



BONTRAGER 24/12- NEWNHAM PARK

RACE REPORT

BY CARLA HAINES



Another team endurance event was here and I was very excited. We were entered for the 12 hour open women's category. The riders were myself, Malin Tinberg, Hollie Bettles and Rachel Fenton. Rikki Cotter was also competing in the women's 12 hour solo event!

Friday

As I don't live very far from Newnham I decided to ride there and pre ride the course. It was the best course I have ridden for an endurance event; a variety of fast sweeping single track, open fire road and a couple of climbs. The weather leading up to the event wasn't particularly good so I took into account the tyre choice that would be suitable for the conditions. There was a section on the course which was pretty muddy but the rest wasn't too bad. I decided to use Kenda Karisma tyres-fast but still with a bit of grip for the muddy parts.

I rode back home and then drove over again to set my tent up ready for sleeping on Saturday night.

Saturday

It had rained during the night but stopped for the morning and the rest of the day. We decided that I would start the first lap, Malin 2nd, Hollie 3rd and Rachel 4th; which worked out really well. A rider briefing was at 11am where Keith Bontrager and Martyn Salt (The organiser) gave a talk about the event and any last minute reminders.

It was key to get to the start as early as possible so my coach was there half an hour before with mine and Rikkis' bikes on the line. I got everything I needed for my first lap and headed over to the start 15 minutes before.

The whistle was blown and off we went. It was a bit tight at the start but everyone spreaded out after a while. There was a start loop before we rode the main course so that there were no hold ups on parts of the course.

My first lap was 49 mins (including the start loop) which I was quite pleased about. Malin was in the transition area ready to go. After that lap I cleaned up got changed and hung my kit up to dry. I had quite a while until I was next on so rested my legs and fuelled up.

My 2nd lap was pretty good (41mins40)... my aim was to do sub 45 minute laps which was already achievable. We were in the lead by quite a lot so we tried to keep this lead and gain on it as much as possible. As I take a while to warm up I spun my legs out on the turbo 20 mins before I was due to go out. This helped so much that the rest of the team cottoned on to it and decided to do the same...so it was very well used!

The weather decided to deteriorate as the evening drew near, which made the course very wet and muddy...which was absolutely awesome!!! I managed to get one more lap in the light and my final lap was in the dark with lights. This was probably the most enjoyable lap I did out of the whole race.....everyone was slipping and sliding everywhere it was great. I tend to do well in these conditions...as I'm so used to

this sort of weather! My aim was to complete a lap under 50 minutes which is what I did so I was pretty chuffed with that! 😊

The whole team were riding sub 50 minute laps (in the day) which were great! We really encouraged each other and had such a laugh it made the weekend so enjoyable.

We won easily by 5 laps which was pretty cool!

Rikki had a close race but took the lead and won by a lap which is great!

Overall the team had a very successful weekend, I enjoyed every minute of it.

Thanks to James Milnes from Weltite who took great care of our bikes throughout the whole day and night.

And also to Keith and Trevor of the WXC Team who looked after us and supported us in the whole event.

Bring on 24/12 2011 :D

