

Proposal for Women's Start Racing Scheme

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Background

The aims of the scheme:

- To provide a means for more women to get involved in cycle racing on the road and crits.
- To encourage more North West women to take part in road based racing.
- To seek to remove barriers and sometimes appalling attitudes relating to women's racing.
- To assemble like-minded people in the region to support this initiative.
- To put in place a framework, and to co-ordinate coaches and organisers in the region
- To build on the good work pockets of people are already doing with women's training and racing.
- To target the lower end of racing categories.
- Open to any age of adult female rider Junior and above.
- Encourage trainee coaches, commissaires and young volunteers to get involved.

Some known barriers to women's racing:

- Times of races not always appropriate
- Women prefer to have some training
- Beginners don't want to ride with 2nd cat females, we suspect women may not enter races when they see good riders entering
- Many women prefer not to ride with the men

Round the Region – summary of training / racing

- Danielle Riley, Tracey Taylor, Bex Rimmington are all active coaches.
- Simon Wilson running women's training sessions at Tameside.
- Women's sessions run at Salt Ayre, Breeze format as opposed to race orientated.
- Rachel Moore breeze session at the Steven Burke Hub, Wednesday evenings.
- Colin Baldwin is putting on the Cleaves Hill women's race. Brian Rigby not doing as many races this year, so less at Pimbo. Other women's races are planned.
- Monthly women's races at the midweek leagues at Salt Rye and Tameside
- Women's race after the CSP North West Youth Series event.
- Manchester Wheelers 2 day, with women's competition.
- By the end of the 2017 season, there will have been 10 women's road races but the majority of riders are from outside the region.

Big Day Out Concept

- The aim is to provide an introduction to racing for women, with an element of training, racing and the different formats of race. It is intended to be fun, inspirational and provide the basics for safe racing.
- "Big Day Out" series of events at regional circuits to a set format, as an introduction to circuit / road racing. One or more events run at a weekend to allow ladies to participate without men or children. Run a pilot with invited female coaches then provide the format for additional sessions to be run at other venues.
- Two variations were discussed. One more suitable for novice riders, the other for those progressing from the novice stage. This has developed into a Stage 1 to Stage 2 approach.

North West Regional Board - Women's Racing Sub-Group August 2017

- Stage 1 has the important skills element, essential event for a safe warm up ride. Stage 2 has more coach lead racing, with different types of races covered.
- Start with a "pilot" of stage 1, leading to more stage 1 events at which regional female coaches and commissaires will be invited to assist and take away the ideas to run other events to the same format.
- Consider Stage 2 depending on demand.
- Request Youth League organisers to consider a women's race after the Youth races. This is an ideal start for those progressing from the Big Day Out series – this has been done.
- Signpost women to regular training sessions, with emphasis on women's training. This will include women specific social road rides.
- Signpost women to race events in the region, using websites and facebook groups.
- Engage female coaches and commissaires to assist with events and sessions.

North West Regional Board - Women's Racing Sub-Group August 2017

Proposal

A pilot stage 1, followed by additional stage 1 events, then stage 2 events.

Stage 1 events to be partially funded by the Region.

Incorporate trainee coach, trainee commissaire and youth volunteers into the delivery team.

Stage 1

Aimed at the novice riders, and those wanting to improve core skills.

09:30 – 10:00	Sign On – All riders to sign on for the complete day. Introduction to the day
10:00-10:50	Start / stop Cornering - cones Cornering - circuit bends right and left Limbo bars
10:50 -11:00	Short break
11:00 – 11:50	Observation exercises Group riding: Side by side, through and off, random group (peloton) Following a wheel Group awareness Bunch gridded start
11:50 -12:00	Short break
12:00 – 12:20	Mock Race - short handicap (15m) 6 laps of the circuit Newest racers at the front, riders who have done 1 or 2 crit in the middle group 3rd cat riders in the last group.
12:20 -13:00	Lunch Break
13:00 – 13:30	Off-bike session. Race procedure, race etiquette, race rules, race preparation Race preparation information (*1) sheet will be provided.
13:30 - 14:15	30m+3laps Handicap race (BC registered for points)
14:15 – 14:30	Debrief, signposting and finish.

(*1) An information sheet will have key points for attending races: kit, bike, gearing, entry, sign on, weather, and key points for race rules, etiquette and tactics.

Stage 1 Implementation

- Planning for pilot: set a date and book circuit venue – Saturday or Sunday, book circuit, first aid, identify equipment required including judging equipment
- The Palatine circuit at Blackpool is ideal for the initial Big Day Out. It has leisure centre facilities and good car parking.
- Prepare detailed session plans for each session.
- Plan the off-bike session. Need indoor location or gazebos if wet.

North West Regional Board - Women's Racing Sub-Group August 2017

- Obtain a list of female coaches and commissaires in the region. Invite these people to assist and promote the initial stage 1 and additional Big Days Out events.
- Publicise around the region especially at youth events.
- Confirm which Youth League events are to have a women's event, chase organisers.
- Create the information sheet / quick guide.
- Source equipment: gazebo x2, lapboard and bell, flat cones, limbo bars, tripods and cameras, computer for results, table for sign on, chairs.
- Collate women's racing and training information, publish on a new page on the BC website or the BCNW website.
- Social media campaign.

Stage 2 (Provisional)

Morning races – BC points only.

Afternoon races – Prizes only.

09:30 – 10:00	Sign On – All riders to sign on for the complete day of racing.
10:00	20 minutes warm up on circuit.
10:30	20 minutes of 'through and off' skills - Novice 4 th cats + Day licence
11:00	Flying lap Time Trial all riders
12:00	30 minutes Handicap – Two groups start half a lap apart 3 rd cats plus the 1 st and 2 nd in the 4 th cat race 4 th cats plus last two in the 3 rd cat race
13:00	Lunch break
13:45	Devil* Maximum 20 riders in the group If it's a large group take two out each lap. *Optional format – can be changed to an 'unknown distance' or other suitable race.
14:15	25 minutes 4 th cat only for BC points.
14:45	30 minutes 3 rd and 4 th cat for BC points.

North West Regional Board - Women's Racing Sub-Group August 2017

Financial Estimates

Based on 20 participants

Volunteers contributing their time to prepare documentation and planning.

Expenditure

	Number	Cost	Total
Hire of Palatine Circuit	1	£110	£110
Hire of room at Palatine centre (estimate)	1	£100	£100
Coaches expenses	4	£40	£160
Commissaire	1	£40	£40
Organiser expenses (sub group members)	2	£40	£80
Register race	1	£12	£12
Food for lunch	32	£4	£128
Pay non-member day licenses (estimate)	12	£10	£120
Printing of information sheets		£15	£15
Expenses to collect equipment not at Palatine		£40	£40
Total			£805.00

Income

20 riders each charged £20 = £400

North West Region Contribution

This is a shortfall of £405 if 20 ladies sign up, or £505 if 15 ladies sign up.

The board is asked to underwrite the pilot on the basis that at least 15 ladies sign up for the pilot stage 1, so £505, subject to any other expenses that may arise.

The board is also asked in principle to underwrite further Stage 1 sessions, subject to more accurate financial estimates following the pilot.