

NOVEMBER 2009 NEWSLETTER

NEWS FLASH

Courteney Lowe wins two Gold medals at Under 19 level at the Bike NZ Road National Championships.

Courteney Lowe, representing the Tauranga Road Cycling Club, has won two gold medals at Under 19 level at the Bike New Zealand Road Championships held in Motueka.

On Wednesday 21 October 2009 Courteney won the Under 19 time trial over a distance of 15 kilometres.

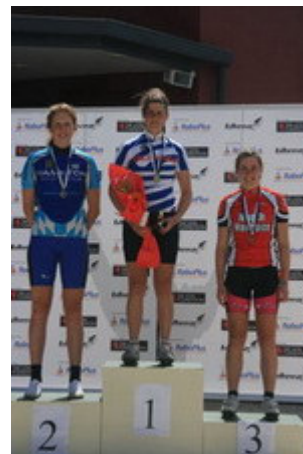
On Friday 23 October 2009 Courteney won the Under 19 road race over 64 kilometres. The race was held over 4 laps with the race developing into a sprint between 6 cyclists who had broken away, with Courteney prevailing in a tight finish.

Courteney is New Zealand's best-ranked Under 19 female cyclist and I am sure everybody in the Club would join me in congratulating Courteney on her tremendous achievement.

It is an outstanding achievement to secure the double of both time trial and road race champion.

Club Captain, Mark Ireland, was in Motueka for the Nationals and longstanding officials could not recall any cyclists achieving the double.

Well done, Courteney.



MEMBERSHIPS

Subscriptions for the 2009-2010 season are now due.

You will have all received a letter from our Treasurer, Richard Bates, with a membership renewal form. Can you all get your membership forms completed and sent in as soon as possible. If you have lost or misplaced your membership form you can download one from our website www.taurangacyclingclub.co.nz

I would comment that there are significantly more cyclists attending Tuesday night rides versus the amount of paid-up members and it would be appreciated if you could complete your membership form and send in your payment.

The basic cycle club subscription for 12 months is a similar cost to two adult tickets to the movies and an ice cream at half-time so it's great value for money.

WEDNESDAY NIGHT TIME TRIALS

Just a reminder that Daniel and Lucas Finucane are running the Wednesday night time trials from the bottom of Oropi Road. Be there at 5.45pm to register. This is good quality training.

BE CAREFUL OUT THERE

There have been a couple of instances recently with cyclists having crashes on Tuesday night training rides after running into potholes. Our Tuesday night course does have a number of potholes and care must be taken. Cyclists should always point out potentially dangerous items on the road such as potholes, glass, manhole lid covers, signs, cones and cars, etc.

2009 – 2010 CLUB CHAMPIONSHIPS

Remember to mark your diaries for 5 December 2009. A notice of race will be sent out shortly.

NOVEMBER EVENTS

Please refer to the website for the Tauranga Road Cycling Club Ride Calendar which lists the events for November. The website for information and an entry form for the Maungatautari 100 km cycle challenge on 22 November 2009 is www.themaungachallenge.co.nz

Good luck to all Club members competing in November and especially those undertaking the Great Lakes Cycle Challenge in Taupo on 28 November 2009.

MOTU CHALLENGE

The Motu Challenge and Motu 160 Cycle Challenge was held in very brisk conditions on Saturday 10 October 2009.

In the Motu 160, which comprised a 55 km mountain bike and a 95 km road ride, Hamish Lane, Richard Coffey and Tim Mills all finished prominently at the sharper end of the race, all making the top 10 of Open Men.

In the Motu Challenge, members of the Lowe family and Ash Hough combined to win the Mixed 4 Person Team and finished third overall, with Grier and Jill Fuller winning the Mixed 2 Person Team and finishing fifth overall.

Club members also featured prominently in the two Tauranga Boys College teams that finished second and third in the College teams.

K2

The Roadcraft K2 and Orca K1 events were run on Saturday 31 October 2009. Riders had a head wind running down the Thames Coast and were greeted with a further head wind

following the ascent of the Kopu/Hikuwai's all the way back to Whitianga. Accordingly times were down a bit from last year. A number of Tauranga cyclists competed with the following results at the sharper end:

Place	Name	Division	Time	Division Place
7 th	Steve Wright	M 40-44	5:43.26	4 th
17 th	Mark Crowther	M 45-49	5:43.34	4 th
24 th	John Cobbald	M 50-54	5:48.50	2 nd
46 th	Shane Kaio	M 45-49	5:55.06	7 th
62 nd	Tim Mills	M 23-34	5:57.22	16 th

In the Roadcraft K2 Individual Women, Sandy Kaio finished 11th overall in a time of 6:47.13 and was 3rd in her category, Women's 40-44.

Well done to all Club members who completed the Roadcraft K2 and Orca K1 events.

HARD MAN AWARD

John Cobbald, riding in the Men's 50-54 age category in the K2 deserves the Hard Man Award.

Going down the Thames Coast John's derailleur jammed and he had to get off his bike to fix it and he then individually time trialed for 8 km on his own to catch the lead bunch of the Roadcraft K2 Individual men.

John Cobbald then fell off his bike at the Tairua drink station and broke his collarbone in three places. John lost contact with the bunch and, being a real man, he rode from the Tairua drinks station all the way to Whitianga and still recorded a finishing time of 5:48.50 and finished second in his age group.

All the best for your recuperation with your collarbone, John.

SAFE RIDING