



Guide sheet to BSCA Awards Scheme



Preliminary

CODE PRELIM	Award: Certificate Fee: £2.00
Either:	Hold the Cycling Proficiency Certificate or equivalent
Or:	Display an equivalent level of knowledge and skill to the examiner
AND	Ride with normal equipment on a school or club run
or	Complete and finish a competitive
or	Complete a 400 metres ride in less than 1 minute

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GOLD AWARDS

and you are eligible for the
BSCA

ALL ROUNDER MEDALLION

FREE OF CHARGE

Bronze

CODE	Award: Cloth bar + certificate Fee: £3.00
BT/YH	Touring Complete tours totalling 3 nights away, not necessarily consecutively
BT/AU	Audax UK event Either 50 km on road or 25km off road
BT/SR	Standard ride Boys - 25 miles/2hours Girls - 20 miles / 2hours
BR/T5	5 mile Road time trial Boys less than 16m 00s Girls less than 18m30s
BR/T10	10 mile Road time trial Boys less than 35m 00s Girls less than 40m 30s
BR/HT	400 m Hard Track (standing start) Boys 40 seconds Girls: 44 seconds
BR/GT	400 m Grass Track (standing start) Boys 50 seconds Girls: 55 seconds
BR/CC	Cyclo Cross/Mountainbike Race and complete 4 competitive events
BR/CE	Circuit Race/Track events Race and complete 4 competitive events
BR/BMX	BMX Racing Race and complete 4 competitive events

Silver

CODE	Award: Cloth bar + certificate Fee: £3.00
ST/YH	Touring Complete a tour of at least 5 consecutive nights . A log of the tour to be submitted with the claim.
ST/AU	Audax UK event Either 100 km on road or 50km off road
ST/SR	Standard ride Boys - 50 miles/ 4hours Girls - 40 miles / 4hours
SR/T5	5 mile Road time trial Boys less than 14m 00s Girls less than 16m30s
SR/T10	10 mile Road time trial Boys less than 30m 00s Girls less than 35m 30s
SR/HT	400 m Hard Track (standing start) Boys 36 seconds Girls: 40 seconds
SR/GT	400 m Grass Track (standing start) Boys 45 seconds Girls: 50 seconds
SR/CC	Cyclo Cross/Mountainbike Ride 10 events with: 2 placings in the first 6
SR/CE	Circuit Race/Track events Race and finish in 8 further competitive events.
SR/BMX	BMX Racing Ride 10 events, at least 5 at regional level, with 2 placings in first 6 at regional level

Gold

CODE	Award: Medal, Cloth bar + certificate Fee: £5.00
GT/YH	Touring Complete a tour of at least 8 consecutive nights. A log of the tour to be submitted with the claim.
GT/AU	Audax UK event Either 200km on road or 100km off-road
GT/SR	Standard ride Boys - 100 miles in 6 1/2hours Girls - 80 miles in 6 1/2 hours
GR/T5	5 mile Road time trial Boys less than 12m 30s Girls less than 14m30s
GR/T10	10 mile Road time trial Boys less than 26m 00s Girls less than 30m 30s
GR/HT	400 m Hard Track (standing start) Boys 32 seconds Girls: 36 seconds
GR/GT	400 m Grass Track (standing start) Boys 40 seconds Girls: 45 seconds
GR/CC	Cyclo cross/Mountainbike Ride 16 events with: 2 placings in the first 3 or 4 placings in the first 6
SR/CE	Circuit Race/Track events Race and finish in 12 further consecutive events.
GR/BMX	BMX Racing Ride 16 events, at least 2 at National level, with 2 placings in first 3 at regional level

More information from the BSCA Award Secretary:
Parkside, Station Road, Darley Dale, Matlock, Derbyshire, DE4 2EQ. Tel: 01629 734996

