



**BLOG - JUNE**

Hello everybody,

I think the first thing I'm going to start this blog off with is. What the f\*\*k is this weather!! Last I checked I was living in the UK not Spain.. anyway not much to complain about I'm getting a great tan and riding a bike seems so much easier when the weather is so good.

So the month of June has been great, I raced on the first weekend of June but the race wasn't for me. With a practically down hill course I suffered a bit with the lack of attacks being made, I ended up very despondent with no hope of getting away and rolled in the front half of the bunch with a grumpy look on my face!

In preparation for the Irish National champs I decided to move up to Macclesfield where my sister and her boyfriend Matthew Holmes (Madison genesis) live. Macclesfield is located on the edge of Peak District, That means hills a lot of bloody hills, with a 11 km climb literally at the doorstep it's remarkable what this place can give to a cyclist, therefore it's no surprise that I've seen more British pros here than in Mallorca!! It's like a UK training camp with outstanding scenery and amazing ascents and descents making you forget that your in England, with temperatures soaring up to 30 degrees and with crazy elevation gains on well over 2500 for a 4-5 hour ride it really makes it the perfect place for me and the perfect place to prepare for the nationals.

Recently I had some bad luck, I stopped in a shop to get some bars pre ride when my garmin got stolen off my bike. I would usually take it off the bike if I felt that it was in any way unsafe but considering I very close I figured i would be ok.

With funds low as always I was really lucky to have the LEWIS BALYCKYI TRUST FUND helping me. I wouldn't have been able to afford a new garmin without them and it's the little things like that can help so much in this sport. Cycling is far from being a cheap sport so I can't thank the foundation nearly enough dramatic or not dramatic I wouldn't be able to do this without them.

After tackling with a slow start to the year I am really pleased with the way things are going, the past 10 days I've been flying up the fitness charts and that's all down to my coach ROY HOLMES having a good coach who you trust and can really talk to about a how your feeling and how you feel you are progressing is so important in my opinion so I put that all down to Roy I'm not the easiest of people to train as I can get injured so easily and am prone to over working so I can't Thank him enough, being able to train with his Son Matthew here in Macclesfields helps too, there's no "easy" with Matthew and he pushes me to the limits every time we go out together. It's amazing how beneficial it is not only to train with fellow cyclists but to live with them too. I think that every little helps so moving to Macclesfield was a good plan.

The national champs is on the 1st which means the update on that will be on the JULY blog, I plan to do some traveling in July with travelling back to Ireland for the nationals I hope to travel to Belgium too. With July packed with races it should be a good month. June was full of training and now July will be full of racing with the confirmation of riding Bristol GP on the 8th so fingers crossed it'll be a good month.

TBW23. <https://www.tbw23.com/>

Stuart Hall Cycling. <https://stuarthallcycling.co.uk/>

Gett Taxi Uk. <https://gett.com/uk/>

TBW The Bike Warehouse [www.thebikewarehouse.net](http://www.thebikewarehouse.net)

Bottecchia <https://www.bottecchiauk.com/>

SH+ [www.shplus.com](http://www.shplus.com)

SIS <http://www.scienceinsport.com/>

Lake shoes <http://www.lakecycling.com/>

TrainSharp <http://www.trainsharpcyclecoaching.co.uk/>

Prosport Distribution <http://www.prosportdistribution.com/>

Chapeau <http://www.chapeau.cc/>

Velotoze <http://www.velotoze.com>

XIT <http://www.prosportdistribution.com/products/xit-basewear/>

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Wigmore Cycling Club <http://www.bc-clubs.co.uk/wigmorecc/>

Thanks for reading

Tom