



VC JUBILEE CYCLING CLUB



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"Golden VC Jubilee" at Go for Gold Open Day

On Saturday 4th September Brighton Excelsior BECC and VC Jubilee youth development cycling club held their Open Day to celebrate Great Britain's cycling success at the Athens Olympics where we were the 2nd best cycling nation at the track, and 3rd best cycling nation at cycling overall. The open day was a national programme of coaching activities organised in partnership with British Cycling (national governing body) who provided commemorative souvenirs for all participants and provided an opportunity to try some of the various Olympic disciplines. 4 girls and 16 boys 9 years and older of mixed abilities attended the day, which was a great turn out, we hope to see some join the club, and more in the future.

The day started with fantastic sunshine and a mountain bike ride towards Bramber Castle. On our return we then put to the test the Go for Gold challenge to race against Chris Hoy on the I-magic virtual reality computer trainers that the club received from a Sport England Awards for All application. Chris Hoy did 500m of the 1k in 31:414 seconds (1:00:711 for 1km), the fastest on the open day was Adam Gent with 33:00 seconds, which is fantastic, however another 500m and we don't think he could have kept up the rate he was turning those pedals...!

We then went out on to Adur Recreation ground and ran a skills challenge, which helps with riders balance, coordination, speed control, cornering, braking etc, part of the Go-Ride skills programme. All the grass root level skill development that all cyclists, future stars and Olympians will require. And the British Cycling Stage 1 Talent Tests, which is an identification process of raw cycling talent. This hopefully leads to being on the Talent Team and having a support and coaching structure, which could lead to being a future star and Olympiad. Roy Page, British Cycling's South East Regional Club and Coaching Development Officer who was present ran the British Cycling's Talent Tests said, "the standard of the riders participating in Stage 1 of the tests was extremely high and I hope that some get chosen for the next level of testing by the BC Regional Talent Unit." The finale was an Olympic Team Pursuit, around an oval course, head to head against another team, to experience the excitement and speed involved in this discipline.

All attendees received a gold medal (of course), Go-Ride tee-shirt, and other British Cycling souvenirs.

Roy Page, also said, "I felt the day was really successful and it was encouraging to see so many riders and volunteers participate in VC Jubilee and in the activities organised by this highly accredited youth development club."

This was an excellent day and Sally Page, VC Jubilee club contact would like to thank all those who took part, and to all the volunteers who helped run and supported the day, especially: Roy Page, Ian Essex, Dave Gerrey, Andy Hall, Ian Mitchell, Su and Keith Balcombe, Mike Murray, and the AOAC.

Anyone who wasn't able to attend the day can still come and join in with the activities of the club. VC Jubilee meets on Saturday mornings 10am-12noon for mountain bike rides starting from the AOAC in Shoreham. And on Wednesday evenings during the summer (May-Aug) we race at Preston Park cycle track, Brighton and during the winter (15th Sept-April) we meet for social, fitness, fun, virtual reality riding etc at the AOAC. All activities are overseen by qualified coaches, and we are affiliated to various governing bodies, to ensure we operate to a high quality and safe standard. See contact details below.

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Visit www.britishcycling.org.uk for more information on our Go-Ride and ClubMark accreditation, or contact Roy Page on 07793 660480 or email develop.seast@britishcycling.org.uk.

The clubs would be keen to hear from anyone who is interested in joining. For more information please call Sally Page on 01273 843859 or for VC Jubilee youth development, please visit www.vcjubilee.co.uk email vcjubilee@vcjubilee.co.uk or BECC adult cycling, please visit www.brightonexcelsior.co.uk email info@brightonexcelsior.co.uk.