



A newsletter mostly for younger members of the section, and other news.

If you have any info, results or photos to share - or feedback on this newsletter - contact [richard@rtkl.co.uk](mailto:richard@rtkl.co.uk)

After an extended break, we are back distributing news about the club and upcoming activities.

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**Our Regular Sessions**

- Go-Ride South at Inch Park, 2 pm Saturday
- Go-Ride North at Davidson's Mains, 2 pm Saturday
- Mountain-biking classes at Corstorphine Hill on Saturdays 12.30 pm and 2.15 pm
- Pentlands led rides for experienced MTBers Saturday PM (usually 1.30 pm -4 pm)
- Tuesday Road 6:30 pm, Xcite, Linlithgow. For serious U16s & U14s with other regional clubs. See below
- Thursday Road 6:45 pm, Xcite, Linlithgow. Mostly for U12s wanting to get into road riding. See below

Ask one of the coaches about any of these, they can point you in the right direction.

## Annual Dinner



On 18 Jan the club held its annual dinner and prize-giving at the Counting House. Organiser Jarlath Flynn played his [recorded interview](#) with ERC's own [World Tour Rider Sean Flynn](#) who reflected on his first year at the top level of road cycling. Watch this on the link.

As the club is now 99 years old, it has collected quite an array of [silverware](#). Several of the trophies were for youth members, some attended the evening. Those who couldn't make it received their awards later. You can read about this year's youth combined championship below.

Photos of members receiving their trophies at the ceremony and a Go-Ride session are shown here. Sarah Johnson, a member and current Commonwealth and European champion in sprint categories, awarded the prizes. Sarah began her cycling on the grassy slopes of Inch Park and spoke about her recent achievements and goals for the near future.

The event was well attended and enabled members from all the sections to be acquainted and even discover that they were close neighbours. If you missed it, there is always next year.

## ERC's Spring and Summer Race Series

These are aimed at beginners with two rounds being at Go-Ride locations. After the success of last year's series organised by Stuart, we will be doing the same again this year...but TWICE ! i.e. 2 series, Spring and Summer!

Now, we should shortly get some whizzy graphics and pyrotechnics giving a lot more detail, etc, etc.... Phil has kicked this off by launching the first event in the series with the [Ben Forsyth C-R-Y Youth Race Day](#) on 24 March. I thought it'd be good to let you know what & when the other events are so that you can:

1. Book dates in diaries
2. Let Stuart, Phil, Izzy or Alastair know if you'd like to help in the organisation of any of the events.

- Sun 24th March, Ben Forsyth Crit Race - Fife Cycle Park
- Sat 20th April, CX Race - Inch Park
- Sat 11th May, Dirt Crit - Davidson Mains
- Mon 3rd Jun, Road Omnium - evening at Fife Cycle Park, instead of Go-Ride sessions

Apart from the Ben Forsyth race, all will be run for riders in C, D and E age groups, i.e. U12, U10 & U8.



## ERC Rental Bikes

ERC has several Islabikes which are available for loan for 6 months (until August 2024) for a fee of £60 (or £15 refundable deposit for children eligible for free school meals). This fee includes the servicing costs of the bikes, and the bikes will be professionally serviced before being loaned out.

The club has various numbers of the following Islabikes available, all of which come with both road and off-road (CX) tyres:

- Luath 24
- Luath 26
- Luath 700S
- Luath 700L

The Luaths are a great first bike for racing, giving your young rider a drop handlebar bike ideal for Thursday coaching, road-races in the summer and cyclo-cross in the winter

We also have:

- a Felt 700 road bike
- a 48 Cervelo road bike
- 2 Islabike Creig 26 MTBs
- an Islabike Creig 24 MTB

If you would like to rent a bike, please e-mail [ercloanbikes@gmail.com](mailto:ercloanbikes@gmail.com) letting me know which size you would like. Please send your requests by Sunday 11th February.

The best way to know the right bike size for your child is to use their inside leg measurement and the sizing chart on the [Islabike website](#).

If you are currently borrowing a bike, please can you use the email address to let me know whether you want to return it, swap for a larger size or continue to borrow for another 6 months. We will do our best to meet all requests. However, if there are more requests than bikes for a particular size, priority will be given to those who haven't borrowed a bike before.

### [Islabikes Luath 24](#)



### [Islabikes Luath 700S](#)



### [Islabikes Craig 24](#)



## Coaching Corner



Firstly, a big thanks and congratulations to the nine folks who took part in our dedicated 'Introduction to Coaching (Offroad)' course (I2C) at the start of November. This was the first time ERC coaches have been through the new programme (it changed over the summer). The feedback is that it was simpler to do, was fun and equipped coaches to run more interesting sessions than the old Level-1 course. The 'offroad' element means the coaches can offer MTB and cyclo-cross sessions immediately.

Of course not only do the coaches do the course itself, but they also have to get their First Aid and [CWPS](#) (Child Wellbeing & Protection in Sport) qualifications. It's quite a commitment, and kudos to Gavin, Douglas, Paul, Alasdair, Ryan, Joe, Sean, Phil and Ruairi. It's great that with more coaches, we can start to reduce waiting lists. We find that prospective members don't join us if they spend months on our waiting list.

Scottish Cycling has given us an overview of the next level of coaching qualifications in the new curriculum. The next level up is 'Coaching in Context' (which I guess will be abbreviated to CiC). I2C is purposefully designed to be very accessible for those with limited time or just want to do their bit for a club. Beyond this we understand that people personally want to be better at coaching and so CiC reflects this. It's worth noting that coaching concepts at I2C are initially delivered simply and then built upon over time. This is good educational practice, and allows for higher-level thinking and better connection between 'levels'.

CiC is equivalent to (or above) the old Level 3 however it is much less prescriptive, and aims to be more holistic (so covering physical, tactical emotional, technical and psychological elements), To get award is a 2-step process:

- .1. An initial 8 weeks comprising e-learning, 2 face to face sessions and 2 online sessions
  - There is no 'tick a box' assessment at the end of this process
  - It gives the candidate a Remit & Insurance to coach for 12 months (i.e. it covers step 2)
- .2. Then a year of actual coaching to build up a portfolio of experience/evidence that's submitted to get the formal award

There are essentially 3 routes into this:

1. New coaches do the I2C, and then progress
2. Existing Level-1 coaches do an online 'bridging' course
3. Existing Level-2 and DSU coaches can go straight to this course

CiC will be rolled out this year, initially in the BMX discipline, and then in other disciplines in the summer

What does this mean for us? Well, the I2C is a great qualification and coaches can run fun sessions for riders. We know some of the riders will want to progress beyond this and do more technical sessions. This could be for riding on steeper ground for mountain-biking, or learning skills to race on the road; so it would be great for us to have some candidates ready to get with this level of qualification for the main disciplines our riders participate in - i.e. road, MTB and cyclo-cross.

Of course, we will always support anybody who wants to start their coaching journey with the Introduction to Coaching qualifications.

If you are interested in starting to coach, or progressing to the CiC level, then please let Alastair know at [webba1.aw@gmail.com](mailto:webba1.aw@gmail.com).

## ERC Youths in Cyclo-cross Action

Our young riders have been in action in cyclo-cross over the winter as evidenced by the photos below. These were mostly taken at this year's Linlithgow CX. The 'cross course incorporated features in and around the new road circuit.

ERC riders competed in many of the rounds of the Scottish CX championship and managed to climb onto the podia, even reaching the top step.

Congratulations to all those who tried their hands at this aspect of the sport. The season is not quite over with some races still to come. These are detailed in the newsletter. Mums and Dads can also 'muck in'.



## ERC Goodson Race Team

2023 was another successful year for our ERC Goodson Race Team, made up of twelve of the club's top U14 and U16 girls and boys.

Between them, our riders won: the **U16 Girls' Scottish Omnium Championship**, the **U16 Boys' Scottish Road Championship**, the **U16 Boys' Scottish Road Series**, the **U16 Boys' Scottish Individual Pursuit Championship**, the **U16 Boys' Scottish Points Race Championship**, the **U16 Boys' Scottish Madison Championship**, the **U14 Boys' Scottish Road Championship** and the **U14 Boys' Scottish Road Series** - in addition to numerous other race wins, podiums and top 10 finishes in British race series.

While 5 of those riders moved on to Junior teams and other sports at the end of the year, the team has been boosted by the arrival of 2 new members:

**Rhys Littlejohns** and **Seth Overton**, who will race in the U16 Boys alongside **Elliot Speedie** and **Hamish Mayes** (who moves up from U14 last year).

**Kasey Park** will represent the team in the U16 Girls (moving up from U14 last year), with **Lucy Sweeney** racing in the U14 Girls for her second year.

The team is completed by our three second-year U14 boys: **Micah Myles**, **Andrew Levinson** and **Tymek Chmielowski**.

You can follow the team's progress on their Facebook page:

<https://www.facebook.com/goodsonraceteam>



Although only the start of February, our riders have already got plenty of racing in their legs and some medals round their necks: **Kasey** took silver in the U16 Girls' Scottish Madison Championships with her partner Eve Fairburn (Discovery CC), while **Micah** and **Andrew** teamed up to take bronze in the U16 Boys' race despite being an age category lower than the rest of the field. **Hamish** took 4th with his partner Innes Long (Deeside Thistle CC) - a last-minute swap after **Rhys** unfortunately had to pull out due to injury.

This followed a successful day at Round 1 of Monsters of Track in the Sir Chris Hoy Velodrome - with each rider taking part in 4 races - that saw our riders really gel as a team to take 11 podiums in the 12 races they competed in across 3 categories.

The team will next be in action at Round 2 of Monsters of Track on Saturday 10th February, building up to a full and busy season racing on the track and road in the Scottish and British series in 2024.

## Youth Led Rides in the Pentlands

MTB led rides for experienced riders who have progressed from the Advanced Session. Usually 2-3 hours long riders will need reasonable stamina and coach approval to join.

We will bring more details of these rides and other mountainbike activities in the next edition of the newsletter

## Youth C, D and E Racers

The Thursday evening Road Training sessions (run jointly with West Lothian Clarion and Falkirk Juniors Bike Club) at West Lothian Cycle Circuit have just restarted for 2024!

To receive the invitations, sign up for the West Lothian Cycle Circuit Coaching Spond group: <https://group.spond.com/DAPAJ>

## Youth A, B and C Racers

If you are a parent or a coach and you want to keep up to date with upcoming RACE National or Youth Development Cluster sessions, then please feel free to sign up for SC's Youth Development mailing list. These sessions are run by Scottish Cycling, usually on 4 or 5 weekends across the year, and look to develop youth riders who want to race in the Scottish and British series.

Email [performance@scottishcycling.org.uk](mailto:performance@scottishcycling.org.uk) for more information.

The next-level road training sessions (Development Clusters) have re-started on Tuesday evenings at West Lothian Cycle Circuit for Youth A, B and 2nd year C racers. To join the East Region Road Development Cluster, sign up on Spond via this link: <https://group.spond.com/YSHRJ>

These are in addition to our Club Clusters for younger riders and less-experienced racers held on Thursdays in conjunction with Stirling BC and FJBC.

## Youth Racing Categories

### Road & Track / MTB

Categories apply from  
1st January - 31st December 2024

<b>Youth A (U16) / Youth</b>	Born 2008 or 2009
<b>Youth B (U14) / Juvenile</b>	Born 2010 or 2011
<b>Youth C (U12) / U12</b>	Born 2012 or 2013
<b>Youth D (U10)</b>	Born 2014 or 2015
<b>Youth E (U8)</b>	Born 2016 onwards

### Cyclocross

Categories apply from  
1st September 2023 - 31st August 2024

<b>Youth A (U16)</b>	Born 2008 or 2009
<b>Youth B (U14)</b>	Born 2010 or 2011
<b>Youth C (U12)</b>	Born 2012 or 2013
<b>Youth D (U10)</b>	Born 2014 or 2015
<b>Youth E (U8)</b>	Born 2016 onwards

## Upcoming Events and Sign-Up Links

### Road

#### **Sunday 24th March**

Scottish Road Circuit Series Round 1 - Ben Forsyth  
(Fife Cycle Park)

<https://www.britishcycling.org.uk/events/details/297018/2024-ERC-Ben-Forsyth-CRY-Youth-Race-Day>

### Track

#### **Saturday 10th March**

Monsters Of Track Round 3  
(Sir Chris Hoy Velodrome, Glasgow)

<https://www.britishcycling.org.uk/events/details/286979/Monsters-of-Track---Round-3>

### MTB XC, DH and Dirt Crit

#### **Sunday 17th March**

SXC Series 2024: Round 1 (Cathkin Braes)  
(Cathkin Braes, Glasgow)

<https://www.britishcycling.org.uk/events/details/297724/SXC-Series-2024-Round-1-Cathkin-Braes>

#### **Saturday 6th April**

Cranked CC - Mini-DH 2024 - Glentress  
(Glentress)

<https://www.britishcycling.org.uk/events/details/298343/Cranked-CC---Mini-DH-2024---Glentress>

### Cyclo Cross

#### **Sunday 18th February**

Ae 'love'ly day out!

(Ae, Dumfries & Galloway)

<https://www.britishcycling.org.uk/events/details/295547/Ae-lovely-day-out>

#### **Sunday 25th February**

Roukie Riders CX  
(Rouken Glen Park, Giffnock)

<https://www.britishcycling.org.uk/events/details/291628/Roukie-Riderz-CX>

#### **Saturday 2nd March**

Everholm Dirt Crit  
(Everholm, Dumfries & Galloway)

<https://www.britishcycling.org.uk/events/details/291255/South-West-Winter-Series-202324-Everholm-Dirt-Crit>

#### **Sunday 3rd March**

Strathallan Castle CX  
(Strathallan Castle, Auchterader)

<https://www.britishcycling.org.uk/events/details/295814/Strathallan-Castle-CX-2024>

## Future Races and Training Sessions

### Road

#### Scottish Cycling Dates (Circuit Racing)

Date	Race	Venue	Cats	On BC
Sun 24 March 2024	<b>Scottish Road Circuit Series Round 1 - Ben Forsyth</b>	Fife Cycle Park	A-E	Yes
Tues 23 April 2024	<b>E&amp;C Youth Crit Series Round 1</b>	West Lothian Cycle Circuit	A-C	No
Tues 14 May 2024	<b>E&amp;C Youth Crit Series Round 2</b>	West Lothian Cycle Circuit	A-C	No
Sat 01 June 2024	<b>Scottish Road Circuit Series Round 2 - Kames</b>	Kames Racing Circuit	A-E	No
Tues 11 June 2024	<b>E&amp;C Youth Crit Series Round 3</b>	West Lothian Cycle Circuit	A-C	No
Tues 23 July 2024	<b>E&amp;C Youth Crit Series Round 4</b>	West Lothian Cycle Circuit	A-C	No
Tues 13 Aug 2024	<b>E&amp;C Youth Crit Series Round 5</b>	West Lothian Cycle Circuit	A-C	No
Sun 18 August 2024	<b>Scottish Road Circuit Series Round 3 - Ellon</b>	Ellon	A-E	No
7/8 September	<b>Scottish National Road Circuit Championships + Round 4 - Ignite</b>	Ignite Fire & Rescue HQ	A-E	No

Sign-up via the British Cycling website: [https://www.britishcycling.org.uk/events?search\\_type=upcomingevents](https://www.britishcycling.org.uk/events?search_type=upcomingevents)  
 Note that not all events may be available for sign-up yet.

#### Road Training and Clusters

There are now 2 road cluster sessions each week, catering to different age groups:

The **Development** cluster sessions (on Tuesday evenings) provide opportunities for Youth A-C riders who have demonstrated the intention or ability to compete at Scottish regional races. Sessions will have multiple ability levels. These cluster sessions are not suitable for riders who have only previously attended Go-Ride Sessions and should discuss attendance with their club coach prior to signing up for a cluster session.

The **Club** Cluster sessions (on Thursday evenings) provide a route into road riding from Go-Ride. The sessions will require a bike with smooth tyres, preferably a road bike and will require some endurance. Riders will learn how to ride together, sprint, corner and gain other skills useful to riding on the road and racing.

Nothing is stopping you from riding both sessions, if you qualify.

Day	Time	What	Categories
Tuesdays	7:00 - 8:30 pm	East & Central Region Development Cluster	A, B & 2nd year C
Thursdays	6.45 - 8:15 pm	ERC, FJBC & Stirling BC Club Cluster	Mostly C & D

To join the **Tuesday** sessions, sign-up on Spond via this link: <https://group.spond.com/YSHRJ>

To join the **Thursday** evening sessions, sign-up on Spond via this link: <https://group.spond.com/DAPAJ>

When signing your child up, please include add (ERC) after your child's surname, so the organisers know they are part of our club.

Please ensure all fields are completed, this includes sharing any medical conditions that your child has.

We encourage all profiles to include full contact details for two Parents/Guardians/Carers.

Your child's coach (who may be from a different club than they usually attend due to the nature of these sessions) will have access to all this information should they require it.

You'll receive invites weekly through Spond to sign up for the sessions. Please respond promptly so that the coaches can plan appropriately for the sessions.

Spond approvals will be carried out by each club to ensure consent forms and club memberships are in date and valid.

Safeguarding concerns for ERC members at these sessions are handled by Simon, at [erc.cwpo@gmail.com](mailto:erc.cwpo@gmail.com).



## MTB

### Scottish Cross-Country (SXC) Mountain Biking

<u>Date</u>	<u>Race</u>	<u>Venue</u>	<u>Categories</u>	<u>On BC?</u>
Sun 17 March '24	<a href="#">SXC Round 1</a>	Cathkin Brae, Glasgow	Young Taster, U12, Juvenile, Youth	Yes
Sun 5 May 2024	SXC Round 2 - Lochore	Lochore Meadows		No
Sun 2 June 2024	SXC Round 3 - Tarland Trails	Tarland Trails		No
Sat 22 June 2024	SXC Round 4 - Chatelherault	Chatelherault		No
Sun 11 Aug 2024	SXC Round 5 - TBC	TBC		No

### Dirt Crits

<u>Date</u>	<u>Race</u>	<u>Venue</u>	<u>Categories</u>	<u>On BC?</u>

### Mini-Downhill

<u>Date</u>	<u>Race</u>	<u>Venue</u>	<u>Categories</u>	<u>On BC?</u>
Sat 6 April 2024	Cranked CC - Mini-DH 2024 - Glentress	Glentress	U10 - U16	

Sign-up via the British Cycling website:

[https://www.britishcycling.org.uk/events?search\\_type=upcomingevents](https://www.britishcycling.org.uk/events?search_type=upcomingevents)

Note that not all events are available for sign-up yet.

## Track

### Scottish Track Cycling

<u>Date</u>	<u>Race</u>	<u>Venue</u>	<u>Cats</u>	<u>On BC?</u>
Sat 09 March 2024	Monsters Of Track Round 3	Sir Chris Hoy Velodrome	A-C	Yes
Sun 10 March 2024	British Youth Omnium Round 1	Sir Chris Hoy Velodrome	A-C	Yes
Sun 28 April 2024	British Youth Omnium Round 2	Caird Park, Dundee	A-C	Yes
Sat 18 May 2024	British Youth Omnium Round 3	Newcastle-under-Lyme	A-C	No
Sun 09 June 2024	British Youth Omnium Round 4	York Velodrome, York	A-C	No
Sat 13 July 2024	British National Youth Omnium Finals	National Cycling Centre, Manchester	A-C	No
Not yet confirmed	Scottish National Youth Track Champs	TBC	A-C	No

### Cyclo-Cross (CX)

<u>Date</u>	<u>Race</u>	<u>Venue</u>	<u>Cats</u>	<u>On BC?</u>
Sun 18 Feb 2024	Ae 'love'ly day out!	Ae, Dumfries & Galloway	A-E	Yes
Sun 25 Feb 2024	Roukie Riders CX	Rouken Glen Park, Giffnock	A-E	Yes
Sat 02 March 2024	Everholm Dirt Crit	Everholm, Dumfries & Galloway	A-E	Yes
Sun 03 March 2024	Strathallan Castle CX	Strathallan Castle, Auchterader	A-E	Yes

## ERC Contacts

Child protection officer:

Simon Innes at [erc.cwpo@gmail.com](mailto:erc.cwpo@gmail.com)

For more information about how to get into racing, please contact Richard Levinson: [richard@rtkl.co.uk](mailto:richard@rtkl.co.uk)

For bike rentals, e-mail [ercloanbikes@gmail.com](mailto:ercloanbikes@gmail.com)

For club kit, contact Phil Darby at [phildarby@hotmail.com](mailto:phildarby@hotmail.com)

## Useful Links

### ERC

ERC Youths' Parents Facebook Group: <https://www.facebook.com/groups/erc.parents>

ERC Website: <https://www.edinburghhrc.co.uk/erc-youth>

ERC Goodson Race Team: <https://www.facebook.com/goodsonraceteam/>

LoveAdmin: <https://app.loveadmin.com/sign-in>

### General Cycling

British Cycling: <https://www.britishcycling.org.uk/>

Scottish Cycling Facebook page: <https://www.facebook.com/ScottishCycling>

Scottish Cycling East & Central Facebook page: <https://www.facebook.com/Scottishcyclingeastandcentral>

### Racing

Youth Cycle Racing in Scotland Facebook Group: <https://www.facebook.com/groups/ScottishYouthCycling>

Scottish Cyclocross Facebook Group: <https://www.facebook.com/groups/scottishcyclocross>

Scottish Cyclocross: <https://www.scottishcx.org.uk/>

Scottish Cross Country Association (SXC) Facebook Page: <https://www.facebook.com/SXCseries>

Scottish MTB XC Racing Facebook Group: <https://www.facebook.com/groups/608899040416546/>

Quick guide for parents to CX Racing in Scotland:

<https://www.scottishcx.org.uk/news/0jymr605ca1lb1r2b2mvw4vtwormz>

ERC's midweek timetrials on CTT for 12+ [https://www.cyclingtimetrials.org.uk/club-events?club\\_id=1756](https://www.cyclingtimetrials.org.uk/club-events?club_id=1756)

ERC's own information sheet on cycle racing:

<https://www.facebook.com/download/510472770088802/Information%20for%20Racing%20Members%20of%20the%200ERC%20Youth%20Section%20r3.pdf>

### Cluster Groups (on Spond)

Track Club Cluster (indoor track in Glasgow - all ages): <https://group.spond.com/SBZVK>

Thursday road coaching (WLCC - generally U12, U10, U8): <https://group.spond.com/DAPAJ>

Tuesday road Road Development Cluster (WLCC - generally U16, U14 and some U12):

<https://group.spond.com/YSHRJ>

Open Track Group - Caird Park (outdoor track in Dundee - all ages: <https://group.spond.com/CQNMU>

### Event Calendars

Scottish Cycling 2024 Provisional Calendar:

<https://scottishcycling.org.uk/wp-content/uploads/2023/12/Provisional-SC-Calendar.pdf>