# Gorrick Spring Series Mountain bike race 22nd April 2012

Having taken a few weeks easy training since my PB effort in Reading Half marathon, I decided to mix up my cross training by entering a Gorrick Spring Series mountain bike race. It would be a good bit of speedwork, but the main purpose was to test out my new TORQ team Whyte frame, and practise my skills in preparation for the off-road Triathlon championships in June.

I was a bit apprehensive over how technical the course was going to be, since all my regular training is done on the road. Apart from a mountain bike weekend every couple of months I don’t get much practise on my technical skills - time to bite the bullet! I was assured I would have no problems on any triathlon course if I could get round the bomb-holes and log jumps today!

I also had no idea what to expect in terms of competition, as this was about my 7th mountain bike race in 7 years - and first time I’ve been ‘mature’ enough to race in the Masters category! I may have looked like a pro from the ankles up in my new team kit, only the fact I was wearing trainers gave the game away… From the gun a couple of the specialist ladies sped off in a sprint start; I found myself settling into 3rd place, and to my surprise I managed to hold this position throughout the 2-lap course. My first podium on the mountain bike for TORQ!

I have to admit I chickened out on a couple of the more daunting bomb-holes, but it was a chance to put my cross-country running background to good use and didn’t seem to lose much time. Something to work on in time for the Triathlon… and I’m hoping a few more mountain bike events in the meantime.