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PRESTON PARK NEWS JULY 2009

SENIOR "A" LEAGUE ON A KNIFE-EDGE!

With only three weeks to go this season, there has never been a closer competition for the senior "A" league. Felix English is top of the table, but only just. Only four points behind him is Mark Burgess, who would love to take the crown. Then a further six points back is last year's "B" league winner Charlie Heffernan, who had a fantastic evening's racing on 15 July. It is now anyone's guess who will win the senior contest. The only sure thing is that everyone in their right mind has got to be at Preston Park in the next three weeks to witness this battle.

SENIOR "B" LEAGUE WON BY B-RILLIANT B-AILEY

The speculation is finally over and, as far as the "B" league is concerned, we can all relax. Or can we? Richard Bailey achieved his league-winning fifth victory on 15 July and Andy Parle is almost certain to take the runner-up spot. But look at the competition for third place! No fewer than six riders are within 10 points of each other, so anything can happen.

MOST YOUTH LEAGUE WINNERS ALREADY DECIDED

Elliot Tabraham-Dowers (U16), Ashley Dennis (U14), Amy Barnes (U12) and Douglas McCauley (U10) are likely winners of their leagues, but the friendly U8 competition will go to the wire between Dominic Kazlauskas and Evelyn Parle.

EURO SILVER MEDAL FOR PP STAR PETE MITCHELL



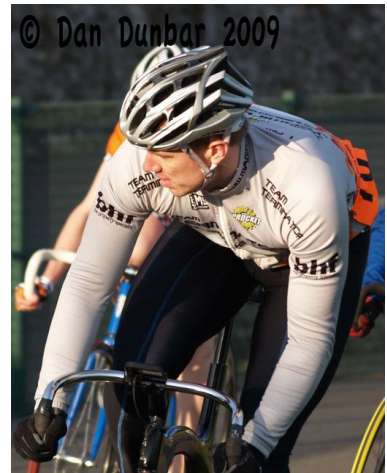
Preston Park star Pete Mitchell (*pictured, centre*) teamed up with Jason Kenny and David Daniell to win the silver medals in the European Under-23 Team Sprint Championships recently. Their excellent time of 44.721sec took them to the ride-off for gold and silver, in which they were narrowly beaten by the French squad.

LEE POVEY IS NATIONAL MASTERS SPRINT CHAMPION 2009

PP Sprint Champion Lee Povey put up a great performance earlier this month to win the National Masters (35-39-years) Sprint Championship and to take silver in the kilo. See the full report on Page 2.

LEE POVEY GRABS GOLD IN NATIONAL MASTERS SPRINT

Lee qualified with the fastest time of the day (11.450sec for the 200m TT). After a relatively comfortable win in the semis against Paul Butler, it was down to business with the final against super-strong John McClelland. Lee had the mental advantage of knowing that his own qualifying time was 0.4sec faster than McClelland's. As Lee said after the race: "John is a renowned endurance sprinter, so I controlled the race from the front to stop him going for a long one. I kept the pace fairly slow, and in the end I won quite comfortably."



. . . AND HE LANDS SILVER IN THE KILO!

Lee recorded 1.09.893 for the silver medal, behind Adam Roberts (1.08.743). "Last year I came fourth", said Lee, "so it's an improvement of two places. I was a little disappointed not to win, as I was way up at half-distance. But it caught up with me on the last lap, where I really struggled! It was a proper "seeing stars" moment and it took me a good 15 minutes before I could get up from the floor and talk".

. . . AND HE IS ALSO UP FOR THE EUROPEAN MASTERS CHAMPS

This week, Lee will be at Manchester Velodrome, taking part in the European Masters Championships, where he will be defending his sprint title against the top riders from France, Ireland, Italy, Greece, Germany and of course Great Britain.

"Good luck, Lee, from all your fans here at Preston Park!"

CHARLIE HEFFERNAN SEES THE LONDON 2012 OLYMPIC SITE AND MEETS PRIME MINISTER GORDON BROWN

On Wednesday 15 July before the evening Preston Park meet, Charlie was invited to see the London Olympic site and to chat with Prime Minister Gordon Brown. This had been arranged by Brighton & Hove City Council in conjunction with the Brighton & Hove Sports Development Unit.



Charlie is in receipt of one of their grants, and he was a guest of the MP for Hove, Celia Barlow.

Charlie said: "Me and dad took the train from Stratford, then a coach to the Olympic site to see the major venues. We visited a balcony of some flats which looked over the whole site, which is enormous. Then took the Stratford tube to Westminster to go into No 10 Downing Street to wander around and we met lots of GB and sports stars eg Daley Thompson, Boris Becker, Hugh Porter and others. We chatted with them

and Gordon Brown PM, and had some nibbles. There were other young people there, from London mostly and also Wales - and most of them were into athletics. I think there's still a bit of building work to do at the Olympic site!"

This was an inspirational trip for Charlie and it was interesting for him to see all the work going on at the Olympic site.

NOTICE-BOARD

ANNUAL PRIZE PRESENTATION (and AGM)

SATURDAY 17 OCTOBER – 8PM – CHURCH HALL OPPOSITE PP

Don't be put off by the "AGM" bit of the title. Our Chairman Rob Fuller is used to getting through the business side of things in no more than 15 minutes or so, before we move on to the important part of the evening: the annual awards ceremony. This is our chance to applaud all the riders who have entertained us all season and for them to receive their prizes. The event starts at 8.00pm and should finish by around 9.30pm at the latest. Please put this date in your diary and make every effort to attend.



RETURN RACE NUMBERS!

Remember to return your race number to the signing-on desk at the end of the season. If you know you will miss the last meet, give it in the week before. We lost 32 race numbers last season and had to pay to replace them. If for some reason you don't manage to give it back, please send it to Dave Gerrey at 45 Brittany Road, Hove, East Sussex, BN3 4PA.

AND ALSO RETURN TROPHIES!

If you were one of the 2008 trophy winners, please can you bring your trophy to the track during one of the remaining meets, for it to be engraved in time for the prize presentation.

REMINDER – EARLY STARTS FROM NOW ON . . .

Please remember that the final two meets on 5 & 12 August begin at 6.45pm.

WHAT'S ON – Some suggestions of events to ride and watch

SUSSEX CYCLE RACING LEAGUE – Meets every Wed at 6.45pm. Last meet of the season is on Wed 12 August.

Pre youth/junior nationals FAST TRACK COACHING CAMP - Newport Velodrome - 7 & 8 August, 4½ hours of track time and 1½ hours video debrief, & on 15 Aug we have 2 hours track time. See Lee Povey for info.

DON'T FORGET THE **FRIDAY EVENING TRAINING SESSIONS AT PRESTON PARK** ON FIXED-WHEEL, OPEN TO ALL AGE-GROUPS FROM U12 YOUTH RACE AGE CATEGORY UP (i.e. those who are riding fixed-wheel in the League), UP TO AND INCLUDING ADULT. COST IS £1. STARTING AT 6.30PM. Parental consent for U18s required if not members of VCJ or PPYCC (forms available on the night, so bring your parents).



VC JUBILEE JUNIOR & YOUTH RACES IN HOVE PARK on Friday 4 September.

This is a Go-Ride interclub event – races start at 7pm.

GILES REE MEMORIAL ROAD-RACE 1/2/3-cats (National A) - 130km - 11am start.

Sunday 6 September. Beachy Head course 7.3 miles per lap with a 2-mile climb every lap – just west of Eastbourne. Prizes – 1st place to 15th + K.O.M. + primes + 1st Jnr + 1st 3rd-cat. Organiser Alan Denman, 34 Caburn Heights, Crawley, RH11 8QX.

PRESTON PARK ANNUAL PRIZE PRESENTATION – 8.00PM ON SATURDAY 17 OCTOBER IN CHURCH HALL OPPOSITE THE TRACK IN SURRENDEN ROAD. (See advert at top of page)

POINTS CHAMPIONSHIPS ROLL OF HONOUR – 15 JULY 2009

Seniors	U16	U14
1 st CHARLIE HEFFERNAN 2 nd Charlie Sayer 3 rd Adam Gent	1 st ELLIOT TABRAHAM-DOWERS 2 nd Jack Oliver-Blaney 3 rd Milo Burdeau	1 st ASHLEY DENNIS 2 nd Kim English 3 rd Amy Jacobs
U12	U10	U8
1 st AMY BARNES 2 nd Harris Redgrove 3 rd Amy Smith	1 st DOUGLAS McCAULEY 2 nd Thomas Burnett 3 rd Noah Ridgway-Brown	1 st DOMINIC KAZLAUSKAS 2 nd Evelyn Parle 3 rd Miranda Wright

All medals will be given out at the annual awards ceremony on Saturday 17 October 2009

WHAT'S THE POINT? – Overall scores updated to 22 July

A SENIORS	B SENIORS	NOTES	YOUTHS A	YOUTHS D
<p>Felix English 113 Mark Burgess 109 Charlie Heffernan 103 Jean Spies 95 Richard Bailey 77* Lee Povey 77 Adam Gent 64 Charlie Sayer 43 Brock Duncumb-R 41 Driss Jones 37 Martyn Potter 32 Andy Edwards 20 Oliver Pepper 18 Bryan Taylor 17 Jason Salter 15 Sean McClelland 11 Paul Gosling 10 Phil Smith 8 Sean Yates 5</p> <p>*Subject to confirmation/review</p>	<p><u>1st Richard Bailey</u> Andy Parle 70 (4 wins) Mark Mergler 28 (1) Martin O'Brien 25 Paul Barnard 21 (1) Ben Miller 21 Nick Smith 21 (1) Trace Harris 18 Ant Rogers 16 (1) Nigel Burrows 15 Philip Burnett 13 Sam Cheesman 13 Nigel Foskett 12 Morgan Lewis 12 (1) Neil McClelland 12 Paul Davidoff 11 Ian Craig 9 Tim Hill 9 Matthew Wise 9 Charlie Booth 8 Matt Davies 8 James McCarron 8 George Webster 8 Rob Dean 7 Bruce English 7 Oliver Tuckley 7 Frazer Clifford 6 Ben Gerrey 5 John Powell 5 Sean Brasington 2 Lea Denison 2 Mark Turner 2 Paul McCarthy 1</p>	<p>For a full description of how the Senior B league placings are decided, please see PP News May 2009 (on the website). The Top Veteran award is decided by the committee. There are also awards for the Most Combative Senior, the Best U18 in the Senior Leagues, the Most Deserving Youth and also the Best U16/U14 in the handicap races (the Back-to-front Trophy).</p>	<p>Elliot Tabraham-D 156 Jack Oliver-Blaney 125 Milo Burdeau 91 Michael Dixon 57 Sam Maloney 12 Tom Jamieson 6</p> <p>YOUTHS B</p> <p>Ashley Dennis 156 Amy Jacobs 116 Kim English 89 Sara Gent 77 Emily Barnes 76 Jack Hoyle 73 Matthew Hill 46 Jake Marley 40 Imogen Farlie 25 Laura Cheesman 20 Gabriel Parle 20 Thomas Evans 17 Tom Paine 10 Thomas Myers 4 Harris Barker 1 Lucas Percy 1</p> <p>YOUTHS C</p> <p>Amy Barnes 152 Megan Lewis 98 Spencer Thomas 98 Harris Redgrove 88 David Barnes 61 Ben O'Brien 60 Amy Smith 51 Luke Stacey 50 Drew Miller-H 37 Mark Jacobs 33 Ted O'Brien 33 Celia Jenkins 23 Will Paine 21</p>	<p>Douglas McCauley 125 Thomas Burnett 86 Harry Stacey 84 Joe Hill 81 Cory Anderson 71 Bethany Lewis 47 Isaac Wright 38 Sam Barnes 36 Lois Parle 24 Stanley Earthrowl-G 23 Sam Booth 16 Charlie Brooker 15 Richard Hoyle 11 Noah Ridgway-Brown 11 Ferne Leonard 8 Nicholas Wickens 4 Zak Watson 1</p> <p>YOUTHS E</p> <p>Dominic Kazlauskas 142 Evelyn Parle 136 Oliver Brooker 73 Miranda Wright 71 Freddie Davies 40 Oscar Denman-G 37 Michael Wickens 21 Hannah Burnett 5</p>
<p>TOP 12 VETERANS</p> <p>Andy Parle (B) 70 Driss Jones (A) 37 Ant Rogers (B) 16 Nigel Burrows (B) 15 Jason Salter (A) 15 Philip Burnett (B) 13 Paul Gosling (A) 10 Tim Hill (B) 9 Charlie Booth (B) 8 Rob Dean (B) 7 Bruce English (B) 7 Sean Yates (A) 5</p>				

CYCLING REPORTER BRIAN HUTTON LOOKS AT THE NEWS



Mother of two Jo Brooksham 43, has set a unique record by cycling under the sea round Brighton Pier. Jo took just 30 minutes to complete the ride wearing a wetsuit. She is now not only qualified as a cycling instructor, but also has degrees in marine biology and marine management.

With road traffic on the increase, this opens up the possibility of a whole new branch of cycle sport. Potential record-breakers will need an aqualung and several course marshals will be required, plus a mini-submarine to carry two official CTT observers. This could be stored at the rear of the In-Gear shop and double as an escape vehicle in the event of more floods hitting Uckfield. The new CTT (Marine) Rules may be unfathomable, but they are said to be water-tight. All official start sheets will have to carry the warning "Beware of The Bends".

How often do we hear the cry from drivers "I didn't see you", as they mow us down. Now a driver has crashed into an optician's in Seaford's main shopping street, causing £20,000-worth of damage. He may have been late for an eye-test but this was ridiculous. The shop owner was absent for a few minutes, otherwise he would have given the test while waiting for the paramedics to arrive. An eye-witness said: "I thought eye eye, this is quite a sight. I haven't seen a spectacle like this in Seaford before." The driver joins a growing list of motorists who are innocently driving along when trees, lamp-posts, buildings and cyclists just rush out in front of them while they are looking at their satnavs.

Dave Dunbar has picked out some "long-standing spectators" for a special mention in Preston Park News. But all spectators have been long-standing ever since the Council ripped out the grandstand seats years ago. As someone who suffers from back and neck pain, which I put down to throwing my arms up in the air too enthusiastically at the end of road-races in the 1950s, I would put the absence of seating high on the agenda should track improvements get the go-ahead.

Brighton came to a standstill as thousands of cyclists got into cars to return home after the London-Brighton bike-ride. The train company refused to take riders home. Some irate drivers called for an end to the event in its present form. I agree. Next year all the riders should get to Brighton by car, cycle round the town for two hours, then return by car. You know it makes sense.

YOUNG COMMISSAIRES OFFICIATE AT PRESTON PARK

Last year, two of our young regular riders attended the British Cycling commissaires' course and achieved their accreditation.



Daniel Gerrey and Ben Miller, both members of the thriving local youth club VC Jubilee, were aged only 18 at the time. Towards the end of last season, Daniel and Ben each took charge of one of our league meetings. Their excellent performance was commented on by several riders.

This season, with regular commissaires Vern McClelland and Rob Fuller both sometimes unavoidably absent from meetings, Daniel's summer return from university came at just the right time. Having been a judge at the league for the last three seasons, he has now competently taken charge as commissaire for three meets. And he may complete the season in this role, having just received official notification that he has been appointed as a Regional Track Commissaire. He is one of only a handful of under-25-year-olds in the country to reach this level.

For his part, Ben is one of the most successful riders in the senior B-league and is currently lying in fifth spot, despite dropping out at least one week to help with the officiating. He is ready and willing to take control of a meet if the usual commissaires are absent. Away from the track, Ben has organised this season's very successful Hove Park season for youths as well as a recent circuit meeting at Goodwood for all categories.

Both Daniel (*right*) and Ben (*above*) have been recognised by British Cycling for their support of the sport as Young Volunteers.

British Cycling's Officials Education Officer Robert Jefferies fully supports the involvement of youngsters in a commissairing role.

"I am personally very committed to increasing the amount of young people who can participate in our sport by officiating", he said. "Eventually I would like to see every youth meeting at least in part officiated by young officials."



WEATHER OF THE MONTH – COMPETITION WINNER – AGAIN!



For the second successive month, the rain was the winner. On 8 July, in the hope that the track would dry, the meeting began with TTs for the youth riders. However, the track didn't dry and any hopes of racing were abandoned. On 22 July, there was no racing at all and only a handful of die-hards turned up, notably Richard Bailey who could be seen on the track getting the miles in on his folding-bike.

PP NEWS EDITOR MEETS SPECTATOR BRIAN LEANEY

Hanging around during the rained-off evening on 22 July, I spoke to one of the many familiar faces at Preston Park. He turned out to be Brian Leaney. He is aged 79 and thoroughly enjoys coming to PP from his home near the Newmarket Inn on the A27 not far from Lewes. But Brian isn't simply an ordinary spectator, since he has a famous history at our track. In 1949 he set the national imperial tandem hour record, riding with Dennis Sutch. They posted a remarkable distance of 27.7 miles exactly sixty years ago here at Preston Park.

THANKS & CONGRATULATIONS FROM PRESIDENT FRANK BLAKE

"I would like to congratulate all the riders and officials for another brilliant year of cycle-racing at Preston Park. I have missed a couple of evenings as I was away on holiday in Cornwall, which I first visited by bike in 1951 on a 2-week tour. The weather has let us down a bit this year, but we cannot change that. I will be looking forward to next season and perhaps we will get a complete series if the weather improves. I think the standard of riding has been excellent this year, with only one small crash. Congratulations, everybody, and all the best for next year." *Frank*

PRESTON PARK PHOTOGRAPHER DAN DUNBAR GIVES AN INSIGHT INTO HIS LATEST GRAND PROJECTS

In April this year, I applied to join the production team for a British Youth Council documentary project, "60 Years of Youth Culture" and I was selected. The BYC said: "We are very pleased to welcome Dan Dunbar to the team and look forward to his contribution to a ground-breaking film. Dan was selected for his professional standard of photography and his enlightening short films."

Along with 9 others, I'll be researching, writing, and producing a documentary film about youth culture in the UK over the last 60 years. The aim is to focus on the political movements and personal stories in which young people have been able to make a difference.



The topics to be covered are "Voting Age", "Anti-apartheid", "1968 (Year of Youth)", "Gender Equality", "Politics and the Law", "Reactions to Armed Conflict" and "The Rising Problem of Global Warming". These projects have been researched at the British Library and the British Film Institute. To achieve this we have interviewed MPs, journalists, academics and other young people.

The filming has been done over several weeks and I have been travelling between home in Polegate and London on a regular basis to do my part in the production of the film and on a few occasions I have come directly from the filming to Preston Park to take the photographs.

The final film will be distributed around the UK on DVD and premiered in a top London cinema in early August. It will also be shown on the Community Channel in the winter, so keep an eye on my website for more details.

YOUTH GAMES – INFO FROM SALLY PAGE & PAULINE ENGLISH

Preston Park youth riders have filled 5 out of the 7 places for the UK Youth School Games due to take place in Wales from 3 September for four days. 1,500 athletes from 10 sports will be completing at three different venues. Our chosen riders are Charlie Heffernan, Nick Smith, Ashley Dennis, Amy Jacobs (all from VC Jubilee) and Kim English (Palmer Park Velo). Emily Barnes (Palmer Park Velo) has been selected as a reserve rider.

The selection was based on their position in the 4 Southern Regional Omnium Series meetings – and Charlie, Ashley and Amy all won their respective age categories.

Lucas Anderson (from Kent), together with support from John Scripps in his new role as Olympic Talent Development Coach, is managing the SE track team. If you would like to find out more about the event check out www.ukschoolgames.com. It is a HUGE event. The idea is to create the feel of an Olympics / Commonwealth Games multi-sport environment, so participants can get used to the atmosphere from a young age. There are opening & closing ceremonies and team issue kit etc. All sports accommodation is in an athletes' village which will be at Cardiff University. The track cycling is at Newport (so no rain delays!). Darren Campbell is ambassador of the event, the cycling events will be from 3-6 September and cover a full Olympic programme for girls and boys. Events include: team pursuit, individual pursuit, Madison, points, scratch, sprint, team sprint, TT and keirin.

This may be a one-off opportunity, as in following years if the event is not near an indoor track, cycling might not feature. So, best of luck to all those who will be representing the South East at these games, and what an exciting opportunity.

WEBSITE "NAME THE RIDER" COMPETITION RESULT MEET MAX by Dave Gerrey



His name is **Max Speed** and he is our website mascot. The name was chosen by a panel of eleven judges, carefully selected from regulars at the track to be truly independent, by just one vote.

I purposely asked a large number of judges to take part to make sure the vote was truly independent as my son Daniel had asked if he could enter and it seemed very unfair to exclude him. And it was Daniel who came up with the name Max Speed.

The close runner-up was Will Paine who wanted to name our rider "Preston" (as did the Voice of Preston Park, Gavin). Since Daniel gets enough of my money, I am going to award the £10 prize to Will. Third place was also close, so Celia Jenkins will get a runner-up prize of £5 for her suggestion "Ever Peddly".

A few other suggested names (in no particular order) were "Jelly Legs", "Gladstone", "Humphrey", a very grand "Sir Rafael of Preston Park", "Stiggy", "Skin Van Suito" and "Frank Skinner – the crank spinner".

Thank you to all who entered and also to the judges. And thanks to my other son Ben who created Max for the website. Keep checking on Max by visiting www.scrl.co.uk to get all of the latest results, rankings and reports from the Preston Park League.

Dave Gerrey

EDITOR'S NOTE: Alas, our other PP News competition, asking people to guess how many eggs Andrea uses on an average weekly cake-bake, elicited eggs-actly no entries.

EXCELLENT RESULT FOR PRESTON PARK LEAGUE LEADER FELIX ENGLISH IN NATIONAL JUNIOR ROAD-RACE CHAMPS

Our league leader Felix English put up a gutsy performance in the National Junior Road-Race Championships in Wales on 27 June and finished 13th. As a 1st-year junior, Felix can look forward to competing in the same race next year and improving on that great result.



COACHING NEWS FROM LEE POVEY

David Le Grys and myself have a clinic at Newport on 7 & 8 August and another session on the 15th, the day before the Nationals start. Please could you let me know if you are interested, or pass it on to anyone else you think could benefit from it.

I am also offering personal coaching at the National Youth/Junior track champs for the week. Cost is £30 a day or £25 if you are an existing client. Spaces will be strictly limited, as I will be offering a very thorough service and can only work with a small number of riders each day. Please contact me as soon as possible if you are interested.

Lee Povey

YOUTH RIDERS NOMINATED FOR THEIR GREAT EFFORTS

PP News asked the local youth clubs to nominate riders for special mention in this last issue of 2009. No prizes – just the glory of appearing in our newsletter!

NOMINATED BY PPYCC – details from Anthony Rogers

Celia Jenkins - Celia started her cycling career last season but has really improved this year. She attends Wednesday evening track night, Friday evening training nights and Saturday morning club sessions. Celia likes doing well but enjoys taking part whether she is at the front of the field or further back. Most recently Celia has seen an improvement in her riding which has resulted in her moving steadily up the field.



Jack Oliver-Blaney - Jack has come on a long way this season. He is a tough cyclist who braved cheerfully the winter training rides led by Lee Povey and has recently returned to his racing within two weeks of breaking his wrist [with his doctor's permission]. More importantly, to PPYCC his club, he is a committed to supporting club activities and loves the racing and social scene that cycling offers.

NOMINATED BY IN-GEAR/CRAWLEY CC - details from Alan Denman

Tom Evans - Tom is brand new to cycling and he has done so well he deserves a mention. He started with our Go-Ride sessions at the end of last year, progressed onto our weekly mountain-bike rides and completed a winter training programme of Calshot track sessions held by Crawley CC/In-Gear Development Squad. When he first started, he knew very little about cycling and absolutely nothing about racing. He is so keen about the sport and has learnt so much already. Tom has been given an old steel road-bike that's too big for him by a relative and rides about on it all the time. It's so refreshing to see a youngster nowadays who just enjoys the cycling without having to have all the latest equipment. Like many of the kids who have started with Crawley CC, In-Gear Development Squad are very proud of what he's done. The main reason I'd like to nominate Tom, though, is for his constant enthusiasm for the sport, even when he still has a way to go to be as fast as the best.



NOMINATED BY VC JUBILEE – details from Sally Page

Imogen Farlie – Imogen, aged 14, started to join in cycling activities in November 2008 with Preston Park and VC Jubilee's cyclo-cross winter training sessions at Waterhall on Tuesday evenings. These are hard training sessions and as an introduction to cycling this wasn't the easiest route Imogen could have taken. However, she stuck with it, showing great determination and commitment, whatever the weather and whatever the session. It was with a little surprise for the coaches Anthony and Sally to see her back each week on the dark, cold wet nights. However, back she came, and there seemed to be nothing that would deter her. Both coaches were impressed as her skills progressed greatly, along with her fitness. Also she was not deterred by others' fitness and skills, but seemed to be inspired by them. Gladly for Anthony and Sally this is exactly what these sessions are for – ANYBODY who wants to improve.

As the season progressed, Imogen participated in many VC Jubilee Saturday MTB sessions and then at Calshot track and VCJ Wednesday turbo sessions too. Finally as the Preston Park track scene started she has gritted her teeth and even competed at the Regional Youth Track Omnium series, putting in some determined efforts, as well as being one of the most regular attendees at the SCRL this year. Coming straight in as a 2nd year Youth B category rider, this is tough. Imogen has also been lucky enough to attend a DHL track session at Newport and met some of the GB track stars – inspiration overload!

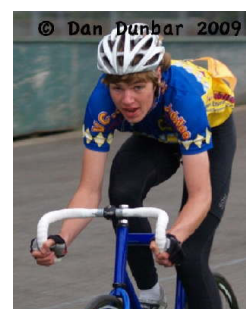


Imogen was "inspired by the cycling at the Beijing Olympics".

What a great way to find a sport you really enjoy and can compete at. What's also great is we have in the region some of the best ways to get youths into cycling at many different levels, with VC Jubilee and Preston Park Youth Cycling Clubs leading the way of inclusive and structured coaching activities. Coaches can be inspired by people like Imogen who come along and want to improve. "It's what keeps us coaches coaching" says Sally, "you never know who you're going to get and what they can achieve, it's very rewarding, whatever they end up doing. The best bits are seeing their confidence as a young person grow".

SENIOR RIDE OF THE MONTH £5 WINNER

The prize this month goes to **Charlie Heffernan** for his performances in the meet on 1 July, and especially his domination of the unknown distance race. He showed his determination early on, featuring in a 4-man break which lasted two or three laps. He took all three £5 primes before winning the final bunch sprint in style. For good measure, Charlie had also won the 8-lap scratch, the devil-take-the-hindmost and the 3-lap dash earlier in the evening. Well done, Charlie!



YOUTH RIDE OF THE MONTH £5 WINNER

Like last month, this is a very tricky decision, as there are several deserving riders in all age-groups! Having re-read the reports from the last month and studied the league results and overall standings, I feel the prize this time should go to U10 **Douglas McCauley**. Despite strong opposition from his top rivals, Douglas has consistently produced great results, often winning both U10 scratch races. Well done, Douglas!

SPORTS AWARDS – LATEST NEWS FROM PPYCC

PRESTON PARK YOUTH CYCLING CLUB - WINNERS OF THE BRIGHTON & HOVE "SPORTS CLUB OF THE YEAR" 2008 COMPETITION

2008 really was cycling's year. You may remember the Olympics, you will have read of the Sussex-wide success of VC Jubilee and now it is the turn of PPYCC to announce its successes of last year. Brighton & Hove Sports Awards were held last October and PPYCC were very proud recipients of the "Sports Club of the Year" Award. Also nominated, though not a winner, was Anthony Rogers in the "Sports Coach of the Year" category. However, our year's success was not only measured by this much appreciated award. At the Sussex Community Sports Partnership Awards again nominated in the Coach of the Year category was Anthony Rogers, who this time went home with the winner's fine glass trophy. No, he didn't steal it, he won it!

Other successes are measured by different rules. We have just been signed off by Mr Kellogg of cornflake fame for effectively using the grant they awarded us to recruit parent members and train up coaches. This combined with our £10,000 Awards for All grant means that in partnership with VC Jubilee we have trained up 12 Level 1 coaches recruited from members, parents and friends. This lottery grant was also used to buy 24 new track bikes, including the rarely seen track tandem. These bikes have allowed our Friday training sessions to be opened up more widely to include those that don't have their own bikes.

Most importantly, both membership and enthusiasm remain high. A major reason for this is the working partnership that the two youth cycle clubs [VCJ and PPYCC] have formed together and the energetic input from the many volunteers, coaches, welfare officers, parents and others. The success of the clubs is beginning to spread beyond cycling circles, with both clubs being highly regarded by sport development circles; though not yet as far as we would like. Most recently we have been looking at the proposals for a new facility at Preston Park with tennis and cricket. Preston Park could become a cycling hub for cycle sport, cycle education and cycle transport. However for this to happen we need to make links with transport planners in Brighton & Hove and awaken the enthusiasm for cycling from readers of Preston Park News and members of local cycling clubs amongst others, so that we can create action as well as words.

PS: Only five people and one club have made a formal response to the club facility proposals [Preston Park News 2nd edition 2009]. It will be hard to move forward on this if we cannot demonstrate evidence of support, so if you are not in favour please let us know, and if you are in favour please let us know. We would welcome replies from club and organisation representatives as well as individuals. Contact Anthony@ppycc.org.uk

PERFORMANCE CYCLE COACHING



Performance Cycle Coaching by Lee Povey is a modern, professional and personal approach to coaching. I have over 18 years of coaching experience, ranging from sportive/recreational riders to elite track. I have coached numerous National Champions across all age-groups from youths to masters. Whether it is setting a new personal best for a 10-mile time trial, losing weight or winning National Championships, I have the scientific and proven coaching to get you there. Covering all cycling disciplines, you will be amazed at the results I deliver. Call me today on 07967 000269 to unlock your potential!

PRESTON PARK NEWS – THANKS

Very many thanks to all those who have written and supplied photos for the three 2009 issues of PP News. PP News can be viewed on our website www.scr1.co.uk.

SUSSEX LEAGUE – THANKS

Very many thanks to all those who have helped make the Preston Park season such a success this year.

AND FINALLY . . .

. . . we look forward to seeing everyone at the final two meetings and also at the Prize Presentation on Saturday 17 October. Don't forget to keep an eye on our website www.scr1.co.uk for the results, the reports, a review of the season and all the latest news.

Gavin Smith, Editor, PP News