



Club Photos

The sun continues to shine on Sleaford Wheelers! It was fantastic to see 70 of you turn up this morning for our club photograph this morning. I hope you all enjoyed the social rides after. It was also fantastic to see so many Under 18s show up for our photo as well. Thank you Richard Howes for the stunning photos. **If you are a Sleaford Wheelers Under 18 Member and have some cycling related news that you want to share don't hesitate to get in touch with your youth representative.**

Circuit Racing - Under British Cycling regulations all Under 16 races must take place on traffic-free roads or a closed road circuit, this is often referred to as 'Circuit Racing'. Circuit racing is a test of stamina, fitness and tactical expertise with a large number of competitors riding in close proximity, commonly referred to as riding in a 'bunch'. In circuit racing there are gear restrictions visit https://www.britishcycling.org.uk/zuvvi/media/bc_files/volunteer/Youth_Gear_Restrictions_for_Riders.Parents.pdf for details.

Yarborough 2pm-17pm <https://www.facebook.com/YCRL.EM/> -
● Saturday 4th August

Tattershall Go-Kart Track 6pm for 6:30pm start (For everyone U16) -

- Wednesday 4th July
- Wednesday 18th July



Term Dates

Our Tuesday evening sessions continue as usual (as long as coach availability and the weather permits!). 18:30 start, finish times as follows; Kath's group: 19:45, Linda's and Dennis's groups: 20:00. No Go-Ride on Tuesday 28th August.

Go Ride Contacts

Dennis Owen - Go-Ride Sub Committee Chair
07783 455932

Karen Durnin - Club Welfare Officer
07845 122299 or 01529 660213

Seth Parrott - Youth Representative
sethparrott44@gmail.com or 07999585767

Assistant Welfare Officers: Sally Crag and Zoe Kinnon

Keep up to date with what's going on by regularly checking our Facebook page:

[facebook.com/Sleaford-Wheelers-Go-Ride](https://www.facebook.com/Sleaford-Wheelers-Go-Ride)

The Club website has links to membership forms, Club activities, racing opportunities and more. www.sleafordwheelers.co.uk

Become More Involved We welcome input from parents, grandparents, carers - indeed anyone! Join our Committee (vacancies for Secretary, Minutes Secretary, and more) - we usually meet on the last Monday in the month - date to be confirmed. We also need official Go Ride Volunteers - talk to a coach or see www.britishcycling.org.uk/go-ridevolunteer - get free clothing too!

Holiday Coaching:

We are considering running five half-day sessions (between 9am and 1pm) for the whole of the week beginning Monday 23rd July (the first week of the school holiday period). There would be about 90 minutes of mountain bike coaching and after a short break a similar-length session using grass track skills before lunch, with parents collecting their child around 1pm. Final details are still to be sorted, the anticipated cost would be £5 per session.

Free Bike:

We have a small pink children's bike free to a good home, in good condition. Contact a Go-Ride official for more information.

Go-Green Grass Track - https://www.britishcycling.org.uk/events?series_id=572

Grass Track is ideally suited to entry level racing. Events can be organised on any flat field with unused football pitches being an ideal area to set up a track. The track itself can be marked out accurately, enabling times to be compared over a series of events, or more simply by laying out a rough oval of markers with a start/finish line. If you want to race grass track talk to a Go-Ride coach. Free wheel events to be held at all Go-Green Grass Track except Heckington Show

- 7th July - Fenland
- 21st July - Bourne
- 22nd July - Sleaford
- 28th July - Heckington Show
- 1st September - Spalding

Training has now started. If you wish to ride a grass track event this year as part of Sleaford Wheelers come along to our training with our qualified grass track coach every Tuesday, 6:30-8pm at Sleaford Rugby Club. Open to all U16s not just Go-Ride. Session fees are £2 for members and £3 for non-members.

Cyclocross - Cyclocross is a very specific type of bike racing. For the most part, the course is off-road but there are sometimes portions of pavement included in the course. You can expect to encounter grass, dirt, mud, gravel, sand, and a whole slew of other assortments and combinations. The races are based on a set time (measured by numbers of laps), not distance. Depending on your category, a race can be as quick as 30 minutes (for beginners), or as long as 60 minutes (for pros).

Spring/Summer cyclocross - there are local cyclocross races though out the year. Talk to your coach or visit the British Cycling website to find out more.

Find out more about September to January Cyclocross at <http://www.lincscyclocross.com/site/>

Lincs Cyclocross - Dates subject to change:

- 30th September - Sleaford Wheelers
- 7th October - TBC
- 14th October - Scunthorpe RC
- 21st October - Witham Wheelers
- 28th October - Alford Wheelers
- 4th November - Lincoln Wheelers
- 11th November - Hubbards Hill
- 18th November - Boston Wheelers
- 25th November - Winterton
- 2nd December - East Midlands Championship - TBC
- 9th December - Lindsey Roads
- 16th December - VC Lincoln
- 23rd December - TBC
- 30th December - TBC
- 6th January - Lincoln
- TBC January - Handicap - VC Lincoln

Time Trials (12 years+) - Time trialling is the simplest of competitive formats: a race against the clock, with riders starting a minute apart. It's known as the 'race of truth' because there's nowhere to hide, no one to draft behind; just you and the bike and the thumping of your heart. Oh, and a clock ticking. <https://www.cyclingtimetrials.org.uk/find-events>

Club 7 mile Time Trials Sign on closes at 6:00pm (The Horseshoes, Silk Willoughby), £2 U18s, £3 for Club members, and £4 for non-members -

- Thursday 16th August
- Thursday 23rd August

Club 10 mile Time Trials Sign on closes at 6:30pm (The Horseshoes, Silk Willoughby), £2 U18s, £3 for Club members, and £4 for non-members -

- Thursday 28th June
- Thursday 5th July
- Thursday 19th July
- Thursday 26th July
- Thursday 2nd August
- Thursday 9th August - Champion 10

Other Club TTs (see website for details) -

- Sunday 9th September 10am Hill Climb
- Sunday 16th December 10am Xmas 2-Up

LRRA (see club and LRRA website for details) -

- Sunday 19th August - LRRA 25 miles
- Sunday 2nd September - LRRA 30 miles

Other Club Run Open TTs (see club and CTT website for details) -

- Sunday 8th July - 8am - Nev Crane 25 and Club Championship

GHS National Youth Championship Lincolnshire Qualifier -

This year Lincoln Wheelers presents the CTT GHS Youth Championship Lincs Qualifying Event. The winners of the different age categories will qualify for the National final, (must be U17 on 31/08/2018). All riders will receive a commemorative medal and certificate.

Cost: £5, Date: Saturday 7th July, Time: 2pm start
Course: Ingham C10/28, H.Q.: Aisthorpe Village Hall.

Lincoln Charity 10 run at same time for over 16s. £8 entry.

All entries on CTT website

Other TTs in the area -

- 30th June 2pm Witham Wheelers CC 25 miles
- 29th July 9am Bourne Wheelers 15 miles
- 25th August 2pm Barton Wheelers CC 10 miles
- 16th September 9am Bourne Wheelers 25 miles
- See club website or CTT website for more events and details

Other Disciplines -

There are other disciplines in cycling including: track, BMX, road racing, mountain biking and cycle speedway. If you are interested visit the British Cycling website or talk to a Sleaford Wheelers coach about how to proceed.

If you feel the club can help you get into cycling or a specific discipline or if you have any ideas for U18 development please contact Seth on the email provide on the previous page.



www.britishcycling.org.uk/go-ride

Please read and complete all attached forms, it is vital that you return these forms to use next time you are at Go-Ride so that the club can continue to run smoothly and efficiently.

SLEAFORD WHEELERS GO-RIDE CODE OF CONDUCT FOR COACHES, PARENTS AND PARTICIPANTS

AS COACHES WE WILL:	AS PARENTS/GUARDIANS AND RIDERS YOU WILL:
Treat riders, parents and others with respect at all times	Treat coaches, race officials, parents and other riders with respect at all times
Be fair, honest and considerate to riders	Recognise and accept that decisions of race officials are final
Promote the welfare and best interests of riders	Accept the reasonable discipline of riders by coaches and race officials
Be aware of the needs of riders and deliver coaching and training appropriate to their needs	Advise coaches of any factors which may affect your child (whether temporary or permanent) and their ability to participate in the coaching session(s)
Recognise the right of riders to be treated as individuals and not discriminate on grounds of gender, age, ability or in any other way, nor allow others to do so	Recognise that coaches are in charge and control of coaching sessions and race officials are in charge of and control competitive events
Be a positive role model for riders	Recognise that whilst attending competitions you are representing Sleaford Wheelers Cycling Club and that your behaviour reflects on the Club
Display high standards in the use of language, manner, punctuality, preparation and presentation	Display high standards in the use of language and manner and encourage your child to do the same
Not engage in behaviour that constitutes any form of abuse to any person	Not engage in behaviour that constitutes any form of abuse to coaches, riders or others
Not drink alcohol, smoke, or use recreational drugs whilst coaching or attending/promoting competitions	Not drink alcohol, smoke, or use recreational drugs whilst attending coaching sessions or competitions
Ensure the coaching environment is as safe as possible, minimising possible risk	Ensure the bicycle being used is in good, safe, working order and the rider's helmet is properly fitted
Plan sessions so they meet the needs of riders, and are progressive and appropriate	Inform coaches as soon as possible if your child is unable to take part in any planned competitive or social activity
Inform riders/parents/guardians of any potential costs involved in coaching services offered	Inform coaches or other Club officials of any changes to the contact information supplied
Inform parents as soon as possible of any changes to or cancellation of coaching sessions including through the use of social media	Recognise that information regarding coaching activities (cancellation etc) cannot always be delivered to each parent/guardian individually
Comply with the requirements of British Cycling in the delivery of coaching sessions	Contact relevant coaches/welfare officers in the first instance regarding any concerns regarding the delivery of coaching sessions

Signed **Dated**

Name of Child
(separate form for each child please)

To promote, encourage and support cycling; both recreational and competitive in Sleaford and the surrounding area.



SLEAFORD WHEELERS GO-RIDE



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SUMMER HOLIDAY ACTIVITIES 2018

To help us plan the best summer holiday programme for our Go-Ride youngsters would all parents please indicate below whether children will available on Tuesday evenings for our regular coaching sessions:

Date	Yes/No	If 'yes', state number/names of children
Tuesday 31 July		
Tuesday 7 August		
Tuesday 14 August		
Tuesday 21 August		
Tuesday 28 August		
Tuesday 4 September		

We are considering running five half-day sessions (between 9am and 1pm) for the whole of the week beginning Monday 23rd July (the first week of the school holiday period). There would be about 90 minutes of mountain bike coaching and after a short break a similar-length session using grass track skills before lunch, with parents collecting their child around 1pm. Final details are still to be sorted, the anticipated cost would be £5 per session.

Date	Children interested
Monday 23 July	
Tuesday 24 July	
Wednesday 25 July	
Thursday 26 July	
Friday 27 July	

We appreciate the information given may change, but your responses will give us an indication of the viability of running sessions over this period. If you have any additional ideas for summer activities, please let one of the coaches know.

Signed



www.britishcycling.org.uk/go-ride





GO-RIDE and EVENT PHOTOGRAPHS

When registering your child with Sleaford Wheelers Go-Ride the majority of parents/guardians did not state that photographs of their child should not be taken. The new Data regulations have now changed this situation, and we now cannot include any person's photograph without their (or their parent/guardian's) specific consent. With a number of events coming up in the near future (Go-Green grass track series, Youth Criterium races, Lincolnshire cycle-cross etc) would **all** parents/guardians please let me or Karen Durnin (Go-Ride Welfare Officer) know their wishes concerning their child's photograph appearing in publicity material or on our Club website photographs by signing and returning this form immediately (please complete a separate form for each child). We would not want to have to exclude a group photograph (or indeed a child from such a photograph) simply because a parent/guardian had not responded to this message.

Please note:

1. no child's name will be included without our first asking for your consent
2. photographs will be used to promote the Club, Go-Ride and events only and will not be used for marketing purposes
3. if you do not wish photographs of your child to appear this will of course not affect their event entry, or inclusion in any Go-Ride activity, in any way

Thank you, Dennis Owen, Go-Ride Chairman

Name of child:

*I consent to my child's photograph being taken as outlined above

*I do not consent to my child's photograph being taken as outlined above
(delete as appropriate)

Signed **Dated**



www.britishcycling.org.uk/go-ride

