



## FLIPPIN' TECH

Our technical guru  
Steve Worland says...

### HE'S A BAR FLY

Mountain biking can be an obsessive pastime. Some riders are weight facists, trimming every last gram until their bike flexes and flutters so much over the bumps that they need to ride slower to stay in control. Some swap tyres every time the weather changes or they ride away from their home patch.

We all have our quirks. Mine is a harmless obsession with strange handlebar shapes. Some I stick with, some I don't. My favourites shuffle their order of preference depending on the sort of riding, the state of my neck, shoulders and spine, how much suspension I'm running and the frame geometry of the bike I'm riding.

People often take the piss out of unusual handlebar shapes. The most piss-taking I got was when I was running a Jeff Jones H Bar with a 45

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degree backsweep. I liked it on the Jones Space frame but it didn't feel as good on my own bikes.

Still, the idea of an exaggerated backsweep stuck with me and I recently tried the Ragley Carnegies bar. It's 27.5in wide and has a 25 degree backsweep, as well as a little wiggle forward so you don't have to get a new stem. It might feel odd at first but quickly gets intuitively comfy, especially on long cruisy rides. And once you become accustomed to the hand position it works incredibly well over rough ground too.

Of course, no amount of positive commentary can disguise the fact that it looks a bit like the handlebar off an old shopping bike. But then people used to laugh at riser bars and anything wider than 22in...