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Children awarded Bikeability certificates

As a part of Chesters Cycling Demonstration Town status, Cheshire West and Chester Council has been offered free training to all the Chester area primary schools, aimed at Year 6 pupils before they move up to secondary school.

Bikeability is the three stage cycling proficiency test for the 21st century, designed to give the children the skills and confidence to ride their bikes on today's roads.

More than 150 children have received level one training from qualified instructors at six schools. At level one pupils are shown how to perform a simple safety check on their own bike, how to choose and fit the correct helmet, bike-handling, rear observations and hand-signalling skills on the playground before venturing onto the road.

Councillor Neil Ritchie Cheshire West and Chester Council's Portfolio holder for the environment who will present certificates to children at Mickle Trafford Primary School , one of the first to complete level one said ; "I congratulate these children on earning their certificates and do hope they enjoy their cycling and that they will be inspired to go on and gain the next two levels as they become more experienced."

The other Chester primary schools involved so far are Waverton , Oldfield , Dee Point, Christleton and Overleigh St Mary's.

Chester is one of seventeen official Cycling Demonstration Towns, securing a £2.4 million bid over the next three years. The initiative aims to improve Chester's cycling infrastructure, making cycling a genuine option for all Chester residents. The project gives Chester a share of £100m, the largest investment in cycling the country has ever seen.

National Bike Week starts on June 13. It is the UK's largest mass participation cycling event encouraging people to 'get more out of life' by getting on their bikes, exploring their local communities and finding out just how convenient cycling can be, especially for short journeys.

Events during the week include; Sunday 14 June 'Bob Clift Memorial Cheshire Cycleway Rides 2009', Friday 19 June, 'Midsummer Cycle at Chester Zoo', Sunday 21 June, 'Chester Bikeathon', Sunday 21 June, 'Deva Triathlon'.

Chester welcomes the Tour Series Bike race on Tuesday 23 June, a chance to see British cycling heroes in action.

For further details contact the Cheshire West and Chester Sports Development team on 01244 402273