

Geraint Thomas

The following texts are extracts from www.geraintthomas.com.

About Geraint

Geraint was 'born and bred' in Birchgrove, Cardiff and attended Whitchurch High School. He started cycling at the age of 10 at Maindy Leisure Centre with the Maindy Flyers.

'We would travel all over the UK to races on the track. We'd travel the day before in a mini bus, complete with a 'boom box' that one of the lads brought along. It was great fun, we'd camp overnight and then race our bikes the next day'.

Geraint won numerous National Championships as an Under 14 and 16.

'But I didn't really believe I could make a living from cycling until I won the junior worlds and Paris-Roubaix in 2004'. In the same year he won the Carwyn James Junior Award at the BBC Wales Sports Personality of the Year. Geraint then joined the British Olympic Academy for Under 23 riders. He moved up to Manchester and competed in World Cup events around the world. He turned professional in 2007 when he signed for the South African sponsored Barloworld. During this year he participated in the Tour de France where he was the youngest rider. He was the first Welsh rider to ride the tour since Colin Lewis in 1967. He completed the tour, finishing 140th. 'It was by far the hardest thing I have ever done. I have never suffered as much as I did in those 3 weeks. Every night I would think, there's no way I can go through that again tomorrow. But as soon as you get on the bike the next day, I didn't want to stop. Completing the tour gave me so much mentally as well as physically'.

In 2008, still with Barloworld, Geraint went to the Beijing Olympics and won a Gold Medal in the team pursuit, breaking the world record twice on the way in a time of 3.53:314.


After Geraint's gold medal he was appointed Member of the Order of the British Empire (MBE) in the 2009 New Year's Honours List. At the start of 2009 Geraint suffered a bad crash during the time Trial stage of Tirreno Adriatico. He misjudged a corner while descending a mountain pass, hit the safety barrier and fell 20 foot to the road below. He fractured his pelvis and broke his scaphoid, a small bone in the wrist. However he ended the year in style. During the Manchester World Cup, he set the fastest time under current rules in the 4 km individual pursuit, finishing in a time of 4 minutes and 15.105 seconds.

He went on to win the gold medal in the event, with a comprehensive victory, catching his opponent in the final. He then went into his second Tour de France and started with a bang, finishing 5th in the prologue, before moving to within 20sec of the yellow jersey and 2nd overall after a 2nd place on one of the 'queen stages' across the famous cobbles of north France. He wore the white jersey, for the best Under26 rider, for 4 days. He ended his tour with 10th on stage 19s, 50km TT.


2012 began with the Tour Down Under, before his attentions turned firmly to the track and his second trip to Australia for the World Championships. Thomas chose to miss the Spring Classics in order to concentrate on the team pursuit; "Missing the Spring Classics, in particular Flanders, was a big decision for me. These are my favourite races, and they're definitely races that I think I can do well in." This decision was worthwhile as the GB team beat the favourites for the title, Australia, in a new world record time. Again,


Thomas chose to miss another of his favourite races, the Tour de France, to concentrate on the Olympics; "The track is so specific these days that the 10 days between finishing the Tour and racing would not have given me enough time to prepare the way I want to. Winning gold in London is my main target this year, and I don't want to do anything that could jeopardise that." The GB quartet smashed their own team pursuit world record, set in the world championships, qualifying fastest in the Olympics. They strolled to victory against Denmark in the semi-finals, and in the much anticipated GB v Australia final, they dominated the race setting a new world record of 3.51.659, beating the Australians by almost 3 seconds. The five fastest team pursuit times ever ridden were all done by a team that contained Thomas. "We've talked about it for so long, so to finally achieve what we set out to do, and to do it at our home Olympics is the most incredible feeling. To win with my mates, and have my girlfriend, family and best mates all there watching just made it even more special. I know I'll remember those moments forever."

News



GERAINT THOMAS MBE


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Geraint Thomas
21 Aug 2015


Nice view! Very tempting!





Geraint Thomas
21 Aug 2015

Back on the saddle!




Geraint Thomas
20 Aug 2015

Recon of TTT today. Interesting course...#vuelta


Latest News


Infinity Travel Limited announces sponsorship of twice Olympic gold medalist Geraint Thomas
Corporate travel specialists enters two year agreement with professional road and track cyclist. Infinity Travel, travel specialists to the entertainment, sport and media industries, has today announced it is has entered into a two year sponsorship agreement with professional road ...
[Continued](#)

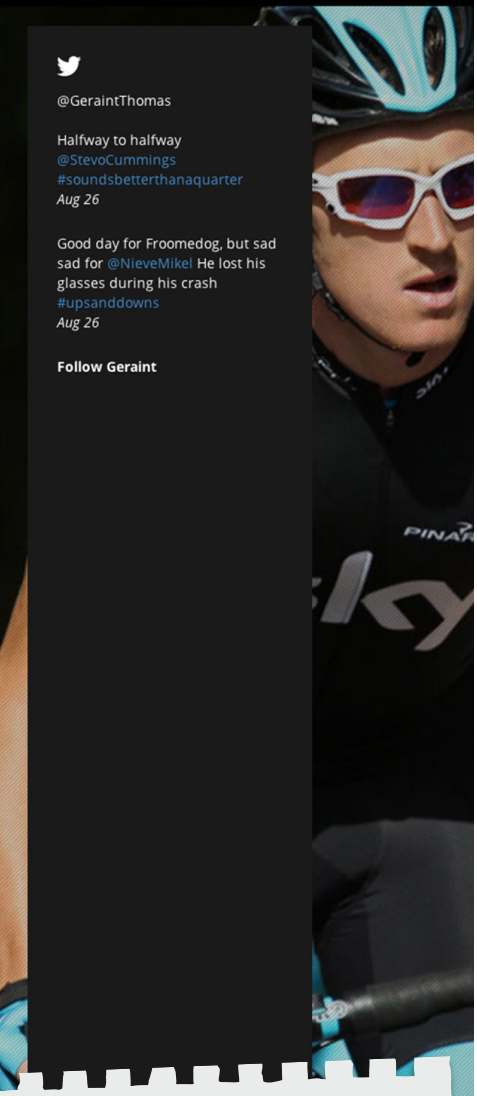
Geraint Thomas and Manon Carpenter top of the bill at Welsh Cycling awards
World champion Manon Carpenter and Commonwealth gold medalist Geraint Thomas were honoured at the 2014 USN Welsh Cycling Awards at the Millennium Stadium where Wales' cycling community celebrated their success over the last twelve months. Read the full article here. ...
[Continued](#)

Geraint Thomas dreams of Tour de France podium finish
Olympic double gold medal cyclist and Team Sky's Geraint Thomas reflects on a year which saw him win the Commonwealth Games road race for Wales. Sport Wales reporter Gareth Rhys Owen spoke to Thomas at the rider's apartment in Monaco. ...
[Continued](#)

Commonwealth champion Geraint Thomas named in Great Britain road race squad
Commonwealth Games gold medalist Geraint Thomas will be joined by fellow Welsh ace Luke Rowe in the Great Britain road race team for next week's UCI World Championships in Spain. Rowe has been rewarded for his fine recent form in ...
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Geraint Thomas finishes sixth at the Eneco Tour
Geraint Thomas ended the Eneco Tour in sixth place overall after finishing a tough final stage in a vastly reduced peloton. Thomas was well marshalled during the 183.4km trek from Riemst to Sittard-Geleen, and stayed alongside his general ...
[Continued](#)


@GeraintThomas
Halfway to halfway
@SteveCummings
#soundsbetterthanaquarter
Aug 26
Good day for Froome dog, but sad sad for @NieveMikel He lost his glasses during his crash
#upsanddowns
Aug 26
Follow Geraint



Source

<http://www.geraintthomas.com> [Accessed 26 August 2015]

Courtesy of Rocket Sports Management

Reading

1. In which year did Geraint Thomas win the Carwyn James Junior Award?

- a. 2005 ☐
- b. 2012 ☐
- c. 2009 ☐
- d. 2007 ☐
- e. 2004 ☐

2. Is the following statement true or false?

	True	False
Geraint Thomas was part of the teams that achieved the fastest time in the team pursuit.		

3. Which of Geraint Thomas' cycling titles are mentioned in the news pages?

- (i) Commonwealth gold medal
- (ii) Tour de France white jersey
- (iii) World Championship
- (iv) Olympic gold medals
- (v) Eneco tour

- a. (i) and (ii) ☐
- b. (i) and (iv) ☐
- c. (iii) and (iv) ☐
- d. (ii) and (v) ☐
- e. (iii), (iv) and (v) ☐

4. The extracts are taken from two different parts of the website. What do you think is the purpose for each page and who is the audience?

In this question you will discuss the audience and purpose for each part of the extract.

5. The extract lists some of the choices about participation in events that Geraint Thomas has made as a professional cyclist. Explain some of his reasons for those choices.

In this question you will use inference.

6. How does the writer use vocabulary and grammar to emphasise Geraint Thomas' achievement?

In this question you will analyse the writer's choice of language.

Writing

7. Write an account of a personal achievement of which you are proud. You may choose to write about an occasion when you performed well in a competition but you may also write about other personal achievements such as overcoming a difficulty. Write 350-500 words.
8. Your local council is looking for volunteer stewards for a national cycle race. Write a short article for a local website encouraging people to volunteer. Write 200-300 words.

Oracy

9. Topic: Leisure/the World of Science and Technology

Prepare a presentation discussing the benefits or disadvantages of sportsmen and women or other celebrities interacting with fans on social media. Your presentation should last 5-7 minutes including time to answer questions.

10. Topic: Leisure

Prepare to participate in a discussion about alternative sports to be included in the school curriculum. You might argue for the inclusion of cycling or other sports such as rock climbing, golf or archery. You may choose any sport that interests you. The discussion should last about 10 minutes and each person in the discussion will be expected to:

- present the information they have found;
- give their own views;
- respond to the views of others.

You might need to undertake some further research.