



Newsletter

September 2009

how to persuade riders that you know what you are doing. Learn how to work out times.

Saturday, 12th September. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

12.00 onwards Second Notts & Derby Cyclo-Cross League race at Thornbridge Outdoors, Great Longstone

Sunday, 13th September. Ladies ride departing Crown Square at 9.30.

Club run : see website for details or contact Chris Metcalfe

Monday, 14th September. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 15th September. 19.00 Meet for a road ride starting from Crown Square, Matlock
Entries close for the BSCA East Midlands Hill Climb Championships on High Tor

Thursday 17th September. 19.00 Chain gang meet at Crown Square

20.00 Club room open : Dr Bike : Please ring Rob on 01629 822259 for an appointment

Saturday, 19th September. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

Sunday, 20th September. Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 21st September. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 22nd September. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 24th September. 19.00 Chain gang meet at Crown Square

20.00 Club room open. 2007 Paris - Brest - Paris DVD

Diary Dates for September

Tuesday, 1st September. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 3rd September. 19.00 Chain gang meet at Crown Square

19.00 Junior Club night Racing with Emily's computer based racing simulator. We hope to set up a league if that is possible.

Saturday, 5th September. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

12.00 onwards First Notts & Derby Cyclo-Cross League race at Allestree Park, Derby

Sunday, 6th September. Meet for a social ride starting at 9.30 in Crown Square, Matlock

10.15 Darley Moor : opportunity to complete the Matlock Gold 5 mile ride. Please phone 01629734996 if you intend to ride.

12.00 Club Road Race Championships at Darley Moor - the Ashbourne Cup - the club's only road race promotion.

Monday, 7th September. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 8th September. 19.00 Meet for a road ride starting from Crown Square,

Thursday, 10th September. 19.00 Chain gang meet at Crown Square

20.00 Club room open. Timekeeping ; An exact science or a confidence trick? Learn how to time in "realistic" situations. Learn

Saturday 26th September. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

12.00 onwards Third Notts & Derby Cyclo-Cross League race at Shipley Park, Heanor

Sunday, 27th September. Club run : see website for details or contact Chris Metcalfe

10.00 BSCA East Midlands Hill Climb Championships on High Tor

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 30th September. 19.00 Meet for a road ride starting from Crown Square, Matlock

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 Lee for organising the cyclo-cross training at Ashover where riders from 6 to 73 were able to reinforce their skills and learn new ones.

Notts and Derby Cyclo-Cross League.

These events start in September and finish in February, 14 events in all. They follow a similar pattern.

Under-10 : starts at 12 noon, lasts 7 minutes and costs £1.

Under-12 : starts at 12.30 lasts 15 minutes and costs £1

Youth : starts at 13.00, lasts 25 minutes and costs £4

Junior : starts at 14.15, lasts 50 minutes and costs £5

Seniors, vets, women : starts at 14.15, lasts 50 minutes and costs £10

Ages calculated from 1st January 2010. Senior and junior riders need a BC licence.

Details can be found at www.ndcxl.org.uk including details for the venues.

Lee Shunburne is always available to give advice. Tel : 01246 590228.

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

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

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. Are they still being made?

Junior Section

Coaching in September. There are two

coaching sessions in Whitworth Park during September, 5th and 25th September. Both sessions start at 9.30 and will last about one hour. They will consist of the usual mix of games and skill training.

On the 6th September there will be an opportunity to ride for the Matlock Gold 5 mile in 30 minutes (see below) at Darley Moor. The session will start at 10.15 but please let me know if you intend to come. The senior and junior club road race championships follow at 12 noon.

Junior Dr Bike This session takes place on Thursday 17th September 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. You need to enter on a BSCA entry form which can be obtained at a coaching session or from the BSCA website. Send the completed form together with the entry

fee of £5 to Chris Mottram, Parkside, station Road, Darley Dale, DE4 2EQ by Tuesday, 15th September. The hill is the surfaced track to the masts at High Tor that starts on High Tor Road just off Starkholmes Road, almost opposite Starkholmes Village Hall.

Matlock Gold To get a Matlock Cycling Club Gold Award you need to achieve ALL of the activities described below.

1. 18 ticks from bronze and silver Trix
2. Have attended at least 4 club coaching sessions within 2 years
3. Ride under a limbo pole 5cm higher than the highest part of the bike
3. Bunny hop over an obstacle at least 15cm high
4. Track stand of at least 20s
5. Remove and replace front and rear wheel including necessary readjustments
6. Repair a puncture in a tyre on a wheel
7. One lap of the pond in under 50s
8. Compete in 2 Notts & Derby Cyclo - cross events within 2 consecutive years
9. Compete in 4 BSCA events within 2 consecutive years
10. Have attended at least 4 club nights within 2 years
11. 25 laps of the pond in under 30 minutes or 5 miles of the Darley Moor circuit in under 30 minutes

Coaching Dates Autumn and Winter 2009/2010

Please confirm these dates by checking with Matlock CC's Newsletter

Day	Date	Venue	Time
Saturday	5th September	Whitworth Park	9.30 am - 10.30 am
Saturday	26th September	Whitworth Park	9.30 am - 10.30 am
Saturday	10th October	Whitworth Park	9.30 am - 10.30 am
Saturday	31st October	Whitworth Park	9.30 am - 10.30 am
Saturday	7th November	Whitworth Park	9.30 am - 10.30 am
Saturday	14th November	Whitworth Park	9.30 am - 10.30 am
Saturday	5th December	Whitworth Park	9.30 am - 10.30 am
Saturday	12th December	Whitworth Park	9.30 am - 10.30 am
Saturday	16th January	Whitworth Park	9.30 am - 10.30 am
Saturday	30th January	Whitworth Park	9.30 am - 10.30 am
Saturday	20th February	Whitworth Park	9.30 am - 10.30 am
Saturday	27th February	Whitworth Park	9.30 am - 10.30 am

Going for Gold : for those with Bronze and Silver Trix a 2 hour session during the October half term will provide an opportunity to collect more ticks towards a Matlock Gold.

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**