

Sustrans' Bike It

Locals Duncan and son Angus with Sustrans' Bike It officer Alan (right) enjoying a MetroCentre event in June



Become a local sponsor

Thousands of children UK-wide are benefiting from corporate sponsorship of Sustrans' Bike It project, with businesses large and small seeing the clear benefits that supporting local schools can bring. It's a great opportunity to have a positive affect on the next generation of people to grow up in the local area, and on the environment in which we all live.

Sustrans is working closely with the Capital Shopping Centres Group (CSC) again this year, following their kind sponsorship of the project in Gateshead, South Tyneside, Basildon, Thurrock and Southend. Without the enormous help of their funding, many planned activities and cycling incentive schemes would not have taken place.

CSC has contributed a generous sum over three years, allowing us to hold many school events and family fun day events at Gateshead's Metrocentre and the Lakeside Shopping Centre in Essex. CSC's funding has really enhanced the project, allowing us to purchase equipment to help us achieve a high level of success, and to offer prizes to children as rewards for cycling to school regularly, or for completing their Bikeability training.

"Cycling is a fun and healthy activity that the whole family can enjoy. We're

delighted to work with Sustrans to help promote their Bike It project" Said Alexander Nicoll, Corporate Responsibility Director of CSC.

In 2009-10, we also received funding from the Sage (UK) to help us promote active school travel locally and to buy cycle shelters for schools that really need them.

"We're really lucky to be able to offer funding to support Sustrans' schools work," said Leigh Thompson, Corporate Social Responsibility Consultant at Sage (UK). "With the help of Gateshead and South Tyneside Councils, Sustrans works closely with schools, children and families to encourage children to cycle to school. It not only helps to reduce congestion and the impact travel has on the environment but also helps promote healthy lifestyles to the young people that are our region's future. **It gives us a sense of pride knowing that we can make a difference to our local community.**"

As a charity, we're extremely grateful to everyone that has supported Bike It locally, including cycle shops that have provided prizes, discounts on purchases for Sustrans' Bike It schools and Dr Bike sessions.

To discuss any potential partnership or sponsorship opportunities locally (whether for a one-off event or a longer period of support), please contact Mike Madin, Bike It National Manager, who will be thrilled to hear from you. Please email mike.madin@sustrans.org.uk.

About Bike It

Bike It is a Sustrans project that is enabling many thousands of children to cycle to school everyday. It does this by helping schools to make the case for cycling in their school travel plans; supporting cycling champions in schools and demonstrating that cycling is a popular choice amongst children and their parents; and, most importantly, giving children the skills and information they need to cycle so their parents can have the peace of mind to let them.


sustrans
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Pilot project gets through to the girls



Fairfield High School pupils enjoying their new-found bike confidence.

In Bristol, 170 girls in two of the city's secondary schools have spent the last few months learning all about bike-related health, fun and fashion thanks to Bristol Girls – a Sustrans pilot project funded by Bristol's Cycling City project.

A tiny percentage of cycle trips are made by women, so the Bristol Girls project, spearheaded by Sustrans cycling officer Lucy, aimed to help this hard-to-reach group overcome their negative images and barriers towards cycling.

At **The Red Maids' School**, Year 9 girls covered the above in their PSME (personal, social and moral education) classes. Cosmetics company Lush were also project partners, and ran their Natural Beauty session at the school. Cycle to School Week in June was another focus for the project, with a range of class-based and extra-

curricular activities taking place. Those cycling to school enjoyed a healthy bike breakfast, whilst local hair salon Bonomini offered practical 'helmet hair' sessions including hair styles for cycling.

At **Fairfield High School**, three groups of Year 7, 8 and 9 girls (25 girls) were selected to participate in two days of out-of-class sessions. To really involve the girls, they each chose a team name and voila – the Bikettes, Pedal Princesses and Bike Belles were born. Over the two days, the girls really got to grips with their own barriers to cycling and the environmental and health issues surrounding travel behaviour, and learned about confidence and cycle safety. They also enjoyed a quiz on ethical beauty and how cycling makes us look and feel good, with goodie bag prizes for correct answers from Lush. Their

sterling efforts were rewarded with an inspirational display from local BMX champion rider Katy Curd.

The results?

The girls responded incredibly well to the practical sessions as well as to the free health, fitness and beauty advice. They now have more confidence and feel safe riding, and are more likely to do so knowing that they look and feel good when arriving by bike.

Many of the girls can now fix a puncture in five minutes, check the safety of their own bike, and plan a safe cycle route to school. Sustrans will return to both schools in September to see what longer-term impacts the project has had in encouraging the girls to cycle, both for the school journey and beyond.

South West

Bath and NE Somerset (BANES): Jim's Bike It children did loads of brilliant things this term, many with the help of his BUG teams, from time trials to bike rides and obstacle courses testing bike skills. The superb news is that cycling levels have more than quadrupled at his schools since Bike It started just over a year ago. A survey of every pupil in Jim's 12 schools revealed that one fifth of children now cycle at least once or twice a week. Jim's Bike It children can look forward to more BMX track coaching sessions with champion rider Katy Curd, and six new schools come on board next term. A highlight for Jim was watching pupils from Marksbury officially start the Bath Sky Ride – amazing.

Bournemouth and Poole: Jason filled his Bike It pupils' days with lots of summery, cycle-related sports days, fun group rides to the seafront and skills lessons for first-time riders of all ages. His three fleets of balance bikes are also being well used and Jason also ran 'turbo trainer two-minute challenges' for the local Primary Care Trust, local councils and at his Bike It schools in the region.

Bristol (1): Ben's schools all went mad for the football World Cup in South Africa. At St Joseph's in Fishponds, the children all tucked into a bike breakfast with delicious food from Algeria, England, Slovenia and the USA, while at Chester Park, Spain had already won the Bike It World Cup almost a month before the players even took to the pitch in Johannesburg. The summer was also full of BMXing, Dr Bike, rides, Bling your Bikes and the Amazing Wayne! Thank you to everyone who baked, blinged, pedalled, juggled, unicycled or even just turned up with a smile on their face. Congratulations also to six of Ben's schools for getting their Bronze School Mark.

Bristol (2): Emma had a packed first term in Bristol, visiting her schools and meeting partners and funders in Bristol. Highlights included a healthy lifestyles event at Knowle Park Primary; a fun day awarded to Southville Primary for coming top of Emma's schools in the VBR; a successful Bling your Bike at Christ Church CE Primary; Wheelie

Wednesdays at Four Acres Primary and a cycle to school week at The Red Maids School. Three of Emma's schools have been awarded the Bike It School Mark Bronze and many others are almost there.

Bristol (3): Ian filled the Bike It weeks with many popular events, from bike rides to fun days and from stunt shows to after-school clubs to name a few. His stand-out event was a wonderful bike ride from Westbury-on-Trym school to Canford Park. Ian worked closely with the local PTA and with the Bristol Cycling City team to run a great event that literally took over the streets of Westbury, with over 70 cyclists from the school community getting involved. Next year will see several new Bike It schools and Ian is already very excited about encouraging their pupils to cycle to school.

Cornwall: Sam is now based in Truro and, though sad to leave her Bristol Bike It schools, she is very excited to be in Cornwall. For the project's first year in the county, Sam has schools in Truro, Penzance, Camborne, Pool and Redruth. She's also been out and about, talking about the project and meeting many head teachers, many of whom are keen cyclists themselves and are therefore very keen on Sustrans' Bike It. Sam's helping several schools apply for Sustrans' cycle parking grant in efforts to give hundreds of children safe storage at their schools.

Dorset: New Bike It officer Jonathan thoroughly enjoyed shadowing experienced officer Jason in Bournemouth. He is now making connections with local bike shop Mud Sweat and Gears. They have kindly offered one of his schools' mountain bike club a 10% discount, and Jonathan hopes to find similar arrangements for all of his Weymouth schools. He also helped raise awareness with a stall at a Healthy School Plus event.

Jonathan's favourite moment was when a young girl on a train spotted his folding Brompton, saying, "**What's wrong with his bike mummy, is it broken?**"

Exeter: Over summer term, Martin ran bike breakfasts and incentive schemes, and ran a transition ride from Brixington

Primary to Exmouth Community College. Emma supported some of the more mature Bike It schools with their activities, and looked at re-engaging some older Bike It schools. There was also a 'crazy bikes' day at Whipton Barton Juniors, a Cycling Fun Day at Walter Daw Primary (with over 200 people) and a BUG cycle ride from Exmouth Community College to the opening of part of the Exe Estuary Trail. Emma and Martin value the support of Devon County Council's Cycle Exeter team and help promote their events, such as the Tour Series cycle race. Pupils from Bike It schools were team mascots, so even got on TV!

South Gloucestershire: Ryan made the most of a fantastic early summer, with full days of cycle celebration events. A highlight was the four-day mini-tour of Bristol and South Glos by the MAD team, with stunt shows and coaching from some of the world's best mountain bike trials riders. Ryan organised a ride from Pucklechurch to Mangotsfield school, and a huge oval 'velodrome' was set up on Redfield Edge's playing fields, for a day of skills, races and bike restoration with a group of Duke of Edinburgh Award students at Fairfield High. With old bikes donated by the police, this project attracted a lot of attention from other students who wanted to join in.

Swindon: The golden days as summer turns to autumn and a new term begins is a favourite time of year for Ruth, who will add four schools to her existing ones in September. Project assistant Kirsty will take on more responsibility from then, too. Ruth is planning to run 'Bike It by Twilight' events, as well as up to six training events throughout the year for her school champions, to help them keep up the good work in their schools. Ruth also hopes to see more student-led events and activities and for schools to help embed cycling into their development plans and curriculum work.

North East

Blyth: Richard had a fantastic first term, with the support of 12 great schools and Northumberland County Council. He's run at least one Dr Bike session in each (checking 417 bikes in total). Popular Dr Bike is a great way to start the project, as it allows hundreds of children to start cycling to school with confidence in their bikes, which they then use over the summer holidays. Many schools are running a summer cycling photo competition to be judged in September.

Darlington: This term, Kevin organised 120 activities for 4725 pupils, 278 staff and 332 parents. His headline bike count was 82.5% of an entire school! New schools for September are St Aidans Academy, Heighington and Heathfield. Kevin hopes to begin the successful Beauty and the Bike project

to new secondary schools this autumn, and wants to twin some of his Bike It schools with others in the country to share good practice.

Gateshead and South Tyneside: Alan worked with 20 schools this year and has achieved a huge amount, with his range of activities. This year he's run 252 activities and worked with 18,800 children on bike breakfasts, skill sessions, stabiliser free classes, maintenance classes, display shows, lessons and virtual bike races. Generous funding from the Metrocentre (see cover) continues to enhance the project, with Alan able to purchase equipment to help the project succeed. This term, he gave away bikes as prizes to those children who cycled in regularly.

Teesside: Pam's Bike It children enjoyed some brilliant events this term. Thorntree made it in the papers with their world cup Bling your Bike day, where a sea of over 125 students arrived on bikes and scooters all dressed in England theme costumes. Sunnyside Primary made the papers too, with a Year 6 bike ride to promote a new toucan crossing that was part-funded by Sustrans. A head teacher and local police community support officer even joined one of Pam's organised rides! In the new term, Pam will take on six new schools within Middlesbrough and Stockton, bringing Bike It to hundreds more children.



Thorntree Primary pupils go all out for their school's World Cup 'Bling your Bike' day in June.

Midlands

Birmingham: Doesn't time fly when you're having fun! Rachel's Sustrans schools enjoyed another fantastic year of Bike It, with cycling levels more than tripling at many (Bike It Hands Up Survey 2009/10). Across the area's Bike It schools, levels increased from as little as 4% to an average 27% at each school. Cyclist numbers at Hollywood Primary have increased from 4% to 15%, and Robin Hood Primary has seen a significant shift in the number of school cyclists, with a regular 50-60 cyclists plus many parents swapping four wheels for two, too. The school also runs an inspiring bike recycle workshop. Watch their short film on YouTube: <http://tinyurl.com/2g2rx47>.

Coventry: Summer term was Andy's last in Coventry, as he heads to Bury to start his new post there. He saw lots of significant changes in travel behaviour in his Bike It schools, and is proud that four of his schools now have their Bronze School Mark. Andy's BMX try-out event was a huge success with 80 riders and over 200 spectators, many from other Bike It schools. Andy also organised visits from the Big Green Bus; bike breakfasts; press coverage for bike shed openings; and 'dads to school' maintenance days. He even taught a cabinet member how to fix a puncture. Thanks to support from Coventry City Council and Coventry Sports Foundation and of course to Andy for his excellent work.

Derby: Nick's summer term brimmed with eight family and community cycle rides which were enjoyed by over 320 children and parents around the city, ably helped by Cycle Derby team coaches. The 'B Active' smoothie bike proved extremely popular too, with pupils pedalling up some fabulously healthy cocktails during Bike It breakfasts and lessons. Nick will be moving on to new schools whilst helping out at the older ones. As the saying goes, once a Bike It school, always a Bike It school. Cycle polo, bike maintenance groups and more Bronze School Marks are on the menu for autumn.

Leicester: An impressive 12 of Anna's Bike It Schools took part in Leicester's first Inter Schools Cycle Speedway Competition. The day was a great success and the Schools competed enthusiastically with excellent sportsmanship. The winners were Alderman Richard Hallam Primary School, which have a number of extremely talented Speedway stars! Many Bike It Schools took part in local bike rides with lots of parents joining in too. Cycle Magic's try out session was a hit in Shaftesbury Junior School and Overdale Juniors.

Lincolnshire: Vincent says: "It is a vanity to accept thanks for successful Bike It events, where previously sceptical parents are won over by the pupils' excitement and the school comes alive with smiles. However, I was shocked to realise I felt a bit disgruntled when a teacher at Fosse Way told me, 'Our bike breakfast went really well, with 111 bikes turning up' and another at Chad Varah school saying that 55 bikes had attended theirs. Why was I disgruntled? Because I hadn't had a hand in either event! So I've been humbled, really. It highlights the thanks that Bike It owes to its many dedicated school champions, and proves that together we really are leaving a lasting legacy. So I've got over my feelings. We're giving young people (and their parents) the skills and confidence they need to live fitter, more active lives." Vince can't wait to start work with three new schools in September (don't worry Vince, all your other schools still need you!).

Shrewsbury: Bike rides, overflowing bike stores and the Bike It cake all stand out for Kim as great moments from a busy term. Children all over Shrewsbury have been riding to school, from school, between schools and to parks and friends houses. Lots of younger children are riding for the first time thanks to Kim's 'Stabilisers Off' sessions, and classes have been competing in the Bike It 'World Cup Challenge'. With so much riding going on, it's been a challenge to fit in all the puncture repair classes and poster competitions, too. Next year, some schools are planning longer-term schemes to encourage regular cycling,

and Kim would love to involve parents more too so if you have ideas, get in touch.

Stoke on Trent (1): Across the city, children at Jennie's Bike It schools have been getting on their bikes and cycling in, with shelters overflowing. Hundreds of bike breakfasts have been eaten, dozens of puncture repair classes have been attended, and parents and children have enjoyed after school bike rides. Dr Bike sessions proved popular with hundreds of bikes now safety checked and repaired, and children of all ages have taken part in playground skills sessions on bikes and scooters. Jennie's favourite moment was when a parent said, "I've taught my daughter how to ride without stabilisers and have bought myself a new bike!" This was a fortnight after she'd received information from Sustrans about how to teach her child to ride without stabilisers.

Stoke on Trent: Stephen is working with Cycle Stoke to promote cycling in this hidden gem of a cycling city. Though it has one of the UK's lowest adult cycle ownership rates, he's managed to get over 100 bikes to arrive for bike breakfasts at Hillside school; Maple Court school has gone from zero to 84 regular cyclists; and traffic-ridden Saint Matthew's now has many regular cyclists. Saint Maria Goretti school – at the heart of one of Europe's biggest council estates – has increased its cyclist numbers four-fold in just two terms. Working with the City Council to promote Bikeability and building networks of support with Kidsgrove Wheelers, Danny Butler (of the Xtreme Mountain Bike Show), Cyclist Training Limited and so many others, should help schools sustain their achievements for the long term.

North West

Blackpool: Overflowing bike racks testify to Ian's success in increasing cycling, with schools across Blackpool supportive of Sustrans and enthused about promoting cycling and having fun. At St Cuthberts, up to eight staff members now cycle regularly and are great role models, whilst at Mereside Primary, children, teachers, police and the Bike It officer regularly meet up to cycle in to school together. Three schools ran recycling schemes, so children without a bike could recondition an old one. It's then checked by a mechanic and the child gets to keep it.

Bury: Sam has now left the Bike It project, and made the most of her last term with her Bury schools. There were bike breakfasts, prize-giving ceremonies for school success in the Virtual Bike Race, bike mechanics and cycle skills sessions. Sam and her Bike It pupils also enjoyed group bike rides, too. Experienced Bike It officer Andy Adkin is now transferring from Coventry to pick up where Sam left off and to ensure that Sustrans' invaluable work continues to benefit thousands of local children and their parents. Best of luck with your future projects Sam and thanks for your hard work in Bury.

Chester: With the sunny weather, Lydia's school cyclists were out in force with over 40 regular cyclists at some schools. Upton Heath topped the bill with 114 Infants cycling in for a free bike breakfast. These events have a real community feel, with teachers, parents and children all getting involved. Many schools celebrated their new bike shelters, which really help more children cycle, knowing their bike will be safe. Finally, two schools were visited by world champion stunt riders Ben Slinger and Danny Butler (as a reward for their amazing efforts in the Virtual Bike Race). This enthused hundreds of children to get out on their own bikes more.

Lancaster: Annie and Kathy's schools enjoyed learn to cycle sessions, Dr Bike and maintenance classes. Silverdale, St Wilfrids and Willow Lane schools achieved huge cycling (and scooting) levels of 59-65%, and Skerton St Lukes, Cathedral and Westgate Primaries all have over one third of the school now cycling regularly. 'Wheely Wednesday'

schools Carnforth High, Bolton-le-Sands, St Marys and Halton St Wilfrids saw sustained high numbers of cyclists each Wednesday. Pupils from Morecambe Road also enjoyed mountain biking in Grizedale Forest.

Merseyside: Lucy's Bike It children in Merseyside had a fantastic year, with Learn To Ride sessions for the infants right up to girls only BMXing at Rampworx in Aintree. In Sefton she hosted family bike rides in the evenings, and several current and older Bike It schools received their Bronze School Mark award. This year also saw the start of a program to fit bike shelters at seven schools, which should be complete by the end of summer. Some schools will also have 'parent waiting shelters'.

Southport: Nearly 200 children learnt to ride a bike for the first time in Southport, which is quite an achievement! 360 of Mary's Year Six pupils also took part in 'transition to secondary school' days with route mapping, cycle skills and real rides to their new high schools. Over 2,000 children and many adults enjoyed bike breakfasts. The primary schools and Presfield school were treated to a cycle stunt show and the high schools visited the velodrome and Litherland cycle track, as well as trying out the computrainers; some even took part in races on Southport's Tour Series circuit.

Stockport and Rochdale: The energetic and ever-creative Nes enjoyed her last term with her Bike It children

immensely, and concentrated on getting many of her schools to a stage where they can carry on their healthy cycling events and activities independently from now on. And it's not just children that her Bike It activities have affected positively. The head teacher at Brookside Primary said, "We all had a brilliant afternoon, the roller racing tournament was fantastic!", whilst a parent attending a maintenance lesson at St Simon's Catholic Primary said, "Wow, yes, I really feel like I can do it now. Before, I would never have dared even try to fix a puncture."

Wirral: Simon kept many plates spinning as ever this term. A successful application was made for a Links to Schools project for a bike ramp at St. Bridget's, his Action Days were well attended and he accessed storage grants and dozens of free bikes for schools. He also encouraged most of his schools to attend a Cycle Race Day at Hillbre High in support of the local authority and TravelWise. Simon hopes this initiative will help Year 7 pupils as they leave their Bike It primary schools to maintain their cycling into secondary school, through school sports co-ordinators and the Wirral Cycling Development Group.



Pupils at Silverdale Primary and their parents enjoy a family bike ride in June.

Yorkshire

Sheffield (1): Ruth staged loads of great summer bike rides and breakfasts, with over half of Norton Free C of E Primary (Bike It newcomer) turning up to its very first event. Bike It kids also designed banners to make Sheffield's biggest ever Bike Festival beautiful. Supported by Sustrans and backed by Sheffield City Council, it boasted a cycle-related something for everyone. Captain Blade – Sheffield United's famous pirate mascot – even joined Sustrans' Bling your Bike competition. When he was pipped to first place by Danny from Halfway Juniors, Captain Blade cried, "It's not fair, they got to practice at school!" but Ruth told him to stop being a bad sport and to go and play on the BMX skills track.

Sheffield (2): Henry encouraged his Bike It children to get out and enjoy the Sheffield sunshine, with Meynell and

Acres Hill primaries opening their new cycle shelters beneath beautiful blue skies. Pupils improved their bike skills across the city and at Hunters Bar juniors (as part of their prize for winning the Beat Peat competition), children received training from the man himself, Sheffield's own, mountain biking world champion! Many schools also took part in the fast and furious speedway championships, and the children loved big bike rides to Sheffield's fantastic green spaces, their efforts on the city's hills rewarded with a picnic lunch.

York: Jim had a busy but brilliant term, with English Martyrs Primary beating competition from schools in Doncaster and Gateshead and South Tyneside to win the Bike It Virtual Tour de France. There were also competitions, assemblies, cycling science and maintenance classes. They even

generated electricity using a bike! Next term the fun continues with cycling skills sessions, competitions and the chance of a free breakfast if you ride to school. Local school children will also discover what bike Julius Caesar might have ridden, when the Roaming Romans virtual race starts in October...

Doncaster: Tom's Bike It pupils had a fantastic term with great bike rides in the sun. His Bike Samba sessions were chaotic but fun. Tom ran playground skills sessions for Year 3 and 4 children and his 'Get off the stabilisers' sessions were popular (with parents, too). The Virtual Tour de France regularly encouraged over 80 bikes at some schools, and the bike-powered smoothie maker was in huge demand at school fayres all over Doncaster. Tom's Bike It children are now prepared for a summer of fun, safe cycling.



Daniel (with his proud nan) from Halfway Juniors wins Sustrans' Bling your Bike competition at Sheffield Bike Festival. Thank you Edinburgh Bike Co-op for donating a brand new bike.

East of England

Basildon: Phew – Anna’s first whirlwind year of Bike It is over! She’s counted 740 bikes parked across 12 schools, helped get five new bike sheds installed, given 52 assemblies, mended 170 punctures, given out hundreds of prizes and seen countless kids enjoying themselves. Sustrans has had an incredible impact in Basildon, getting loads of children cycling to school for the first time, and celebrating those who have made an effort to get around on two wheels.

Cambridge: Maya has helped Bike It get off to a fantastic start in Cambridge, with loads of positive feedback pouring in from students, staff, parents and the whole school community. She’s looking forwards to helping some current schools achieve their Bronze School Mark, and will use all the experiences gained over the last three terms to make the next academic year bigger and better for all her existing and new Bike It schools.

Colchester: Aba now has 12 schools – plus a waiting list! In Bike Week, Lexden Primary made Bike It a feature of their Eco Week with a pedal-powered smoothie maker and playground skills sessions, and Brinkley Grove Primary did a fun ride along the Highwoods Route for its Bike Crew. The smoothie maker (courtesy of CTC Colchester) had great success at many summer fetes, making pedalling so much fun that children often forgot to collect their smoothies! Aba is looking into family rides, ‘be bright be seen’ assemblies and Learn2Cycle courses for next term. The Tour of Britain arrives on 17 September, so some schools are gearing up as they’ll be participating in activities organised by British Cycling.

Great Yarmouth: Kevin’s school term was full of riding, optimising the amazing weather. A highlight was the highly successful inaugural Sustrans Bike It Inter-Schools Team Pursuit competition, with six school teams competing for the chance to ride at the finish of the Tour of Britain Stage in September. Another was the Bike to the Beach event with Edward Worledge Junior School. 16 pupils rode to Gorleston Beach, had an ice cream

then biked back, with help from school champion Andrea Howes, GYCC’s Norman Harlow and Simon Edwards from Tri-a-Sport. A great time was had by all.

Harlow and Cheshunt: Bart enjoyed seeing most of his schools into their ‘supported’ phase of Bike It, as he moves on to enthuse six new ones. He continues to support his initial schools, whilst fine-tuning everything he’s learnt so far to benefit hundreds of new Bike It children. All of his schools now have covered cycle storage and Bikeability cycle training, thanks to Sustrans, Essex County Council and Hertfordshire County Council. Bike It in Harlow and Cheshunt continues to work alongside local cycling clubs and retailers, and Bart and Sustrans are grateful for their valuable and ongoing support.

Luton: We welcome back Richard, who is delighted that a school in each of his three regions now has its School Mark Bronze, to support a sustained level of cycling promotion within school. Congratulations go to Fleetville Juniors (St Albans), Foxdell Juniors (Luton) and Daubeney Middle (Bedford). More schools are aiming for Bronze in the autumn. Richard takes Sustrans to seven new schools in September, and will be working hard to ensure that cycle parking is installed and the children are keen to cycle in readiness for spring. Funding from Bedford, Luton and Hertfordshire council is helping maximise the number of children who are benefiting from the Project.

The Bike It Bus pilot at Sundon Park Juniors in Luton went very well, and Richard hopes that other schools will adopt it next year. The cycling equivalent of a walking bus, in addition to its obvious benefits, it is a highly visible activity that enhances the community’s awareness of and interest in cycling.

Southend: Even for an experienced Bike It officer like Graham, summer term 2009 was his busiest to date. All of Graham’s schools have really taken Bike It to their hearts and all staff and pupils are making a real effort. Four of Graham’s schools are now moving on

to the supported phase (so Graham will have less contact). This means that he can now take on at least one new secondary school, to which many former Bike It pupils will move onto – so they can help Graham establish Bike It there, too.

Thetford: Georgie had an action-packed summer term. With four new schools joining the project, almost every school in Thetford is now a Bike It school! Georgie helped her keen Bike It students make music from bike parts, she helped Dr Bike safety check 197 bikes and she co-ordinated bike breakfasts galore. There were also cycle skills sessions, bike shelters installed, bike maintenance sheds set up, Ditch the Stabiliser sessions and prize-giving competitions and, most importantly, full bike sheds and hundreds of happy and healthy faces.

Thurrock: Katie worked flat out to sign up more schools to Bike It, and now has 15 confirmed schools. Her main aim was to give all bikes at schools a free bike check, with Dr Bike thanks to Cycles UK. She also taught children how to fix a puncture, and did classroom mapping sessions to help pupils identify their safe routes to school using Sustrans’ online mapping system. Katie also raised awareness of cycling and health and the environment, and gave parents cycle training to make them more confident cyclists. More adult courses are coming up so, if interested in taking part or volunteering at courses or school bike clubs, contact Katie.

Wales and Northern Ireland

Belfast: Jill's schools all really enjoyed their varied Bike It events this summer. MP Conor Murphy, Minister for the Department of Regional Development (DRD), joined St Matthews Primary School, Short Strand, to celebrate their involvement. Over 100 children cycled to school in mid June to join Sustrans and representatives from the DRD, with staff from the Bike Dock shop on hand to fix bikes, whilst many kind parents served up a healthy breakfast to all the cyclists. Such events happened across all of Jill's schools as part of the Two Wheels, Two Weeks campaign which was co-ordinated by Travelwise (DRD).

Cardiff: Tim has masterminded bike breakfasts, sculptures, treasure hunts, BBQs, Bike It sports days and a couple of funky bike shows – interspersed with roller-racers, bike to school world cups, bikes for beginners and new safe routes to schools. St Fagan's Primary went for a whole school pedal picnic, and pupils from St Patricks Primary completed a 20km ride around Cardiff

Bay for the official opening of Sustrans' Connect2 bridge, Pont y Werin. As part of Cardiff Council's Sustainable Transport City Initiative and in line with Welsh Assembly Government targets, Tim has helped to triple the number of pupils who regularly cycle to school. Eglwys Newydd Primary has now increased its regular cyclist numbers from zero to 36% of Key Stage Two pupils.

Conwy: Cerys is covering Gwen's maternity in North Wales, helping hundreds of children get on their bikes for some amazing outdoor events and activities this summer term. Sunny days meant lots of successful cycle skill sessions, and an extra day was added at Pen y Bryn as 110 pupils wanted to join in and there weren't enough hours in the day! Bryn Hedydd's Bike It day got 200 children cycling in to be greeted by a free breakfast and sports cycling day, and Deganwy went one step further with a Bike It month jam packed with every event and activity

you could imagine! Thanks to Communities First for their invaluable support in Llandudno.

Neath Port Talbot

Louise awarded the Bronze School Mark to many of her schools. Welsh Assembly Minister Jane Davidson even arrived to do the honours at Bryn Primary, to reward them for their tremendous efforts. Louise's Tour de France virtual bike race ran for the first two weeks of July. Its route coincided with Louise's own from London to the French Alps, to coincide with the arrival of the real Tour de France. This was a fun and engaging way to keep the children cycling whilst she was away, with children awarded virtual miles each time they cycled. It was a real success, as schools competed against each other and the 'King of the Mountains' and 'Sprint' titles changing daily between schools. Well done to winners Bryn Primary.



Pupils from Bryn Deri Primary enjoy a funky bike show as part of Sustrans' Bike It sports day in June.

London

Bexley, Barking and Dagenham, and Redbridge:

Increased cyclist numbers are evident across Andy's Bike It boroughs, with sports days and end of term activities to motivate young cyclists. There were secondary school bike weeks at Welling and Oaks Park, with mountain bike trips to the Redbridge Cycle Centre proving popular with teenagers. The girls only session went really well, too. Dr Bikes always attract interest – there is never a shortage of bikes that need attention. Lathom Juniors in Newham saw 41 bikes arrive, with several from the year before reappearing for more TLC. Term ended in a flurry of excitement and pressure to gather all the 'hands up survey' data so that Sustrans can continue to prove just how effective Bike It really is.

Hammersmith and Fulham: Owen's activities ranged from bike breakfasts and Ditch the Stabiliser sessions to the World Cup Cycle Challenge. About a thousand pupils, parents, teachers and nuns had a go at using a bike to power a smoothie maker – exercise and healthy eating in one. Addison and Larmenier got their Bronze School Mark after less than a year of Bike It, a fantastic result, and every Bike It school is now the proud owner of a Plantlock. In Owen's borough, cycling to school more than once a week doubled, and pupils cycling daily almost trebled. The Good Shepherd and Miles Coverdale had one cyclist each when the project began – recent bike breakfasts attracted 73 and 46 cyclists respectively.

Hounslow and Merton: Summer is a natural motivator to get children cycling to school and so is the ideal time to run cycle activities. This term, Ali gave prize-giving assemblies for those taking part in Easter's Virtual Bike Race – Pelham Primary came first in Ali's boroughs. He also offered Year Six an exciting visit to Herne Hill Velodrome, and offered his schools the opportunity to go on led bike rides which was taken up by six schools. At the end of a full Bike It year, Ali awarded School Mark Bronze to six well-deserving schools. He looks forward to working with seven new schools next term.

Kensington and Chelsea, Lambeth and Lewisham:

Felix's schools in these new Bike It boroughs had an impressive first year. Special congratulations to Brindishe and Holy Cross schools for their amazing cycling increases. Next term two new schools will start in each borough, kick-starting with launch days, consultations and assemblies. Felix looks forward to working with them whilst helping his old schools continue to increase cycling.

Tower Hamlets: James and Andy's East London Action Day went down well in June, and Bike It U Can 2 (to help parents cycle, too) was run at Wellington Primary and St Luke's. At Wellington we trained 20 mums in Bikeability – 16 of whom had never been on a bike before. The Guardian featured James's award-winning project in their regular bike pod cast. St Luke's lead instructor is now Kate, who began volunteering for James when Bike It began in Tower Hamlets. Thanks to the support and funding of Sam Margolis at the council. James's quote of the term is from Anthony Sharp, champion at Seven Mills

Primary, Isle of Dogs who said: **"Thanks to Sustrans' Bike It, cycling is now engrained in the culture of the Seven Mills School. Becoming a bike marshal is a prestigious and highly sought-after position. Three years ago, mending a puncture and adjusting a brake was 'something dads did'. Now, it's something our pupils teach their dads! Bike It has breathed life into how children think about travelling to school."**

Westminster: Summer term was busy for Georgie's Bike It children, with pupil involvement, Dr Bike sessions, puncture repair and playground skills sessions. There were also breakfasts, rides and a trip to (and ride on) the velodrome. Five Westminster schools are also congratulated for achieving their Bronze School Mark award. The project is now in its second year in Westminster. Georgie looks forward to working with a number of new schools to help them develop and sustain a positive cycling culture.



St Mary of the Angels pupils at the Cycle Magic History Roadshow tryout session in June.

South East

Ashford and Canterbury: This summer term, David worked with twenty schools in the region. The fine weather saw many bike crews running Bike to School incentive schemes, with cyclists winning prizes for frequent riding. Many schools have been celebrating the end of their first Bike It year by receiving the Bronze School Mark. British Cycling Primary School Go Ride Clubs have been very active this term, as has Ashford Derailleurs, the town club for young people, which has been participating in events at Fowlmead. Thanks to local funding from Kent Highway Services and Canterbury City Council.

Aylesbury: Bike It goes from strength to strength in Aylesbury, with lots of new schools keen to start next term. There have been lots of bikes swapped at school fairs, bikes decorated at Bling your Bike days and breakfasts eaten by early morning cyclists. Children also got a big treat at the end of term with a visit from a BMX display team, both to promote new cycle routes in the town and for the winners and runners up of the previous Tour de France cycling incentive scheme.

Brighton and Hove: Ben's summer term was very active indeed, culminating in National Bike Week, where Ben held his own virtual bike

race called Emission Impossible II. Pupils at his schools raced each other to average 202 miles a day, the length of the infamous South Downs Way Double. The schools did amazingly well, making over 11,000 journeys between them in one week. The best school averaged 44.8% of all of its journeys by bike. Ben then completed his part of the challenge: the South Downs Way Double in 24 hours on a single-speed bike ("The toughest day of my life!" says Ben).

Reigate and Banstead: Schools to whom Gayle now gives slightly less intensive help (her 'supported' schools) ran several brilliant and well-attended events on their own this term. There was a picnic ride for 50 to Epsom racecourse, a sponsored day event where 150 children raised money for a cycle storage cover, and a summery, St George's themed Bling your Bike competition. On this day, there were 143 bikes and 34 scooters decorated tremendously well, from home-made ice cream vans to dragon-bikes. The enthusiastic head teacher let the children cycle around the playground to display their creations – it was quite a carnival! A secondary school new to Bike It hosted two primaries for the area's first cycling transition event; a fun way to get pupils ready for their move to secondary school.

Slough and South Bucks: Clare ran many well-attended events and her schools have great attitudes towards cycling, and full bike racks. Eight now have their Bronze School Mark plaque. Events from classroom sessions, bike-powered smoothie makers and bubble machines have all been enjoyed, along with summer bike rides. Clare looks forward to helping her existing schools begin to run the project more independently in the future.

"Due to our involvement with Bike It, we got 'outstanding' in Ofsted's healthy living section."

Carol Ann Heeks, Deputy Head Teacher at Slough's Cippenham Juniors

"I thought I knew Slough like the back of my hand. I know where all the amenities are, including the rugby and cricket club – but I never knew you could get here on a Sustrans cycle route! It's a really nice ride and I can't believe it's all traffic-free..."

Parent at Pippins School, Slough, after their family summer bike ride

About Sustrans

Sustrans makes smarter travel choices possible, desirable and inevitable. We're a leading UK charity enabling people to travel by foot, bike or public transport for more of the journeys we make every day. We work with families, communities, policy-makers and partner organisations so that people are able to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

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