



## Extreme Energy Press Release

What a 2 days of challenge! The Ridgeway 200 kicked off a new era for Extreme Energy, their first ultra endurance mountain bike event, put on in association with Bucks Mountain Bike Club!

A 200km ride along The Ridgeway, one of the toughest and testing national trails in the United Kingdom. The terrain throughout the entire route was undulating, with relentless ascents and descents to test the most seasoned on competitor.

An impressive 70 men and women rose to the challenge, starting from St John Colet School, Wendover at 8am on 31<sup>st</sup> March and cycled all the way to The Ridgeway School, Swindon, 100 kilometres away. The average completion time for the course was around the 6 hours, 30 minutes mark. With the quickest competitor completing the route in an amazing 4 hours, 49 minutes. The weather was cloudy with a brisk breeze acting as tailwind on the mountain bikers.

Day two of The Ridgeway 200 saw 65 competitors return to the starter's line at 7am on the 1<sup>st</sup> April and return the full 100 kilometres back to Wendover from Swindon. After a freezing cold start, the weather was on the competitor's side with a clear, sunny day and a gentle breeze helping them on their way.

The overall fastest time for the full 200 kilometres over the 2 days of competition was 9 hours, 37 minutes by Mr Mark Harvey. An excellent show of speed, navigation and determination to set a staggering time. We must also mention those who were straying into unknown territory by competing in a multiday ultra event. Their resolution not give up (even though some of them got a little lost) was admirable.

The Extreme Energy team would like to congratulate all of the competitors who took on the longest race they have ever put on.

We would also like to thank Bucks MTB for helping make the event possible and our main sponsors Shutz and Buff for their ongoing support.

Keep an eye out in the near future for the announcement of our second race in the ultra endurance mountain bike series.

All information about Extreme Energy events can be found at [www.xnrg.co.uk](http://www.xnrg.co.uk)

