

Women`s work group 2020.

The group has been extended to include representatives from recreation and participation as well as racing in an effort to provide a clearer understanding of the issues faced by females across the spectrum of cycling.

The most important development of the year was the NW Boards women`s development group coaching sessions held at Tameside and Salt Ayre over the winter. A series of coaching sessions aimed primarily at encouraging women to develop race skills to be able to race in the leagues at the circuits. 4 sessions were held at Tameside with an average of 20 riders attending each one and 2 sessions at Salt Ayre.

The sessions attracted a wide range of abilities and rather than turn people away they were adapted to be inclusive for all levels.

As part of the project new coaches were encouraged to attend the sessions and either observe or deliver part of the session. This was a great success with 4 new coaches taking part and also a 16 year old coaching a session as part of her GCSE PE studies.

It is anticipated that similar sessions will be run over the winter of 2020/21 depending on circuit and coach availability.

Other general activity was suspended due to COVID 19.

Danielle Riley

Womens Group Chair.