

## **CV for Nomination to British Cycling North West Region Board and National Councillor**

**Fred Bamforth**

### ***Relevant Cycling Experience***

#### As a Rider

I started riding a bike in my early twenties, and have raced on and off since 1987. I have been a member of the British Cycling Federation since that time. I competed at a high level nationally, gaining my first category licence (in old money). I was lucky enough to compete in Ireland on a fairly regular basis as part of Irish Heritage Cycling Club and rode the FBD Milk Ras in Ireland on a number of occasions. I also represented the Manchester Division at a number of events throughout the late 1990s.

My focus changed in 1994 when I became one of the first people to ride at Manchester Velodrome. I rode the Manchester Regional Track League (firstly on Fridays, then on Tuesdays) and also competed in the Manchester Divisional Track Championships, where I won the scratch race in 1995. I was involved in the Jack Fletcher and Key 103 track competitions, where I was a member of the Manchester team. I also won a silver medal in the World Masters Points Race in 1996.

Although I no longer race as much as I used to on the road or on the track, I now tend to concentrate my efforts on the odd time trial to keep fit.

#### As a Volunteer

Now that my racing career has come to an end, I have tried to start putting something back into the sport which I have been involved in for more than 30 years. I have been Road Race Secretary of Stretford Wheelers since 2014 and have promoted road and circuit races on behalf of the Racing Chance Foundation since 2015. In 2016, I was the organiser for the North West Regional Road Race Championships on behalf of the North West Region, which included a standalone women's championship for the first time.

I also recognise that I have a lot of racing experience and I volunteer as a coach with the Racing Chance Foundation. I am a qualified level 3 coach (through the Association of British Cycling Coaches).

Through my involvement with the Racing Chance Foundation, I have also been an active supporter of the development of the women's scene locally.

I was elected onto the North West Regional Board in September 2016, which has enabled me to give something back to the sport which I have been involved with for 30 years and to help to shape the future of the sport in the North West as a Regional Board Member. I have served as the Chair of the Road Workgroup since the beginning of 2019.

I was also elected as a National Councillor for the North West Region in September 2016, and I have been able to represent the North West Region's views at both the National Council in 2016 and at the EGM in July 2017. I believe that at the meetings I have attended, I have been able to demonstrate that I have the requisite knowledge and experience to make decisions in the best interests of the North West Region when given discretion to vote on various matters concerning the sport.