

OFFICIAL RACE PROGRAM



MESSAGE FROM THE CLUB PRESIDENT

Now in its fourteenth year, the Regional Australia Bank Autumn Festival Criterium continues to go from strength to strength and is now the premier city circuit criterium in Northern NSW. Each year, we are lucky enough to attract a high class field of participants. This year we again have a great mix of local and regional athletes, competing in what is considered a fast and exciting circuit.

Armidale Cycling Club warmly welcomes all competitors, spectators, friends and family to Armidale, and thank you for your support and participation. It is rare to be able to see such a high class field in the convenience of a circuit in the middle of town, so we trust you will enjoy some exciting racing.

We are fortunate to have such generous sponsors without whom we would be unable to hold this fantastic event, so once again our sincere thanks to them, please support them in return. We must also acknowledge Armidale Regional Council, St John's Ambulance and the SES volunteers who prepare the circuit and ensure the safety of competitors and spectators alike.

Please enjoy the racing and follow instructions from SES and race marshals throughout.

Mark Bullen
President, Armidale Cycling Club

ARMIDALE CYCLING CLUB

If you enjoy watching the racing today and think you might like to find out more about road cycling then Armidale Cycling Club can help. We welcome everyone, girls and boys, young and old.

You might feel a bit intimidated by all the equipment, the pro-looking riders and the high levels of fitness on display. Well don't be – although there are some very good riders associated with Armidale Cycling Club, we're all extremely friendly and most of us aren't that fit!

Get in touch to find out more, we'd love to hear from you!



New England Spinal & Sports
Physiotherapy Centre



CRITERIUM RACING

In a criterium race riders navigate a closed circuit for a fixed time or number of laps. In our case we have a fixed time duration after which a bell sounds signalling to riders that there are just three laps remaining. You'll notice at this time that the pace may initially drop as riders ready themselves for a final very fast and furious lap. The first rider over the line wins and it is often very close with the margin of victory sometimes as little as a tyre width.

As spectators you are close to the action in a way that no other sport offers, seeing the riders and their tactics used throughout the whole race. As a rider, being at the front of the race is harder as you have no shelter from the wind, but you have the advantage of being able to respond to any attacks or attempted break-aways. Ideally riders aim to sit in the top 10. When not under pressure you'll notice the riders bunch-up, this quickly changes if there is an attack and as the pace lifts, you'll notice the race string out into single-file over a much longer stretch of road. It takes a lot of effort for someone at the back to make their way to the front so position is everything in this type of racing.

We also have primes (pronounced 'preems') which are intermediate sprints throughout the race. This livens things up as riders compete for prizes in each of these sprints which don't have any impact on the final result. While it is tempting for riders to compete for the primes, it does use a lot of energy and some riders choose to save everything for the final sprint for overall victory.

REGIONAL AUSTRALIA BANK		ROBERTS & MORROW		ARMIDALE SERVIES		D GRADE (8:45AM)	
A GRADE (11:15AM)		B GRADE (10:20AM)		C GRADE (9:30AM)		20 MINS PLUS 3 LAPS	
40 MINS PLUS 3 LAPS		35 MINS PLUS 3 LAPS		30 MINS PLUS 3 LAPS			
001	Michael Hoult (Armidale)	026	Peter Harris (Armidale)	057	Peter Creagan (Armidale)	078	Robert Maxwell (Armidale)
002	David Munday (Armidale)	027	Jason Simmonds (Armidale)	058	Chris Stace (Armidale)	079	Ian Lavery (Kangaroo Pt)
003	Michael Harris (Armidale)	028	Tom Simmonds (Armidale)	059	Dene Bourke (Armidale)	080	Joshua Deasey (Tamworth)
004	Holly Harris (Armidale)	029	Clint Bourke (Armidale)	060	James Harris (Armidale)	081	Isobel O'Connor (Tamworth)
005	Matthew Everett (Coffs)	030	Paul Williams (Armidale)	061	Richard Wilkinson (Arm)	082	Alex Harris (Armidale)
006	Phillip Almond (Coffs)	031	David Harris (Armidale)	062	Chris Belson (Armidale)	083	Olive Tutt (Armidale)
007	Kerrod Parker (Coffs)	032	Carl Hooton (Armidale)	063	Alex Thomas (Armidale)	084	
008	Brent Rees (Inverell)	033	Pat McMillan (Armidale)	064	Alistair Lane (Coffs)	085	
009	Peter Horwood (Inverell)	034	Angus Apps (Armidale)	065	Peter Lane (Inverell)	086	
010	Greg Caledcott	035	Sam King (Armidale)	066	Bryn Griffiths	087	
011	Mick Sherwood (Tamworth)	036	Matthew Vagg (Coffs)	067	Terry Balla (Tamworth)	088	
012	Michael Foster (Tamworth)	038	Joel Barker (Coffs)	068	Conor Noonan (Tamworth)	089	
013	Ben Clark (Tamworth)	039	Laurelea Moss (Gold Coast)	069	Zane Tapp (Tamworth)	090	
014	Ash Smith (Tamworth)	040	Nicholas Stevens (Grafton)	070	Jeremy Deasey (Tamworth)	091	
015	David Cook (Armidale)	041	Glenn Chapman (Kang Pt)	071	Malcolm Nash (Tamworth)	092	
016	Stephen Roberts (Tamworth)	042	Rob Wright (Tamworth)	072	Justin Roberts (Tamworth)	093	
017	Luke Deasey (Tamworth)	043	Luke O'Connor (Tamworth)	073		094	
018		045	Daniel Nash (Tamworth)	074		095	
019		046	Darren Taylor (Tamworth)	075		096	
020		047	Fletcher Partlin (Tamworth)	076		097	
021		048	Hayden Freeman (Armidale)	077		098	
022		049	Dave Menzies (Gold Coast)				
023		050	Luke Maquire				
024		051					
025		052					
		053					
037	Brendan Gorman (Coffs)	054					
044	Steve McMahon (Tamworth)	055					
		056					