



TT and BSB veteran and *Bike* road tester Pete Boast can teach you a thing or two to improve your riding skills

★ Rated Training

# MSV Rider Development Programme Level 2

Take your riding to the next level - hone your essential control skills at Cadwell Park

Words Simon Russell Photography Rory Game

**>What is it?** Level 2 of MSV's Rider Development Programme (RDP) is designed either for intermediate group trackday riders, or people who have already attended the RDP Level 1 course. That module concentrates on racing lines, body positioning and overtaking, while Level 2 briefly revisits these before moving on to braking, throttle control and steering. With a couple of trackdays under my belt, Level 2 was the right path to go down.

**>What happened during the day?** After signing on at Cadwell, my instructor for the day – one of *Bike's* favourite road testers Pete Boast – came and found me. I was led to the classroom that would be our base for the day, which was full of tea, coffee and sweets. Here I met Steve, a fellow pupil who also had Pete as his teacher. Pete briefed us on how the day would unfold before taking us out for three sighting laps. After these three laps we got some initial feedback before Pete took us both out again for our first full 20-minute session. In the subsequent sessions, Pete would either follow myself or Steve while the other pupil enjoyed the session on his own. After each session, Pete talked us through the areas we needed to work on, tailoring the course to our needs.

**>What's the track like?** Cadwell Park has such a depth to its character, it feels like it would take years to learn properly, like a miniature Isle of Man TT. You could never get bored here and there are so many different types of corners to master.

**>Learn anything?** Oh yes. I can't pin it down to just one thing either. From the outset Pete was studying my riding, my lines, my

body positioning, braking and from then on tailoring the advice and guidance I needed specifically for me.

My lines improved dramatically with each subsequent session. Pete encouraged me to grow some balls through the uphill Coppice and by the end of the day I could take it in fifth gear. My body position altered and by the end he was showing me areas where I could brake later and ride through faster.

The only place I really struggled was the Mountain. I had the lines right by the end but still lacked the nerve to get on the throttle harder. That was purely down to me, but the beauty of it is I now know that's an area I can work on the next time I visit. Everything I have been taught by Pete is going to benefit me in the future, and not just at Cadwell Park.

I can honestly say, and I'm not blowing smoke up anyone's arse, this was the best trackday I have been on yet.

**>When's the next one?** MSV run the RDP course, not just at Cadwell Park, but at their other circuits – Snetterton, Oulton and Brands Hatch – as well. Your best bet would be to have a look at their website, [www.clubmsv](http://www.clubmsv), for the next available dates.



## MSV Rider Development Programme

Price £349

Contact [www.clubmsv.co.uk](http://www.clubmsv.co.uk)

**Bike tip:** Don't worry about faster riders behind you. It's up to them to find a safe way to get past, not for you to move out of the way.

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