



## Media Release – 6 March 2009

### The long way down

The longest day of the BMC Mountains To Beach tested even the strongest riders. The Verofit Big Day Out was, as race leader Andrew Blair put it, “132km of hard work”.

First was the 90 km race stage from Cooma racecourse to the end of the Wadbilliga National Park. Once there, riders then had a 42 km cruise stage, via Cobargo, to Bermagui.

This course covered everything from mountain plains down through rainforests where the tree ferns towered over the riders, through to farmland and ocean views.

It certainly tested every rider but didn't find many wanting, with only three riders withdrawing during the course of the day.

The stage leaders – Andrew Blair, Jason English and Nicolas Menager finished the race in just under 3 ½ hours, with Naomi Hansen the first woman across the line in 4:15:49.

Heather Evans and Belinda Porter were a further 22 and 41 minutes behind.

The results see a change to the standings in the Solo Men's Open category. Andrew Blair still retains first place with an overall time of 7:55:58, but Jason English has now overtaken Dennis Van Mill and is 3 minutes 27 seconds behind Blair. Van Mill is now 7 minutes behind Blair with just one day remaining.

The Solo Women's Open placing remains unchanged from Wednesday, with Naomi Hansen having a seemingly unassailable lead of 47 minutes 44 seconds over Heather Evans. Belinda Porter is over 2 hours behind the leader.

While the Women's category seems pre-determined, the Men's is still anyone's. What will happen today is anyone's guess, but it's certain to be a race for the finish between the top three male riders.

Today is the final stage of the BMC Mountains To Beach. The 'short' 45km Ground Effect Surf Safari from Bermagui to Narooma. Starting with a 10km single track ride through the Bermagui Mountain Bike Park, the riders then follow the coast as close as possible, covering headlands, behind beaches and on beaches themselves, before arriving at the Narooma Surf Club for the finish.

Full race results for Day 4, including general classifications are attached.

Full details of all stages can be found on [www.wildhorizons.com.au](http://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](mailto:media@in-sync.com.au)**



### Stage 8 – The Verofit Big Day Out

Category	Place	Competitor	Time
Solo Men Open (18-39)	1 <sup>st</sup>	Andrew Blair	3:22:15
Solo Men Open (18-39)	2 <sup>nd</sup>	Jason English	3:23:59
Solo Men Open (18-39)	3 <sup>rd</sup>	Nicolas Menager	3:24:00
Solo Women Open (18-39)	1 <sup>st</sup>	Naomi Hansen	4:15:49
Solo Women Open (18-39)	2 <sup>nd</sup>	Heather Evans	4:38:33
Solo Women Open (18-39)	3 <sup>rd</sup>	Belinda Porter	4:59:39
Solo Men Masters (40-49)	1 <sup>st</sup>	Tim Jamieson	3:53:04
Solo Men Masters (40-49)	2 <sup>nd</sup>	Rodney Hart	3:55:41
Solo Men Masters (40-49)	3 <sup>rd</sup>	Eric Dole	3:59:04
Solo Women Masters (40-49)	1 <sup>st</sup>	Jenny Caldwell	5:14:49
Solo Women Masters (40-49)	2 <sup>nd</sup>	Gaye Camm	5:24:39
Solo Women Masters (40-49)	3 <sup>rd</sup>	Heidi Healy	6:17:42
Solo Men Supermasters (50+)	1 <sup>st</sup>	Roger Cull	3:56:05
Solo Men Supermasters (50+)	2 <sup>nd</sup>	William Dove	4:10:39
Solo Men Supermasters (50+)	3 <sup>rd</sup>	Peter Hansen	4:14:44



### BMC Mountains To Beach Overall Standings

Category	Place	Competitor	Time
<b>General Classification</b>			
Solo Men Open (18-39)	1 <sup>st</sup>	Andrew Blair	7:55:58
Solo Men Open (18-39)	2 <sup>nd</sup>	Jason English	0:03:27
Solo Men Open (18-39)	3 <sup>rd</sup>	Jason English	0:04:09
<b>General Classification</b>			
Solo Women Open (18-39)	1 <sup>st</sup>	Naomi Hansen	9:57:16
Solo Women Open (18-39)	2 <sup>nd</sup>	Heather Evans	0:47:44
Solo Women Open (18-39)	3 <sup>rd</sup>	Belinda Porter	1:47:14
<b>General Classification</b>			
Solo Men Masters (40-49)	1 <sup>st</sup>	Tim Jamieson	9:11:00
Solo Men Masters (40-49)	2 <sup>nd</sup>	Rodney Hart	0:06:10
Solo Men Masters (40-49)	3 <sup>rd</sup>	Eric Dole	0:17:21
<b>General Classification</b>			
Solo Women Masters (40-49)	1 <sup>st</sup>	Gaye Camm	12:40:46
Solo Women Masters (40-49)	2 <sup>nd</sup>	Jenny Caldwell	0:43:50
Solo Women Masters (40-49)	3 <sup>rd</sup>	Bronwyn Markham	2:12:54
<b>General Classification</b>			
Solo Men Supermasters (50+)	1 <sup>st</sup>	Roger Cull	9:21:20
Solo Men Supermasters (50+)	2 <sup>nd</sup>	William Dove	0:31:56
Solo Men Supermasters (50+)	3 <sup>rd</sup>	Peter Hansen	0:50:57