



East Midlands Volunteer of The Year

Sleaford Wheelers are proud to say we have Dennis Owen. Our very own Dennis Owen was successfully nominated as British Cycling's East Midlands Volunteer of the Year in recognition of all the amazing work he does. Whether it's coaching or supporting our rides at races Dennis is always giving 110% of his effort. And for that we would like to say thank you Dennis, and well done.

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 see attached leaflet or visit https://www.britishcycling.org.uk/zuvvi/media/bc_files/volunteer/Youth_Gear_Restrictions_for_Riders.Parents.pdf

Yarborough 2pm-17pm <https://www.facebook.com/YCRL.EM/> -

- Saturday 7th April
- Saturday 5th May
- Saturday 2nd June - Run by Sleaford Wheelers, volunteers needed, talk to Dennis
- Saturday 7th July
- Saturday 4th August

Tattershall Go-Kart Track 6pm for 6:30pm start (all ages) -

- Wednesday 25th April
- Wednesday 9th May
- Wednesday 23rd May
- Wednesday 6th June
- Wednesday 20th June
- Wednesday 4th July
- Wednesday 18th July

Term Dates

Our Tuesday evening sessions continue as usual (as long as coach availability and the weather permits!). Sessions run from 6:30-7:30. Keep listening out for when we will return to 8 o'clock finishing. No Go-Ride on the 3rd and 10th of April.

Go Ride Contacts

Dennis Owen - 07783 45932
Karen Durnin - Club Welfare Officer
07845 12299 or 01529 660213

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

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!

Help Wanted!

On Tuesday the 3rd of April we will be having a clean up of our storage facility. If anyone is able to help we are meeting at the rugby club at 6:00 for a 6:30 start.

What to bring to a race-

1. Bike
 2. Helmet
 3. Gloves
 4. Sleaford Wheelers's jersey - talk to a Go-Ride volunteer if you don't have one.
 5. Warm clothes for after - even in summer
 6. Plenty of water
 7. Shoes
 8. Snacks and other drinks
- Race licence, parental permission slips and entry fees if applicable
9. Tools, a pump, tire repair kit and spares.
 10. BAR ENDS!!!!!!!

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 your coach.

- 22nd July - Sleaford (TBA)
- 28th July - Heckington Show
- 1st September - Spalding
- TBA - Bourne
- TBA - Fenland

Message from Steve Johnson of British Cycling

We are running a Women and Girls Rider Development session at Harvey Hadden in Nottingham this coming Saturday 10th March from 10am-12pm. Session costs just £4 for 2hrs. Talk to a club coach or see the Sleaford Wheelers website for details.

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).

Though September to January Lincolnshire cyclocross will be running Lincs League and Trophy League cyclocross races. Dates and venues TBC, more details to follow.

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.

Mountain Biking - for details on mountain bike races talk to our coaches or visit the British Cycling website.

Other Disciplines -

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

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 29th March
- Thursday 5th March
- Thursday 12th March
- Thursday 7th June (Ladies only)
- Thursday 14th June (Ladies only)
- 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 19th April
- Thursday 26th April
- Thursday 3rd May
- Thursday 10th May
- Thursday 17th May
- Thursday 24th May
- Thursday 31st May
- Thursday 21st June
- 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

LRRAs (see club and LRRAs website for details) -

- Saturday 28th April - LRRAs 2-Up 30km
- Sunday 10th May - LRRAs 10 miles
- Sunday 19th August - LRRAs 25 miles
- Sunday 2nd September - LRRAs 30 miles

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

- Sunday 23rd June - 9am - Sleaford Wheelers 15m TT
- Sunday 8th July - 8am - Nev Crane 25 and Club Championship

Other TTs in the area -

- 8th April 9am Spalding CC 18 miles
- 21st April 2pm Barton Wheelers CC 10 miles
- 5th May 2pm Lincoln Wheelers CC (pre 1980 spec/Tricycles/Tandems) 10 miles
- 13th May 9am Bourne Wheelers 10 miles
- 26th May 2pm Royal Air Force Cycling Association 10 miles (military personnel have priority entry)
- 27th May 9am Royal Air Force Cycling Association 25 miles (military personnel have priority entry)
- 2nd June 2pm Witham Wheelers CC 10 miles
- See club website or CTT website for more events and details



www.britishcycling.org.uk/go-ride

Youth gear restrictions: A guide for riders and parents

This guide aims to provide information and practical guidance on youth gear restrictions

Why have gear restrictions?

- It ensures all riders compete together on a fair and equal standing
- It helps to reduce the risk of overuse injuries and avoid strength imbalances in young riders; it may also help riders to develop good pedalling technique
- It encourages young riders to race using tactics as opposed to using bigger gears to go faster. This will help to support the riders in learning new techniques which they will need throughout their competitive career

What are the restrictions?

Tech Reg 3.3 (British Cycling Rule book, Technical regulations general & for Road, Track & Roller Racing)

In all events other than under the provisions of 3.3.3 below, Youth category riders shall be restricted to maximum gears as shown in the following table. Ref T.R 3.3.2

Category		Road Racing	Track Racing	Roller Racing
Junior	Under 18	7.93m	n/a	n/a
Youth A	Under 16	6.93m	6.93m	7.93m
Youth B	Under 14	6.45m	6.45m	7.4m
Youth C	Under 12	6.05m	6.05m	6.94m
Youth D	Under 10	5.4 metres for all events		
Youth E	Under 8	5.1 metres for all events		

Riders with dispensation can contact British Cycling headquarters for guidance on 0161 274 2020.

[Rules can be downloaded from the British Cycling Website here.](#)

How to check your gears

A roll out is the technique used to check whether a bike is within the regulations. The maximum gear restriction is the distance the bike travels in a straight line through one full revolution of the cranks, when in the biggest gear available on the bike. It is always best to have a go at the roll out rather than just relying on the charts as tyres and wheels do vary. How to perform a roll out:

Equipment:

- A metal tape measure
- Marker pen
- Narrow marking tape
- Bike
- Flat surface of at least 8m

Performing a roll out:

- Lay a straight line of tape out to 8m
- Mark the distance for the relevant categories out and make sure they are easily distinguishable
- Ensure your bike is in its highest configuration and that the gears are engaged correctly
- Make sure the chain is engaged in the smallest possible rear sprocket and take all the slack out of the bike
- Inflate the tyres to racing pressure
- Position the bike at the starting point on the rollout, ensure that the crank is in bottom dead centre position and aligned with the zero point on the measure
- Roll the bike backwards, ensuring to stay in a straight line, following the marked area
- Stop the bike once the crank has completed a full revolution and the crank is back at bottom dead centre
- Assess whether the crank is within or over the gear restrictions relative to the distances marked out.

Things to consider:

All bikes should be checked prior to the event and the first three riders plus any picked at random in addition to those using gear locking should be rechecked as soon as the event finishes. If a bike does not meet the regulations the rider will be disqualified.

Please note that the sprocket and chain ring combination cannot be used in isolation to assess gear size. The absolute measure for gear restriction is the distance travelled in one complete revolution of the cranks.

Tyre dimensions; please be aware that although the manufacturer may detail their tyres as a standard dimensions, there will be variations from brand to brand. For example because it says "23" on the side does not mean it's the same as another tyre with "23" on the side.

How to restrict your gears:

Bikes can be restricted to a lower gear. To do this you need to adjust the limit screw on the rear derailleur as shown in the picture below. This will prevent the chain dropping onto the smaller sprockets; this can also be done with the front derailleur to restrict the big chain ring if required.



[Need more information?](#)

[Check out this video of how to perform a roll out](#)