



Newsletter

November 2011

Diary Dates for November

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 Rollers sessions at Highfields lower school. see website for more details.

20.00 Club room open

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

9.30 Coaching at Whitworth Park

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

Wednesday, 9th November. 18.30 Cyclo cross training at Thornbridge. See website for more details.

Thursday, 10th November. 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, 12th November. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's.

12 noon onwards 9th Round of the SRAM Notts & Derby Cyclo Cross League at Sinfin Moor Park, Derbys DE24 9LB promoted by Derbys Mercury RC. See below for individual event times.

Sunday, 13th November. 9.30 Ladies ride departing Crown Square .

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 15th November. 19.00 Meet for a road ride starting from Crown Square, Matlock.

Thursday, 17th November. 19.00 Chain gang from Crown Square, Matlock
19.00 Rollers sessions at Highfields lower school. see website for more details.

20.00 Club AGM at the Barn - see below

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

12 noon onwards 10th Round of the SRAM Notts & Derby Cyclo Cross League at Holme Pierrepont, Nottingham NG12 2JL - promoted by Nottingham Clarion CC. See below for individual event times.

Sunday, 20th November. Velodrome visit. See below for details

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

Wednesday, 23rd November. 18.30 Cyclo cross training at Thornbridge. See website for more details.

Thursday, 24th November. 19.00 Chain gang from Crown Square, Matlock
20.00 Club room open. See website for details.

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

9.30 Coaching at Whitworth Park

Sunday, 27th November National Trophy round 4 at Derby.

Monday, 28th November. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 29th November. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 1st December. 19.00 Chain gang from Crown Square, Matlock

19.00 Rollers sessions at Highfields lower school. see website for more details.

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

9.30 Coaching at Whitworth Park

Sunday, 4th December. 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 December. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

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

Wednesday, 7th December. 18.30 Cyclo cross training at Thornbridge. See website for more details.

Thursday, 8th December. 19.00 Chain gang from Crown Square, Matlock

19.00 Junior Clubnight

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

9.30 Coaching at Whitworth Park

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

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

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 13th December. 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 the 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 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 our two open hill climbs.

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, 17th June	GHS heat	A10/C	9.00?
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

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.

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.

AGM agenda will appear on the website.

Spring Classic visit.

We are going to see the Amstel Gold race in Holand. This takes place on Sunday, 15th April.

we intend to travel on Thursday night from Hull and stay near to or in Maastricht. Travelling out on Thursday, 12th April and returning on Wednesday, 18th April. Ring 01629 734996 if you are interested in coming along.

Tour de France 2012

We intend to see part of two stages in the first week of the 2012 Tour as the it traverses Picardy probably near to Orchies and St Quentin. We hope to stay at Le Pot d'Etan near to St Quentin where we have stayed before. Departure will be on Friday, 29th June returning on Friday, 6th July 2012. Ring 01629 734996 if you are interested in coming along.

Auditor and/or assistant treasurer

The club is seeking to recruit an auditor for the club accounts. This position could be combined with the role of assistant treasurer of the club.

Ring Steve Strange, Matlock CC secretary, or Harry Gould (01629734996) if you are interested

Junior Section

Junior Dr Bike

This session takes place on Thursday 10th November 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 Rob on 01629 822259. events.

Next BSCA Event.

The BSCA will be the East Midland and National Cyclo-Cross championships at Thornbridge on Sunday 22nd January 2012

Coaching in November .

Coaching takes place at Whitworth Park on Saturdays 5th and 26th November 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 Visit

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.

Roller training dates

All sessions start at 9.0 and are held at Highfields lower school site on Starkholmes Road, Matlock.

December 1st & 13th,

January 5th & 19th

February 2nd & 9th

March 1st, 15th & 19th.

More details on the website

Coaching November 2011 - July 2012

Day	Date	Time	Coaching Activity
Saturday	5th November!	9.30 - 10.45	general coaching
Saturday	26th November	9.30 - 10.45	general coaching
Saturday	3rd December	9.30 - 10.45	general coaching
Saturday	10th December	9.30 - 10.45	general coaching
Saturday	31st December	12.00 - 13.00	cyclo cross Thornbridge
Saturday	7th January	9.30 - 10.45	general coaching
Saturday	14th January	9.30 - 10.45	general coaching
Saturday	4th February	9.30 - 10.45	general coaching
Saturday	11th February	9.30 - 10.45	general coaching
Saturday	17th March	9.30 - 10.45	general coaching
Saturday	31st March	9.30 - 10.45	general coaching
Saturday	21st April	9.30 - 10.45	general coaching
Saturday	28th April	9.30 - 10.45	general coaching
Saturday	19th May	9.30 - 10.45	general coaching
Saturday	26th May	9.30 - 10.45	general coaching
Saturday	9th June	9.30 - 10.45	general coaching
Saturday	23rd June	9.30 - 10.45	general coaching
Saturday	7th July	9.30 - 10.45	general coaching
Saturday	21st July	9.30 - 10.45	general coaching

Please keep an eye on this list as there may be some changes to dates.

Additional events may be added.

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