



Newsletter

September 2011

Diary Dates for September

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.

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

19.00 Developing the young athletes : workshop led by Rob Sharman lasting about

two hours.

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

12 noon onwards 1st Round of the SRAM Notts & Derby Cyclo Cross League at Hilton Fields, Nr Hilton DE65 5FE - promoted by Team Empella. See below for individual event times.

Sunday, 11th September. 9.30 Ladies ride departing Crown Square .

10.30 Pennies in the Park

12.00 Club's Darley Moor crit - 2/3/4/L/J

Monday, 12th September. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 13th September. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Entries (£5) close for the BSCA East Midlands Hill Climb Championships using the path from Starkholmes Road to High Tor. Entries on a BSCA entry form, downloadable from www.bsca.org.uk, to C Mottram, Parkside, Station Road, Darley Dale. DE4 2EQ

Thursday, 15th September. 19.00 Chain gang from Crown Square, Matlock

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

20.00 Dr Bike - as above.

Saturday, 17th September. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching at Whitworth Park

12 noon onwards 2nd Round of the SRAM Notts & Derby Cyclo Cross League at Southglade Park, Bestwood, NG5 5GU - promoted by Ashfield RC. See below for individual event times.

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 20th September. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 22nd September. 19.00 Chain gang from Crown Square, Matlock

Saturday, 24th September. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

12 noon onwards 3rd Round of the SRAM Notts & Derby Cyclo Cross League at Thornbridge Outdoors, Great Longstone DE45 1NY Promoted by Zepnat RT. See below for individual event times.

Sunday, 25th September. 10.00 BSCA East Midland Hill Climb Championships using the path to High Tor. Entries (£5) close on Tuesday, 13th September.

Velodrome visit

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 27th September. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 29th September. 19.00 Chain gang from Crown Square, Matlock

19.00 Roller racing in the Barn? - check with the website

Saturday, 1st October. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching at Whitworth Park

12 noon onwards 4th Round of the SRAM Notts & Derby Cyclo Cross League at Allestree Park, Derby DE22 2HF - promoted by South Pennine RC. See below for individual event times.

Sunday, 2nd October. 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, 3rd October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney

Road.

Tuesday, 4th October. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 6th October. 19.00 Chain gang from Crown Square, Matlock

19.00 Junior Clubnight

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

12 noon onwards 5th Round of the SRAM Notts & Derby Cyclo Cross League at Shipley Hall Cricket Club, Shipley Park promoted by Heanor Clarion RC. See below for individual event times.

Sunday, 9th October. 9.30 Ladies ride departing Crown Square .

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

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, John and Roy for their work with the DDDC Cycling Activity Weeks.

Open Time Trial Dates 2011

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

Possible Open Time Trial Dates 2012

Saturday, 3rd Feb Hilly 26 AH/2 14.00
Sunday, 6th May Open 10 A10/16 08.00
Sunday, 10th June BDCA 50 A50/12 06.30
Tuesday, 12th June Grouse 10 A10/16 18.30
Sunday, 24th June Open 25 A25/12 07.30
Sunday, 21st Oct Riber AHC/1 10.00
Sunday, 21st Oct Bank Road, AHC/6 14.00

Perhaps the GHS Area Heat in addition

Forest Town Track

Track racing continues at Forest Town on Monday evenings until the last session on 12th September 2011

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

Sessions start at 7pm.

For more information call Richard Thoday on 0-7941156162 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

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- 9 (born 2003 or later): starts at 12 noon, lasts 7 minutes and costs £1.

Under- 12 (born 2000 or later) : starts at 12.30 lasts 15 minutes and costs £1

Youth (born 1996 to 1999): starts at 13.00, lasts 25 minutes and costs £5

Youth under 14 (born 1998 or 1999)

Junior (born 1994 or 1995): starts at 14.15, lasts 50 minutes and costs £8

Seniors, vets, women : starts at 14.15, lasts 50 minutes and costs £12

Senior and junior riders need a BC licence.

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

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

Pedal Power 2012

Write your piece **now** for the club magazine and pass on to John White email : johnwhite244@btinternet.com

Junior Section

Junior Dr Bike

This session takes place on Thursday 15th September 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 September .

Coaching takes place at Whitworth Park on Saturdays 3rd and 17th September from 9.30 to 10.45. The sessions will consist of some racing and Go-ride games and exercises.

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.

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 20th November. If you are interested and want to attend please email Emma at e.martin@shu.ac.uk with age height and experience.

Clubnight Talk

Rob Sharman is leading a workshop called "Developing the young athlete" at 19.00 on Thursday, 8th September in the Barn clubroom, Church Street, Matlock DE4 3BZ aimed at young riders and their parents. It will last two hours.

Bring your parents.

Pennies in the Park

6 to 16years old?

Want to try bike racing?

Come to the Go Ride Race session (- racing for total beginners) at "Pennies in the Park" September 11th 12 to 2pm. enter on the day, costs £1

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 December	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