



British Cycling North West Region Women's Racing Academy 2018/19

The North West Region of British Cycling have agreed to support The Racing Chance Foundation in providing a road-based academy for female riders who are looking to broaden their skills and develop their endurance base with a view to becoming successful road riders in due course.

The academy is open to second year Youth A riders (i.e. who will become juniors in 2019) current juniors and current Under-23s. If you want to improve your endurance in a supportive environment, then come along and join in.

The Aim of the Programme

Our sport has an issue with rider retention. Our aim is to provide an environment which encourages riders to continue to progress, by developing their fitness and endurance and learning about tactics. This is not an alternative to the existing Rider Route through British Cycling – instead we are looking to provide additional opportunities for those riders who want to progress in the sport.

The Programme

There will be monthly road sessions over the course of the winter, starting in September and finishing in February. Rides will be three hours in length and you will be supported by experienced riders and coaches, with each ride having a following vehicle for spare wheels, etc.

After each session, there will be an opportunity to chat about the ride over lunch, followed by a seminar about a specific aspect (to include nutrition, training plans, etc). Each session will start at 10:00am and will finish by 4pm at the latest.

The dates are:

- Sunday 23 September - Goostrey Village Hall, Cheshire
- Sunday 14 October – Claughton on Brock Village Hall, Lancashire (TBC)
- Sunday 11 November – Red House Farm, Altrincham, Cheshire
- Sunday 9 December – Red House Farm
- Sunday 6 January – Red House Farm
- Sunday 10 February – Red House Farm

There is no cost to you as a rider; all that we ask is that you arrive on time, bring sufficient food and clothing (for both on the bike and afterwards) and that you are able to commit to at least four of the sessions. You will also need to ensure that you have full mudguards on your bike and normal wheels (no race wheels).

Should you wish to be included in the Academy, please confirm your interest by email to heather.bamforth@gmail.com no later than 7pm on Thursday 20 September 2018. Riders who wish to take part and are eligible will then receive joining instructions prior to the first session on Sunday 23 September 2018.