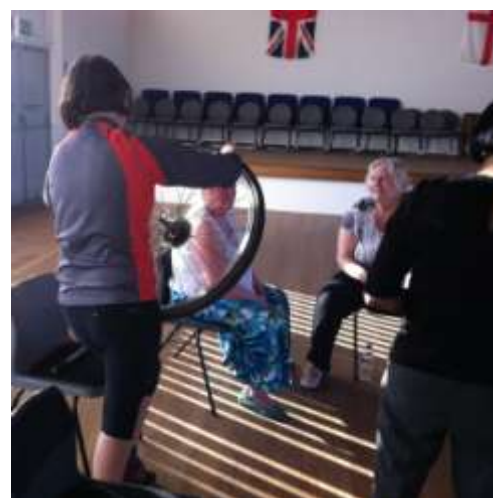
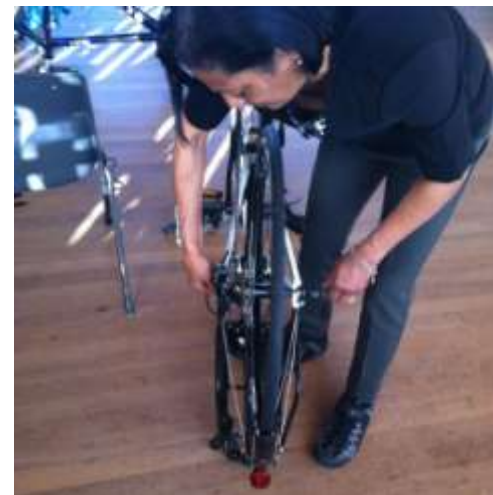


Hilton Hall Community Association ~ BikeRight FREE Cycle Maintenance Course ~ Puncture Repair Course 14th April 2015

As part of our ongoing Community Cycle Safety Initiative, and with the help & support of BikeRight Ltd, we organised a Free to attend Cycle Maintenance Course at Hilton Hall Community Centre. This course was aimed a Puncture Repair & Maintenance. The people on this course were local people who had either attended our BMX Open Day held on 22nd March 2015 or who had seen our advertisement of the course on our web site.

The following photos show some of the training and work carried out on Tuesday 14th April.







We are grateful to Lesley Easter from BikeRight Ltd who sponsored this course and arranged for Chris (the cycle mechanic who delivered the course) to come along and enable members of the local community to learn new skills and have practical 'hands-on' experience at fixing punctures.

Everyone was shown how to manoeuvre their bikes around into the appropriate and safe position to remove the cycle wheel safely. Followed by instruction and guidance as to how to remove the tyre & tube from the wheel and then apply the vulcanising agent & puncture-repair 'Patch' to fix a punctured inner tube. Obviously the next step was to re-fit the tube and tyre back onto the wheel, re-inflate the tyre and re-install the wheel back into the frame.

The feedback from everyone who attended this course was most positive and they all said they had gained valuable experience and knowledge of this type of repair. The aim of this course was to empower cyclists to carry-out their own puncture repair with confidence and to share current safe practice with regards cycle maintenance.

I would like to take this opportunity to thank Chris Hopkins for a great course, and thank all who supported and attended this event.