

July Blog - Frazer Clacherty

July has consisted of 5 weekends with a race on every one so its been pretty hectic to say the least! The first race was an elite C1 in Alpago, Italy. The course basally went straight up an Italian mountain for 8 minutes then straight back down again. I wasn't expecting too much from this race results wise as there was a lot of elite category riders there preparing for the World Cup the week later. I got a strong start and was mixing it up with some of the fast guys at the beginning of the race and then I went the wrong way on track (just by being stupid and riding with my head down) and lost contact to the group. I managed to ride into 10th position in the end which I was pretty pleased about and gave me confidence in my form going forward.

The second race weekend was round 4 of the UCI World Cup series in Val di Sole, Italy. I struggled in practice with a stupid crash the day before the race which threw my confidence a little bit as its very rare that I crash. In the race I felt like I was strong but didn't have the top end speed to move through from my start number of 29 to the front of the race, I battle for most of the race to finish 18th. I struggled to keep my temperature regulated as it was a super hot day and I finished the race shivering cold because of overheating. I then went on to have sickness two days after the travel to the next World Cup which set me back pretty far for round 5 of the UCI World Cup in Vallnord, Andorra.



So as I mentioned above the start to my Andorra race trip didn't go so well, I missed a lot of practice and pre race preparation and only managed 4 laps on track in the whole week leading up to the race which is a lot less than usual. I wasn't expecting anything special as clearly my lead up had not been ideal, I just wanted to focus on getting round and finishing the race. I came in 51st, 9 minutes down on the winner so it was a tough day for me but I guess days like these only make you stronger (I hope!)

A week later I headed down to Hadleigh Park, Essex to defend my U23 National Championship title. I have always had a good relationship with this course so I was pretty excited to see how the race went as I was coming into it as the favourite even tho I wasn't so confident after my recent illness in Andorra. The pace was set high for the first 3 laps out of 6 and I felt really under pressure, I tried to ride smart and to keep fuelling and conserving energy where I could and made a committed attack starting the 4th lap which I managed to make stick. I then had to fight hard to hold off the chasing pair but I was so happy to be able to take it to the finish and to have the privilege of wearing the National stripes for another year!

The day after I flew straight out to Austria with British Cycling to take part in the European Championships. This consists of a team relay and a standard XCO race. I am really looking forward to this one as I raced at the same venue when I was a 15 for Youth European Championships and loved it! I'll let you know how I got on in next months episode.

Thanks for reading!

Fraz