

North West Foundation Update

August 2017

GBCT Apprentices

The 2016/2017 Apprentice year is coming to a close with Junior Academy selections for these riders decided in September. The riders have received 20 full days of coaching, alongside diary planning and additional support in training and at races.

North West Apprentice riders for Track, MTB and BMX are;

Track Zone 02 – Manchester (Coached by Ben Greenwood)

Joe Burns, Robert Donaldson, Eve Martin, Amy Monkhouse, Evie Barrow

Track Zone 14 – Glasgow (Coached by Joe Malik)

Anna Armstrong, Olivia Bent

BMX North Zone – Manchester (Coached by Mark Seaman)

Keon Smith McDermott, Imogen Hill, Lauren Anyon, Molly Cranshaw

Track Regional Schools of Racing

These sessions took place between October 2016 and February 2017 with 27 North West riders attending in total. The 5 sessions covered Match Sprint, Keirin, Team Pursuit, Elimination and Madison.

Circuit Regional School of Racing

These took place between October 2016 and April 2017 with 47 North West riders attending in total. Boys and girls both received 3 sessions each which took place at York, Lancaster and Sheffield.

MTB Regional School of Racing

GBCT MTB activity in the region is coached by Michael Vickers, michaelvickers@britishcycling.org.uk

Manchester Track Training Cluster

The track training cluster for youth A and B riders started on 4th April 2017 with the club coaches taking more of a lead in running the sessions with support from Ben Greenwood. The coaches for the sessions have been James Roberts, Len Woffindin, Chris Heaton, Paul Andrews with support from Manchester Go-Ride Coach Craig Ansell. The final session of the year will be on 26th September. Numbers each week have varied from 20 to 40 riders with 30 being the average. The sessions run in a 5 week rotation covering Standing Starts, Flying Efforts, Team Pursuit, Elimination and Madison.

Circuit CCT

As with previous years the circuit CCT sessions ran for approximately 20 weeks over the winter months at Litherland, Tameside and Salt Ayre, Lancaster.

Coaching Forums

Coaching forums took place as an opportunity for coaches to receive feedback from Regional Schools of Racing, create RSR nomination list and discuss regional issues. The meetings took place at UCLAN sports arena, Preston.

Rider & Coaches Workshops

Three workshops took place in December and January. *'The Racing Pathway'* took place on 15th December with about 40 riders and a similar number of coaches and parents attending. *'Youth Training Planning'* and *'Rollers and Turbo'* took place on 12th January and 19th January at the National Cycling Centre with 40 riders and a similar number of parents attending each.

European Youth Olympics

North West rider Amelia Sharpe was selected for the Great Britain Team for the European Youth Olympics in Győr, Hungary gaining 6th place in the road race. Amelia also won the National Youth Circuit Series for Youth A girls.

Ben Greenwood

Great Britain Cycling Team Coach - Foundation

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