



# Newsletter

## May 2012

### Diary Dates for May

**Tuesday, 1st May.** 18.30 Ashford 5 mile time trial - Club Championship. Sign up by the bus shelter near to the cricket ground. Cost £3 unless you have a time trial pass.

19.00 Meet for a road ride starting from Crown Square, Matlock.

**Thursday, 3rd May .** 18.30 Short hilly time trial - Club Championship. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Club open after this time trial

**Saturday, 5th May.** 9.30 Coaching in Whitworth Park

**Sunday, 6th May.** 8.00 Open 10 mile time trial using course A10/16. Entries closed for this event on Tuesday, 24th April.

Help with marshalling this event appreciated. Please phone 01629 734996

Meet for a social ride starting at 9.30 in Crown Square, Matlock

Check the forum on the website to see who is going

**Monday, 7th May.** 9.30 Slow morning ride from Cromford market place.

**Tuesday, 8th May.** 19.00 10 mile time trial . Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass.

19.00 Meet for a road ride starting from Crown Square, Matlock

**Thursday, 10th May.** 19.00 Long hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you

have a time trial pass.

Club open after this event.

**Sunday, 13th May.** Ladies ride starting at 9.30 from Crown Square, Matlock

**Monday, 14th May.** 9.30 Slow morning ride from Cromford market place.

**Tuesday, 15th May.** 19.00 10 mile time trial . Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass.

19.00 Meet for a road ride starting from Crown Square, Matlock

**Thursday, 17th May.** 19.00 Winstanley Circuit championship. Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass.

**Sunday, 20th May.** 9.00 BSCA National and East Midland Region Circuit Race Championships at Darley Moor. Entries closed on Saturday, 28th April. Help appreciated with this event

**Monday, 21st May.** 9.30 Slow morning ride from Cromford market place.

18.30 Round the pond racing at Whitworth Park for the under-11s, You need to sign up ready for the first race at 18.30. Age groups are under-7, under-9 and under-11. Entry is free if you are a member of the club or £1 if not a member. Age taken at 1st September 2011.

**Tuesday, 22nd May.** 19.00 10 mile time trial . Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass. 18.30

**Wednesday, 23rd May.** 18.30 MTB training at Thornbridge. See website for more details.

**Thursday, 24th May.** 19.00 Long hilly time trial. Starts at the end of the entrance lane to

Cromford railway station. Cost £3 unless you have a time trial pass.

Club open after time trial.

Dr Bike: Please ring Rob on 01629 822259 for an appointment.

**Sunday, 27th May.** Manchester Velodrome sessions for 10-16 year olds. Track time 12 noon - 3pm. Email Emma at

E.Martin@shu.ac.uk if you want to book with details of age, height, experience, etc

**Monday, 28th May.** 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

18,30 Round the pond racing at Whitworth Park for the under-11s, You need to sign up ready for the first race at 18.30. Age groups are under-7, under-9 and under-11. Entry is free if you are a member of the club or £1 if not a member. Age taken at 1st September 2011.

**Tuesday, 29th May.** 19.00 10 mile time trial . Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass.

19.00 Meet for a road ride starting from Crown Square, Matlock.

Entries close for the BDCA 50 mile open time trial using A50/12. Standard CTT entry forms can be downloaded from [www.ctt.org.uk](http://www.ctt.org.uk)

Completed entry forms with the fee of £8, should be sent to C Mottram, Parkside, Station Road, Darley Dale, Derbys DE4 2EQ. Cheques made payable to C Mottram please.

Entries also close for the Central District heat of the GHS 10 mile timetrial. The GHS event is the national under-17 time trial championship.

Entry to the final is by district heats. Riders must be at least 12 years old. Special entry form can be downloaded from the ctt site.

Completed forms with the entry fee of £2 should be sent to the above address. Cheques made payable to C Mottram please.

**Thursday, 31st May .** 19.00 Long hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Club open after this time trial

**Saturday, 2nd June.** 9.30 Coaching in Whitworth Park

**Sunday, 3rd June.** Meet for a social ride starting at 9.30 in Crown Square, Matlock  
Check the forum on the website to see who is going

**Monday, 4th June.** 7.00 Club 25 mile time trial championship. Starts at the layby neat to Firth Rixons. Cost £3 unless you have a time trial pass.  
9.30 Slow morning ride from Cromford market place.

**Tuesday, 5th June.** 19.00 10 mile time trial . Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass. 18.30

19.00 Meet for a road ride starting from Crown Square, Matlock

**Thanks**

Thanks to Rob and Rachel for their timekeeping skills , used the area BSCA time trial championships.

**Press Secretary.**

Please send stories, news, results and photos to Steve Strange, our Press Secretary, - Tel : 07768 847743 or email : [spstrange@gmail.com](mailto:spstrange@gmail.com). Steve needs to keep a high profile for the Club on the sports pages of local press. Please help by sending him your news by Sunday evenings.

**Ladies Competition 2012**

As part of the club's development plan objective to encourage women's participation in cycling were are running a ladies competition as a trial for 2012.

It uses club Tuesday evening 10 mile time trials. (ie not Grouse 10)

Points gained in a maximum of 5 events - ie 5 best point scores

Minimum of 10 points for the winner, then 9, 8 etc. More than 10 riders then the winner gets the same number of points as riders eg 15 ladies ride then winner gets 15 points etc.

Categories : U-14, U-16, junior, senior, vet 40-49, vet 50-59, old(!)

*Points in these categories : 3,2,1*

*Age is taken on the day of the first event ie Tuesday, May 8th*

### **Forest Town Track**

*Track racing season at Forest Town (Mansfield)- has started again. Family friendly track racing league 7pm every Monday night until September.*

*A and B seniors, youth fixed wheel and youth freewheel categories. More information at [www.foresttowntrack.co.uk](http://www.foresttowntrack.co.uk) facebook Forest Town Track or call Richard 07941156162*

### **Volunteering**

*'Volunteering can be rewarding - if you would like to get involved with helping out at club events, please contact Helen Collier our Volunteer Co-Ordinator via email at [helencollier@tiscali.co.uk](mailto:helencollier@tiscali.co.uk). Any help would be much appreciated'.*

### **White Peak Marathon**

*For a number of years the club has provided technical support to this Matlock AC promotion on the High Peak/Tissington Trails - sweepers, lead bike, timekeepers etc. The event takes place on Saturday, May 19th with a 11.00 start. This year we need a lead rider for the half marathon which starts near to Friden. This job involves riding in front of the event and keeping in front until the finish on Cromford Meadows. If you can help please ring 01629 734996.*

### **Club Kit.**

*The club has decided to use Endura to supply club clothing alongside the existing 'on-demand' system from Impsport. Endura orders will be placed 3-4 times per year.*

*The next order will be sent in soon.*

*The Endura brochure is also available to view at [http://www.endura.co.uk/Dept.aspx?dept\\_id=207](http://www.endura.co.uk/Dept.aspx?dept_id=207)*

***Please use the order form found in the 'club kit' section of the website and send to Lee Shunburne.***

*Lee can be contacted on 01246 590228 or via email at [lee.shunburne@nottingham.ac.uk](mailto:lee.shunburne@nottingham.ac.uk) or [oldpomilltown@gmail.com](mailto:oldpomilltown@gmail.com)*

***Club Secretary Steve Strange** is our Club Secretary. He can be contacted on 07768 847743 or [spstrange@gmail.com](mailto:spstrange@gmail.com).*

### **Membership Cards and Discounts**

*Please remember to show your current Matlock CC membership card when asking for a discount at Stanley Fearn and Wards Shoe Shops.*

### **Open Time Trial Dates 2012**

Sunday, 10th June	BDCA 50	A50/12	06.30
Tuesday, 12th June	Grouse 10	A10/16	18.30
Sunday, 17th June	GHS heat	A10/C	14.00
Sunday, 24th June	Open 25	A25/12	07.30
Sunday, 21st Oct	Riber	AHC/1	10.00
Sunday, 21st Oct	Bank Road,	AHC/6	14.00

### **Junior Section**

#### **Velodrome Sessions**

*Session for 10-16 year old takes place on Sundays 24th June. Email Emma at [E.Martin@shu.ac.uk](mailto:E.Martin@shu.ac.uk) if you want to book with details of age, height, experience, etc*

#### **Junior Dr Bike**

*This session takes place on Thursday 24th May starting at after the long hilly time trial at about 19.15. If you have problems with your bike you can get them fixed at this session. However you must let Rob know at least a day before the Dr Bike session by ringing Rob on 01629 822259. events.*

#### **Next BSCA Event.**

*The BSCA will be the National and East Midlands Circuit Race Championships at Darley Moor Circuit, Ashbourne on Sunday May 20th. 2012 Entries closed on Saturday, 28th April. Ring 01629 734996 for a late entry.*

#### **BSCA East Mids Championships 2012**

Circuit Race	May 20th	Darley Moor	9.00
Hard track	May 26th	Forest Town	10.00
Rollers	May 26th	Forest Town	10.00
Grass track	June 23rd	Whitworth	10.00
MTB	June 23rd	Whitworth	10.00
Hill climb	Sept 30th	High Tor	10.00

#### **Coaching in May.**

*Coaching takes place at Whitworth Park on Saturdays 5th May from 9.30 to 10.45. The sessions will consist of some racing and Go-ride*

games and exercises.

Round the pond racing at Whitworth Park for the under-11s, continues on Mondays, 21st and 28th May. Racing starts at 18.30 You need to sign up ready for the first race at 18.30. Age groups are under-7, under-9 and under-11. Entry is free if you are a member of the club or £1 if not a member. Age taken at 1st September 2011.

### **Young Riders Fund**

If you are a young rider and have competed in Regional or National Championships this past season, please put in a written claim to either Harry Gould, Chris Mottram, your coach or a Committee member **without delay. This is your last chance in 2012.**

Then we will see how much we can help you.

### **Sainsbury Active Kids Voucher**

We are still collecting Active Kids Vouchers from Sainsburys. Last year we used our vouchers to get some markers and an enormous cone. We

banked the spare vouchers. This year we hope to collect enough to get some tabards for team game. All contributions gladly accepted. Please give your vouchers to any coach, timekeeper or committee member. Thanks.

Vouchers ended on the 15th April but can be redeemed after this date. - until June.

### **MTB Training.**

These Wednesday sessions at Thornbridge are organised twice a month. They cost £2 per session and start at 18.30 and last until 20.00, You need to be aged 9 and over and bring night riding lights. Dates are :

23rd May

13th June

27th June

Come and enjoy the atmosphere.

### **Coaching March 2012 - July 2012 at Whitworth Park**

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Coaching Activity</b>
Saturday	5th May	9.30 - 10.45	general coaching
Monday	21st May	18.30 - 19.30	round the pond racing
Monday	28th May	18.30 - 19.30	round the pond racing
Saturday	2nd June	9.30 - 10.45	general coaching
Saturday	9th June	9.30 - 10.45	general coaching
Monday	11th June	18.30 - 19.30	grass track
Monday	18th June	18.30 - 19.30	grass track
Saturday	23rd June	9.30 - 10.45	general coaching
Saturday	21st July	9.30 - 10.45	general coaching

Please keep an eye on this list as there have been some changes to dates.

Additional events may be added.

**Matlock Cycling Club is sponsored by : Wards Shoe Shops ; Farmers Garage of Matlock : Stanley Fearn Cycles ; Chubb and Co..**

**Contact Steve Strange , the club secretary, for more information about club activities on 07768 847743 or [spstrange@gmail.com](mailto:spstrange@gmail.com). Club website : [www.matlockcyclingclub.org.uk](http://www.matlockcyclingclub.org.uk)**