

# Tracy Moseley



**What do you think will have the biggest impact to improving female participation?**

I think its just a matter of momentum, as more women are involved it will be more visible and encourage more women to participate and then it grows.

**What are the best things about being a mountain biker?**

Getting the opportunity to see amazing places that you would never normally see, to be outdoors, be healthy and meet amazing like minded people from all over the world.

**Downhill sounds terrifying. How does someone make the transition from riding trails to hurtling down through obstacles at high speed?**

It's a natural progression as you become and better and more skilled bike rider, your confidence grows and your speed naturally increases as you become fitter. Some people may never enjoy going fast, or build up that confidence or skill set to do it, but for most it's a natural progression to want to go fast!

**You've recently turned your hand to coaching – what's next for you?**

Well, I would love to stay in the industry, to use the knowledge and experience I have gained over the last 20 years to help maintain and develop the sports, its infrastructure and our future talent in the UK. I also would love to continue to work as and ambassador for all of my long term sponsors...I plan to continue with my coaching work both locally at grass roots level and internationally working with World Class Athletes. I also plan to start a family and enjoy many other aspects of life on two wheels along the way.

**What are your earliest memories of cycling?**

My first memory is of flying down a grassy hill on a little blue bike not being able to reach my brakes and crashing at the bottom.

**You've been winning medals on the track for over a decade; how did you first get into track cycling?**

My uncle went with a few friends and thought it would be something myself and my brother would enjoy.

**You've achieved World Cup Champion status in both Downhill and Enduro. What's the difference between the two sports? Do you have to be braver for DH and fitter for Enduro... or doesn't it work like that?**

They both require an enormous amount of skill, strength and fitness, but are also quite different. In Downhill racing you need to be able to produce one perfect race run, as fast as possible, so a strong mental strength and maximum, power and speed for 3-5mins. For Enduro racing, you need to be able to ride for 3-5hrs in a day, with anything up to 2000m of climbing and be able to race on average 3-5 timed stages of between 3-10min long on predominantly downhill terrain. So you need a strong mental strength for a long day in the saddle and the fitness and skills to get you through multiple days of practice and racing. Both equally tough but in different ways!

**The women's cycling scene is growing fast, but MTB lags behind road – why do you think this is?**

I think there is a long history with road racing, it's been a traditional sport in the UK for a long time. It gets a lot more support and funding by British Cycling and has many more sponsorship opportunities due to the TV coverage. I feel that there are many more women participating in MTB at a recreational level, but just don't compete, so it's hard to quantify the size of the sport and its participants. The exciting thing is that I think the numbers in MTB are growing especially recently as it seems more and more dangerous to cycle on our roads...

# Martyn Ashton



**...What do think the growing eMTB scene means both in terms of accessibility, and for extending the range or fun-scope of all mountain bikers?**

The products out there are amazing and give opportunity to so many people to ride more, have more fun and look at bikes in a completely different way. I think once a rider has tried one, they soon realise it isn't about cheating uphill or being lazy. It's about riding more, or giving fun opportunity and accessibility to bikes for a lot more people.

**What other recent developments in bike technology excite you?**

IX is mega cool. There's so many cool advances going on in mountain biking at the moment. Wheel sizes, electronics and suspension development. The bikes are just getting so so good. eBikes do really excite me though, their development will be seriously cool in the next few years.

**What kind of reception do you get outside of the UK?**

Really good. I'm always really excited when someone wants a selfie or to chat about what I've done and do. That means even more since my accident, because I really want people to see me as a mountain biker. If I can do that then I'm achieving something for myself but also showing others with a disability or struggles that your focus can be how others understand your life, so focusing on positives and ambitions is a great tool.

**What's next for Martyn Ashton?**

I've got some good stuff planned and hopefully some riding again later this year. I've just got back from Whistler and that was unreal. I had such a great time and it has focused my mind on how to improve my bike and riding in the future. So fingers crossed for some more of that.

**You're a trials legend who has entertained and inspired countless fans, but what bike-trials riders catch your eye these days?**

UK's Jack Carthy is an amazing comp rider. I love Ali Clarkson of course, Vasek Kolar is unreal and Fabio Wibmer is also doing a great job - Fabio's riding is branching out to some amazing traditional mountain biking too, rather than just trials.

**Is trials a good way for people to get into cycling? Or do you need to do another kind of riding first and then learn tricks?**

Trials is a great foundation for all forms of bike riding because you learn so much bike control. It isn't easy to learn those basics though, and it takes time and patience to perfect. Once a rider gets seriously into riding Trials then they can expect to use a lot of dedication and practice to learn the precision and confidence required for the skills we see in the popular videos. It's worth it though!

**We've seen you hang out with some of the biggest characters in mountain biking... but which is the one who cracks you up the most every time you see them?**

Rob Warner, he's a great friend and always has some awesome stories to tell.

**We've seen footage of you riding eMTBs – OK, so yours is modified with the bucket seat, but you must have seen a load of electric mountain bikes...**

**With an unprecedented Olympic gold haul it must be hard to pick – but which win of your career so far has been your most memorable and why?**

I always enjoy the team events, I have really fond memories off all three of the team sprints.

**What are your top tips for anyone dreaming of Olympic Track Cycling success?**

Enjoy cycling! When I took my break this year after the games I went mountain biking touring and all sorts

just because I enjoy it. I felt like I did when I was 16 again with no pressure and just a love of everything cycling and it's that love that has brought me back refreshed and keen to try again for another go.

**Finally, what's next for you... any more gold glittering in your sights?**

I'm planning to come back to racing on that track. Hopefully get back into the team for Tokyo, but it's a long way back from where I am now.

# Jason Kenny



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