



Newsletter

October 2010

Diary Dates for October

Saturday, 2nd October. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching in Whitworth Park.

12 noon onwards 2nd Round of the SRAM Notts & Derby Cyclo Cross League at Allestree Park, Derby - Promoted by South Pennine RC. See below for individual events.

Sunday, 3rd October. Meet for a social ride starting at 9.30 in Crown Square, Matlock

Club run : see website for details or contact Chris Metcalfe.

Monday, 4th October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 5th October. 19.00 Meet for a road ride starting from Crown Square, Matlock .

Thursday, 7th October. 19.00 Chain gang. Meet in Crown Square Matlock

19.00 Club room open. Junior club night. Conker championships. Bring your own conkers!

Saturday 9th October. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

Sunday, 10th October. Ladies ride departing Crown Square at 9.30.

Club run : see website for details or contact Chris Metcalfe.

Monday, 11th October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney

Road.

Tuesday, 12th October. 19.00 Meet for a road ride starting from Crown Square, Matlock

Entries close for the open hill climbs on Sunday, 25th October. Entry fee £7 each or £12 for both - on one entry form. Ring 01629734996 for more details.

Thursday, 14th October. 19.00 Chain gang. Meet in Crown Square Matlock.

20.00 Club night. Coaching forum led by Richard Clark

Saturday, 16th October. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's.

9.30 Coaching in Whitworth Park.

12 noon onwards 3rd Round of the SRAM Notts & Derby Cyclo Cross League at Alfreton Park, Alfreton - Promoted by Belper BC. See below for individual events.

Sunday, 17th October. Club run : see website for details or contact Chris Metcalfe.

Monday, 18th October 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 19th October. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Thursday, 21st October. 19.00 Chain gang. Meet in Crown Square Matlock .

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

20.00 Dr Bike - as above.

Saturday, 23rd October. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

12 noon onwards 4th Round of the SRAM Notts & Derby Cyclo Cross League at Bingham Leisure Centre, Bingham - Promoted by VC Nottingham. See below for individual events.

Sunday, 24th October. Meet for a social ride starting at 9.30 in Crown Square, Matlock

10.00 Riber Hill Climb - Club senior championships

14.00 Bank Road Hill Climb

Entries for both climbs closed on Tuesday, 12th October.

Help with both events appreciated

Monday, 25th October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 26th October. 10.00 - 12 noon.

Coaching in Whitworth Park - see the Junior section

19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 28th October. 19.00 Chain gang - meet in Crown Square, Matlock

20.00 Club night - Climbing Steeples : a talk by John Handford

Saturday, 30th October. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

12 noon onwards 5th Round of the SRAM Notts & Derby Cyclo Cross League at Bramcote Park, Nottingham - promoted by Beeston RC. See below for individual events.

Sunday, 31st October. Meet for a social ride starting at 9.30 in Crown Square, Matlock.

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 2nd November. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Thursday, 4th November. 19.00 Chain gang. Meet in Crown Square Matlock

19.00 Club room open. Junior club night.

Saturday, 6th November. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching in Whitworth Park.

Press Secretary. Steve Strange is our Press

Secretary. Please send Stories, News, Results and Photos to Steve Strange - 07768 847743 or 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 with the second to be submitted in the Autumn. The design is not being changed so all recent clothing will remain current. Projected lead time for our first order is eight weeks, so now is the time to place orders in time for winter and the cyclocross season.

The Endura brochure is also available to view at http://www.endura.co.uk/Dept.aspx?dept_id=207 Please submit orders to Lee Shunburne, who 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.

Volunteers Coordinator - Helen Collier

If you are able to help out at any MCC event in 2010 whether this be marshalling, making tea, please can you either reply to Helen's thread on the website General Forum or email her at helencollier@tiscali.co.uk Training will be given where required.

Thanks Thanks to all who helped with the BSCA East Mids Hill Climb Championships.

Pedal Power 2011 John is appealing for articles for the next edition of Pedal Power. Please write down your muses when they happen and send to John. John can be contacted at johnwhite244@btinternet.com by 24th October.

Paris-Roubaix 2011 The club is organising a trip to see the 2011 race which takes place on Sunday, April 10th. staying at Le Pot d'Etain near to St Quentin. Depart : Thursday, 7th April. Return : Wednesday, 13th April.

Open Time Trial Dates 2010

Sunday,	24th Oct	Riber	AHC/1	10.00
Sunday,	24th Oct	Bank Road	AHC/6	14.00

Notts and Derby Cyclo-Cross League.

These events start in September and finish in

February, 12 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 £5

Junior : starts at 14.15, lasts 50 minutes and costs £8

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

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

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

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

Proposed Open Time Trial Dates 2011

Saturday, 5th March	Hilly 25	AH/2	14.00
Sunday, 1st May	Open 10	A10/16	08.00
Sunday, 5th June	BDCA 50	A50/12	06.30
Tuesday, 7th June	Grouse 10	A10/16	18.30
Tuesday, 7th June	Grouse 10 MG	A10/16	18.30
Sunday, 26th June	Tarmac 25	A15/12	08.00
Sunday, 26th June	Tarmac 25 MG	A15/12	08.00
Sunday, 23rd Oct	Riber	AHC/1	10.00
Sunday, 23rd Oct	Bank Road	AHC/6	14.00

Junior Section

Junior Dr Bike This session takes place on Thursday 23rd 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.

BSCA East Midland Region Events 2010/11

Event	Date	Where	Time
Cross	20th February	Thornbridge	10.00

Incorporates National Cross Championships

Note no entry on the line or late entries for these events.

Next BSCA Event The next BSCA event is the National and East Midland Regional Cyclo Cross Championships at Thornbridge, Great Longstone on Sunday, 20th February. This event incorporates the club championships for U-8, U-10, U-12, U-14 and U-16. 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 £7 to Chris Mottram, Parkside, Station Road, Darley Dale, DE4 2EQ by Saturday, 5th February 2011. Cheques payable to NDCXL
Coaching in October.

There are three sessions, Saturday, 2nd and 16th October. Both start at 9.30am and run until 10.30am and use Whitworth Park. They will consist of some racing type activity cyclo cross, round the lake or up the mountain together with the possibility of learning new skills or improving those already learnt.

The third session is in half term on Tuesday, 26th October from 10.00 to 12.00 noon in Whitworth Park. At this session there will be an opportunity to improve your Trix Award ie Bronze to Silver or Silver to Gold as well as the usual coaching activities of races and games.

If you intend to use this session to collect some more ticks towards your Trix Award please ring 01629 734996 before the Tuesday so that your Trix card can be brought to the session

Coaching dates until December 2010

Day	Date	Month	Time
Saturday	2nd	October	9.30 - 10.30
Saturday	16th	October	9.30 - 10.30
Tuesday	26th	October	10.00 - 12.00
Saturday	6th	November	9.30 - 10.30
Saturday	20th	November	9.30 - 10.30
Saturday	4th	December	9.30 - 10.30
Saturday	18th	December	9.20 - 10.30

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**