



Newsletter

July 2011

Diary Dates for July

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

9.30 Coaching in Whitworth Park.

Sunday, 3rd July. 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, 4th July. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 5th July. 19.00 10 mile time trial championship. Starts by 4 Lane Ends at Darley Dale. Cost £2 unless you have paid for the year.

19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 7th July. 19.00 Long hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.30 Club room open after time trial

Saturday, 9th July. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

Sunday, 10th July. 9.30 Ladies ride departing Crown Square.

Monday, 11th July. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 12th July. 19.00 10 mile time trial. Inter-club against Derby Mercury. Starts by 4 Lane Ends at Darley Dale. Cost £2 unless

you have paid for the year.

19.00 Meet for a road ride starting from Crown Square, Matlock

Wednesday, 13th July. 18.30 Mountain bike coaching for 9-16 year olds at Thornbridge Outdoors Cost : £1. Finishes at 20.30

Thursday, 14th July. 19.00 Long hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

Saturday, 16th July. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.
9.30 Coaching in Whitworth Park.

Sunday, 17th July. 12.00 Darley Moor crit for 2/3/4/jun/vet/ladies Club Championship
9.00 BSCA National Time Trial Championships at Darley Moor. Offers of help appreciated.

Monday, 18th July. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 19th July. 19.00 Inter-club against Derby Mercury using the Windley circuit. No 10 mile club event.

19.00 Meet for a road ride starting from Crown Square, Matlock

Wednesday, 20th July. 18.30 Mountain bike coaching for 9-16 year olds at Thornbridge Outdoors Cost : £1. Finishes at 20.30 This session led by Simon Watts from British Cycling

Thursday, 21st July. 19.00 Long hilly time trial. Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.30 Club room open after time trial

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

20.00 Dr Bike - as above.

Saturday, 23rd July. 9.15 MTB ride starting

from the new car park opposite Stanley Fearn's over-16, 10 miles. If you can manage the distance without stopping then ENTER.

Monday, 25th July. . 9.30 Slow morning ride from Cromford market place.

10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Whitworth Park see below

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 26th July. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Whitworth Park see below

19.00 10 mile time trial. Starts by 4 Lane Ends at Darley Dale. Cost £2 unless you have paid for the year.

19.00 Meet for a road ride starting from Crown Square, Matlock.

Wednesday, 26th July. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Whitworth Park see below

Thursday, 28th July. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Whitworth Park see below

19.00 Long hilly time trial . Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.30 Club room open after time trial

Friday, 29th July. 10.00 - 12 noon Derbyshire Dales District Council Cycling Activity Week at Whitworth Park see below

Saturday, 30th July. 9.15 MTB ride starting from the car park opposite Stanley Fearn's.

Sunday, 31st July. 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, 1st August. 9.30 Slow morning ride from Cromford market place.

18.30 MTB ride from the Laburnum, Hackney Road.

Tuesday, 2nd August. 18.30 5mile time trial Sign on by the bus shelter at Ashford, on the A6020. Cost £2 unless you have paid for the year.

19.00 Meet for a road ride starting from Crown Square, Matlock

Thursday, 3rd August. 18.30 Short hilly time trial . Starts at the end of the Cromford railway station access road. Cost £2 unless you have paid for the year.

19.00 Club room open after time trial

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

Sunday, 6th August. Meet for a social ride starting at 9.30 in Crown Square, Matlock
Check the forum on the website to see who is going

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 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

Lee also has some club cloth racing caps for sale at £7 each.

Volunteers Coordinator - Helen Collier

Volunteering: The AGM voted to accept the Volunteering Proposal for a trial period of 12 months commencing in January 2011. Helen will post on the forum a calendar of 2011 events for which volunteers are required. Club members who regularly compete in Club events are being asked to volunteer to help out at one event per year. Once the calendar is posted, can you please contact Helen by email

(helencollier@tiscali.co.uk) with the date(s) and event(s) for which you are available, and indicate if you have a preference for a particular duty e.g.

marshalling, time-keeping, pushing off, etc.

Volunteers will be allocated on a first-come-first-served basis, so please ensure you offer a selection of dates if possible in case your first choice is already filled.

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 helped make the GHS 10 and the the open 25 a success.

Thanks to all who helped with the BSCA grass and mrb championships successful.

Open Time Trial Dates 2011

Sunday, 23rd Oct Riber AHC/1 10.00

Sunday, 23rd Oct Bank Road AHC/6 14.00

Forest Town Track Track racing continues at Forest town on Monday evenings.

Coaching for novice and experienced track riders at Forest Town Track every Thursday evening in July.

There are some track bikes available to borrow in a range or sizes.

Sessions start at 7pm.

For more information call Richard Thoday on 0-7941156162 or go to

www.foresttowntrack.co.uk

Pennies in the Park As part of the 100th birthday celebrations for Hall Leys Park, Matlock, the club is organising penny farthing races in the park on Sunday, September 11th. There will be other races as well. Contact Richard Thoday for more details.

Club Senior Road Race Championships

Because of a date clash with Pennies in the Park, the senior road race championships will now take place on Sunday, July 17th at Darley Moor. (The youth, junior and under - 12 championships were on April 3rd as part of the BSCA East Mids events at Darley Moor)

Note that the club's promotion at Darley Moor on 11th September will still take place.

Pedal Power 2012 Write your piece **now**. and pass on to John White

Junior Section

Junior Dr Bike This session takes place on Thursday 21st July starting at 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 the Dr Bike session by ringing Rob on 01629 822259. events.

Next BSCA Event. The BSCA East Midland Hill Climb Championships for 2011/12 season take place on Sunday, September 25th, using the track up to High Tor from Starkholmes Road. Entry costs £5 and close on Tuesday, September 13th.

Coaching in July . There are two session, Saturdays, 2nd July and 16th July both start at 9.30am and run until 10.45am using Whitworth Park. This sessions will consist of some racing type activity together with the possibility of learning new skills or improving those already learnt.

Young Riders Fund Grants for up to March 2011 will be in the post shortly. Keep a note of regional and national BC and BSCA events that you ride ready for your claim next March. Website has more details.

East Mids BSCA Championships 2011/2012			
Sunday, 25th Sept	Hill climb	Matlock	10.00

Velodrome Visits Future coaching trips to the Manchester Velodrome are being organised for young riders aged 9 to 16 years. First session on Sunday 17th July from 12 noon to 3pm - cost to be finalised. If you are interested and want to attend please email Emma at e.martin@shu.ac.uk with age height and experience. Second session on Sunday 25th September 12noon to 3pm costs £12.50. Again if you are interested and wish to attend please email emma with age, height and experience.

Derbyshire Dales District Council Cycling Activity Weeks.

There are three Activity Weeks organised by Matlock CC for Derbyshire Dale District Council.

They are:

Monday, 25th July to Friday, 29th July at Whitworth Park, Darley Dale

Monday, 8th August to Friday, 12th August at Ashbourne Recreation Ground,

Monday, 15th August to Friday, 19th August at Wirksworth Leisure Centre.

The sessions last from 10am to 12 noon on each day.

The first part of the sessions Monday to Thursday are taken up working for the British Schools Cycling Association's Trix Award. This is a skill based award divided into three levels : bronze,

silver, gold. Riders are divided up into small groups according to their ability and previous experience.

The second half of each of the four sessions is very similar to Saturday morning coaching sessions with Go-ride activities, games and races. The actual activities depends on the venue eg round the pond racing at Whitworth because it has a pond and down hill at Ashbourne because it has a grassy slope.

Friday is taken up with a set of team games and races. We practise for the first part of the session and compete in the second part with a certificate presentation at the end.

Booking is through the local leisure centre or in the case of Matlock, the lido.

Hope to see you at one of the venues.

Coaching July 2011

Day	Date	Time	Coaching Activity
Saturday	2nd July	9.30 - 10.45	general coaching
Saturday	16th July	9.30 - 10.45	general coaching

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**