



CHAIN MAIL – MAY 2021

(The JUNIOR/YOUTH NEWSLETTER Of Velo Club Venta)

Sorry it has been a few weeks since the last newsletter but training and racing really are back with a bang so we have all been out riding our bikes rather than sitting at home in front of a computer writing about it.

To start this month, huge thanks to those who sent in suggestions for a title for the newsletter. The editor (me) has chosen “Chain Mail” suggested by William Hart to be the new name for the VCV youth newsletter. Small prize for William when I decide what it will be 😊

In the first edition of “Chain Mail” a round up of this months action with youth and junior riders competing in MTB, Track Omniums, Crits and TT’s across the South of England. A new feature this month is a top training tip from our Head Coach Toby Leyland. Jargon busting explains the secret code of TT courses. If you are training or racing during the next month, please do send pictures or feel free to send your own race reports to racing@vcventa.co.uk

Stuart Gilmour – VC Venta Youth Racing Officer

April Racing In Action

Lockdown, what lockdown ? The last month has seen a return to some semblance of normality with training and racing returning in force after a tough year for lots of people and a lack of any cycle racing.

The 2021 race season got underway on Good Friday at Odd Down with the Easter Classic moved from the normal venue of Castle Combe to the more compact circuit at Bath due to restricted race fields of thirty riders maximum. Matthew Gilmour picked up where he left off in 2020 riding off the front to win the under 16 boys race in a solo breakaway. Alex Murphy in his first race at under 16 rode well to claim 6th place.



.....and they're off



.....solo victory for Matt

Oscar Pratt was making the huge step up from youth to junior racing but mixing it with some experienced riders in the 3rd category race came home middle of the pack in 16th place. A solid start and great to be back.

The first round of the Southern XC MTB series took place on Easter Sunday in Reading with Pedro Hutchinson making his VCV debut after a winter move from Singapore. Gridded right at the back Pedro worked his way through the field to sprint for 8th place only to find that an extra lap had been added because of the speed of the race. The premature sprint effort eventually told and saw Pedro slip down to 12th place but a strong debut all the same. Bobby Buenfeld has joined VCV after a year at New Forest CC and rode alongside Pedro in the youth male category coming home in 19th place.

A very brief word about the first Portsmouth Wednesday night circuit event which saw a VCV 1/2 in the youth A race with Matt Gilmour taking the win from Alex Murphy. The fact that they were the only two riders in the category probably ensured that VCV were going to take the win. Unfortunately Portsmouth also saw our first racing casualty of the season. Oscar Pratt riding in his second event as a junior found himself mixed in with Elite, 1st and 2nd category riders and watching his first race Oscar looked super comfortable in that company taking 11th place. Race two however ended in disaster as Oscar locked handlebars with another rider on the very last lap and ended up crashing to the ground. Thankfully injuries were limited to loss of skin with no fractures but an injury severe enough to keep the OzBeast off of his bike for a few days.

Track racing was back at Portsmouth Mountbatten on Saturday 17th April with the first qualifying round for the National Youth Omnium Championship 2021. The track omnium consists of five separate events, 1km individual pursuit, scratch race, elimination race, match sprints and a points race. Points are awarded based on position in each event to declare an overall winner. Samuel Hughes making his 2021 race debut was our sole entrant in the Under 14 age group finishing 12th after a tough day of competition. The under 16 boys were split in to two pools with the results combined at the end, Alex Murphy finishing 13th overall and Matt 6th. A great day of competition and some excellent individual performances throughout the day.

The first open time trial hosted by the club in more than 20 years was held on 18th April on the HCC283 at Old Alresford. A lovely bright morning welcomed riders from across the South of England to a barrage of Venta blue greeting them. The event was split in to two categories, solely unmodified road bikes and a stealth TT category. In the road bikes Matt Gilmour was first juvenile home in a time of 24m 20s which was also good enough for 8th place overall. The rapidly improving Oscar Hoult was 2nd juvenile and 15th overall with a time of 26m 04s followed in by Pedro Hutchinson 3rd juvenile in 26m 23s and Josh Chamberlain 4th juvenile in 34m 07s. Samuel Hughes went all out stealth mode in the TT bike category finishing as first juvenile with a time of 30m 57s. Some great performances from our young riders.

Week 2 of the midweek Portsmouth circuits saw Samuel Hughes the only VCV rider take victory in the under 14 race. A first under 14 win for Samuel I believe in bunch

racing which he followed up with a double win the following week at week 3.
Congrats Sam.

Sunday 25th April saw the second round of the Southern XC MTB series in the New Forest with Bobby Buenfeld the lone VCV youth rider taking an improved 13th place in the under 16 race.

Riders have been competing as guests in a few club TT events, Matt Gilmour surprising the entire field (and his dad) to win the Crabwood CC event on Thursday 22nd April outright on the P164 course at Lyndhurst in a time of 22m 51s, Bobby Buenfeld taking an excellent 4th place overall in 25m 11s and Samuel Hughes finishing with a time of 32m 01s. Bobby was also riding in the New Forest CC club event on the P170 on Tuesday 27th April with another overall top 5 finish and a time of 24m 20s.



.....*Bobby Buenfeld in stealth mode at the Crabwood CC TT*

To end the round-up of April our own day of youth racing on Sunday 25th April.....but that deserves a report all of its own.

[Velo Club Venta Day of Youth Racing](#)

Racing returned to South Winchester Park and Ride on Sunday 25th April for a full day of youth racing. Thankfully dry weather welcomed nearly one hundred and fifty young riders from literally all over England and Wales desperate to race after the best part of a year for some without any competition. Undoubtedly the strongest ever field of youth riders that we have hosted, but this was also an opportunity for some of our own club riders to experience bunch racing for the very first time.

Go-ride coaching had not started back when we hosted this event which may explain our lack of riders in the youngest age groups (under 8 and under 10) with no VCV representation which was a little disappointing but the opposite was true in under 14 and under 16 where as a club we have often struggled to retain riders.

Monty Wilden consequently was the first rider to take to the circuit in the under 12 race. Many events put in token races for the younger age groups but we wanted to give riders who were travelling some distance a proper race so thirty minutes it was for Monty who came home in (about) 20th place. I cautiously say about as we have

had some issues placing riders due to some technical issues on the day with the judges camera breaking down that should have recorded the whole race.

The under 14 and under 16 boys and girls all raced twice and there was some superb racing in all categories. Five VCV boys rode in the under 14 races with Oscar Lawrence the stand out performer looking really combative and taking 14th place in both races. Oscar Pasmore making his VCV debut claimed 17th in race one and 21st in race two with Samuel Hughes 25th and 18th. Ethan Skipwith and Luca Day-Borloz both I believe making their racing debuts put in gutsy performances with Ethan taking 22nd and 27th with Luca given 28th in both races.

Kali Ruffell-Moreira was our lone under 14 girl and Georgina Pasmore also the only VCV rider in the under 16 girls race. Kali I think was a little surprised to find that there were two races and was a DNS for race two but finished 11th in race one. Well done Kali who had only been riding in cleats for the first time the previous Sunday at go-ride. Georgina has been racing for a few years now and knew she was in for a tough day with some unbelievably good girls entered. Knowing Georgina now for a few years she never gives up and secured 12th place in both under 16 girls races.

Under 16 boys are fast going full gas from the start, which undoubtedly surprised some of our riders. It will be less of a shock next time, promise. Daniel Lean in his first bunch race took 25th in the first race but decided to sit out race two. It gets easier Daniel the more you ride and knowing what to expect also makes a huge difference in how you will approach a race next time. William Hart I understand loved the racing taking 24th in race one and 23rd in race two. William I saw out on St Cross Road on Tuesday evening following the racing, training hard to improve his position next time out. Great attitude William. Oscar Hoult rode strongly in race one to take 15th place but maybe two races back to back told in the end as he slipped back to 24th in race two. Alex Murphy continued his strong start to the season finishing in the second bunch and taking 9th place in race one behind lone breakaway winner Jacob Bush from Bourne Valley, a super talented young time-trialler. Matt Gilmour managed to get in the first chase group and finished 3rd. Race two was a more cagey affair ending in a bunch sprint Alex improving to 8th place and Matt slipping back to 4th.

All in all, a great day of racing and massive thanks to all of the club volunteers and friends of the club who gave up their time to help us put this event on.

[Training](#)

A fantastically well attended development session for our youth A and B riders (and friends from Sotonia) saw youth training return alongside off road training at Farley Mount and the return of go-ride. The success of the development session and go-ride in particular does create some issues which we are struggling to manage while also not duplicating opportunities available nearby. A link to development centres including Odd Down at Bath and Greenham near Newbury is here:

https://www.britishcycling.org.uk/events?keywords=&view=off&distance=160&postcode=Winchester&fromdate=05%2F05%2F2021&todate=05%2F05%2F2022&gender=&day_of_week%5B%5D=1&day_of_week%5B%5D=2&day_of_week%5B%5D=3&day_of_week%5B%5D=4&day_of_week%5B%5D=5&day_of_week%5B%5D=6&day_of_week%5B%5D=7&race_duration_min=&race_duration_max=&resultsperpage=30&series_only=0&online_entry_only=0&zuv_bc_event_filter_id%5B%5D=35&save-filter-name=

As racing has returned and with the park and ride only available on a Sunday when it is also regularly used by Sotonia, arranging a further development session is proving difficult. I know some riders have been to the midweek development sessions in Newbury or the monthly coaching at Odd Downs. Future dates are at the end of this newsletter but this training and coaching gap is something we will continue to look at as a club. Seeing the number of riders who took part at the coaching on 11th April and then racing on 25th April it is clearly a need that we are not currently fulfilling.

Go-ride once again proved so popular that seventy five spaces literally sold out within hours of entry opening leaving many disappointed for the first six week block. We could accommodate more enthusiastic young riders but need more coaches to enable us to increase capacity.

The good news is that Wednesday evening training sessions are back and well attended. We have riders aged from 9 to 15 along with some parents who also ride. The focus of the ride is social with a few efforts. Younger riders do some shorter laps while older riders go further and a little faster. We ride for 75 minutes.

Meeting point: Crabwood carpark

Time: 6.30pm

Parents are expected to stay on site

Equipment: Mountain or cyclocross bike

Other essential equipment: lights that work, a spare inner tube, tyre levers and pump. Cycle helmet, gloves, something to drink and a warm jacket for afterwards.

Malcolm will need to know who is attending the session in advance and have contact numbers for everyone who attends.

If anyone is feeling unwell or showing Covid type symptoms you must not attend the session.

Tips From The Coach

A new regular feature this month features training tips from our head coach and race team manager Toby Leyland. This month Toby tells you how to vary your training for maximum development.

“Whilst steady riding is important and pacing is paramount for success in time trial events, training improvements require an element of variety in your sessions. Here is a great session that can be extended depending on your fitness and training objectives. By including a wide range of variation you will be stimulating many areas that you normally don’t use.”

Max variation Ride:

The objective of this ride is to ride with multiple small surges, bursts of effort and ride completely differently to normal steady state riding.

Think of this as a micro surge ride, where every rise, corner, small lump you add a 5/10/20 sec burst of effort. They are not sprints but a positive increase in power and effort.

Add as much variety into this ride as possible. Include very low cadence efforts, very high cadence efforts, mini sprints etc.

Aim for a NP of 20% of your average power target. Think of this as the worst time trial you could possibly do. Have fun and mix it up.”

Jargon Busting

This month in jargon busting a little dip in to the world of time trialling. Following the first lockdown more riders were trying time trials for the first time as by their nature social distancing is automatic with riders starting independently, normally thirty seconds or a minute between each rider. Like every discipline however, time trials have a language of their own, not least when describing the course or route of an event. Time trial courses are known throughout the country by a secret code of letters and numbers understood only by the people getting up at 7am on a Sunday morning to ride on their own as fast as possible for ten miles, twenty five miles or even in some cases twenty four hours.

VCV host a series of club events during the summer months open to any rider who has reached the age of twelve. These are held on either the P140, the P751 or the HCC283. Great I hear you saying but what does P140 mean ?

Time trial courses are listed by the region where the course is actually located. The prefix letter for South region courses is the letter P so any time trial course starting with a P will be relatively local.

The region is then split in to geographical areas and the first number (in this case 1) refer to courses in the Romsey, Lyndhurst or Southampton area.

The remaining numbers (in this case 40) refer to the specific course, so very simply the P140 is a course in the South Region, located in the Romsey, Southampton, Lyndhurst area. A full list of courses is on the CTT website so if you enter an event and are not entirely sure where the course is, take a look here:

<http://www.southdc.org.uk/courses/index.htm>

Road Racing Update

As you all know, cycle racing is back and although we have been running races with some restrictions, further easing applies from 17th May when the limit of thirty riders in a race is removed and the thirty minute maximum race time is also lifted. British Cycling ranking points are also available again from this date.

A good introduction to racing is the weekly Portsmouth circuit races, every Wednesday evening at Mountbatten Recreation Centre with races from under 8 up to under 16 (and adult).

I will include some local events in the calendar at the end of this newsletter but for a full list of events hosting youth racing across road, track, cyclocross and MTB take a look at this link (it is a long one) to the British Cycling events pages:

https://www.britishcycling.org.uk/events?keywords=&view=off&distance=&postcode=&fromdate=05%2F05%2F2021&todate=05%2F05%2F2022&gender=&day_of_week%5B%5D=1&day_of_week%5B%5D=2&day_of_week%5B%5D=3&day_of_week%5B%5D=4&day_of_week%5B%5D=5&day_of_week%5B%5D=6&day_of_week%5B%5D=7&race_duration_min=&race_duration_max=&resultsperpage=30&series_only=0&online_entry_only=0&zuv_bc_licence_discipline_id%5B%5D=33&zuv_bc_licence_discipline_id%5B%5D=2&zuv_bc_licence_discipline_id%5B%5D=43&zuv_bc_licence_discipline_id%5B%5D=27&zuv_bc_licence_discipline_id%5B%5D=35&zuv_bc_licence_discipline_id%5B%5D=658&zuv_bc_licence_discipline_id%5B%5D=657&zuv_bc_licence_discipline_id%5B%5D=14&zuv_bc_licence_discipline_id%5B%5D=53&zuv_bc_licence_discipline_id%5B%5D=74&save-filter-name=

Cyclo-Cross & MTB Racing

The next two rounds of the Southern mountain bike series are this coming weekend 9th May in Basingstoke and then 30th May at Swanmore. There is age racing for all categories from U10 to O60, the course used for the U10 and U12 age groups is suitable for cyclocross bikes for our younger riders who may be interested. It will be too late to enter the Basingstoke event by the time you read this but if you fancy racing MTB the last round at Swanmore is only a few miles up the road. Why not give it a go? Details of the series are here:

<https://eventrexuk.com/southernxc/>

Entry is still available for the iconic "Battle in the Bowl" at Matterley Bowl near Winchester which is on the weekend of May 22/23. I am not sure when entry closes however so do not dawdle if you want to ride.

Each lap includes climbing out of the bowl, a gravel section and a fast descent through woodland back towards the bowl as well as a classically technical section. This is not a British Cycling event, it is however a well organised event run by a

company called Trail Break with age group racing from U12, and up. There is a 20 mile open event where mountain bikes can be used. The main event of the weekend is a two hour cyclocross event. All details and entry information can be found here:

<https://www.trailbreak.co.uk/shop/cxsportive-events/battle-in-the-bowl-super-cx-2021/>

Time Trials

Don't forget the National Youth Time Trial Championship (South Region) which is on Wednesday 2nd June and which is being held on the P164 course at Lyndhurst. This event is only open to riders who will be under 17 years old on 31st August 2021. Enter here:

<https://www.cyclingtimetrials.org.uk/race-details/22753>

Our club time trial events have started with the first round having taken place this week. Future rounds are on Wednesday 26th May, Thursday 17th June, Tuesday 6th July, Wednesday 28th July and the finale on Thursday 19th August. All details are on the club website:

<http://vcventa.co.uk/vcventa-events/time-trials/>

Forthcoming Calendar Dates

Sunday 16th May – VC Venta P&R Crits 1 of 3, S Winchester Park & Ride

Sunday 23rd May – Battle In The Bowl, Matterley Bowl, Winchester

Wednesday 26th May – Club TT at Kings Worthy

Monday 31st May – National Youth Series, Loughborough

Wednesday 2nd June – National Youth Championship (South) Youth TT, Lyndhurst

Sunday 6th June - VC Venta P&R Crits 2 of 3, S Winchester Park & Ride

Thursday 17th June – Club TT at Old Alresford

Sunday 20th June - VC Venta P&R Crits 3 of 3, S Winchester Park & Ride

Useful Links

Velo Club Venta Website: <https://vcventa.co.uk/about-vcv/>

Velo Club Venta Members Facebook Group: <https://www.facebook.com/groups/VentaRacing>

British Cycling Website (Events): <https://www.britishcycling.org.uk/events/home>

CTT (National) Website: <https://www.cyclingtimetrials.org.uk/>

CTT (South District) Website: <http://www.southdc.org.uk/>

Battle In The Bowl: <https://www.trailbreak.co.uk/cx-sportive/battle-in-the-bowl-super-cx/>

Southern MTB Series: <https://eventrexuk.com/southernxc/>

....And Finally

There really is a lot of opportunity out there to ride your bike whether road, track or off road CX or MTB. As some normality returns whether you are racing at a national standard or taking your first steps there is racing and coaching available for everybody. Whatever you do, just ride.....and enjoy it.