



VC Jubilee

**Brighton Excelsior CC
Youth Development**



**CLUB
MARK**



Winners of "Club of the Year"
Sussex Sports Partnership Awards Nov 2008

www.vcjubilee.co.uk
vcjubilee@vcjubilee.co.uk

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PRESS RELEASE

5x VC Jubilee youth development cycling team members become "South East Track Champions"!

On one of the hottest days of the year (30degrees) the South East Track Championships were held at the original 1948 Olympic Velodrome in Herne Hill, Dulwich, London on 10th July 2010.

The event was attended by many clubs from the South East Region to contest the coveted Championship jersey for each age category, from under 12s to seniors.

VC Jubilee had 8 Youth and 1 Junior category riders attend the competition. Sally Page the Club Coach had to come up with ingenious ways of keeping riders cool, so at least when they raced their body temperatures had somewhere to go, and not over-heat!

Sally says, "I recall seeing pictures of Pete Mitchell in Mexico 2007 competing for the World Junior Team Sprint, and saw him effectively in a cool box of ice, this obviously had a good effect as this is where he won the Team Sprint as well as Bronze in the individual. Pete is now on the GB Academy riding full time for British Cycling's GB Sprint Academy. I tried to replicate this for the young riders who had never experienced competing at this temperature, let alone at this level of competition for some of them. I knew they had the ability to do well on the track, but coping with this additional component was a new learning experience for us all. Finding shade and water to keep cool became more important than the riding if there was to be any expectation on performance."

As the day progressed, the heat intensified in the bowl like sun catchment of the outdoor Velodrome, the track with its characteristic popping sound of the tyres over the concrete, seemed to be even louder on the day too. The competition for all youth categories was an Omnium style, with events of: 200m, keirin, scratch and points races, the best placed rider accumulated in all events is the champion in each age category. The Junior and Senior events were individual championship events, they had a pursuit event instead of keirin.

The riders were getting quite weary by the end, but come the results everyone had recovered to celebrate victory for 5 VCJ riders each in different age categories, the other 4 riders who attended also had great results. One of the best results was for Nick Smith the Junior rider, who not only won against Juniors but beat all the Seniors in the Pursuit Championship, this was a pleasant surprise for Nick who had only the day before been awarded £400 grant from Adur District Council to support his cycling career development. To put on the Pursuit SE Champs jersey was a defining moment and a great one for his palmares (cycling CV). A well deserved result for all the time he commits to his cycle training. For 2 other riders, Sarah and Zak, this was the first time at this venue as well as this level of competition, and they did exceptionally well too.

Final results:

Nick Smith - SE Track Pursuit Champion
Ashley Dennis - SE Track u16 Champion
Amy Jacobs - SE Track u16 Girls Champion
Amy Barnes - SE Track u14 Girls Champion
Amy Smith - SE Track u12 Girls Champion

VC Jubilee Club Contact: Sally Page, Foxgloves, 1 Clayton Park, Hassocks, West Sussex, BN6 8JQ
Tel: 01273 843859/07769 588915

Imogen Farlie - 2nd u16 Girls
Sarah Cooper - 4th u16 Girls
Mark Jacobs - 6th u14
Zak Corum-Haines - 2nd u12

Sally says, "I'm so glad for all the riders equally, they really deserve the results they achieved, it was a tough day. It also reflects the standard of these riders, as Ashley Dennis, Amy Jacobs and Imogen Farlie have also all been selected to ride in the Inter-regional Track Champs and the prestigious UK School Games events in September. Nick also has more opportunities to ride in Belgium too and other National time trial and road race events. I hope this will inspire other riders to try at our local Sussex Track in Brighton where they are honing their skills and where other VC Jubilee coaching sessions bring the riders on to this level, as well as a good fun club to develop social skills too, we go Mountain biking every Saturday. There's so much cycling we do in all disciplines, but the results at this event were very special. Next stop for many of these riders is the National Track Championships in August, where I'm hopeful that they'll continue their success. I'm very proud for them, and I know that other club coaches and volunteers are too, without them they might not have got this far".

For more information about VC Jubilee please visit www.vcjubilee.co.uk
Or Contact Sally Page vcjubilee@vcjubilee.co.uk or call: 01273 843895
(and you don't have to be called "Amy" to join!)

Sally Page
VC Jubilee, Club Contact/Coach