



Port Nicholson Ponēke (PNP) Cycling Club

Track Cycling at the Hataitai Velodrome

THE CLUB

Port Nicholson Ponēke (PNP) cycling club is one of the oldest in NZ starting in 1926.

We have approximately 300 paid members and over 2,000 people receiving our weekly newsletter.

We have growing numbers.

We are financially sustainable.



WHAT WE DO

We have 40 bikes for hire, fitting year 7 students and adults.

We have excellent school / club link, our junior coach is on the Wellington Schools Cycling Association.

Our annual "Laykold Cup" carnival attracts riders from lower north island. Previous winners include Olympic and Commonwealth medalists.

Our coach does a huge amount of work with upskilling young riders.

OUR VISION

The velodrome was built in the 1960's.

Track cycling was quiet in the 1980's-90's. 2013 is our celebration of 10 years re-birth at the velodrome.

Our medium term vision is for the surface to be upgraded.

Continue to work with Council and all users of Hataitai Park to utilise the space, while respecting the town belt.



RECENT ACHIEVEMENTS

2010 Track Nationals – 4 age-grade medals including Bronze in a women's elite race .

Paula Tesoriero (Paralympic Gold medalist / World Champion / World Record), Robyn Wong (2008 Olympian) and Garry Humpherson (2008 World Champ and World Record), all used the velodrome to prepare for their campaigns.

Club Treasurer Alan Rice honoured with the 2012 Wellington Lifetime Contribution to Sport Award.



Above: Riders training indoors with 40+ bikes for hire hanging on the walls in the Council rented shed located on lower Hataitai Park.

Right: 60+ year olds love racing at the velodrome.

See the action! We are at the velodrome throughout the week with the main session on Sunday mid to late afternoon during summer.

GENERAL

Track cycling increases bike handling skills and increases team work. The track offers a safe environment to learn skills leading to safer cycling on the road.

Track Cycling is a highly successful and high profile NZ Olympic medal sport, which requires a suitable facility to support rider development at all levels.

The nearest velodrome is Levin with the nearest wooden (higher quality) track in Wanganui.



Contact: track@pnp.org.nz

www.pnp.org.nz/track



▲ An U17 boys track race at the indoor Invercargill Velodrome. Upper Hutt rider, Ollie Jones representing Wellington



▲ Wellington U17 Boys Sprint team
Wellington U19 Girl's Pursuit Team



Want to know more?

More information on Track Cycling in Wellington:
Web: www.pnp.org.nz/track/

More about
Schools Cycling:

Web: www.sportsground.co.nz/nzschooolsycling
Email: nzschooolsycling@gmail.com

More about the Road Cycling Scene:
Web: www.pnp.org.nz/road

Contacts

Contact Gary, the PNP Junior Coach:

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Your Wellington Representative for the NZ Schools Cycling Association is: Gary Gibson

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The Wellington Velodrome, Hataitai Park:



Junior Cycling

in Wellington

Starting out in the sport of cycling



▲ U15 Girls battle it out in the Wellington Track Cycling Championships

Wellington Cycling is all about providing pathways. Pathways that may start at school or on the velodrome, but can build to greater things along the way. It's about getting into a hugely exciting sport and learning superb bike-handling skills. It's about speed, tactics and Teamwork. It's about experiencing first-hand that 100% commitment can truly bring goals within reach — for everyone. It's about getting the support of people who have loved the sport for decades. Perhaps most of all, it's about gaining the friendship of school mates and club mates alike and having the power of focused fun.



PNP
Cycling Club
ROAD & TRACK

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Track Cycling

Track is where the sport begins. Just about all of the top NZ cyclists come from a track cycling background. This is where they learnt the basics of cadence, speed and bike handling.

The Club has 39 track bikes available for hire for riders. These bikes can usually fit kids from Year 7 and upwards. If you have your own bike then there's no age limit for getting started.

The PNP Club has a variety of levels to attend for young riders to achieve their potential. Peer coaching is provided by older, more experienced kids to help with beginners.

- Fast and Exciting**
- Safer Cycling with no cars**
- Bikes available for hire**
- Learn excellent bike-handling skills**
- Special Junior Training Programme**

Track Racing is held on Sunday afternoons at the Wellington Velodrome (October-March). There is a season Pointscore Trophy for U15 riders which is most covered by our younger riders. There is also a most improved Junior trophy awarded at the end of the season. We also attend track carnivals in Levensfield and Wanganui. The season rounds off with the Wellington Track Cycling Champs a few weeks before the National Champs.

U15 Boys racing on the Wgtn Velodrome in the 2012 Wgtn Track Cycling Champs



Schools Cycling

This sport is **BIG**. It's **HUGE**. You wouldn't believe how **Massive** it is until you've been to the National Schools Road Cycling Champs where over 900 kids attend each year.

Around New Zealand every centre brings their schools together to race bikes. Wellington is no different. The PNP Cycling Club holds regular events for riders to attend over the Schools cycling season between July and October.

Schools Cycling is all about **Teamwork**: much like rowing is teamwork, but cycling doesn't have a boat to hold the team together. This is where the skill and fun starts as you form strong bonds working together to bring your team home in one piece.

Schools form their own Groups or Clubs. This usually takes a teacher or two interested in cycling, a few parents as helpers, a good group of keen, young cyclists and you're away. The School then joins the New Zealand Schools Cycling Assoc (NZSCA). Check with your Schools Sport Coordinator to see if there's a team in your school.

If you can't form a school team, not to worry, you can still enter the individual road events.

To find out more about the Schools Cycling Calendar go to:

<http://groupspaces.com/WellingtonSchoolsCycling/>

Together with Track Cycling, Schools Cycling is the place to start out in this fantastic sport.



NEW ZEALAND SCHOOL CYCLING ASSOCIATION

Wellington riders mixing it with the Palmerston North Girls High team during the 2011 Wellington Schools Road Cycling Champs



Club Road Cycling

Road cycling is a hugely exciting sport. It's got to be one of the fastest growing sports in New Zealand.

Most junior cyclists, once they've got the experience from riding on the track, move onto the road to take their cycling to a new level. This usually starts with the Schools Road programme, then the clubs road programme. The PNP Cycling Club takes road cycling seriously. Under the guidance of a coach, riders develop their road handling skills first before venturing out on the road in traffic. A step-by-step approach is taken with each young rider to ensure their safety at all times.

Bunch Rides:

Regular group rides are undertaken on weekends for kids and parents. The younger riders usually go out earlier when there's less traffic and ride around the Boys. Skills are usually done in the carpark before-hand to improve their handling ability. Defensive cycling skills are taught on the road as well as bunch riding techniques. As riders grow with their experience, we take them further with these rides to develop their skills to the next level.

Racing:

All of this leads on to the PNP road calendar with more serious events. Not all events suit juniors, but riders do attend many of them, eventually building up to the Centre Road Cycling Champs around April. The extra keen riders then go on to the National Road Cycling Champs.

"If never gets easier, you just go faster" – Greg Lemond.

