



Ironstone TBEC 11th June 2023

TBEC Report

Round 4 was held at Ironstone near to Northampton on the 11th June.

Matt Baker had stopped overnight and was already making tea when I arrived! The day was forecast to be hot and taking on lots of water was a key to surviving the day ahead!

The track was around 6 miles long and this included some fast flowing grass land, wooded sections and some steep valley climbs and a few man made log obstacles.



Due to the heat forecast for the day they decided to give riders the benefit of the doubt and allowed us to remain on the bikes through the blue sections rather than having to get off and push them through, which I was most agreeable with (nobody likes pushing bikes)!!

It all started at 10.30 and I was on row zero and Matt was a few rows back and the format for the day was a 2hr plus 2 hr with 1 hr in-between for lunch, I went off at my usual pace and the first lap was a bit of a disaster, struggling for grip on the ice like grass which did not give you much warning before ceremoniously dumping me on my arse which then made me doubt the bikes ability to grip any surface, this resulted in a far from easy 3 or 4 laps trying to build up confidence again, thankfully I managed to get my head in gear and start to claw back some time and positions but over ran the first 2 hours by 4 minutes.



Lunch break was a good opportunity to get plenty of fluids in and a quick snack, I also had a chat with Matt who was going well in the first half but decided to miss the afternoon ride as he had a busy adventure ride planned for the coming week and needed to ride up north on Monday!



After lunch I started much better and much quicker than normal and quickly found my way past a handful of quick riders mainly due to them slowing up due to the heat or fatigue as the race wore on also the track became a bit more bumpy and dusty in places which made some riders more cautious. I did have a bit of leg cramp 4 laps in but managed to work through it with the usual swear words and telling myself to get on with it even when you're not sure you want to try and stand up or sit down again!!



I found myself in 4th place out on the track at the half way stage of the afternoon just behind the leaders and managed to maintain the same pace right to the end of the race but knew I had a tall order to make up the lost 4 minutes from the first half! Matt and Eli were fantastic in the fuelling

area and with a lighting quick pit stop and a refreshing bottle of water thrown over my back it helped maintain the pace I was running! All said and done I was much happier with my riding and felt stronger than the last 2 previous meetings.



Happy with another strong ride and overall position 7th out of the 139 finishers and 5th in class (Elite) and completed 14 laps.

Provisional Results
ACU Permit:
11/06/2023

ironstone
11-06-23 Ironstone

Pos	No.	Name	Class	Machine	Start Time	Finish Time	Laps	Time	Penalties	Best Lap	Points
1	1	Tobias Bailey	EL	KTMXC300	10:30:21	15:24:40	14	03:49:24	0	15:57	299
2	8	Dan Smith	EL	Gas gas EC300	10:30:16	15:26:41	14	03:52:08	0	16:08	297
3	355	James Foxley	EL	KTM EXC450	10:30:16	15:27:01	14	03:55:24	0	16:27	295
4	170	Ryan Crisp	EL	Fantic 250	10:30:23	15:29:21	14	03:59:51	2	16:40	292
5	135	Edward Harris	E3	KTM EXC300	10:30:21	15:32:18	14	04:00:26	5	16:35	289
6	19	Ryan Brown	E2	KTM EXC 250	10:30:23	15:33:08	14	04:03:20	9	16:46	285
7	26	Paul Owen	EL	KTM EXC150	10:30:26	15:30:22	14	04:04:26	13	16:49	281
8	80	Josh Watson	U21	KTM XC300	10:30:32	15:33:59	14	04:06:14	18	16:47	276
9	20	Matt Willis	E3	Husqvarna TE300	10:31:13	15:18:53	13	03:48:44	3	16:52	270
10	233	Chris Hempstead	E2	GasGas ECF350	10:32:14	15:37:07	14	04:08:43	25	17:22	269
11	58	Eagan Bruley	Vets	KTM EXC300	10:30:26	15:20:33	13	03:51:42	5	17:04	268
12	262	Gary Curtis	E2	Husqvarna TE250	10:31:15	15:16:41	13	03:47:51	7	17:01	266
13	474	Warren Burbage	Vets	Beta RR300	10:30:29	15:16:36	13	03:49:10	9	16:57	264
14	730	Sam Levitt	E2	Sherco SEFR300	10:37:50	15:22:02	13	03:51:16	10	17:00	263
15	94	John Paul Bowering	E3	Beta RR300	10:32:35	15:22:48	13	03:53:54	10	17:17	263
16	248	Gary Shaw	E3	KTM EXC300	10:32:18	15:36:23	13	03:55:22	12	17:34	261
17	245	John Evans	Vets	KTM EXC250	10:33:25	15:39:52	14	04:11:41	34	17:25	260
18	247	Carl Munnery	E3	Husqvarna TX300	10:31:15	15:21:19	13	03:54:40	15	17:40	258
19	34	Ian Gilder	Vets	KTM EXCF350	10:32:22	15:22:44	13	03:56:41	18	17:45	255
20	29	Joe Jefferies	U21	KTM EXC300	10:30:26	15:19:58	13	03:56:07	19	17:36	254



Next round is at Houghton Conquest near Bedfordshire on the 9th July. Lets hope we get some rain before then!!

Regards

Paul Owen