



# Wolverhampton Wheelers

## Youth Circuit Racing

### Rough Guide 2009

#### Youth Circuit local events for 2009.

30<sup>th</sup> April 2009

This document is an introduction to circuit racing and we hope you feel that you'd like to have a go! The events listed here are on local circuit races and circuits are clear of traffic and are a good way of introducing yourself to the art of road racing in safer conditions. The organisation of these events is very good under British Cycling guidance. They are fun and exciting events run by the cycling clubs themselves.

### **A 'Rough Guide' to getting into Youth circuit racing.**

If you would like to enter a circuit race, it is very simple to do, but the first time can be confusing; so here's a quick guide:

- Find out which events you'd like to enter. These are listed below with dates, locations and anything special to note about the event.
- Work out which age category you fall into. Your coach at Wolverhampton Wheelers will help with this. It is based on your age on the First of January of the year of the event, so if you are 10 or 11 you are in the U12 category, if you are 12, 13 you are U14 etc. So for example, if a child was born in April 1998, he or she would be aged 10 on Jan 1<sup>st</sup> 2009 and would therefore compete in the Under 12's during 2009.
- If you want to race regularly you can get British Cycling membership and a Race Licence. More info at the British Cycling website – [www.britishcycling.org.uk](http://www.britishcycling.org.uk). Alternatively ask Alison or Gordon for a BC membership form if you are a new member to BC. You can race in events other than national events by filling in a day licence when you sign on. These cost about £1 - £1:50
- Sometimes you can pre-register for races, but all of these circuit races allow entries 'on the line', i.e. when you arrive on the morning before the race.
- Before the race day make sure your bike is working well, it's not a great idea to ride a new bike at a race, use the one you are familiar with. Same goes for contact points - shoes/pedals/bars/saddle, etc... keep it simple and familiar.
- On the day, pack:
  - Food
  - Drinks
  - Change of clothing
  - Umbrella
  - Coat/jacket
  - Blanket or chairs (for your supporters to sit on!)
  - Cash
  - Racing licence (if you have one)
  - Bike
  - Helmet
  - Gloves
  - Shoes
  - Spare inner tubes
- On arrival at the event you will need to **sign-on**. This is often done by the track under a gazebo, in a vehicle or in the leisure centre. Ask any event marshal and they'll point you in the right direction.
- When you sign on you will need to enter your details on the correct sheet for your age group (see above), also you'll probably have to pay to enter and you'll receive a number which is to be pinned to the back of your jersey. If you are a Wolverhampton Wheelers member, you specify this on the entry sheet and any points you get for your result are put against the club national rankings (if you have a BC race licence).

- If you have a BC licence the organisers will retain it until after the race, don't forget to collect the licence when you return your number.
- You must have a **gear check**. Sometimes this must be done before you sign on, sometimes afterwards. It is done at every race before you start. Sometimes competitor's gears are re-checked after the race. Ask a Wheelers coach to look at your bike at Aldersley and they will help you get it set up. Gearing is very important whilst training and racing. They can give you guidance on the best option for your gearing.
- If you've arrived early enough there will be time to ride the course. Have a look for any maps for your age group, as the route may differ or there may be different numbers of laps of the same route for each age group. It is well worth riding round your route if you have time!
- Make sure you know where the start line is and when your race will begin.
- Make sure you are hydrated (drink plenty leading up to the race), but do go to the loo before racing.
- When your race is called, gather near the start and follow the guidance of the race officials, the previous race will most likely be still going, so stay clear of the circuit and any exits as directed by the race officials.
- If it's a cool/wet day it's a good idea to keep warm by wearing your jacket/coat until just before going to the start line.
- A parent or coach might be able to come with you to the start, but must not assist you on the course once the race has started.
- Once the race has started, just enjoy it! The race officials will let you know how many laps to go and when you've finished. Listen to their instructions.
- When it's finished, gather where instructed until the marshals take you safely off the course and then enjoy the congratulations of your proud family and fellow club members! Get a drink and stay warm.
- **If you're still not sure whether you could do a race, just speak with your coach and have a go at the WWCC-run Shrewsbury events. There will be loads of familiar faces and plenty of support there for both riders and family. Everyone started at some point, so just ask and you'll get help.**

Having a go at races can be daunting. To encourage the riders this year there will be club circuit racing awards for each age group - WWCC U8 circuit race champion, etc.

There will be trophies for the first girl and first boy in each age group, provided they have competed a minimum of 3 times. The trophies will go to the girl/boy who scores the most BC points for the club in each age group (so you will need a race licence to get a trophy).

If in an age group we have had no one scoring points then as long as they have done 3 races it will go to the rider who finished highest in the regional circuit race championships that we hold - Shrewsbury 3.

All riders who compete in three events will be recognised.

**Alison Cooper** – Youth Development & Clothing Secretary; 01902 753682

**Craig Ansell** – Coach & Committee Member; 01902 834762

**Alastair McDonald** – Welfare Officer (Friday sessions); 01902 836715

## Calendar

So, here are some dates for your diary, some of these events are split into separate age groups with different start times; others have all age groups together. Ask Alison Cooper, your coach or Craig Ansell or a Club Welfare Officer if you'd like to know more. Alison is usually at these events under the Yellow & Black WWCC gazebo and will guide you through and other riders and their parents will be there to support you.

Date	Times	Event	Location	Groups	notes
Saturday 9/5	Arrive by 9:30, Race about 10 - about 2	Solihull CC Spring Criterium. Tudor Grange Circuit	Blossomfield Road, Solihull, West Midlands, B91 1NB	U8, U10, U12, U14, U16	Park at Leisure Centre, sign-on inside leisure Centre (good swimming pool and play area)
Saturday 16/5	Arrive by 9:15 Race 10 - 15:00	Shrewsbury Circuits 1	Shrewsbury Sport Village, SY1 4RQ	U8, U10, U12, U14, U16	Run by Wolverhampton Wheelers
Saturday 23/5	<b>Arrive before 9.</b> Finishes about 1pm.	Curborough circuit races #2	Curborough Sprint Course, just north of Lichfield. Signed from A515 & A38.	U8, U10, U12, U14, U16	TT for all starts 9:15. <b>No entry to site after 9.00</b> as entrance road is part of the TT circuit. This is a race series and 5 results will count for final rankings
<b>Saturday 6/6 *</b>	<b>Arrive before 9.</b> Finishes about 1pm.	Curborough circuit races #3	Curborough Race Circuit, just north of Lichfield. Signed from A515 & A38.	U8, U10, U12, U14, U16	TT for all starts 9:15. <b>No entry to site after 9.00</b> as entrance road is part of the TT circuit. This is a race series and 5 results will count for final rankings
Sunday 14/6	Arrive by 10, race about 10:45 -about 15:30	Solihull CC National Youth Series (BC National Youth Circuit Race Series)	Blossomfield Road, Solihull, West Midlands, B91 1NB	U8, U10, U12, U14, U16	Park at Leisure Centre, sign-on inside leisure Centre (good swimming pool and play area). Pre enter for free by 1/6 (entries on day if space - £2)
Saturday 20/6	Arrive by 9:15 race 10 - about 15:00	Shrewsbury Circuits 3	Shrewsbury Sport Village, SY1 4RQ	U8, U10, U12, U14, U16	Run by Wolverhampton Wheelers
Saturday 27/6	Arrive by 9, race 9:30 -about 16:45	CC Giro circuit races (BC National Youth Circuit Race Series)	Curborough Sprint Course, just north of Lichfield. Signed from A515 & A38.	U8, U10, U12, U14, U16	Pre enter by 6/6 (entries on day if space). <a href="http://www.ccgiro.net">www.ccgiro.net</a>
Saturday 4/7	<b>Arrive before 9.</b> Finishes about 1pm.	Curborough circuit races #4	Curborough Sprint Course, just north of Lichfield. Signed from A515 & A38.	U8, U10, U12, U14, U16	TT for all starts 9:15. <b>No entry to site after 9.00</b> as entrance road is part of the TT circuit. This is a race series and 5 results will count for final rankings
Saturday 11/7	<b>Arrive before 9.</b> Finishes about 1pm.	Curborough circuit races #5	Curborough Sprint Course, just north of Lichfield. Signed from A515 & A38.	U8, U10, U12, U14, U16	TT for all starts 9:15. <b>No entry to site after 9.00</b> as entrance road is part of the TT circuit. This is a race series and 5 results will count for final rankings
Saturday 25/7	<b>Arrive before 9.</b> Finishes about 1pm.	Curborough circuit races #6	Curborough Sprint Course, just north of Lichfield. Signed from A515 & A38.	U8, U10, U12, U14, U16	TT for all starts 9:15. <b>No entry to site after 9.00</b> as entrance road is part of the TT circuit. This is a race series and 5 results will count for final rankings
Sunday 9/8	TBA	Solihull CC crits	Blossomfield Road, Solihull, West Midlands, B91 1NB	U8, U10, U12, U14, U16	Park at Leisure Centre, sign-on inside leisure Centre (good swimming pool and play area)
Sunday 6/9	TBA	Warwick Circuit races		U8, U10, U12, U14, U16	
Saturday 19/9	Arrive by 9:15 race 10 -about 15:00	Shrewsbury Circuits 3	Shrewsbury Sport Village, SY1 4RQ	U8, U10, U12, U14, U16	Run by Wolverhampton Wheelers

\* Note we are running a round of the midlands track Omnium the same day U14's U16's track should enter our Omnium. Our event is for track bike riders only.