

## 1 **Cameron Swarbrick.**

He was one of the most ebullient but unpredictable riders not so very long ago. Popular off the bike and a bit of a handful on it, ragged and without stamina or endurance. But cycling has done a lot for him.

He is beginning to learn and listen, to persevere, and to work hard. The difference in the last 12 months has been dramatic. He has gone from participant to contender to winner.

His form has not been consistent, but he has shown signs of brilliance, and more importantly real pleasure from his bike and his riding. If he targets events and trains for them he could produce some very good results from his favored disciplines, if he worked on his weaknesses as well as his strengths he could have an amazing year next year.

**A possible contender for next years Best Improved rider award  
The clubs new sprinter and keirin specialist.**

## 2 **Daniel Lansley**

This young rider is making a real impression at PPV. His first 4 months cycling have rewarded him with a gold time for the 200M which ranks him second in our current U12 riders. He has also achieved a silver in the 1 lap.

He has progressed to racing at Calshot, so it appears he has no fear, so now it is time to settle down, and learn the skills needed to be a good racer. As the coaches are often heard to say it is not just legs that win races, it is head and preparation as well.

**Time to start cleaning that bedroom and showing your brother the way it should be done, as he is close on your heels !!!**

### 3 **Georgie Hardy**

A convert from another sport, this rider has only been with us for a couple of years as a committed cyclist and the efforts are starting to turn into results, time spent with Victoria Pendleton at the DHL sprint school has obviously helped !

Moving from 33<sup>rd</sup> in the National rankings to a creditable 11<sup>th</sup>, with a lack of road racing !!

**Time for her to believe she can have the stamina for the longer races as well as the sprints if she puts the work in over the winter to ensure that she joins the ranks of ladies racing with the strength she needs to compliment the skills she has been learning.**

### 4 **Chris Legg**

When he does get to the track to train and race with us he almost goes unnoticed, being one of the quiet and unassuming riders the club has a reputation for breeding. He would rather let his riding do the talking, including when he shows the younger riders just how things should be done.

A good 2006 included being nationally ranked 26<sup>th</sup>, finishing our Omnium 12<sup>th</sup>, but in 2007 he really came of age, both on and off the track. He obtained a second place at our Omnium this year, his regular place this year in the Omniums, one day he will win one !! But win on Monday nights he did, in the adult A league, a 20K race.

**He finished with a national ranking of 3<sup>rd</sup>, to complete a great year**

## 5 **Frazier Carr**

Another of our quiet and easily over looked riders until you start looking at the effort he puts into his racing. He has been broadening his horizons this year taking on tracks that he has feared in the past.

He may not have found his sprinters legs yet, maybe something to work on, as his efforts in the longer races are not always rewarded with the final results.

He is a hard working rider, in a group, or often seen riding out front alone as he has developed his strength again as the year has progressed.

He has often made brave breakaway attempts in the big races and has managed a good result.

**Continued hard work and better skills will help him obtain better results. finished 2<sup>nd</sup> at our MTB champs in front of some of our more experienced riders.**

## 6 **George Withers**

He was a good rider last season but didn't always seem so dedicated and committed. He has been in one of the toughest groups this year and battled away successively and impressively.

He isn't loud or showy, he doesn't need to be because action speaks louder than words.

He has an older brother, who I am sure is guiding and advising him... and doing an excellent job.

His rides at the national track championships and in the track league have been a display of pure determination and increasing race skill. His titanic battles have not always ended in victory, but he has been a pleasure to watch, and he has shown some canny tactics.

**He is not afraid of anyone on a bike, perhaps due to his rugby training**

**7 Emily Barnes.**

She has gained experience on the track, competing in Calshot Winter League and attending Sprint School, which culminated with participation in the Mini Revolution at the Newport Velodrome

She has been a consistent performer at national level this year, a highlight being second place in the National Circuit Race..

An observed transition over the winter period, She emerged in the spring at a higher level, shown by achievement in beating both the 200m and one lap U12 Girls club records.

**In her Cousins footsteps a prospect for the future**

**8 Ethan Goddard**

Was nominated for this award last year but I think that he has had another impressive year. He has greatly reduced his times, mastered clipless pedals with apparent ease, ridden competitively in his first omnium on fixed wheel, and tackled Calshot.

He always seems to try his hardest, even when racing against much bigger and stronger riders.. He is yet another quiet and unshowy rider... the quiet ones are obviously the most deadly... he just gets on with the job.

**His full participation at all the events on offer has deservedly won him the under 8 boys title**

## 9 **Stephen Bradbury**

In the Omnium series he has fought and beaten fellow competitors that had previously more often beaten him. At the Monday night track league he has give the adults a run for their money.

He seems to have Duracell batteries and sometimes has to be held back from doing too much.

He has been a valuable assistant and role model to younger riders at Saturday training, " I enjoy seeing the smiles on their faces" I recall him saying.

His riding style appears to have changed into a potential champion in the cycling world. His ability to stay with A\*and Junior (and adults for that matter) has become something to behold.

Has made the talent Team

**The challenge now, perhaps greater than getting there is to maintain the level of dedication needed for continuous development to stay there.**

## 10 **Callum MaCleod.**

A miniature pro, a dedicated and determined approach to his cycling has replaced his nervous enthusiasm. In the last year he has set an example to older rides by his steady progress, lack of drama and a fluid pedalling style. He is not a rider to give up any more, and has set himself ambitious targets.

**He may not have hit them yet, because he is after all very young, and wants so much to break the U8 club record for the 200m**

## 11 **Chris Brant.**

He is clearly a very strong rider, with a killer turn of speed and high levels of endurance for a rider so young. He is a rider in one of the target age groups, at times the track seems awash with little riders! To stand out among such a large group is difficult, especially when off the bike he is very inconspicuous. But he listens to coaches and if he thinks they are telling him something useful he sticks with it, disregarding anything else until he has proved for himself whether it works or not. But he stands out for his impressive times, his growing racecraft, and his simple determination.

**Requires a kickstart into gear (me being pleasant) from time to time.**

## 12 **Rachel Ansell**

This rider quietly gets on with her cycling . She listens to and endeavors to put into practice Coaches instructions and importantly seems to enjoy cycling.

It was her first experience of the MTB championships this year in the mud of Checkendon, where she put in a determined performance. She has steadily improved throughout the year, new PB's have been set.

This year she has succeeded in a range of disciplines; and then winning the girls U10 club skills competition.

**New experiences and challenges await, the slopes of Calshot ?**

### **13** **Mark Palfy**

It is easy to overlook the struggle that new riders experience when they get absorbed in cycling. It is always a challenge and you can share their individual triumphs and their knock backs.

But when you are a little older the expectation is often higher and the fall much greater. Not so for this rider, he embodies all that is good about PPV, a willingness to join in and try new methods, has got stronger, more proficient, made new friends and is clearly having fun.

**He really enjoyed the experience of the DHL Sprint school**

### **14** **Dominic Butler**

This rider has never been a very strong cyclist but his grit and determination has impressed me.

He is always willing to try and do his best. I feel this has finally started to payoff. The sprint races he's been in recently have shown how his work has paid off. His stamina isn't always the best for the longer races but seldom gives up.

This achievement has more significance, when you consider that perhaps many others may have given up at a much earlier stage.

But this is not the case for this rider, he has stuck with it, determined to improve and within PPV he has no boundaries and every encouragement. There exists within almost every person, an association with struggling to achieve something worthwhile.

**Its really a pleasure, to witness the progress, this rider has made.**

**15 Jason Pitt**

This rider demonstrates the ability to gradually improve performance; by using both his, physical ability and a positive mental approach..

I am somewhat reluctant to project this rider at this stage of his development, I would really prefer to keep his feet on the ground, but simply, the progress needs recognizing.

Being nominated in its self is recognition of the slow but consistent progress that has been maintained.

**He was Nominated for this award also in 2003**

**16 John Ellis**

Several times this year his parents have been asked why he wasn't there, when in fact he was. This is because he has calmed down and has settled into trying to get better. It has become apparent that he has listened to the coaches, especially Gisela. He has taken on board what they have said and now uses tactics rather than just rushing off the front. He can stay with a bunch much longer and works together well with others, (sometimes even his brother!). He can quite often be seen, rather than messing about on training days, helping the younger ones with encouragement and assistance. His bike handling skills have improved, finally getting a clear round in the Skills, and having a much reduced crash tally.

**His next stage hopefully will be the DHL Sprint school**

## **Winner**

This rider has shown what can be achieved with commitment, hard work and good attitude coupled with ability and consistency.

Always willing to share his skills with riders of all abilities and ages.. and even inexperienced coaches.

A great role model for our riders, Represented our club all over the country and abroad, has achieved Talent Team Status,

Trains with the best in the country (That's Palmer Park Riders)

Has been nominated for this award many times over his career with us, and has come close to winning it, but never has, well until this year.

Nominated in 2006, 2005, 2003,2002,2001,1999

He was 6.14 years of age when he achieved 29.01 secs for 200m but then moved on to break the U8 club record just before he was 8

Still Holder of the U8 Boys 200m Club record with a time of 19.17secs and this year's Best Improved Rider.

## **Chris Legg**