



Team Scotland ISDE 2009
Portugal
Team Report

Life in the paddock

15/10/09 Day Four of ISDE 2009

With dehydration a major factor yesterday many of the competitors spent an uncomfortable and sleepless night. Quite a few of team GB including Grant and Derek suffered badly throughout the night with sickness. A late night trip to the 24 hour pharmacy for some oral rehydration salts was required to try and allow some rest and recovery. To say that the mood was somewhat less than enthusiastic would be no exaggeration. Ricky seemed to have missed out on the effects of the heat due in some part to his younger years and him taking rehydration salts beforehand. I have to say that I have been greatly impressed with Ricky's maturity and professionalism overcoming bike problems that would have seen lesser riders DNF. Come the evening work time and all three riders summoned enough energy to change rear tyres and Ricky went on to prepare to change the whole of his exhaust system in the morning. The results at the end of today only go some way in showing how much effort the whole team has put in. Grant 38th in class progressive. Ricky moved up another few places to 92nd progressive. Derek 18th in class progressive. By our rough calculations Derek is currently on Gold Medal whilst Grant and Ricky are both on Silver.