

King's Lynn MTB Club



King's Lynn Mountain Bike Club hosted the first round of the now established Mud, Sweat and Gears mountain bike race series. For the second year Shouldham Warren welcomed close to 400 competitors from all over East Anglia, from under 9's, taking part in a combined coaching/race day, to some of the countries Elite riders looking to gain national points which go towards their overall standings with British Cycling.

Our local riders from the King's Lynn MTB Club gained 3 podium positions. In the Ladies Open category Emily Quantrill battled to a 2nd place, Rob Smithers competing in the men's Open category took 2nd and in the very competitive Grand Veterans, Paul Ashby gained an impressive 1st place.

Taking part in the under 9s coaching/race were Joe Allen and Calum Stewart.

The trail conditions were really good, just a little sticky in places; the course was very hilly taking in everything Shouldham Warren could offer - making the event one to remember for the competitors.

The Elite Men's Category was dominated by the Renvale Team, 1st Richard Jones (Renvale) almost 6 minutes ahead of 2nd place Andrew Cockburn 3rd Matthew Barrett (Renvale)

The Elite Ladies was won by Laura Sampson, 2nd Imogen Buick, 3rd Katy Simcock

Full results for the King's Lynn MTB Club riders were:-

Open Male

2nd Rob Smithers

4th Matthew Lay

8th Paul Asplin

9th Paul Quantrill

16th Linley Gales

25th Dom Clarke

29th Mike Cubitt

34th Lee Nowak

40th Richard Hallett

42nd Richard Cook

43rd Mark Hollingworth.

71st Adrian Murray

Sport Female

2nd Emily Quantrill

Sport Male

7th James Murphy

Grand Veteran

1st Paul Ashby



Start of the Sport Male
Category



Emily Quantrill



James Murphy



Dom Clarke 25th in the Open Male category.



Matthew Lay 4th in the Open Male

Photo's courtesy of Bert Wilkinson