



Newsletter

November 2012

Diary Dates for November

Thursday, 1st November . 13.00 - 18.00

Roller racing at the ARC Leisure Centre. See website for more details.

19.00 Chain gang leaves Crown Square Matlock. Check with the Forum on the website to see who is going.

19.15 Club rollers training sessions in the Imperial Rooms

Club room not open

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

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

Wednesday, 7th November . 18.30
Cyclocross training at Thornbridge - see below for more details.

Thursday, 8th November. 19.00 Chain gang leaves Crown Square Matlock. Check with the Forum on the website to see who is going.

Club Roller Racing

19.00 Under - 14 roller racing at Club.

20.00 Over - 14 roller racing at club.

Saturday, 10th November. 9.30 Coaching in Whiworth Park for under-12s

12.00 Velodrome session. Contact Emma Martin at e.martin@shu.ac.uk if you are interested.

Sunday, 11th November. Ladies ride starting at 9.30 from Crown Square, Matlock

Monday, 12th November. 9.30 Slow

morning ride from Cromford market place.

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

Thursday, 15th November. 19.00 Chain gang leaves Crown Square Matlock. Check with the Forum on the website to see who is going.

20.00 Club AGM

Saturday, 17th November. 9.30 Coaching in Whiworth Park for under-12s
12 noon onwards 9th Round of the SRAM Notts & Derby Cyclo Cross League at Holme Pierrepont - promoted by Nottingham Clarion. See below for individual event times.

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

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

Wednesday, 21st November . 18.30 Cyclocross training at Thornbridge - see below for more details.

Thursday, 22nd November. 19.00 Chain gang leaves Crown Square Matlock. Check with the Forum on the website to see who is going.

20.00 Slide show by John White on his trip from Bulgaria to Darley Dale last summer.

Saturday, 24th November. 12 noon onwards
10th Round of the SRAM Notts & Derby Cyclo Cross League at Sinfin Park - promoted by Derby Mercury RC See below for individual event times.

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

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

Thursday, 29th November. 19.00 Chain gang leaves Crown Square Matlock. Check with the Forum on the website to see who is going.

19.15 Club rollers training sessions in the Imperial Rooms

19.00 onwards, Dr Bike - ring Rob on 01629 822259 if you want an appointment to mend your bike,

Saturday, 1st December. 9.30 Coaching in Whiworth Park for under-12s

Monday, 3rd December. 9.30 Slow morning ride from Cromford market place.

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

Wednesday, 5th December. 18.30 Cyclocross training at Thornbridge - see below for more details.

Thursday, 6th December. 19.00 Chain gang leaves Crown Square Matlock. Check with the Forum on the website to see who is going.

Club Roller Racing

19.00 Under - 14 roller racing at Club.

20.00 Over - 14 roller racing at club.

Saturday, 8th December. 9.30 Coaching in Whiworth Park for under-12s

Sunday, 9th December. Ladies ride starting at 9.30 from Crown Square, Matlock

Club AGM

The club's AGM takes place on Thursday, 15th November at 20.00 in the clubroom. Items for inclusion on the agenda should be with the club secretary one week before the AGM ie Thursday, 8th November. Note that there is no AOB at the AGM.

Thanks

Thanks to all who helped in any way to make our two open hill climbs a success.

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.

Volunteering

Volunteering can be rewarding - if you would like to get involved with helping out at club

events, please contact Helen Coombes our Volunteer Co-Ordinator via email at helencoombes1964@talktalk.net Any help would be much appreciated'.

Pedal Power.

Final call for articles for club magazine, Pedal Power. Final date is November 18th. Contact John White at johnwhite244@btinternet.com

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 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 and Wards Shoe Shops.

Open time trials 2013

Day	Date	Event	Course	Time
Saturday	2nd March	Hilly 25	AH/2	14.00
Sunday	5th May	10	A10/16	8.00
Sunday	2nd June	BDCA 50?	A50/12	6.30
Tuesday	4th June	Grouse 10	A10/16	19.00?
Sunday	23rd June	Tarmac 25	A25/12	7.30
Sunday	20th Oct	Riber HC	AHC/1	10.00
Sunday	20th Oct	Bank Road HC	AHC/6	14.00

Notts and Derby Cyclo-Cross League.

These events start in September and finish in January, 13 events in all. They follow a similar pattern.

Under- 9 (born 2004 or later): starts at 12 noon,

lasts 7 minutes and costs £1.

Under- 12 (born 2001 or later) : starts at 12.30
lasts 15 minutes and costs £1

Youth (born 1997 to 2000): starts at 13.00, lasts
25 minutes and costs £5

Youth under 14 (born 1999 or 2000)

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.

Harry Gould is always available to give advice.
Tel : 01629 822259.

Club Cyclo-Cross Championships

The vet's, senior's, lady's, junior's and youth's
championships take place as part of the club's
promotion on Saturday, 29th December at
Thornbridge - the 12th round of NDCXL

The remaining championships are on 2nd
February at Whitworth Park - note no entry on
the line for these BSCA events.

Club Trophy Presentation Evening

This takes place on Saturday evening 9th
February at the Peli Deli. More details next
month.

Tour of Flander 2013

We intend to see the 2013 Tour of Flanders
which is on Sunday, 31st March 2013. We will
leave on Friday, 29th March and return either
Tuesday or Wednesday of the following week.
Please ring 01629 734996 if you are interested
or need more details.

Tour de France 2013

We hope to see the Tour twice near to Tours. It
arrives at Tours on Thursday July 11th and
leaves the next day. We aim to have some time
either side of this date. Please ring 01629
734996 if you are interested or need more
details.

Junior Section

Junior Dr Bike

This session takes place on Thursday 29th
November starting at about 19.15. 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.

This will be the East Midland cyclo - X
championships on 2nd February 2013 at
Whitworth Park. . Entries close on Tuesday,
22nd January 2013.

BSCA East Mids Championships 2013/4

Event	Date	Venue	Start
Cyclo-X	Feb 2nd	Whitworth	10.00
Grass	June 22nd	Whitworth	10.00
MTB	June 22nd	Whitworth	10.00
Hill climb	Sep 29th	High Tor	10.00
Rollers	Sep 29th	Starkholmes	11.00

Whitworth Park coaching in November.

Two sessions in November : Saturday, 10th
November : Saturday, 17th November. Both
start at 9.30am and finish at 10.45am.

Cyclocross Training.

These Wednesday sessions are at Thornbridge.
They cost £2 per session You need to be aged 9
and over and bring night riding lights. Sessions
start at 18.30.

Dates are :

Wed, 7th November	18.30
Wed, 21st November	18.30
Wed, 5th December	18.30
Wed, 19th December	18.30

Come and enjoy the atmosphere.

Roller training

New venue - Imperial Rooms, Matlock.

Time 19.15 - 21.15

Dates :

1st and 29th November

13th December

17th and 31st January

14th and 28th February

14th and 28th March

Cost : £2. You need a set of rollers.

Whitworth Park coaching dates until Christmas

2012 for the under-12s

Saturday, 10th November 9.30 - 10.45
Saturday, 17th November 9.30 - 10.45
Saturday, 1st December 9.30 - 10.45
Saturday, 8th December 9.30 - 10.45

Possible coaching dates 2013 - check with the appropriate newsletter and /or the website

Saturday, 5th January 9.30 - 10.45
Saturday, 12th January 9.30 - 10.45
Saturday, 2nd February 10.00
Saturday, 9th February 9.30 - 10.45
Saturday, 16th February 9.30 - 10.45

Saturday, 9th March 9.30 - 10.45
Saturday, 16th March 9.30 - 10.45
Saturday, 13th April. 9.30 - 10.45
Saturday, 27th April 9.30 - 10.45
Saturday, 11th May 9.30 - 10.45
Saturday, 25th May 9.30 - 10.45
Saturday, 8th June 9.30 - 10.45
Saturday, 15th June 9.30 - 10.45
Saturday, 6th July 9.30 - 10.45
Saturday, 20th July 9.30 - 10.45

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**