



# Life in Circles



## - September Update

### Nearly done...

Welcome back to another instalment of my 'Life in Circles' and I genuinely can not believe that the season is nearly done, like seriously where has the time gone - but that's enough chat and I'll let you know what I've been up to in September!



### No Limits

So the month really got underway with a 2 day camp at Loughborough University where I took part in one of the No Limits fitness camps. Every time you turn up to the university you always feel slightly more motivated because your literally surround by athletes so it is hugely beneficial. For all of you wondering what we actually do when I say fitness and that basically the usual routine is a spin session in the morning either sprints or continuous with a 3 minute aerobic sprint to begin. That's usually how the mornings are spent then after lunch we go to a studio and focus on muscles specific to speedway, reactions and reflexes with lots of stretching and that's basically a simple summary of that.

### Knocked Out

Following from Loughborough we headed up to Redcar for the first leg of the KO semifinal, unfortunately not the best night for me but that happens sometimes and I could quickly forget about it as it was the second leg the next day. Eastbourne were 10 points down but it was still highly possible to win, but unfortunately a great start by Redcar meant we just came up short over the two legs by 4 points.



### Birthday Weekend

Most people may go out for dinner or see friends or family for their birthday but my birthday weekend was spent racing. And not gonna lie that's probably the best way for me to spend it so I'm not complaining. It was the both legs of the Championship Shield Final, first at Eastbourne on my birthday (14th) then the following day at Leicester. To be fair I actually had probably my best meeting at Eastbourne that night so far scoring 4+1 but in terms of me being right in the action so I came away happy with my performance however Leicester were just a bit stronger and went into the second leg with a 6 point lead which after final chequered flag stretched to 27 points in aggregate.



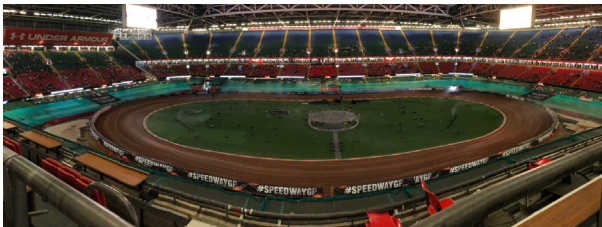
## Play Off Push

Back with Mildenhall now and it was our final league meeting away at Plymouth. This was pretty much break or bust, we had nothing to loose and we knew what we had to do (that was reach 49 points - meaning we would claim all 4 points and make the playoffs) It started well and at one point we were 12 up but a few mistakes here and there didn't help us and Plymouth kept chipping away, and in the end only lost by 2. That meant although we won the match we didn't take all 4 points meaning we just missed out on making the playoffs by one point. Personally I scored 10 but hey ho that's what happens. I was genuinely gutted for everyone, the team, the management, the fans, literally everyone that is part of Mildenhall speedway because they deserved it and I'm genuinely sorry for everyone.



## Grand Prix Weekend

Then rolled on Cardiff, literally the best speedway meeting of the year and although the racing was slightly predictable, I always love that weekend and it didn't disappoint. The whole atmosphere is absolutely amazing and every year it reminds me of where I want to be. However the only disappointment of the weekend was on Sunday morning with the news that the National League Riders Championship at Leicester was cancelled due to the weather. The new date and venue is at Scunthorpe on the 6th October.



## Poultec

To end the month I was off to Poultec for the first time. This is based in Norwich, and it's a college scheme in which you get a qualification in engineering and a speedway diploma where the whole thing revolves around speedway, flexible with dates and basically just ideal for me.

## Onto October

So that's it for another edition of this months 'Life in Circles' I hope you've all enjoyed it again with a little recap of what I've done and where I've been this month. I've only got one more meeting to go and that's the National League Riders Championship at Scunthorpe, followed by the Mildenhall end of season do the week after so that will be good to see everyone again. See you all next month...

*Jason*

### Results

Belle Vue (Home - NL) 44-46 **3,3,2,2,2\*** - **12+1**  
 Belle Vue (Away - NL) 64-25 **2,2,0,1,1,2** - **8**  
 Redcar (Away - KO Cup Semi) 50-40 **0,0,0,0** - **0**  
 Redcar (Home - KO Cup Semi) 48-42 (88-92 aggregate) **1\*,1\*,1,0,1,1,0** - **5+2**  
 Leicester (Home - CS Final) 42-48 **3,0,0,1\*,0,0** - **4+1**  
 Leicester (Away - CS Final) 55-35 (103-76) **1\*,0,0,0** - **1+1**  
 Plymouth (Away - NL) 44-46 **2,2,2,2,0** - **10**  
 Birmingham (Home - CL) 37-27 **3,1** - **4**

## Upcoming fixtures:

Sunday 6th  
NLRC (at Scunthorpe)

Saturday 12th  
Mildenhall End of Season Do