

Canberra Women's and Junior Tour

Dates: Saturday 6 July 2013 to Sunday 7 July 2013

Venue: Stromlo Forrest Park and surrounding country roads.

Event Web site: <http://canberratour.actcyclingevents.com.au/index.asp?IntCatId=29>

Results: <http://www.nsw.cycling.org.au/default.asp?Page=50624>

Media Clip: <http://www.abc.net.au/news/2013-07-07/cyclists-flock-to-canberra-for-act-tour/4804576>

Junior Canberra Cycling Club member results were as follows:

Age Cat	Name	GC	KOM	Stage 1	Stage 2	Stage 3	Stage 4
U9 Boys	Rory NICOLL	3rd		3rd	3rd	4th	3rd
	Lincoln SEDGMEN	4th		4th	4th	3rd	4th
U11 Boys	Harry JONES	1st		1st	1st	2nd	3rd
	Cameron ROGERS	4th		6th	3rd	4th	5th
	Joshua BATES	6th		4th	6th	6th	9th
U11 Girls	Laura BURNS	6th		7th	6th	7th	6th
U13 Boys	Mackenzie EDWARDSON	2nd		1st	2nd	2nd	2nd
	Tom IVERACH	4th		4th	4th	5th	6th
	Spencer BURNS	7th		7th	7th	6th	7th
	Reuben SEDGMEN	10th		10th	8th	10th	12th
	Ryan COYLES	-		11th	10th	11th	11th
U15 Boys	Bailey MARSHALL	7th	-	3rd	9th	9th	16 th
	Johannes BEITZEL	9th	-	9th	8th	8th	6 th
	Matthew RICE	12th	-	12th	14th	12th	7 th
	Zachary ZALA	16th	7th	15th	16th	16th	17 th
	Stacey OLIVER	20th	-	19th	21st	19th	20 th
	Callum BURNS	22nd	-	24th	22nd	22nd	22 nd
U17 Boys	Oliver MURRAY	33 rd	-	43rd	41st	32nd	35th

Day 1 – Saturday 6 July

Stage 1 – ITT

Conditions for the ITT were both cold and windy. The outward leg had a head wind which was then compensated with a tail wind on the return leg back to SFP. The ITT course was an out and back route starting from SFP and heading out along Uriarra Road and back again to SFP.

U9s

The U9's ITT was a 4.5km out and back course from SFP and return.

Lincoln Sedgman and Rory Nicholl launching themselves in the U9's ITT. Lincoln completed the ITT in a time of 14:05.71 and Rory in a time of 13:51.50



Lincoln Sedgman



Rory Nicholl

U11s

The U11's ITT was a 4.5km out and back course from SFP and return. Canberra Cycling Club had one female rider Laura Burns and three male riders Harry Jones, Cameron Rogers and Joshua Bates. The Under 11 Boy's event was a 3 way tussle between CCC's Harry Jones, Northern Sydney's Alexander Jones (no relation!) and Thomas.



Laura Burns focussed on the Job ahead!



Harry Jones powers off on his way to win the ITT in a time of 10:21.80



Harry Jones Stage 1 winner in the U11 boys ITT

U13s

The U13's ITT was a 4.5km out and back course from SFP and return. Canberra Cycling Club had no female riders and five male riders, Mackenzie Edwardson, Tom Iverach, Spencer Burns, Reuben Sedgmen and Ryan Coyles.



Spencer Burns powering off on his 'race of truth'.



Spencer powered hard up the hills on his way out of SFP assisted by his thin stature and light weight. Spencer has a good engine and can bury himself when he needs to. Spencer finished 7th in a time of 10:44.40. Macca Edwardson proved too strong and took out Stage 1 of the ITT in a time of 9:29.27 and picked up some cash for his efforts.

U15s

The U15's ITT was a 8km out and back course from SFP and return. Canberra Cycling Club had six male riders, Bailey Marshall, Joe Beitzel, Mathew Rice, Callum Burns, Stacey Oliver and Zachary Zala.



Stacey Oliver on his return back to SFP



Zachary Zala pushing hard to the finish



Joe Beitzel exerting maximum wattage on his gate release for the 9.5km ITT.



Callum Burns focussed and poised for the start of his ITT.



Bailey Marshall takes out third place in the U15 boys ITT in a time of 15:25.98.

U17s

Oliver Murray was the only Canberra Cycling Club rider entered. Oliver clocked a gutsy 27:50.52 for his 15.5km ITT in difficult windy conditions.

Stage 2 Road Race

Conditions for the Stage 2 road race on Saturday was windy. The outward leg had a head wind which was then compensated with a tail wind on the return leg back to SFP. All road races were an out and back route starting from SFP and heading out along Uriarra Road and back again to SFP.

U9s

Both Rory Nicholl and Lincoln Sedgmen came third (5:23) and fourth (7:30) respectively in their road race. This was a return leg only back to SFP which saw very fast times by the riders for the 8.3km course.

U11s

Harry Jones took out Stage 2 in a time of 4:08 with Cameron Rogers in third in a time of 4:21 and Joshua Bates sixth in a time of 5:17. Harry and Thomas opened up a gap over the rest of the field and worked well together until they got onto the Crit track, where Harry pulled off a text book sprint finish to take the win and confirm his spot at the top of the GC. Laura Burns came 6th in a time of 5:49.

U13s

This stage was a 15.8km out and back leg from SFP and onto Uriarra Road. Mackenzie Edwardson came 2nd in a time of 23:05. Tom Iverach also finished in fourth place with a time of 23:05.

In the picture below Mackenzie Edwardson is setting the pace for the outward leg in the Stage 2 road race with Tom Iverach assisting.



U15s

The U15's Stage 2 Road Race was a 26.9km out and back course from SFP and return. Canberra Cycling Club had six male riders, Bailey Marshall, Joe Beitzel, Mathew Rice, Callum Burns, Stacey Oliver and Zachary Zala.



Canberra cycling U15 juniors ready before the start of their Stage 2 road race.

A very tough first road race greeted our U15 Boys as they headed off out of SFP and down into Uriarra xing climbing up the hill and then return. The pace was steady and moderate heading out, but once the boys reached the turn around the pace increased led by Godfrey Slattery from the Blackburn CC who led the way up the 3 sisters to eventually win the stage and also took out KOM due to his climbing abilities.

U17s

Oliver Murray was the only Canberra Cycling Club rider entered. Oliver recorded a time of 50:59 for the 38.3km.



Oliver Murray warming up at the Canberra Cycling Club HQ before his Stage 2 road race.

Day 2 – Sunday 7 July

Stage 3 – Road Race

Conditions for the road race were better than on Saturday. The wind had died down but it was still cold in the morning and then fining up by lunch time. The road race course was an out and back route starting from SFP and heading out along Uriarra Road and back again to SFP. U9s to U13s road the same distance as their first road race on Saturday however the U15s and U17s rode a longer distance.

U9s

Lincoln and Rory maintained their consistent form from Saturday and finished third and fourth respectively in their return leg road race back to SFP. Times were noticeably 2 to 3 minutes slower as the wind was not present.

U11s

Harry Jones came 2nd in Stage 3 in a time of 6:06 just 1 sec behind the winner with Cameron Rogers in fourth in a time of 6:23 and Joshua Bates sixth in a time of 7:44. Stage 3 was a much closer affair with Alexander riding back at his best and staying with Harry and Thomas. Cameron Rogers also stayed with the trio until a wobble on the wet roads coming into Stromlo Forest Park saw him lose contact with the 3. Alexander Jones lead from the front as they came to the finish with Harry holding on for 2nd and Thomas in 3rd.



Joshua Bates and Harry Jones lined up at the front with Cameron Rogers behind ready for the start of Stage 3. Laura Burns lined up behind the boys waiting for her Stage 3 start.

U13s

This stage was a 15.8km out and back leg from SFP and onto Uriarra Road. Mackenzie Edwardson came 2nd in a time of 22:58. Tom Iverach also finished in fifth place with a time of 22:58 and Spencer in a time of 22:53. Ryan Coyles and Reuben Sedgmen finished 10th and 11th respectively. This was an excellent road race for our juniors with Spencer Burns managing to stay with the leaders throughout the whole race. During the race Spencer worked with Tom Iverach to catch the main group after being separated on the downhills and once caught assisted Mackenzie Edwardson in his second place finish. This really showed the skills the boys have been taught by their coach Chris Beitzel in riding tactically and smart.

U15s

The U15's Stage 3 Road Race was a 38.3km out and back course from SFP and return. Canberra Cycling Club had six male riders, Bailey Marshall, Joe Beitzel, Mathew Rice, Callum Burns, Stacey Oliver and Zachary Zala.



A tight finish for Joe Beitzel as he crosses the line in 8th place in a time of 56:35.

U17s

Oliver Murray was the only Canberra Cycling Club rider entered. Oliver recorded a time of 1:06:59 for the 48.3km.

Stage 4 – Criterium Race

U9s

Rory and Lincoln maintained their consistent form during the tour by completing their criterium race in third and fourth respectively.



Lincoln showing how it is done cornering through on his way to fourth place.

U11s

Laura Burns came 6th in her criterium race. The results for the boys were Harry Jones, 3rd, Cameron Rogers, 5th and Joshua Bates 9th. The final stage criterium was a tactical race with the 3 leaders watching each other closely.

U13s

There was a closely contested finish to the U13 boys criterium race with Mackenzie Edwardson coming second to Luke Ensor. Both Tom Iverach and Spencer Burns finished 2sec behind the leaders.

U15s

The finish to the U15 boys criterium race was closely bunched resulting in Joe Beitzel finishing in 6th place and Mathew Rice in 7th. Other Canberra riders made up the lower placings.

U17s

Oliver Murray came 35th in his criterium road race.

Harry Jones – U11 Boys Winner on GC



Harry Jones receiving his much deserved yellow jersey from the Canberra Womens & Junior tour founder, John Armstrong.

Some candid shots of the weekend



Macka and Tom with super coach Chris Beitzel going through their warm up sets prior to the start of their ITTs.



Vanessa and Nathan manning the BBQ and feeding hungry riders at SFP.