



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.16 October 2014

WELCOME

September saw the Club's hard work come to fruition. The Club won the Beard Cup for the first time in 30 years. At the Link 4 Life awards we won the Club of the Year award plus David Trippier took the Unsung Hero Award.

YOUTH HOSTEL WEEKEND

Our next Youth Hostel weekend will take place on the 8th and 9th November. Check your email for more details soon.

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.

AND THE WINNER IS...

Club members attended the Rochdale Borough Community Sports Awards 2013/2014 at Rochdale Rugby Club to see The East Lancashire Road Club win the Club of the Year, against strong competition. The night also saw Dave Trippier take the award and trophy for the Unsung Hero: Special Recognition Award for his commitment to the sport of cycling and his unwavering enthusiasm to make the club; Club of The Year.

The guest speaker was Joanna Rowsell MBE who talked about her Career and answered questions from the audience.

The club nominated entrants for all of the seven categories and were short listed for six awards!

Although they didn't win their category special mentions also go to Andy Regan who made the short list for Volunteer of The Year, Paula Butterworth who was nominated for Disabled Sports Achiever of the Year, Pete Kliszcz who made the last four of the Coach of The Year category and Paul Atherton who was nominated for Sports Achiever of the Year.



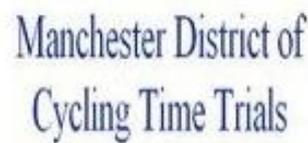
Dave Trippier Takes the Unsung Hero Award



George Preston, John Howard & Tracey Bateson Accept the Club of the Year Award



Club Members Meet Jo Rowsell





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COMMING UP...

4th October – Introductory Ride

5th October – Club Run A & B to Glossop, C to Pavilion Cafe (Royton)

12th October – Club Run A & B to Dunham Massey, C to Hebden Bridge

19th October – Club Run A & B to Roughlee Clarion Hut, C to Rawtenstall (Sharneyford)

26th October – Club Run A & B to Chapel-en-le-Frith, C to Lyme Park

2nd November – BAR Finale (hill climb, slow ride and freewheel)

9th November – Club Run A & B to Bashall Barn (Warrington), C to Haigh Hall

D RIDES

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

THE BEARD CUP VICTORY!

The Beard Cup is a magnificent trophy which was first competed for in 1929 when it was won by Oldham CTC. A convincing win in the Beard Cup Hill climb at Diggle saw the Club take the trophy for the first time in 31 years. This year the Club set about ending the barren run by fielding 30 riders, 4 of which are members of the Blue Belles Group, out of the field of 60 and being represented in all categories including Youth, Junior, Ladies, Tourist, Senior and Team.

The weather was glorious and the riders had no complaints to make as they tackled the 1 mile climb with a gradient of 10%, starting from Diggle village and finishing just short of the junction with the main Standedge Road.

The whole Event was started by Club President John Howard and quickly followed at one minute's intervals by the East Lancs contingent.

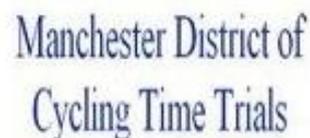
The Club secured wins by Pauline Cooper (8m 27.4s) in the Ladies category, Ben Trippier (5m 46.8s) in the Junior category and Sam Walley 2nd (5m 37.6s) in the Youth category which was won by Henry Cash from Holme Valley CC. Lauren Bateson won the Junior Ladies category in 10m 25.4s. Simon Abraham took the Tourist prize in 6m 50.9s.



Fastest Tourist Simon Abraham



Fastest Lady Pauline Cooper





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8000FT RELIABILITY RIDE

Sixteen intrepid Club riders set out on a bright and sunny Sunday morning to ride the 8000ft Reliability Ride. The challenging 60 mile route took in Huddersfield Road out of Newhey, Mottram Cutting, Glossop, Holme Moss to Holmfirth for a lunch stop. The afternoon part of the route went over Meltham, Slaithwaite, Barkisland, Ripponden and Blackstone Edge to finish at Hollingworth Lake Leisure Centre. All the riders finished within the time limit.

Chris Green was 2nd (5m 04.9s) and Danny Brejwo 3rd (5m 15.2s) overall. The fastest individual rider was Wilf Sargeant from the West Pennine RC with an excellent time of exactly 5 minutes.

The main award is however the Beard Cup, which goes to the fastest team of three riders and this year it was won by Chris Green, Danny Brejwo and Ian Grime for the Club, claiming the cup back from Saddleworth Clarion CC who were deserved winners last year.

Everyone was a winner in the Club last Sunday, with many riders tackling a hill climb for the first time.



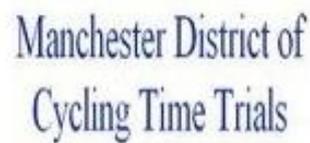
Victorious - Ian Grime, Chris Green and Dan Brejwo

THE BLUE BELLES

Eight Blue Belles entered the Club Hill Climb on Sunday 14th September. We made up over 20% of all entrants which is a fantastic achievement. Pauline did brilliantly gaining Ladies second overall. There were first and second places for many of us amongst the other Ladies categories.

Everyone got personal best times, someone achieved more than they thought possible by staying on the bike and not having to push, and most importantly all had a fantastic day just taking part.

Sally followed this achievement the weekend after with her first triathlon entry. This is a first for the ladies; she really enjoyed the experience and is looking to follow it up with more next season. Maybe more of us will be inspired by her success and have a go?





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The very end of the month saw Caroline, Ceara and Lauren competing in a 25 mile time trial event in Garstang. There was a big East Lancs entry, and it's great these two Blue Belles compete and got great times.

In a couple of weeks some of the Blue Belles are going over to Preston to take part in the 100Km Ladies Breeze sportive; hope that goes well, and you all enjoy.

Paula is taking part in an Audax event in North Wales later in October. It's an introduction to Audax (long and ultra long distance cycling).

We will be having a very gentle Christmas ride around Tatton (car assisted) in December. This is for any lady, including our social members, and children/mums/friends are all welcome. The plan is to have a competition for the best decorated bike /person, have a gentle ride around Tatton Park, visit the café and do a bit of shopping. There has been interest already; a date will be put out shortly.

A few of the Blue Belles are planning to do a 3-4 day British Cycling tour next year, details of which will be advertised shortly.

The enthusiasm amongst us ladies for supporting each other in whatever we want to do on and with our bikes is great, and the key to the achievements we are making.

Look forward to us all catching up at the curry night on Friday.

Chapeau!!



Manchester District of
Cycling Time Trials





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CLUB CURRY NIGHT

The Club Curry Night will be held at the Pavillion 2 on Spotland Road on the 3rd October at 8pm. Please contact our Social Secretary, Ceara, if you need any more information.

socialec@rochdalectc.org.uk

BAR COMPETITION

The BAR season reaches a climax with the hill climb, slow ride and free wheel competitions on the 2nd November. Last years' competition went right to the wire so don't miss out. Check your results on the website at <http://www.rochdalectc.org.uk/rochdale-ctc.html>. Make the most of the available points!

TWO STAGE HILL CLIMB SUCCESS

The Club's RRG Skoda sponsored two stage hill climb took place on Sunday 14th September. In marked contrast to last year dry, sunny and relatively warm weather meant a promising start to proceedings.

Leaving from race HQ at the Conservative Club in Littleborough the riders took on the short, sharp sprint in Blackstone Edge Old Road first. Although only 0.4 miles in length the changes in gradient and the overall steepness of the road make for a real challenge as riders try to maintain a sprint pace up the hill. Stage one was won by 2013 winner Lee Baldwin from Champion Systems in the time of 1m 44.2s to take the Stage one victory by 1.6s from Henry King.

Stage two followed the more traditional 2 mile route up Blackstone Edge on the main road. It was won convincingly by Henry King in the time of 8m 25.2s to place him 23 seconds ahead of Lee Baldwin, giving him the overall aggregate win by 21s.

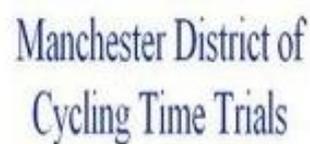
Third place on both stages gave Chris Dyke from Manchester Wheelers the same placing overall, while Theo Jefferies from Westmead Team 88 was best Junior and Henry Cash from Holme Valley Wheelers was best Juvenile.

Paul Targett from Pendle Forest CC finished as best Veteran, while Claire Munton from the Vegetarian C&AC was top lady.

Henry King takes home the RRG Skoda trophy for twelve months. The trophy is sure to be well contested next year. Plenty of riders vowed to be back with their fellow Club members after commenting on what a well run and friendly event it was. A credit to us all!



Dave Trippier Congratulates Overall Winner Henry King





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WINTER RIDING

Unfortunately, the season is nearly over and we will be preparing for winter riding. Remember that mudguards and lights are a requirement for Club runs in winter and make sure that your bike and equipment are all in good order.

CLUB WEBSITE

The Club's website continues to attract new members. September saw a magnificent total of 560 visits. Of these, 337 were first time visitors!

RACE REPORTS

Clayton Velo Road Race (31st August)



Riders Lunge for the Line. Chris Green Far Left

The East Lincs were in action at the Clayton Velo Road Race last Sunday.

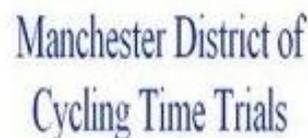
This 44 mile road race was for 3rd and 4th Category riders based on the long circuit at Bashall Eaves near Clitheroe and it was a clear bright day which saw a maximum field of 60 riders start in the Peloton, which included Chris Green and Ben Trippier for the Club.

The early pace was brisk including the first climb on the circuit, which saw some of the less fit riders struggle and lose contact with the peloton on the first climb. However the pace settled down and at the end of the first lap two riders went clear off the front to try their luck, but were quickly brought back into the bunch.

The East Lincs riders featured well in the early stages particularly Chris who was competing in his first road race. Chris lead the bunch on most the climbs and was comfortably placed near the front throughout most of the race, but on the day it wasn't Ben Trippier's race and at the end of the 3rd lap he lost contact with the few riders which remained in the peloton.

On the final lap, one rider went clear on the climb and the bunch didn't react, which was sufficient enough for the rider from Huddersfield Star Wheelers to establish a 30 second lead which he maintained for the last 10 miles to achieve a great solo victory.

In the following bunch they were preparing for a sprint finish and Chris lost his chain with 1Km to the line. However he was able to re-engage it and almost





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DAVE RAYNER FUND DINNER

To be held on the 8th November, this is a premier event, aimed specifically at raising funds to support young riders from Great Britain, who are aiming to become top class cyclists. The fund provides talented riders with either 6 or 9 month bursaries to allow them to race in mainland Europe. Through its extensive network of continental based ex-pats, it also provides practical, on the ground support. The ex-pats help place riders in the development and feeder teams of the major professional trade teams, who ride events such as The Tour de France. Many of our top international riders received support from the fund, and attend the dinner to show their support for the fund, which gave them the opportunity to pursue their dreams.

The dinner always take place in the North of England. This year is the 20th anniversary of the fund and the dinner will take place at the Royal Armouries in Leeds.

recover his position in the bunch, but he fell just short by a bike length in the sprint for the line.

Chris came in fifth place which was a fantastic achievement in his first race, and it looks very promising for Chris next season.



Chris Green Leads the Peloton

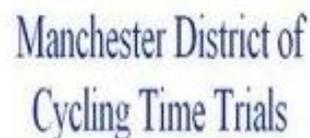
National 10 Mile TT (13th September)



Alex Wiseman, Sam Mottley, Sam Walley & Alex Trippier

Sam Walley, Alex Trippier, Sam Mottley and Alex Wiseman rode the Time Trial on Saturday 13th September. Having excelled in the North West Heats earlier this year, the four man team qualified as the North West Representatives from the Club for the first time in many years.

The GHS Final was organised by Central District on a course based upon the A46 dual carriageway between Leicester and Nottingham. The course was





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The event isn't cheap at just under £50 per ticket, but much of the money goes directly to the fund. Many top UK and International pro riders support the event, with David Millar being one of the confirmed guests. Christian Prudhomme, head of ASO, the company that promotes the Tour de France will also be attending.

If anyone is interested in attending, please let Dave Trippier know by the 10th October.

undulating but otherwise a good smooth surface comprising two turns at 5 miles and 9 miles, and the weather was fine with a slight headwind out to the turn.

Our team returned the following times. Sam Walley with 24m 33s, Alex Trippier with 25m 44s, Sam Mottley with a personal best of 27m 42s and Alex Wiseman with 27m 47s. The Championship winner was Samuel Henning from Hillingdon Slipstreamers with the excellent time of 21m 34s.

Blackpool Junior Triathlon (21st September 2014)

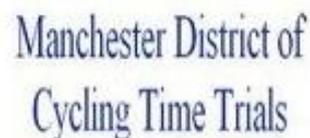
Two of the Clubs' promising Juvenile riders took part in the Blackpool Junior Triathlon.

Noah Codling took part in the Tristars 3 competition for 13 and 14 year olds which included a 300m swim, 8km bike ride and 2400m run, whereas Sam Walley entered the Youth competition which comprised a 400m swim, a 10Km bike ride and 3000m run.

Both lads did very well in their sectors with Noah coming in 16th in his competition and Sam Walley coming in 2nd out of 12 other competitors in his competition.



Noah & Sam at the Blackpool Triathlon





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Liverpool RC 10 Mile TT (20th September 2014)

The Club took a large team to compete in the Liverpool Century RC 10mile time trial on the D10/1 course, based on the Rainford By-pass near St Helens. The weather was fine and relatively calm which promised fast times.

There were a number of personal best (PB) performances by the Club's riders in the following results which were Alex Travis 31m 05s; Alex Trippier 24m 53s; Ben Trippier 22m 48s (PB); Josh Decamps, 28m 07s (PB); Frank Smith 23m 25s (PB); Ian Grime 23m 58s; Dave Ireland 25m 49s; Tom Ireland, 25m 59s (PB).



Tom Ireland Flying

The winner was one of the top Junior riders in the country, Ben McIntosh from Crewe Clarion Wheelers who sped around the course in 20m 38s falling just short of a 30mph ride, but a great victory nevertheless.

Seamons CC 25 Mile TT (20th September 2014)

The Club fielded three entrants in the Seamons CC 25 mile time trial in Cheshire. Father and daughter combination of Andy and Lauren Bateson took part with this being Lauren's first solo 25m TT. Andy achieved 1h 12m and Lauren 1h 26m with Darryl Nolan also coming home in 1h 14m. a over a defined route which has to be completed in 7 hours.

Thanks to Dave Trippier for the race reports.

