



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.5 November 2013

WELCOME

The club finished the hill climb season with a flourish with three entrants in the National Championship. Despite the appalling conditions they acquitted themselves well. Our results in the hill climbs this year show that we are set fair for a great year to come.

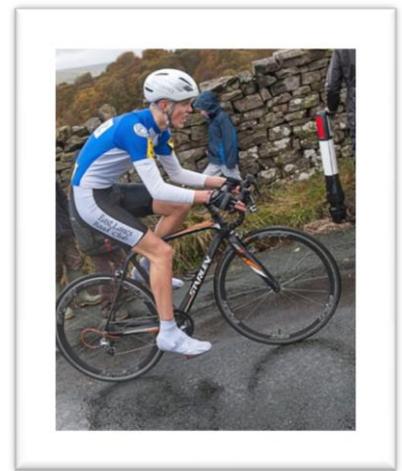
CLUB BEST ALL ROUNDER (B.A.R.)

As it is another few days left before the best all rounder competition is complete, the result will be announced in the next newsletter.

CLUB WEBSITE

The clubs website (www.rochdalectc.org.uk) attracted 426 visits in the last month, 247 of these were new visitors. Despite being down slightly on the previous month this is very encouraging as we enter the 'off' season.

NATIONAL HILL CLIMB CHAMPIONSHIP ON THE "STANG"



Alex & Ben Tripper on The "Stang"

The club fielded three riders in the National Hill Climb Championship for the first time in many years. The event was held on the "Stang", a 2.3 mile climb with an average gradient of 8% in North Yorkshire on the road between Reeth and Barnard Castle. However it wasn't as simple as that because the climb immediately went up at 18% for the first half mile and then it descended a little and then travelled along the hill side before the final ascent to the summit.

The weather was atrocious with driving rain and a gale force wind blowing the riders up the hill, but the conditions made it almost as painful for the riders descending the hill after their climb, as it was going up it in the first place.

Ben Trippier timed 10m 57.2s and Alex was just 5 seconds slower with a time of 11m 02.5s, which secured him an RTTC Medal as the Winner of the 14 year old Category. Let's hope this is the first of more National Awards for the club over the forthcoming years.

Wilf Sargeant of the West Pennine Road club delivered an excellent time of 9m 32.7s placing him well up in the Junior Category with a terrific ride. In the Senior



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CLUB COACHING

Congratulations to Pete Kliszcz who completed his British Cycling Coaching course on the 16th October and is now qualified as a Level 2 Coach. Pete is currently looking into the club becoming a Go-Ride club, British Cycling's development programme for young riders.

Pete joins Dave Ireland and Ian Grime as members with coaching qualifications.

CAR STICKERS

Car window stickers are available to purchase at £2.00 each. See Dave Trippier or Andy Regan for details.

The East Lancs Road club is proud to be supported by the "Heywood, Middleton and Rochdale Clinical Commissioning Group Social Investment Fund".

CLUB KIT

A stock of club kit is available from stock. Please contact Andy Regan for details.

category Andy Gorton went in the middle of a fierce storm, but he persevered to deliver an excellent time of 10m 08.2s.

The winner of the event overall was Tejvan Pettinger who timed 7m 57.7s to beat last year's Champion Jack Pullar by quite a margin, as he could only deliver a time of 8m 32.7s.

The winning ride beat the course record by approximately 1m 30s courtesy of the strong tail wind, but after 8 years of trying to win the National Hill Climb title, for Pettinger it was a well deserved victory in the most difficult circumstances.

WINTER RIDING



Now that winter is almost here it is worth considering some aspects of safety and comfort. There are the obvious considerations of warm clothing, gloves, overshoes and head wear. In addition mudguards and lights are essential and are required by the club for winter club runs. The mudguards not only keep you dry they also keep the rider behind you from getting sprayed. The club mechanic Simon Abraham has some excellent advice on the subject and will also help with fitting. Have a chat with Simon on Thursday nights or on rides.

Some recent accidents have highlighted common pitfalls of riding. The first is not specific to winter riding but is particularly appropriate now that trams are more common around town. When passing over tram lines ensure that you are perpendicular to them as you cross to prevent your wheels falling into the gap. More specifically, despite being familiar with roads more care is needed when descending. Wet roads, wheel rims and brake blocks all contribute to reduced braking ability and the heightened possibility of crashes. Enjoy it out there but take care!



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STRAVA

Strava is proving to be a popular app amongst the younger club members with strong competition to put in the miles and get placings on popular segments. Keep up the good work.

WINTER RACING

The Velo 29 Croft Winter Series takes place on the Croft racing circuit near Darlington. The racing takes place from January through to March and is a great opportunity to break up winter training with competition. The course is particularly suitable for beginners. Details can be found at velo29events.com/winter-series or through the British Cycling website.

MOUNTAIN BIKING

Simon Abraham will be running mountain bike rides on a weekday nights through the winter. Contact Simon for more information.

ANNUAL GENERAL MEETING

The club's Annual General Meeting took place on 7th November at Rochdale Leisure Centre. Dave Trippier gave the Secretary's report and Pete Kliszcz the Treasurer's report to a large number of attendees.

The club's progression and success through the year together with suggestions to encourage future growth in membership and rider development were discussed. Topics included a new design for the club kit, regular velodrome nights, increased attendance at the Tameside circuit and a forum linked to the website.

Adaptations to the Sunday club runs will take place. There will be regular A and B group runs. Planned destinations will be adhered to and car assisted runs will take place as planned.

The club will hold two open events in 2014, a 25 mile time trial and a two stage hill climb at Blackstone Edge. Riders are encouraged to participate in as many events as possible and the aim is for riders to have a minimum 10% improvement in their personal best times.

Two motions to change the club rules were put forward and passed. The membership period of the club will be twelve months from the date of joining rather than from the 1st January for twelve months. The members also agreed to become affiliated with Triathlon England in 2014.

The proposed committee changes were carried. New committee members include Ben Trippier and George Preston as junior team representatives. Paula Butterworth and Ceara Law are the ladies group representatives. Ceara also becomes Social Secretary. Andy Bateson and Dave Ireland also bring their skills and experience to the committee. Mark Riley takes over from Tom as club Runs Secretary and Andy Regan takes over from Gary as Secretary. Thanks to Tom and Gary for their service to the club through the year.

The next year will be a great opportunity to build on the achievements and progress made so far.



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TAMESIDE COURSE

Riders wanting to take part in the Tameside 2014 Race Series must register online in advance. British Cycling membership is also required. More details at https://www.britishcycling.org.uk/club/subscriptions?club_id=1585.

Racing licenses, essential for Criterium racing, are free up to the age of 16. More details can be found at www.britishcycling.org.uk/membership/article/mem-st-Racing-Licence-Prices-0-Need-a-Racing-Licence-0.

For riders aged between 16 and 23 attendance at Tameside is a great opportunity to gain experience and meet some great coaches.

CLUB NIGHT TRAINING

In addition to the usual turbo and roller sessions on a Thursday night Dave Ireland has started a fitness course. He is taking the participants through a range of exercises designed to increase core strength, stamina and fitness. This should pay dividends in Spring when the new season starts.

RESULTS

West Pennine Hill Climb



Andy Gorton Driving Hard at the Start

Wind the clock forward a few weeks to the 6th October and the weather on Blackstone Edge could not have been more different from the torrential downpour that greeted riders taking part in our hill climb. The weather was bright and cool as 15 East Lancs riders took part in the West Pennine Hill Climb. Our fastest rider was Andy Gorton who came home in fourth place at 8m 51.0s. We took the team award through the results of Andy, Alex Trippier (9m 42.8s) and Dave Ireland (9m 43.0s). Alex's time took him to first place in the Junior category.

Lauren Bateson took the Ladies prize for the club in a time of 15m 00.1s. A special mention goes to our youngest rider on the day, Matthew Szelesi who recorded a time of 13m 11.6s and finished in 27th place. Congratulations to everybody who took part.



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CLUB ANNUAL AWARDS DINNER

The annual awards dinner will be held on the 18th January at Rochdale Rugby club. The guest speaker will be End to End and National 24 Hour champion Andy Wilkinson. There has been a lot of interest, contact Dave Trippier to register your interest before the tickets sell out.

COMING UP...

10th November – Hill Climb/Slow Bike Reliability Ride
17th November – club Run to Clough Head, Haslingden Grane
22nd – 24th November – Youth Hostel weekend at Arnside
24th November – club Run to Hebden Bridge via Widdop and Cragg Vale.
1st December – Riders Dinner at The Puckersley Pub
8th December – Manchester & District TT and Fancy Dress Run (10 Miles)

For more details of club runs check the website
<http://www.rochdalectc.org.uk/club-runs-programme.html>

Anybody thinking of riding an Audax event can find more details at www.aukweb.net. No special training is required as long as you are a regular cyclist. Events can be entered as an individual or a team.



Dave and Alex Collect their Prizes Ladies Winner Lauren in Full Flight

Cragg Vale Hill Climb

The Cragg Vale Hill Climb took place on the 20th October. Four East Lancs riders took part, Gary Lake, Pete Matthew, Steve Szelesi and Matthew Szelesi. Poor weather conditions including a head wind, hail and rain ensured that no records were in danger of being broken. Gary completed the course in a time of 22m 27s, Pete in 29m 10.3s and Steve and Matthew in 28m 10.8s and 32m 34.2s respectively.



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