



# Newsletter

## December 2009

### **Diary Dates for December**

**Tuesday, 1st December.** 19.00 Meet for a road ride starting from Crown Square,

**Thursday, 3rd December.** 19.00 Chain gang meet at Crown Square

19.00 Junior Club night : Cyclo-Cross game

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

9.30 Coaching at Whitworth Park

**Sunday, 6th December.** Meet for a social ride starting at 9.30 in Crown Square, Matlock

**Monday, 7th December.** 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

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

**Thursday 10th December.** 19.00 Chain gang meet at Crown Square

20.00 Club room open. Coaching workshop led by Richard Clark

**Saturday, 12th December.** 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

9.30 Coaching at Whitworth Park

**Sunday, 13th December.** Ladies ride departing Crown Square at 9.30.

Club run : see website for details or contact Chris Metcalfe

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

18.30 MTB ride from the Laburnum, Hackney

Road.

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

**Thursday, 17th December.** 19.00 Chain gang meet at Crown Square

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

20.00 Dr Bike - as above

**Saturday 19th December.** 9.15 MTB ride starting from the new car park opposite Stanley Fearn's

12.00 onwards tenth Notts & Derby Cyclo-Cross League race at Alvaston Park, Derby

**Sunday, 20th December.** Meet for a social ride starting at 9.30 in Crown Square, Matlock

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

18.30 MTB ride from the Laburnum, Hackney Road.

**Tuesday, 22nd December.** 19.00 Meet for a road ride starting from Crown Square, Matlock  
Entries close for BSCA East Midlands Cyclo-Cross Championships which take place on Saturday, 2nd January at Thornbridge.

**Thursday, 24th December.** 19.00 Chain gang meet at Crown Square

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

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

**Sunday, 27th December.** Club run : see website for details or contact Chris Metcalfe

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

**Thursday, 31st December.** 19.00 Chain gang similar pattern.

meet at Crown Square

Clubroom closed.

**Friday, 1st January 2010.** 9.30 meet at Thornbridge Outdoors for course setting duties for next day's cross

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

9.30 Helpers meet at Thornbridge Outdoors for cross. All welcome to come and help

11.00 BSCA East Mids Croo Championships.

12.00 onwards ninth Notts & Derby Cyclo-Cross League race at Thornbridge Outdoors, Great Longstone.

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

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

18.30 MTB ride from the Laburnum, Hackney Road.

**Press Secretary.** John White is our acting 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.

**Tours in 2010.** Details in November's Newsletter. Booking taking place early December before Christmas.

**Notts and Derby Cyclo-Cross League.**

These events start in September and finish in February, 14 events in all. They follow a

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](http://www.ndcxl.org) including details of the venues.

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

**Pedal Power 2010.** John would like to thank all contributors to Pedal Power 2010

**Social and Trophy Presentation Evening.**

Note the date : Saturday, 6th February at Starkholmes Village Hall, starting at 20.00.

Tickets available from Rob.

**Club Subscriptions.**

These are due on January 1st 2010 and remain the same as last year : Senior, £12 ; Family, £20 ; Junior & U-23, £6 ; child, £2 ; second claim, £6. All club timetrials will cost £2 per ride in 2010. A one off payment of £10 for senior members will cover all club timetrials.

**Volunteers Coordinator - Helen Collier**

At the AGM, it was voted that Helen Collier should take on the newly created role of Volunteers Coordinator. If you are able to help out at any MCC event in 2010 whether this be marshalling, making tea, etc please can you either reply to Helen's thread on the website General Forum or email her at [helencollier@tiscali.co.uk](mailto:helencollier@tiscali.co.uk) - training will be given where required. It would be lovely to see some new faces helping out at MCC events, so if you have never volunteered before or haven't helped out at an event for some time and would like to become more involved in club activities, can you please give special consideration to offering your time during 2010.

## Open Time Trial Dates 2010

Saturday, 6th March	Hilly 25	AH/2	14.00
Sunday, 2nd May	10	A10/16	08.00
Sunday, 6th June	BDCA 50	A50/12	06.30
Tuesday, 8th June	Grouse 10	A10/16	18.30
Sunday, 27th June	Tarmac 25	A25/12	08.00
Sunday, 4th July	BSCA TT	D Moor	9.00
Sunday, 4th July	GHS	A10/?	14.00
Sunday, 24th Oct	Riber	AHC/1	10.00
Sunday, 24th Oct	Bank Road	AHC/6	14.00

**We need to find another event HQ for the event on June 27th somewhere in Darley Dale/ Rowsley area. Any ideas?**

## Junior Section

**Coaching in December.** There are two coaching sessions in Whitworth Park during December, 5th and 12th December. 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.

**Junior Dr Bike** This session takes place on Thursday 17th December 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.

## Proposed BSCA East Midland Region Events 2009/10

Event	Date	Where	Time
Hill climb	27th Sept '09	High Tor	10.00

Cyclo-Cross	2nd Jan '10	Thornbridge	11.00
Crits	11th April '10	Darley Moor	9.00
Hard Track	8th May '10	Forest Town	10.00
Rollers	8th May '10	Forest Town	14.00
Grass Track	19th June '10	Whitworth	10.00
MTB	19th June '10	Whitworth	13.00
Time Trial*	4th July '10	Darley Moor	9.00
Hill climb	26th Sept '10	High Tor	10.00

\* Incorporated in the BSCA National Time Trial Championships

**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.

## BSCA East Midlands Cross Championships

These take place at Thornbridge Outdoors, Great Longstone on Saturday, 2nd January 2010.

Entries, £2, close on Tuesday, 22nd December and must be on a standard BSCA entry form downloadable from [www.BSCA.org.uk](http://www.BSCA.org.uk) and need to be sent to C Mottram, Parkside, Darley Dale, Derbys DE4 2EQ. There is no entry on the line for these BSCA Championships.

Racing starts at 11.00 and may be combined with the appropriate Notts & Derby League event. A separate entry fee is payable for the Notts & Derby event.

Certificates and medals will be posted after the event

## Coaching Dates Autumn and Winter 2009/2010

Please confirm these dates by checking with Matlock CC's Newsletter

Day	Date	Venue	Time
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

**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](mailto:matlockcc@live.co.uk)  
Club website : [www.matlockcyclingclub.org.uk](http://www.matlockcyclingclub.org.uk)**