



Newsletter

July 2013

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

Sunday, 14th July 9.30 Ladies ride from Crown Square

11.00 Blessing of transport, Christ Church, Holloway : Bring your bike for a blessing and thanksgiving for being able to use it.

Monday, 15th July. 9.30 Slow morning ride from Cromford market place.

Tuesday, 16th July. 19.00 10 mile time trial. Starts at Four Ways cross roads, Darley Dale. Cost £3 unless you have a time trial pass.

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

Thursday, 18th July. 19.00 Hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

20.00 Club room open

20.00 onwards, Dr Bike - ring Rob on 01629 822259 if you want an appointment to mend your bike,

Saturday, 20th July. 9.30 Coaching in Whitworth Park for younger riders.

Monday, 22nd July. 9.30 Slow morning ride from Cromford market place.

Tuesday, 23rd June. 19.00 10 mile time trial. Starts at Four Ways cross roads, Darley Dale. Cost £3 unless you have a time trial pass.

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

Thursday, 25th July. 19.00 Hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Saturday, 27th July. 9.30 Coaching in Whitworth Park for younger riders.

Sunday 28th July 10.00 Darley Moor crits
10.00 U-8 ; 10.15 U-10 ; 10.30 U-12 ; 10.45 U-

Diary Dates for July

Monday, 1st July. 9.30 Slow morning ride from Cromford market place.

Tuesday, 2nd July. 19.00 Inter-club timetrial against Derby Mercury using the Windley Circuit. **We need to avenge our 2012 defeat.**

The number of riders competing is important. Sign on at Derbys Mercury clubroom which is by the church at Darley Abbey at 6.30pm and ride to the start. There is a car park by the clubroom or sign on at the start which is by the Duffield sign on the B5023 coming from. Wirksworth. Expect to pay for the event.

More course details can be found on the Derby Mercury website : derbymercury.org.uk

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

Thursday, 4th July. 19.00 Hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Saturday, 6th July. 9.30 Coaching in Whitworth Park for younger riders.

Monday, 8th July. 9.30 Slow morning ride from Cromford market place.

Tuesday, 9th July. June. 19.00 10 mile time trial. Starts at Four Ways cross roads, Darley Dale. Inter-club against Derby Mercury. Lots of Matlock riders needed. Cost £3 unless you have a time trial pass.

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

Thursday, 11th July. 19.00 Hilly time trial. Starts at the end of the entrance lane to

14 & U-16 ; 12 noon 3rd & 4th cats

Monday, 29th July 9.30 Slow morning ride from Cromford market place.

10.00 Derbyshire Dales Cycling Activity Week at Ashbourne recreation ground

Tuesday, 30th July 10.00 Derbyshire Dales Cycling Activity Week at Ashbourne recreation ground

19.00 10 mile time trial. Starts at Four Ways cross roads, Darley Dale. Cost £3 unless you have a time trial pass.

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

Wednesday, , 31st July. 10.00 Derbyshire Dales Cycling Activity Week at Ashbourne recreation ground

Thursday, 1st August 10.00 Derbyshire Dales Activity Week at Ashbourne recreation ground

19.00 Hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Friday, 2nd August .10.00 Derbyshire Dales Cycling Activity Week at Ashbourne recreation ground

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

10.00 Derbyshire Dales Cycling Activity Week at Whitworth Park

Tuesday, 6th August. 10.00 Derbyshire Dales Cycling Activity Week at Whitworth Park

18.30 Ashford 5 mile time trial. 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.

Wednesday, 7th August. 10.00 Derbyshire Dales Cycling Activity Week at Whitworth Park

Thursday, 8th August. 10.00 Derbyshire Dales Cycling Activity Week at Whitworth Park

18.30 Short hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Friday, 9th August. 10.00 Derbyshire Dales

Cycling Activity Week at Whitworth Park

Sunday, 11th August. 9.30 Ladies ride from Crown Square

Thanks

Thanks to all who helped make the club's many open events in June so successful.

Press Secretary.

Please send stories, news, results and photos to Steve Strange, our Press Secretary, - Tel : 07768 847743 or email : 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.

Volunteering

Volunteering can be rewarding - if you would like to get involved with helping out at club events, please contact Helen Coombes our Volunteer Co-Ordinator via email at helencoombes1964@talktalk.net Any help would be much appreciated.

Committee Member Vacancies

The committee is looking for additional members to help with the running of the club. There are general committee member vacancies as well as road race and cyclocross secretary positions. An under-23 year old member is also sought. For job descriptions and details about what the posts would involve, please contact Steve Strange on 07768 847743 or email spstrange@gmail.com

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 soon.

The Endura brochure is also available to view at 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 or oldpomilltown@gmail.com

Club Secretary . Steve Strange is our Club

Secretary. He can be contacted on 07768 847743 or 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's and Wards Shoe Shops.

Pedal Power 2013

John is looking for items for next year's Pedal Power. Now is the time to write your article before you forget. John can be contacted at johnwhite244@btinternet.com

Open time trials 2013

Day	Date	Event	Course	Time
Sunday	20th Oct	Riber HC	AHC/1	10.00
Sunday	20th Oct	Bank Road HC	AHC/6	14.00

Forest Town Track

Forest Town track racing league has started on Monday evenings. Fixed and freewheel racing racing for youth riders. More information from Richard on 07941156162 or www.foresttowntrack.co.uk

Ladies Competition

This has been slightly modified from 2012 to include some 5 mile time trials. It is now the total points gained best five 10 mile time trials and the best three 5 mile time trials.

Hilly Time Trials

For 2013 it has been decided to modify the hilly courses. The start is the same at Cromford railway station. It then follows the old long hilly course until on the second ascent above Lea the finish will be opposite the large layby just before the top of the hill. The layby is also the start of the AH/7

A new short hilly course will be used in August which will finish by the grass triangle at the junction of Dethick Lane and Will Shaw Lane.

Junior Section

Derbyshire Dales Cycling Activity Weeks.

We are again organising two activity weeks for Derbyshire Dales District Council. The first is at Ashbourne and runs from Monday, 29th July to Friday, 2nd August and the second is at Whitworth Park and runs from Monday, 5th

August to Friday, 9th August. The sessions last from 10am to 12 noon each day. British Schools Cycling Association Trix Awards are attempted during each week. These are skill-based awards and range from Bronze to Gold. We have games and some racing. Bookings must be made through Ashbourne Leisure Centre or the ARC Leisure Centre for the Whitworth Park sessions. Ring 01629 734996 or email cj@ormail.co.uk if you want to know more.

Junior Dr Bike

This session takes place on Thursday 18th July starting at about 20.00. 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.

Sainsbury's Active Kids Vouchers

Thanks to everybody who collected these vouchers. Around 3,400 were collected in total. And the items have arrived!

Next BSCA Event.

This is the hillclimb at High Tor followed by the rollers championships at Starkholmes Village Hall on Sunday 29th September. Details in the August Newsletter.

BSCA East Mids Championships 2013/4

Event	Date	Venue	Start
Hill climb	Sep 29th	High Tor	10.00
Rollers	Sep 29th	Starkholmes	11.00
Hard track date to follow?			

Coaching dates 2013

Saturday, 6th July	9.30 - 10.45
Saturday, 20th July	9.30 - 10.45

Proposed Whitworth coaching dates for the Autumn term - check with the appropriate newsletter and on the website

Saturday, 7th September	9.30 - 10.45
Saturday, 21st September	9.30 - 10.45
Saturday, 5th October	9.30 - 10.45
Saturday, 19th October	9.30 - 10.45
Saturday, 2nd November	9.30 - 10.45
Saturday, 16th November	9.30 - 10.45
Saturday, 30th November	9.30 - 10.45
Saturday, 14th December	9.30 - 10.45

Note that on Saturday, 28th December the club promotes a cyclo-cross at Thornbridge Outdoors

Matlock CC Darley Moor Races 2013

Time	Event	
10.00	U-8 small circuit	8 minutes
10.15	U-10 large circuit	10 minutes
10.30	U-12 large circuit	15 minutes
10.45	U-14 large circuit	10 miles
10,45	U-16 large circuit	10 miles
12.00	3rd & 4th cat	24 laps
Dates	28th July (includes paracycling at 14.00), 18th August and 8th September	

Help with all these events would be very much appreciated. The 10.00 events especially need a lot of helpers.

If you able to offer help please contact Roy Osment :

Tel : 01773 608175

email : royosment@tiscali.co.uk

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.
Club website : www.matlockcyclingclub.org.uk**