

Frazer Clacherty - Blog May 2018

This month the European World Cups kicked off, and coming back from Australia I had put in some solid training and I was feeling more ready than ever to get stuck into some intense racing! The week before the first World Cup I flew out to Austria with the GB team to race a U23 HC in Obertaun. Coming into this race I was fatigued from the past weeks training so I wasn't expecting too much and it showed in the race as I didn't have the top end power. Still I managed to finish 5th place and on the podium which was a big confidence boost knowing that with some rest I should be on good form for the upcoming World Cups.

First up was Albstadt, Germany. I was super excited for this race as last year I had a really good race and I feel like the track suits me a lot. The whole week into it the weather was awful and the conditions on track were super tough to train in so I knew it was going to be a challenging race. In the race I started off really strong and in the first few laps I was confident I was on for a podium finish but my legs thought otherwise... I was in the top 5 for the first part of the race, but with there being so much climbing and the pace so high I must have built up too much lactic acid in my legs without realising because of the adrenaline, and as the race went on my lap times got slower and slower until the last lap where I finally recovered from my effort but by then it was too late. I came across the line in 15th. Although the end result doesn't sound too bad I knew within myself that I had a lot more to give than that which left me even more hungry for it in round 3 of the World Cup a week later in Czech Republic.



After 8 hours in the car we arrived in Nova Mesto, Czech Republic. The track here is one of the best out of the whole series I think and is super fun to train on. In the days leading up to the race I had really been enjoying my time on track and feeling comfortable, my legs also were feeling really good so I was looking forward to the race, but also nervous as I had now put pressure on myself from the previous weekend. As the gun went I felt good; the first lap I didn't get the best positioning but I thought I would be able to move through from around 20th to the front end of the race. As the second lap came round I started to lose the power in my legs, similar to last weekend although I didn't do the same effort off the start (on purpose). As the lap progressed I started to really struggle with my breathing and I felt a lot of pressure in my head and was feeling disorientated at times. It was getting worse and worse to the point where I was struggling to ride my bike so I decided to abandon the race before it got serious. In the end I was fine once I stopped riding and I think it was a combination of hay fever and asthma.

It's not often I feel like this after a race because I feel privileged to be able to ride my bike full time but I was so disappointed with the outcome. I will try not to dwell on it too much and move my focus onto the next two World Cups in 6 weeks time!!

Fraz.