
Cycle Sport: living the dream

Jake Beach

I became interested in cycling when I was around 8 years old. I used to ride my bike all the time and my mum and dad asked me one day if I would be interested in joining a cycling club. I was, so I joined the Wakefield Junior Triathlon Club. There was training in running and swimming as well as cycling.

I like cycling because you meet different people and make new friends. You travel to different places and it is a lot of fun racing other children my age. My mum and dad have helped me along the way. They fund everything: equipment, clothing and entry to competitions, and my mum takes me to most of the races.

I am 13 now and I ride for Aire Valley Racing Team. I enjoy being part of a team because of the support and friendship with team members when travelling around the country to races. I got involved in competitions when I was at my first club. Even though I did not take part in a triathlon the coach wanted to know if I would take part in a cyclo-X race at Bridlington. I raced on a mountain bike and got 8th place; I was 8 years of age and raced against 10 year-olds.

I think my best cycling experience was winning my first ever race. My worst was doing really well in a race and then crashing on the final lap.

To be the best I can be, I train four to five times a week in different areas of cycling. My schedule is: Monday—road cycle at the Richard Dunn Sports Centre outdoor track, Bradford; Tuesday - rest; Wednesday— cyclo-X at Wakefield ; Thursday—go on the rollers at home on my fixed gear track bike for 30 minutes; Friday - training depends on whether it is summer or winter; Saturday and Sunday—usually racing.



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If all goes well, I hope to make the British Cycling Talent Team for Under 16s in a few years time and after that the Olympic Development Squad. Then I'd like to be a professional cyclist.