



VELO CLUB VENTA – JUNIOR/YOUTH NEWSLETTER (2)

March 2021

Welcome to the second edition of the Velo Club Venta junior and youth newsletter. It has been a busy few weeks for many within the club as British Cycling have released the latest draft of their “Way Forward” document. The document outlines plans that will allow club rides, coaching and racing to re-start from 29th March. Exciting times, and I know many of you have already signed up for our youth development day on 11th April and also our youth races on 25th April. More about both of those later on as well as the latest news about the next go-ride coaching sessions and a return to cyclo-cross training. Also in this edition, an update on club kit issues and this month’s jargon busting will cover “locking out gears”.

Stuart Gilmour – VC Venta Youth Racing Officer

Name The Newsletter

I challenged you all last month to come up with a name for the newsletter. I have so far only had one suggestion (thank you Samuel Hughes). I hope that does not mean that nobody actually read the first edition of the newsletter 😊. I am going to roll this over for a further month so that we can try and encourage a few more entries. I will be chasing you all for ideas at coaching and races as we all get to meet up again over the next few weeks but any further suggestions, please do email

racing@vcventa.co.uk

Cyclo-Cross Training Is Back

As we come out of the latest lockdown Malcolm is raring to go with a return of our popular Wednesday evening cyclo-cross sessions. Things will look a little different for a while as we are not currently able to use Peter Symonds College. Pre-registration is not necessary as these are weekly sessions that generally run right through the year, but, Malcolm will need emergency contact details in case there are any mechanical or medical issues. An online form is being developed which we will require you to update a couple of times each year but for now these remain drop-in sessions for any club members, young and old. All of the important information is below so please read carefully if you intend to come along.

Wednesday evening training will start again from March 31st

Meeting point: Crabwood carpark

Time: 6.00pm we will ride for approximately an hour.

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.

Parents of younger children are expected to remain in the Crabwood area until the children return at the end of the session.

We are currently looking for another cycle training venue that will enable us to deliver more structured coaching in the near future.

Go-Ride (Spring 2021)

The first block of go-ride coaching is set to return on Sunday 18th April and will run for six consecutive weeks. We will once again be coaching on a Sunday afternoon between 4pm and 5pm at South Winchester Park & Ride. Richard Sambrook-Smith has taken over this year as the lead coach for go-ride. We are hoping that the limit of thirty riders that we had to comply with in October will no longer apply so we should be able to return to full group sizes. Registration should open next week as soon as British Cycling have released the next phase of their "Way Forward" document. Keep your eyes peeled on the club website and Facebook page for registration details as go-ride is always extremely popular and places do fill up quickly.

Youth Development Session

If you are a youth A or youth B rider (under 14 or under 16) you will hopefully have received a personal email by now inviting you to attend the one-off coaching session that we are holding on Sunday 11th April at South Winchester Park & Ride from 9.30am to 12pm. Our head coach Toby Leyland will lead a two hour endurance based session on the bike and there will also be an input for parents who may be new to racing. Please email Stuart (gilmour999@gmail.com) if you are hoping to come along but have not yet let me know.

<http://vcventa.co.uk/youth-development-apr21/>

Other Coaching

Coaching opportunities delivered by the British Cycling talent development team are starting to appear once again on the British Cycling calendar. These take the form of development centres for all disciplines which are generally open to all youth A and

youth B riders. Mountain bike and BMX coaching sessions are ahead of the game at the moment although there are also two track coaching dates at the Bournemouth Velodrome during the Easter holiday available for experienced track riders. I am still waiting for any circuit development centre dates locally to appear. Entry for any of the development centres is via the BC website but have a look at what's available by clicking the below link:

<https://tinyurl.com/8u3r5efr>

Kit Matters

There are two different kit options available from VC Venta currently and there have been emails and Facebook posts flying around during the last month on the subject of kit, so in very simple terms, this is what you need to know.

The basic club kit is currently ordered from Kalas and supplies are held by our club kit man Nick Richens. We had run out of some of the more common shirt sizes but Nick is re-stocking. A full list of the stock currently available was posted on the Facebook page and the website a couple of weeks ago:

<https://vcventa.co.uk/club-kit-march2021/>

I know this has prompted some sales so the list of available stock may not be entirely up to date but do message Nick with any queries at

clubkit@vcventa.co.uk

The **race kit** has been updated for this year as we have new sponsors for 2021 and we have also decided to change suppliers for this top of the range equipment with Castelli being the new supplier. Again there was a news article posted on the website recently and all information is posted here:

<https://vcventa.co.uk/vcv-club-kit-update/>

Although this is potentially a higher quality, fit for purpose race kit, anybody is of course welcome to order from this range also. **The very first order is going in this Thursday 25th March so if you are interested in this kit you need to move fast.** You will need to complete an order form and transfer a £40 deposit for each item of kit that you want from the race collection. Order form is here:

<https://forms.office.com/Pages/ResponsePage.aspx?id=0D7Zo14MsEuRUpNfNrWP-7O3ierjEVKif9rVeL7XnVURDIDTzVITUFZTUJSSlY5SDVYSERRSzdlVS4u&qrCode=true&wdLOR=c83AEA9C4-29FE-4737-A43F-25FCA467A7FE>

Jargon Busting

This month in “Jargon Busting” I want to talk a little bit about “**locking out**” or “**restricting**” gears. In junior and youth road and track racing there is a maximum sized gear that you are allowed to use. The idea behind this is so that youth and junior riders are not trying to push a gear that is too hard for them and ultimately to prevent longer term injury to knees and other muscles used in cycling. It also teaches a smooth cycling cadence (pedalling motion) where riders are able to spin the gear rather than grinding a gear that is too big. There is no gear limit in cyclocross or mountain bike racing, or time trials.

The process of “locking out” involves turning the limit screw on the rear derailleur (gear mechanism) to actually prevent the chain from moving in to a bigger gear. The link below will take you to a British Triathlon webpage which explains how to actually limit gears:

https://www.britishtriathlon.org/britain/documents/gb-teams/talent/england/gear-restrictions/6how_to_restrict_gears_rear_mech.pdf

The biggest gear that you are allowed to use is calculated based on a **roll-out**. Roll-out involves measuring how far your bike will travel based on one full rotation of the crank when it is in your biggest gear. You can check this at home. Put your bike in the biggest gear and with one pedal at the 6 o’clock position. Roll your bike backwards in a straight line until the pedal has done one complete revolution and is back in the 6 o’clock position. The distance that the bike has covered is called the roll-out. The below table shows the maximum roll out for each age group:

Age category for the year.	Roll out metres	Chain ring/Sprocket combinations that work.
Youth E Under 8 at 1 st Jan	5.10 metres	39x16 / 41x17 / 43x18 / 48x19
Youth D Under 10 at 1 st Jan	5.40 metres	41x16 / 43x17 / 46x18 / 49x19
Youth C Under 12 at 1 st Jan	6.05 metres	39x14 / 42x15 / 45x16 / 48x17
Youth B Under 14 at 1 st Jan	6.45 metres	39x13 / 42x14 / 45x15 / 51x17

Youth A Under 16 at 1 st Jan	6.93 metres	39x12 / 42x13 / 47x15 / 52x16
Junior Under 18 at 1 st Jan	7.93 metres	52x14

If you race either a circuit event or on the track, your bike will be checked before you race to ensure you cannot use a gear that would exceed the roll-out limit for your age group.

If you are not mechanically minded or are unfamiliar with how the gearing system works on the bike and the above makes no sense, please do ask. It really is not as complicated in practice as it is trying to write a simple explanation on locking out gears.

Road Racing Update

Road racing events are starting to appear on the BC events pages again, not least our very own VC Venta youth races at South Winchester Park & Ride on Sunday 25th April. At the time of writing we have very nearly one hundred riders entered with nine VCV members already entered to ride. Where are all of our younger members though. There are still plenty of spaces in the Under 8 and Under 10 races but Under 12, Under 14 and Under 16 events are filling up. If you want to race on 25th April and have not already entered, I would suggest getting your entry in as soon as possible by following the link below:

<https://www.britishcycling.org.uk/events/details/237404/Velo-Club-Venta-Day-Of-Youth-Racing>

The first round of the National Junior road race series planned for Loughborough on 8th May has sadly been cancelled, however, entry for the first round of the National Youth Series also at Loughborough is now open for entry. The National Youth Series is a series of races held around the country throughout the year. Entry is open to all, although there is a selection criterion should events be oversubscribed. The youth series kicks off on Bank Holiday Monday 31st May and entry details are here:

<https://www.britishcycling.org.uk/events/details/237289/Loughborough-Cycling-Festival-incorporating-National-Youth-Series>

It was hoped that midweek racing at Portsmouth Mountbatten would start on Wednesday 31st March but with the leisure centre still closed, the first few weeks of the Portsmouth season have been cancelled. A relatively full season of Wednesday evening races are still planned however with the first round likely to be mid-April and running right through until the end of October.

Cyclo-Cross & MTB Racing

As cyclo-cross training resumes imminently, what better time to test those legs in either a round of the Southern XC MTB series or at the massively popular “Battle in the Bowl” which always has massive VCV support.

Mountain bike racing starts with the Southern mountain bike series on the 4th April at a venue in Checkendon just outside Reading. It is a fairly flat course, mainly in Woodland and open grassland. This is organised by a local company Eventrex. It is a five race series with racing for all age groups from U10 to O60 men and women. Details of all of the rounds and entry details for Reading can be found here:

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

“Battle in the Bowl” has become an almost iconic cyclocross event and takes place once again at Matterley Bowl near Winchester throughout the weekend of May 22/23

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

A reminder that the first organised competitive event being run by the club this year is the VC Venta open road TT event on Sunday 18th April being run on the HCC283 course which is out near Alresford. Road time trials are run on open roads and are open to anybody aged twelve years old and upwards. Details of the VC Venta event are here for road bike entries:

<https://www.cyclingtimetrials.org.uk/race-details/22841>

and here for TT bike entries:

<https://www.cyclingtimetrials.org.uk/race-details/22479>

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>

Track Racing

Track racing does not get a lot of coverage during the summer months so it is ironic that the primary National Track competition runs from March through to July. The National Youth Omnium comprises a number of qualifying rounds with (this year) your best two rounds contributing towards an overall placing. The top twenty four riders in each age group are then invited to a finals day which this year is being held at the Olympic Velodrome at Lee Valley in July. The youth omnium is definitely not an event for new or inexperienced track riders, however if you are a competent track rider there are several outdoor velodromes nearby that host qualifying rounds. Full details and the latest regulations can be found in the attached British Cycling press release:

<https://www.britishcycling.org.uk/track/article/20150611-track-static-content-Track-youth-omnium-series-homepage-0?c=EN>

Forthcoming Calendar Dates (Provisional)

Sunday 4th April – Southern XC MTB Race At Checkendon, Reading

Sunday 11th April – VC Venta Development Centre, S Winchester Park & Ride

Sunday 18th April – VC Venta Open TT – Old Alresford

Sunday 18th April – VC Venta Go-Ride (Spring Term) Begins

Sunday 25th April – VC Venta Day of Youth Racing, S Winchester Park & Ride

Sunday 25th April – Southern XC MTB Race At Burley, Nr Ringwood

Tuesday 4th May – Glorious Goodwood Circuit TT, Goodwood Motor Racing Circuit

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

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

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

Saturday 4th September – Southampton Sporterium Inc. South Region Circuit Champs

Sunday 26th September – VC Venta Hill Climb, Warnford

Please, please be aware once again that all of these calendar dates are provisional and subject to further guidance from BC and CTT to allow these events to go ahead.

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.cyclingtimetrial.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

Good luck to all of those who will hopefully have an opportunity for some racing before the next edition of the newsletter is released. Please send any photos or reports about your racing to Stuart (gilmour999@gmail.com). As racing resumes we will be summarising as many VCV performances as we can possibly include.

If there is anything you would like to see or any other topics that you would like covered in future editions of the newsletter please email me at:
racing@vcventa.co.uk

*****Also, don't forget to send your suggestions for a newsletter name to:
racing@vcventa.co.uk*****

.....Keeeeep riding.