

Lancelin Cycling Weekend 17th -18th April 2010

By Ian Sandover, Vice President

After all the rain during the week we were blessed, once again, with magnificent weather. The sun gods shined and this has been the signature for the past 3 years at Lancelin.

On Saturday afternoon a community cycle event with many Lancelin residents and children, and led by President Paul (ably supported by Legend Phil) rolled around the streets.



The Community event was followed by 3 criteriums, one for those looking to "have a go" at maybe



their first crit, the second as a support race as a lead up to the main Crit, with the Phantom (aka Paul Williams) leading for most of the race, and then lastly the main "A" grade criterium which featured, amongst the 25 starters, a current World Champion in Luke Durbridge. Luke managed to ride away from the rest of the field, which boasted many of the States top riders, to back up last years win by repeating it again this year.

These events were arranged by the Roues Chaudes Club de Cyclage and we thank them for all their efforts in putting those events and for providing prizes.

A fine Sunday morning came with a little easterly wind to test riders on the way out from Lancelin.

We had some 685 riders entered for the 3 different category distances. The first 6 kms, which includes a nice climb, is always a tough start for most riders and with the easterly blowing this made it hard for those on the front.



The course was different from last year and a "straw poll" seemed to indicate that the 2 laps was very well received compared to the out and back courses of previous years. The undulating and looping course meant that riders were constantly changing direction so as to give a breather from riding into the wind.

We navigated the ride out of Lano, then a few corners, and followed that with a long gentle slope, with a cross wind, before a left turn and down the hill with wind at our backs. A few more turns and



we crested a hill with a magnificent view across to the ocean and the sand hills of Lano. It was then a flattish ride along Indian Ocean Boulevard before repeating the pain.



The last 6kms, back down the hill with the wind at your back and ocean views, was a highlight.

The number of "first timers" was fantastic, particularly the increasing number of women now participating.

Back to the Lancelin Tavern for lunch and presentations with our "professional" MC Gary Suckling overlooking the Lancelin Bay and a multitude of crayboats.

There is a survey we would like members to complete regarding the event. These surveys allow us to gauge your thoughts and are an extremely important tool for the committee to keep trying to improve the events. The online survey will take you only five minutes and can be found <http://www.bwa.org.au/cyclo-sportif/112/>.