



# A RATHER UNUSUAL TRACK DAY

## PRESS

A rather unusual track day – able-bodied and disabled, solo and sidecar!

The Diamonds MCC have booked Llandow Circuit, near Cowbridge, for Wednesday 18th April. There will be alternate solo and sidecar sessions, with the chance to take a passenger "taxi ride". If you bring a bike, the fee is £80. China John at the circuit said that they are willing to forgo their usual fee of £20 for "taxi ride" passengers, who should make a donation to The Bike Experience.

Talan and other members of The Bike Experience will be present. You may have read about TBE in MCN. Talan set it up to provide information, practical help and support for disabled riders who want to do track days or race. Although the focus so far has been solo riding, he is keen to involve sidecars.

Alan Longshaw and his disabled passenger John Longbottom will be present. John can't move his legs and their sidecar platform has been modified to assist him. They are not slow, and finished fifth in the 2011 Formula 350 Championship. We hope that other sidecar drivers and passengers who are disabled will come along to give advice and practical demonstrations.

Talan already has five paraplegics who want to go out as passengers, so Alan may find himself rather busy. I am sure that some of the other outfits will be able to make temporary modifications to assist so that everyone gets the experience they are looking forward to.

If you are disabled, or know a disabled person who would like to ride a solo, drive or passenger on a sidecar, please tell them to put this date in their diary! Visitors are welcome and there is no charge for people who come along to watch or come to chat and find out what's going on.

If you are bringing a solo bike or a sidecar, please book direct with Llandow on 01446 796460, but email [marianne@trailrides-wales.com](mailto:marianne@trailrides-wales.com) or phone 01686 430522, so that she can keep a record of places.

