

Scottish Mountain-Bike Leaders Award



The Velodrome, London Road, Edinburgh EH7 6AD www.scottishcycling.com
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Logbook Sheet

To be completed by the **Candidate** prior to training and sent to the Course Tutor.

Logbook evidence should consist of at least 20 mountain bike rides of 1.5 hrs duration in a variety of weather conditions. Longer rides of 2-3 hrs duration, with at least one being 6 hours, and 2-3 detailed route cards should also be included. **The terrain covered should be appropriate to the level of award sought.** Rides may be undertaken in the UK or abroad any time within the last 12 months.

Candidate Name:					
SMBLA Registration No.				Contact Tel.	
Please enter below brief details of your recent mountain bike experience :					
Ride	Date	Venue (e.g. Glentress Forest)	Duration (hours)	Terrain e.g. singletrack	Weather
1					
2					
3					
4					
5					
6					
7					
8					
9					

10					
11					PTO
12					
13					
14					
15					
16					
17					
18					
19					
20					

Please give any other relevant experience eg outdoor qualifications:

Please give the name and contact details of someone who is able to act as a referee for your mountain bike experience :

Name :	Position :
Address :	Email :
	Phone :