series! The type of race where one can't help but **LAY DOWN THE PAIN** in a grueling, awesome, tunnel-visioned attempt to knock out as many laps as you can, before being lapped by your category's winner! ... or is that just me?

This winter, we kicked off the series at everyone's favourite quartzite quarry - Eagle MTB Park - and saw a great line up of (to be) hill-climbing enthusiasts take on the tacky tracks of what turned out to be one great race course. I had my chance to throw out the odd rock pun, whilst the other 70ish competitors fueled the competition.

But leaving the race in front for a moment - there were certainly some great off-road events leading up to our humble XCO, both internationally (like the *UCI World Cup* in Mont-Sainte-Anne) and locally; as well as some sneaky road challenges, like the *Rapha Women's 100*, which saw just under 9,000 female riders take to the roads for a 100km challenge!

A quick congratulatory mention to our SA locals: Terry Rhodes for taking out the silver in MTBA's "*Cross de Capital*", and Chris Jongewaard for taking over the men's CX national title! Top effort! SA's local Gravity Enduro club hosted their 2nd round to the GESA series at Eagle (with a bonus blog entry from competitor, Moira Love), and PACC could not have had sweeter weather conditions for their latest round in the "*Crossfire Cup Series*".

Moving forward - if your upcoming calendar is looking a bit bland, Nick Bowman is back on the trail digs, if anyone is keen to gain some track building skills from one of SA's finest!? Or if you're current feels are taking your wheels into the more competitive side of things, jump on to AMBC's calendar and get around the last of the winter events.

The 15th edition of the "*Australian Masters Games*", early bird entry specials are closing soon, with a special mention to AMBC who's taking charge of their MTB race category! And while you're registering, don't forget to enter this year's *18hrs of Melrose*! And hey, while you're at it, the "*Convict 100*" starts in less than a week. Happy cycling!

Until next time - stay safe, eat all the cake, and enjoy this month's FAT CHAT V2 edition! - Chelsea.



P A C C

THE FAT CHAT CATCH UP!

Just when you thought “off-road” was only for trails like Fox Creek, Craighburn or good old Eagle, you find yourself entering parkland territory! - where three thigh-killer hill sprints, a few solid straights, and some classic mulch-covered corners takes your post-race Elvis leg shakes to a whole new extreme!

A great round three by PACC held at Mulch Hill (Tuthangga): with impossibly good weather, an awesome crowd and a solid competitor turn out! Photo courtesy to the ever-reliable, Tim Loft.



“Gravity Enduro 2015 Round 2 – Eagle Park! Round 2 of the Gravity Enduro Series South Australia crept up on us this last fortnight, only 4 weeks after round 1. A big step up technically from Cobblers Creek in round 1, the Eagle Park course made use of several tight, steep and difficult trails including the previous Nationals downhill track. The lead up delivered plenty of rain in the Adelaide Hills ensuring some variable grip out on the trails but as always Eagle Park withstood the downpours and delivered awesome track conditions. Race day weather threatened to leave riders soaking wet and struggling with gale force winds but the gods were smiling and sunny calm conditions prevailed. Almost 100 entrants turned up ready to shred the day’s 5 stages (6 for Elite riders) totaling around 20 minutes of race time. The elite riders were lucky girls and boys as they got to finish the day with a 6th stage down the full DH Mixer track – a challenging track to say the least but lots of fun! Cam Ryan again edged out Simon Buzacott, the pair taking out first and second respectively. Regular downhill elite competitor Matt Taylor showed the U19s how it’s done taking the win & Shelley Flood was close on the guys’ heels taking out the Elite Women. It was great to see a solid group of girls out racing, some regular faces as well as a few new. A total of 9 across the elite and sport categories which is an awesome turn out. Bring on round 3 at Fox Creek!” - Moira Love

GESA



Image courtesy of Timothy Klein (TTK Photos)



RESULTS! EAGLE MTB PARK. XCO ROUND 1.

Track set-up: David Knight, Don Bowden, Richard Bates, Damien Hall, Andrew "Goggles" Duncan; Announcing: Geoff Luders;

Track pack-up: Tim Klein, James Irving, Scott Keneally, Neville George; On the day setup: Scott Keneally, David Knight, Robyn Couch

BBQ: Scott Denton, Betina Denton, Amelia Denton; Registration: Robyn Couch, Chelsea Hooton, Evelyn Denton, Daniella Coutinho

Thanks to everyone that helped out at race HQ area as well



Category	No	PIC	Rider	Laps	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	TOTAL
Elite Male	9	1	Tom Goddard	6	00:14:32.4	00:15:02.0	00:15:21.0	00:15:25.6	00:15:52.5	00:15:45.8	01:31:59.3
Elite Male	11	2	Ben Hogarth	6	00:14:31.5	00:15:24.0	00:15:47.9	00:15:51.1	00:16:11.1	00:16:38.0	01:34:23.5
Elite Male	1	3	Rohan Baird	6	00:15:15.1	00:15:47.8	00:16:18.9	00:16:05.3	00:16:03.4	00:15:45.6	01:35:16.1
Elite Male	5	4	Michael Denton	6	00:15:21.8	00:16:05.5	00:16:28.2	00:16:13.1	00:16:27.9	00:16:38.8	01:37:15.4
Elite Male	54	5	Adrian Scott	6	00:15:40.2	00:16:03.3	00:16:23.7	00:16:38.2	00:16:46.0	00:17:30.8	01:39:02.2
Elite Male	15	6	Ollie Klein	6	00:15:25.8	00:16:34.8	00:16:45.6	00:16:45.4	00:17:00.7	00:17:13.4	01:39:45.6
Elite Male	52	7	Luke Pankhurst	6	00:15:29.7	00:16:00.7	00:16:31.5	00:16:33.6	00:18:16.9	00:18:57.4	01:41:50.0
Elite Male	14	8	Chris Jongewaard	6	00:15:35.2	00:15:55.0	00:16:33.3	00:16:29.7	00:18:09.8	00:19:07.2	01:41:50.2
Elite Male	6	9	Curtis Dowdell	6	00:16:11.5	00:17:02.9	00:17:16.5	00:17:11.0	00:17:41.7	00:17:36.2	01:42:59.8
Elite Male	7	10	Clint Draper	6	00:16:32.7	00:17:04.3	00:17:13.9	00:17:27.0	00:17:34.9	00:18:03.6	01:43:56.5
Elite Male	55	11	Darren O'Grady	6	00:16:37.6	00:17:07.8	00:17:05.7	00:17:30.9	00:17:44.1	00:17:59.3	01:44:05.5
Elite Male	50	12	Griff Knight	6	00:16:55.5	00:17:17.6	00:16:56.6	00:17:35.3	00:18:04.8	00:17:51.4	01:44:41.1
Elite Male	4	13	Christopher Crocker	6	00:17:14.7	00:17:11.8	00:17:34.0	00:18:03.6	00:17:29.6	00:17:31.3	01:45:04.9
Elite Male	51	14	Jason Morrison	6	00:17:10.5	00:16:54.6	00:16:57.0	00:17:42.9	00:18:16.2	00:18:40.8	01:45:41.9
Elite Male	2	15	Andrew Burley	6	00:16:53.5	00:17:27.1	00:18:28.2	00:18:59.6	00:18:40.3	00:18:27.3	01:48:55.9
Elite Male	12	16	Evan James	6	00:16:59.3	00:17:12.8	00:18:30.0	00:19:04.0	00:19:19.3	00:20:37.2	01:51:42.5
Elite Male	53	17	Kevin Pullen	5	00:16:36.1	00:17:04.0	00:17:13.8	00:17:16.3	00:23:01.3		01:31:11.5
Elite Male	3	18	Jarrod Clark	5	00:18:30.0	00:19:12.3	00:19:31.7	00:20:47.0	00:20:10.1		01:38:11.2
Elite Male	10	19	Daniel Ham	5	00:17:10.4	00:17:17.6	00:19:29.2	00:22:38.2	00:31:28.1		01:48:03.5
Elite Male	8	20	Andrew Duncan	2	00:17:22.3	00:18:09.8					00:35:32.1
Elite Female	104	1	Therese Rhodes	5	00:17:38.6	00:18:10.0	00:18:55.9	00:18:48.4	00:18:59.2		01:32:32.0
Elite Female	103	2	Anna Puckridge	5	00:19:08.1	00:19:30.4	00:20:04.4	00:19:55.5	00:20:08.3		01:38:46.7
Elite Female	105	3	Aurelia Stozik	5	00:23:54.3	00:22:15.2	00:23:08.9	00:23:11.5	00:23:00.0		01:55:30.0
Elite Female	101	4	Tess Downing	4	00:24:39.7	00:25:16.2	00:25:38.7	00:26:54.6			01:42:29.1
B Male	205	1	Christopher Horne	5	00:17:29.9	00:17:53.6	00:18:01.2	00:17:37.3	00:18:22.7		01:29:24.6
B Male	202	2	Richard Bates	5	00:17:29.4	00:17:54.2	00:18:02.6	00:18:17.1	00:18:25.8		01:30:09.1
B Male	204	3	Damien Hall	5	00:17:29.6	00:17:54.0	00:18:01.8	00:18:28.8	00:18:43.6		01:30:37.8
B Male	201	4	John Allison	5	00:17:55.4	00:18:00.5	00:18:34.3	00:18:33.2	00:18:30.8		01:31:34.3
B Male	210	5	Theodor Wyeld	5	00:19:17.3	00:20:21.4	00:20:36.2	00:20:42.8	00:20:57.4		01:41:55.1
B Male	209	6	Joel Tozer	5	00:19:09.0	00:20:25.3	00:20:34.2	00:21:25.2	00:21:57.9		01:43:31.5
B Male	208	7	Paul O'Dea	4	00:22:21.7	00:25:00.6	00:28:05.4	00:25:09.2			01:40:37.0
B Male	207	8	Damien O'dea	2	00:31:29.6	00:39:28.7					01:10:58.3
B Male	203	9	Peter Beilby	1	00:18:41.2						00:18:41.2
B Female	115	1	Tessa Manning	3	00:25:16.1	00:26:04.9	00:25:30.3				01:16:51.2
B Female	111	2	Jaymi Bowyer	3	00:25:22.7	00:26:09.1	00:27:11.9				01:18:43.7
B Female	114	3	Carolyn Hutchins	3	00:25:20.6	00:30:06.6	00:28:01.6				01:23:28.8
B Female	113	4	Chelsea Hooton	3	00:31:04.7	00:37:01.5	00:21:47.9				01:29:54.0
B Female	110	5	Charlotte Bateman	3	00:29:15.7	00:34:40.5	00:29:50.4				01:33:46.7
B Female	112	6	Daniella Coutinho	2	00:31:04.5	00:46:55.2					01:17:59.7
C Grade	308	1	Tim Klein	4	00:18:43.1	00:18:36.7	00:19:19.8	00:19:39.9			01:16:19.4
C Grade	301	2	Jarred Clarke	4	00:18:44.2	00:19:32.6	00:19:07.1	00:19:16.5			01:16:40.4
C Grade	316	3	Sam Walsh	4	00:18:38.8	00:19:35.4	00:19:31.8	00:19:16.8			01:17:02.8
C Grade	314	4	Lachlan Palmer	4	00:19:00.4	00:19:23.7	00:19:54.9	00:19:25.4			01:17:44.4
C Grade	315	5	Nicholas Tilbrook	4	00:19:57.6	00:19:36.3	00:20:08.0	00:20:07.9			01:19:49.8
C Grade	311	6	Aidan Lampe	4	00:20:21.7	00:21:26.5	00:20:42.2	00:19:28.9			01:21:59.3
C Grade	313	7	Sam Munger	4	00:19:49.7	00:21:11.7	00:20:48.6	00:20:13.2			01:22:03.2
C Grade	320	8	Don Bowden	4	00:20:54.7	00:22:00.7	00:22:25.8	00:21:37.0			01:26:58.2
C Grade	319	9	Andrew Fleming	4	00:20:00.7	00:22:57.9	00:22:28.4	00:24:07.6			01:29:34.6
C Grade	302	10	Robyn Couch	4	00:23:31.5	00:24:49.0	00:25:23.6	00:26:42.7			01:40:26.7
C Grade	304	11	Paul Eckert	3	00:24:19.3	00:28:10.4	00:32:19.7				01:24:49.4
C Grade	309	12	David Knight	2	00:19:01.9	00:20:55.7					00:39:57.6
C Grade	312	13	Olav Marold	1	00:20:18.6						00:20:18.6

D Grade	408	1	Bryce Penno	3	00:19:23.5	00:20:10.0	00:19:22.0	00:58:55.5
D Grade	402	2	James Irving	3	00:19:23.0	00:20:10.1	00:20:31.2	01:00:04.2
D Grade	410	3	Errol Poole	3	00:21:48.8	00:20:42.8	00:19:44.4	01:02:16.0
D Grade	403	4	Jason Izzard	3	00:20:23.7	00:21:49.9	00:20:37.4	01:02:51.0
D Grade	412	5	Mark Thomson	3	00:21:48.9	00:21:54.1	00:22:16.7	01:05:59.8
D Grade	409	6	John Pickard	3	00:22:23.7	00:23:40.2	00:23:05.3	01:09:09.2
D Grade	405	7	Cameron Just	3	00:23:05.4	00:23:11.0	00:23:35.8	01:09:52.3
D Grade	404	8	Brett Jantzen	3	00:24:13.2	00:24:32.2	00:24:10.4	01:12:55.8
D Grade	411	9	Adam Romanski	3	00:24:11.9	00:26:15.0	00:27:37.4	01:18:04.3
E Grade	501	1	Daryl Brooks	2	00:22:36.4	00:21:46.4		00:44:22.8
E Grade	502	2	Paul Eustace	2	00:23:09.5	00:23:15.8		00:46:25.2
E Grade	504	3	Brian Lee	2	00:24:47.3	00:24:39.9		00:49:27.2
Junior A	802	1	William (Will) Golding	3	00:19:23.6	00:20:12.2	00:22:54.9	01:02:30.6
Junior A	803	2	Oliver Izzard	3	00:22:33.5	00:23:25.9	00:22:48.2	01:08:47.6
Junior A	804	3	Ethan Miller	2	00:24:34.3	00:30:36.4		00:55:10.7
Junior B	901	1	Seth Gilbert	2	00:20:23.4	00:20:03.1		00:40:26.5
Junior B	902	2	Sam Golding	2	00:20:19.7	00:20:08.8		00:40:28.5
Junior B	903	3	Mackenzie O'Dea	2	00:43:27.7	00:27:19.5		01:10:47.2

THAT TRACK,

This year's XCO track set-up saw a few similarities to the last race hosted at Eagle - with slight variations. Beginning with the crowd in the *mezzanine* (great word), riders were taken up the single-track lining *Eagle Way East*, which shot out onto a high berm and rolled into a peddle-cranking ascent through the upper sections of *Facelift*. From the top of the fire road junction, burning thighs and red faces were pushed through the starting ascent of *Tunnel Vision* and then, like a chicken, crossed the road to get to the other side of *South Side*! (I'm not sorry). From *South Side*, riders pumped over some mini log jumps, and learned to love uphill climbing as the track coasted into the technicalities of *Tunnel Vision*, where UP was changed to DOWN - into the double roll-ins (B-line excluded!) - and then back up, into the top end of *South Side*.

From here, all that hard effort was paid off, with fun! as rider's took to the arcade of dodging close-growing tree bases, rock gardens, and photographers, before finishing the descent with the flowy switchbacks of *North Face*.

A great effort to everyone who raced. And a massive thanks to everyone who hung back after their laps and helped clear the course area. We'll see you next in Mt. Torrens!



COMING UP!

ADELAIDE MTB CLUB GIANT XC SERIES

Round #1 - 2 August 2015 Eagle Park
Round #2 - 13 September 2015 Mt Torrens Township
Round #3 - 11 October 2015 Craighorn Farm

2015 Australian Masters Games
XC MTB event 10 October 2015 Craighorn Farm

AMBC XC State Champs
8 November 2015 Fox Creek

Online entry only
Registration and further information on www.ambc.asn.au
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ROUND TWO - MT. TORRENS!

13 SEPTEMBER!

**REGISTRATIONS ARE OPEN FOR THE LAST
THREE RACES OF THE YEAR!**





AMBC COMMITTEE MEMBERS:

President:	Matthew Ackland
Treasurer:	Scott Keneally
Secretary:	<i>Vacant</i>
Race Director:	David Knight
Junior Coordinator:	Chris Crocker and Scott Denton
Volunteer Coordinator:	Robyn Couch
Trails Officer:	Malcolm Robertson
Sponsorship Coordinator:	John Allison
Timing Coordinator:	P'An-Tau Jiricek-Scott
Media Coordinator:	<i>TBC</i>
Website Administrator:	Tom Bammann
General Committee:	Scott Denton
General Committee:	<i>Vacant (this could be you!)</i>

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