



British Cycling

Pathway and Regional School of Racing

Nomination Criteria

2019-2020

Contents

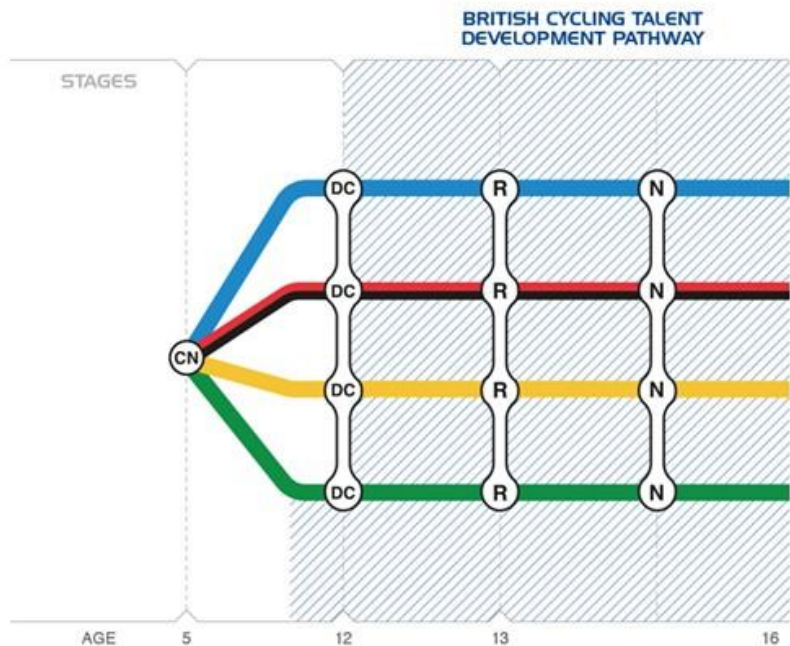


This guide has been produced to support; clubs, parents and riders to understand the British Cycling rider pathway and route. The guide offers advice and support, helping everyone to understand what is required of athletes who have aspirations to take part in [*Regional School of Racing pathway activity*](#) and beyond.

It has been designed to be an electronic PDF, all embedded links will be [*underlined*](#) in italic, these will direct you to the relevant parts of the British Cycling website.

- Page 3: The British Cycling pathway
- Pages 4-6: The nomination process
- Page 7-13: Essential and discipline specific criteria
- Pages 14 - 16: What races do the talent development programme recommend?
- Pages 17-18: Contact the team
- Pages 19-21: Useful links

The British Cycling Pathway



This is the start of the British Cycling rider pathway, the pathway supports riders, clubs and coaches across England.

Home Countries have their own talent pathways, more information on these can be found below:

- [Wales](#)
- [Scotland](#)
- [Northern Ireland](#)

Detailed information on the different stages of the pathway can be found below:

- [CN – The Club Network](#)
- [DC - Development Centres](#)
- [RSR - Regional School of Racing](#)
- [NSR - National School of Racing](#)

KEY

Local, Regional and National competition pathway

MTB XC ENDURANCE

SPRINT BMX

BRITISH CYCLING PROGRAMMES

- Club Network
- Development Centre
- Regional School of Racing
- National School of Racing



The Nomination Process

The RSR Nomination Process



- Each year clubs will be emailed a nomination spreadsheet and weblink to nominate riders to take part in pathway activity. A longlist of nominated riders will be formed by each discipline Talent Development coach.
- If you are a club or coach working with young riders and you wish to be added to the talent distribution list please email talentdevelopment@britishcycling.org.uk stating the following:
 - Name
 - Club
 - Coaching qualifications with BC membership number
 - British Cycling region
 - Discipline mailing list(s) you wish to be added to
- Once the deadline for nominations has passed, Talent Development coaches in partnership with British Cycling Go-Ride coaches will discuss nominated riders on the longlist and apply the criteria. Clubs will then be given the chance to add any additional comments before a finalised list of riders is produced and invites circulated.
- Riders who are not successful in their application for RSR activity will be offered feedback via their nominating club coaches to aid progression in the future. Due to the way young people develop, it is not uncommon for riders who are not successful first time around to be brought into activity later that year, the programme is flexible enough to cope with this demand.
- Outside of the nomination window, clubs can nominate riders at anytime of the year, please contact the relevant talent development coach.

Non Olympic Discipline Nomination Process



Currently, a number of cycling disciplines are not recognised as Olympic sports (Cyclo-Cross, Cycle Speedway, E-Racing), the talent development programme will still consider nominations for riders who fall outside of these disciplines.

The nomination process:

- Nominating clubs should be able to demonstrate the relevant criteria for the discipline they are nominating for in order to be considered (for more information please refer to the relevant discipline page).
- Clubs from non-Olympic disciplines can still nominate riders at any time of year for RSR activity.
- Clubs should apply the nomination process from page 7.



Essential Criteria

Essential Criteria



Across all disciplines, and for entry into Regional Schools of Racing, we have produced 8 **essential** conditions that clubs/riders will be asked to demonstrate in order to be invited into activity. This criteria will be checked by the talent development team at club nomination stage:

- Hold a British Cycling **race licence**, is from a **British Cycling club** and holds/eligible for a British Passport.
- Attends **British Cycling Development Centres** in the discipline being nominated for*
- Can evidence that the athlete is working through a copy of the **talent development handbook** upon nomination and understands the British Cycling pathway.
- Is a multidisciplined athlete - takes part in other disciplines and sport(s).
- Is self motivated to be the best athlete they can be.
- Is racing **regionally** in MTB/Circuit/Track/BMX/Cyclo-Cross/Speedway discipline(s) and is **competitive** at these races.
- Is committed to racing nationally in the season of RSR delivery.
- Meets the age criteria for each discipline - see pages 9-13.

* We will consider travel and distance to Development Centres in each RSR nomination received.



Discipline Specific Criteria

Track and Circuit



Discipline Criteria

Track & circuit endurance (red/black in the pathway diagram) are combined as one discipline, youth riders who are competing in both disciplines will get preference due to the multi-disciplined approach. In 2019/20 age groups will consist of:

Boys - 2004 and 2005 born

Girls – 2004, 2005 & 2006 as well as junior 2003 born girls.

Riders will need to be able to demonstrate the following to be in consideration for RSR sessions:

- Can ride for two laps at the top of the track out of the saddle (indoor)
- Can commit to a solo attack in track/circuit races
- Engages in 2 hour+ club runs/rides
- From the ***talent handbook*** can demonstrate and submit:
 1. 50 metre standing start times
 2. Roller rev out speeds
 3. Roller 10 Mile TT times
- Is racing locally and regionally as a minimum:
 1. Track – ***Track leagues*** and ***regional omnium series***
 2. Circuit – ***Mid-week crits and regional series***

Activity Locations

Nominations will be requested in August 2019 with riders identified for sessions starting October 2019.

Girls & Boys Track

Two groups nationally, up to 35 riders in each group:

1. North – Will use Manchester and Derby velodromes
2. South – Will use London and Newport velodromes

Girls Circuit

Two groups nationally up to 35 riders in each group:

1. North (5 regions)
2. South (5 regions)

Boys Circuit

Four groups nationally with up to 35 boys in each:

- 1) North
- 2) Midlands
- 3) South West
- 4) South East

Track Sprint



Discipline Criteria

Track sprint (yellow in the pathway diagram) will combine sessions with the track endurance group. We **do not** recommend that youngsters specialise in one discipline and should remain multidisciplined, however, we do understand that some riders have a passion for sprint racing. In 2019/20 age groups will consist of:

Girls and Boys - 2004, 2005 and Junior 2003 born

Riders will need to be able to demonstrate the following to be in consideration for RSR sessions:

- Can ride for two laps at the top of the track out of the saddle (indoor)
- Can commit to a solo attack in track/circuit races
- Has a passion for *sprint racing* and events
- A 500m track time from a held standing start
- From the *talent handbook* can demonstrate and submit:
 1. 50 metre standing start times
 2. Roller rev out speeds
- Is racing locally and regionally as a minimum:
 1. Track – *Track leagues* and *regional omnium series*
 2. Circuit – *Mid-week crits and regional series*

Activity Locations

Nominations will be requested in August 2019 with riders identified for sessions starting October 2019.

Girls & Boys Track

Two groups nationally, up to 35 riders in each group:

1. Manchester and Derby (North)
2. London and Newport (South)



Discipline Criteria

Building on the essential criteria, we have identified discipline specific criteria for BMX. In 2020, riders will be identified from birthdates:

Boys and Girls – 2003, 2004, 2005 and 2006 born.

All riders will need to be able to demonstrate the following to be in consideration for RSR sessions:

- Is attending coaching sessions at least once a month.
- From the *talent handbook* can demonstrate and submit:
 - 50 metre sprint times
 - Wheelie distance of: 7metres for boys and 5 metres for girls*
 - Manual distance of: 7metres for boys and 5 metres for girls *
 - Bunny hop height of: 35cm for boys and 25cm for girls*
 - Jump distance of: 1.5metres for boys and 1 metre for girls*
- Is consistently qualifying for 'A finals' in *regional level racing*
- Is consistently achieving 'B finals' in a *national races*

All of these must be completed on flat pedals

Activity Locations

BMX activity will take place across the five British Cycling BMX regions, each region will be provided **a maximum of 30** invites for riders achieving the 'essential' and 'discipline' specific criteria. Nominations will be requested in December 2019, riders identified will start sessions in March 2020.

Boys and girls will be combined at all BMX Regional School of Racing sessions.

BMX Regions

1. North
2. Midlands
3. Eastern
4. South
5. South West



Discipline Criteria

Building on the essential criteria, we have identified discipline specific criteria for MTB. In 2020, riders will be identified from birthdates:

Boys & Girls - 2004, 2005 and 2006 with some Junior 2003 riders considered.

Riders will need to be able to demonstrate the following to be in consideration for RSR sessions:

- Is attending coaching sessions at least once a month
- From the *talent handbook* can demonstrate and submit:
 1. 50 metre sprint times
 2. Wheelie distance of 3 metres (Boys/Girls) *
 3. Manual distance of 3 metres (Boys/Girls)*
 4. Bunny hop height and distance of 15cm (Boys/Girls)*
 5. Can track stand for 15 seconds (Boys/Girls)*
- Is racing locally and regionally in MTB
- Is racing local circuit races
- Riders competing in Cyclo-Cross will be considered

All of these must be completed on flat pedals

Activity Locations

MTB will deliver Regional Schools of Racing activity across four zones, each zone will be provided **a maximum of 25** invites for riders achieving the 'essential' and 'discipline' specific criteria. Nominations will be requested in December 2019 and riders identified for sessions starting in March 2020.

Boys and girls will be combined at all MTB Regional School of Racing sessions.

MTB Regions

1. North
2. Central
3. South East
4. South West



Racing Guidance

Which races do the Talent Development programme recommend?



Circuit & Track

<u>Racing Advice</u>	<u>Local Racing</u>	<u>Regional Track and Road</u>	<u>National Circuit Series</u>	<u>Circuit Champs</u>	<u>Track Omniums</u>	<u>Track Nationals</u>
Youth C and younger	Yes Track League (Weekly) Circuit (Weekly)	Optional	Not available	Not available	Optional	Not available
1 st Year Youth B Riders		Yes (Series)	Optional	Optional	Optional	Not available
2 nd Year B Riders		Yes (Series)	Yes – Identified races	Yes	Yes	No
Youth A Riders		Yes (Series)	Yes	Yes	Yes	Yes
Youth A Sprinter		Yes (Track Leagues)	Yes	Yes – Identified races	Optional	Yes

Which races do the Talent Development programme recommend?



BMX

<u>Racing Advice</u>	<u>Local/Club Racing</u>	<u>Regional Racing</u>	<u>National Racing</u>	<u>UEC Rounds/UCI World Championships</u>
U10s and Younger	Yes	Yes	Optional	No
11-13's	Yes	Yes	Yes	Optional
14's,15's & 16's	Yes	Yes	Yes	Yes

MTB & Cyclo-Cross

<u>Racing Advice</u>	<u>Local Racing (If this exists)</u>	<u>Regional MTB and CX</u>	<u>National Series/Trophy/Champs</u>
Youth C / U12 and younger	Yes	Optional	Optional
1 st Year Juveniles / 1 st Year U14's		Yes (Series)	Optional
2 nd Year Juvenile / 2 nd Year U14s		Yes (Series)	Yes - Identified Races
Youth / U16's		Yes (Series)	Yes



Contact The Team

Talent Development Team

3 x Endurance and Sprint coaches

- MANCHESTER
- DERBY
- LONDON

1 x MTB coach

- National

1 x BMX coach

- National

Contact us on social media



Twitter @BC_TalentDev

MANCHESTER – Joe Malik
joemalik@britishcycling.org.uk

North East region
Yorkshire region
North West region



LONDON – Jason Cattermole
jasoncattermole@britishcycling.org.uk

South West region
South region
Eastern region
South East region



MTB – Jack Humphreys
National
jackhumphreys@britishcycling.org.uk



BMX – Dylan Clayton
National
dylanclayton@britishcycling.org.uk



DERBY – Rob Sharman
robsharman@britishcycling.org.uk

East Midlands region
West Midlands region
Central region



Links to British Cycling

Useful Links to British Cycling Content...



Cycling competition, equipment and rules of specific disciplines can at times be confusing, below we have highlighted a number of different links to sections within the British Cycling website.

Youth Competition Guides

We have produced clear and concise guides which introduce British Cycling's various policies and programmes for young people. These guides have a specific focus on; competition structure, age categories, event specific demands and cover all of the six cycling disciplines.

- 1) [BMX](#)
- 2) [Circuit/Road](#)
- 3) [Track](#)
- 4) [MTB](#)
- 5) [Cycle Speedway](#)
- 6) [Cyclo-Cross](#)

Racing Links

Information linked to racing, rules, regulations and calendars for each discipline can be found below:

- 1) [BMX](#)
- 2) [Circuit/Road](#)
- 3) [Track](#)
- 4) [MTB](#)
- 5) [Cycle Speedway](#)
- 6) [Cyclo-Cross](#)