

Scottish Cycling South West Newsletter December 2015

As part of the regionalisation process, a monthly update will be sent to all clubs, with important information and stories from around the region. If you have information, stories or reports that you would like shared with the region then please contact

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Scottish Cycling AGM

The Scottish Cycling AGM took place on Saturday 28th November. Following feedback from previous year's Scottish Cycling decided to include an optional information session prior to the formal AGM meeting to showcase some of the great work that is happening locally across the five new Scottish Cycling Regions. Jennifer Oliver (Stewartry Wheelers) presented on the South West Winter Series.

<https://www.britishcycling.org.uk/scotland/article/20151130-scottish-cycling-news-Scottish-Cycling-AGM-2015--Across-the-Regions-0>

Event Results

Walkers Cycling Club hosted the Scottish Cyclocross Championships at Irvine Beach on the 6th December. There were some great performances from South West riders with Janet Erskine (Ayr Roads CC) winning the vet 40 women's race and Catherine Logan (Walkers CC) 3rd in vet 50 women. It was a South West 1-2 in the vet 60s with Alex McAllister (Ayr Roads CC) taking the win with John Walker (Walkers CC) in 2nd. Course designer, Neil Walker (Walkers CC) came 5th in the senior men's race.



Report and results: <https://www.britishcycling.org.uk/scotland/article/20151207-scottish-cycling-news-Scottish-Cyclo-Cross-Championships-Irvine-Beach-2015-0>



The event also incorporated the first ever Scottish Cycling South West Championships. Neil Walker lifted the men's trophy and Janet Erskine took the women's title.



South West riders performed well over the whole of the cyclocross series. Harry McGarvie (Ayr Burners) finished 3rd in the under 16s category, Janet Erskine was 3rd in the veteran women's competition and Neil Walker was runner up in the senior men's category. Full results: <http://www.mylaps.com/en/championships/192214>

Round 3 of the south west winter series took place at Ae on the 12th December. It was another wet and muddy affair but that didn't deter the riders.



Results: <https://www.britishcycling.org.uk/events/details/138741/Santa-Cross#results#results>

Series standings can be found at: <https://www.facebook.com/cyclinginSWScotland>



Upcoming Events

Ayr Burners are promoting round 4 of the South West winter series on the 24th January.

Enter via: <https://www.britishcycling.org.uk/events/details/138683/ABC-DoonBank-Trofee>

2016 Calendar

Thanks to all clubs who have registered their events for next year.

Details of regional championships and series can be found at:

<https://www.britishcycling.org.uk/scotland/article/20151211-South-West-Regional-Events-0>

Coaching

Effective coaching is at the heart of cycling performance at every level of the sport. Whether you want to teach core bike-handling skills to future generations of riders, learn more detailed riding knowledge to benefit yourself and your local club or have aspirations to mentor Great Britain's elite, Scottish Cycling has a coaching course that will help you to achieve your goals. <https://www.britishcycling.org.uk/coaching>

Provisional South West coaching course dates for 2016:

Level 1 (Dumfries): 07/05/16 & 14/05/16

Level 2 (Dumfries): 16/07/16, 17/07/16 & 09/10/2016

MTB DSU (Mabie): 17/09/16 & 18/09/16

Sport Scotland offer a series of free CPD workshops for coaches. You can register via:

<http://www.trainingcheck.com/2nNJw3>

Education

There will be a regional timekeeper course on the 13th February. Sign up via:

<https://www.eventbrite.co.uk/e/timekeeper-training-tickets-19907952221>

ScottishCycling are planning to host a full day Event Organiser Training day & Conference on Sunday 7th February in Perth. We are looking to provide general updates on event processes as well as some specific workshops on event planning and risk assessments. But importantly we are interested to know if there are any discipline specific issues that you would like to have further training on. To help us with planning for the event please register your interest here and let us know about any topics you would like us to cover in during the day:

https://docs.google.com/forms/d/1eupqROoMTvmMVZ1jjLYTHae5z1O_TzPDZiciClvyr4U/viewform

Have a Merry Christmas and a Happy New Year!

