



Newsletter

August 2009

Diary Dates for August

Sunday, 2nd August. Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 3rd August. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 4th August.. 18.30 5 mile time trial. Meet at the bus shelter on the Ashford bypass for a prompt start.

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

Thursday, 6th August. 18.30 Short Hilly time trial. Starts at the end of the access road to Cromford railway station.

Club room open after the time trial, from about 19.00

Saturday, 8th August. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

Sunday, 9th August. Ladies ride departing Crown Square at 9.30.

Club run : see website for details or contact Chris Metcalfe

Monday, 10th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Ashbourne

9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 11th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Ashbourne

18.30 5 mile time trial. Meet at the bus shelter on the Ashford bypass for a prompt start.

19.00 Meet for a road ride starting from Crown Square, Matlock, DE4 4EB

Wednesday, 12th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Ashbourne

Thursday, 13th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Ashbourne

18.30 Short Hilly time trial. Starts at the end of the access road to Cromford railway station.

Club room open after the time trial, from about 19.00

Friday, 14th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Ashbourne

Saturday, 15th August. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Cyclo-cross training session at Ashover. details below.

Sunday, 16th August. Meet for a social ride starting at 9.30 in Crown Square, Matlock

10.30 - 11.30 Coaching at Darley Moor. Details below

12.00 Darley Moor crit

Monday, 17th August. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 18th August. 18.30 5 mile time trial. Meet at the bus shelter on the Ashford bypass for a prompt start.

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

Thursday 20th August. 18.30 Short Hilly time trial. Starts at the end of the access road to Cromford railway station.

Club room open after the time trial, from about 19.00

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

Saturday, 22nd August. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

Sunday, 23rd August. Club run : see website for details or contact Chris Metcalfe

Monday, 24th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre
9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 25th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre
18.30 5 mile time trial. Meet at the bus shelter on the Ashford bypass for a prompt start.

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

Wednesday, 26th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre

Thursday, 27th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre
18.30 Short Hilly time trial. Starts at the end of the access road to Cromford railway station.

Club room open after the time trial, from about 19.00

Friday, 28th August. 9.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre

Saturday 29th August. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

14.00 Sheldon Circuit championship. Meet just north of the first cross roads on Monyash Road, Bakewell.

15.00 Freewheel contest follows Sheldon Circuit race.

Sunday, 30th August. Club run : see website

for details or contact Chris Metcalfe

Monday, 31st August.

7.00+ MARS Triathlon - marshals needed for the cycling bit that uses a modified short hilly course. Please contact Tony if you are able to help.

Press Secretary. John White is our Press Secretary. - stories, news, photos to John White, 01629 56341, johnwhite244@btinternet.com. John 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.

John would like to thank all who have sent in news and photos for his press reports.

Club Kit. Order on-line at Impsport's website or by phone using a club-specific password to get your discount. This password is on your membership card.

For those with no internet access, Lee Shunburne will act as co-ordinator and arrange an on-line order of your garments. Lee can be contacted on 01246 590228. Lee also has some club cloth racing caps for sale at £7 each.

Thanks : to Robin, Tony, Rick, Keith, Peter and cj who helped with the successful running of the GHS/BSCA 10 mile events.

Motorcycle Marshals BC is developing road racing in the East Midlands and is looking to increase the number of experienced, qualified motorcycle marshals to improve road racing. BC is seeking volunteer motorcyclists in the region who they can help train up National Escort Group Standard. Further details from Richard Kennedy, at eastmids@ntworld.com

Track Racing Forest Town Track (Mansfield)
Racing every Monday night until September.
More info at www.foresttowntrack.co.uk or call Richard : 07941156162

Pedal Power 2010. John is after material for next year's Pedal Power. Please write down your experiences before you forget them - personal bests, the worse day of my life, etc.

John would like to thank all who have contributed so far but he still needs more material.

Club Road Race Championships.

The senior and vet road race championships take place at the club's promotion at Darley Moor on

Sunday, 6th September starting at 12 noon.
Further details from Richard Clark on 01773 852117

Cyclocross skills training session, 15th August 9.30-11.30am, Rectory Fields, Ashover.

Meet in the Parish Hall car park.

Come along and brush up on those techniques you've forgotten about over the summer or perhaps never had.

Two hours of practice and a chance for cyclo-cross riders to get together before the season starts on 5th September at Allestree. Everyone welcome whatever your standard.

Please contact Lee on 01246 590228 or lee.shurnburne@nottingham.ac.uk

Celebrating Saint Christopher. Cyclists of all ages are invited to bring their bikes to Christ Church, Holloway at 11.00 on Sunday, 13th September. At the Family Service the bikes will be blessed along with skate boards, scooters and cars. We remember Saint Christopher, the patron saint of travellers and pray for safety on the roads.

Competition Rollers.

The club would like to purchase or acquire a set of competition rollers so that we do not have to borrow the old BDCA set, now used by Derby Mercury. If anyone hears of any, knows of any, could make some we would like to know.

Junior Section

Coaching in August.

There are no coaching sessions in Whitworth Park during August. These start again on the first Saturday in September, 5th September.

However there are two coaching opportunities : the cyclo-cross training session on 15th August at Ashover, detailed above, which is suitable for everyone ; the hour long session at Darley Moor Circuit on Sunday, 16th August, starting at

10.30. We hope to concentrate on group riding and perhaps do some timed laps. You could then stay and watch the criterium starting at 12 noon. Alternatively you could enter the youth circuit race at Darley Moor on Saturday, 29th August. starting at 10.00.

Derbyshire Dales District Council Cycling Activity Weeks.

There are two activity weeks left The dates are 10th - 14th August ; 24th - 28th August. The first week is at Ashbourne (the recreation ground) and the second at Wirksworth (the leisure centre), These sessions start at 10 each morning and last until 12 noon. The day usually goes like this : register followed by safety check - you and the bike ; warm up session ; divide into groups to work towards Trix Awards - these are skill awards at three levels ; break for drink, food - divide into four groups for four different activities, go round these activities ; team game. The four activities depend on the venue. At Ashbourne these will be : Go-ride skill circuit ; cyclo-cross ; mountain bike - using the hill in the corner of the rec ; road circuit or grass track. To book you need to contact Derbyshire Dales District Council at either the Town Hall, Matlock or through one of their Leisure Centres.

Junior Dr Bike

This session takes place on Thursday 20th August starting at 19.00. 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 01629 822259.

Next BSCA Event

The next BSCA event is the East Midland Region Hillclimb Championships on Sunday, 27th September, starting at 10.00, using the track up to High Tor, just off Starkholmes Road. More details in September.

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**