



Newsletter

July 2010

Diary Dates for July

Thursday, 1st July 19.00 Long hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.30 Club room open after time trial

Saturday, 3rd July 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

Sunday, 4th July 9.00 - 15.00 BSCA National and Regional Time Trial Championships at Darley Moor. Help very much appreciated at this event. Come for all or some of the time. Meet for a social ride starting at 9.30 in Crown Square, Matlock

12.00 Darley Moor Crit.2/3/4/jun/w

Monday, 5th July 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 6th July 19.00 10 mile Time trial. Starts by the junction of B5057 and Church Road, Darley Dale. Cost £2 unless you have paid for the year. Club Championship.

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

Thursday, 8th July . 19.00 Long hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.00 No Club after time trial

Saturday, 10th July . 9.15 MTB ride starting from the new car park opposite Stanley

Fearn's

Sunday, 11th July . Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 12th July . 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 13th July . 19.00 10 mile Time trial. Starts by the junction of B5057 and Church Road, Darley Dale. Cost £2 unless you have paid for the year.

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

Thursday, 15th July . 19.00 Long hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.30 Club room open after time trial

Endura size samples available for inspection/try on

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

20.00 Dr Bike - as above

Saturday 17th July . 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

10.00 BSCA East Mids Hard Track and Roller Championships at Forest Town. £5 per championship. Entry on the line.

Sunday, 18th July . Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 19th July . 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

18.30 Youth grass track racing at Whitworth Park

Tuesday, 20th July . 19.00 10 mile Time trial. Starts by the junction of B5057 and Church Road, Darley Dale. Cost £2 unless you have paid for the

year.

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

Thursday, 22nd July . 19.00 Long hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.30 Club room open after time trial

Endura size samples available for inspection/try on

Saturday, 24th July . 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

Sunday, 25th July Club run : see website for details or contact Chris Metcalfe

Monday, 26th July . 10.00-12.00 DDDC Cycling Activity Week at Whitworth Park.

9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 27th July . 10.00-12.00 DDDC Cycling Activity Week at Whitworth Park.

19.00 10 mile Time trial. Starts by the junction of B5057 and Church Road, Darley Dale. Cost £2 unless you have paid for the year.

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

Wednesday, 28th July. 10.00-12.00 DDDC Cycling Activity Week at Whitworth Park.

Thursday, 29th July. 10.00-12.00 DDDC Cycling Activity Week at Whitworth Park.

19.00 Long hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.30 Club room open after time trial

Endura size samples available for inspection/try on

Friday, 30th July. 10.00-12.00 DDDC Cycling Activity Week at Whitworth Park.

Saturday, 31st July. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

Sunday, 1st August. Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 2nd August. 9.30 Slow morning ride

from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 3rd August 18.30 5 mile Time trial. Meet by the bus shelter on the Ashford bypass. Cost £2 unless you have paid for the year.

Thursday, 5th August 18,30 Short hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.30 Club room open after time trial

Endura size samples available for inspection/try on

Press Secretary. Steve Strange is our Press Secretary. Please send Stories, News, Results and Photos to Steve Strange - 07768 847743 or 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.

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 with the first to be submitted at the end of July 2010. The design is not being changed so all recent clothing will remain current. Projected lead time for our first order is eight weeks, so now is the time to place orders in time for winter and the cyclocross season.

The club has a set of sizing samples which are available in the clubroom on Thursday evenings from July 15th. We have to send them back with the 1st order so they can't go missing! The Endura brochure is also available to view at http://www.endura.co.uk/Dept.aspx?dept_id=207

Please submit orders to Lee Shunburne, who can be contacted on 01246 590228 or via email at lee.shunburne@nottingham.ac.uk

Lee also has some club cloth racing caps for sale at £7 each.

Volunteers Coordinator - Helen Collier

If you are able to help out at any MCC event in 2010 whether this be marshalling, making tea, etc please can you either reply to Helen's thread on the website General Forum or email her at

helencollier@tiscali.co.uk training will be given where required.

Thanks Thanks to all who have helped with the races in Whitworth Park.

Thanks to all who helped with the Grouse 10 and would have helped with the BDCA 50.

Forest Town Track Forest Town Track League is up and running again every Monday night from April 12th for seniors and junior racing (juniors fixed or freewheel)

New Track coaching evenings for beginners or developing riders on Wednesday evenings in fact for any riders above the age of 6 (adults included) dates are 2nd, 16th and 30th June and 14th July at 7pm.

More information from Richard Thoday 582300 or www.foresttowntrack.co.uk

Open Time Trial Dates 2010

Sunday, 4th July	BSCA TT	D Moor	9.00
Sunday, 24th Oct	Riber	AHC/1	10.00
Sunday, 24th Oct	Bank Road	AHC/6	14.00

Junior Section

Coaching in July. There are two coaching sessions in Whitworth Park during July on Saturdays 3rd and 17th July These sessions start at 9.30 and will last about one hour. It will consist of the usual mix of games and skill training with three different activities each time including a cross/mtb course and some circuit racing. Bring your bike and helmet.

Junior Dr Bike This session takes place on Thursday 15th July starting at 19.30. 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 01629 822259.

Derbyshire Dales District Council Cycling Activity Weeks 2010

The club is again organising three separate

weeks of cycling activities for Derbyshire Dales District Council. These weeks are : 26th - 30th July at Whitworth Park ; 9th - 13th August at Ashbourne recreation ground ; 23rd - 27th August at Wirksworth Leisure Centre.

The week's activities include working towards a BSCA Trix Award at either bronze, silver or gold level and working towards the Matlock Gold Award. Activities similar to those used in our coaching sessions ; racing either on tarmac or on grass ; mtb racing ; cyclo-cross ; Go-ride games and exercises.

The cost is £35 - a £7 reduction on last year's charges. You must book the Whitworth sessions through the swimming baths at Matlock and the other two through Ashbourne or Wirksworth leisure centre.

BSCA East Midland Region Events 2009/10

Event	Date	Where	Time
Time Trial*	4th July '10	Darley Moor	9.00
Hard Track	17th July '10	Forest Town	am
Rollers	17th July '10	Forest Town	pm
Hill climb	26th Sept '10	High Tor	10.00

* Incorporated in the BSCA National Time Trial Championships

Grass Track Racing at Whitworth Park.

We are trying grass track racing on the football pitch at Whitworth Park on Monday, 19th July starting at 18.30 and using a 250m grass track. Depending on numbers we hope to have races for U-8, U-10, U-12, U-14. There will be a 1 lap time trial followed by 50m sprints and 120m sprints. and perhaps a devil.

This activity is part of Matlock CC's coaching programme and so is free to members. Non-members pay £1.

Coaching dates until July 2010

Day	Date	Month	Time
Saturday	3	July	9.30 - 10.30
Saturday	17	July	9.30 - 10.30

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

**Contact Sue Statham , the club secretary, for more information about club activities on 01629 584238 or Email : matlockcc@live.co.uk
Club website : www.matlockcyclingclub.org.uk**