

Scottish Cycling South West Newsletter November 2016

Events

Walkers Cycling Club hosted round 5 of the Scottish Cyclocross series at Irvine Beach in the freezing cold on the 20th November. The event incorporated the Scottish Cycling South West championships. Janet Erskine (Ayr Roads CC) successfully defended her women's title and the Brian Yates was first SW male in the open race.



Full results: <http://www.mylaps.com/en/events/1350456>

Several SW riders have been travelling the country competing in the series. Current standings:

Senior Men

13th Brian Yates (Carrick CC)

22nd John-Paul Baxter (Ayr Burners)

34th Tim Dyer (Walkers CC)

48th Scott Kerr (Walkers CC)

84th Kevin Pugh (Ayr Burners)

85th Dave Walker (Fullarton Wheelers)

Senior Women

35th Jaime Nicholson (Annan Youth CC)

36th Joanne Baxter (Ayr Burners)

37th Mhairi Douglas (Walkers CC)

U14s

5th Cole Nicholson (Annan Youth CC)

27th Cameron McGarvie (Ayr Burners)

U16s

12th Harry McGarvie (Walkers CC)

Vet 50s

14th Fraser Tait (Ayr Roads CC)

28th Russell Mowat (Walkers CC)

42nd Scott Russell (Walkers CC)

49th John Gemmell (Ayr Roads CC)

60th Alex McAllister (Ayr Roads CC)

70th Peter Forsythe (Walkers CC)

Vet 40s

70th Mike Warbeck (Fechan Flyers)

86th Paul McQueen (Annan Youth CC)

93rd Brian McCutcheon (Walkers CC)

Vet Women

6th Lorna Sloan (Walkers CC)

7th Catherine Logan (Fullarton Wheelers)

13th Fiona Walker (Walkers CC)

16th Fiona Davidson (Fullarton Wheelers)

Full series standings: https://www.dropbox.com/sh/7d2ycfay5ijhufz/AAB1vYfzJ1-Y_4lDsprd7h2Qa?dl=0

The South West winter series kicked off in Annan on the 5th November with a record number of riders taking part.



Annandale TV were there to capture the action: <http://annandale.tv/stories/6362-cyclists-take-part-in-annual-cyclocross-event>

Full results: <https://www.britishcycling.org.uk/events/details/154882/Everholm-Cyclocross>

Round 2 takes place at Ae on the 3rd December:

<https://www.britishcycling.org.uk/events/details/156418/Santa-Cross>



2017 Calendar

Planning for 2017 is well underway. If anybody did not make it to either of the calendar compilation meetings and is planning to organise an event in 2017 please let me know ASAP by emailing fiona.walker@scottishcycling.org.uk

Coaching

Sport Scotland have a number of CPD programmes for coaches at all level to access:

<https://www.sportscotland.org.uk/coaching/cpd-and-training/>

They also have a coaching app which can be downloaded: <https://www.sportscotland.org.uk/coaching/>

After a successful pilot in Glasgow last year, Scottish Cycling are extending the Maximise Motivate Master Coach Development workshops out to all 5 regions. Details here:

<https://www.britishcycling.org.uk/search/article/20160628-Maximise--Motivate-and-Master-0>

Lots of members of South West Clubs have completed coaching courses this year:

Level 1

Lee Saunderson (Stewartry Wheelers)

Joanne Harris (Stewartry Wheelers)

Jaime Nicholson (Annan Youth CC)

Donna Irving (Annan Youth CC)

Wendy Hamilton (Annan Youth CC)

Level 2

Liz Peacock (Stepping Stanes)

Cameron Scade (Dumfries CC)

Track DSU

Robert Ferguson (VC Vitesse)

MTB DSU

Jason Sinden (Stewartry Wheelers)

Paula Voce (Stepping Stanes)

Fiona Walker (Walkers CC)

Robert Ferguson (VC Vitesse)

Road & TT DSU

Robert Ferguson (VC Vitesse)

Details of 2017 coaching courses will be released soon.



Funding for clubs

- There are lots of funding opportunities for cycling clubs wishing to develop
- Local sports councils offer grants to affiliated clubs:
 - Dumfries and Galloway: <http://www.dumgal.gov.uk/article/15763/Sports-grants>
 - East Ayrshire: <https://www.east-ayrshire.gov.uk/CommunityLifeAndLeisure/SportsClubs/SportsCouncil.aspx>
 - South Ayrshire: <http://www.sayrsportsc.co.uk/>
 - North Ayrshire: <http://www.north-ayrshire.gov.uk/resident/your-community/community-funding.aspx>
- Awards for All offer lottery grants between £500 and £10000:
<https://www.biglotteryfund.org.uk/global-content/programmes/scotland/awards-for-all-scotland>
(cannot be used to fund UKCC coaching courses)
- Tesco Bags of Help: The money raised from the 5p bag charge in Tesco stores is being used to pay for a large number of local projects:
<http://www.groundwork.org.uk/Sites/tescocommunityscheme/Pages/large-grants-tes>

Clubs First Development Tool

Sport Scotland has been designed a tool to support clubs of all sizes to establish where they are performing well and where they can develop. It will help your club to identify and prioritise areas for improvement and provide helpful information and support which is tailored to your answers. <http://club.sportscot.org.uk/>

Club Management Tool

All affiliated clubs have access to the British Cycling club management tool. This allows them to set up a free club website, manage club membership (including online payments), send newsletters to members and have a calendar of activities. Read more at:

<https://www.britishcycling.org.uk/clubs/article/20120607-club-static-Introducing---Club-Management-Tool-0>

British Cycling Membership

Did you know that club members can get discount on British Cycling membership when joining for the first time: <https://www.britishcycling.org.uk/clubs/membership>



**CLUB MEMBERS
JOIN FOR LESS**

Exclusive offers for club members joining for the first time.

Save 30% on membership.
Seniors and juniors join for free.
Call the membership team on
0161 274 2010

[britishcycling.org.uk
/clubs/membership](https://www.britishcycling.org.uk/clubs/membership)

 

Club Forums

The first club forum took place on the 12th October in Ayr. The theme was nutrition. Club members enjoyed an informative workshop led by a qualified dietician. The theme for the next forum is event officials. Date and venue TBC.

Regional Development Group

Did you know that you can find out what the RDG have been up to? Minutes from the meetings are online at: <https://www.britishcycling.org.uk/scotland/regions/article/20150730-South-West-Region-Documents-and-Downloads-0>

If you have information, stories or reports that you would like shared with the region then please contact fiona.walker@scottishcycling.org.uk Deadline for submission for the next newsletter is Monday 19th December.