

The year started with so much promise for CUYA, we had organized a first for the committee in the form of a youth development day for U14/U16 at the start of February, we had over 30 riders attending on the day. The day consisted of a strength and conditioning talk, a talk around dietary recommendations as well as a fun element to the day utilizing Mountain bikes. This mountain bike session was operated by Killian Bryne from Cloughmor Extreme and was for many of the youth riders the highlight of the day.

The youth road racing calendar was looking promising with many clubs offering youth racing as part of their adult program to help formulate the CUYA Road League. The successful Crit League was penciled into the calendar starting in April and running every Tuesday Evening over 10 rounds accommodating U6 UP TO U16.

We had also planned for various other development days to help the youth riders, but as we know all the plans were in vein come the end of March. At this stage we needed to look at other options and we developed a Virtual online training program utilizing Zwift Academy with the help of Stephen Gallagher from Dig Deep Coaching. This took the form of 2 x 1 hour sessions per week, during these sessions Stephen had some very experienced guest riders such as Graeme Brown a Double Olympic Gold medallist on the Track plus over 30 professional victories on the road, ex-World Tour rider and Dig Deep Coaching owner Dan Fleeman, he gave some tips on sprinting and maximizing your efforts. Dan is a previous British champion on the road and hill climb. Ian Field is a 5 time British National CycloX Champion and has represented Great Britain on numerous occasions at the World Championships, and we also had as a guest rider, current World Tour professional and ex-World TT and ex Australian Champion Jessica Allen.

All these guest riders gave the young riders some very useful tips and guides to help them with their training. These sessions were open to all riders from U12 TO U16, we ran a second session during the month of July/August but this was more focused for u14/u16 and a separate session for u10/u12.

Kinnings Cycles ran a very successful 4 week race program at Nutts Corner for Youth riders from U10-u16 as part of the Adult evening of races, it was a pity about the weather on a few evenings but at least the youth riders got some racing in before the rescheduled National Champs and Ulster Champs

Towards the end of the season we were very lucky to have Island Wheelers step into the foray to run the Ulster Road and TT Championships and Panduit to run the National Road Race Championships for Youth.

With the road racing season ended many of the youth riders would begin to focus on the up coming Cyclo-cross season and with this in mind we organised a cyclo-cross development day in conjunction with Cycling Leinster at the McCrystal Cyclo-cross Park in Dundalk in August, we had about 15-20 youth riders from Ulster on the day and they had some very good advice from David Conroy and Andy Layhe.

With the season on hold again we hope to offer some further online development days during the coming winter months

The committee would like to thank Cycling Ulster and Cycling Ireland for the help and advice over the last year.