

Roadman Ben sets new course record

Elite roadman Ben Granger posted a new course record of 36mins 37secs to win the 2022 Peter Knott Memorial Spoco 15 promoted by the Kent Valley Road Club.

Although Ben was time-trialling for his British club, Kendal CC, he now road races for Zappi and fittingly completed his record two laps of the Capenwray road race circuit on a road bike, clipping almost a minute and a half off Alex O'Brien's winning time of last year.

Equally impressive was Dame Sarah Storey's 41mins 6secs ride for fifth place overall to establish a women's record in an event previously only ridden by men.