



A minute with... TOM SNAPE

Nineteen-year-old Tom Snape moved from the InGear Development Squad to race as a senior with Cyclingnews-Jako. Adam Tranter asks him about his decision to race abroad

What made you take the decision to move to and race in Belgium?

I decided quite early that I definitely wanted to go abroad and race as soon as I finished my A-levels.

How did riding with Cyclingnews-Jako come about?

Alan Denman at the InGear Development Squad set it up. I'm really grateful to him as he brought me on so much. I wasn't a particularly strong junior, but with a good training plan and persistence, I kept getting better.

Will you be returning for 2009?

Yes. I'm not sure what's happening with the team because it's not a great time for getting sponsors. But whatever happens, I'll be returning to Belgium.

What are your plans for over the winter?

I'm having a bit of a slower start to my training this winter than last winter, because I want to be really strong in the middle and

end of next season. My training has changed quite a lot. I've been supplied with a power meter, and I'm doing less volume with higher intensity. At the moment I'm in Melbourne, visiting friends, seeing some more of the world and doing some training.

What's the weather like there?

The weather is great — not too hot at the moment. I'm not that good with 30 degrees and above. It's usually mid to high 20s.

What's been your best result this year?

My best results would be a couple of top 20s. The racing was really a massive step up and I was thrown in the deep end a bit.

Where do you see yourself in three years' time?

Hopefully still on the continent racing. By that time, I'd really like to be on a pro Continental team, or at least a really

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good Continental one. I want to be winning the races that I was suffering at the back of this year.

Do you miss racing in the UK?

Not particularly. The racing in Belgium is so much better. I do miss Hillingdon, my local circuit, though; that will always have the best racing in the world! I think I will try to do a couple of the Winter Series there when I get home.

How did you get into cycling?

I bought a mountain bike when I was 14 and started riding every day in Richmond Park. I really loved it and so joined my local club, Twickenham CC. I bought a road bike soon after, and they took me out on club runs, helped me out with my training, and introduced me to racing. Doug Collins was really helpful while I was there, and still is now.

What do you want for Christmas?

A pair of Sidis!

What's your favourite food?

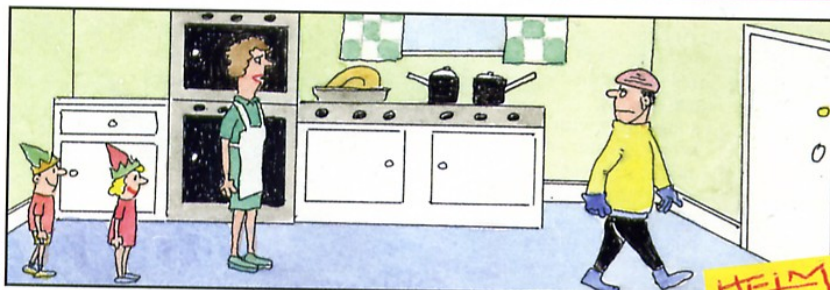
Chicken Parma, which is an Australian classic. It's a breaded chicken fillet with cheese, tomato sauce, chips and salad. Also, a home cooked Sunday roast is hard to beat.



"Whatever happens, I'll be returning to Belgium"

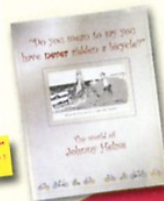
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