

2018 has been a seriously challenging season and July didn't seem to be an exception. I spent the entire month in Belgium racing and living just over the border in Holland.

The temperature super-heated up and there seemed to be more UCI teams present, but I was managing to hold my own and get myself round in the big races which was a big confidence boost for me. I was learning a lot, my positioning improved massively and I found myself the right side of the bunch splits in most of the races.

A few weeks in, training was going well and I was in a really good headspace but unfortunately I had my hardest crash in a long time. The girl in front of me came down somehow, I actually thought I'd heard the crash behind me and that I'd avoided it but people were obviously touching brakes and I'm not sure how it happened but I had nowhere to go and my front wheel hit her, and I went over the bars but I missed the road and fell about 10 feet down a ravine by the side of the road. I got back up crawled out and tried to finish but the laps were quite small so I'd lost a lot of time getting out of the ravine trying to catch back to the bunch and with no convoy it was really hard and I got pulled by the comms after about 30km.

It turns out I had 7 fractures in total from that crash, including my ribs, hand and my shoulder (which requires surgery).

I did a further 3 more races and continued training because I wasn't prepared to take any more time off following my injury at the start of the year. But I was in so much pain, I ground my teeth down so much trying to race through it that I now need caps on them. I DNF'ed each race I did with all those fractures and it was time to call it a day on racing.

I have continued training, rested up and will return to racing mid-August with my sights set on the race I've been looking forward to all year, Lotto Belgium Tour in the start of September.

Short blog post this month, but next month should be a good one!!