



La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.17 November 2014

WELCOME

With the racing season now over the social side of cycling takes over. There are many social events taking place over the next few months. See below for details.

DO YOU HAVE A BICYCLE FOR SALE?

Second hand bikes are always required for new club members. If you have a bike for sale please contact Dave Trippier by email: davidt@rochdalectc.org.uk.

CLUB EMAIL

Are you receiving your emails from the Club? If you are concerned that you may not be getting them contact Jon Preston or Andy Regan.

VELODROME NIGHT

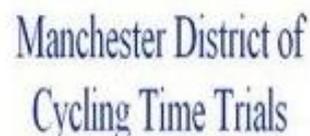
The next Club velodrome session will take place on the 6th November at Manchester Velodrome. Contact Dave Trippier if you are interested in attending.

THE LEWIS BARRY MEMORIAL 'SPADGER' RIDE

Sunday, the 12th October saw four club members take a drive over to Yorkshire to take part in the "Spadgers charity ride". Headquarters for the ride was the excellent Lotherton Hall, just off the A1. Mark Riley, Andy Regan and Mike Coulter were accompanied by 12 year old Niamh Coulter. At fifty miles, this was only Niamh's third "proper ride". The nominated charities were CRY (Cardiac Risk in the Young) and the Dave Rayner fund. This excellent event is organised by Carol and Mark Barry, in memory of their son, Lewis Barry. Also known as Spadger, Lewis was a very talented rider, who passed away in his mid-teens, a victim of SADS. Both charities are close to the hearts of the organisers. The Dave Rayner fund provides bursaries and on the ground support to talented young riders, attempting to make their way into the pro ranks, by riding on the continent. Lewis is also the nephew of former women's world road race champion, Mandy Bishop, owner of Surosa Cycles in Oldham.

The event was supported by over 1,200 riders, who were started in small groups of 10 to 12 riders. The wait in the queue for the start provided the opportunity to catch up with old friends and riders, including local talent, Matt Walls and his father Larry. Rumours of a return to the bike by former East Lincs member Ian Miller were confirmed, as he, his wife Suzanne and a contingent of six other riders from Shaw were spotted on the start line. An excellent and virtually traffic free route took in the quiet lanes to the east of Leeds. The first half of the ride was shrouded in mist, which was a shame as it prevented us from taking in the views. Leaving the Hall, we headed out over what was virtually flat terrain, travelling east towards Selby. Niamh showing her grit and determination was soon locked onto the back wheel of the tandem ridden by Lewis' grandmother, Judith and her husband Bob. From Selby, we then headed north towards Tadcaster. A well timed café stop at 22 miles provided a well-earned break and the opportunity for a quick cake and coffee. Leaving the café, the mist had lifted to provide excellent views across the countryside across the Vale of York. From Tadcaster, we headed through Bramer and over to Thorne, before returning back to Lotherton Hall. An excellent days riding in lovely countryside, in an area which will certainly feature in future car assisted rides!

Thanks to Andy Regan for the report.





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RIDES COMING UP...

8th November – Youth Hostel Weekend in Edale

9th November – ‘B’ Run to Holmfirth and ‘C’ Run to Haigh Hall

15th November – ‘D’ Run

16th November – ‘B’ Run to Rivington Barn and ‘C’ Run to Belmont

22nd November – ‘D’ Run

23rd November – ‘B’ Run to Wycoller and ‘C’ Run to Townley Park

29th November – ‘D’ Run

30th November – Riders Dinner at the Puckersley Inn

D RUNS

The D rides for novices and riders new to the roads are being organised on a regular basis. These are over a distance of around 20 miles and are designed to go at the pace of the slowest rider. Check your emails for details.

THE RAMSBOTTOM RAKE HILL CLIMB

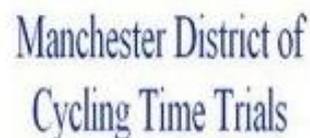
Hill climbs are the name of the game for racing cyclists who wish to suffer and take part in these punishing uphill sprints at the end the season

The East Lancs had two riders competing last weekend in the Lancashire Road Club event held on the Rake at Ramsbottom. The hill which features in the ‘100 Greatest Hill Climbs’ book is 900yds long and has an average gradient of 8%, but the steepest sector is the last 300yds which is a 1in 4 gradient and has a handrail on the footpath to assist pedestrians!!!

Sam Walley (below left), the Club’s promising junior rider clocked a lung bursting 3m 13s to make 3rd place in his category and Steve Butterworth (below right) timed 3m 41s in the senior category. Both riders followed Lee Baldwin from Champion Systems who clocked an excellent time of 2m 27s to win the event.



Thanks to Dave Trippier for the report





RIDE LEADERS

In an effort to make our Club runs safer and more structured ride leaders will be appointed to each ride. Training is being provided by Seamus Kelly and if you are interested in becoming a leader please contact Dave Trippier (davidt@rochdalectc.org.uk).

THE BLUE BELLES

There is a Blue Belles social evening to be held on the 7th November at Karim's restaurant in Heywood. Please contact Paula Butterworth by email at s.butterworth654@btinternet.com if you are interested in attending.

RIDERS DINNER

The Riders Dinner will be held on the 30th November at the Puckersley Inn in Royton. Please contact Ceara by email if you would like to attend - socialsec@rochdalectc.org.uk

SALLY RHODES RIDES THE BC BREEZE CHALLENGE EVENT

Having never quite managed to reach the 100km milestone on my bike I decided to enter the British Cycling Breeze. The alarm sounded at 6am on Sunday morning and I wondered why I signed up for this, but I got up to get ready for my biggest cycle challenge yet.

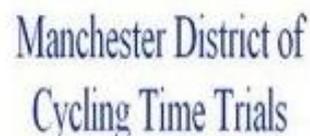
I set off by car with Caroline (riding partner and support friend!) and we headed to Preston in the dark. After meeting 2 other riders, Rachel and Emma, we headed for the start excited about the challenge ahead, where the ride was opened by Emma Pooley.

The route was fairly flat, which would help make the distance easier. From the start it was smooth going - flat - and we arrived at the first food station in good time. 35km down! Luckily after a chilly start it turned into a gorgeous sunny day as we headed north to the Forest of Bowland with around 400 other women. The course was on lovely quiet roads, very picturesque and fairly flat - until we rounded a corner and were suddenly faced with a 20% incline; sneaky and unexpected and certainly not flat; but fortunately not too long and we soon had it beat. Turning back South on the edge of the Forest of Bowland we met a few more hills before the second food station - 65km down! Heading off again and I was starting to feel weary, and the third stop at 77km was very welcome with tea and cakes. The final section was mostly flat again which was good as my backside was starting to hurt! The finish line was in sight, but the final 10km felt more like 50km!

Parts of the ride were hard-going and it was definitely a challenge, but we crossed the finish line after 6hrs 17mins with a riding time of just under 5 hours, averaging just over 20km/hr.

Milestone completed and feeling proud and tired we had a nice cup of tea and a snack before heading home for a good night's sleep.

Many thanks to British Cycling for a well organised event, for looking after us so well, and for the lovely goodie bags at the finish line. I'd definitely do it again, and here's too many more 100km rides!!





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The East Lancs Road Club is proud to be supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund.

ROAD BIKE FOR SALE

Sam Mottley has recently grown out of his bike and has it for sale. It is a Carrera Virtuoso size 54cm in good condition and in full working order. The bike has a couple of scratches on the stem and about 3 tiny chips near to the chain but does not affect the overall look. It is a reliable bike and got Sam through to the GHS national finals.



Contact Sam on 07889 908479 if you are interested.

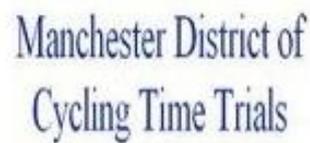
WINTER RIDING



Now that winter is upon us there are a few essential reminders for riding through the season. **Lights and mudguards are essential and are mandatory on Club runs.** Remember, if you arrive at a Club run without lights or mudguards you will not be able to ride. Even if the day promises to be bright, conditions can change and mist and fog are always a possibility, particularly on higher ground.

Paula has found a great website which has tips for riding in the rain. Although the site is particularly aimed at lady cyclists the advice is great for all. The link to the website is <http://totalwomenscycling.com/road-cycling/technique/top-tips-road-cycling-in-the-rain-32210/>.

Those riders wishing to improve their hill climbing ability either with a view to riding competitively next year or just for pleasure (?) can get advice at <http://www.cyclescheme.co.uk/community/how-to/how-to-cycle-up-hills>. Seamus Kelly produced some great notes on hill climbing earlier in the year. Let me know if you would like a copy (jonathan.c.preston@gmail.com).





BEST ALL ROUNDER (BAR) RESULTS

The BAR finale, consisting of the hill climb, descent and slow ride competitions, took place on the 2nd November. Following this Pete Matthew, our BAR Secretary, has announced the following results.

Juvenile (Male & Female)

1st Sam Walley (104pts)

2nd Alex Travis & Alex Wiseman (75pts)

Ladies Competition

1st Caroline Travis (168pts)

2nd Tracey Bateson (70pts)

3rd Paula Butterworth & Pauline Cooper (51pts)

Mens Competition

1st Pete Matthew (170pts)

2nd Andy Regan (149pts)

3rd Mark Riley (146pts)

Many congratulations to all the winners.

NATIONAL HILL CLIMB

Sunday 26th October saw the curtain come down on the 2014 racing season with the holding of the National Hill Climb. The Event this year was held at Stocksbridge near Sheffield climbing up 'Pea Royd Lane' from the Steelworks in the village up to the summit of the South Yorkshire moors overlooking Strines in Derbyshire.

The course is about 1200 yards long comprising four distinct sections. The first section climbs from the bottom at approximately 12% sheltered from the wind by the steelworks alongside, but the second phase then turns right into Pea Royd Lane and the riders are faced with an 18% climb for 200 metres until they cross the A616 on its way to meet the M1 north of Sheffield. After a short stretch of 100 metres where the riders have a short respite to catch their breath, the hill climbs again to its steepest gradient of 20% up to the hairpin where it turns north for a 300 metre sprint to the finish line. The weather was fine and there was a following wind for the majority of the ride, which helps numb the pain a little bit when the going gets tough.

East Lancs were represented by their Junior riders in the event comprising Noah Codling (age 14) riding his first National event who clocked 6m 4.7s, then Alex Trippier (age 15) with 5m 0.6s, Sam Walley (age 16) with 4m 37.1s and Alex Wiseman (age 15) with 6m 42.4s. All the riders did well and gained valuable experience for further rides at this level in the future.



Noah Codling on the Climb as he clocked 3m 26.5s.

Thanks to Dave Trippier for the report

The fastest Junior rider was 17 year old Harry Luxton from "RU Training Today" CC in the fantastic time of 3.40.6mins.

The course record is 3m 17.8s held by Dan Fleeman for the Cervelo Test Team, which remained safe this year because this event was won by Dan Evans in the time of 3m 24.2s to narrowly beat Matt Clinton into second place



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BEGINNERS AUDAX RIDE

Steve Butterworth has been asked by a number of members to give details of a flat local 200Km Audax ride. There is one running next month and details can be found at <http://www.aukweb.net/events/detail/14-609/>

Steve rode this route as his first Audax and says it is good fun and is a good introductory ride.

CLUB AGM

The Club's Annual General Meeting takes place on the 11th November at Rochdale Rugby Club. All are welcome.

AND FINALLY...

As always at this time of the year there is less news to report. If anybody has any cycling information, experiences or advice they would like to share please email me at jonathan.c.preston@gmail.com.

BILBAO TO CALAIS CYCLE CHALLENGE



Andy Gorton is arranging a challenging ride from Bilbao to Calais to take place in May next year. The trip will consist of an overnight ferry from Portsmouth to Bilbao followed by six days of riding. At present there are nine Club members taking part along with other riders. Support vehicles and drivers are also required. Anybody who is interested, please contact Andy by email, andrewgorton@btinternet.com

SOCIAL EVENTS DIARY

Below is a list of dates over the next month for your diary.

Friday 7th November – Regional Sports Award Dinner at Lancashire Cricket Club

Saturday 8th November – Dave Rayner Fund 20th Anniversary Dinner

Tuesday 11th November – Club AGM at Rochdale Rugby Club

Saturday 15th November – West Pennine RC Annual Dinner at the Broadfield Hotel

Thursday 20th November – Club Auction of Cycling Equipment

Thursday 27th November – Display of Classic Bikes at Rochdale Leisure Ctr.

Sunday 30th November – Riders Dinner at the Puckersley Inn, Royton

Sunday 7th December – M & D TTA Xmas 10 mile Time Trial in Cheshire

