

A look at: taking training off road

In the first of a new series looking at how to get the most out of motorcycling, Mike Abbott of the British Superbike School answers some questions about track training days.

Name: Mike Abbott

Position: Founder of the British Superbike School.

What does the British Superbike School do? The school provides a circuit-based motorcycle rider development day for road and track riders with professional tuition from police rider instructors, ex-championship winners and TT riders and qualified RoSPA and RPMT trainers (register of post-test motorcycle trainers), depending on the level of training riders need. We only have nine riders on the circuit, to give participants lots of space and time to practise. We also have three coaches on track to make sure riders get great personal attention. All training takes place on the 1.6-mile Blyton Park test circuit in Lincolnshire. There are six training days this year: April

18; May 23; June 20; July 18; August 22; and September 19.

Why was the school set up? Originally set up in 2011, the idea behind the school came from Nottinghamshire County Council, as a way of attracting middle-aged sports bike riders to learn more about motorcycle control. It has grown since then, and now attracts a wide range of road and track riders who are seeking bike control training away from public roads.

What are the benefits of track training? While teaching on the road is great for hazard perception and positioning, I find that it's limited regarding bike control, due to the risks. On the track, we can introduce the "science" of how motorcycles stop, turn and accelerate so riders can understand how they react to rider inputs. This can

improve rider skill and confidence and help develop that vital "feel". We have just nine riders on track. Other providers can have up to 40 motorcyclists out at a time, but this means that riders can find themselves stuck behind slower riders or intimidated by a passing stream of more experienced riders.

What might we not know about you? Engineer at Ford Competitions/AVO, club raced from 1989 to 2005 and recently appeared on CBBC's The Dare Devil show, taking a pillion around Donington Park.

How can I find out more? There is more information online at www.britishsuperbikeschool.co.uk and on Facebook at www.facebook.com/SuperbikeSchool. You can also ring 01777 818013 or 07939 041606 or email info@britishsuperbikeschool.co.uk



The coaches at an Emergency Services Rider's Day hosted by the British Superbike School at the Blyton Park Circuit, held with the support of South Yorkshire Police and sponsored by Initiatec CCTV Ltd.