Cycling at Manchester Metropolitan University

Manchester has a rich Cycling heritage, home of the UK’s first indoor velodrome to the prestigious local road-racing scene. The city has produced many a champion and it is easy to see why, just a 30 minutes ride away from the Peak District; Manchester offers some of the best riding in the country. During the winter months, the velodrome hosts three weekly track leagues attracting the top North West riders to the boards. During the summer months, criterium racing takes place at nearby Tameside whilst the Manchester Wheelers hosts its notorious 10-mile TT’s on the Cheshire Lanes. All of which is within a 30 minute ride from the Universities halls of residence.

The University Cycling Club heads out into the hills on club rides on both Wednesday and Weekends. They also offer a Circuit session Tuesday and a Friday morning Turbo Session, and new in 2017 are Wednesday Track Sessions. These sessions will be coached by former GB track Sprinter Matthew Crampton, Podium Fitness Coaching. The university has an abundance of Labs that are available to Sports Scholars to support Performance Testing; including Lactate Threshold, FTP and VO2 Max testing vital to pushing your performance to the next level. Our Scholars are also offered bespoke nutritional advice as well as the opportunity to attend nutrition workshops, to find out how to fuel your body whilst training and racing.

Manchester Metropolitan University has a depth of cycling talent both past a present, having supported many athletes to start, develop and continue their cycling careers, with great success at BUCS championships and beyond. In 2015/16 Manchester Metropolitan finished 6th overall in the BUCS cycling league standings with 86 points after victories in the Women’s Road Race, Team Sprint, Sprint, 500m.

Our current cohort includes BUCS record holders, National, Olympic and World Champions. Meet our athletes;

**Sports Scholars**

**Jessica Crampton:** NationalSprint Champion 2017- BA (Hons) Fashion Design and Technology.

**Jess Varnish:** Former GB Cyclist-BSc Sport and Exercise Nutrition.

**Ellie Richardson:** Scottish Cycling-MSc Advanced MSK Physiotherapyhttps://d.adroll.com/cm/f/out

**Kadeena Cox:** GB Para Cycling/Athletics – Physiotherapy.

**Helen Scott:** GB Para Cycling – BSc (Hons) Sport and Exercise Science.

**Alumni**

**Gabrielle Shaw:** WNT Women’s Team.

**Alice Sharpe:** NCC-Group-Kuota- Torelli Women’s Team. Former Chairman of the Cycling Club, 2014-2016.

**Robert Crampton:** Former Dave Rayner Fund Athlete and 2016/17 Chairman of the Cycling Club 2016-2017.

**Alex Welburn:** TORQ Performance Mountain biking team.

**Lisa Daily**: Former BUCS record hold

Manchester Metropolitan University’s scholarship scheme supports athletes during their sporting and academic endeavours in order to compete at British University and colleges Sport (BUCS) championships, which is a key sporting target for the university. BUCS host over 50 inter-university sports competition throughout the year; bring together the top student athletes in the country to compete across a number of sports. Cycling is BUCS most varied programme, offering a number of disciplines including; Hill Climb Championships (October), BUCS Track Champs (November), Para-Cycling, 10, 25 mile TT (March/April), BUCS Road Race (May), BUCS Crit Championships (May).

The University has enjoyed great success across these events;

**2016**

BUCS Sprint Champion (Jessica Crampton)

BUCS 500m Time Trial (Jessica Crampton)

BUCS Team Sprint (Jessica Crampton & Ellie Richardson)

BUCS Road Race Champion (Alice Sharpe)

BUCS Elimination Race Champion (Jess Varnish)

8th BUCS 25Mile TT (Alice Sharpe)

**2016- Summer Track Champs**

BUCS Team Sprint (Jessica Crampton & Ellie Richardson)

BUCS Sprint Champion (Ellie Richardson)

BUCS 500m Time Trial Champion (Ellie Richardson)

2nd BUCS Sprint (Jessica Crampton)

3r**d** BUCS 500m Time Trial (Jessica Crampton)

**2015**

4th BUCS Individual Pursuit (Gabrielle Shaw)

BUCS Sprint Champion (Ellie Richardson)

2nd Women’s Team Sprint (Ellie Richardson & Lisa Daily)

BUCS 500m Time Trial (Ellie Richardson)

5th BUCS Women’s Point Race (Lisa Daly)

8th BUCS Women’s Elimination Race (Lisa Daly)

7th BUCS Sprint (Lisa Daly)

6th BUCS Women’s Point Race (Gabrielle Shaw)

6th BUCS Elimination Race (Robert Crampton)

6th BUCS Points Race (Robert Crampton)

**2014**

4th BUCS 10mile TT (Alice Sharpe)

4th BUCS Hill Climb (Alice Sharpe)

BUCS Elimination Race Champion (Lisa Daly)

3rd BUCS Scratch Race (Lisa Daly)

2nd BUCS Sprint (Lisa Daly)

6th BUCS Sprint (Robert Crampton)

Manchester Metropolitan Cycling Performance Hub

Manchester is the perfect location for any aspiring cyclist giving them access to world-class facilities in the city and the unique and challenging road of the peak district. Our sport scholarship offer builds upon this foundation, offering lifestyle support amongst other services.

**• A Comprehensive and varied training offer**

**• Competitive local racing scene across all disciplines**

**• Coached weekly track sessions, by former GB track sprinter Matthew Crampton**

**• Access to a personalised training program**

**• Weekly road rides into the Peaks and Cheshire lanes**

**• Discounted additional training sessions at the Velodrome**

**• Lifestyle support and advice**

**• Access to development workshops [Inc., race mentoring and tactics]**

**• A contribution to sport expenses**

**• Personalised strength and conditioning Program**

**• Access to our strength and conditioning suite at the Platt Lane Sports Complex**

**• Opportunity to study from a range of undergraduate and post graduate qualifications**

**• Bespoke nutritional and Sport Science support**

**• Physiotherapy services tailored to you including access to Sports massage**

**• MMU Sport Scholar leisurewear and performance skinsuit**

Entry Criteria

Applications for the 2017/18 will be accepted from the 1st of February until the 1st September 2017. Please note that Cyclist must also meet the Sport Scholarship criteria as outline on the website along with the requirements outlined below;

* Be available to compete at BUCS in chosen discipline/s.
* Be capable of medalling at BUCS *[DH MTB, 10 TT, 25 TT, 3up TTT, Road Race, Hill Climb].*
* Attend and support the University training sessions throughout the year.
* Provide an outline of your upcoming race schedule/ goals for the season.
* Provide a reference from coach or national governing body along with a race CV.

*If competing at a lower level we welcome you application and might be able you a position on out Development squad.*

Training & Local Racing Scene

A relatively new club to the Students Union Manchester Metropolitan Cycling Club was established in 2012, the club has grown from offering weekly road rides to offering a full schedule of training year round. See below the full training schedule provided by the Cycling club along with local racing and track sessions.

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|  | **Cycling Club Sessions** | **Additional Information** |
| **Tuesday** | **Circuit Training** 7-8pm @ Manchester Grammar School | Focusing on strength and conditioning these session are perfect for building a strong core, vital to any cycling discipline. |
| **Wednesday** | **Track** – 1-2pm @ HSBC UK National Cycling Centre  **Road Ride** 10.30am from Armitage Centre. | Former GB Sprinter, Matthew Crampton will coach the weekly **Track** session. Having spent 13 years on the GB squad Matthew brings a wealth of knowledge and experience. These sessions will prepare athletes for the BUCS Track Championship held in Manchester at the end of November.  Road ride heading out into the Cheshire lanes or the peak district. |
| **Friday** | **Turbo Session** 8-9am | A pre lecture training session, these sessions will build upon a mixture of Speed and Endurance, the perfect winter conditioning prior to the race season.  Turbo trainers are provided. |
| **Saturday/ Sunday** | **Road Ride** 10.30am from Armitage Centre. | Road ride heading out into the Cheshire lanes or the Peak district. |

**Local Racing-** Manchester’sTrack leagues runs October-April, costing £10.00 per week for students. There are three leagues, which cater for differing abilities more information available on the BC website.

**Monday ACT Track League-** Accreditation required [3/4 cat juniors, 2/3/4 cat Women, 2/3/4 cat Veterans and 3/4 cat seniors].

**Tuesday Night Track League (Prem 1) -** Accreditation required and must be invited to ride.

**Friday Night Track League-** No accreditation required. [[E/1/2/3/4/W](javascript:void(0))]

TCDG Race League Support by Rapha runs every Tuesday night from April-August at the Tameside circuit. Entry costs £10.00 and is open to Cat 2/3/4 and also offer a Women league every second Tuesday of the month. These races are perfect for getting some early season racing practice and points in.

There is a strong local TT racing scene, 10/25 TT hosted by Manchester Wheelers around the nearby Cheshire lanes taking place on a Monday evening and some Weekends.

There is plenty of other local racing taking place a little further afield. Including the notorious Eddie Soens, Pimbo, Salt Ayer and Darley Moore all within 1-hour driving distance.

**HSBC UK National Cycling Centre-** The home of British cycling and the busiest Velodrome in the World. Despite this, the world-class facility offers a number of Structure quality training sessions, perfect training and race practice. These sessions paired with the Wednesday afternoon session provided by the University and a Track leagues once a week makes for an unrivalled track offer to students looking to pursue both cycling and academia.

Manchester Metropolitan students are also entitled to a 10% discount to any Taster sessions, Accreditation (1-4) and Derny/Sprints SQT session.

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|  | **HSBC National Cycling Centre** |
| **Tuesday** | SQT A & B 6-7pm |
| **Wednesday** | Sprint SQT 8-9pm |
| **Thursday** | SQT B 6-7pm |
| **Saturday** | SQT A & B/Madison 11-12pm |
| **Sunday** | SQT A & B 6-8pm |

Email us at Joe Wharton at [J.Wharton@mmu.ac.uk](mailto:J.Wharton@mmu.ac.uk) for more information.