

Lots of Info...

Youth Go-Ride Coaching

The Go-Ride coaching will continue at Thorneyford Farm every **Saturday up to and including Sat 16th Dec**. We will continue the cyclo-cross scheme using a combination of field and hard surfaces so CX / mountain bikes with gears will be required. Please be prepared for the colder weather and dress appropriately, including gloves!

Venue: Thorneyford Farm, Kirkley, Ponteland, NE20 0AJ

Time: 8:45 - 9:45 Cost: £3 on the day

The coaches will split the riders into appropriate groups based on their ability.

The riders will be split into 3 groups as we **introduce a new more advanced group for the growing number of teenage members**. We hope to provide suitable coaching sessions to challenge them and help their continued development and progression as riders.

Club Rides

The club rides will continue to depart from the farm at 10am although there will be no further Youth Club Rides until the finer weather returns in the spring. Please ensure that you start in the slower groups and only progress when comfortable to do so. If in doubt please speak with one of the coaches and remember all members under 12 must be accompanied by a responsible adult. Please remember that unaccompanied youth members can join a ride at the discretion of the rider leader. A parental consent form must be completed and emergency contact details provided to the ride leader.

Racing Opportunities

For those looking to race then take a look at the 2 regional leagues. NECCL is predominantly Saturdays and CXNE Sundays. Numbers participating tend to be higher at the CXNE events so NECCL may provide a more gradual entry. We will be hosting the NECCL event at the farm on **Sat 11th November** and the CXNE event at the farm on **Sunday 17th December**.

The Cyclo Cross North East (CXNE). <http://cxne.org.uk/>

North East CycloCross League (NECCL). <http://neccl.co.uk/>

For other events please take a look at the British Cycling Events webpages.
<https://www.britishcycling.org.uk/events/home>

Regional Club Cluster

There are two weekly regional club clusters for junior, youth A, B and second year C riders. The road cluster is held on Thursday evenings 19-21:00 at Prissick and the CX cluster is held on

Go-Ride Update Nov 2017

Published: Tuesday, 31 October 2017 21:35
Written by Martin Wells

Wednesday nights 19-20:30 at Meadowfield Sports Centre. These are aimed at developing riders who have an interest in racing and training.

Track Cluster Manchester

If you are interested in experiencing the track then take a look at the **NE regional track cluster session on January 7th 2018 at the Manchester Veleldrome**. PLEASE discuss this with the coaches to check suitability.

<https://www.britishcycling.org.uk/events/details/167274/HSBC-UK-Go-Ride-Track--North-East-Cluster>

Club CX Champs

The club CX club championships will be held at Hetton Lyons Country Park on **Saturday 16th December**. This is one of the NECCL events with prizes to the first Vags riders. Further info can be found here:

North East CycloCross League (NECCL). <http://neccl.co.uk/>

Please speak with one of the coaches if you would like more information or advice on any of the above!