

Frazer Clacherty - June Blog

After the last racing block this put me half way through the season so I had a little break at the start of the month to refresh my mind and my body and to help set me up for the back end of the season. I only had one race this month which was a British National round down in Kentford. I wasn't too sure how this would go as I just had some time off and then got straight back into training so I wasn't feeling too great coming into it, also with it being a flat course it isn't usually my type. Nevertheless I managed to take the win and claim my second Elite national win which was a big confidence boost coming into the next training block. The race set off really fast and was a group of 9 which is as big as it gets for a mountain bike race. The favourite, Grant Ferguson (on the orange bike in both pictures) had a puncture on the first lap so I tried to escape from the bunch early but couldn't get away. I decided to sit in the group and cover any moves that tried to go to tire people out and as well to wait for Grant to get back to the bunch as he was chasing hard but I knew he would catch us around the half way point of the race. Once he caught back on I waited half a lap then attacked again and managed to make it sick this time. I rode solo for the final 40 minutes and finished with a lead of around 40 seconds.



After the race I flew straight out to Andorra for an altitude training camp with British Cycling to prepare for the next two World Cups in July which are both at Altitude. The camp started off pretty steady to give the body time to adapt to the altitude but after the first week it started to ramp up with high intensity and longer rides, it didn't take long before I was pretty tired!! After the camp I am racing a C1 Italian series and then that takes me into July where I will be racing every weekend of the month which I am super excited to get under way with as i'm not sure i've ever had so many races in such a short period. I'll keep you posted!

Fraz.