



Newsletter

August 2013

Diary Dates for August

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

Monday, 12th August. 9.30 Slow morning

ride from Cromford market place.

Tuesday, 13th August. 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.

Thursday, 15th August. 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.

Sunday, 18th August. 10.00 Darley Moor crits
10.00 U-8 ; 10.15 U-10 ; 10.30 U-12 ; 10.45 U-14 & U-16 ; 12 noon 3rd & 4th cats

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

Tuesday, 20th August. 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.

Thursday, 22nd August. 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.

20.00 Club room open

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

Monday, 26th August. 9.30 Slow morning ride from Cromford market place.

Tuesday, 27th August. 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.

Thursday, 29th August. 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.

Saturday, 31st August. 14.00 Sheldon circuit time trial. Starts north of the first cross roads out of Bakewell on the the road to Monyash. Cost £3 unless you have a time trial pass. Freewheel competition using Sheldon village. Starts after the time trial.

Monday, 2nd September. 9.30 Slow morning ride from Cromford market place.

Tuesday, 3rd September. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Thursday, 5th September. 19.00 Roller racing for under 16s.

20.00 Roller racing for 16+

Both take place in the Barn club house.

Saturday, 7th September. 9.30 Coaching for younger riders in Whitworth Park. Finishes about 10.45.

11.00 1st Notts & Derby Cyclo-cross League event at Hardwick Hall promoted by Bolsover & District CC. See separate notice for details of these events.

Sunday, 8th September. 9.30 Ladies ride from Crown Square

10.00 Darley Moor crits

10.00 U-8 ; 10.15 U-10 ; 10.30 U-12 ; 10.45 U-14 & U-16 ; 12 noon 3rd & 4th cats

Monday, 9th September. 9.30 Slow morning ride from Cromford market place.

Tuesday, 10th September. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Thursday, 12th September. Club open from 20.00 to 20.30

Saturday, 14th September. 11.00 2nd Notts & Derby Cyclo-cross League event at Hilton Fields Farm promoted by Team Empella. See separate notice for details of these events.

Reminder.

Will all members, especially when wearing club kit and or in time trials, remember to maintain

the good name of the club by observing the Highway Code. Please show respect for other road users and members of the public. Behave towards others as you would like them to behave towards you.

Thanks

Thanks to all who helped with the Darley Moor crits, the South Wingfield Primary School roller sessions and the Wirksworth Health Fair rollers sessions.

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 :

Welfare/child protection officer ;

Cyclo-cross secretary ;

Road race secretary ;

Web master ;

Young member;

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 may 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 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 leagu 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.

Short Hilly Time Trials

For August 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 the grass triangle at the junction of Dethick Lane and Shaw Lane. This will be the finish.

Notts & Derby Cyclo-cross League

Event times :

Under 9 (7minutes) at 11.00 ; under-12 (15minutes) at 11.25 ; youth (25minutes) at 12.00 ; vets and women (50minutes) at 13.00 ; juniors, under-23 and seniors (50 minutes) at 14.30.

Online entry fee :

Under-9 £3.50 ; under-12 £3.50 ; youth £7.00 ; vets & women £15.00 ; juniors £10.00 ; under-23 & seniors £15.00.

On the day entry fee :

Under-9 £3.50 ; under-12 £3.50 ; youth £9.00 ; vets & women £18.00 ; juniors £12.00 ; under-12 & seniors £18.00.

If you are over 16 and do not have British Cycling membership you will need to pay £3 for day membership.

Beeley Bar

Note that Beeley Bar is closed from 5th August to the 9th September so that chairman Rob can rebuild walls.

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 22nd August 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.

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 September Newsletter. Entries close on Tuesday 17th September

BSCA East Mids Championships 2013/4

Event	Date	Venue	Start
Hill climb	Sep 29th	High Tor	10.00
Rollers	Sep 29th	Starkholmes	11.00

Coaching dates 2013

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 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**