



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

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. Cluster, for serious U16s & U14s with other regional clubs. Details below
- Thursday Road 6:30 pm, Xcite, Linlithgow. Sessions for riders wanting to get into road riding and to step up to the above cluster sessions. Details below

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

Youth MTB rides

ERC's youth mountain biking section is fairly new and still expanding. We aim to give an outlet for those riders who are not that interested in racing, to develop skills and encourage kids to keep mtb-ing.

We have developed from the Go-Ride North sessions at Davidsons Mains Park, with Sam providing coaching sessions for the older riders in the park and at Corstorphine Hill. He has now been joined by Fraser, Tom and Sean who have qualified as Level 2 ride leaders. Fraser works with the younger riders, who are progressing from Go-Ride, while Tom and Sean run led rides with the older ones and Sam coaches all ages.

There are around 25 regular attendees, with sessions at Corstorphine Hill and rides in the Pentlands. We also had a great group day out at Glentress in November, enjoyed by all and hope to run more group days out through the year and hopefully get some riders further afield as well.

ERC's newly qualified off-road coaches should also help broaden the youth mountain biking options, and we'll always welcome anyone else interested in coaching or ride leading to help us grow more

Ben Forsyth C-R-Y Youth Race Day

Sun 24th March, Fife Cycle Park, Lochgelly, Fife. Entries close at midnight on Sun 17 March. [Enter here](#)

- The morning will be for U12s, i.e. YC, YC & YE categories and will consist of 3 races for each rider. A time-trial, a street sprint and a scratch race.
- The first round of our spring race series.
- The afternoon will be for U16s & U14s and consist of a scratch race a team time-trial and a coached session.
- The first round of the national youth series

This is a race with deep meaning for the club. It is held in memory of a club member who became the British circuit race champion. His parents have donated a cup for the YA boys' winner, and will attend the race. We use this event as a fundraiser for [C-R-Y](#) who will provide cardiac screening sessions locally for young athletes.



ERC Rental Bikes

We still have some **Islabike Luath 24s, 26s** and **700Ls** available to rent for the next 6 months (until August 2024).

The rental fee is £60 (or £15 refundable deposit for children eligible for free school meals), and includes the servicing costs of the bikes.

The Luaths are a great first bike for racing - and come with both road and off-road tyres - giving your young rider a drop handlebar bike ideal for road riding and racing (and the Thursday night WLCC sessions) in the summer, and cyclo-cross (and Go-Ride) in the winter.

If you would like to rent a bike, please e-mail ercloanbikes@gmail.com



MTB Races this year

The MTB racing season starts on Sunday 17th March with Round 1 of the Scottish Cross-Country (XC) MTB Series at Cathkin Braes.

The series consists of 5 rounds across Scotland. Championship points are awarded for the Youth (U16), Juvenile (U14) and U12 riders, with riders' best 4 results counting towards the overall standings.

Races are also run for U10s and U8s at these events, although there is no championship for these age groups.

The Scottish National XC Championships will take place on Sunday 1st September at Comrie Croft, while the Scottish Schools MTB Championships will take place at the same venue on Thursday 12th September.

In addition to the Scottish Series, the British Series will take place over 5 rounds across the UK.

Round 2 will take place at Kirroughtree Forest on 20th and 21st April, and will include U12 Skills Sessions.

Details of other MTB races can be found later in this Newsletter, and the SXC Series website can be found here:

<https://www.sxc.org.uk/>



SXC Series
2024 Dates

- Sun 17th March: Round 1**
Cathkin Braes, Glasgow
- Sun 5th May: Round 2**
Lochore Meadows, Fife
- Sun 2nd June: Round 3**
Tarland Trails, Aberdeenshire
- Sat 22nd June: Round 4**
Chatelherault, South Lanarkshire
- Sun 11th August: Round 5**
TBC

SHIMANO SXC SCOTTISH CYCLING

Road Races this year

The road racing season starts on Sunday 24th March with our very own Ben Forsyth race (see above for more details).

This race will be the first round of the Scottish Road Circuit Series Round, which is a 5-race series (following the recent addition of a round at West Lothian Cycle Circuit) taking place on closed circuits across Scotland. Championship points are awarded for the Youth A (U16) and Youth B (U14) riders, with riders' best 4 results counting towards the overall standings.

Races are also run for Youth C (U12), Youth D (U10) and Youth E (U8) at all of these events, although there is no championship for these age groups. Youth D and E races generally last 10-15 minutes, Youth C 15-30 minutes while the Youth A and B races are 30-50 minutes.

ERC have performed strongly in these series in recent years, most recently with Jamie Sweeney and Andrew Levinson winning the Youth A Boys and Youth B Boys series last year.

The other 4 races in the series are:

Sunday 12th May - Round 2: **West Lothian Cycle Circuit**
Saturday 1st June - Round 3: **Kames Racing Circuit**
Sunday 18th August - Round 4: **Ellon Town Centre Crit**
7th or 8th September - Round 5: **Ignite Fire & Rescue HQ**

The Ignite race also doubles up as the Scottish Youth Circuit Championships - with the chance for Youth A, Youth B and Youth C riders to win the Scottish Champion's jersey, as Struan Shaw (Youth A) and Andrew Levinson (Youth B) did last year.



2024 Scottish Youth Circuit Series

- Sun 24th March: Ben Forsyth CRY Race Day**
Fife Cycle Park, Edinburgh RC
- Sat 1st June: EKRC Kames Race Day**
Kames Racing Circuit, East Kilbride RC
- Sun 18th August: Ellon Town Centre Crit**
Ellon, Ythan CC
- September TBC: Scottish National Youth Circuit Champs**
IGNITE Fire & Rescue HQ, Clydesdale Colts

SCOTTISH CYCLING #SCNatChamps



In addition to the Scottish Series, the British Series will take place over 8 rounds across the UK. Many of our ERC Goodson Race Team riders will compete in this series.

Round 5 is the Kingdom Youth Circuit Stage Race - a 2-day event at Fife Cycle Park, which will also include races for Youth C, D and E.

New for this year is the East & Central Youth Crit Series - a series of 5 races on Tuesday nights at West Lothian Cycle Circuit, run jointly by EEC, Stirling BC, Falkirk Juniors BC and West Lothian Clarion. There will be one event each month, with races for Youth A, Youth B and Youth C.

The complete list of dates can be found later in this newsletter.

If you have any questions about road racing, please ask any of the coaches at the Thursday sessions at WLCC, or e-mail richard@rtkl.co.uk.

Track

ERC have a strong record on the track in recent years, including Sarah Johnson (left) who won gold for GB in the Team Sprint in the 2023 UEC Track Junior European Championships for GB, as well as two golds and a silver for Scotland in the 2023 Youth Commonwealth Games in Trinidad and Tobago.

If you are interested in riding at the velodrome, Glasgow Life are running a number of Youth Taster and Youth Accreditation sessions this month at the Sir Chris Hoy Velodrome.

To ride on the track, you need to pass 4 levels of accreditation. For full details on the Glasgow Velodrome Accreditation Pathway, see <https://www.glasgowlife.org.uk/sport/venues/emirates-arena/cycling/accreditation-pathway>

To book a session, phone Glasgow Life on 0141 287 7000.

Youth Taster Sessions (Sat 11:00 - 12:00) - 16th / 23rd / 30th March

Youth Accreditation 1 (Sat 10:00 - 11:00) - 23rd March

Youth Accreditation 2 (Sat 10:00 - 11:00) - 16th / 30th March

Youth Accreditation 3/4 (Sat 13:00 - 15:00) - 16th / 30th March

In addition to the Glasgow Life sessions, Kenny Steele from Johnstone Jets runs Track Cluster sessions at the velodrome, which are open to all levels from beginner to those racing in Youth A (U16) - although priority is usually given to Youth A, B and C riders.

Details of the next set of Track Cluster sessions will be published in this Newsletter when they are announced.



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 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

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

Cyclocross

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

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

Road Bike Gearing

When racing on the road (or road circuits) as a Youth, riders have to ride with "restricted gearing". The guide below explains what this actually means, why it's enforced and what you need to do to your Youth rider's road bike if they want to race.

"Restricted gearing" means that riders are limited as to which gears they can use based on their Age Group category. The reason for this is to stop children from overloading their muscles during a race ("pushing too large a gear") and to maintain a level playing field between competitors.

Before riders can sign-on for a road (or road circuit) race, their bike will need to have a gear check in which someone will measure that it is not exceeding the gears allowed for the age category being raced. An additional gear check usually takes place immediately after the race for the top finishers to make sure that no one has adjusted their gears between the pre-race gear check and the race itself.

Each age group has a different gear restriction in the form of a 'Rollback' distance (see below). This is the distance covered for 1 full revolution of the crank, in the bike's highest (fastest) gear.

Youth E (U8) - 5.10m
Youth D (U10) - 5.40m
Youth C (U12) - 6.05m
Youth B (U14) - 6.45m
Youth A (U16) - 6.93m

How to check a bike's rollback distance:

1. Place the bike in its highest gear (smallest rear Sprocket [and largest front Chainring if it has more than one chainring]), with the tyres at race pressure.
2. Lay a tape measure on the ground, position the bike with a crank arm vertically down, inline with the beginning of your tape measure)

3. Roll the bike backwards (keeping it in a straight line) until the crank goes through 360 degrees (1 full rotation) and stop when it is vertically down again.
4. As long as the distance covered is less than your Age Group's maximum 'Rollback' distance (as per the list above), the bike is legal. If it's longer, repeat using the next Sprocket up (i.e. change down a gear).
5. If you need to use a gear lower than its highest gear, you need to 'lock off' that gear so it can't be used during the race – this is a simple task outlined below.

This video shows how to measure rollback distance (it's for Youth A gearing, but the same principle applies for all categories):

<https://www.youtube.com/watch?v=QsD1NTZpSs0>

To lock any gears off and make your bike legal, simply follow these steps:

1. Put the bike in its correct front Chainring and correct rear Sprocket to comply with the relevant Rollback (as identified above).
2. Using a screwdriver, turn the derailleur limit screw marked 'H' (for High), until you cannot change the gear any further down the Sprocket than is needed.
Turning the screw marked 'H' clockwise (until it is not possible to select the smaller Sprocket) limits the overall travel of the rear mech in the high gears.
Conversely, the screw marked 'L' (Low) can limit the overall travel in the lowest (largest) Sprockets, but you should not need to limit the lower gears.

This video (for Triathlon, but showing the process which applies for Youth categories shows) how to lock off gears:

<https://www.youtube.com/watch?v=eZK3qnz62zc>

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>

Tuesday 23rd April

East & Central Youth Circuit Series - Round 1
(West Lothian Cycle Circuit)

<https://www.britishcycling.org.uk/events/details/297377/East--Central-Youth-Circuit-Series---Round-1>

Sunday 12th May

West Lothian Grand Prix
(West Lothian Cycle Circuit)

<https://www.britishcycling.org.uk/events/details/299202/West-Lothian-Grand-Prix-Youth-Circuit-Series-Round-2>

Saturday 15th June

Kingdom Youth Circuit Race
(Fife Cycle Park)

<https://www.britishcycling.org.uk/events/details/296703/Kingdom-Youth-Circuit-Race>

Track

Sunday 18th May

Scottish Cycling National Omnium Championships
(Caird Park, Dundee)

<https://www.britishcycling.org.uk/events/details/298816/Scottish-Cycling-National-Omnium-Championships>

Cyclo Cross

The next cross season will include
Sat 21 Sept Inch Park CX

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>

Sunday 14th April

FJBC Double Trouble MTB XC Pairs Race
(Kinneil Estate)

<https://www.britishcycling.org.uk/events/details/298797/FJBC-Double-Trouble-MTB-Pairs-Race>

Saturday 20th and Sunday 21st April

British Cycling 2024 National XC Series Round 2
(Kirroughtree, Newton Stewart)

<https://www.britishcycling.org.uk/events/details/298235/British-Cycling-2024-National-Cross-Country-Series-Round-2>

Sunday 5th May

SXC Series 2024: Round 2 (Lochore Meadows)
(Lochore Meadows Country Park, Lochgelly)

<https://www.britishcycling.org.uk/events/details/298702/SXC-Series-2024-Round-2-Lochore-Meadows>

Sunday 2nd June

SXC Series 2024: Round 3 (Tarland Trails)
(Tarland Trails, Tarland)

<https://www.britishcycling.org.uk/events/details/298734/SXC-Series-2024-Round-3-Tarland-Trails->

Saturday 22nd June

SXC Series 2024: Round 4 (Chatelherault Country Park)

(Chatelherault Country Park, Hamilton)
<https://www.britishcycling.org.uk/events/details/298703/SXC-Series-2024-Round-4-Chatelherault>

Future Races and Training Sessions

Road

Scottish Cycling Dates (Circuit Racing)

Date	Race	Venue	Cats	On BC
Sun 24 March 2024	Scottish Road Circuit Series Round 1 - Ben Forsyth	Fife Cycle Park	A-E	Yes
Tues 23 April 2024	E&C Youth Crit Series Round 1	West Lothian Cycle Circuit	A-C	No
Sun 12 May 2024	Scottish Road Circuit Series Round 2 - WLCC	West Lothian Cycle Circuit	A-E	No
Tues 14 May 2024	E&C Youth Crit Series Round 2	West Lothian Cycle Circuit	A-C	No
Sat 01 June 2024	Scottish Road Circuit Series Round 3 - Kames	Kames Racing Circuit	A-E	No
Tues 11 June 2024	E&C Youth Crit Series Round 3	West Lothian Cycle Circuit	A-C	No
Sat 15 June 2024	Kingdom Youth Circuit Race	Fife Cycle Park	A-E	Yes
Tues 23 July 2024	E&C Youth Crit Series Round 4	West Lothian Cycle Circuit	A-C	No
Tues 13 Aug 2024	E&C Youth Crit Series Round 5	West Lothian Cycle Circuit	A-C	No
Sun 18 August 2024	Scottish Road Circuit Series Round 4 - Ellon	Ellon	A-E	No
7/8 September 2024	Scottish National Road Circuit Championships + Round 5 - Ignite	Ignite Fire & Rescue HQ	A-E	No

Sign-up via the British Cycling website: 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, Youth B and 2nd year Youth 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.

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 2024	SXC Round 1 - Cathkin Brae	Cathkin Brae, Glasgow	Young Taster, U8, U10, U12, Juvenile, Youth	Yes
Sun 14 April 2024	FJBC Double Trouble MTB XC Pairs Race	Kinneil Estate		Yes
Sat 20 & Sun 21 April	British National XC Series Round 2 - Kirroughtree	Kirroughtree		Yes
Sun 5 May 2024	SXC Round 2 - Lochore	Lochore Meadows, Lochgelly	Young Taster, U8, U10, U12, Juvenile, Youth	Yes
Sun 2 June 2024	SXC Round 3 - Tarland Trails	Tarland Trails	Young Taster, U8, U10, U12, Juvenile, Youth	Yes
Sat 22 June 2024	SXC Round 4 - Chatelherault	Chatelherault Country Park, Hamilton	Young Taster, U8, U10, U12, Juvenile, Youth	Yes
Sun 11 August 2024	SXC Round 5 - TBC	TBC	Young Taster, U8, U10, U12, Juvenile, Youth	No
Sun 1 September 2024	SXC Championships	Comrie Croft		No
Thurs 12 September 2024	Scottish Schools MTB Championships	Comrie Croft, Perthshire		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	U10 - U16	Yes

Track

Scottish Track Cycling

<u>Date</u>	<u>Race</u>	<u>Venue</u>	<u>Cats</u>	<u>On BC?</u>
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	Nat'l 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>

Sign-up to any of these events via the British Cycling website:

https://www.britishcycling.org.uk/events?search_type=upcomingevents

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

ERC Contacts

Child protection officer: Simon Innes at erc.cwpo@gmail.com

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

For bike rentals, e-mail ercloanbikes@gmail.com

For club kit, contact Phil Darby at 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 Cross Country (SXC) Mountain Bike Series: <https://www.sxc.org.uk/>

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/0iyMr605ca1b1r2b2mvw4vtwormz>

ERC's midweek timetrials on CTT for 12+ 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%20ERC%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 2nd year 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>