



**SUSIE MITCHELL**  
**World Points Race (40-44) Champion**

### **World Masters Track Cycling Championships October 3<sup>rd</sup> – 10<sup>th</sup> 2015**

Susie Mitchell, Orla Hendron and Paul Atkinson of the IVCA headed off to Manchester to compete in the World Masters Track Cycling Championships in early October this year. All veterans of the track masters, they were hungry for competition and managed to bring home a nice medal haul between them.

The week started on the Sunday with the individual pursuit where Orla was defending champion. Despite riding a personal best time which she was pleased with, she had to settle for bronze. Susie had a close battle with the defending champion in her category, Erin Criglington of New Zealand for gold. Despite also riding a PB in the qualification rounds the final didn't go her way and the kiwi beat her by 0.4 of a second. Not deterred, the Irish girls teamed up with Susie's kiwi opponent for the team pursuit and through two great rides managed to win silver, only beaten in the gold medal ride by a well-schooled British team who broke the masters world record!

Two more Bronze medals for Susie Mitchell were next added to the team tally. The first came in the combined age category Scratch Race 35-44, after a race where the bunch were constantly fighting for position and she paid the price for trying to come over the top in the closing laps as the pace was increasing and didn't have the legs at the end. Orla had a different race altogether as she was the one dishing it out with constant attacks from high up the track but everything was closed down mostly by the superfast Danish sprinter Jani

Boorman. In the end she had no medal to show for her effort, but most definitely enjoyed her race. Then next night Susie took Bronze in the 500m TT in a new Personal Best time of 38.9 seconds and indeed was less than 1/10 second off silver. She was thrilled to get on the 500TT podium and it was one of the highlights of the week along with meeting her hero, Chris Hoy. Orla also rode a PB time in her 500TT (40.9).



**Team Pursuit Podium**

Paul Atkinson rode the 500, Pursuit and Scratch races in his category and his recovery from a near career ending bike crash in 2013 is nearly complete, and although in his words 'behind when I would like to be, but way ahead of where I'm entitled to be, so absolutely no complaints!' Paul still managed to take Gold in his category in the 2k pursuit in the IVCA Masters though. Indeed the IVCA masters came at an ideal time for those preparing for the worlds as it gave our riders a change to have a run through of all timed events and indeed bunch races. Susie Mitchell was on particularly good form for those IVCA Championships and was a great boost to her confidence going forward. Regretfully Orla has to take to bed sick on the day, in the hope of shaking a cold before Manchester. She would have enjoyed it immensely as did we all.

Finally the two girls had one more shot at gold with their respective Points Races on the Friday night. Susie had to divide her energies between closing down the constantly attacking Melanie Sneddon (GBR) who tried repeatedly to gain a lap and scoring enough points to beat the other girls in her category. It came down to the final sprint where Susie got the points she needed to beat her other main rival, Erin Criglington (NZ) into second. She was absolutely ecstatic with her win and enjoyed hearing the National Anthem ringing around

the Manchester arena as the Irish flag was raised with pride of place!

Orla rode a great points race scoring in all the sprints but unfortunately had the very speedy Danish rider to contend with who took the gold while she secured a well-deserved silver.

Together they won seven medals which brought Ireland's participation in the World Masters Track Championship to a very satisfying end. Both Orla and Susie want to thank the IVCA for their support which was invaluable.

There were 538 competitors from 25 nations at the Championships including 62 USA , 42 France and 30 Australia and a large contingent from the UK. The World Masters Track Cycling Championships will be held for the last time in Manchester in 2016 so it's a great opportunity for more Irish riders and IVCA members to partake as it mightn't be back this side of the world for a while!

### **Susie Mitchell (40-44) IVCA**

Gold – Points Race

Silver – 2k Individual Pursuit

Silver – Women's Open Team Pursuit

Bronze – Scratch

Bronze – 500m TT

### **Orla Hendron (50-54) IVCA**

Silver– Points Race

Silver – Women's Open Team Pursuit

Bronze – 2k Individual Pursuit

### **Terry Mackin (40-44) Black Rose**

Silver – 750m TT



**Susie in 2k Pursuit**



**Orla in action in Points Race**