

Coaching sessions.

Coaching continues in July. There are two sessions : Saturday, 4th July and Saturday, 25th July starting at 9.30 and lasting just over an hour. Both use Whitworth Park These sessions will contain a mix of skills and racing type games.

Please remember to sign the register if you attend one of these sessions as we need an accurate register of who attends.

Junior Dr Bike This session takes place on Thursday, 23rd July from 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 Dr Bike that you intend to come to the session by ringing 01629 822259.

BSCA and GHS Events on July 12th. There is a 10 mile time trial on July 12th using our 10 course, A10/16, starting at 8am. It is open to members over 12 years old on July 12th and under 19. The BSCA event is the East Midlands 10 mile Time Trial Championships, open to under-14, under-16 and over-16 age groups (age calculated on 1st September 2008). You need a BSCA entry form which eventually can be found at <http://tinyurl.com/oypygy> and clicking on time trial. The entry fee is again £5.

The GHS event is the Central District heat of the GHS National Championship. This is open to anyone from 12 years old to 16 years old. You need a special GHS entry form available from www.ctt.org.uk or at coaching sessions. Entry fee is £2. The closing date for both events was Tuesday, 29th June but if you ring or email there is still time to enter as the field will be set on Friday, 3rd July.

For most riders, one ride qualifies you for two championship events.

Derbyshire Dales District Council Cycling Activity Weeks. We are organising three activity weeks for DDDC. The dates are 27th - 31st July ; 10th - 14th August ; 24th - 28th August. The first week is at Whitworth Park while the others are at Ashbourne (the recreation ground) and Wirksworth (the leisure centre), but are not sure at present where we are on the 10th and 24th August. These sessions start at 10 each morning and last until 12 noon. The day usually goes like this : register followed by safety check - you and the bike ; warm up session ; divide into groups to work towards Trix Awards - these are skill awards at three levels ; break for drink, food - divide into four groups for four different activities, go round these activities ; team game. The four activities depend on the venue. At Whitworth and Ashbourne these will be : Go-ride skill circuit ; cyclo-cross ; mountain bike - using the famous hill ; road circuit or grass track. To book you need to contact Derbyshire Dales District Council at either the Town Hall, Matlock or through one of their Leisure Centres

Further details and additional information can be obtained by phoning 01629734996 or emailing cj@ormail.co.uk