

UPCOMING EVENTS

Click links for more info...

[21/09 – Sulis Scorpions Odd Down Racing](#)

[21 & 22/09 - Go Ride Racing Weekender!](#)

[22/09 – Downhill Racing @ FOD](#)

[22/09 – MTB XC Development Centre @FlyUp 417](#)

[22/09 – Circuit Development Centre @ Odd Down](#)

[Calshot Winter Track Programme](#)

[29/09 – Big Hearted Bike Day \(charity event\) @ Odd Down](#)

[29/09 -HSBC UK National 4X Series](#)

[Western Cyclo Cross League dates](#)

[Wessex Cyclo Cross League dates](#)

[29/09 – FlyUp 417 GoRide Downhill #5](#)

[05/10 -Knightwood BMX Rd.5](#)

[Full list of events in the South...](#)



BC SOUTH REGION AGM 2019

This year's AGM will take place on Saturday 21 September at The Fairground Hall, Weyhill, Andover, Hampshire, SP11 0QN, commencing at 2pm. I will be free before and after to answer any questions and chat!



COACHING COURSES (links below)

Level 1 Jan - [Southampton](#)

Level 2 Nov – [Bristol](#)

Level 2 CX DSU Jan – [Southampton](#)

Level 2 ROAD DSU Jan - [Bath](#)

Level 2 April – [Southampton](#)

Level 3 – [National](#)



CULINARY CORNER

Heading out training early or need a pre-race snack – this is a great recipe for overnight oats (I like to mash a ripe Banana in with the oat mix overnight and add a spoon of Peanut Butter!) – [link](#)



MTB XC DEVELOPMENT CENTRE #1

The first MTB XC development centre session at FlyUp 417 was a great success, and we look forward to the next one! ([spaces still available](#)). It was great to have talent coach Jack Humphrey coaching alongside Len Hay.



TRAINING PLANS WITH BRITISH CYCLING AND TRAINING PEAKS

BC have teamed up with Training Peaks, with a range of plans available. There's also a free 3 week trial – [link](#)



JOB OPPORTUNITY

With a BMX focus, could you inspire more people to ride bikes and have fun in Bristol? We're recruiting for a full-time coach, to play a key role in our partnership work with Access Sport. [Link](#)

FACEBOOK - QUALIFIED COACH COMMUNITY - [link](#)

Please get in touch with any queries about coaching bursaries, grant funding, future opportunities, club support or any other questions RichardGriffiths@britishcycling.org.uk



DEVELOPMENT CENTRE SESSIONS (links below)

MTB XC - [Gloucestershire](#)

TRACK – [Newport](#)

CIRCUIT – [Bath \(more to follow soon!\)](#)

BMX - TBC



TALENT ROUND-UP

A superb event at Castle Coombe hosted by the South Regional Board saw the South come 3rd in the girls and 8th in the boys Inter Regional Circuit Championships. Izzy Brickell finished 2nd in the Girls circuit race, while Nathaniel Brookes came in 5th in the Boys race – full results [link](#)

Double champion Billy Brown leads the way as 4 South Region riders are crowned at the HSBC UK British BMX championships – full report [link](#)

Great results at the final round of the Youth National Circuit Series at Brands Hatch. Niamh Murphy 1st B Girls, Izzy Brickell 3rd A Girls, Tom Huelin 10th B Boys, Nathaniel Brookes 10th A Boys.

South came 7th overall in the Inter-Regional Track Championships. Thanks to Pete Georgi and Jeremy Gil for their help and coaching with the teams

