

## Scottish Cycling South West Newsletter February 2016

### Event Results

The 2016 racing season has started!

There have already been 2 rounds of the South West winter series this year:

Ayr Burners hosted round 4 on the 24<sup>th</sup> January in horrible conditions but that didn't put off the racers



Results: <https://www.britishcycling.org.uk/events/details/138683/ABC-DoonBank-Trofee#results>

The conditions were much better for round 5 at Ae:



Results: <https://www.britishcycling.org.uk/events/details/140877/Ae-Love-ly-Day-Out>

It was back to wet conditions for the first time trial of the season: the Icebreaker TTT hosted by Fullarton Wheelers on the 21<sup>st</sup> February:



Results: <http://www.fullartonwheelers.com/chatroom/viewtopic.php?f=6&t=3902>

### Upcoming Events

- Annan Youth CC are organising round 6 of the South West series this Sunday – Annandale TV will be there to capture the action
- Stepping Stanes are hosting the series finale at Ae on the 6<sup>th</sup> March: an MTB stage race – this event has sold out but there is a reserve list – please contact [fiona.walker@scottishcycling.org.uk](mailto:fiona.walker@scottishcycling.org.uk)
- The Loudoun Road Club Galston Hilly Time Trial takes place on the 12<sup>th</sup> March. Entries close on the 4<sup>th</sup> March and there are only a few places left:  
<https://www.britishcycling.org.uk/events/details/140643/Loudoun-Road-Club-Galston-Hilly-Time-Trial>
- Walkers Cycling Club are organising the Fenwick APR on the 20<sup>th</sup> March. Entries close on the 13<sup>th</sup> March but the event is almost fully booked:  
<https://www.britishcycling.org.uk/events/details/140619/Fenwick-APR>



### **South West Scotland Road Series 2016**

A series of 4 races:

- Sunday 15th May Dunlop Road Race  
<https://www.britishcycling.org.uk/events/details/141230/Scottish-South-West-Road-Series-Rd-1---Dunlop-CC-/Fastrider-Cycles>
- Sunday 29th May Straiton Struggle  
<https://www.britishcycling.org.uk/events/details/140853/Straiton-Struggle-Road-Race>
- Sunday 7th August Wanlockhead Road Race  
<https://www.britishcycling.org.uk/events/details/140803/Loudoun-Road-Club-Wanlockhead-Road-Race->
- Sunday 25th September Kilmarnock Criteriums  
<https://www.britishcycling.org.uk/events/details/140620/Kilmarnock-Criterium>
- Series regulations can be found here:  
[https://www.britishcycling.org.uk/zuvvi/media/scottishcycling/Road\\_Series\\_rules.pdf](https://www.britishcycling.org.uk/zuvvi/media/scottishcycling/Road_Series_rules.pdf)

### **Youth Tour of Scotland**

7 young riders have been selected to represent Scottish Cycling South West at the Youth Tour of Scotland in April:

#### **Boys:**

Thomas Ashley

Harry McGarvie

Ryan Broadfoot

Louis Moore

#### **Girls:**

Zoe Watters

Martha Hillard

Emily Hunter



## **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>

### **South West coaching course dates for 2016:**

Level 1 (Dumfries): 08/05/16 & 15/05/16

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

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

Full details of all Scottish coaching courses and details on how to book can be found here:

<https://www.britishcycling.org.uk/scotland/article/20160115-sc-about-Scottish-Cycling-Coaching-Calendar-0>

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

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

## **Education**

6 members of Fullarton Wheelers underwent timekeeper training on the 13<sup>th</sup> February:





Our sport relies on volunteer officials and we always need more! If anybody is interested in training as a timekeeper, commissaire or photofinish operator please get in touch.

### **Club Forums**

There will be 4 club forums a year where clubs can meet the regional development group, find out what has been going on in the region and share ideas. We would like each forum to have a "theme" and possibly a guest speaker and would like your input into this. Please fill in this short Doodle poll:

<http://doodle.com/poll/93z7nqzrppxnegd5>

If you have information, stories or reports that you would like shared with the region then please contact [fiona.walker@scottishcycling.org.uk](mailto:fiona.walker@scottishcycling.org.uk) Deadline for submission for March newsletter is Friday 25<sup>th</sup> March.