

A taster session started it off  
His first time on the track  
Sidney was so excited  
But couldn't reach the drops

Sidney joined the BC boys  
And said he was a racer  
Tried to book the velodrome  
"Who the hell are you?"

But then Natasha said "Hi Sid"  
And everything got sorted  
All for him the Olympic track  
Complete with welcome notice

So he trained at the velodrome  
Best hour was the same  
As that French cyclist Marchand  
A hundred and going strong

In the months before September  
Feeling encouraged and loved  
Relishing all the Facebook messages  
On his brand new Moto G

Julie spread the message  
With the help of Paul B-B  
LCC joined in the fun  
And so did the CTC

The velodrome bike was all fixed up  
To try before the event  
With customised high handlebars  
And saddle to match his arse

Included in the warm-up laps  
Was his introduction to the gate  
Then a rider's start for the UCI  
Untouched by human hand

The cheering and the banging  
Sent him round the bend  
At each end of the velodrome  
Two hundred and twenty-seven times

Hour record - ten seconds old  
Had just been set by Sidney  
With the help of Beethoven  
And family and friends galore

So he thought I've done this  
Then others over eighty can too  
It helps if you feel loved  
Because this is what I've learned

**Love makes the**

**Wheels go round**