



Scottish Cycling South West Newsletter September 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 fiona.walker@scottishcycling.org.uk

Event Results

Last month saw the return of the classic Wanlockhead Road Race. As always, Loudoun RC put on a great event.

Results: <https://www.britishcycling.org.uk/events/details/128673/Loudoun-Road-Club-Wanlockhead-Road-Race#results#results>

Photos:

<https://www.facebook.com/media/set/?set=a.857015511049521.1073741902.323874521030292&type=3>

New club, Ayr Burners organised a successful reliability ride on the 30th August with over 90 riders taking part: <http://www.ayrburners.org/the-best-of-the-fpp-ayrshire-alps-friendly/>

Upcoming Events

Following the success of last year's event, Walkers Cycling Club are promoting the Kilmarnock Criteriums in Howard Park, Kilmarnock on Sunday 27th September, sponsored by QTS. Entries close on Sunday. The 4th cat race is full but there are still spaces in all the other races: <https://www.britishcycling.org.uk/events/details/127844/Kilmarnock-Criteriums>

2016 Calendar Compilation

South West date fixing meetings took place in Dumfries on 25th August and in Kilmarnock on 1st September. A draft regional calendar has been submitted to Scottish Cycling events team for review.

Regional Development Group

The regional development group had another productive meeting on the 20th August. Minutes are attached.

Education



There will be a timekeeper training course early 2016 in the South West region. If any clubs are interested in this please contact me at: fiona.walker@scottishcycling.org.uk

R.A.C.E

8 youth and junior riders from South West clubs and 4 club coaches joined SC MTB coach Paul Newnham and regional development officer Fiona Walker for the first MTB R.A.C.E session at Mabie last Sunday.

The R.A.C.E. (Regional academy of Cycling Education) programme is a regionally based performance development programme, primarily aimed at youth and junior category riders being delivered in each of the five new SC regions.

The morning started off with a video: https://www.youtube.com/watch?v=YL_F0YCStNg then the riders headed out to practice their slow speed skills.

After lunch the riders had a workshop. They watched another video: <https://www.youtube.com/watch?v=TY-Tq9CAItQ> and then discussed the skills and components of fitness required for MTB racing. Team Scotland commonwealth games rider, Gareth Montgomerie, gave the riders an insight into being an elite XC racer, then it was back out to the trails for some more coaching, finishing off with a team relay race.

Coaching

5 South West club members completed the level 1 coaching course in Dumfries this weekend.

In 2016 there will be another level 1 course, a level 2 course and an MTB DSU in the South West Region. If you are interested in attending any of these courses, please contact fiona.walker@scottishcycling.org.uk

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.

