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| **Kelly Roche House, 619 North Circular Road, Dublin 1****Last updated 20th Jan 2018** |

**Paracycling Tandem Pilot Recruitment**

Paracycling is one of Irelands most decorated and successful High Performance Sports Programmes achieving considerable success in both the 2012 London and 2016 Rio Paralympic Games.

The Tandem element of the programme has produced some amazing pairings and impressive results in the last 8yrs. In order to maintain the dynamism and standard of the sport into the future, Cycling Ireland are seeking expressions of interest from both Male & Female experienced cyclists to trial for Tandem Piloting.

In order to be considered for testing and trials, please forward your (Sporting) CV to neill.delahaye@cyclingireland.ie

Minumum age 18yrs (1st year Senior)

Your CV should include as much of the following information as possible:

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| Name |
| DOB |
| Address |
| Cycling Ireland Licence details *– if available* |
| Training History & experience |
| Race results / Events taken part |
| Physiological or testing data such as fitness / lactate / FTP / Lab Tests – *if available* |
| Training and/or racing data file from a key workout or race you performed well in – *if available* |
| If you use a Powermeter training and/or racing, your power profile over following ranges: |
| *Peak Power* |
| *Peak 5sec power* |
| *Peak 1min Power* |
| *Peak 5min Power* |
| *Peak 8min Power* |
| *Peak 20min Power* |
| Your fastest 10 & 25mile TT times – if known |
| Summary explanation of why you have applied and what attributes / characteristics you feel you can bring that make you suitable for a (High Performance) Tandem Pilot |