

Hey All

The Cape Outback 5-day stage race - placed 3rd (Mixed Team with Colin van Zyl from RBS)

Colin van Zyl (from RBS) and I teamed up under Helderberg Cycles and Biogen's sponsorship for the Cape Outback Expedition over the last weekend in April... and what a great five days of riding it was indeed. Despite the tiny field of teams at the inaugural event, the organisation was proper, the camaraderie between bikers and staff fantastic, the riding terrain varied, very challenging at times and absolutely beautiful ... and the racing was still definitely on! Between the top five teams!

Along with beach riding, night riding and river crossings by rubber duck, we also traversed De Hoop Nature Reserve, De Mond Reserve, Agulhas National Park and Salmonsdam Reserve. Overall results were not calculated on accumulated time over the stages, but rather on points awarded for your position each day. Strategy played a considerable part, and the pace got intense at times (often initiated by ourselves!), and all in all a great mountainbiking experience was had.

Stage 1: Gouritsmond - Jongensfontein (110km)	3rd Overall
Stage 2: Jongensfontein - Nona Rosa Camp (78km)	2nd Overall
Stage 3: Nona Rosa - Ouplaas Camp (90km)	2nd Overall
Stage 4: Ouplaas - Strandveld Wine Cellar (137km)	3rd Overall
Stage 5: Strandveld Wine Cellar - Beloftebos (68km)	3rd Overall

Overall:

1. Die Goebbels (Harry Orr & August Carstens) Men
2. Team Sludge (Fourie Kotze & Leana de Jager) Mixed
3. **Helderberg Cycles Biogen (Colin van Zyl & Carla Rowley) Mixed**
4. Team Stofstreep (Jan Heenop & Kobus Lourens) Men
5. Team Matogen (John Dalton & Tiaan Erwee) Men

Honda Mountain Trophy Race Report to follow.

Chat again in a few.

Carla