

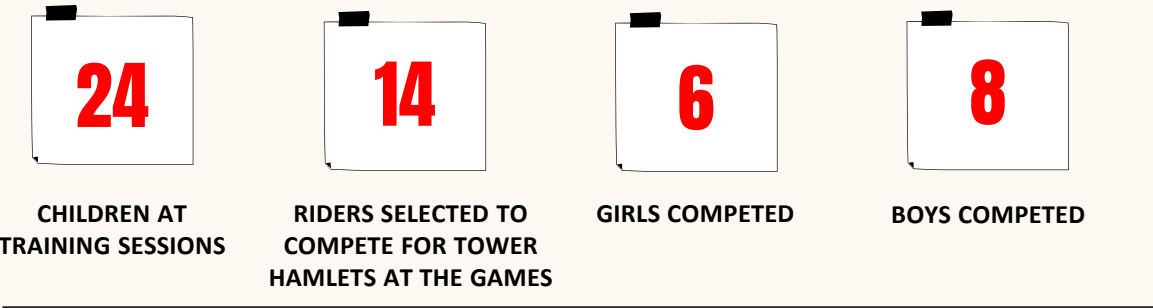
LONDON YOUTH GAMES ROAD CYCLING TOWER HAMLETS JUNE 2025



SYNOPSIS

Historically, Tower Hamlets has not competed at the London Youth Games Road Cycling Time Trial event. Therefore, I wanted to give Tower Hamlets young people the opportunity to get involved, so I ran six weeks of free training sessions at the Olympic Park closed road circuit (venue of LYG) with coaches, bikes and helmets provided. I then selected a team of twelve with two reserves to compete. I provided bikes and helmets for the games. The team did brilliantly, finishing 14th out of 20 teams.

FIGURE OVERVIEW



PRIORITY AREA: Improving access and opportunities for children and young people to compete in cycling.

SPORT ENGLAND OBJECTIVES ACHIEVED:

Increasing physical activity, reducing inequalities in underrepresented groups, a positive experience for children and young people.



Some of the team who competed at the London Youth Games

CASE STUDY

WHO: *I worked with British Cycling colleagues and coaches to offer this opportunity. The opportunity was shared by members of the Tower Hamlets cycling initiatives working group to promote to a range of young people.*

THE STORY:

The Background

Participants were young people who live in Tower Hamlets, who took part in training and trials at the Olympic Park closed road circuit to represent the Borough in the London Youth Games on the 1st June 2025.

The Challenge

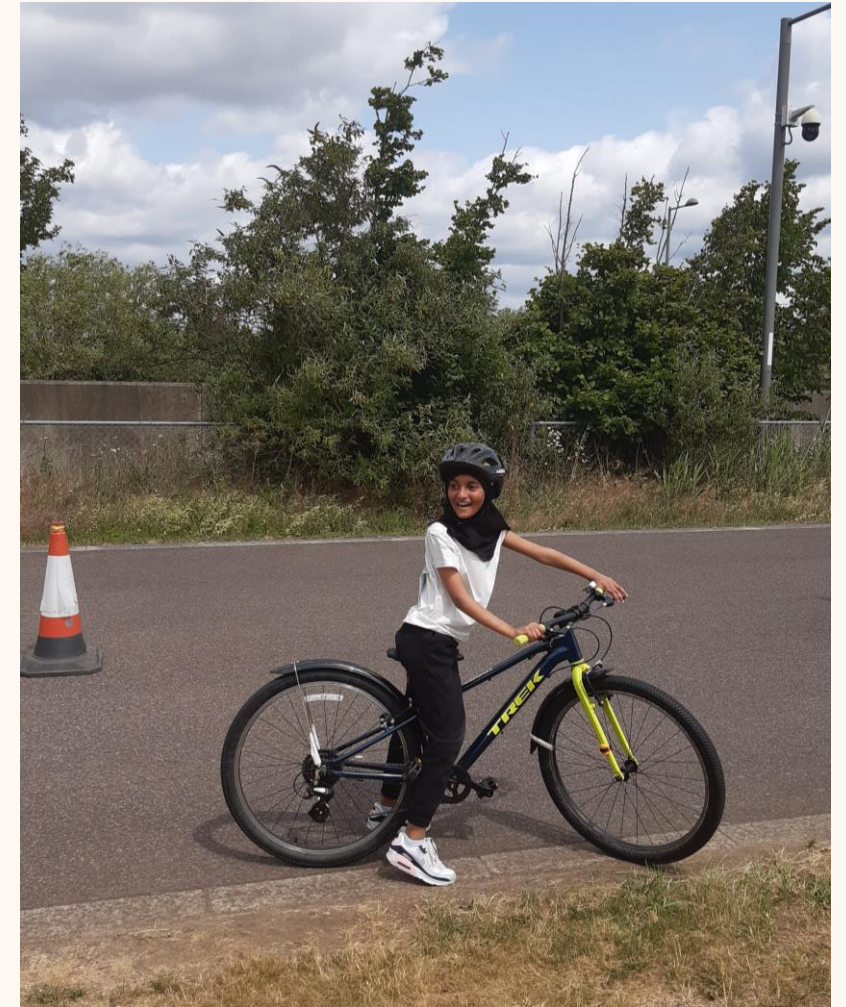
The children were all confident cyclists, but none had ridden on the road circuit before they got involved in the coached training and trials for the London Youth Games. Over the course of six weeks, they all became much more skilled in riding the road circuit, navigating corners and using gears. They were really enthusiastic, keen to represent their borough and become involved in the competition. I selected a team of twelve riders and two reserves based on who had shown the best speed and skill at the training sessions.

The Impact

The opportunity to race in the London Youth Games Road Cycling Time Trial gave the children a broader understanding of cycling, and what it takes to reach the top of the sport. The group loved their taste of competition and were very supportive to each other – cheering each other on as they navigated the TT. They become more skilled in cycling and formed friendships with one another. They all competed brilliantly, finishing 14th out of 20 teams. This has given them a sense of pride and excitement to compete in more cycling.

The Learnings

The children and their families learnt about competitive cycling through taking part in this event, as well as developing their cycling skills. I learnt the importance of providing as much support as possible e.g., bikes, helmets and free sessions, to remove barriers to competition.



Smiles after competing!

**LOTTERY
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PICTURE GALLERY

“Getting involved in the London Youth Games gave the children from Tower Hamlets a chance to experience competitive cycling in a fun, relaxed setting. They were all so enthusiastic and supportive of each other, competing amazingly well, and I am excited to see them develop their cycling skills further. I’m really proud of our first road cycling team and I hope we can continue this with further competitive opportunities for the children”

Ella Burfitt, Community Developer

“Thank you for organising, supporting and encouraging us at our first ever Tower Hamlets road cycling team competition.”

Parent of Tower Hamlets competitor



Pedalling hard!



Getting lined up ready to compete



Cheering each other on



Watching from the sidelines