



# LIFE IN CIRCLES

FEBRUARY UPDATE

The season's getting closer. I wanted to say it's starting to warm up and dry a little but that's not quite the case but we can only hope. Anyway here's the second instalment of 'Life in Circles' of 2020. It's been a busy month still with lots of pre-season training with the Great Britain team, No Limits and at Poultec as well as my sponsor 4D fit based in Chelmsford as well as my driving test and the good winter fun of the pit bikes, anyways let's get cracking...



## They See Me Rolling

Passed it! Smashed it! Completed it! Moving on! At the start of the month saw me take my actual driving test, when I say actual that just means the practical and final part. I was actually surprised how nervous I was to be fair during the test, but I reckon that's just because I knew I had a really busy week after and if I didn't pass that would of really messed me up but hey I passed and that's all that mattered. BUT!?! Yes... but, because then we realised my MOT ran out when I was away and we needed to get it done so that was a first to and some how my little red rocket passed at short noticed and I was absolutely chuffed, so now we're rolling...



## Great Britain Training Camp

Then it was onto the Great Britain Training Camp at Southampton. This was the whole team so all the senior riders as well as all the under 21 riders and what a weekend it was. So we arrived on the Friday morning at 8am so just a big thank you to Olly Allen for picking me up on route from Centre Parcs at 4am. Day one was mainly testing, in order to get a baseline for everyone and this was all done at the Southampton University and honestly they have some kit and that's one of the biggest things with the new Great Britain set up is just how professional it is from team clothing, to team spirit, to the equipment and facilities we have access to it is just such an honour to be apart of it.

## Training at 4D Fit

Ahead of this season I've been training really hard at 4D Fit. 4D is a gym in Chelmsford, but it's no ordinary gym. How it's done, is every session is only a small group so normally no more than 4 led by a PT. But it truly feels like a 1-1 with the benefits that your a group become friends with everyone and we all support and motivate everyone to push through everything. I truly couldn't recommend it anymore. Ollie (Berquez) one of the owners is just brilliant to and he has gone through everything with me from my shape to nutrition and I truly feel so ready for the season.

## Poultec and No limits

The following week I was at Poultec again and No limits which is now the GB Academy. While at Poultec we drove to Nuneaton one night for the NSSC (Nuneaton Speedway Supporters Club). I haven't been to one of these nights since i think 2016 so it was great to be part of one of their nights speaking myself, about the trip to Australia but on the whole explaining Poultec and how it has individually worked for each of us. And then on the Saturday it was Loughborough and No Limits for more testing where we could compare ourselves to last years performances but again training in an environment like Loughborough is really cool because we are surrounded by elite sports performers.



## Team Racing

Something different for the pitbikes was team racing, Connor and Mitch came up with this team racing format for the pitbikes where it was 'Iwade vs Eastbourne' 28 riders on each team and 8 riders per race. Honestly a great fun day and Eastbourne got the win, even my dad was at it again and while heat 1 didn't go his way when he got his leg ran over, he was back and won the g final so he was having a good crack.

## Getting Busier

February is done and there's plenty to get sorted in March. All my bikes are pretty much ready ahead of this season and this month there's going to be a lot of practicing at various tracks, some racing at the Dirt Track Show and lots of smiling with press and practices before the season kicks off at the start of April. It's all go and let's just get this season started in style.

Jason

## UPCOMING FIXTURES

Dirt Track Show (Kings Lynn)  
**7-8th March**

GB Practice **13-14th March**

No Limits **16th March**

4D Fit (Business expo Show)  
**25th March**

Press and Practice  
(Mildenhall) **27th March**

Press and Practice  
(Eastbourne) **28th March**

Mildenhall Team Practice  
**29th March**

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