



## 2019 - 44KM RACE REPORT - AMANDA JONES

*"The Convict 100 is an 'institution' in Australia mountain biking! As one of Australia's favorite and longest running mountain bike marathons 'An Epic Two Wheel Adventure' put on by Maximum Adventure."*

The race starts and finishes in the historic township of St. Albans which boasts the third oldest pub in Australia - Settlers Arms Inn. *"The course follows the historic Convict Trail through the heart of the Hawkesbury Valley, taking in some of the best scenery the area has to offer. The mix of fast fire trail, technical rock gardens, rocky descents and spectacular ridge line views is unmatched by any other MTB event. It is rugged, remote and one epic adventure on a bike!"*

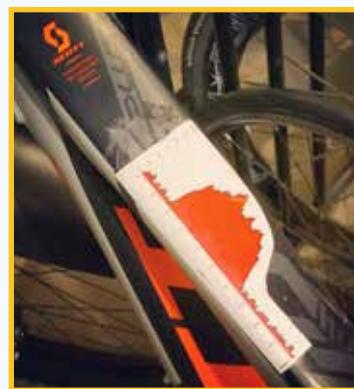
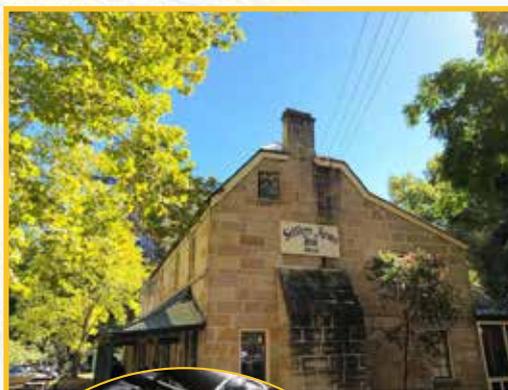
I registered for the Convict100 44km event in January. Knowing I have a busy road bike racing calendar this year I wanted to put a bit of fun in there and mix it up with some time and challenge on the dirt as well. This event I've heard many great things about and being within reasonable distance from home I was keen to give it a shot. This shorter race distance at the time of rego longer than I'd ever ridden on a MTB at one time and with road bike races booked on weekends either side it was always meant to be a fun no-pressure ride.

**Well that certainly changed fast.....**



I was briefed by a good friend to try to start in the first wave relatively near the front to keep out of all the traffic that can be at the back... so this I did - and very grateful for this tip. Started off well with the front pack onto the roadway, hitching a ride without much traffic and got a good clean start to the first few kms to settle into the race.

'Jacks Track' starts at about 8km in, this is the climb everyone talks about, at one point the gradient is 32.5% ! I was making my way up this track and passed a lady whom I had overheard saying at the start that she had won this event last year... well hang on, if I'm up around this lady and she won it then I must be in a pretty good position right now?! That was all I needed for



this event to go quickly from being a social knock-around to **game on!** :)

Being a bit of a climber I was concentrating on making my gains on the climbs where I could knowing that the ladies following may be more technical and experienced riders and have advantage on the downhills and rocks. So I just made a conscious effort to not let off the gas along the flats and climbs and not to be too harsh on the

breaks on the downs **"get your hands off the breaks AJ - trust in the bike**

**and let it roll!!!"** I was passing by the same guys going up the climbs, they were catching me on the descents, this is how we rolled for most of the dirt section. I didn't see any ladies at all, so I wasn't sure if I had any to catch I was just concentrating on not being caught!

At times especially along the Yengo ridge I just was in awe of the stunning vista across the MacDonald River valley, I turned to some other riders and said "wow look at that!" Unfortunately not everyone was as into sightseeing as I was and I got a few grunts and dismissive nods, riders were concentrating on working hard here which was a bit of a shame in a way- the area is so beautiful !

Hit the main decent section which always had me a little worried when looking at the race profile but I was very pleased to see that most of it was done on a road ! Now this suited me just fine :) I can ride on the road! From here on with the main climbing done and still not sign of another female I just knew I had to



push as hard as I could to get to the finish without being caught and hopefully catch any female rider/s in front. There was a few kms of road and then a right turn into a paddock





till I came to the other most talked about section the 'kayak bridge' - this was certainly not done with much grace on my part but I was thankful not to go swimming. After passing this section it was back onto some dirt and sealed roads to the finish line back in town - as **FAST** as possible!

I set about getting a hold of myself and getting into a good position to get some photos of my husband Steve coming across the line knowing he wasn't too far behind. Saw him come through - this time I grabbed a beer token for him as he also missed it :) and standing with him while he recovered the announcement came over that there has been a change in standings in the womens 44km category and the first Women across the line was actually on an e-bike and whilst they are allowed in the race they are not counted as overall GC standings **"so Amanda Jones has now been upgraded to become the first female finisher in the 44km event !"** I was jumping up and down, absolutely beyond belief what I had done, I had unexpectedly won the race which in turn meant I won my age category - double win.

I sprinted across the line with Paul Craft announcing the 2nd female had just finished, I was so happy!!!

4 min after I had finished Sara Gambaro crossed the line as 2nd and then 3 min later Amy Lanza crosses to make up our podium - out of 32 female starters

JetBlack team mate Browny was the first to greet me, I gave him a massive hug and said "I can't believe I got 2nd!!! "- the first thing he said was 'you missed getting your beer token - I got one for you - you get a free beer!' :) Had me laughing and I could barely breath, I'd used everything and was just so happy.!

For a finish time of 2hrs 2min and excluding e-bikes my overall (combined male and female) standing was 26th / 309. - I estimated prior to the race I would finished between 2.5 - 3hrs.

- Adv speed 22.1km/hr
- Max speed 46.9km/hr
- Adv HR 175 bpm
- Max HR 199 bpm
- Calories 1,285



**Special thank you to the sponsors of the event:**

- Ground Effect Cycle Clothing
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- Wayward Brewing Company
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**Thx to the sponsors for Jet Black MTB team:**

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