

Bike It Regional Roundup of Spring Term 2011

www.sustrans.org.uk/bikeit



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.

© Sustrans. Reg Charity No 326550 (England and Wales) SCO39263 (Scotland).

Sustrans Bike It schools in Yorkshire and the Humber

1. Sheffield (1): Ruth

This spring we went from doing classroom and arty activities to getting back outside and on our bikes! So we started off with a bit of recycling (making skipping ropes from old inner tubes); making Bike It banners (getting messy with paint); and learning about the history of the modern bicycle that we all now know and love.

Big Pedal fever hit Sheffield in March, as 15 of my schools competed in the UK-wide Virtual Bike Race. My schools had even more to ride for, for with a bonus trip to the Bike Powered Cinema for each school's fastest class. We clocked up an impressive 5,496 journeys in three weeks. Norton Free CE Primary, our team's top trump, took the title for fastest Sheffield school, with a stunning 1,180 journeys. It was a great start to the season, and with lots of exciting biking events lined up it looks set to be a great summer!

2. Sheffield (2): Henry

This has been quite a challenging term, following the harsh winter and with me recovering from an injury – not that that slowed any of my schools down! I missed a few days of work but with excellent support from my regional manager Dave Clasby, the show carried on! This actually allowed the schools to show that they are more than able to carry on bike-related activities on their own.

My schools were rather preoccupied with the Big Pedal. Brunswick averaged an incredible 100 bikes a day, peaking at 250! Acres Hill put in their usual high quality effort with 130 cycling children on one day. Meynell also won the combined Bike Boost/ Big Pedal competition, winning great activity days with Get Cycling.

Ballifield celebrated the opening of their shelter and traffic-free link to school with a show from www.trialsdisplay.co.uk, and Mansel finally entered the Bike It fold. High Storrs had a storming first Bike It term and all secondary schools had a turn at roller racing with Rollapaluza. Now all we have to do is get fit enough to be "Fast as Last"...

3. Doncaster: Tom

Doncaster schools had another busy term. Thanks to 'Get off the Stabiliser' sessions, we now have at least 80 new cyclists! As the weather has improved we've done more playground skills sessions, mostly with Years 3 and 4 who don't get the chance to do Bikeability training. All Doncaster's new Sustrans Bike It schools are doing really well. Armthorpe Tranmoor Primary came first in The Big Pedal locally, with an average of 50+ bikes a day.

Everyone enjoyed the Sustrans School Mark Award ceremony at Mansion House. It was a great success with the Deputy Civic Mayor presenting the awards to 10 Bike It schools. I'm looking forward to skills sessions, bike breakfasts and bike rides next term. Look (and listen) out for Bike It at school summer fayres across Doncaster with the bike-towed sound system and smoothie-maker in full effect!

4. York: Naomi

It's been a very busy term in York and the Bike It School s excelled themselves in the Big Pedal with an astonishing 17,660 journeys by bike to school and back. Special congratulations go to Skelton Primary who came an amazing 8th nationally with a sterling effort over the three weeks in March as part of the national cycle race.

The Bike It breakfasts are proving a big hit and we've seen some marvellous Bling my Bike designs. One school has more than doubled its pupils cycling to school since its Bike It breakfast, so much so, an emergency bike rack has had to be provided!

We've lots of Dr Bike and Get off your Stabilisers sessions planned so look out York, more keen cyclists are going to be enjoying the sunshine on their bikes.

Sustrans Bike It schools in the Midlands

5. Birmingham: Rachel

The Big Pedal was a huge hit at 13 Sustrans Bike It schools in Birmingham, generating over 20,000 journeys to school. 8,709 children and 1,943 adults took part. Kings Heath saw over 150 children and parents cycling on one day alone! Cycling levels have significantly increased (trebled if not quadrupled) during the competition.

Four schools are enjoying new cycle storage (Colmore Junior, Leigh Primary, Gilbertstone Primary and Town Junior). A celebratory Bike Breakfast to launch Colmore's saw over 100 children and parents join in the fun.

Allens Croft and Colmore took part in a 'BIG' Red Nose day bling, bike ride and treasure hunt. Many activities try to integrate Bike It into the National Curriculum – Gilbertstone Primary dedicated Science Week to Bike It, with children investigating how their heart rates change by doing physical activity and others sampling the perfect healthy snack: bike-powered smoothies!

Two Bikeability instructors are running training, including on-road confidence boosters. This helps increase staff interest, helping to create a sustainable cycling culture at schools. Colmore held a competition to name their new cycling club – 'Colmore Chain Gang' was the winning entry and newly trained Ride Leader parents enjoyed their first led rides.

6. Coventry: Andy

Wow, what a term! The weather certainly got warmer and the children of Coventry got on their bikes – in their hundreds. The Big Pedal was a great success with some schools seeing up to 80 children cycling to school regularly. The good news is that most of the children are still cycling to school at least once a week. It is not just the children who are enjoying their two wheels, many parents dusted down their bikes and joined the fun, too. Some of our Bike It breakfasts attracted over a hundred children and adults. That's a lot of croissants to carry on my bike! The next term is all about continuing the hard work and getting out on our bikes. We are going to enjoy the sunshine whether on the way to school, in the playground or on a lovely bike ride.

7. Derby: Nick

The Big Pedal was a huge success in Derby. The 17 participating schools generated 9,299 journeys to school in just three weeks! In the hard-fought inter-school competition, Asterdale Primary came first winning a bespoke cycle mural by local artist Paul McCormack. Silverhill Primary came in second and had a day with the Cycle Derby bike pod.

Pupils and teachers alike enjoyed the bike try-out session, and pedalled around on weird and wonderful bikes including a penny farthing, tandem and clown bike. Third prize went to Griffie Field primary who won a set of mini ramps for use in the playground. Well done to all those who took part in Derby. In other news...spring term was full of Bike breakfasts and Dr Bike safety check sessions. Term finished on a high in several schools with Easter-themed Bling your Bike events.

8. Leicester: Anna

Well done to those Leicester Schools who took part in The Big Pedal, the winning local school being Overdale Juniors who did a fantastic job. Well done! Ellesmere College has been really busy this term with lots of exciting events such as cycle skills and maintenance workshops. A group of Year 10 Ellesmere students had a great time thanks to the Western Park Free Riders, learning how to tackle the dirt jumps. Summer term is now in full swing with speedway sessions, bike polo and many happy bike rides happening.

9. Lincolnshire: Vincent

Spring clean your bike; the Big Pedal; Bike to School Week; Science Friction cycling lessons; Bike Raffles; Bike rides...a week in the life of a Bike It officer! What an amazing time we're having in 2011. Washingborough Primary propelled themselves to Regional Winners in the national Big Pedal competition and have already found a home and a contractor to kit out a

dedicated bike workshop. This will enable extended learning and take Bike It further than ever before. This year's Lincoln Action Day was real success with great presentations by Eleasha, Alistair, and Mr Moody. 16 people enjoyed an afternoon ride around the waterways of Lincoln and returned to compete in a puncture repair race. Teachers are a competitive lot aren't they? This summer term, we're excited about the Lincoln Grand Prix, the Lincolnshire Show and some new Bike It schools. My tyres are pumped, bottles are caged, momentum is building, head down, hair trailing in the wind. Let's pedal on and continue to change the world into the place our children deserve.

10. Shrewsbury: Kim

Spring term at Sustrans' Bike It schools in Shrewsbury burst in to life just like the wonderful displays of spring flowers all around the town. While the snowdrops and crocuses were just peeping out, Bike It was busy in classrooms with children learning about bike parts, sorting tools and designing people-powered vehicles. The splendid crowds of daffodils brought with them masses of cyclists for the Big Pedal and three weeks of splendid Bike It activities. With the tulips and cherry blossom we have been bike spring cleaning and preparing for a busy summer term.

The big summer event is Cycle Shrewsbury's Fifth Annual BikeFest. Bike It will be there with a bike ride and lots of activities to try. Visit us! Bike It @ BikeFest, Saturday 11 June 2011, 10.00am – 4.00pm, Shrewsbury Sports Village.

11. Stoke on Trent (1): Jennie

What a term it has been! During the Big Pedal, thousands of journeys to school were made by bike across Stoke-on-Trent. Healthy Bike Breakfasts were munched and many children took their first solo rides without stabilisers. Cycle Safety activities included security marking; Dr Bike safety checks; pupils winning locks and lights in raffles; and classroom sessions planning safe routes to school using Cycle Stoke maps. New Sustrans Bike It schools have made an enthusiastic and impressive start to the project. The summer term looks to be as exciting and action packed for Jennie's Bike It schools! One happy parent at St. Mary's RC primary said:

"My son always comes to school on his bike now. It's the only way I can get him out of bed in the morning!"

12. Stoke on Trent (2): Stephen

The big message at spring's Bike It Action Day was that schools throughout Stoke are really inspiring children and their parents to make a real difference to their communities by choosing healthy and sustainable ways to travel to school. More of my time has been spent helping them run their own schemes and activities. An audit at the Action Day showed that much could be achieved through partnerships; between schools; with the Stoke on Trent City Council; Cycle Stoke; clubs like Kidsgrove Wheelers; and local retailers. It is especially good to see new champions coming through in schools and schools working together to support cycling activities for their pupils.

Sustrans Bike It schools in the South West

13. Bristol (1): Ian

Last term went bike-powered smoothie maker crazy with many schools using pedal power to blend their own healthy drinks. In St Chad's Primary at the 'Bike It Smoothie Factory', students found out about the health benefits of fruit; designed a smoothie poster in the 'Design' department; chose their fruit at a 'Market Stall', pedal blended the fruit in the 'Factory' bike, and then taste-tested their smoothies in the 'Lab'.

Student bike shops, obstacle courses, bike breakfasts and Dr Bikes were also popular, with many events getting really positive press attention. Begbrook Primary celebrated their fantastic bike shelter launch, and Wansdyke Primary had a great fantastic Royal Bike Bling to celebrate the Royal Wedding.

During March many schools took part in the Big Pedal bike-to-school race around Britain. Schools encouraged students to cycle by hosting special events such as 'Monster Bling' and obstacle courses. Congratulations go to Henleaze Primary school for getting top place in my local leader board.

14. Bristol (2): Emma

This year I've been really busy delivering an exciting mix of Bike It events and competitions. Over 300 pupils took part in a poster competition to promote cycling in the local community. As a result, eight lucky pupils won a voucher to buy a new bike. Nationally, the Big Pedal virtual bike race competition ran over spring and over 606,000 journeys were recorded. Phew, that's a lot of pedalling! I've introduced the Golden Lock this term. Each day the Golden Lock is attached to a different bike and if a pupil finds the lock on their bike they can claim a prize. With summer term upon us, we're all looking forward to some great outdoor cycling events for the whole family.

15. Bristol (3): Ben

The Big Pedal has been absolutely massive with lots of my schools getting involved. Congratulations to everyone at Filton Avenue Juniors for their fantastic first place in Bristol and for coming 19th overall in the national competition (out of over 800 schools!). I've also been really impressed by schools new to the project and those returning after a break. Nearly 90 people cycled to St Mary Redcliffe Primary for their first event at the start of March and Blaise Primary's new champion, John Holloway, has been a real star at kickstarting the project in his school. We had a lot of fun celebrating Valentine's Day at May Park Primary with a love your bike day, as well as a Pancake Day breakfast and St Patrick's Day bling your bike at Chester Park Junior School. The weather has been perfect for cycling and I'm sure it will continue as we enter a summer of fun days and bike rides.

16. Bath and NE Somerset (BANES): Jim

Wow, spring term was busy! There was the Big Pedal bike to school race; Bike Buses to school; tasty Bike Breakfasts as a reward for cycling to school; and lots of playground cycling fun. The children enjoyed advanced bike skills; obstacle courses; class scooter relay races; and Balance Bike sessions, too.

B&NES Big Pedal schools recorded a massive 18,616 journeys to school and home again in just three weeks – amazing! Now that it's summer I'm teaming up with my expert BMX coach Katy Curd to and helping organise school trips to local BMX tracks which is always one of everyone's favourite events! The warmer weather also means it's time to take over school playing fields with exciting time-trial bike courses, and to learn the latest cool scooter tricks. Don't forget the Bath Sky Ride on Sunday 5th June.

17. Cornwall: Sam and soon to be Nick

Sam is now off on maternity leave and Nick, Derby's current Bike It officer, will shortly arrive in Cornwall to cover Sam's maternity leave.

18. South Gloucestershire: Ryan

The past term has been all about the Big Pedal 2011. Across South Glos, 14 Bike It schools took part, generating just under 9,000 journeys to school by bike in only three weeks. As well as the Big Pedal, Ryan's schools enjoyed a huge variety of events and activities including Dr Bike days; puncture repair sessions; after school bike maintenance workshops; bike art sessions; and smoothie-making workshops with a bike powered blender. This blender has been the hit of the term, with children queuing up to have a go. Teachers love it too as it's a great way of teaching the link between exercise and healthy eating, as well as being lots of fun.

19. Bournemouth and Poole: Jason

This summer term we were gearing up for the opening of the first outdoor 250 cycle track in the U.K since 1960's, (www.bournemouthcyclingcentre.org) schools visits there and summer holiday clubs. We have British Cycling Go-Ride in Bike It schools, support for lots of Key stage 2 Bikeability training, 2 new school launches and an array of rides events and summer celebrations.

20. Dorset: Jonathan

This term we've made the journey from a cold and snowy winter, to a lovely sunny spring, and pupils have been cycling to Dorset's Bike It schools every step of the way. St Mary's First School had great fun on their winter bike ride, and The Big Pedal was a great success. In Dorset alone, a total of 10,748 cycle journeys were made by 8 schools during the competition! Dr Bike has been visiting lots of schools to do check up's on pupil's bikes with help from Pedals Cycle Centre in Ferndown. Wey Valley School held their second Bike Breakfast this term and PCSO Clive Joyner came along to security tag student's bikes. I hope that everyone is looking forward to a summer on their bikes.

21. Exeter: Martin

Martin Burrows is the Exeter Bike It Officer, currently working full time whilst Emma Osborne is on maternity leave. Eleven schools in the Exeter area, have been awarded the bronze School Mark in recent months, and four more are working towards bronze. Some schools were presented with the award by a County Councillor. The children are always involved in the Search for a Star competition which identifies key cyclists to receive the award on behalf of the school.

The spring term saw lots of great Bike It events including bikers breakfasts, Dr. Bike maintenance sessions, obstacle courses, off-stabiliser sessions and classroom lessons.

The Big Pedal virtual bike race was a great success. Together with the schools and families we've been able to encourage more children to cycle safely to school and beyond, for leisure, for pleasure and for life.

22. Swindon: Ruth

Fifteen Swindon Schools; three weeks; 26,416 cycle journeys to school during The Big Pedal. Swindon schools embraced this year's virtual bike race, with their usual verve; a total of 14 Bike It Schools, plus one wannabe Bike It school, registered and took part. Almost all schools got an assembly from me; either to launch the race or as a Keep It Up encourager, and I set a new Personal Best with nine assemblies in just two days!

Five Swindon schools finished in the top 100 and 12 schools were in the top 50%. Now I need to consolidate that work and keep cycling figures high throughout the spring and summer. So, building on the success of the Big Pedal, about once a month a label will mysteriously appear on a bike, parked at Bike It schools, telling one lucky child they have won a prize from the Bike It lady. So keep a look out for a nice surPRIZE!

Sustrans Bike It schools in Wales and Northern Ireland

23. Belfast: Beth

Students and school cycling champions have been working hard to transform the school journey in each of the Bike It schools. The number of bikes outside schools in Belfast is on the rise! The Big Pedal, the Sustrans cycle-to-school competition, was held from the 7-25th March. Over the course of the three weeks, a total of 3,390 cycle journeys to school were made in the greater Belfast area, with St Matthew's Primary pedalling to the top prize in NI.

In Bike It schools around Belfast, students have been pedalling for their breakfast. On the day of a Bike It Breakfast, students and parents are invited to cycle to school to enjoy a free, healthy breakfast. At Gilnahirk Primary, nearly 250 cyclists arrived at the school for their breakfast in early April! The schools are gearing up for the next term of Bike It activities - Bike It Breakfasts, puncture repair workshops, afterschool bike clubs, National Standards cycle training, Bike Week events in June and much more.

24. Neath Port Talbot, South Wales: Louise

Louise Powell is currently off having been involved in a car accident. Best wishes, Lou! In the meanwhile, Lou's web page says: I'm really pleased to now be working with a couple of secondary schools; an added bonus is that several of the primary schools I currently work with feed into them.

In collaboration with the other Bike It officers in Wales, we held a Virtual Bike Race that was a huge success with a fantastic number of journeys made by bike during the week. Particular congratulations must go out to Glanymor Primary who won in the NPT region and actually ended up with the most miles for the whole of Wales by the end of the week. The school champion Mrs Lewis certainly rallied everyone from pupils, parents, teachers and dinner ladies. A special mention must also be made for Blaenhonddan Primary who contributed a huge amount to the competition and made 348 journeys to school during the week. Overall it was a fantastic effort by all of my schools and who continue to support the project. Thank you so much!, off at present.

25. Conwy: Alan and Gwen

We have had three more School Mark Bronzes awarded at Conwy Bike It schools this term – at Ysgol Craig-Y-Don, Ysgol Eglwysbach and Ysgol Maelgwn. There was also a very excited and talented young girl at Ysgol Pen Y Bryn who was delighted to be awarded 2nd place in the New Years Resolution Poster competition winning a shiny brand-new nutcase helmet. It doesn't stop there, the eagerly anticipated Big Pedal competition didn't disappoint neither with Ysgol Bryn Hedydd finishing 3rd in Wales and 33rd overall and they will now be awarded their prize next term. It goes without saying that this term has been a very successful one and pupils have really enjoyed riding to school where they have taken part in bike obstacle challenges, Dr Bike It sessions, and learnt about the history of the bike and much more... Next term will look to build on this with fun bike rides from school or more cycle skills games and activities on the playground and generally taking advantage of the better weather by hopping on their saddle.

Also, Conwy and Denbighshire schools welcome Gwen Thomas back from maternity leave and will work alongside Alan in a job-share capacity. Alan and Gwen both look forward to working together and being able to deliver even more exciting activities to their schools.

26. Cardiff: Tim

As part of the National Big Pedal competition, Bike It schools in Cardiff logged at total of 21,500 trips to school by bike in 3 weeks! Ysgol Melin Gruffydd came 40th out of more than 700 schools UK wide and Bishop Childs Primary, a brand new Bike It school, came 77th overall! To reward their efforts five schools received mountain bike stunt shows by world champion riders in their school.

We've also seen over 160 Bike It activities this term including 25 Dr Bike mechanic days, three bike sales and eight pedal powered milkshake breakfasts. Thirteen teachers have received maintenance training and school tool kits and 12 teachers received Balanceability training to develop balance and stabilizer-free cycle skills with infant pupils.

Sustrans Bike It schools in the North West

27. Blackpool: Emma

We've had a busy term in Blackpool's Bike It schools with lots of Bike Breakfasts and Dr Bike safety checks, thanks to the Cycle Blackpool team for coming along as extra Bike Doctors. As the weather has been improving there have been many children out on playground cycle skills sessions and learning how to keep their bikes on the road by repairing punctures. We've taught 27 children from Waterloo Primary to ride on two wheels and St Nicholas CE Primary had a great Bling Your Bike competition with 41 children coming in with amazing brightly decorated bikes.

Congratulations to the seven schools in The Big Pedal, who clocked up 9,422 school cycling journeys. Special mention to Waterloo Primary for 1st place and Mereside Primary as runners up. It's been great to see all those bulging bike sheds, keep up the good work everyone.

28. Bury: Andy

Rolling along nicely in Bury, there's been plenty going on across all the schools I work with. Over 280 pupils were taught to fix punctures, over 450 learned more about bikes in the classroom, and over 1700 met Ben Slinger and Danny Butler with their amazing Trials Display show. Nearly 800 pupils have tasted Bicycle Smoothies too - yummy! At Sunnybank I ran cycle skills supported by local PCSO's, which is a great example of the wider community getting involved in Bike It activities.

29. Chester: Lydia

Love your Bike Days and The Big Pedal competition dominated this term. To celebrate Valentine's Day a week of themed events saw 271 children from 5 primary schools take part in cycling games, a bike wash and maintenance sessions. Other themed cycle to school days included Bling your Bike for Comic Relief and an endangered/extinct animal theme. The Big Pedal took over the second part of the term with assemblies to tell the children all about the competition, meetings with Bike it crews to give them the skills to input bike journey data online and award presentations for the highest achievers. Pupils from nine Chester schools made an astonishing 11,690 journeys by bike to school and back over the three week duration of the race.

30. Lancaster: Annie and Kathy

Annie and Kathy enjoyed a busy Bike It Spring term. The Big Pedal has been a great highlight for Lancaster schools, with 6 of them coming in the top 100 nationally. Silverdale St John's Primary reached first place in the North West and were presented with a bike work station and tool kit.

Six local schools participated in the national Bike It New Years Resolution Competition. All participants were presented with a certificate, and local winners received a bike bottle. Ollie Brown-Swarbrick of Torrisholme Primary School came second in the North West and won a Nutcase helmet.

Bike It has really taken off at Slyne-with-Hest School thanks to the commitment of the teacher and parents in the travel group. Children especially enjoyed a 'Bling your Bike' competition; the bikes were judged for their creativity and winning children were presented with bike lights, water bottles and badges.

Silverdale Primary celebrated the end of Big Pedal with a breakfast and 3 bike rides; 2 for bikeability pupils and one after school for families. 78% of pupils and loads of parents cycled and there was a real buzz on the playground in the sun as they all arrived. Many families are enjoying cycling to school there now.

Other activities in schools included bike to school days, cycle skills, learn to cycle sessions, Bike It breakfasts, an after school club, bike maintenance classes, bike rides, and bike repairs carried out by Dr Bike (aka Colin Stone). Six school staff attended a maintenance course.

31. Merseyside: Cerys

This term schools have been busy holding lots of Dr Bike sessions to make sure bikes are ready for lots of rides to school. A massive t-shirt design competition saw hundreds of entries being sent in from all my schools with 3 winning a day with Savage Skills, a fantastic trials display team putting on shows and teaching skills. Lots of smaller prizes were given out too as it was evident lots of hard work had gone into all the designs.

The Big Pedal was a brilliant chance for schools to compete on a national level. Award for the most competitive school goes to St Jeromes in Formby who saw amazing numbers consistently over the 3 week period! Well done everyone else as well!

The improving weather means its time to get outdoors so after school bike clubs, family bike rides and cycle skills are all planned for next term!

32. Southport: Mary

Last term was very busy with over 2200 children and many adults enjoying their Bike It Breakfasts, every child within school then took part in cycle skills sessions. Further maintenance sessions took part in all schools. High school pupils had great fun with the Computrainers and more maintenance sessions; huge thank you to Southport Cycle Club for all their help. For the second year running, Larkfield Primary School won the regions Virtual Bike Race with the school managing 1835 journeys to school over three weeks in March. Over 200 children learnt to ride a bike for the first time. Finally, 46 teachers and representatives came and took part in various cycling related activities at the Bike It Action day held at the Eco Centre, which was great fun!

Thank you to all the wonderful children, parents and staff who are always so enthusiastic and willing! This term I am planning lots of outdoor activities in the sunshine for all my schools. There will be more 'Learn to Ride' sessions to ensure that every child can ride a bike. Also, there will be Transition work with all the Year Sixes and finally lots of cycle rides. Let the fun commence.

33. Rochdale and Stockport: Lucy

I've had a great couple of terms in Rochdale and Stockport doing various different projects depending on the schools needs. We've had some excellent Beauty & The Bike days with Y7 girls in Harrytown Catholic High School & Reddish Vale Technology College- one group attending the BMX track at Platt Fields. Lots of schools got involved with The Big Pedal & Healey Primary in Rochdale had a picture on the national website; they came first out of all the Rochdale schools. Brookside won again for Stockport with super bike attendance for the competition.

Simon Woodson from the Cyclife shop in Stockport has been our Doctor Bike for the borough, fixing about 300 bikes this term. Up in Rochdale we are doing a Bike Recycling project for Spotland Primary who have an issue with low cycle ownership (but a keenness to be involved) and also a course I am running with a Bike Right Bikeability trainer called Mums Ride Bikes Too, 10 mums will have the opportunity to learn to ride a bike safely and confidently & if they achieve the outcomes they will be able to keep the bike.

This term we will be doing more of the same including a couple of visits to the BBC 21st Century Classroom. Phew. If you have any questions or a bike to donate please get in touch. Keep Pedalling.

34. Wirral: Simon

With 44 Bike It schools in Liverpool and Wirral, there's little time to waste. Simon has been intensively supporting his latest cohort of 10 schools through a programme intended to leave them buzzing about cycling and both confident and competent in running Bike It independently in their second year and beyond. Simon helps the school and community to overcome any barriers that exist to cycling - so enabling cycling the school run to flourish.

Sustrans Bike It schools in the East of England

35. Basildon: Anna

Schools are getting ready for summer cycling and are busy planning loads of events after the excitement of the Big Pedal (well done to Lincewood Primary school for yet again topping the Basildon leader board!). We'll be running Medals for Pedals incentive schemes, bike buses, competitions and lots of skills sessions out on the playground to help pupils cycle to school all term. Also with the Olympics coming up and the sun shining it's a great chance to visit the Mountain Biking track at Hadleigh Park! Plus the race is now on for the first Basildon school to achieve the Silver School Mark.

36. Cambridge: Maya

We've had a brilliant time this term, with a massive focus on The Big Pedal. All the Cambridge Bike It schools who participated worked their socks off to log their results on time each day and the Bike It crews deserve special thanks for giving up their spare time to log their information. We've also had some really fun Love Your Bike events, despite the inclement weather and some classroom sessions focussing on schools' Green and Environmental weeks. The Grove Primary school organised an excellent celebration of their new bike shed opening and the arrival of their pool bikes, including a synchronised display organised by the Bike It crew and a unicycle performance from Cambridge Community Circus.

Next term, we will be continuing to encourage children parents and staff to stay on their bikes by organising off the stabiliser sessions, bike rides, obstacle courses and much much more.

37. Colchester: Aba

Two were the highlights of the spring term. The Big Pedal which saw practically all schools taking part (in one way or another) and which counted an amazing 9,168 journeys to school...and that was only one-way! The winning school in Colchester was St Lawrence CoE primary of Rowhedge who also managed to arrive 35th nationally. Well done! The visit of round-the-world cyclist, adventurer and travel-book author Alastair Humphreys, who was a true inspiration to pupils, staff and all those attending his amazing presentation. And Karl Frost, from Stanway Fiveways primary also won the chance to cycle to school with Alastair for the occasion.

Next term we are looking forward to more visits by Dr Bike (Colchester Cycle Stores), to the new and colourful Colchester Carnival and to more exciting bike-to-school activities!

38. Great Yarmouth: Kevin

The Sustrans Bike It Schools in Great Yarmouth are going from strength to strength and numbers continue to grow as the weather improves and more and more people decide to leave the car at home and get on their bikes. 156 children cycled to Cliff Park Junior School for a Bike Breakfast and 4 schools loved having the Smoothie Bike come to their school. Playground skills sessions have been a real hit with years 3 and 4 and the DR. Bike sessions have been very well supported. The summer is coming so we will be organising led rides, cycle sport sessions and fete activities, helping people to get out and ride. If you would like any of these activities in your school or have ideas of your own, get in contact!

39. Harlow and Cheshunt: Bart

Bad weather early in the term didn't deter all things bike. Whilst the snow and sleet came several schools learnt about puncture repair and bike maintenance from the comfort of the classroom. The most exciting part of the term, the Big Pedal virtual bike race, coincided, magically, with the first day of spring. In 9 schools over 5000 journeys were recorded and pupils, staff and parents were able to get their bikes checked over by professional mechanics. The winning schools can look forward to a visit from the Rolloapoluza racing team.

40. Luton: Richard

Richard is delighted that schools in each of his regions now have their School Mark Bronze, to support a sustained level of cycling promotion within school. Congratulations go to Fleetville Juniors, Foxdell Juniors, Daubeney Middle School and Sundon Park Juniors. 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.

41. Southend: Graham

We have just completed the Big Pedal which was very successful not only in getting children but also parents and other family members cycling to school. During the summer term we will be working to encourage even more children and parents to cycle more often with lots of new ideas and activities.

42. Thetford: Georgie

This term five schools have achieved their Bronze School Mark Award and two are now aiming for silver! Bikeability is now rolling along in five schools in Thetford and almost every pupil in the junior schools has learnt how to fix a puncture! The BIG pedal has been phenomenally successful: In the 3 partaking junior schools (The Admirals, The Bishops, Redcastle) over 15 days a staggering 7,236 journeys were made by bike. The Bishops came 23rd nationally 3rd regionally and 1st in Norfolk (followed in 2nd place by Redcastle). Drake and Raleigh Infant Schools took part for 'bike to school week' and between them 1130 journeys were made to and fro school! The real success of this race was how many supporters (parents/staff/ siblings) took part! At the Bishops on one day there were 105 pupils cycling and 95 supporters! We're all looking forward to a summer of overflowing cycle sheds!

43. Thurrock: Katie

The Big Pedal was a great success in Thurrock, generating 12,874 journeys to and from school by pupils, teachers and supporters (parents, family and siblings). With Bonnygate a brand new Bike It School getting first place and winning three brand new bicycles, all different sizes that will be used as pool bikes at the school for pupils, parents or teachers who don't own a bicycle but who would like to try cycling into school.

All through February and March Bike It held 'Love your bike days' at a large number of Sustrans Bike It Schools. With St Mary's Catholic Primary school having the best turn out of 91 bicycles and 21 scooters on one of the rainiest days of the year. They all got decorated at their school with Sustrans stickers, slapwraps, 'Love your Bike' spoke badges and colourful tinsels. During the summer term, Bike It will focus on puncture repair workshops, Bike rides and helping to provide free Bikeability training to all Thurrock residents. Bike It is also in the process of setting up a de-stabilisers and cycle awareness scheme with the help of Cycle Training East to provide to all key stage 1 pupils at Bike It schools.

If you are interested in teaching your child to ride without stabilizers, or if you would like to feel more confident cycling on road with help of our Bikeability courses please do not hesitate to contact your local Bike It officer: Katie van Dop.

Sustrans Bike It schools in London

44. Bexley, Barking and Dagenham, and Redbridge: Andy

This term began with entries being sent for judging as part of the Bike It National Winter competition, the theme was 'Cycling resolutions'. There were plenty of interesting and creative entries received, with prizes being awarded to the best entries from each school. With the poor weather persisting in the early part of term my Bike It activities continued to be run indoors, with puncture repair demonstrations being linked to instructional writing.

March saw the start of 'The Big Pedal' which for the first time ever, was rolled out to Bike It and non Bike It schools alike across the UK. It has been great to be involved in the organising of this event once again and I am always impressed by the effort of children, parents and teachers to cycling to school as part of this challenge. Of the 606,000 cycle journeys made nationally to school over 3 weeks, London schools generated over 54,000 of them!

With spring bringing much welcome sun and warmth in the second half of term I have been out and about delivering Dr Bike sessions to help ensure those old bikes dusted off from their winter shackles, and new bikes hastily put together by parents over Christmas, are safe to ride. Some basic maintenance and adjustment classes have been run for both parents and pupils at some schools and a number of cycle skills sessions have been run to help improve riding skills for children.

I am currently recruiting new Bike It schools in Redbridge, and Barking and Dagenham for the next academic year and am looking forward to spending summer outdoors helping children and parents discover the joys of being 'Free range' on their bicycles.

45. Hammersmith and Fulham: Owen

Another great term of Bike It in my two boroughs, with some long-awaited sunshine at the end to reward those cyclists who'd pedalled through the winter! Congratulations to all the schools and pupils who took part in the Big Pedal – there were some bike sheds full to the brim, which is a good sign for the summer term. If the idea of a bike race got you excited, then we'll be running the Bike It Tour de France in the last week of June – so look out for that! The London smoothie bike make its debut at several events, so get your recipes prepared for when it arrives at your school.

46. Hounslow and Merton: Ali

The year has been fantastic for all Hounslow and Merton schools so far with lots of events coinciding with the Big Pedal. Well done to all my schools who took part in the competition and the children who rode in during it. I would especially like to congratulate Pelham primary school in Merton for coming first of all schools in London and 46th in the whole country.

The new schools taken on at the beginning of the year have settled into the rhythm of a being a Bike It school. Bike Marshalls are getting really involved with the project and are in attendance in all events that I have run. I am looking forward to a busy summer with schools and will be concentrating on organising picnic bike rides. Also I am looking to recruit a new set of schools for the new academic year and look forward to meeting the new potential Bike it schools.

The year has been fantastic for all Hounslow and Merton schools so far with lots of events coinciding with the Big Pedal. The new schools taken on at the beginning of the year have settled into the rhythm of a being a Bike It school.

"Your wonderful bike maintenance course was taught at our local primary school this morning and we are very grateful for the service" parent of child at Pelham school

"Could we do this every week Ali" child at Southville school, Hounslow after taking part in playground cycle skills.

47. Kensington and Chelsea, Lambeth and Lewisham: Felix

The spring term has been a particularly fruitful one for my schools. The Big Pedal saw an incredible effort from all schools taking part, raising the number of cyclists at each school considerably; big congratulations to all of those who took part. Particular mention needs to go to Glenbrook, who after a difficult few terms had finally seen an incredible increase in the number of regular cyclists. The summer term ahead holds lots of delights for all of the schools who will each be taking part in rides and picnics to celebrate an amazing year of Bike It.

48. Tower Hamlets: James

Now the weather is getting warming and those dark nights are a distant memory Tower Hamlet Bike It schools are starting to increase their cycling numbers. The Big Pedal has played a key role in this boost of cycle journeys. 16 schools within the borough signed up to the event and generated a massive 12198 journeys to school. The winners were a 3rd year and 2nd year Bike It School, Seven Mills and St Elizabeths came joint first with Bonner primary coming in as runner up. During the Big Pedal schools were visited by two well known cycling explores, Alistair Humphreys and Tom AKA The Hungry Cyclist. Bow Boys have now completed the GCSE module in Mountain biking with all of the students passing the 5 week course. It has proved so popular with the school that they intend to roll it out again next year.

49. Westminster: Georgie

Georgie's schools have been working really hard throughout the winter. Spring is finally here and lots more pupils are out and about on their bikes – and it's not even summer yet! It is great to see pupils so inspired by some of the activities Georgie has run this academic year. These include competitions (including Big Pedal), skills sessions, training days, Q&A sessions and meetings, parent bike maintenance, round the world super-cyclist Alastair Humphreys talks, Rollapaluzza roller-racing trials and lots more! Summer term in Westminster Bike It schools is sure to be exciting; Georgie has loads of activities and events planned and some schools and Bike It Champions have even got their own plans up their sleeve too – great work!

Sustrans Bike It schools in the South East

50. Ashford and Canterbury: David

The Bike It highlight for all schools was The Big Pedal. Sixteen schools in Ashford/Canterbury clocked up over 8,000 rides in just 15 days. John Wesley Primary School was the Kent winner with an impressive 992 rides. Other highpoints included Barham Primary's Cycle Day during Bike to School Week: a breakfast, a Bling Bike and the launch of a cycle shelter designed by a year 5 pupil. Two members of the Bike Crew also did a live interview for BBC Radio Kent. Work is underway on the eco-friendly, wildlife habitat cycle storage at the Sustrans Office at The Singleton Environment Centre. Members of Aldington Primary Bike Crew came for a day of cordwood and straw bale building. Additionally British Cycling Grass Track racing took place at The North and The Norton Knatchbull Secondaries. Our local funder is Kent Highway Services.

51. Aylesbury: Lucie

This has been a busy term for Bike It with 3 new cycle shelters opening at Stoke Mandeville, William Harding and Marsh Gibbon Schools. The Big pedal took over most of the end of term with 32 schools in Buckinghamshire registering to take part! Congratulations to St Michaels school who took 37th place nationally and 1st Place among Buckinghamshire Bike It schools. We have also been doing lots of training with school champions attending bike maintenance and cycle skills courses.

52. Brighton and Hove: Ben

WOW, Brighton and Hove schools have loved cycling this term with thousands of young cyclists celebrating Love and Bikes during Valentines week followed by a huge success in the Big Pedal where 11 schools took part, with St Bartholomew's Primary coming 27th nationally, not bad for a new Bike It school in the middle of the city! We have been mapping the way to the new South Downs National Park at many schools and are itching to get out on bikes and onto the Downs this term!

53. Reigate and Banstead: Gayle

*'15 Reigate and Banstead schools took part in this year's national virtual bike race, 'The Big Pedal', each year they do better and better and this year children, parents and staff made an incredible 14,606 journey's to school by bike in just 15 school days, compared to last year where they made 15,000, but.....they had 5 more days to achieve it In last year! This year's local winner **Walton-on-the-Hill Primary school** finished a fantastic 47th in the country out of the 850 schools that took part nationally!'*

'In March, Gayle spent 2 full days at the area's first Bike It infant school, teaching the whole of year 1 and 2 (200 children) basic cycle and scooter skills on the playground. The children really enjoyed it, some of whom had not been long off stabilisers! Gayle says she was spoilt for choice for parent helpers, who were very keen to get involved and said how useful the sessions had been. 'The Big Pedal' followed shortly afterwards, many of the children put their new skills into action and out of the 15 schools who took part locally Holmesdale Infants came third and made a massive 1850 journeys to bike by school in just 15 days!'

54. Slough and South Bucks: Clare

With 13 schools taking part in the Big Pedal VBR, the term has been very busy despite the grey start- with over 6,000 journeys to school by bike over 3 weeks! Pupils of all ages have been enjoying bike maintenance lessons and visits from Dr Bike. Cycle skills and Bikeability sessions have been running throughout the term, and three schools have used money from the BIG Lottery fund to run Level 3 Bikeability. We've linked cycling into fun science, literacy and maths lessons and some Bike User Groups have even been running their own stall at parents evening to promote Bike It. Farnham Common Infants and Juniors celebrated their local virtual bike race wins from last term by enjoying an amazing stunt show by MAD. Some schools have been running their own events including bike haiku lessons, putting up beautiful notice boards and running bike breakfasts and assemblies.

Sustrans Bike It schools in North East

55. Blyth: Richard

Spring term saw many happy children on bikes in Blyth and Bedlington! Many schools enjoyed huge cycling increases, so it's clear that Sustrans' cycling culture is permeating many schools. Bling your Bike and Bling your Bike Shed sessions are a real hit with children, parents and teachers alike, as are mechanics and puncture repair classes. It's amazing how focused children can be when given tasks they really want to complete, and having such skills helps parents let their children ride to school and for play, knowing they can identify or resolve simple mechanical issues.

Bike skills games are fun, and I hope to develop such activities this summer, maybe getting them into School Sports Days. Bike Olympics anyone? I'm recruiting more schools for 2011/2012. Get in touch if interested and let's hope they are as enthusiastic as this year's.

56. Darlington: Kevin

This spring I delivered 102 activities to 5,268 pupils, 240 staff and 95 parents. One school had a bike count of 60% during the Big Pedal – which beat my former record of 57% for a Bike Breakfast with over 120 attendees! With summer here, I am looking forward to the many planned bike rides with my schools on the National Cycle Network and other networks of cycle paths around Darlington.

57. Teesside: Pamela

I'm thoroughly enjoying working with my excellent Bike It schools, pupils, teachers and parents in Middlesbrough and Stockton. I have some fantastic events booked in for summer, with the Get Cycling team visiting Ingleby Mill and The Glebe. We'll also be launching five cycle shelters, which should see some excellent opening events and lots of great press coverage. Six new schools will be picked to become Sustrans' Bike It schools in Stockton, so it's all go. Fingers crossed for some nice weather and lots and lots of cycling.

58. Gateshead and South Tyneside: Alan

The 2011 spring term was hugely successful in Gateshead and South Tyneside with a number of activities taking part across the region. The schools have been taking part in the Big Pedal cycle to school incentive race. We have had two schools finish in the top 10 in the country (out of over 800 schools!) and five schools in the top 60. In the last weeks of the term leading up to Easter, Sustrans Bike It worked with 6,000 children across the region, showing the huge potential to reach people in the Gateshead and South Tyneside areas.