

## **Coaching sessions.**

Coaching continues in June. There are two sessions : Saturday, 6th June and Saturday, 27th June starting at 9.30 and lasting just over an hour. Both use Whitworth Park These sessions will contain a mix of skills and racing type games.

**Please** remember to sign the register if you attend one of these sessions as we need an accurate register of who attends.

**Junior Dr Bike** This session takes place on Thursday, 25th June from 19.30. If you have problems with your bike you can get them fixed at this session. However you must let Rob know at least a day before Dr Bike that you intend to come to the session by ringing 01629 822259.

**BSCA Events** There are two BSCA events in June : East Midlands Grass Track Championships ; East Midlands MTB Championships. Both take place on Saturday, 20th June at Whitworth Park. The grass track starts at 10.00 and consists of a 1 lap time trial and a series of sprints, while the mtb races start 1 hour after the finish of the grass track event at around 1pm. and has one race in each age group using the Whitworth mountain. Come along and try these races. Entries cost £5 for each race, (cheques made out to C Mottram) and entries close on Tuesday, 9th June and should be on a BSCA entry forms to Parkside, Station Road, Darley Dale, DE4 2EQ. Entry forms can be found at <http://tinyurl.com/oypygg> and clicking on grass track and/or mtb.

All the races above use under-8, under-10, under-12, under-14, under-16 and over-16 age categories for both boys and girls. (ages as on 1st September 2008).

Entry fees to all the above events can be claimed back through our Young Rider Fund at the end of the season.

**BSCA and GHS Events on July 12th.** There is a 10 mile time trial on July 12th using our 10 course, A10/16, starting at 8am. It is open to members over 12 years old on July 12th and under 19. The BSCA event is the East Midlands 10 mile Time Trial Championships, open to under-14, under-16 and over-16 age groups (age calculated on 1st September 2008). You need a BSCA entry form which eventually can be found at the same place at the grass/mtb entry forms. The entry fee is again £5.

The GHS event is the Central District heat of the GHS National Championship. This is open to anyone from 12 years old to 16 years old. You need a special GHS entry form available from [www.ctt.org.uk](http://www.ctt.org.uk) or at coaching sessions. Entry fee is £2. Entries for both events, with entry fee, should be sent to the above address by Tuesday, 9th June.

For most riders, one ride qualifies you for two championship events.

**Further details and additional information can be obtained by phoning 01629734996 or emailing [cj@ormail.co.uk](mailto:cj@ormail.co.uk)**