



Graffiti Removal (North) Ltd



Newsletter June 2007

Isle of Man Junior and Youth Tour 2007



IOM Race action

Dates for your Diary:-

- Preston Arena coaching Tuesday evenings May 1st through September.
- 16th June No School ride, Help needed for Go Ride display at school meet at 10 am.
- Manchester to Blackpool 7th July
- Blackpool cycle festival 13th–15th July. See Ivor for details.
- Check out CDNW website for information about the CDNW Youth League. (www.cdnw.org)
- 21st June Committee meeting at Bamber Bridge Catholic Club (7pm start)

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.

On 3rd May 2007 several members of Ribble Valley Juniors and their parents set off for a fun weekend on the Isle of Man.

We got the 10:30am Super Sea Cat from Liverpool to Douglas, we arrived there at 2:30pm and checked into our hotel. Lewis and Oli and I went out to look at the time trial course for the next evening.

On the Friday morning we went out on a ride to looking at Saturday's road course. Friday evening's was the time trial on Douglas Promenade was a fast 1.29km up and down

the course. Sam & Jack finish 6th and 11th respectively in Group C (U12). Oli, Lewis and I all put in good rides.

Saturday was the road race, Oli went off to Peel for the junior event whilst the rest of us went to Marown School for the youth event. The youth event was a gruelling 6mile circuit in the hills around the school. Jack & Sam again rode well – both finishing in the top 11. Saturday night was the Kermesse round Douglas town centre. The course was terrible, with bumps and lumps all over the road

and numerous people crashing, including Oli. I finished 12th in the sprint for the finish line.

Sunday was another Kermesse this time around Port Erin. With harsh weather conditions predicted it was an okay race ... except U14 girls, who got soaked but everyone else stayed dry. Again Jack finished 2nd in the U12s race. Oli didn't race due to his injuries from the night before.

We travelled back from Douglas to Heysham on a slow 4 hour ferry. A good journey was had by all ... especially me (I'm not going in to details now you will have to ask me!!!!).

Ribble Valley Junior riders all rode well against tough competition from other clubs. Well done to Jack & Sam for their fantastic performances with Jack finishing 2nd overall in the age category and 2nd in the points competition and Sam finishing 11th overall in the U12s.

Roll on Isle of Man Youth Tour 2008.

report by Matt Waters

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:-

- 9th June No Club ride Preston Arena Race.
- 16th June No Club ride. Possible trip to Glasson Dock.
- 23rd June Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 30h June Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 7th July Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 7th July Start of the Tour de France in London.
- 14th July Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 21st July 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.
 - 9th June Preston Youth Races. See the website for details.
 - 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.

Race and Event Reports.

Merida or Bust!

On a rather wet weekend in May a group of riders from Ribble Valley Juniors headed off to sunny Penrith! to take part in a round of the Merida Mountain Bike Marathon.

The heavens opened on Friday night as we arrived to set up camp in the grounds of Lowther Deer Park home for the weekend. But we were determined not to let the weather dampen any of our spirits. Saturday morning came and the sky was beginning to clear with only the occasional scattered shower. Some took advantage of the free Cycle Active kids coaching sessions and others headed out in the afternoon to ride part of the marathon course. During the day there were so good, brilliant and rather strange cycling displays from Saddle Skidale and the M.A.D. teams and the really strange from a thong wear unicycling fire eater!!! Ask



Michael for full details he loved the show!!!!

Sunday morning was clear and we all headed to the start line with anticipation of a potentially wet ride, if the forecast was to be believed. Those doing the 25km rode together to the first major climb and then split taking the rest of the ride at our own pace. The 50 km riders headed out with John Mulligan.

The weather stayed fine but cool for the whole of the ride, well maybe cold with John having to call it a

day at one feed station suffering from hypothermia and Nicki had withdraw at the first feed station on the 25 km after sustaining a knee injury.

The rest of the team all completed the ride with some super tails to tell. For me and Finn it was riding with a guy who only had one leg and being totally impressed with the effort he needed to put in to walk up the steep grassy switch back.

Will we be back next year? I hope so.

Preston Youth Race. (image courtesy of Andrew Kennedy)



A huge thank you to all who organised the event

and to everyone who came on the 9th June to support

STOP PRESS!

Jack Sadler is a new National Champion winning the U10 Closed Circuit Race Championships at Lichfield

New Kit is ready!

Our new kit has finally arrived contact Christine to order your new kit.

the event Marshalling, signing on and gear checking. It has been so good reading positive comments from those who travelled up from the Midlands.

Check these out on :-
<http://www.veloriders.co.uk/phpBB2/viewtopic.php?t=55530>

With a full race report at
<http://www.britishcycling.org.uk/web/site/BC/roa/>

