



Newsletter

July 2012

Diary Dates for July

Sunday, 1st July. 12.00 Darley Moor Crit 2/3/4/etc

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

Tuesday, 3rd July. 19.00 10 mile time trial championship. Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass.

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

Wednesday, 4th July 19.00 MTB Eliminator style racing at Thornbridge

Thursday, 5th July . 19.00 Long hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Club open after this time trial

Sunday, 8th July. Ladies ride starting at 9.30 from Crown Square, Matlock

Monday, 9th July. 9.30 Slow morning ride from Cromford market place.

Tuesday, 10th July. 19.00 10 mile time trial . Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass.

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

Thursday, 12th July.

18.30 Roller/turbo coaching session with Rob Sharman at Imperial Rooms. See later form more details.

19.00 Long hilly time trial championship. Starts at the end of the entrance lane to

Cromford railway station. Costs £3 unless you have a time trial pass.

Club open after this event.

Monday, 16th July . 9.30 Slow morning ride from Cromford market place.

Tuesday, 17th July . 19.00 10 mile time trial Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass.

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

Thursday, 19th July . 19.00 Long hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Club open after this time trial

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

Saturday, 21st July . 9.30 Coaching at Whitworth Park

Monday, 23rd July. 9.30 Slow morning ride from Cromford market place.

Tuesday, 24th July . 19.00 10 mile time trial Meet at 4 Lane Ends, Darley Dale (Church Road/B5057 junction) Cost £3 unless you have a time trial pass. 18.30

Thursday, 26th July . 19.00 Long hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Club open after time trial.

Monday, 30th July. 9.30 Slow morning ride from Cromford market place.

10.00 Derbyshire Dales Cycling Activity Week at Whitworth Park

Tuesday, 31st July. 18.30 Ashford 5 mile time trial. Sign up by the bus shelter near to the cricket ground. Cost £3 unless you have a time

trial pass.

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

Wednesday, 1st August . 19.00 MTB Eliminator style racing at Thornbridge

Thursday, 2nd August . 18.30 Short hilly time trial. Starts at the end of the entrance lane to Cromford railway station. Cost £3 unless you have a time trial pass.

Club open after this event.

Sunday, 5th August. Ladies ride starting at 9.30 from Crown Square, Matlock

12.00 Darley Moor Crit 2/3/4/etc

Monday, 6th August. 9.30 Slow morning ride from Cromford market place.

Tuesday, 7th August. 18.30 Ashford 5 mile time trial. Sign up by the bus shelter near to the cricket ground. Cost £3 unless you have a time trial pass.

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

Five Mile Championship This has been re-scheduled for Tuesday, 21st August.

Thanks Thanks to all who helped with the four open time trials promoted by the club in June. These include Rob, Harry, Roy, Phil, Richard, Dawn, Emily, Tony, Rik, Keith, Andy, Jane, Rachel and Helen.

Thanks also to the officials at the BSCA grass track and mtb event in Whitworth Park - Rob, Roy and John.

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.

Ladies Competition 2012 As part of the club's development plan objective to encourage women's participation in cycling we are running a ladies competition as a trial for 2012. It uses club Tuesday evening 10 mile time trials. (ie not Grouse 10)

Points gained in a maximum of 5 events - ie 5 best point scores

Minimum of 10 points for the winner, then 9, 8 etc. More than 10 riders then the winner gets the same number of points as riders eg 15 ladies ride then winner gets 15 points etc.

Categories : U-14, U-16, junior, senior, vet 40-49, vet 50-59, old(!)

Points in these categories : 3,2,1

Age is taken on the day of the first event ie Tuesday, May 8th

Forest Town Track

Track racing season at Forest Town (Mansfield) - has started again. Family friendly track racing league 7pm every Monday night until September.

A and B seniors, youth fixed wheel and youth freewheel categories. More information at www.foresttowntrack.co.uk

facebook Forest Town Track or call Richard 07941156162

Volunteering `Volunteering can be rewarding - if you would like to get involved with helping out at club events, please contact Helen Collier our Volunteer Co-Ordinator via email at helencollier@tiscali.co.uk. Any help would be much appreciated`.

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 in time for the X season.

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 and Wards Shoe Shops.

Open Time Trial Dates 2012

| | | | |
|------------------|------------|-------|-------|
| Sunday, 21st Oct | Riber | AHC/1 | 10.00 |
| Sunday, 21st Oct | Bank Road, | AHC/6 | 14.00 |

Junior Section

Roller and turbo trainer workshop

A roller and turbo trainer workshop run by Rob Sharman (Talent Team coach) from British Cycling.

This session has a youth and junior focus but all ages are very welcome.

Riders ideally need both rollers and turbo trainer, if you have spares then please bring them. If you are lacking equipment then get in touch with Dawn

Watson 01629582300 and we will try to sort out kit for you to use.

Venue - Imperial Rooms Matlock DE4 3NL

Time - 6.30 to 8.30

NB carparks outside are pay and display even in the evenings, unless you have a Derbyshire Dales free residents permit.

Velodrome Sessions

Session for 10-16 year olds takes place on Sunday 19th August. Email Emma at E.Martin@shu.ac.uk if you want to book, with details of age, height, experience, etc

Junior Dr Bike

This session takes place on Thursday 19th July starting after the long hilly time trial 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 hill climb championships on Sunday 30th September on the track up to High Tor. . Entries close on Tuesday, 18th September.

BSCA East Mids Championships 2012

| | | | |
|------------|-----------|----------|-------|
| Event | Date | Venue | Start |
| Hill climb | Sept 30th | High Tor | 10.00 |

Coaching in July.

Coaching takes place at Whitworth Park on Saturday 21st July from 9.30 to 10.45. The sessions will consist of some racing and Go-ride games and exercises.

Derbyshire Dales District Council Summer Holiday Activity Weeks

We are expecting to organise at least two weeks - at Whitworth Park and Ashbourne. The leisure centres now organise their own timetable of activities .

Dates are :

Whitworth Park 30th July to 3rd August

Ashbourne recreation ground 6th August to 10th August

All sessions start at 10.00 and finish at 12 noon
Booking is through the local leisure centre, ARC for the Whitworth week and Ashbourne Leisure Centre for the Ashbourne week.

These weeks are similar to the Saturday morning session with Trix skill awards added.

MTB 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.

Dates are :

4th July 7 - 9pm Eliminator style racing

1st August 7 - 9pm Eliminator style racing

Come and enjoy the atmosphere.

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**

