



# Newsletter

## August 2010

### **Diary Dates for August**

**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, sign on by the bus shelter at Ashford, on the A6020. Cost £2 unless you have paid for the year.

2nd leg of inter-club time trial v Derby Mercury. Sign on at Derby Mercury's clubroom by the Church in Darley Abbey, at 18.30. See website for more details.

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

**Wednesday, 4th August.** 17.30 Bonsall Carnival skills test and sprints.

**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.

19.00 Club room open after time trial

**Saturday, 7th August.** 9.15 MTB ride starting from the car park opposite Stanley Fearn's

**Sunday, 8th August.** Ladies ride departing Crown Square at 9.30.

Club run : see website for details or contact Chris Metcalfe

**Monday, 9th August.** 10.00-12.00 DDDC Cycling Activity Week at Ashbourne Recreation Ground.

9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

**Tuesday, 10th August.** 10.00-12.00 DDDC Cycling Activity Week at Ashbourne Recreation Ground.

18.30 5 mile Time trial, sign on by the bus shelter at Ashford, on the A6020. Cost £2 unless you have paid for the year.

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

**Wednesday, 11th August.** 10.00-12.00 DDDC Cycling Activity Week at Ashbourne Recreation Ground.

**Thursday, 12th August.** 10.00-12.00 DDDC Cycling Activity Week at Ashbourne Recreation Ground.

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.

19.00 Club room open after time trial

**Friday, 13th August.** 10.00-12.00 DDDC Cycling Activity Week at Ashbourne Recreation Ground.

**Saturday 14th August.** 9.15 MTB ride starting from the car park opposite Stanley Fearn's

**Sunday, 15th August.** Meet for a social ride starting at 9.30 in Crown Square, Matlock

**Monday, 16th August.** 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

**Tuesday, 17th August.** 18.30 5 mile Time trial, sign on by the bus shelter at Ashford, on the A6020. Cost £2 unless you have paid for the year.

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

**Thursday, 19th 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.

19.00 Club room open after time trial

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

19.00 Dr Bike - as above

**Saturday, 21st August.** 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

**Sunday, 22nd August.** Club run : see website for details or contact Chris Metcalfe

**Monday, 23rd August.** 10.00-12.00 DDDC 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, 24th August.** 10.00-12.00 DDDC Cycling Activity Week at Wirksworth Leisure Centre.

18.30 5 mile Time trial, sign on by the bus shelter at Ashford, on the A6020. Cost £2 unless you have paid for the year.

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

**Wednesday, 25th August.** 10.00-12.00 DDDC Cycling Activity Week at Wirksworth Leisure Centre..

**Thursday, 26th August.** 10.00-12.00 DDDC Cycling Activity Week at Wirksworth Leisure Centre.

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.

19.00 Club room open after time trial

**Friday, 27th August.** 10.00-12.00 DDDC Cycling Activity Week at Wirksworth Leisure Centre..

**Saturday, 28th August.** 9.15 MTB ride starting from the car park opposite Stanley Fearn's

**Sunday, 29th August.** Meet for a social ride

starting at 9.30 in Crown Square, Matlock

**Monday, 30th August.** 7.00 MARS triathlon  
9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

14.00 Sheldon Circuit Championship time trial. Starts to the north of Shutts Lane, Bakewell. Cost £2 unless you have paid for the year.

14.30 Freewheel contest using the hill on the Baslow Hassop road.

**Tuesday, 31st August.** 19.00 Meet for a road ride starting from Crown Square, Matlock

**Thursday, 2nd September.** 19.00 Junior Club night - cyclo-cross game.

19.00 Chain gang - meet in Crown Square, Matlock

**Saturday, 4th September.** 9.15 MTB ride starting from the car park opposite Stanley Fearn's

9.30 Coaching in Whitworth Park

10.30 Cyclo-cross training with Lee at Whitworth Park.

**Sunday, 5th September.** Meet for a social ride starting at 9.30 in Crown Square, Matlock

12.00 Road race Championship at Darley Moor as part of the club's promotion

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

**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 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 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 helped with the BSCA races at Darley Moor and with the open 25.

**Pedal Power 2011** John is appealing for articles for the next edition of Pedal Power. Please write down your muses when they happen and send to John. John can be contacted at johnwhite244@btinternet.com

**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)

More information from Richard Thoday 582300 or [www.foresttowntrack.co.uk](http://www.foresttowntrack.co.uk)

**Ordinary Racing** On September 5th The Great Knutsford Penny Farthing Race takes place. Entries have now closed but a great day out to watch penny farthing, dandy horse and bone shaker racing. Info at [www.theknutsfordgreatrace.co.uk](http://www.theknutsfordgreatrace.co.uk)

### **Open Time Trial Dates 2010**

Sunday, 24th Oct Riber AHC/1 10.00  
Sunday, 24th Oct Bank Road AHC/6 14.00

### **Junior Section**

**Junior Dr Bike** This session takes place on Thursday 19th 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.

### **Derbyshire Dales District Council Cycling Activity Weeks 2010**

The club is again organising two separate weeks of cycling activities for Derbyshire Dales District Council. These weeks are : 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 through Ashbourne or Wirksworth leisure centre.

### **BSCA East Midland Region Events 2010/11**

Event	Date	Where	Time
Hill climb	26th Sept '10	High Tor	10.00
* Incorporated in the BSCA National Time Trial Championships			
Cross	20th February	Thornbridge	10.00
Incorporates National Cross Championships			

### **Possible Coaching dates until December 2010**

Day	Date	Month	Time
Saturday	4th	September	9.30 - 10.30
Saturday	11th	September	9.30 - 10.30
Saturday	2nd	October	9.30 - 10.30
Saturday	16th	October	9.30 - 10.30
Saturday	6th	November	9.30 - 10.30
Saturday	20th	November	9.30 - 10.30
Saturday	4th	December	9.30 - 10.30
Saturday	18th	December	9.20 - 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](mailto:matlockcc@live.co.uk)  
Club website : [www.matlockcyclingclub.org.uk](http://www.matlockcyclingclub.org.uk)**