

King's Lynn MTB Club



Report/Newsletter July 2014



After a successful Round 3 of the Shouldham Warren Time Trials, where we witnessed the fastest lap being set this year so far, Round 4 will soon be upon us. The trails have been in really good condition, just slightly damp and riding really well, but I think for the next round the conditions may well change. If we do not see any substantial rain over the next week or so the trails will soon dry out, so some of the course is going to be slightly more challenging. The ride conditions may be different - you may not be able to take those corners quite as fast, if you are behind other riders there will be dust, sand pockets will appear but then the fire roads will still be fast.



It's all about knowing where you can make gains and where you need to be more cautious, which will give you those extra seconds when you cross that finish line. It's all part of MTB riding, gaining and then using those skills both physically and mentally, concentrating on what's immediately in front of you, that split second ahead of your front wheel, anticipating what might be around that unsighted corner, a stump or root, then those climbs short and sharp heart thumping at race pace, the fast downhill sections where you might be wishing you had that full-suss' as you exit, hanging on to as tight as you can, but hey that's the thrill of MTB.

The fastest lap so far has been Chris Hunter (KLMTB/EHF) 25.44.36 closely followed by Dave Penny (KLMTB) 26.03.27 and Ben Houghton 26.05.10.

The KLMTB club members are racing for the club trophy which will be awarded for the quickest time accumulated over 4 events.



Over the last few months since the club has started up there has been plenty of things happening. We are now affiliated to British Cycling, the committee has been formed with the officers and officials, plus the club kit has been delivered. Our membership is growing weekly and our regular rides becoming really popular with the Tuesday night race training and the Thursday night social rides.

Earlier this year several of our club members had been taking on various challenges both on and off road. Sportives have given riders a chance to have a blast, both the Wiggle rides at Newmarket and Huntingdon proved to be gold rides for 11 of our guys, the ladies narrowly missing this by seconds but still getting silver.

The Ride Norfolk event at Holkham Hall was another fantastic weekend of cycling, with superb weather. The courses set for the 50 mile challenge included a hilly route which went out along the beautiful North Norfolk coast. The Saturday ride was fast and furious with the 3 fastest overall times going to KLMTB members. Sunday was much of the same, with 2 of our riders narrowly missing out on the fastest times of the day again, next time they may think twice about a food stop!



The **Mud Sweat and Gears** mountain bike series have also produced some excellent rides. In the open category James Murphy was sitting in the top 3 after 3 events but at Codham Park he failed to negotiate a difficult drop into a bomb hole, came off and broke his collar bone. We all wish James a speedy recovery.



Sean Rayment has been producing some outstanding rides, finishing 6th in the highly contested sport category of the MSG series at Ickworth House with some very sticky muddy conditions, some compared it to like riding through plasticine. His results at the TT's are improving, evidently time on the bike both on and off road, coupled with sheer determination to do his best can only have positive results, watch this space.

'Well done Sean on a brilliant 5th place today (June 29th) at Blackmore, Chelmsford in Round 5 of the MSG series'

Future Events

Looking ahead to what the club has planned for later this year. On July 13th several of the members will be riding and supporting the Cycle Together sportive in aid of the Leonard Cheshire Disabilities at Park House, Sandringham. All the details can be found here:

<https://www.britishcycling.org.uk/events/details/101591/Cycle-Together-Sandringham>

Future dates for the diaries are 3 KLMTB GoRide events on July 12th, 19th and 26th. The first two of these will be specifically for ladies only, with the final event for children aged from 9 to 14 years old. The coaching session will be for all abilities and will cover all basic skills. They will take place on Saturday mornings starting at 10am meeting at the Shouldham Warren car park. Lee Broadhurst and Karl Hawes, both British Cycling coaches, will deliver these sessions. The ladies will be free of charge but restricted to 8 places only on the day, to secure your place email kingslynnmtb@gmail.com

We KLMTB will be hosting Round 7 of the Mud Sweat and Gears series on September 7th. The course will be just over 4 miles taking in some of the best features Shouldham Warren can offer. There will be plenty of single track with climbs and descents but we have also included enough fire road to allow every one space to pass and push on, each lap will have 282 feet of short sharp Norfolk climbing. (Yes there are some hills in Norfolk!!)

<https://www.britishcycling.org.uk/events/details/103826/Mud,-Sweat-and-Gears-Eastern-MTB-XC-Series---Round-7>

We are looking to enter several teams in the Thetford Dusk til Dawn this year, being held on Saturday 4th until Sunday 5th October. This is a 12 hour through the night endurance race, for teams or solo riders. As in previous years we will have the marquee, so if you are interested in competing in this annual event let us know, we can then estimate the size of the marquee we need.

<http://www.thetfordmtbracing.com/d2d.htm>

The next order of club clothing will go into Decca soon so if you want to order anything please contact us on kingslynnmtb@gmail.com for prices and what kit is available.