



December 16, 2010 in [Uncategorized](#)

For 2011 i have signed on the dotted line with Adidas Eyewear.

There new ID2 goggles will be keeping the mud, rain, dust and snow out of my eyes this winter during the cold winter training days and all the way through next season.

My new goggles arrived today, its like christmas came early.



[www.adidas.com/eyewear](http://www.adidas.com/eyewear)

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## King of the Castle

December 10, 2010 in [Uncategorized](#)

So Tuesday morning was the start of our very brief trip to the italian island, sardinia. I got invited to attend the King of the Castle urban downhill race(<http://www.kingofthecastle.eu/>), which took part in Cagliari, south of the island. After a 3 hour drive, 6 hours waiting around for our delayed flight and 2 hour flight later we arrived in the picturesque town of Cagliari.

The race was on the wednesday as it a holy day for them. We did have

a little bit of a wait whilst the organisers of the event ran in to a few problems so the original schedule of practice starting at 8am soon went out the window. At the time it did seem a bit disorganized but i wasn't complaining as it was 24 degrees where we were and -2 back at home! We eventually started riding at 12 and got 2 runs in before we raced. The track was good fun, it started in front of the cathedral in piazza Palazzo and rapidly descended down in to piazza Yenne the bottom of the town.

We had 2 race runs with our fastest time being our winning time. My first run down i got a real slide on down the first set of steps and lost a fair bit of speed trying to keep myself upright but other than that it felt like a good run. On my second run i tried to speed things up a bit and pushed myself a lot harder, i had a pretty good run, again i started sliding on the same set of steps but i felt stronger on the flat pedalling sections, i beat my first time but i was still a fair way off Emmeline Ragot winning time. I ended up 3rd which i was happy with.

Big Thank you to the race organisers for the invite and congrats to David Vazquez and Emmeline Ragot for winning and becoming the new king and queen of the castle!

Check out my chest camera video and the photos on the link below

- [www.facebook.com/video/video.php?v=10150335942735245&oid=161851080512593&comments](http://www.facebook.com/video/video.php?v=10150335942735245&oid=161851080512593&comments)

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## Video

December 10, 2010 in [Uncategorized](#)

<http://www.facebook.com/video/video.php?v=10150335942735245&oid=161851080512593&comments>

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## King of the Castle

December 9, 2010 in [Uncategorized](#)

3rd place at Cagliari's King of the Castle urban race yesterday