



Newsletter May 2007



Leisure Lakes Day Out

Dates for your Diary:-

- Preston Arena coaching Tuesday evenings May 1st through September.
- 13th May Wheels for Wildlife ride.
- 19th May is long ride day. Do not forget to sign up. More details to follow.
- 9th June Preston Youth Races. No club ride.
- 16th June No School ride, possible ride Lancaster to Glasson Dock.
- Manchester to Blackpool 7th July
- Blackpool cycle festival 13th–15th July. See Ivor for details.

A big thank you to Stuart for organising a Saturday trip out to the cross country circuit at Leisure Lakes. We started the morning off with a quick ride round the singletrack through the trees. It was surprising just how sandy the ground was, but then there has been so little rain recently. The dry conditions made bike handling quite a challenge but at least we were all able to hone our handling skills.

We then had a little time trail competition around a

short course before we headed off into the country side for an off road ride round the farm lanes around the lake area.

If you fancy a little single track off road racing dates are as follows:-

SUMMER RACE DATES

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



Controlling a sandy decent.

For more details check out the back of April's newsletter.

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:-

- 12th May Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm
- 19th May Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm
- 26th May Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm. With possible long ride option.
- 2nd June Local ride from Walton-Le-Dale CP School 10am-approx 12.15pm .
- 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 .

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 Reports.

North West Youth Circuit Race Championship.

The weather has already been very kind for Southport's CC promotions this year and continued in the same manner for Saturday's (28th April) big event the Northwest Youth Circuit Race Championship.

The high standard of organisation was kept up with the Southport and CAN team, running a really slick day.

Ribble Valley Juniors had a total of eight riders across all the cats, Thomas put in a appearance showing off his green arm. The club took up camp in the centre of the circuit sheltering from the brisk wind behind the bushes, who forgot the sun cream!

First up was Robert battling with Alex (Eastland's Velo) in the under 10's they where so busy watching each other the Isle of man rider escaped for the win , Robert sprinted all the way to the line for a well earned second place and a silver medal.

Next up the Under 12's Ribble Valley had three boys and one girl in the

race. Zoë came home first for a brilliant win. All 3 boys knew they where in a race , Sam got away from the bunch early on with Andrew Nixon , Joshua Knights joined in the battle for 2nd place - Jacob had it sewn up by then - half way through Sam tailed of the high pace being set and settled for a well earned 4th , Jordan and Jack came home in 8th and 9th respectively after a hard ride.

Next came the U14's, Matt was our only rider from the club, after a team talk from Mike, Matt rode a brilliant race always in the front group, finishing strongly in 7th place.

And finally the U16 , Alistair and Lewis represented the club in the high speed race. Lewis finished out of the

points this time round (is this the first race he hasn't won this year?) after lighting the

touch paper on a few laps. A great days racing by all the racers , the standard of the Northwest youth is very high, match equally by our club riders, great support from mum's and dad's from the club made to a great atmosphere.

Same time next year then ?

Report by Stuart Turton.

Race Results

- Robert 2nd U10
- Zoe 1st U12 girls
- Sam 4th U12
- Jordan 8th U12
- Jack 9th U12
- Matt 7th U14
- Lewis 5th U16



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 Isle of Man Races. Full report and photos in next newsletter.

Reminder. Help Needed.

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.

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



We need you!

Help needed 9th June at Preston Arena for youth races. A

minimum of 11 people are needed for gear checking, signing in and marshalling. If you can help please seen John or Chris Waters.