






RIDER NAME

CONTACT

-  123-456-7890
-  rideremail@hotmail.co.uk
-  123 Anywhere St., Any City

RIDER PROFILE

- Height
- Weight
- DOB
- Rider Type
- Threshold Power

SOCIAL NETWORKS

-  • Twitter
-  • Facebook
-  • Instagram
-  • www.myblog.co.uk

PERSONAL QUALITIES

What makes me an asset to your team...

I'm a hardworking young rider, ambitious, opportunity driven, able to work well as part of a team & eager to learn.

What are your aims, goals and aspirations?

TRAINING DATA

	Watts	W/KG
3 second		
10 second		
30 second		
1 minute		
5 minutes		
10 minutes		
20 minutes		
60 minutes		

Details of any physiological testing attached here.

KILOMETERS PER YEAR

2022	2023	2024
10000	15000	18000

2023 RESULTS

Place	Race	Date
1st	Cicle Classic UK Junior National Series	

2024 RESULTS

Place	Race	Date
1st	Junior Tour Of Wales	
3rd	National MTB Championships	
2nd	National CX Trophy Round 2	