



Learning to Fish

Workshop 8

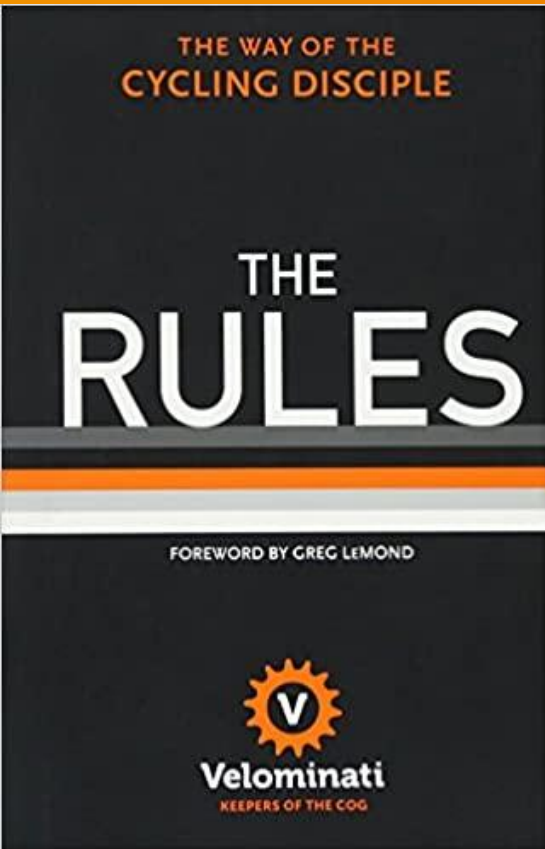
2022 Races & Events for Youth Riders

(mention recording)



- Where to find 2022 events? (this week)
- Off-the-bike Strength & Conditioning
- Race Day Preparation
- Nutrition On & Off the Bike
- British Cycling's pathway & Alex Franks' journey
- Mental Resilience & Training
- + 3 more
- YOUR additional topics (suggest at any time!)

Who Can Race (BC categories)?



- **Track, Road & TT**
 - Youth A = Under 16
 - Youth B = Under 14
 - Youth C = Under 12
 - Youth D = Under 10
 - Youth E = Under 8
- **Mountain Bike**
 - Youth = Under 16
 - Juvenile = Under 14
 - Under 12
- **Cyclo-Cross (from 1 Sept 2022)**
 - Youth Under 16 (2007)
 - Youth Under 14 (2009)
 - Youth Under 12 (2011)

Sources of Race & Event Info (1)

- **British Cycling Events** <https://www.britishcycling.org.uk/events/home>
 - Filter: Event, Within, Location, Date range (Search)
 - Then, “More Filters” for Event/Race Classifications & Rider Categories
 - For Cyclo-Cross, open events to read age classifications
 - Check for updates!!

- **Hillingdon Slipstreamers**

A series of 6 youth races - First 5 races count for series points. (27 Feb, 6, 13, 20 & 27 Mar). Check Club Newsletter for start times

The final race of the series (3 April) will be the first race of the Central Region Closed Circuit Series and there will be a different race schedule.

- 13:30 Race 1: U10s, U12s, boys and girls race for 30 minutes
- 14:10 Race 2: U14 & U16 boys race (the U16s will be started before the U14s to have 2 separate races; U16s 55 mins, U14s 45 mins)
- 15:10 Race 3: U14 & U16 girls race (the U16s will be started before the U14s to have 2 separate races; U16s 55 mins, U14s 45 mins)

- **Non-BC Time Trials** <https://www.cyclingtimetrials.org.uk/>

- “Open” events & club “come & try” events
- National Championships, including “Best All Rounder”
- Age boundaries differ and 12+ are OK to TT on Road

2022						
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Sources of Race & Event Info (2)

- **Non-BC Mountain Bike** https://www.gorrick.com/calendar_page.php
 - Gorrick Sprint XC Classics (20 & 27 Feb) U12 & up
- **TLI Cyling** <https://www.tlicycling.com/> <https://www.riderhq.com/events>
 - Competitor to British Cycling as a race organiser / coordinator
 - Largely, but not exclusively, in Northern England
- **British Schools Cycling Association** <https://britishschoolscyclingassociation.com/>
 - Also more northern-based. Check for 2022 events
- **London Youth Games** <https://www.londonyouthgames.org/sports/cycling/>
 - Represent your Borough in Road, Time Trial and/or BMX
- **Check Relevant Venues**
 - Herne Hill <https://www.hernehillvelodrome.com/>, Welwyn Velodrome <https://www.welwynwheelers.org.uk/whats-on>, Lee Valley <https://www.visitleevalley.org.uk/lee-valley-velopark>, Palmer Park <https://palmerparkvelo.net/latest-news/>

2022

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Annual Planner Diary



- Target Event dates
- 12 month training strategy
- Weekly plans, including recovery
- Daily sessions incorporating your SMART Objectives

- (Download template from “Learning to Fish” page)



See you in Zwift !

7:30 start with Martin and Duncan