



Newsletter

December 2011

Diary Dates for December

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 Onwards - come and try the clubs competition roller set up in club room

Trophy return evening

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

Thursday, 15th December. 19.00 Chain gang from Crown Square, Matlock

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

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

20.00 Dr Bike - as above.

Trophy return evening at club

Saturday, 17th December. 9.15 MTB ride starting from the new car park opposite Stanley Fearn's.

12 noon onwards 11th Round of the SRAM Notts & Derby Cyclo Cross League at Sherwood Pines Forest Park, Mansfield NG21 9JL - promoted by Sherwood CC/Sherwood Pines Cycles. See below for individual event times.

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

18.30 MTB ride from the Laburnum, Hackney Road.

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

Wednesday, 21st December. 18.30 Cyclo cross training at Thornbridge. See website for more details.

Thursday, 22nd December. 19.00 Chain gang from Crown Square, Matlock

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

20.00 Club : Trophy return evening

Saturday, 24th December. 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, 25th December. Christmas day

Monday, 26th December. 18.30 MTB ride from the Laburnum, Hackney Road.

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

Thursday, 29th December. 19.00 Chain gang from Crown Square, Matlock

20.00 No club

Friday 30th December. 9.30 meet at Thornbridge to set up cyclo cross course. Lee can be contacted on 01246 590228/0790223 or email lee.shunburne@nottingham.ac.uk

Saturday, 31st December. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

12 noon onwards 12th Round of the SRAM Notts & Derby Cyclo Cross League at Thornbridge - promoted by Matlock CC. See below for individual event times.

Help needed marshalling this event.

Sunday, 1st January 2012. Meet for a social ride starting at 9.30 in Crown Square, Matlock
Check the forum on the website to see who is going

2012 subscriptions due. Either use the form sent with Pedal Power or download one from the website

Monday, 2nd January 2012. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 3rd January. 19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 5th January. 19.00 Chain gang from Crown Square, Matlock

20.00 Club open - trophy return evening

19.00 Rollers sessions at Highfields lower

school. see website for more details.

Saturday, 7th January. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

9.30 Coaching at Whitworth Park

Entries close for the BSCA National Cyclo Cross Championships at Thornbridge. Entry fee is £7, cheques made payable to NDCXL Entries on a standard BSCA entry form need to be sent to C Mottram, Parkside, Station Road Darley Dale, Derbys DE4 2EQ

Sunday, 8th January. 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, 9th January. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 10th January. 19.00 Meet for a road ride starting from Crown Square, Matlock

Wednesday, 11th January. 18.30 Cyclo cross training at Thornbridge. See website for more details.

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.

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.

Spring Classic visit.

We are going to see the Amstel Gold race in Holland. 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. Booking this month.

Matlock CC Hoodies

We are planning on putting in an order for Matlock CC hoodies, hopefully early December. These will have navy blue hoodies with the Malock CC logo on the front left hand side breast and Matlock Cycling Club in white on the back. You can also have your name on the back too. All children's sizes are £15 and adult sizes £20. Sizes Children Aged 7/8, 9/11, 12/13. Adults sizes : small, medium, large X large. To order email emmainandtim@gmail.com

Junior Section

Junior Dr Bike

This session takes place on Thursday 15th 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 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 December .

Coaching takes place at Whitworth Park on Saturdays 3rd and 10th December 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

We had a great day at the Manchester velodrome on the 20th November with 9 Matlock riders taking part. We now have the next dates announced for future sessions.

Sunday January 15th will be our next velodrome visit as part of the East Midlands cluster clubs.

We have 8 places available and a reserve place for riders aged 10 to 16 years.

If you wish to book onto the session please send me your name, height (for bike hire), age and track riding experience to emmaianandtim@gmail.com.

Roller training dates

All sessions start at 19.00 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

Cyclo Cross Training.

These Wednesday sessions at Thornbridge are organised on weeks when there are no roller sessions. They cost £2 per session and start at 18.30 and last until 20.00, You need to be aged 9 and over and bring night riding lights. Dates are

December 7th & 21st

January 11th & 25th

Come and enjoy the atmosphere.

Coaching November 2011 - July 2012 at Whitworth Park

Day	Date	Time	Coaching Activity
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
Monday	16th April	18.30 - 19.30	round the pond racing
Saturday	21st April	9.30 - 10.45	general coaching
Monday	23rd April	18.30 - 19.30	round the pond racing

Roller Training at Highfields

Thursday	1st December	19.00
Thursday	13th December	19.00
Thursday	5th January	19.00
Thursday	19th January	19.00

Cyclo Cross Training at Thornbridge

Wednesday	7th December	18.30
Wednesday	21st December	18.30
Wednesday	11th January	18.30
Wednesday	25th January	18.30

A happy Christmas and a speedy New Year to all our members

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**