

Mountain Bike *Hadleigh Farm, Essex* ● men ● women

Olympic champion
Julien Absalon
(FRA)



Bike: Lightweight, sturdy design for tackling uneven terrain, rugged hill climbs and steep descents

Straight handlebars

Suspension
Can either be full (front and rear) to cushion rider, or front only ("hardtail") to keep weight low



START / FINISH

HADLEIGH FARM CIRCUIT

Tyres: Deep tread and tough, wide carbon or alloy rims



Circuit: 5.1km
Race length: 40-50km (men) 30-40km (women)
Ascent per lap: 170m
Highest course elevation: 70m