



Media Release – 4 March 2009

Dawn raid on Buckenderra

Day three of the BMC Mountains To Beach was a chance for riders to show their night riding skills. The Ay Up Dawn Raid saw competitors starting at 5:15am for a 26km race stage around the rough shores of Lake Eucumbene at Buckenderra Resort.

“I normally try to avoid night riding, but the Ay Up lights were fantastic,” said Women’s Masters leader, Gaye Camm.

“They made it so much easier to ride what was an absolutely awesome track” she said.

Apparently she wasn’t the only one who thought so, with riders praising the entire course to date.

This morning, Jason English (0:58:27) actually managed to create a gap of over a minute on fellow lead riders Dennis Van Mill (0:59:46) and Andrew Blair (0:59:47).

Although a sizeable win in the stage, it doesn’t alter the overall classification standings, with Andrew Blair still only 5 seconds ahead of Dennis Van Mill and Jason a further 1 minute 43 seconds behind. This after 3 days and 4 race stages.

The women’s results however, have been thrown open with the withdrawal part way through this morning’s race stage of current second place holder, Rosemary Barnes. Poor Rosemary aggravated a pre existing injury.

This means Heather Evans slips into second, 25 minutes behind Naomi Hansen, with Belinda Porter moving into 3rd place 1 hour, 3 minutes and 24 seconds behind the leader.

The riders say goodbye to the Snowy Mountains with a free afternoon in Cooma today, a chance to work on both bike and body before the Verofit Big Day Out tomorrow.

The 82km Verofit Big Day Out takes riders from a start at Cooma Racecourse involving a couple of laps of the track before they travel over Numeralla Mountain. From there it’s through a pine plantation and into the Wadbilliga National Park where the big descent from Conway Gap awaits them. Once at the bottom they cross Wadbilliga River and then head up again for the final climb of the stage, before the last descent to the Yowrie River.

This finishes the race stage. Then its lunch (or afternoon tea for some!) and a cruise to Bermagui through some of the best dairying country Australia has to offer.

Friday sees the final stage, a ‘short’ 45km Ground Effect Surf Safari from Bermagui to Narooma. Following the coast as close as possible, this stage covers headlands, behind beaches and beaches themselves, before arriving at the Narooma Surf Club for the finish.

Full race results for Day 3, including general classifications are attached.

Full details of all stages can be found on www.wildhorizons.com.au

Images are available, please contact Beverley Atkins for further information.

For additional information on the BMC Mountains To Beach please contact Beverley Atkins - 0408 697 795 : media@in-sync.com.au



Stage 7 – The Ay Up Dawn Raid

Category	Place	Competitor	Time
Solo Men Open (18-39)	1 st	Jason English	0:58:27
Solo Men Open (18-39)	2 nd	Dennis Van Mill	0:59:46
Solo Men Open (18-39)	3 rd	Andrew Blair	0:59:47
Solo Women Open (18-39)	1 st	Naomi Hansen	1:14:12
Solo Women Open (18-39)	2 nd	Heather Evans	1:19:15
Solo Women Open (18-39)	3 rd	Belinda Porter	1:25:25
Solo Men Masters (40-49)	1 st	Rodney Hart	1:07:47
Solo Men Masters (40-49)	2 nd	Tim Jamieson	1:07:48
Solo Men Masters (40-49)	3 rd	Paul Ricketts	1:10:52
Solo Women Masters (40-49)	1 st	Gaye Camm	1:34:49
Solo Women Masters (40-49)	2 nd	Jenny Caldwell	1:45:19
Solo Women Masters (40-49)	3 rd	Heidi Healy	1:49:21
Solo Men Supermasters (50+)	1 st	Roger Cull	1:10:25
Solo Men Supermasters (50+)	2 nd	William Dove	1:13:51
Solo Men Supermasters (50+)	3 rd	DJ Brooks	1:18:43



BMC Mountains To Beach Overall Standings

Category	Place	Competitor	Time
General Classification			
Solo Men Open (18-39)	1 st	Andrew Blair	4:33:43
Solo Men Open (18-39)	2 nd	Dennis Van Mill	0:00:05
Solo Men Open (18-39)	3 rd	Jason English	0:01:43
General Classification			
Solo Women Open (18-39)	1 st	Naomi Hansen	5:41:27
Solo Women Open (18-39)	2 nd	Heather Evans	0:25:00
Solo Women Open (18-39)	3 rd	Belinda Porter	1:03:24
General Classification			
Solo Men Masters (40-49)	1 st	Tim Jamieson	5:17:56
Solo Men Masters (40-49)	2 nd	Rodney Hart	0:03:33
Solo Men Masters (40-49)	3 rd	Eric Dole	0:11:21
General Classification			
Solo Women Masters (40-49)	1 st	Gaye Camm	7:16:07
Solo Women Masters (40-49)	2 nd	Jenny Caldwell	0:53:40
Solo Women Masters (40-49)	3 rd	Bronwyn Markham	1:18:45
General Classification			
Solo Men Supermasters (50+)	1 st	Roger Cull	5:25:15
Solo Men Supermasters (50+)	2 nd	William Dove	0:17:22
Solo Men Supermasters (50+)	3 rd	Peter Hansen	0:32:18

