

# DISCOVER YOUR GOLD: SPRINT TRACK CYCLING

## **What is Sprint Track Cycling?**

Track cycling is all about speed, stamina, technique, tactics and nerve. There are three Olympic sprint disciplines: sprint, team sprint and keirin.

### Sprint

The sprint is a head-to-head contest between two riders over three laps of the track. Racing is highly tactical yet explosive, with slow 'cat and mouse' tactical battles followed by all-out drag races for the line.

### Team sprint

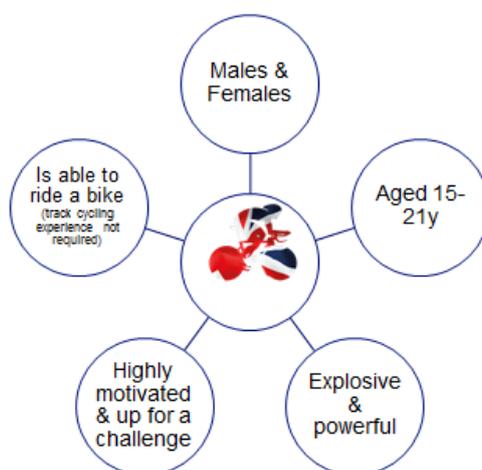
The team sprint involves three riders over three laps for the men and two riders over two laps for the women. At the end of each lap the front rider leaves the track until only one remains. Races are short and thrilling, with titles decided by thousandths of a second.

### Keirin

Japanese for 'fight', the keirin is one for the sprinters. Riders jostle for position behind a pacing motorbike, called a 'dernity'. The pace is increased over five and a half laps until, with two and a half laps to go, the dernity leaves the track and it's a straight fight for the line. Often physical and explosive, the 'fight' always lives up to its name.

## **Who are we looking for?**

Perhaps you are a track and field athlete, a team games player or a swimmer – Track Cycling suits explosive and powerful athletes. The key sign-up criteria for #DiscoverYour Gold is outlined below:



## **What if I am younger or older than what you are looking for?**

If you are outside of the age criteria (under 15 or over 21 years old) then you can still get involved in the sport as #DiscoverYour Gold is just one route. To find out more please visit <https://www.britishcycling.org.uk/getintotrackcycling>

### **Athlete stories ...**

Below are some examples of athletes who found track cycling quite late in their sporting career.

#### **Katy's story ...**



**Name:** Katy Marchant

**DOB/ Age:** 25y

**Hometown:** Leeds

**Previous sport:** Junior International heptathlete, switched to track cycling in 2013

**Career Highlight:** Rio 2016 Olympic bronze medallist (individual sprint)

**Twitter:** @katymarch

#### **Milly's story ...**



**Name:** Milly Tanner

**DOB/ Age:** 19y

**Hometown:** Exeter

**Campaign:** Discover Your Gold 2016

**Previous sport:** National level swimmer

**Career Highlight:** Competing in the British Track Cycling Nationals only 12 months after starting the sport

**Twitter:** @MJLTanner

#### **Sylvi's story ...**



**Name:** Sylvia Misztal

**DOB/ Age:** 18y

**Hometown:** Hereford

**Campaign:** Discover Your Gold 2016

**Previous sport:** National level 400m hurdler

**Career Highlight:** Competing in the British Track Cycling Nationals only 12 months after starting the sport

**Twitter:** @sylvi\_44