

Maria Costello

Record breaking biker writes exclusively for **TRENDFHL** readers...



I'm fit as a fiddle and aiming to go fast: It's time to race!

The past two months I've not had much time to sit still. Speed on the bike is always a combination of me and the machine, so to ensure I can give 2013 my all I've been working hard on my fitness.

My support team of physiotherapist Barry Goudriaan, personal trainer Joe Power and sports masseur Donna Norman have put me through my paces. If there was ever a time to use the word innovation it was then; they've put all their heads together to produce the most intense sports specific set of exercises and recovery plan I've ever had. So if you see me doing some strange looking workouts - you know why!

Between sessions I got the chance to go watch some Arenacross [adrenaline-pumping indoor motocross & high-flying back flipping Freestyle motocross] then a visit to the EXCEL Bike Show in London, where it was great to catch up with the biking fraternity and enjoy a bit of socialising. A trip to Italy followed (what a treat) to visit the Gimoto leathers factory and get measured up for my new made-to-measure race suit.

A day of complete indulgence and pampering followed, when Sharon from the Vintage Hair Lounge, Katy from Hand Picked Vintage Clothing and Scott Chalmers (an exceptional photographer) converged at the gorgeous home of the 1952 Daytona Norton Manx for a 'Vintage' photo shoot and Gimoto leathers shoot.

As if getting dressed in glamorous hand-picked vintage clothing and having my hair and make-up isn't enough to make your inner goddess do back flips, I got to use George Cohen's authentic workshop as a backdrop, with his Manx Norton as a prop!

My search for support for this season has been boosted by The European Shoe Machinery Company continuing to stay onboard for 2013. Not only do they make shoe machinery but they have the potential to make parts for my race bike. ESM are over the moon about me becoming a STEM



RARING TO GO: Maria poses in her new leathers

ambassador.

What's one of those, I hear you ask. Well, STEM stands for Science, Technology, Engineering and Mathematics and I'll be going in to schools to use motorcycle racing to excite young people about these subjects and demonstrate the importance of these in motorsport careers.

Inspiring our young generation of engineers is something I feel very passionate about and I'm really looking forward to getting started.

Also as part of Science & Engineering week, I got to meet with amazing engineers such

as Jon Hilton the Managing Director of Flybrid Automotive Ltd, a company at the forefront of hybrid vehicle technology and Neil Patterson, the former Chief Designer for McLaren Automotive products, who recently became the Principal Designate for the Silverstone University Technical College. Thanks go to the Northamptonshire Enterprise Partnership for inviting me!

Work on my women riders association continues. I've had overwhelming support for it and the final name is still in debate as I want something with a broader premise....And of course I've got a race season that, weather permitting, kicks off this weekend.

I'll be announcing some racing news next week too - if you can't wait for my next blog you can find out more on my website and social media pages, but I can tell you that I'm close to having a newly rebuilt Supertwin, thanks to the help and skills of iDP Moto Ltd, a workshop based at Silverstone.

But for now I'll leave you with the fantastic photo of me in my new Gimoto race suit (above), captured by Scott Chalmers.

Maria

Check out Maria's website at www.costelloracing.com/



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