

Lakeland Sprinters Season 2009

Every Wednesday starting Wednesday 6th May and finishing Wednesday 2nd September

For 2009 we have again secured Rowrah Karting Stadium on Wednesday evenings – many thanks to the Rowrah Committee for letting us use this superb venue.

This season we will again be running the Division system:

Divisions 2, 3 and 4 - session runs from 6pm to 7pm.

Division 1 – session runs from 7pm until the end of racing (typically between 8:15 and 8:45 pm depending upon the weather, the number of riders and their enthusiasm!)

To try and help the arrangements run smoothly, please be ready to start promptly.

6pm starts: All riders sign on and then:

Division 2 riders – please go to the top track and wait until a coach arrives. Normally this will be Neil Hercberg.

Division 3 riders – please go to the skills area where Don Morrison will lead the coaching.

Division 4 riders – please go to the start of the race circuit for the time trial – Penny Kingsland will lead the time trial session.

Would all new riders also please be ready at 6pm for track familiarisation with Gerry McCarten.

Tim Houghton will be available from 1740 to 1900 for sign-on and to answer and questions/queries and advise on racing opportunities, etc.

7pm start (Division 1 riders) – please sign on before 7 pm and go to the top track where a coach will join you for your warm-up.

We have reviewed the riders performances in 2008 and a list of 2009 riders and which Division they are now in can be found at the end of this newsletter.

New for 2009:

We'd like to introduce a number of new activities for the 2009 season. Here's a flavour of the kind of things we want to bring in; we'll give you more information nearer the time.

For riders aged 10 upwards who would like to try racing, there is the Cycling Development Northwest Youth series – a mixture of closed circuit, mountain bike and

cross country races run from April to August at various venues from Bootle, Manchester, Preston and Lancaster areas.

Race nights – will be held on the first Wednesday of each month; there will be no coaching on these evenings, just a variety of race events for all the Divisions featuring road racing, time trials, sprints, hill climbs and other races. The 2nd of September will be a ‘champion of champions’ race night with barbeque and achievement awards presentation all rolled into one.

Bikeability Level 1 training – if you haven’t heard of Bikeability, it’s the new National Standard for cycle training in the UK. Tim Houghton is a fully qualified Bikeability Instructor and will be giving specific training in Level 1 skills to Divisions 2 and 3 riders through the season. So – this means your child will have the all the fundamental bike handling and control skills to later enable them (with further training) to become safe, proficient cyclists on our roads.

Family rides – we plan to offer a variety of rides in the local area where all the family can take part – Mum, Dad, Aunt, Uncle.... and, of course, all the kids. Depending on the level of interest, we may run these on a club night, another evening or one day at the weekend.

Links with other clubs- for example, Border City Wheelers run a series of road races throughout the season and we are keen to support these by getting a small team or riders together who would like to take part in events like these.

Grass track racing – it’s great fun, and besides that there’s not many sports where you can race alongside National champions and find that they’re spot on blokes and lasses like yourselves!

The Velodrome – you’ve seen Victoria Pendleton, Chris Hoy, Brad Wiggins and the rest at Beijing – now, for the older riders, you too can ride the boards and banks of the Manchester Velodrome track. We hope to put a combined session (with other local cycle clubs) on later in the season.

Don’t forget, we’re a club for everyone, regardless of race, creed, faith, gender, physical or mental ability. It’s not a question of ‘what can’t someone do’, it’s ‘how can we help everyone to be the best they can be’.

Looking forward to a great 2009 season,

Tim, Penny, Don, Gerry and Neil

2009 Division Placings – start of season list

Division 1

Ailsa Cowen
Alex Hargreaves
Alice Rae
Callum Horspool
Daniel Baron
David Houghton
Fletcher Hodgson
George Bennett
Hugh Guise
Jacob Critchley
Jason Jenkinson
Jordon Peck
Kristian Cook
Liam Tinnion
Patrick Cowman
Rorie Henderson
Sam Heyworth
Stephen Gascoigne
Thomas Lennox
Tom Smith
William Hughes

Division 2

Adam Watson
Artem Leutau
Charlie Frankland
Daniel Rooney
David Thomas
Elsa Whelan
Freya McDowell
George Hodgson
Georgia Canning
Heather Hughes
Heather Thomas
Lauren Whitby
Lucy Hewitt
Mabel Symonds
Mark Brailey
Matthew Last
Philip Jennings
Robert Atkinson
Ruth Jennings
Scott Glaister
Sean Aspinall

Division 3

Aengus McDowell
Alex Bewley
Ben Frankland
Conall McDowell
George Cowen
Harvey Canning
Jack McDonagh
Jackson Law
Maddy Smith
Mathew Atkinson
Olivia Fearon
Rhys Robinson
Thomas Allaker

Division 4

Becky Tichford
Connie Symonds
Enya Bowness
Harry Lamb
Joshua Hewitt
Molly Rankin
Poppy Rankin
Poppy Watson
Ruth Atkinson
Sam Thompson