

## **Going for Gold at Hadleigh Olympic Track**

### **Mud, Sweat and Gears Regional Champs - Round 4, 10<sup>th</sup> May 2015**

Following the long awaited opening of the Hadleigh Olympic Park, the venue played host to Round 4 of the Mud, Sweat and Gears series and was well attended by Kings Lynn MTB Club, 10 riders made the trip to Essex to take on the mighty course.

Paul Ashby in Grand Vet's was looking for another win following his 1<sup>st</sup> place in Round 3; he did not disappoint taking another 1st with his closest rival some 3 ½ minutes behind - a well-deserved win for Paul.

At the other end of the spectrum Joe Allen in the Under 9 Category was also looking to build on his 1<sup>st</sup> place in Round 3. The course was technical, but this did not stop Joe who rode strongly from the front, he led from start to finish in a field of 27 riders to take another 1<sup>st</sup> place. This sees Joe leading the Eastern Region XC Championship in his category

Congratulations to both Paul Ashby and Joe Allen, poignant wins for both riders on the Olympic venue. What a legacy the Olympics has left with Joe only aged 8 years old, leading from the front in the Under 9 Category to Paul Ashby in the Grand Vets Category also leading from the front both securing strong 1<sup>st</sup> places in Kings Lynn MTB Club colours.

The Kings Lynn MTB Club has a bright future with the likes of Joe Allen one of the Clubs youngest members to riders such as Paul Ashby in Grand Vets showing us what can be achieved, this is also evident in all categories by both the men and women in the club who are continuing to secure strong places in the Series.

In the Open Male category KLMTB had 5 riders looking to improve on their standings from the other 3 rounds. It proved a hard race for those in the category. Paul Quantrill worked hard over the 3 laps and made up time with his strong hill technique and choosing to push hard on the A lines to make up time, this proved a worthwhile strategy and he came in 6<sup>th</sup> in a strong field of riders. Dom Clarke pushed Paul and said "it was a great course, lots of steep climbing and some really good technical down hills, had a brilliant day for my first time at Hadleigh's Olympic course and came 9<sup>th</sup>". In a strong field of nearly 80 riders Linley Gales finished in 24<sup>th</sup> position another good place for Linley. Kevin Beales race strategy was to minimise the risks as he had some concerns about the course, like many of the riders the hills proved difficult but as he settled in to his race and was pleased not to have walked any of the climbs and tackled the A lines as the race continued, he was happy with his position in a tough race and came in 44<sup>th</sup>. Unfortunately after a very strong first 2 laps Neil Allen was forced to retire due to a puncture on the final lap, Neil is getting stronger throughout the rounds and I am sure he will come back stronger next time. Em Quantrill a consistently strong rider in the Sport Female category was also forced to retire on her second lap due to a puncture.

In the afternoon the sun continued to shine on the riders completing the highly competitive Sport Male Category, the category was well attended with over 30 riders from across the country. James Murphy and Rob Smithers have both done well up to this point and have good standings in the Eastern Region XC Championship. James Murphy had some demons to face whilst tackling the Olympic Course, however, that was not evident as he pushed over 6 laps. James was consistent on the climbs which had caught some people out as they were tough and unrelenting. James finished in a very respectable 6<sup>th</sup> place, building on his 6<sup>th</sup> in Round 3, well done. Rob Smithers made light work of the technical downhill sections and was seen thoroughly enjoying the gap jumps! By his own admission his first 2 laps were strong but the hills took their toll and he finished in 20<sup>th</sup>. Good luck to Rob who is racing in the Nationals at the weekend in Wales, we will see how he tackles those welsh climbs!

## KINGS LYNN MTB CLUB RESULTS

### Grand Veteran's Male

Paul Ashby 1<sup>st</sup> 1:16:50 6 laps

### Under 9s

Joe Allen 1st

### Open Male

Paul Quantrill 6<sup>th</sup> 46:57 3 laps

Dom Clarke 9<sup>th</sup> 47:56

Linley Gales 24<sup>th</sup> 53:46

Kevin Beales 44<sup>th</sup> 59:19

Neil Allen Retired

### Sport Female

Emily Quantrill Retired

### Sport Male

James Murphy 6<sup>th</sup> 1:32:07 6 laps

Rob Smithers 20<sup>th</sup> 1:21:21 5 laps



Paul Ashby

*Photo courtesy of John Styles*

*Report by Anita Stewart.*