



Newsletter *April 2007*



Dolan Schools Races Southport 2007

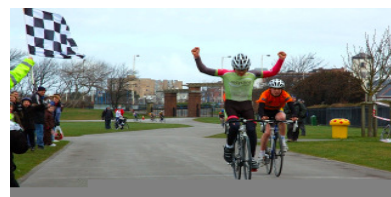
Huge congratulations to all the riders who took part in the three race series. This years field was one of the biggest seen in the last ten years.

The weather was kind to all with no rain, hail or snow. Although the wind was a little biting (freezing) at times!

Ribble Valley Juniors were very well represented in all age

groups, with both boys and girls taking part. The series saw good finishes for Ribble Valley Juniors in the U8's, U10's, U12's, U14's and U16's.

Club riders had overall series success:- 1st place in U16's, 7th place in U14's, 5th and 6th places in U12's, 2nd place in U10's and 3rd and 7th places in U8's.



A sprint for the line.

We also had two girls in the top 10 with a 4th and 9th.

Well done everyone and a big thank you to the parents who gave up their time to support the riders.

Dates for your Diary:-

- First Aid training at School. 4th and 11th April 7 pm to 9pm Severn Drive.
- 21st April trip to the Leisure Lakes MTB circuit for the club ride. See the website for details.
- 13th May Wheels for Wildlife ride.
- 19th May is long ride day. If you are interested in taking part in a longer MTB ride please sign up at the registration desk.
- 9th June Preston Youth Races. No club ride.
- 16th June No School ride, possible ride Lancaster to Glasson Dock.

BCF Gear Restrictions

To avoid disappointment make sure you are running the correct gear for your event. It is still acceptable practice to screw down mechanisms to limit gear size.

| YOUTH | ROAD RACING | TRACK RACING | ROLLER RACING |
|-------|----------------------|--------------|---------------|
| A | 6.91 | 6.91 | 7.93 |
| B | 6.45 | 6.45 | 7.40 |
| C | 6.05 | 6.05 | 6.94 |
| D | 5.40 for all events. | | |
| E | 5.10 for all events. | | |

All distances are given in meters.

Let them eat cake!

After a long hard ride there is nothing quite like a drink and a lovely slice of cake.

A big thank you to all of you who have baked or bought cakes, biscuits,

cookies or other goodies to club rides.

We are still need volunteers for the rest of the year so if enjoy a good munch done on sweet things after a ride

then why not sign up for week in the year. You can sign up at the registration desk. Ribble Valley Riders bake exceedingly good cakes!





Ride Diary:-

- 7th April Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm
- 14th April Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm
- 21st April Leisure Lakes ride
- 28th April Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 5th May Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm
- 12th May Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm
- 19th May Long Ride Day.
- 26th May Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm

Race and Training Diary:-

- Tuesday 1st May sees the start of the Preston Arena Sessions 6–8pm. Contact Ivor for more information.
- Kirby Track League season started 4th April. See our website for link to Kirby Track.
- Science in Sport Criterium League Started 5th April at Preston Arena. See our website for link .
- CDNW Youth League.
 - 26th May Preston Road Race
 - 23rd June Litherland Road Race
 - 4th Aug Clayton Vale MTB
 - 11th Aug Preston Road Race
 - 1st Sept Salt Ayre Road Race
 - 8th Sept TBA Cyclo Cross

See www.cdnw.org for more details.

Leisure Lakes MTB ride.

On the 21st April Ribble Valley Juniors have the opportunity to use the Leisure Lakes MTB race course for our club ride.

So come along and Test out your skills on their Summer cross country MTB single track course.

The course has been opened up to us as a taster for Leisure Lakes Summer Series. So if you enjoy yourself of the Saturday why not think of taking part in their summer series.

The Summer Series is a Cross Country Mountain Bike event ridden over reasonably flat off-road conditions (No death defying drop-offs). There is a variety of terrain i.e. Woodland, Single Track, Open Pathways and more Technical Sections. The course is re-designed every month, but held within the same area of land and is between 2 and 2.5 miles

in length.

Each category has to complete a certain number of laps (the number depending on whether the race organiser is in a good mood or not!)

Example of typical laps:

Under 10 – 2 Laps

Under 12 – 3 Laps

Under 14 – 5 Laps

Under 16 – 5 Laps

Under 18 – 7 Laps

Entry fee is £5.00. All entries are on the day of the race (no Pre-entry).

All the Under 18 categories need to arrive for 10am sign on and be ready to have a race briefing at 10.30am.

SUMMER RACE DATES

- April 22nd
- May 27th
- June 24th
- July 22nd
- August no event
- September 23rd

Leisure Lakes is situated 5 miles North East of Southport on the A565 or 12 miles South West of Preston. If you need any extra details or directions, please do not hesitate to give us a call on 01772 814990. Happy Riding.



Fancy a longer ride?

Do you fancy a longer ride on a Saturday?

We are planning to have a longer ride on Saturday 19th May, if you are interested please sign up at the registration desk on Saturday.

STOP PRESS!

Well done to the riders from Ribble Valley Juniors who took part in the North West Cyclocross Association League races. Club riders

Reminder.

Don't forget that you can join in the Wheels for Wildlife ride on May 13th. The event is run by Cycling Development North West in

partnership with Lancashire Wildlife Trust and Ribble Valley Juniors.

If you can help out setting up the course on the 12th or marshalling on the 13th please contact Ivor Armstrong on 07811 197137.

finished the series well with an overall third place. For full league results check out their website www.nwcca.org.

Happy Birthday 50th to our club chair. I believe a super night was had by all.