

Jayco } MTBA AUSTRALIAN MTB SERIES 09/10

XCO ROUND 1 – GLENORCHY, TASMANIA

Excited to be back on the race circuit I was also feeling nervous in the lead up to this race. My coach had described my recent progress as being like a soldier with a bunch of new weapons; unsure of how and when to use them and how many rounds I have got to fire, so I was unsure of how I would perform against Australia's best. In a field of 20 Elite/U23 women I was on the front line as determined by last series' rankings. My race plan was to settle in for the first few laps, keeping within the top 10 and before reeling in the positions as the race went on and keeping my lap times consistent. The course was a 5.5km lap consisting of long climbs with steep pinches and very technical descents with rocky chutes, drops and berms. I had a strong race, having several battles throughout the race with a few of the top girls. Coming into the final lap, 2nd place was 45 seconds ahead of me; putting in a big final effort I caught her on the final descent which resulted in a few unsuccessful attempts to pass in elbow-touching singletrack before a sprint finish. I lost the sprint by a quarter of a wheel – If the course was a metre longer I would have finished in second place.

Overall I finished in 3rd place in U23s and 7th place in Elite, which is my best result to date. The whole Australian Women's field has progressed at such a rate that since racing on this course 6 months ago the field completed an extra lap in the same target race time. Within this I have also moved up 6 places in the elite field relative to 6 months ago.

The next race is the Australian National Championships in Adelaide (my home turf!) and I am excited to commence my race intensity training block in the lead up to this event.



