



CHAIN MAIL – OCTOBER 2021

(The JUNIOR/YOUTH NEWSLETTER Of Velo Club Venta)

Apologies for the long gap between editions of Chain Mail. The summer months with a child who races on the road can be a hectic time and this year has been no exception as I have driven all over the country from the South East to Wales and the North West. So as the road season draws to a close it seems like a good time to reflect on the successes of the road year and to look forward to the cyclocross season which is already in full flow. Going forward producing a monthly newsletter is probably unrealistic, so expect the next edition of Chainmail at the beginning of December and two monthly thereafter.

Stuart Gilmour – VC Venta Youth Racing Officer

Cyclocross Is Back

It seems hard to believe that we are already three rounds in to the new Wessex League cyclocross season and the first round of the National Trophy in Derby is also done and dusted. As usual VC Venta are being well represented in the youth categories in the Wessex League with Theo Hoath our youngest racer riding in the under 12 category and James Spencer has been looking strong in the under 14 category. It is a sea of blue in the under 16's with Alex Murphy, Bobby Buenfeld, Daniel Lean, Josh Chamberlain and Monty Wyatt all having raced this year with Pedro Hutchinson and Oscar Pratt racing in the Junior men.





The first round of the National Trophy was by all accounts a bit of a lottery as far as gridding was concerned which makes a really significant difference in CX perhaps compared to gridding on the road, especially when there are one hundred riders in the field. Kudos to James Spencer, Oscar Pratt and Pedro Hutchinson who represented VC Venta at the first round. James claimed 54th position in the Under 14 boys trophy while Pedro and Oscar claimed 27th and 44th respectively in the Junior Mens Trophy race. All three can expect more favourable gridding in the next round at Westmorland Showground on the weekend of 9th and 10th October.

Cyclocross Training

Our lead CX coach Malcolm Cross has been working hard with our young riders during the summer on the trails around Farley Mount while he has desperately been struggling to find a new venue for offroad training after Peter Symonds withdrew permission to use their facilities due to Covid. We are absolutely thrilled to announce that from next Wednesday 6th October we will be training every Wednesday night at The Westgate School, Cheriton Road, Winchester. We were slightly spoiled at Peter Symonds as we did not have to pay to use the field. Unfortunately, there is a hire charge at Westgate which will necessitate a very small cost being introduced. Keep an eye on the Facebook page for details which I am sure Malcolm will post in the very near future.

Road Racing Review

I really have no idea where to start a review of the road season as riders travelled far and wide to race and represent Velo Club Venta.

The National Circuit Championship is probably the primary event for youth road racers held this year at Redbridge, so let's start there. The unfortunate and slightly mysterious thing with Redbridge is that following rain the track does seem to cause quite a lot of punctures and that was very much the story of the Championships this year. Rider after rider was forced to stop and change wheels or withdraw completely due to punctures with Alex Murphy one of the unfortunate victims. Oscar Pasmore was first out in Venta colours taking 28th place in the under 14 boys race followed out by his big sister Georgina taking 35th in the girls under 16 race. Alex with the misfortune to puncture on literally the first lap was eventually withdrawn by the commissaires after gamely battling on his own in a desperate attempt to rejoin the

under 16 boys pack following a wheel change. It genuinely seemed like Matt Gilmour was going to bring a national champions jersey back to Winchester as he launched a solo attack which stretched to forty seconds at one point. Alas it was not to be as he was eventually pulled back in with less than two laps to go to finish 26th but undoubtedly taking the combativity award (if there had been one) for his solo effort.



The South Region Circuit Championship this year was decided at the inaugural Southampton Criterium in September. Other national events on the same date resulted in a depleted Venta entry, but a really fantastic day of street racing on closed roads still saw several Venta riders taking to the start line with some mixed fortunes. Grace Hughes led off in the under 12 race finishing in 8th place but alas big brother Samuel was less fortunate in the under 14 race as a crash saw his race ended on the very first lap. Consequently Venta honours in the youth B race went to Luca Day-Borloz who claimed 15th place.



The under 16 boys saw Pedro Hutchinson and Oscar Hoult both riding strongly, Oscar launching an attack at the bell. Alas the field had stayed together and was too strong reeling him back in resulting in a bunch sprint with Pedro taking 9th place and Oscar 18th. Oscar Pratt was our only junior riding and having got his 2nd category licence the week before he ended up in the race with Elite, 1st, 2nd and 3rd category

riders coming home in 38th in a field containing some of the very best male adult riders in the South.

The South Region Youth Series was a season long competition based on seven events throughout the season. Matt Gilmour claimed the overall series prize in the under 16 boys competition.

National Youth Series Round-Up

We reported on the first round of the National Youth Series in the last edition of Chain Mail and events came thick and fast through June and July at Hillingdon, Kent, Scarborough, Pembrey, Lancaster and finally Dundee. VC Venta had riders at every event with the exception of the final round in Scotland.

Hillingdon saw Oscar Lawrence making his debut in the National Youth Series and although he was withdrawn by the commissaires before the end of the race he will have learnt a lot from the experience. A day of crashes meant Georgina Pasmore and Matt Gilmour both had a DNF against their names, but Oscar Pasmore survived the carnage to claim 26th in the under 14 boys race and Alex Murphy negotiated a pile of bodies on the track to take 25th in the under 16 boys.

Georgina and Oscar Pasmore, Alex Murphy and Matt Gilmour were pretty constant at all of the National Youth Series although Alex was the only one to venture to the North East for the Scarborough Festival of Cycling. Multiple ascents of Olivers Mount make this in my opinion the toughest one day national youth race so 62nd place out of 97 starters was more than respectable. I am not entirely sure Alex will be rushing back to Scarborough next year but we'll see.....

Highlight of the National Youth Series for VC Venta riders was probably Matt Gilmour winning the prologue at the North West Youth Tour on Morecambe seafront having taken his first national podium for a stage with 3rd place at Pembrey only two weeks previously. Those two results contributed to overall top ten finishes for Matt at both events (9th at Pembrey and 8th at the North West) and earned him 16th overall in the final series standings.



School Games 2021

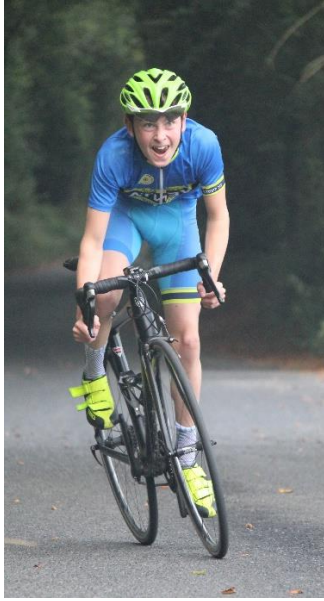
The School Games is a multi-sport event held every two years and based around Loughborough University Campus. Cycling is represented in two separate disciplines, BMX and a combined road/track team. The cycling teams are represented by the twelve BC regions and consequently it was a huge tribute to the club that VC Venta had two representatives in the South Region track and road team. Alex Murphy and Matt Gilmour travelled to Bristol on Thursday 2nd September to meet up with their teammates to travel to the games with the first day of competition track racing on the Friday at Manchester Velodrome. Saturday was a series of street sprint races and short crit races at Loughborough campus and the final day on Sunday culminated in a closed road race around a village called Slawston. Results were not perhaps as the boys and the wider team would have hoped for, but a fantastic experience for both young riders to go away as part of a team.

Time Trial Round-Up

Despite multiple Venta riders qualifying for the National Youth Time Trial Championship, Bobby Buenfeld was the lone VC Venta rider in the event at Mallory Park race track in Leicestershire on Saturday 4th September. Clashing with the School Games and the Southampton Criterium several riders were forced to decide between the three events. Although the lone rider from VCV, Bobby did the club proud completing the ten mile course in a fabulous time of 21m 50s which was good enough for 10th place overall and 3rd juvenile (under 16). Fantastic ride Bobby, well done.

Bobby and Matt Gilmour have had really strong seasons on the time trial bike and with another full twelve months as a juvenile in the TT world Bobby should have another really strong year ahead in 2022.

Matt Gilmour, Alex Murphy and Oscar Lawrence took to the slopes of Old Winchester Hill for the VC Venta open hillclimb on Sunday 26th September. Matt took the overall win in a time of 5m 01s, Alex 6th overall and first juvenile in 5m 19s and Oscar completing the climb in 6m 15s for 17th place. Great performances from all three youngsters. There was a rumour that the Venta hillclimb was doubling up as the South District hillclimb championship which if correct means Matt has claimed overall victory in both the Spring Cup and the South DC hillclimb this season.



There is one more time trial event remaining for the clubs young riders with Bobby and Matt riding the National Closed Circuit Time trial Championship at Thruxton race circuit on Sunday 10th October. Good luck to both riders.

MTB Cross Country

The Mountain Bike cross country series from June to August saw Pedro Hutchinson and Bobby Buenfeld contesting three rounds of the National Cross Country Series as well as the South Regional Championship and the National Cross Country Championship. The first round of the national cross country series took place at Fowey in Cornwall with Pedro taking club honours and 22nd overall with Bobby in 32nd. The South Regional Championship at Reading saw Pedro ride to a solid 4th place with Bobby in 13th and then on to round two of the National Cross Country series at Monmouth where Bobby claimed 44th. The National Championship in Plymouth saw a tight battle between the two with Pedro taking 30th and Bobby 32nd. The final round of the National Series was held down the road at Ringwood and saw Bobby 27th with Pedro 19th. Congratulations to both riders on a really consistent series.

Training Opportunities

The club have held some youth specific chaingangs during the summer and it is good to see several of our young riders are now regularly joining the Tuesday night chainy's. Toby is organising youth specific chaingangs partly to assess a level of competence and suitability to move on and ride with the faster adult groups. This will be an ongoing process as we try to develop and encourage our younger riders to join older groups. It is important though that riders are competent and capable of holding a higher pace for longer periods before joining the adult chaingangs as these are "drop" rides so an ability to maintain the required pace is necessary.

Although autumn is the end of the road racing season it is also a time when perhaps riders have the opportunity to consider their training programme for the off season.

British Cycling circuit development centres are back with four dates now online and available to book at Odd Downs Circuit in Bath on Sundays 3rd October, 24th October, 14th November and 12th December with sessions open to all youth A and youth B riders. There are similar sessions available at Herne Hill, Cyclopark and Lee Valley. Although all of the venues are a bit of a drag you will get two hours of quality coaching.

Track development centres and coaching opportunities are also available with regular development centres at Newport and Lee Valley as well as more local coaching at Calshot. You do need to be track competent for any of the track cycling development centres, however, if you are interested in learning to ride on the track take a look at the Calshot website as beginner courses are run there on a regular basis. A link to the Calshot website is here:

<https://www.hants.gov.uk/thingstodo/thetrack/cyclingonthetrack/youthsessions>

Cyclocross racers are back in action and racing most weekends in the Wessex League through until January, however, there are development centres for cyclocross and mountain bike. Mountain bike development centres occur on the first Saturday of every month at Queen Elizabeth Country Park near Petersfield.

Details of all coaching and development centres can be found here:

<https://www.britishcycling.org.uk/events?&myevents=0&fromdate=01%2F10%2F2021&startdate=01%2F10%2F2021&todate=01%2F10%2F2022&enddate=01%2F10%2F2022&day%20of%20week%5B0%5D=1&day%20of%20week%5B1%5D=2&day%20of%20week%5B2%5D=3&day%20of%20week%5B3%5D=4&day%20of%20week%5B4%5D=5&day%20of%20week%5B5%5D=6&day%20of%20week%5B6%5D=7&zuv%20bc%20event%20filter%20id%5B0%5D=33&zuv%20bc%20event%20filter%20id%5B1%5D=35&series%20only=0&online%20entry%20only=0&gender=&frontend=1&resultsperpage=30&search%20type=upcomingevents&page=1>

Congratulations

Congratulations to Alex Murphy (road and track), Bobby Buenfeld (road and CX), Oscar Pasmore (road, track and CX) and Samuel Hughes (road and track) who were all successful with their applications to join the regional school of racing squads (RSR) for 2021/22.

The Regional School of Racing is the next step on the development pathway for youth A (under 16) boys and second year youth B (under 14) and youth A girls. Coaching sessions in mountain bike, cyclocross, road racing, track endurance and track sprint are led by the British Cycling regional development coaches with the very

best riders then having the chance to progress to the British Cycling apprentice programme and Junior academy.

The club this year submitted applications from all of the riders who applied and all were subsequently accepted on to the RSR programme. There are minimum standards (or benchmarks) for each discipline and attendance at development centres prior to being accepted on to RSR is expected. The intake for 2021/22 has been an exception partly because of limited training opportunities during the past eighteen months, especially with indoor velodromes closed for much of that time so there will be ongoing testing throughout the RSR programme this year.

If you will be second year youth B (under 14) next year and are already thinking about possibly applying to join RSR in 2022/23 our head coach Toby Leyland will be looking at some specific coaching and benchmark testing across the various disciplines so that our young riders progressing on to the programme are fully prepared. Watch this space for more information next month.....

[Useful Links](#)

Velo Club Venta Website: <https://www.vcventa.co.uk/pages/11-about-vc-venta>

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/>

[....And Finally](#)

Once again apologies for the long delay between editions of Chainmail. I will try to do better with the next edition due out at the beginning of December. Meanwhile wherever you are riding your bike, in a muddy field, on a warm indoor velodrome (or Calshot) or a blustery road circuit development centre or October TT, enjoy it. Remember the weather is never too bad for cycling, it is just wearing the wrong clothes.....