



Showcase
& Awards
2024

Bangor-on-Dee Racecourse Non Raceday Event

Circuit Training for Fibrax Fenwicks Wrexham Cycling Club



Proudly partnered by



RACING POST



Objectives



Background

The partnership between Bangor-on-Dee Racecourse and Fibrax Fenwicks Wrexham Cycling Club was initiated to address the pressing need for safe, traffic-free training facilities for young cyclists in the local community. The club, a long-standing and British Cycling accredited organisation, serves as a crucial hub for youth and senior cyclists in North Wales. However, it lacked the necessary infrastructure for advanced training, particularly for youth members aspiring to compete at regional and national levels. Recognising this gap, Bangor-on-Dee Racecourse sought to leverage its facilities to support the club's development while simultaneously enhancing its role within the local community.

Objectives

- One of the primary objectives was to offer a secure environment where young cyclists could train without the risks associated with open-road cycling. By providing access to the racecourse's service road, the racecourse aimed to create a space where youth members could focus on improving their skills in a controlled and safe setting.
- In addition to promoting the safety and development of young cyclists, the racecourse aimed to showcase its versatility as a venue. Already known for hosting a wide range of events, including exhibitions, meetings, and conferences, Bangor-on-Dee sought to further demonstrate its capacity to support community initiatives beyond its core racing activities.
- Finally, this initiative was designed to strengthen the racecourse's ties with the local community by engaging with a well-respected local club and contributing to the positive development of young athletes. Through this collaboration, the racecourse aimed to enhance its brand reputation and position itself as a key player in local community development.

Delivery



To bring this initiative to life, Bangor-on-Dee Racecourse collaborated closely with Fibrax Fenwicks Wrexham Cycling Club to ensure the training sessions were both effective and engaging for young cyclists. The racecourse agreed to host three circuit training sessions across March and April 2024, each lasting two hours. The sessions were specifically designed for second-year under-12s to juniors (approximately aged 11 to 17) who were preparing to compete at regional or national levels in the upcoming cycling season.

To promote the sessions, the Cycling Club and Bangor-on-Dee utilised their social media platforms and event listings in the local area, ensuring the opportunity reached as many young cyclists as possible. The racecourse also supported the initiative by providing access to its 2.3km service road, which was ideally suited for traffic-free circuit training. This provided a safe environment for young cyclists to train, allowing them to focus on skill development without the usual hazards of road cycling.

The training sessions were tailored to meet the needs of aspiring competitive cyclists, offering a challenging and varied environment that differed from the typical "how to ride a bike" sessions for younger children. The use of the racecourse's facilities allowed coaches to implement advanced techniques and drills that would have been difficult to achieve on open roads or in less secure environments.

By opening its doors to the Cycling Club, Bangor-on-Dee Racecourse not only supported the development of local youth cycling but also reinforced its commitment to serving the community as a versatile, multi-purpose venue.

Results



The circuit training sessions at Bangor-on-Dee Racecourse were a resounding success, providing young cyclists with the ideal environment to prepare for the upcoming road cycling season. The 2.3km traffic-free circuit offered a safe and controlled setting where the participants could focus on refining their skills and improving their fitness levels, without the typical dangers associated with open-road cycling.

The change in training environment had a significant positive impact on both the coaching approach and the cyclists' performance. Coaches were able to implement advanced drills and techniques that challenged the participants in new ways, leading to noticeable improvements in their riding abilities. The sessions were well-received by both the cyclists and the coaches, with feedback highlighting the benefits of the unique venue.

Several cyclists who participated in the training sessions went on to achieve notable success in regional and national competitions, including podium finishes at the Welsh Championships. These achievements not only reflect the effectiveness of the training but also underscore the importance of having access to high-quality facilities like those at Bangor-on-Dee.

The success of the sessions has sparked discussions about the potential for future collaborations between the racecourse and the Cycling Club. Plans are already being considered to hold additional circuit training sessions at Bangor-on-Dee in the coming years, further cementing the racecourse's role as a key supporter of local sports development and a valued community hub. This initiative has also strengthened the racecourse's brand as a versatile venue that offers more than just racing events.

Supporting Information (max 1 slide)



“All the feedback was really positive, and the youths enjoyed training in a different environment that meant we used different coaching techniques and race scenarios to what we employ usually. Cyclists and Jockeys have more in common than meets the untrained eye and we hope that we can build on this.”

- Mark Charlesworth, Fibrax Fenwick's Wrexham Cycling Club Coach



Circuit Cycle Training at Bangor on Dee | The Racecourse

Time: Mar 24, 2024 (UTC+0) ENDED

Location: The Racecourse



“There are very few safe environments for youths to learn more advanced skills and race tactics in the Wrexham area as we can only train on traffic free roads. Therefore having access to the service road at Bangor on Dee has been really critical for the youths to advance those skills and race tactics in the spring to then apply them in races throughout the summer.”

- Mark Charlesworth, Fibrax Fenwick's Wrexham Cycling Club Coach