

# Ryan Christensen

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## Sporting CV 2016



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Height: 175cm

Weight: 63kg

# Personal details:

Rider type: **Rouleur**  
Age: **19**  
Date of Birth: **12 September 1996**  
Place of Birth: **Hamilton, New Zealand**  
Education: **NCEA Level**  
Cycling Club: **Hamilton City Cycling**  
Coach: **Dylan Stewart (Training Wheels)**



# Power data:

Time	Power	Watts per KG	Date
1 minute	631 watts	10	20/06/2016
5 minute	453 watts	7.2	17/06/2016
20 minute	364 watts	5.8	20/07/2016
60 minute	312 watts	5	22/01/2016

# Cycling history:

I began competitive cycling at age 15. With strong results at the junior level of the sport, I was selected for my first national team in 2014, attending the Australian National Championships as an under 19.

After my strong results in Australia in 2014, and my aggressive riding in the Tour of New Caledonia in October of the same season, I was approached by Australian National Road Series (NRS) team Oliver's Real Food Racing who offered me a contract for the 2015 season.

In 2015 I did 3 separate stints of racing in Australia for Oliver's. Gaining valuable experience with an established domestic team. Starting at the Tour de Perth in April, I raced seven consecutive rounds of the NRS. Each with stronger results, culminating in a King of the Mountains classification win at the Tour of King Valley in August.

In 2016 I was resigned with the Oliver's Real Food Racing team



# Cycling history cont:

continuing on with a UCI race in New Zealand at the end of January. At the start of March, I was involved in a serious accident involving a truck which caused multiple broken bones and requiring surgery to my right hand and face. I missed 4 months of racing but on my return won King of The mountain jerseys and podium finishes in my first stint in Australia.

My future ambitions are to continue in the sport of cycling as a professional and further develop my skill sets as a bike racer, and eventually a team leader. My aim is to make cycling my profession and compete at the World Tour level once I am out of the under 23 category.



# Palmarès:

## 2016

### **Tour of King Valley (NRS)**

- > 3rd Stage 3
- > 4th stage 4

### **Tour of Great South Coast (NRS)**

- > 10th Stage 3
- > KOM classification winner

### **New Zealand Cyclocross Championships**

- > 3rd in Elite
- > U23 Champion

### **Wellington Cyclocross series**

- > 1st round 3

### **Hamilton Cyclocross series**

- > 1st round 3

### **Tour of Taranaki**

- > 4th Place stage 5

### **New Zealand Cycle Classic (UCI 2.2)**

- > 1st Place King of the Mountain Classification
- > Most Aggressive Rider Stage 4
- > 9th on Stage 3

### **Hawke's Bay Hub tour**

- > 3rd Stage 1
- > 5th on general Classification

### **Dynamo Team series**

- > 5th Round 4

## 2015

### **Tour de Tahiti**

- > 2nd Stage 1
- > 4th Stage 4
- > 3rd Under 23 Classification

### **Le Tour Air France de Nouvelle Calédonie (New Caledonia)**

- > 4th Stage 1
- > 3rd Stage 3
- > 1st Stage 5

- > 1st Stage 7
- > 2nd Stage 10
- > 1st Place King of the Mountain Classification
- > 2nd in Stage point class

### **Tour of southland**

- > Under 23 Leaders jersey after Stage 1
- > 10th Place Stage 1
- > 9th Place Stage 4

### **New Zealand Criterium champs**

- > 8th Place
- > 3rd Place Under 23

### **Dynamo Team series**

- > 2nd Round 3

### **Tour de Perth (NRS\*)**

- > 6th Place Overall
- > 3rd Best Young Rider Classification

### **Battle of the Border (NRS)**

- > 5th Place Stage 5
- > 9th Place Stage 2
- > 9th Place Stage 3

### **Tour of Great South Coast (NRS)**

- > 10th Place Stage 2
- > Most Aggressive Rider Stage 3
- > Rising Star Jersey Stage 3
- > 9th Place Overall
- > 2nd Place Best Young Rider Classification

### **Tour of King Valley (NRS)**

- > 1st Place King of the Mountain Classification
- > Most Aggressive Rider Stage 3

### **National Capital Tour (NRS)**

- > 1st Place King of the Mountain Classification
- > 8th Place Stage 4

### **New Zealand Club Nationals**

- > 7th Place Overall
- > 2nd Place Under 23

# Palmarès cont:

## The Rev (UCI 1.2)

- > 10th Place Overall
- > 2nd Place Under 23

## New Zealand Cycle Classic

- > 9th Place Stage 5

\*NB: NRS: Australian National Road Series

# 2014

## Australian Junior Road Titles (Representing New Zealand National Team)

- > 10th Place Criterium

## Le Tour Air France de Nouvelle Calédonie (New Caledonia)

- > 4th Stage 5
- > 5th Stage 10

## New Zealand Elite Nationals

- > 10th Place Criterium

## Waikato BOP Schools Road Race Champs

- > 1st Place

## New Zealand Second Schools Individual Cycling Champs

- > 5th Place Individual Time Trial
- > 1st place Criterium

## New Zealand Secondary Schools Cycling Champs

- > 4th place Team Time Trial
- > 6th Place Points Race

# 2013

## North island secondary school Team Time Trial Championships

- > 1st Place Team Time Trial
- > 3rd Place Road Race

## New Zealand Secondary Schools Cycling Champs

- > 4th place Team Time Trial

## Tour of Taranaki

- > 3rd Place Overall
- > 1st Place Sprint Ace classification

## K150 Cycle Classic

- > 3rd Place

## Waikato Bay of Plenty Individual Time Trial Champs

- > 1st Place

## New Zealand Open Men's Criterium Champs

- > 1st Place





**Referees:**

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