



VC Jubilee

**Brighton Excelsior CC
Youth Development**



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

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VC Jubilee Isle of Man Youth & Junior Tour

30th April – 2nd May 2010



Team Members:

- Junior: Nick Smith
- Youth A: Ashley Dennis, Michael Dixon, Jack Priddle
- Youth A&B Girls: Imogen Farlie, Amy Jacobs, Amy Barnes, Megan Lewis
- Youth B: Luke Bandy, Matthew Hill, Mark Jacobs
- Youth C: Amy Smith
- Youth D: Bethany Lewis



Date	Stage	Event/ Start time	Distance dependant on age	Race Location
Fri 30 th	1	Prologue 7pm	1.29km	Loch Promenade, Douglas
Sat 1 st	2-1	Junior 9am	102.7km	Peel
Sat 1 st	2-2	Youth 2pm+	3.2/14.5/28.9/36.2km	Ellerslie
Sun 2 nd	3-1	Junior 9am	92.6km	Ramsey Rugby Club, Mooragh Park
Sun 2 nd	3-2	Youth 1.30pm+	6.4/11.2/19.2/27.9km	National Sports Centre

VC Jubilee Isle of Man National Youth and Junior Tour

28 VC Jubilee members visited Isle of Man National Circuit event, 15 young people, 13 of which were riders and 13 adults (parents, coaches). 5 riders were there with no parents. The biggest trip the club has made so far.

Organised by coach Sally Page, and parent Anne-Marie Jacobs, the 3 days racing event was well attended with 242 registered riders. Spectacular weather helped this renowned windy location (luckily the sea was flat for the crossing too) which we hear was very different to Bank Holiday weather in the South East! All travelled up on Thursday evening to stay in Liverpool for the ferry first thing Friday morning. And we stayed in a hotel right on the promenade in Douglas.

Fri 30th Stage 1

The short first stage prologue along the seafront Friday evening with a technical tight turn brought the whole of Douglas out to watch and support. The home of Mark Cavendish, has done amazing things to encourage and support cycling on this lovely island. Overlooking the bay was a fantastic start to the weekend.

Results stage 1

Nick 57th 1:53

Ashley 36th 1:06, Michael 47th 2:00, Jack 52nd 2:08

Matt 10th 2:01, Luke 20th 2:07, Mark 29th 2:09

AmyJ 12th 2:06, Imogen 20th 2:11, AmyB 28th 2:18, Megan 30th 2:22

AmyS 19th 2:23 (6th girl)

Bethany 10th 2:36 (2nd girl)

Sat 1st Stage 2

The second stage on Saturday was split Juniors in the morning in Peel on the West coast, and Youth racing in Ellerslie mid-island in the afternoon. There is no understating the technical and hardness of the Junior event, 102km on a 9km circuit - 11 laps with a killer hill each time on part-closed road. It was all about trying to stay in the bunch. Nick did a sterling job of this, then dropped back on the last half with a small bunch, which he was the strongest on the hill. Nick finished strongly for the hill top finish 56th in 3:03:45hrs racing, what a jump from youth racing this is. Nick was supported by Sal and Roy at the feed station on the hill.

The youth racing was not to be under-estimated too on a closed road circuit in the country lanes of Ellerslie, again technical and a long climb with another hill top finish. From the start at the bottom of the hill, the field in each age category soon split. Fast cornering skills were needed to make it slightly easier to carry speed into the hill on each of the 2 - 5 laps depending on age category. With marquee up and lunch prepared by parents some good warm up routines were established which seemed to have a good effect. Ashley was able to finish well above the cut-off for the split YouthA race the following day, and AmyJ showed her strengths in climbing.

Results stage 2

Ashley 20th 1:02:43, Michael 47th 1:14:04, Jack 50th 1:28:04

Matt 15th 58:51, Luke 23rd 1:02:46, Mark 27th 1:31:37

AmyJ 10th 59:07, Imogen 19th 1:05:35, Megan 25th 1:19:56, AmyB 28th 1:19:56

AmyS 17th 35:24 (3rd girl)

Bethany 11th 7:05 (1st girl)

We celebrated the evening with our Isle of Man cake kindly made by Sue Bandy decorated with club colours and writing ☺

Sun 2nd Stage 3

Sunday was another early start for Junior Nick and for Sally and Roy, to get to Ramsey on the North East coast of the island, proving the opportunity to see the highest point on the island and spectacular views on the way and to see how much cycling this island has to offer with varying terrains. The wind had picked up a bit for the seafront start but soon into the narrow lanes of Ramsey and close to the exposed Northern tip of the island, the 92km 6 lap circuit was flatter than the previous day with just one short climb, and very exposed in parts. Getting in the bunch today was a definite. Nick was top third of the bunch and the best place to be for the whole race. Putting a well planned attack in on the final lap he was finally reeled in close to the finish, but his performance and endurance for this level of racing is coming through. The stage was won by Felix English racing for Team Ireland, Nick was across the line only 1min behind satisfied with 49th in 2:24:08.

Sunday afternoon was Youths racing at the National Sports Centre just outside Douglas, on a small circuit with very smooth tarmac varying between 8 to 35 laps depending on age category and distances 6.4/11.2/19.2/27.9km. Again the team marquee, banner, flag, lunch and rollers announced our position. Getting chilly and in the strengthening wind, extra clothes and blankets were required whilst waiting for each event and during warm up. The 0.8km circuit was again technical but MUCH flatter than the previous day, but skills and concentration were required on this tight course, and a good start to stay at or near the front. Accelerations out of every corner were needed which is very draining.

Bethany proudly started the race in the Race Leaders Pink Jersey for her event, hoping to hold on it at the end of the day. AmyS who is one of the tallest girls in the race was right in the bunch too. Luckily a minor spill with Megan and Imogen occurred which stopped the racing for a few minutes to make sure everything was still attached, which it was! So back to it they went. Great credit to them for this, nothing can stop them from racing fearlessly on those corners today. Sal and Roy were again impressed with Matt, Jack and Michaels cornering skills, they were really flying. A bit too much for Michael only in the final lap when he over-cooked it and grazed his chin and cheek. Ashley was the most active in the top split YouthA event and covering any attacks closely and finishing very well. All deserved the after-race cakes kindly made by Rachel Dixon and Sue Bandy.

Results stage 3

Ashley 22nd 41:09

Jack 14th 44:25, Michael 19th 46:27

Matt 18th 30:36, Luke 21st 30:37, Mark 27th

Imogen 15th 29:48, AmyJ 23rd 31:54, Megan 25th 31:54, AmyB 30th 35:24

AmyS 18th 20:27 (5th girl)

Bethany 12th 13:30 (2nd girl)

Sunday evening was the prize presentation and dinner attended by many riders and families, showing many of the photographs from the event and special prizes donated by Mark Cavendish and Tim and Peter Kenniagh. And we had two girls on the podium 😊

Overall standings for the stage races are:

Nick 51st 5:29:46

Ashley 20th 1:45:48, Michael 45th 2:02:31, Jack 48th 2:14:37

Matt 13th 1:31:28, Luke 22nd 1:35:30, Mark 26th

AmyJ 13th 1:33:07, Imogen 17th 1:37:34, Megan 23rd 1:54:12, AmyB 28th 1:57:38

AmyS 15th 58:14 (3rd girl)

Bethany 12th 23:11 (2nd girl by 1 second)

Youth A Team VC Jubilee 8th - Ashley, Jack, Michael

Mon 4th - going home

After a lay-in for all and late breakfast, then trying to pack the cars again, (it never seems to go in so well on the way back), everyone hit the town of Douglas for shopping and fish and chip lunch before the ferry back across to Liverpool and journey home. And sleep.

Even by Wednesday there were still some tired legs at Preston Park track league, but the back to back racing will have brought on the riders fitness on a lot. There is still lots more races to come. Next big trip is North West International Youth Tour 29-31 May. Then hopefully there'll be more...

Sally and Roy said it was a pleasure to see so many at this level of event - one of the toughest on the circuit series. Wherever anyone came in the race was secondary to them having a good time, enjoying each others company, and getting some great riding in. Some riders performances were outstanding at this level, whether it was overall position or skills shown on the technical courses, and this goes to show the club has a lot to offer, and how much support there is for anyone who wants to give it a go.

Many thanks have to go to the parents/families that were able to make the trip and contribute and help all the riders. See more photos at www.brightonexcelsior.co.uk/gallery

Sally Page

Club contact/coach



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