

Newsletter
May-August 2016



JEWSON

 **Polypipe**

Newsletter 2 – May-August

Wow, what a busy summer! We've been promoting events, racing regional national series events road and MTB and racing abroad. Doesn't seem 5 minutes ago we were all shivering for the first road event of the season at Milton Keynes and now the 'cross season is rapidly approaching. So here's a quick catchup and reminder of our summer road and MTB racing and a look ahead to the 'cross season. If anyone would like to contribute to future newsletters please send us your words and pictures and we'll include them.

Team Rides and events

It's been a busy period, but we've still managed 5 team events plus a great Barbeque hosted by Neil and Caroline. Each event was quite different but the 2 that stand out are the MTB day organised by Team Jewson MI Racing National Champion Kirby Bennett and the final race-prep session we did at Harvey Hadden just before the Regional Championships. Both were really valuable in developing new skills and further refining existing ones and we saw the benefit of these sessions in the races that followed.

We're looking to set up some 'cross specific sessions in the next few weeks, hopefully supported by Team Jewson MI Racing World Champions Phil Roach and Mick Ives, plus our own National Champion Geoff. The skills that these guys possess and will pass on to you are invaluable, but you must really challenge them on the day and push them to pass on the real 'gems' that they probably don't even realise they possess.

We will hopefully include a few road rides through the cross season as well – these will be beneficial for the 'cross but also start extending your base fitness, strength and endurance needed for next year's road season.

New Riders

Welcome to Neil and Caroline Mansfield who have now joined The MI Racing Academy.

Neil joins us as a second coach which means we can think of increasing our number of youth riders. We want to focus on U14, U16 and Junior categories and whoever joins us needs to share our values and behaviours and be a real team player. If any of you – riders or parents – have any thoughts about potential 'recruits' please have a chat with Mike or Geoff. You'll probably see a few Facebook posts as well as we let the outside world know we are looking at growing.

A message from Mick



I must admit, I don't quite know where to start, for once I am almost speechless!

We had a great start to the season, but what you have all achieved in the last 3 months has been astounding. Its not just about winning, many of you have had personal objectives around other things and I can see just how hard you have worked to achieve those.

I love coming to the Tuesday night Mallory events, seeing the team spirit and seeing at first hand just how hard you all – without exception – commit to your racing, your team and one another. You really are setting a standard that many other clubs can only aspire to emulate.

During my many years of bike racing, I've competed on road, track, TT, MTB and cyclo-cross and believe this diversity and versatility is really important. Its fantastic that as a team we have riders competing in all these different types of events and doing so well. We move into a new phase of the cycling calendar soon, which will be dominated by cyclo-cross, but don't forget to keep active and progressing in the other disciplines.

One of the straplines for MI Racing is 'Success Breeds Success'. Give a bit of thought to what you have achieved individually since The MI Racing Academy was formed, what your team-mates have achieved and what you have achieved as a team. And give yourselves a huge pat on the back! You've raised the bar this year and I'm convinced you will raise it further. Well done!

Results Summary

Month	Wins	Other Podium
March	3	4
April	12	14
May	12	21
June	11	19
July	9	16
August	9	8
Total	56	82

Highlights

King of Mallory for Josh

4 Medals in the Regional Championships

Josh and Lotta qualifying for National Omnium Championships

Jewson Team League Winners

Josh's domination of the Assen Tour

(And National Masters Points Race Championship win for Mike!)

Coaches Corner



'Burning Matches'

As riders you would have all heard of this phrase mentioned before by coaches and advisors, what it means is treat your efforts or attacks like a box of matches, there's only so many in the box and every effort is like lighting a match, once they are burnt they are gone and as the race goes on the unlit matches become fewer and fewer.

Try to spread your efforts out across the entire race, watch out for the riders who burn all their matches in the early race, don't go head to head with

them save yours for later and let them burn themselves out maybe just follow them. You will have to burn matches but think about wanting to burn them on your own terms not that of other riders or your wasting them.

Saving Matches

- When in a break just roll through. When it's your turn keep the pace even, you don't have to lift the pace
- Ride smoothly, don't jump around on the hills, gear down, when getting back on the pace line don't keep getting out of the saddle
- Sit behind a bigger rider, think "I need to get maximum shelter all the time", or sit in the middle of the bunch not always to the sides. If you do sit on the outside make sure you're not the rider in the wind
- Save some efforts in a break maybe do two turns miss one, no one is going to get mad if your working but they will shout if your not and it also disrupts the breakaway (I have seen examples of riders doing every turn this year and not having anything left for the end)

Making them count

- When attacking, timing is the key. Try and surprise the riders in the break or bunch, don't make half hearted efforts as this is a waste, be prepared to REALLY commit to an effort
- If the first attack doesn't work don't worry, maybe look at burning another match right away with a stinging attack, it's not always the first one that works but the second one in succession could be the killer blow
- Into the last lap don't be afraid to use your final match early but make sure you surprise the riders they might not want to chase so late in the race (Finn did this brilliantly at Mallory to win, jumped away inside the last 500m everyone just looked at one another)
- You might need to use a few matches to move up the bunch, don't worry about this use them but ensure you then stay at the front trust us it's easier you can react quicker to moves and save energy, drifting to the back again you will use all your matches just closing gaps

No Regrets

- Make sure you have used them all, how many riders get to the end of a race and they have energy left, and they're saying "I could have done this and that" - we see it all the time. Better to have tried and failed than never tried at all. One day it will pay off trust me
- You can use the cinders in the box. This comes with a lot of experience when you're really tired and you feel there is nothing left. Believe, Dig Deep and you might surprise yourself (you have all seen riders drop to the ground after a race to recover; they have usually gone deeper and used the cinders)

I urge you all to try something different in every race

Above all have fun

Geoff

My Ride – Callum on Racing in Belgium



A couple of weeks ago me and Ed went over to Belgium to race and although it was a bit slow getting over there it was definitely worth it, the circuit was a bit hard to find but we knew we'd got there because there were barriers with sponsor names on them. When we parked up we wondered over to signing on (which was free) and next to it was a beer tent . playing terrible Belgian music. With fifteen minutes

until the start people were already pushing to be on the front row but we got gridded by the commentator when we left it was a pretty steady start. We had a lead car that was playing music, the amount of people who looked like they had just come to watch the racing was amazing. We had closed roads and a big finishing hill and all of this put together made the best race I've ever been to.

Its 'Cross time – don't forget.....

We've registered the team for the NDCXL

The Youth Team Prize is one of our big team targets, its awarded to the most successful team of 3 competitors in any category. We've got to stand a good chance in this one!

NDCXL are only doing online entry this year so you need to be organised. The list of events can be seen on the Race Programme page of the Members only section of our website

Notts & Derby League

https://www.britishcycling.org.uk/events/?series_id=144

West Midlands League

https://www.britishcycling.org.uk/events/?series_id=107

If you've not done it already get those 'cross bikes dusted off, you need to start riding them now to regain your feel on bikes that handle slightly differently

Derby Arena Youth Track League

- The new youth track league starts in Derby this September. Its U14 and U16 only and you need to have registered with the league (via BC Events website) first.
- Entries close on the Friday before each event
- There are 3 events scheduled before Christmas, first event is 15/09/2016
- You have to ride all 3 to be eligible for the series overall
- Sue is on the committee, if you have any comments or suggestions you can pass them to her

In brief

- We've won the Jewson Team League at Mallory, one of our big targets at the start of the season. It was pretty tight with Welland Valley to start with, but some big performances for all riders when it mattered sealed it for us
- Josh, Jack, Ed and Callum completed the COGS 66 mile sportive in Warwickshire, showed a few of the COGS riders a thing or two about bike riding!
- In winning the Jeugdour Assen, Josh follows in the footsteps of other MI Racing Riders, Mark Pinfold and World and Olympic Champion Nicole Cooke

Rider of the Month



May After a solid start to the season, things took a bit of a downturn for Finn at the start of the month, results not coming where they were probably expected and Finn feeling uncompetitive. Showing great determination, taking a short break from racing to reset and get down to some good training, Finn bounced back with some strong performances in the final 2 youth Omnium rounds and then capped it all with a fantastic solo win in the Uphill Finish double pointer at Mallory.



June Harry didn't have an easy start to the season, made worse by coming down with bronchitis in May. But showing great determination, Harry asked if we could have a chat to help him identify things he could and should be doing to make him more competitive. We had that chat and Harry went away with a clear action plan. He got stuck into that plan, a combination of technique practice, fitness improvement and fun, and the results were immediately visible. Harry also gained his full track accreditation at Derby - the first rider from The MI Racing Academy to do so



July Max has been quietly getting on with it has put in some great rides on tough course at Mountain Bike Nationals. His skills continue to develop strongly, demonstrated as he rides all the A lines, something most of us in The MI Racing Academy could not do, and even a daunting prospect for some of the experienced senior mountain bikers in Team Jewson. When Max is able to get to Mallory he has always played a really strong team role and is really a rider everyone can rely on. In our opinion Max really exemplifies the Team Ethos that we believe is a cornerstone of The MI Racing Academy.

Team Dinner

We are having our first team dinner in conjunction with Team Jewson MI Racing on Friday 4th November in Dunchurch (10 miles from Coventry). Its normally a great night and would give everyone a chance to see and feel the extent of MI Racing. Would be great to see all riders there in Team Leisureware and parents are also very welcome.

We've got 3 awards to give out and Mick has kindly agreed that the proceeds of the auction he runs will be donated to Academy funds.

Please put this date in your diary. More details to follow

My Ride – Josh on the Jeugdtoer Assen



ENGLAND

The upcoming weeks to Assen were just all about rest and several turbo sessions and quick blast rides in the evening. All the weekends before were taken up with national races so no big rides

HOLLAND

We arrived in Holland on the Friday so Saturday and Sunday were just recce rides.

I was feeling confident beforehand, I felt strong. This was my main road target of the year and I was looking forward to the racing. Monday; no stress, it was the day of the prologue, only 1km long, I rode over from the campsite although the race was stopped for an hour because of the weather. A warm up on the turbo and up to the start, but before my dad said “you will get a 1:54” and I rode over the finish with about eight people to go and won with a time of 1:54! The next day was the Crit, the best and most exciting of them all. In the first half a lad escaped who was only 6th on GC and was only a matter of a few seconds behind me. He opened a gap up to 25seconds and I was sat in the bunch not panicking but thinking about how I could close him down. I tried several attacks but not good enough. With about 5 laps to go, I just basically rode off the front with Innes Harvey and we worked and worked and caught him with about a lap to go and I just smashed the sprint. Along the way were green jersey sprints and I picked up points from. This extended my lead to around 10 seconds to second place.

Wednesday was the Classica. I started at the front and stayed at the front and was second in the sprint. It was quite a non-active race but what made it good was the early lead-out by Jack and Owen. I extended my lead to about 14 seconds.

Thursday was the 7.5km time trial that was taking place in the rain. As soon as I started it absolutely hammered it down and I ended up second, 5 seconds behind the rider who now was second on GC, my lead down to 9 seconds. But the thing is he wore a skin suit and a aero TT helmet and I had shorts and jersey and a aero road helmet :)

Friday and Saturday the Omloop and Crit. I ended with winning on Friday at the Omloop stage and Saturday was about staying safe and ended up doing a lead out for two people but the main thing was winning overall!!

Thanks to everyone for the support and to the Dutch people for cheering me on and congratulating me .

Well done to everyone who raced and Callum and Ed in Belgium