



Newsletter

October 2011

Diary Dates for October

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 Rob Sharman leading part 2 of "Developing the young athlete"

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 .

Monday, 10th October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 11th October. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Entries close for the club's open hill climbs on Sunday, 23rd October. Entry fee for each event is £7 but if you enter both the combined entry fee is £12. Entries should be on a standard CTT entry form, downloadable from CTT.org.uk. If you enter both events only one form is needed but please ensure that it is obvious you have entered both events. Entries should be sent to C Mottram, Parkside, Station Road, Darley Dale. DE4 2EQ

Note that Riber is the club's senior hill climb championship.

Thursday, 13th October. 19.00 Chain gang from Crown Square, Matlock

20.00 Richard Clark is giving a presentation "Sport, parents and coaches"

Saturday, 15th October. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

12 noon onwards 6th Round of the SRAM Notts & Derby Cyclo Cross League at Alfreton Park, DE55 7AN - promoted by Belper BC. See below for individual event times.

Monday, 17th October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 18th October. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 20th October. 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, 22nd October. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching at Whitworth Park

12 noon onwards 7th Round of the SRAM Notts & Derby Cyclo Cross League at Bingham Leisure Centre, Bingham NG13 8BL Promoted by VC Nottingham. See below for individual event times.

Sunday, 23rd October. 10.00 Riber Hill Climb. Entries closed on Tuesday, 11th October. Incorporates the club's senior hill climb championship

14.00 Bank Road Hill Climb. Entries closed on Tuesday 11th October

Help appreciated with marshalling both events. Please ring 01629 734996 or email cj@ormail.co.uk if you can help at both or either event.

Monday, 24th October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 25th October. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 27th October. 19.00 Chain gang from Crown Square, Matlock

19.00 Turkish Tales - John White's travels

Saturday, 29th October. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

12 noon onwards 8th Round of the SRAM Notts & Derby Cyclo Cross League at Roliston Forestry Centre, Burton on Trent DE12 8JX - promoted by Mercia CC. See below for individual event times.

Sunday, 30th 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, 31st October. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney

Road.

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

Thursday, 3rd November. 19.00 Chain gang from Crown Square, Matlock

19.00 Junior Clubnight

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

Sunday, 6th November. 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, 7th November. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

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

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 next order will be sent at the end of October.

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's, Farmers and Wards Shoe Shops.

Thanks.

To all who made such a success of Pennies in the Park and especially to Richard and Dawn.

And to those who officiated at the club's road race at Darley Moor.

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 March	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

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

Club AGM

The club's AGM takes place on Thursday 17th November at 20.00 in the club room. Motions for the AGM should be sent to our secretary, Steve Strange 14 days before the AGM. A nomination list for club officers will be displayed in the club room during November.

Junior Section

Junior Dr Bike

This session takes place on Thursday 20th October 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. events.

Next BSCA Event.

The BSCA will probably be the East Midland and National Cyclo-Cross championships at Thornbridge

Coaching in October .

Coaching takes place at Whitworth Park on Saturdays 1st and 22nd 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 Talks

a. Rob Sharman is leading a workshop called "Developing the young athlete- Part 2" at 19.00

on Thursday, 6th October in the Barn clubroom, Church Street, Matlock DE4 3BZ aimed at young riders and their parents. It will last two hours.

Bring your parents.

b. Richard Clark, our club coach, is giving a presentation entitled " Sport, parents and coaches" on Thursday 13th October at 20.00 in the Barn clubroom, Church Street, Matlock DE4 3BZ

Coaching September 2011

Day	Date	Time	Coaching Activity
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**