



Year in Review

Early 2024

We started the 2024 season with a bang with a superb showing at the British Track National Championships.

We had three riders in the event, Dannie Watkinson, Emily Chilton and Laura Davies, Dannie lit up every race, gaining valuable TV coverage including being interviewed after attacking the field in the Scratch race and lapping the entire field.

Emily piloted the tandem and brought us two bronze medals in the 3km pursuit and the 1km time trial.



Training

The team then spent the first few months of the year racing at regional level preparing themselves for the National Road series.

We also held a team training camp, getting some miles in, but more importantly, learning to race as a team and brushing up on skills that are very often missed such as, taking feeds from the side of the road at race pace and also being able to come back to the team car in races and take food and drinks, drafting the car after a mechanical or a crash to be able to return to the high speed race.



Start of Season

Cicle Classic was the first of the National Road Series and is always one of the hardest races on the calendar. With its off road sections it takes a huge amount of skill (we prepare the girls for this with cyclo cross racing throughout the winter) There are only a select amount of riders who can finish this attritional race and we were extremely happy to have three finishers and a top 20 position.

During this period we were also supporting Dannie's track calendar as we are hoping she will be selected for the Commonwealth 2026 so are doing everything we can to help her achieve this goal. She rode the prestigious UCI Good Friday Track Meet and took the bronze after again lapping the field.



Season Progression

On the road the girls were constantly dominating the top ten in regional and National B races. We rode the hotly contested British Team Cup and won the team prize with wins at Hillingdon and a double podium.

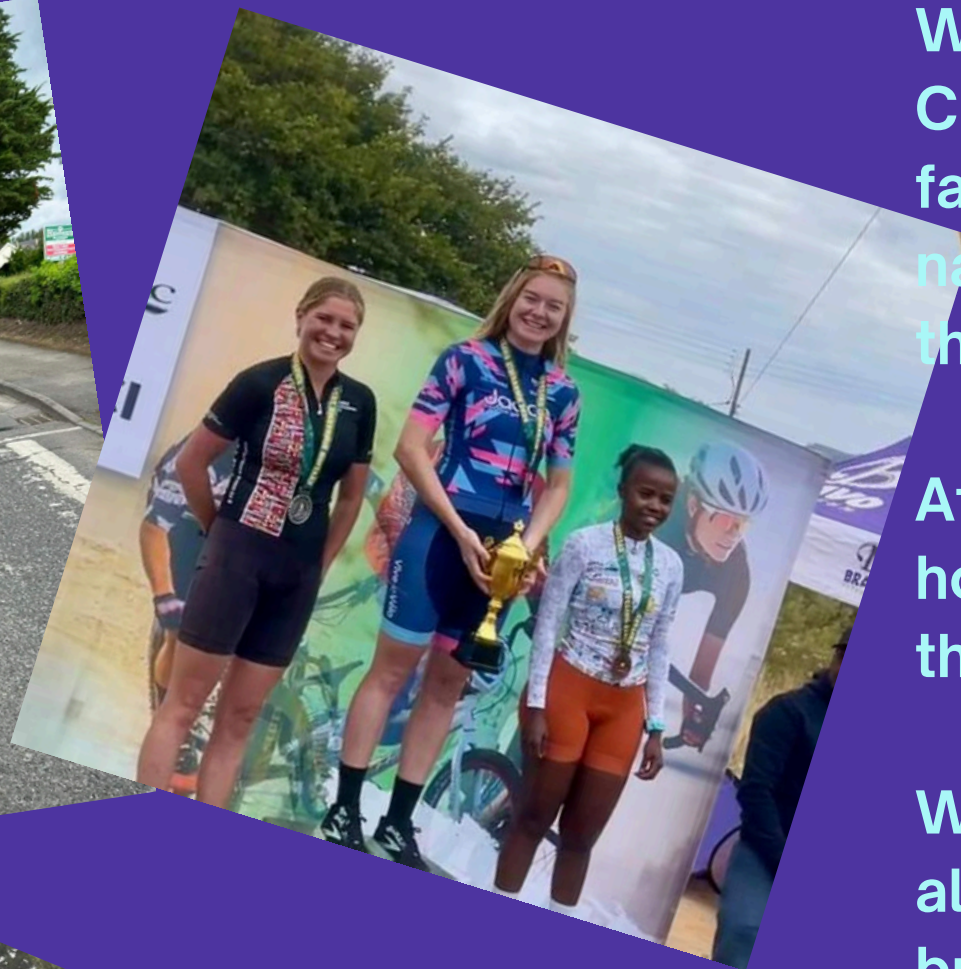
Throughout April, we took the girls to Belgium. This is invaluable to riders as the experience they gain from the daily racing and the size of the fields is incomparable. They spend a week there and learn to race in the bigger bunches at a higher standard and then bring it back to the UK to further their racing capabilities.

Also in April, Laura was crowned British National Road Bike Time Trial Champion. We also won the overall team prize at round 4 of the British Team Cup.

We then had the Twickenham Track Meet where Dannie again showed her promise dominating the field, taking wins in the Points Race, Scratch race and Elimination race on her way to the overall Omnium victory.



Continued Results



We had some very promising results in the British National Road Championships with our young development ride, Izzie, riding to a fantastic 8th place in the U23 Time Trial. Dannie finished 13th in a brutal national championship road race again punching way above her weight in the company of the elites and the best professional riders.

At the same time, Skye was racing her National Championships in her home country of Zimbabwe and took the victory in both the road race and the time trial making her a double national champion!

Whilst June and July is mainly focused on the National Circuit Series, we also support our other girls in their chosen disciplines and Laura took the bronze medal in the National 50 mile Time Trial Championships.

Kirstie became the National Emergency Services road race champion. She then backed that up by taking the win at the formidable Helvellyn Triathlon.

Bekah took the win at the South Region Road race, becoming the South region Champion.



National Circuit series

The National Circuit Series is always an exciting time and we had tried to prepare the team as best we could to be able to perform well in these races which are some of the hardest in Europe.

We were confident that the training we had done and the preparation in Belgium would help us perform at our best.

We exceeded expectations with Dannie riding away from the front and forming a breakaway with another rider from a professional UCI team and they stayed away for the whole race. Dannie took an incredible 2nd place at the first round of the series with the rest of the team riding well in the main field and securing our position high on the leaderboard.

The girls stayed consistent throughout the series and worked so well together, showing the development they had made from the year before and with results we are so very proud of they secured 3rd place in the team standings, only beaten by 2 Professional UCI teams, such a huge achievement for a small team. The highlight of our season.



Ras Na Mbam

September was all about the Ras na Mbam Irish International 5 day stage race. The race is invaluable as it features top teams from all over the world and gives our riders experience to step up to that level for a full week of hard racing. We took five developing riders to gain experience.

The girls rode fiercely and got better and better as the week progressed culminating in Izzie putting in one the fastest times as a young rider on the time trial stage and some excellent riding on the last stage with Bekah and Beth displaying their strongest racing yet.

All of their hard work paid off and they were constantly at the front of the race again gaining invaluable TV coverage on Eurosport and both finishing strongly with an amazing two top 20 finishes.



THANK YOU SO MUCH

As the road season winds down, we will look towards the upcoming track season which we will compete in throughout the winter and also support the girls who compete in cyclo cross. We are also planning an early year training camp and hoping for an extra, early season trip to Belgium as it is invaluable in preparing the girls for the 2025 season.

2024 has been our best season to date and we intend to continue that progress, developing and supporting our riders to reach their full potential. We could not do any of this without our sponsors, you are an invaluable part of helping us to develop women's sport.

Your help allows us to grow and support our future champions.