



Newsletter

August

Diary Dates for August

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 2nd August. 18.30 5mile 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, 3rd August. 18.30 Mountain bike coaching for 9-16 year olds at Thornbridge Outdoors Cost : £1. Finishes at 20.30

Thursday, 4th 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, 6th August. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

Sunday, 7th August. 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, 8th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Ashbourne rec see below
9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 9th August. 10.00 - 12 noon

Derbyshire Dales District Council Cycling Activity Week at Ashbourne rec see below

18.30 5mile 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, 10th August. 10.00 - 12 noon

Derbyshire Dales District Council Cycling Activity Week at Ashbourne rec see below

18.30 Mountain bike coaching for 9-16 year olds at Thornbridge Outdoors Cost : £1. Finishes at 20.30

Thursday, 11th August. 10.00 - 12 noon

Derbyshire Dales District Council Cycling Activity Week at Ashbourne rec see below

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, 12th August. 10.00 - 12 noon

Derbyshire Dales District Council Cycling Activity Week at Ashbourne rec see below

Saturday, 13th August. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

Sunday, 14th August. 9.30 Ladies ride departing Crown Square .

Monday, 15th August. 10.00 - 12 noon

Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre see below

9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 16th August. 10.00 - 12 noon

Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre see

below

18.30 5mile 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, 17th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre see below

Thursday, 18th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre see below

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.

Friday, 19th August. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Wirksworth Leisure Centre see below

Saturday, 20th August. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

Sunday, 21st August. 12.00 Darley Moor crit 2/3/4/ladies/jun. Rearranged club championship.

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 23rd August. 18.30 5mile 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, 24th August. 18.30 Mountain bike coaching for 9-16 year olds at Thornbridge Outdoors Cost : £1. Finishes at 20.30 This session led by Simon Watts from British

Cycling

Thursday, 25th 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, 27th August. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's.

Monday, 29th August. 7.00 Mars triathlon Help appreciated with marshalling.

9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 30th August. 18.30 5mile 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, 1st September. 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, 3rd September. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching at Whitworth Park

14.00 Sheldon Circuit championship. Starts by the first cross road on Monyash Road, Bakewell. Cost £2 unless you have paid for the year.

14.30+ Freewheel champs - Sheldon but check web site.

Sunday, 4th September. 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, 5th September. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 6th September. 19.00 Meet for a road ride starting from Crown Square, Matlock

Wednesday, 7th September. 18.30 Mountain bike coaching for 9-16 year olds at Thornbridge Outdoors Cost : £1. Finishes at 20.30

Thursday, 8th September.

19.00 Chain gang from Crown Square, Matlock
20.00 Developing the young athletes : workshop led by Rob Sharman

Saturday, 10th September. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

Sunday, 11th September. Meet for a social ride starting at 9.30 in Crown Square, Matlock
Check the forum on the website to see who is going

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.

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 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

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

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, Farmers and Wards Shoe Shops.

Thanks. To Harry, Rob, Keith, Roy, John, CJ, Phil, Jane and Hazel who survived the BSCA

National Time Trials at Darley Moor and made it a success.

Open Time Trial Dates 2011

Sunday,	23rd Oct	Riber	AHC/1
	10.00		
Sunday,	23rd Oct	Bank Road	AHC/6
	14.00		

Forest Town Track Track racing continues at Forest town on Monday evenings.

There are some track bikes available to borrow in a range or sizes.

Sessions start at 7pm.

For more information call Richard Thoday on- 07941156162 or go to

www.foresttowntrack.co.uk

Pennies in the Park Penny farthing racing comes to town. We are running the first and quite possibly only matlock penny farthing race this century. The event is in Hall Leys Park on Sunday 11th September. There will also be other things for anyone to have a go at, like bike polo, roller racing, racing for any under 16's riders plus unicycle hockey tournament, free bike health checks by Dr bike, the worlds fastest wooden bike and possibly much more.

This is being organised by your club and we need help during the day to make it happen. If you want to get involved please call Dawn or Richard on 01629582300 or 07941156162 or e-mail rthoday@uwclub.net check out www.penniesinthepark.co.uk

Club Senior Road Race Championships

Because of a date clash with Pennies in the Park, the senior road race championships will now take place on Sunday, August 21st at Darley Moor. (The youth, junior and under - 12 championships were on April 3rd as part of the BSCA East Mids events at Darley Moor)

Note that the club's promotion at Darley Moor on 11th September will still take place.

Pedal Power 2012 Write your piece **now**. and pass on to John White

Junior Section

Junior Dr Bike This session takes place on

Thursday 21st 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 Rob on 01629 822259.

Next BSCA Event. The BSCA East Midland Hill Climb Championships for 2011/12 season take place on Sunday, September 25th, using the track up to High Tor from Starkholmes Road. Entry costs £5 and close on Tuesday, September 13th.

Coaching in August. No coaching in August as the club is involved with the DDDC Activity Weeks

Young Riders Fund Keep a note of regional and national BC and BSCA events that you ride ready for your claim next March. Website has more details.

East Mids BSCA Championships 2011/2012
 Sunday, 25th Sept Hill climb Matlock 10.00

Velodrome Visits Future coaching trips to the Manchester Velodrome are being organised for young riders aged 9 to 16 years. There is a session on Sunday 25th September 12noon to 3pm costs £12.50. If you are interested and want to attend please email Emma at e.martin@shu.ac.uk

with age height and experience.

Derbyshire Dales District Council Cycling Activity Weeks.

There are two Activity Weeks organised by Matlock CC for Derbyshire Dale District Council in August.

They are:

Monday, 8th August to Friday, 12th August at Ashbourne Recreation Ground,

Monday, 15th August to Friday, 19th August at Wirksworth Leisure Centre.

The sessions last from 10am to 12 noon on each day.

The first part of the sessions Monday to Thursday are taken up working for the British Schools Cycling Association's Trix Award.

This is a skill based award divided into three levels : bronze, silver, gold. Riders are divided up into small groups according to their ability and previous experience.

The second half of each of the four sessions is very similar to Saturday morning coaching sessions with Go-ride activities, games and races. The actual activities depends on the venue eg down hill at Ashbourne because it has a grassy slope.

Friday is taken up with a set of team games and

races. We practise for the first part of the session and compete in the second part with a certificate presentation at the end.

Booking is through the local leisure centre

Cost : £32.50

Hope to see you at one of the venues.

Coaching September 2011

Day	Date	Time	Coaching Activity
Saturday	3rd September	9.30 - 10.45	general coaching
Saturday	17th September	9.30 - 10.45	general coaching
Saturday	1st October	9.30 - 10.45	general coaching
Saturday	22nd October	9.30 - 10.45	general coaching
Saturday	5th November!	9.30 - 10.45	general coaching
Saturday	27th November	9.30 - 10.45	general coaching
Saturday	3rd December	9.30 - 10.45	general coaching
Saturday	11th September	9.30 - 10.45	general coaching
Saturday	31st December	12.00 - 13.00	cyclo cross

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