

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

John Clode aka Bike It John is the Schools Officer for South Hampshire.

Please get in touch if you have any great walking or wheeling stories or would like to find out more about our school work.

Email:

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### Bike It School Dates

- Tuesday 5<sup>th</sup> - Thursday 7<sup>th</sup> May - Bikeability for Year 5 at King's Academy Gomer
- Tuesday 12<sup>th</sup> May - Year 3 & 4 Lunchtime Walkathon at Alverstoke Junior School
- Thursday 14<sup>th</sup> May - Year 5 & 6 Lunchtime Walkathon at Alverstoke Junior School
- Monday 18<sup>th</sup> - Wednesday 20<sup>th</sup> May - Year 3 Scooter Skills at Fair Oak Junior School
- Thursday 21<sup>st</sup> & Friday 22<sup>nd</sup> May - Year 3 Scooter Skills at King's Academy Gomer

### February & March Activities

With this month's special edition newsletter covering The Big Walk & Wheel activities there's more to showcase from February and March in this month's Bike It Newsletter.

Bike It John had a very busy morning at Elson Junior School using [BikeRegister](#) kits to security code plenty of bikes.

There was a great morning of maintenance lessons of at King's Academy Bay House.

In preparation for The Big Walk & Wheel there was a great, but wet, morning of filming the route to relaunch their Park & Stride location with the JRSOs (Junior Road Safety Officers) and school councillors from King's Academy Gomer and Gomer Infant School. [Click here for the video](#)

### Big Walk & Wheel Results

**Now all the results are in...the top 5 Bike It Schools, with their percentage children travelling to school in an active way, are:**

1. **King's Academy Gomer - 96.21%**
2. **Shakespeare Infant School - 92.46%**
3. **Elson Junior School - 77.37%**
4. **Hiltingbury Junior School - 75.94%**
5. **Hiltingbury Infant School - 75.11%**



A huge congratulations to our winners **King's Academy Gomer** for their amazing efforts, finishing in the top 10 across the whole UK for medium primary schools and in 1<sup>st</sup> place in England South. They have won the grand prize of a day with former world scooter champion Terry Price!

Well done to everyone from the Bike It schools who took part, together you completed over **24,000 active journeys** during the challenge, that's almost a whole trip around the world!

To see your results and the full list of Bike It school taking part then click [here](#).

## What's coming up?

### **The Hampshire Bike Equipment Library for the Hampshire Bike It Schools is now live!!!**

If you want to try cycling to school or anywhere else with your children, or if you'd like to cycle to school or work and need some panniers to carry your bits and bobs then we can loan you some great equipment to help you. The library is simple and **FREE** to use!

We have the following equipment available

- 1 Burley bike trailer - single seat
- 1 Burley bike trailer - double seat
- 2 rear mounted child seats
- 2 front mounted child seats
- 4 pannier racks with 4 pairs of pannier bags
- 12 bike locks with additional cable
- 10 sets of lights
- 2 track pumps

You can borrow this equipment for up to 6 weeks to help you decide if you'd like to take the plunge and buy your own. Helping you make cleaner, healthier and happier journeys.

**If you are interested in borrowing any of the equipment listed then please do get in touch with Bike It John by email [john.clode@walkwheelcycletrust.org.uk](mailto:john.clode@walkwheelcycletrust.org.uk) or by phone 07708835330**



#### **Useful information:**

##### **Learn to Ride**

Learning to ride a bike for the first time is an individual journey that can be exhilarating and exciting.

Walk Wheel Cycle Trust offers nine easy to follow steps to help children and families on this exciting journey.

[Teach a child to ride without stabilisers in 9 easy steps](#)

##### **Check your Bike**

Want to keep your bike in good shape? Then check out our M-check guide to make sure your bike is safe to ride and working well.

[Walk Wheel Cycle Trust M-Check](#)

#### **National Cycle Network**

Created by Walk Wheel Cycle Trust (formerly Sustrans), The National Cycle Network is a UK-wide network of signed paths and routes for walking, wheeling, cycling and exploring outdoors.

In 1979, Sustrans built their first traffic-free path that would become part of the Network, the Bristol and Bath Railway Path.

Over the years many more miles of walking and cycling routes across the country have been created.

To find out more and find a route near you to explore visit the [National Cycle Network page](#) on our website



Walk Wheel Cycle Trust is grateful for the support of Hampshire County Council and the My Journey team for our work in schools across Eastleigh, Fareham and Gosport.



For our health. Our wellbeing. Our world.