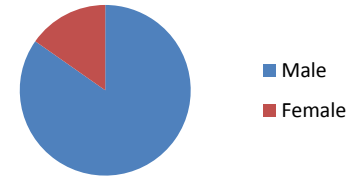


## Cyclist Questionnaire

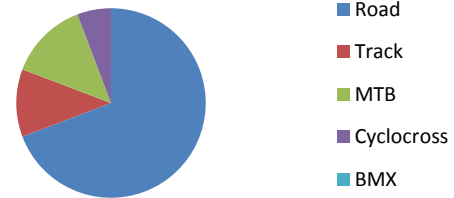
### Surveyed

Male	61
Female	11
<b>Total</b>	<b>72</b>



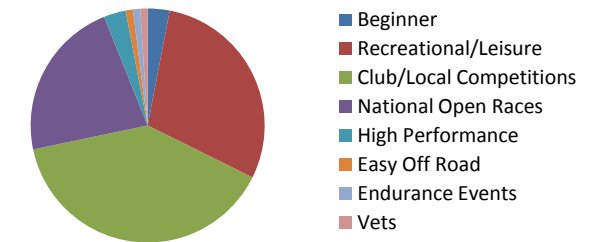
### What Cycling Disciplines do you participate in?

Road	72	69%
Track	12	12%
MTB	14	13%
Cyclocross	6	6%
BMX	0	0%



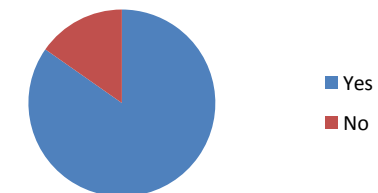
### What level of Cycling do you participate?

Beginner	3	3%
Recreational/Leisure	29	30%
Club/Local Competitions	39	41%
National Open Races	22	23%
High Performance	3	3%
Easy Off Road	1	1%
Endurance Events	1	1%
Vets	1	1%



### Are you a member of a Cycling Club?

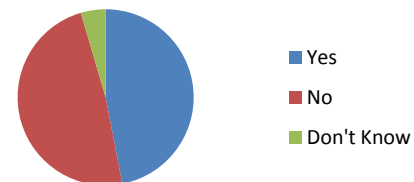
Yes	61
No	11



**Does your club currently provide coaching?**

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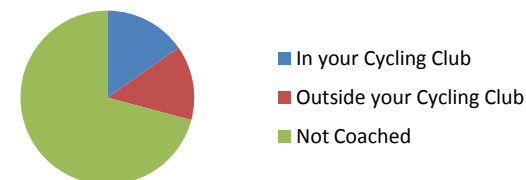
Yes	31	47%
No	32	48%
Don't Know	3	5%



**Are you coached by someone?**

---

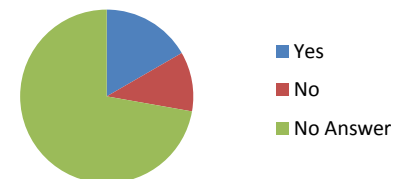
In your Cycling Club	11	15%
Outside your Cycling Club	10	14%
Not Coached	51	71%



**Do you employ the services of a Coach?**

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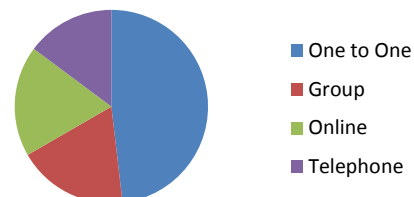
Yes	12	17%
No	8	11%
No Answer	52	72%



**Do you Interact with the coach personally or through distance coaching?**

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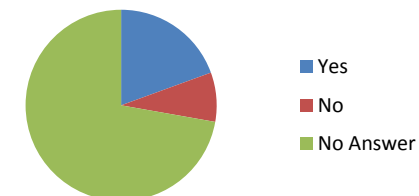
One to One	13	48%
Group	5	19%
Online	5	19%
Telephone	4	15%



**Is your coach a Cycling Ireland Coach?**

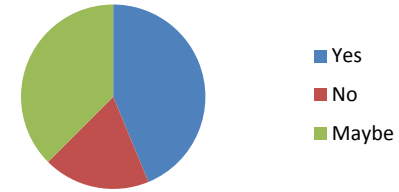
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Yes	14	19%
No	6	8%
No Answer	52	72%



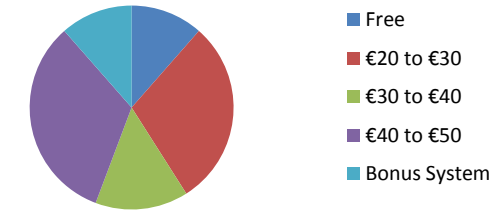
**If you do not have a coach would you consider getting one?**

Yes	21	44%
No	9	19%
Maybe	18	38%



**What do you think is reasonable to pay a coach per month?**

Free	7	11%
€20 to €30	18	30%
€30 to €40	9	15%
€40 to €50	20	33%
Bonus System	7	11%



**What area do you feel you require most assistance on?**

Basic Cycling Skills	7	3%
Advance Cycling Skills	19	9%
Training Programmes	50	23%
Technical Knowledge	20	9%
Tactical Knowledge	16	7%
Power Training (SRM/Power Tap)	21	10%
Heart Rate Monitor Training	15	7%
Bike Maintenance	19	9%
Goal Setting	17	8%
Nutrition	30	14%

