



NEWS IN BRIEF

**FNTL Halesowen
3 May 2019**

**Friday Night
Track League
Starts**

**The Tour Series
9th May 2019**

**Redditch Town
Centre**

**Club Camp
23rd June 2019**

**Whitemead,
Forest of Dean**

**Redditch Road
Race
23rd June 2019**

**Queen Victoria
Cyclocross
29th June 2019**

Telford

UPCOMING EVENTS

DATE	TYPE	DESCRIPTION
01/05/2019	Slipstreamers	Abbey Stadium 6.30 - 7.30
03/05/2019	FNTL	FNTL, Halesowen
03/05/2019	Road	Friday Morning Ride, 10am at Arrow Valley Countryside Centre. 10-12 mph. 20 - 25 miles (Note route will be posted on Facebook as Sonia is away)
05/05/2019	Road	Sunday Morning - A & B Ride Weekly ride out - 2 groups - average 30 miles. Morton Stanley Park 9am
08/05/2019	Slipstreamers	Abbey Stadium 6.30 - 7.30
09/05/2019	Event	The Tour Series, Redditch
10/05/2019	Road	Friday Morning Ride, 10am at Arrow Valley Countryside Centre. 10-12 mph. 20 - 25 miles (Note route will be posted on Facebook as Sonia is away)
10/05/2019	FNTL	FNTL
12/05/2019	Road	Sunday Morning - A & B Ride Weekly ride out - 2 groups - average 30 miles. Morton Stanley Park 9am
12/05/2019	Velodrome	Derby Cluster Session, hosted by Welland Valley
14/05/2019	Time Trial	K34 / 10 - 10 Miles, RRPCC Sign on Cookhill from 6.30pm.
15/05/2019	Slipstreamers	Abbey Stadium 6.30 - 7.30
17/05/2019	FNTL	FNTL
17/05/2019	Road	Friday Morning Ride, 10am at Arrow Valley Countryside Centre. 10-12 mph. 20 - 25 miles
19/05/2019	Road	Sunday Morning - A & B Ride Weekly ride out - 2 groups - average 30 miles. Morton Stanley Park 9am
19/05/2019	Mountain	Round 2 - Tackeroo Campsite, Cannock
22/05/2019	Slipstreamers	Abbey Stadium 6.30 - 7.30
24/05/2019	FNTL	FNTL
25/05/2019	Road	Friday Morning Ride, 10am at Arrow Valley Countryside Centre. 10-12 mph. 20 - 25 miles
26/05/2019	Velodrome	Derby Cluster Session, hosted by Matlock
26/05/2019	Road	Sunday Morning - A & B Ride Weekly ride out - 2 groups - average 30 miles. Morton Stanley Park 9am
28/05/2019	Time Trial	K34 / 14 - 14 Miles, RRPCC Sign on Cookhill from 6.30pm.
29/05/2019	Slipstreamers	Abbey Stadium 6.30 - 7.30
02/06/2019	Mountain	Round 3 - Kirton Off Road Centre, Gainsborough
09/06/2019	Velodrome	Derby Cluster Session, hosted by Beacon
11/06/2019	Time Trial	K34 / 10 - 10 Miles, RRPCC Sign on at the layby at Cookhill from 6.30pm.
23/06/2019	Camping Weekend	Whitemead Campsite, Forest of Dean
23/06/2019	Road	Road Race
23/06/2019	Velodrome	Derby Cluster Session, hosted by Linsquad
24/06/2019	Hill Climb	B.S.C.A. Hil Climb, Gorcott Hill, Redditch
25/06/2019	Time Trial	K34 / 25 - 25 Miles, RRPCC Sign-on Cookhill from 6.30pm.
29/06/2019	Cyclocross	Queen Vic Cyclocross 2019

The Tour Series—Redditch

When : 9th May 2019

Location : Church Green East, Redditch

Time : 2.00pm to 9.00pm

Event Schedule

2.00pm Opening Time

2.40pm Women's Inter Services Championships

3.25pm Men's Inter Services Championships

5.30pm Elite Women's Race

7.00pm Elite Men's Race

8.30pm Presentations

Road Race

When : 23 June 2019

Location :

Time :

Volunteers Needed

If anyone can help—please contact Steph Holmes

Ride for Rory

When : 9 June 2019

Location : Redditch

Details :

www.rorytherobot.com

Sponsored ride. 18 & 52 mile options.

BSCA Regional Hill Climb

When : 24 June 2019

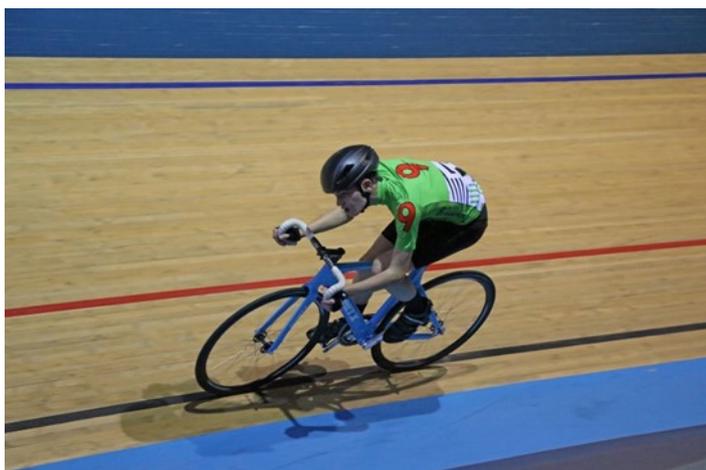
Location : Gorbott Hill, Redditch

Time : 6.45pm registration

Open to all riders

Six Day Manchester - Youth Madison

Report by Thomas Porton



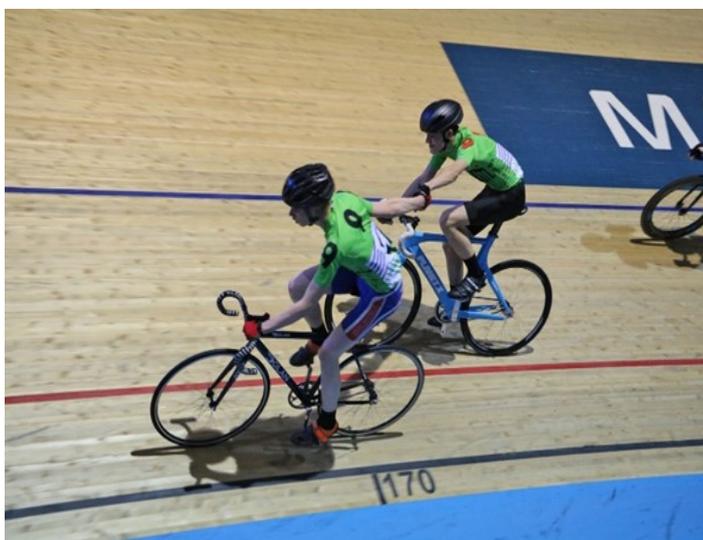
I recently got the opportunity to race in the Six Day Manchester competition in the Youth Madison with my friend Oliver. "Six Day" is a series of track cycling events held at different velodromes around the world, and at Manchester the organisers decided to host a youth event for U16 riders, racing just before the pros raced so we had an audience. When we arrived, we were checked in through event security but not as spectators, this time as athletes! We were

briefed and prepared for our races in the track centre with all of the event preparation going on around us.

The youth event consisted of two races for each rider; a 40 lap (10km) points race, followed by an 80 lap (20km) Madison race both with points every 10 laps. My points race was the first race of the afternoon, so I was quite anxious because I had not seen some of the other riders race before. In the races the commentator gave his commentary across the velodrome and the lights and music of the event made it feel like a really big deal.



The final youth race of the afternoon was the Madison; in which the rider's race in pairs with one resting at the top of the track, while the other is racing down at the bottom of the track, the riders switch by the use of a hand sling and the resting rider is "thrown" into the race. The race continues as a relay back and forth



between the two riders to keep the pace as high as possible.

We train to ride Madisons but to do this race as part of the Six-Day series against some of the top youth riders in the country and in front of a paying crowd made it something really special to experience. The race went well for us. We never went into the day expecting to win, we went in with intentions to get stuck into the racing and have as much fun and gain as much experience as possible over the course of the afternoon, which we did;

because of this I count the whole afternoon as a win anyway for me and Oliver.

Sunday Morning Ride Out Reports

by Lezley Moran

Sunday 14th April

Today's ride went out to Worcester, the group split into 2 to form the A & B rides. The A group was made up of regular A riders and the B a mix of regulars, newbies, Nikki & Ian and those moving across from the C ride. It was agreed that the B ride would be led by Lezley, trying to keep a steady pace & Rachel would be tail end Charlie to make sure no one was dropped. The routes went out via Stoke Prior, Oddingly and Tibberton, stopping at Worcester Countryside Centre before returning into the cool headwind via Crowel, Himbolton & Feckenham.

Sunday 28th April

Well, this morning saw 12 keen cyclists meet at Morton Stanley park, 6 on each ride but by the time we arrived at Earlswood, there were 7 on the A Ride and 12 on the B! Hope you all had a good ride.



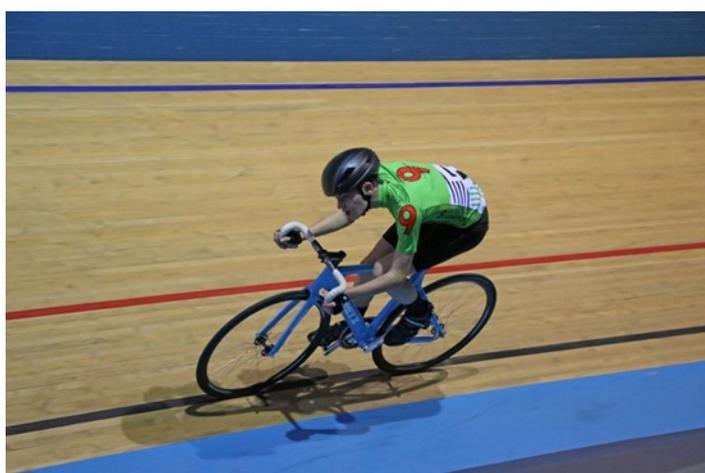
FNTL

Friday Night Track League is at Halesowen Velodrome and is a fast, action-packed evening of racing for all abilities, the perfect way to improve your speed and skills. It runs from May 3rd -September 6th on our 400m tarmaced outdoor velodrome, with on-site café, bar, hot snacks and changing facilities. All riders **MUST BE ACCREDITED** to ride – speak to Luke Turnbull for more details.

Thomas and Mari joined RRPCC and started training and racing cyclocross less than five years ago having had no prior bike racing experience. Through the club coaching them and our coaches introducing them to different types of cycle racing they have now taken their skills and training on to the point where they are getting these amazing experiences.

Six Day Manchester - Youth Madison

Report by Thomas Porton



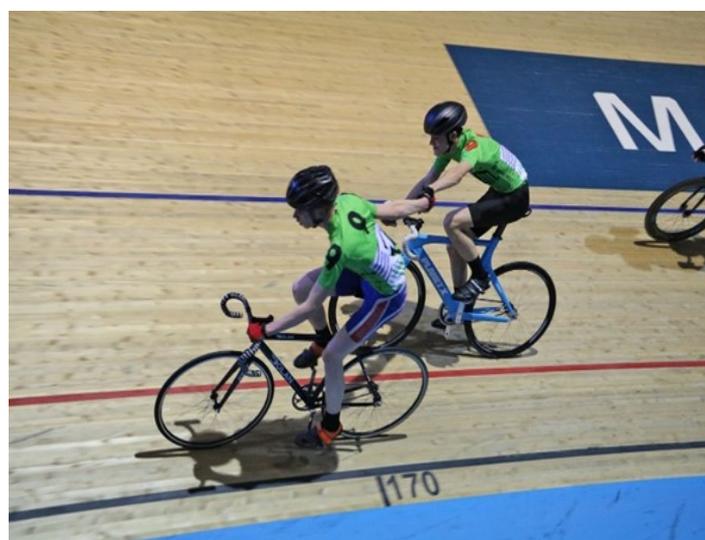
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