

# Sustrans Bike It Update



Maeve's winning poster design

## Belfast Wins Big in National Poster Competition

A national poster competition was organised for all Bike It schools in the UK. Students were asked to design a poster with a New Year's Resolution about bikes and cycling. Belfast students won two of the top three places for all of Northern Ireland and Wales! The 1<sup>st</sup> Place winner was Maeve, a P7 student from St Oliver Plunkett Primary, and the 3<sup>rd</sup> Place winner was Erin, a P6 student from Gilnahirk Primary. The 1<sup>st</sup> place prize is a new, top of the range bike from Islabikes. The 3<sup>rd</sup> place prize is a Bike It goodie bag packed with all sorts of fun bike kit. Congratulations Maeve and Erin!

### The Big Pedal

The Big Pedal is an infectious fun (and free) UK-wide competition to motivate more children to cycle to school!

**When?** It's a three-week race (15 school days) from 7 - 25 March, or just enter a daily stage instead.

**What do we need to do?** To race, simply encourage as many pupils, parents and staff to ride in.

**How do we monitor it?** Keep a log of cyclist numbers then enter your daily figures on our website.

**Sounds simple! What next?** Register now for your FREE wall chart so everyone can follow progress.

[www.thebigpedal.org.uk](http://www.thebigpedal.org.uk)

### About Sustrans

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move. Support Sustrans today.

### About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Bike It in Belfast is made possible with the support of the Department for Regional Development, Sport Northern Ireland, and the Bike Hub

To find out more, visit:  
[www.sustrans.org.uk/bikeit](http://www.sustrans.org.uk/bikeit)



### We'd love to hear from you...

Sustrans' Bike It officer for Belfast is Beth Harding. Contact Beth on 07824627674 or send her an email on: [beth.harding@sustrans.org.uk](mailto:beth.harding@sustrans.org.uk)

# Sustrans Bike It Update



Bike Wash at St Matthew's Primary

## I Love My Bike!

On playgrounds around Belfast, students have been giving their bikes some love! St Matthews Primary, St Oliver Plunkett Primary and Whiteabbey Primary have each celebrated an 'I Love My Bike Day'.

On the day, there are four workshops on the playground that each student participates in – **Bike Games**, **Bike Wash**, **Dr Bike**, and **Bike Try Out**. The aim of the day is to get bikes clean and checked for roadworthiness and also to develop your child's cycling skills and of course – to have fun!

In the next few weeks, more schools around Belfast will be holding similar I Love My Bike Days and Bike Rodeos to encourage cycling amongst their students. Look out for a Bike It day coming to a playground near you!

## This year's Bike It schools are:

- Bunscoil Phobal Feirste Primary
- De La Salle College
- Gilnahirk Primary
- Grosvenor Grammar
- St John the Baptist Boys Primary
- St John the Baptist Girls Primary
- St Joseph's College
- St Matthew's Primary
- St Oliver Plunkett Primary
- Strandtown Primary
- Whiteabbey Primary

## Bikes, bikes and more bikes!

Fantastic bike counts at recent I Love My Bike Days...

- 106 bikes at Whiteabbey Primary
- 86 bikes at St Oliver Plunkett Primary
- 75 bikes at St Matthew's Primary

Well done schools!

## Confident and Competent Cyclists

Over the course of the next few months, **over 360** students from the 11 Bike It schools in Belfast will be trained to Levels 1 and 2 of the National Standards Cycle Training. The high quality training will develop competent and confident young cyclists who will have the skills to cycle safely and confidently on the road. Congratulations to those students who have already completed their training!



Slow Race at Whiteabbey Primary