

athlete profile

Name: Joe Fry

Age: 16

From: Potters Bar - Hertfordshire

Sport: Cycling



How did you first get involved in your sport?

My brother raced so I went along and tried it at my local track at Welwyn.

What does a typical week look like for you?

I am at school full time so have to fit my training in at the weekends and in the evenings. I train on the bike 6 days a week and work on my core strength on my day off. I typically do 10 hours training over the week in the winter and in the spring and summer race on Tuesday night and either Saturday or Sunday, sometimes both.

What do you enjoy the most about being a sports person?

Travelling all over Europe and Britain to race and having friends all over the country and the world.

What are your targets for the next 12 months?

To win the Assen International Youth Tour and to become national champion in my cycling disciplines.

What are your long term aims?

I want to win Olympic medals and senior national and international titles and become a professional cyclist for a pro tour team.

Who is your sporting hero?

Fabian Cancellara. Because he is such a powerful rider and he rides like I try to ride - breaking away to win alone.

How will your SportsAid award help you?

It will enable me to continue to compete at international and national level by helping me to pay for travelling and accommodation and also with equipment. It is very unlikely that I would be able to do all the competitions without the grant.

Key achievements

- British Cycling Olympic Talent Team
- May 2013 Destelbergen 1-17-3 Nieuwelingen Open Omloop (U16 Boys), Belgium - Gold
- May 2013 GP Ramen en Deuren Patrick Vanbesien - Torhout 1-17-3 Nieuwelingen Open omloop (U16 Boys), Belgium - Gold
- May 2013 Isle of Man Youth & Junior Tour U16 Boys Prologue, Stage 2 and Overall - Gold
- 2011 National Cyclocross Championships U14 - Gold
- 2011 National Circuit Championships U14 - Silver
- 2011 National Omnium Series U14 - Gold
- 2011 National Track Championships – Silver
- 2010 National Cyclocross Champion

Aims

- Assen International Youth Tour
- National Youth Road, Track and Time Trial Championships
- National Cyclocross Series
- British Cycling Olympic Development Squad

“Joe has progressed well and is now one of the countries top young track/road riders and should continue to progress well through the year ahead. Should Joe continue on his progress he should move through the British Cycling system and be a good international rider in the coming years.” - Stuart Blunt, British Cycling National Talent Coach