



Newsletter

October 2009

Diary Dates for October

Thursday, 1st October. 19.00 Chain gang meet at Crown Square

19.00 Junior Conker Championships.

20.00 Senior Conker Championships

Saturday, 3rd October. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

12.00 onwards Fourth Notts & Derby Cyclo-Cross League race at Holmebrook Valley Park, Chesterfield.

Sunday, 4th October. Meet for a social ride starting at 9.30 in Crown Square, Matlock

Monday, 5th October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

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

Entries close for both of the club's open hill climb on Sunday, 18th October. Entries with entry fee, £650 each or £11 for two should be sent to C Mottram, Parkside, Station Road, Darley Dale, DE4 2EQ on CTT entry forms which are downloadable from www.ctt.org.uk

Thursday, 8th October. 19.00 Chain gang meet at Crown Square

19.00 Junior Club night Racing with Emily's computer based racing simulator.

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

9.30 Coaching at Whitworth Park

Sunday, 11th October. Ladies ride

departing Crown Square at 9.30.

Club run : see website for details or contact Chris Metcalfe

2nd National Trophy Cyclo-Cross at Derby

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

Thursday 15th October. 19.00 Chain gang meet at Crown Square

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

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

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

12.00 onwards Fifth Notts & Derby Cyclo-Cross League race at Alfreton Park/Leisure Centre

Sunday, 18th October. 10.00 George Highton Memorial Riber Hill Climb. Help with marshalling much appreciated.

14.00 Bank Road Hill Climb. Help with marshalling much appreciated.

Meet for a social ride starting at 9.30 in Crown Square, Matlock

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

Thursday, 22nd October. 19.00 Chain gang meet at Crown Square

20.00 Club room open. Power meters revisited. Lee Shunburne talks about his use of power meters in training.

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

12.00 onwards Sixth Notts & Derby Cyclo-Cross League race at Bramcote Park

Sunday, 25th October. Club run : see website for details or contact Chris Metcalfe

3rd National Trophy Cyclo-Cross at Ipswich.

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

Thursday, 29th October. 19.00 Chain gang meet at Crown Square

20.00 Club room open. Coaching workshop lead by Richard Clark - assessing your performance

Saturday, 31st October. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

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 all who helped in any way with the BSCA East Midlands Hill Climb Championships that took place in High Tor Grounds. Especial thanks to the ladies who washed up afterwards.

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 £4

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 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.

Material by November 12th please.

John would like to thank all who have contributed so far but he still needs more material..

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?

AGM. Takes place on Thursday, 19th November. starting at 20.00. A nomination list for club positions will be displayed in the club room from mid-October. Nominations can also be made in writing through the secretary. Proposals to be put before the AGM should be made in writing to the

secretary to arrive no later than 14 days before the AGM

Trophy Presentation Evening. Note the date : Saturday, 6th February at Starkholmes Village Hall, starting at 20.00. More details next month.

Junior Section

Coaching in October. There are two coaching sessions in Whitworth Park during October, 10th and 31st October. Both sessions start at 9.30 and will last about one hour. They will consist of the usual mix of games and skill training with three different activities each time.

In addition we hope to have a Going for Gold session during the October half-term (26th-30th October) where members with Bronze and Silver Trix can work towards their Matlock Gold Award. The date will appear on the website or you can ring 01629 734996 to find out the date.

Junior Dr Bike This session takes place on Thursday 15th October 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.

Young Riders Fund. This fund provides money towards rider's expenses, eg entry fees, if they have ridden National or Area Championships in the name of the club or in the name of their school. Applications for grants should be made at the end of the cyclo-cross season which this year appears to be around Valentine's Day. Further details appear on the club's website.

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	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**