Editor's news

It was interesting to read in Cycling Weekly the decline of cyclists who race. More and more it's becoming a young person's game. CW's survey found that over half of those under 30 raced while only 20 per cent of those in their 40s and 50s did the same. In addition more experienced cyclists are less likely to be road racers. Of the racers surveyed the most common reason given for not racing was fitness with a high level required even in 4th cat events (except maybe our G1 big hitters!) and getting that fitness with the sport populated by people with demanding jobs and families is ever so hard. Cost was also mentioned but probably taken with a pinch of salt with a rider astride his 5K gleaming machine! One rider based in the midlands used to ride the local league but it's now populated with new fast racers that can't handle their bikes and it's become too dangerous. Another rider mentioned he got the competitive hit, by racing on Zwift in the comfort of his home with 20 odd races to choose from every day.

One growth area is cross being off the highway making it cheaper and easier to run, with no traffic management and fewer marshalls thus keeping entry costs down. Consequently it's safer and has a family-orientated drive. Also, cross is a big growth area for women in the sport. A Watford Velo cross possibly for the future?

Time trialling is also suffering with a low of 145,251 competitors in 2004 and a high of 189,702 in 2014. But have generally remained around the 167,000 mark. There is a steady decline and the governing body CTT is trying to reverse that trend but with fast courses closing this will be difficult. Possibly more sporting courses using road bikes may attract more riders.

I'm not sure of the numbers in the Watford Velo but I'd be interested to know the percentage of members who actually race **Warren** any ideas? But I've a feeling our membership is probably typical with declining racing members. An idea of mine, is to have maybe in the autumn a Strava ride where we target say 3 or 4 hills and we all race up them. After each hill re-group, and ride to the next hill and when we get home or even earlier look at our Strava segments and whoever the organiser is inputs into a spreadsheet with the necessary calculations prepared, to announce the winner. Each rider is handicapped according to their weight be honest now! And the winner is based on handicap. For example a rider weighing 90kgs compared to a racing snake of 65kg is given so many seconds per kilo. Worth doing?

Regarding the future of training Zwift is predicted to grow. It has big ambitions with their aim to have world tour riders on the platform next year and the IOC is investigating if there is a future for eSports in the Olympic movement. Coaching by computer is the next big thing or so it is claimed with Richard Lang founder of the online training platform Spokd which is setting training schedules by algorithm in partnership with British Cycling. Does anyone in the club use this system? One coach claimed there will be less reliance on human coaches and a great deal more on Artificial Intelligence (AI) in the future. That remains to be seen interesting though.

tom@capitalcyclecoaching.co.uk many thanks in anticipation. **Cheers and keep Cycling Tom Newman**

Time Trial Results

Road Races

Hillingdon Masters Road Races

Thurs - 11 April Age group 40-49

8th   Darryl Green
Winner Justin McKie Regents Park Rouleurs

Thurs - 11 April Age group 50+

30th   Martin Jones
Winner   Ralph Carter London Dynamo

Many of our Velo racers including Leroy Goodman, Callum Amor, Luciano Brunette and Harry Savell have raced at Hillingdon including the Tues evening league and the Archer event held on Saturday afternoon, not placings just yet but plenty of action.

Mountain Bikes

Battle of the Beach April 6/ 7th

78th age category Kevin Chandler
Elliot Joseph DNS (pictured looking mean)

Kevin, racing through the woods

Southern   Cross Series Checkendon 29th April

44th   Kevin Chandler
DNF   Laurent Audibert

London Marathon - Congratulations to Joanna Shale, Matt Fox and Neill Duke who all ran this event. Superb achievement well done everyone.