

DIRTBIKE-Gym Eastwood Honda MX Team

Report — Training and Racing in Belgium

up to 26th March 2012

Dear Sponsors and Fans of DBG Eastwood Honda MX Team

Two weeks of Training and Racing in Belgium

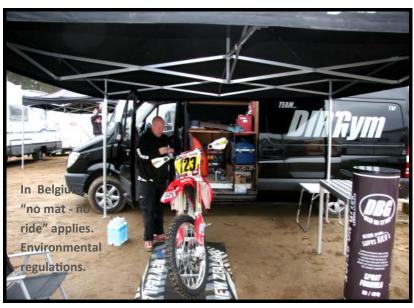
The team woke up shell shocked after our first 2012 British Championship round on a VERY rough Fatcats Track.

"Our fitness levels are good but simply not up there yet!"

THIS WAS THE MESSAGE and all riders bought into this because it



was more than clear that in order to be the best you have to be as fit as the best and although even the best could be seen to fade they did not fade until the last laps and pure grit then got them through. We also noticed how concentration levels dropped as the riders became tired mistakes crept in, often causing them to fall. The lads have to be brutally honest with themselves and not wake up tomorrow regretting today. It is now the work has to go in. Not tomorrow.



After the British round one. The week was set for two on bike training days of sessions on the hard here in the UK and then head for Belgium on the Friday.

After preparing and light training on the Saturday a very cold Sunday arrived in Lommel. The boys headed for Genk, some 40 minutes from our Belgium base. Left: Jason set up and adding allocated number 123 to Hamish's bike.

Left: Jason Morris, Team Manager, hard man and MX star of the 90's fills in as mechanic this week due to the firing of a mechanic last week for the use of illicit substances. NOT something we as a team need association with! The good news is that two new mechanics join us next week so Jason can get back to his normal duties as manager / coach extraordinaire.

Photo right: "It seems Hamish (the man from Takaka, New Zealand) has a problem with looking sexy when training. We have ask for anyone that could treat him some sporting type trainers to please step forward

Kieran is still recovering from that broken ankle and is working to assist Jason and is training like mad. George our 450 pilot stayed UK side this week to gather focus; with MX legend Mark Eastwood being close by to train him. The team will all come together at Canada Heights on April the 1st for Rd 2 of the British.







THE RIDERS ...

Introductions from left to right:-







1) #511 Kieran Scheele; Running MX 2— high points scorer in MX1 2011 British Champs guaranteed him a position on the start line in 2012.







2) #153 Hamish Harwood from NZ's South Island—2011 Aust and NZ jnr Champion. He is quick and in form.

3) #22 George Baldwin. The UK's George Baldwin who has ridden under MX legend Mark Eastwood for some years.

Pilot results: HARWOOD

19th March Genk. International Class. Race 1 35th into turn 2 after a crash in path. Finished 19th. Race 2 10th into turn 1 finished a string 6th.
1st of the MX2 riders.

25th March Genk —as below report. 1st of the M

1st of the MX2 riders.

By Hamish Harwood

Hi Everyone

Just got back from a days racing at the Genk Track in Belgium. Had an awesome day the temperature was strange though it was a jacket on jacket off sort of day.

I was really looking forward to today because this was the same track as last weekend, had to be a bonus I thought. First up an I got the worst start ever, my gates starting rut was real close to the next gates rut, I got a little crossed up off the line, this really cost me as I came out of the first corner at the back of the pack.



This was an Open Class with MX1 and MX2 classes so as I waited for the usual carnage and gaps to happen I knew the front guys would be getting away moving through the field giving it sh*t until I reached the front half of the riders.

Feeling comfortable now I pushed some passes and could see front riders I finished the Moto in 5th place which put me 1st in my MX2 Class, awesome but that was hard work.

Race 2, I got an ok start I had to come up the inside which saw me come out the first corner in about 10th, heaps better than race 1.



I made some passes and enjoyed being up towards the front riders so early. I had some awesome close racing and finished in 3rd. These results saw me in 1st position overall in my MX2 class.

After warm down, pack up and presentations we head for home to clean up and re-pack for tomorrow when at 5.30am we head back to England to race round 2 of Maxxis British Champs at the Canada Heights track.

So an awesome day close racing, great results and some wicked roost from the stones and those 450's.

Cheers Hamish

LEFT: "The Man" ... Jason Morris on a crisp clear Belgium day keeping that shaved part warm.







Pilot results: George Baldwin

George is head down and training. We look forward to his appearance at Canada Heights.

Pilot results: Kieran Scheele

Kieran is on the mend and training in every possible way. It should be only weeks now and he will be back on the bike. In the

meantime Kieran helps with training and timing as well as being an excellent chef thanks to his Mum Kerry.

Left: Kieran fits out one of the tool boxes with Mud-no-stick at the house in Lommel. "FARMER TURNS UPOLSTERER!"

Below: Scheele attacks the punch bag ... it is very difficult and great for cardio during this recovery time.







low: Even with one leg in a moon boot KS keeps the training going.



Left: And here is the guy that the legs and trainers belong to on page 1.

Hamish bashing out restricted seated sets on the punch bag in support of Scheele's fine effort before him.

We are unsure if the facial expressions are real though?











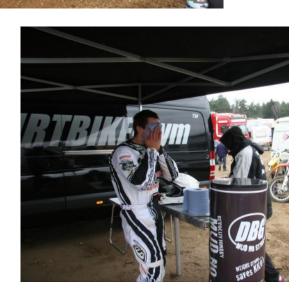
Harwood in action at Genk.





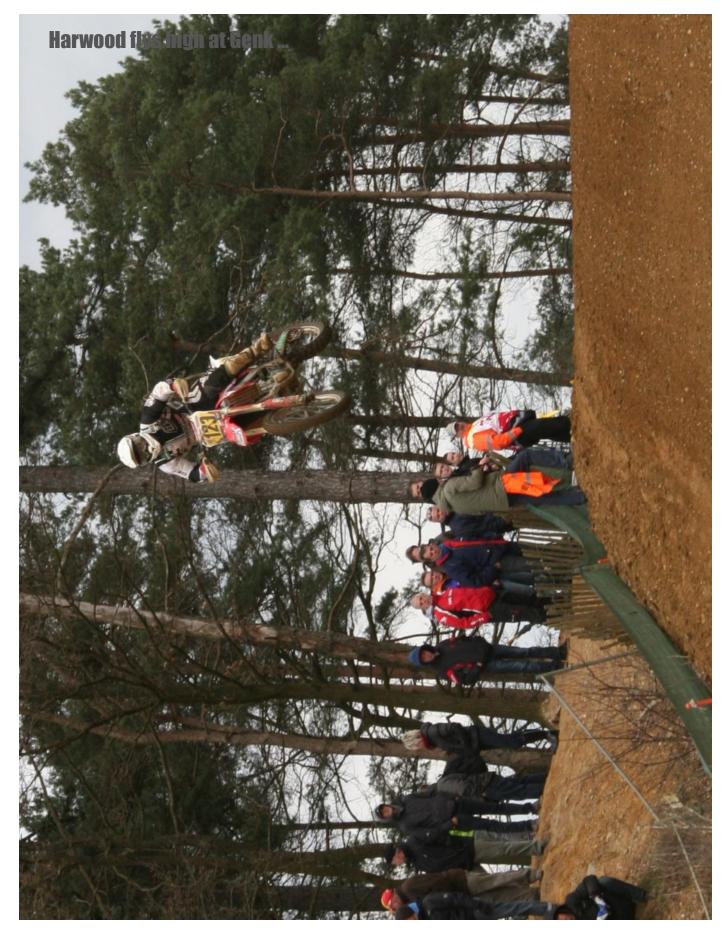














NO ONE REALISES HOW IMPORTANT OUR SPONSORS ARE TO THESE YOUNG RIDERS ...

This team is a NON—PROFIT organisation. Without it's sponsors we would not be able to give the likes of Kieran Scheele and Hamish Harwood the chance to be seen on the world motocross stage in 2012.

Last year we where proud to be able to give Kieran, John Phillips, Bjarne Frederiksen and Emma Davis the chance. This would not have happened if not for our sponsors.

SPONSORS ASSIST US IN MANY WAYS from helping out with funding, gear for free or discounted. The bikes. The vans and trailers, and even peoples time. For all this we are truly thankful. You are doing a great thing and helping a young person that otherwise simply could not afford to do this. We wish to start the trail for talent for 2013 early so your help is very important, if only to spread the word.

IF ANYONE HAS ANY IDEAS OR WOULD LIKE TO CONTRIBUTE IN ANY WAY

PLEASE DO CONTACT US.

Thank you all again ..

Rex Michau, Director of DBG YOUTH MX Development Ltd. (PH: +44 7801 745224)

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