

## **Sport Developer Update – Di Farrell-Thomas**

### **Hello Eastern Region Clubs!**

Is summer already over? The recent rain might have us thinking so! I hope you've all managed to enjoy plenty of time out on your bikes, along with your club activities, events and social gatherings.

In the near future I will be sending out details to Event Organisers across the region to review processes, as we gear up to building the Racing Calendar for 2027. It would be very useful to receive wider insight so that we can look to make improvements and share best practice going forward.

Aside from event feedback – if there is anything else you would like to discuss to support club development, training, funding or anything else – **please do get in touch.**

### **Eastern Region British Cycling Board Update:**

The Regional Board would like to invite all members to the Eastern AGM that is to be held in person (Colchester Northern Gateway, Cuckoo Farm Way, Colchester, Essex, CO4 5YX) on **Saturday 19<sup>th</sup> September, 2:30pm.**

To confirm your attendance or to learn more, please contact Regional Secretary David Hales: [Secretary@bceastern.co.uk](mailto:Secretary@bceastern.co.uk)



Regional annual general meetings (AGMs) are an important part of British Cycling's Governance and a key component in helping deliver our strategy.

The meetings are open to all members to attend either as a representative of your cycling club, or as a private member. They are your chance to meet other members of the British Cycling community and to lend a voice and vote in our activities in your region.

Should you wish to represent your club and have their voting rights, please agree this with your club/team secretary in the first instance.

The voting rights of Private Members will be in accordance with Byelaw 5 and a ballot of those attending will be made to decide on those appointed to vote.

### **A typical agenda for a Regional AGM meeting covers:**

an overview of the work of the Regional Board, election of Regional Board Members and Officers, consideration of any Proposals and Motions for National Council, consideration of Nominations for (2x) Elected Directors for the main British Cycling Board. Full details as to how to register/to attend will be made available approximately six weeks before your region's AGM.

Please see [this page](#) for available details, with further updates provided by email in due course. Please ensure you are opted in for the option to 'Have your say regionally and nationally' on [your preference centre](#), to receive these email updates.

## Key Updates

### **Coaching Education Courses**

With the new coach education pathway now in place the calendar of available courses is being populated. New courses are added on a regular basis and all those currently available can be found [HERE](#) If you cannot find the course that you want to attend, please let the education team know by filling in this [Expression of Interest Form](#)

**However, in the East we have a real need for additional Road Commissaires – please do contact me DIRECTLY if you are keen, or you know anyone else who would like to gain qualification for this opportunity.**

The courses are ***totally online, free, certified*** and all learners receive expert tuition, you can find out more here: [Trainee Commissaire courses](#)

The new **BURSARY** award may be available on application by following this [Bursary Link](#)

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## **Suffolk Coaching Opportunity:**

### **Can Your Club Help?**

**Cycle East Suffolk** is looking to connect with local cycling clubs that may have qualified coaches interested in delivering coaching sessions on the pump tracks at:

📍 **Kesgrave Pump Track**

📍 **Leiston Pump Track**

**We are keen to explore opportunities for:**

- Taster sessions
- Skills coaching
- Youth development activities
- Community engagement events



Whether you already run off-road, BMX, mountain bike, or youth coaching sessions, we'd love to hear from you.

### **Interested?**

Please get in touch to discuss opportunities and availability.

Karle Howard, Community Developer - East Suffolk

**Contact:** [karle.howard@britishcycling.org.uk](mailto:karle.howard@britishcycling.org.uk)

**WE EXIST TO BRING THE JOY OF CYCLING TO EVERYONE.**

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## British Cycling Awards – Nominations Open:



**British Cycling has opened nominations for a special evening of celebration and entertainment at the annual British Cycling Awards, presented by Lloyds, as we look to celebrate the extraordinary achievements, dedication and service of individuals from across our community.**

The winners will be announced on Saturday 14 November 2026, which will take place at the brand-new Radisson Blu Medlock Hotel in Manchester.

You can find all the important details [here](#), about how to nominate someone for the volunteer and club of the year categories.

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## Sofa To Saddle App:



**Further information can be found [here](#), which also outlines what to do if you do not currently have a bike: [Sofa to Saddle - British Cycling](#) | [Sofa to Saddle](#)**

Do you know anyone who is looking to get involved in the sport? They can start cycling with help from Sofa to Saddle: a fun and free way to gradually get more active. Across eight weeks, the app-based programme will help them to start riding their bike more often, with confidence and enjoyment.

We know that people experience barriers when trying to ride more, so Sofa to Saddle is all about turning intention into action. From distance goals and suggested routes, through to motivation, tips and advice: we'll give you them the support they need to get in the saddle.

They will build strength with simple off-bike activities, and receive check-ins along the way to stay on track and see their progress build, week by week.

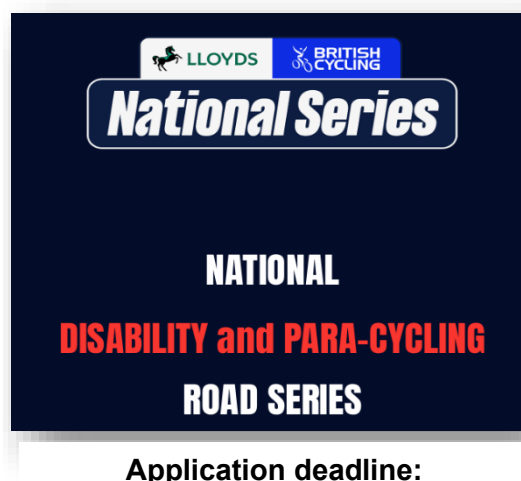
### Messages to Event Organiser:

British Cycling is pleased to invite applications from event organisers and clubs interested in hosting a round of the 2027 Lloyds National Disability & Para-cycling Road Series. This prestigious series provides competition opportunities for riders with physical and visual impairments and plays a vital role in the development of disability and para-cycling across Great Britain.

Applications should be submitted via the online application form, with all required information completed as thoroughly as possible. The application process includes an evaluation period following the submission deadline, with successful organisers expected to be notified in November and the series calendar announced in December.

It is advised to contact Louie (address to the right) to obtain the Application Guide, reading this thoroughly before submitting an application.

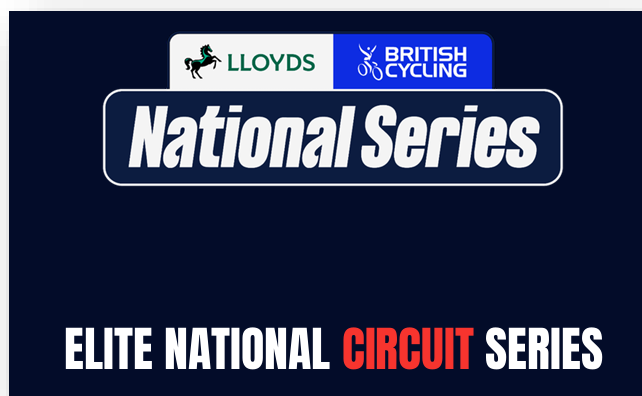
### In Addition....



#### Application deadline:

Midnight on Sunday 11 October  
2026

If you have any questions regarding the application process or hosting requirements, please contact [louiebooth@britishcycling.org.uk](mailto:louiebooth@britishcycling.org.uk).



**National Road and Circuit Series application forms** have been shared with existing Organisers, Regional Chairs, SD's and RCA's w/c 24th August, for events on the 2027 calendar.

Please contact [road@britishcycling.org.uk](mailto:road@britishcycling.org.uk) if you or your Club are interested in receiving the application forms for hosting an event in the Elite, Masters, U23, Junior or Youth National Series or Championships next season.

#### Deadlines for applications are as follows:

15th September for Elite Series. 2nd October for all other Series and Championships.

## EASTERN REGIONAL NEWSLETTER

### September 2026

### Eastern Youth Circuit Series 2026 - Results

We are hugely grateful to all event organisers for their support of inclusion of their races to the series, as well as all officials, supporters and of course participants for providing some top-class racing. Your clubs too have provided opportunity to hone skills and channel riders' enthusiasms to race. Also, thanks to the Eastern British Cycling Board for their support with coordination and sponsorship of the medals.

Placed riders (from Eastern Region clubs) have been contacted directly to arrange medal collection. Many congratulations to **all** riders who have taken part and given their upmost.

#### Youth E Girls & Boys

|           | Name           | Club               |
|-----------|----------------|--------------------|
| Joint 1st | Mila Mehmet    | Welwyn Wheelers CC |
| Joint 1st | Aine Archibald | Velouse Flyers     |
| Joint 1st | Emilia Harding | Chelmer CC         |

|           | Name           | Club                  |
|-----------|----------------|-----------------------|
| 1st       | Isaac Smith    | Hadleigh Cycling Club |
| 2nd       | Theodore King  | Colchester Rovers CC  |
| joint 3rd | Leo Pearson    | Welwyn Wheelers CC    |
| joint 3rd | Michael Belham | Colchester Rovers CC  |

#### Youth D Girls & Boys

|     | Name            | Club                 |
|-----|-----------------|----------------------|
| 1st | Indi Wheatley   | Velouse Flyers       |
| 2nd | Matilda Child   | Colchester Rovers CC |
| 3rd | Niamh Archibald | Velouse Flyers       |

|     | Name             | Club                 |
|-----|------------------|----------------------|
| 1st | Harvey Robinson  | Lee Valley Youth Cyc |
| 2nd | Aleksei Leonchik | Chelmer CC           |
| 3rd | Henry King       | Colchester Rovers C  |

#### Youth C Girls & Boys

|     | Name            | Club               |
|-----|-----------------|--------------------|
| 1st | Elizabeth Moore | Welwyn Wheelers    |
| 2nd | Isla Smethurst  | Hadleigh Cycling C |
| 3rd | Mia             | N/A                |

|     | Name          | Club                |
|-----|---------------|---------------------|
| 1st | Ellison Green | Barking & Dagenham  |
| 2nd | Kacper Gabka  | Velouse Flyers      |
| 3rd | Jasper Hallam | Cambridge Junior Cy |

#### Youth B Girls & Boys

|     | Name            | Club                    |
|-----|-----------------|-------------------------|
| 1st | Elizabeth Whall | Colchester Rovers CC    |
| 2nd | Alice Thompson  | Lee Valley Youth Cyclin |
| 3rd | Iris Thorne     | Lee Valley Youth Cyclin |

|     | Name              | Club               |
|-----|-------------------|--------------------|
| 1st | Taylor Green      | Barking & Dagenha  |
| 2nd | Baily Groombridge | Norwich Racing Tea |
| 3rd | Frank Spauls      | Norwich Racing Tea |

#### Youth A Girls & Boys

|     | Name          | Club                          |
|-----|---------------|-------------------------------|
| 1st | Hannah Galvin | Lee Valley Youth Cycling Club |

|     | Name             | Club                  |
|-----|------------------|-----------------------|
| 1st | Harvey Woodroffe | Ely & District CC     |
| 2nd | Ciaran Ho        | Hadleigh Cycling Club |
| 3rd | Stirling Davey   | Chelmer CC            |

**To advertise your event or to pass on news about your club in future Newsletter editions, please do reach out to me before the next deadline of the 2<sup>nd</sup> November.**

If you need to speak to me – please use the following:

**Diana (Di) Farrell-Thomas. Sport Developer–Team Lead. (Eastern).**

[Difarrellthomas@britishcycling.org.uk](mailto:Difarrellthomas@britishcycling.org.uk) 07860 404831