



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.23 May 2015

WELCOME

Since the last newsletter we have had a trip to the Velodrome and Club members have ridden from Spain to northern France in a cracking end to end effort and the Club has hosted its first TT of the year on J2/1.

FRENCH END TO END

Congratulations go to Andy Gorton, Sam Wilson, Jason Codling, Shaun Leonard and friends who completed their French End to End Challenge. Starting from Bilbao and finishing in Calais they cycled a total of 817 miles and 28,700 feet of climbing over six days. An amazing feat! Look out for a full report in next months newsletter.



CLUB NIGHT AT THE VELODROME



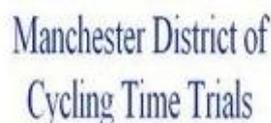
A group of Club members and friends attended the 2 hour session at the Velodrome on 2nd April. Our coach for the evening was Paul West who, after setting some of the more experienced riders off on a warm up around the track gave the complete novices some instruction.

It had been a few months since I had last been on the track but initial jitters about staying on the banking were soon forgotten as we got into the swing of things. I just had to remember that little voice in my head saying 'no freewheel' to avoid of getting a 'kick' from the pedals of the fixed wheel bike.

After the warm up Paul had us sprinting against the whistle. The time of each sprint was increased up to a minute with a short gap in between to recover. This was followed by a more technical session where a group of 4-6 riders would ride a lap with the leader peeling off to join the back of the group. The more experienced groups took a higher line around the track meaning that it was important for each group to maintain a line and not ride too high up the track when peeling off.

Finally, we ended with races. For the novices there were one lap sprints. The times on these placed us into groups of 4 for a handicap race with the aim to catch the rider in front. For the experienced riders there was a 30 lap scratch race followed by the formation of a chain with the leaders sprinting off the front and aiming to catch the back of the chain.

After a warm down we made for home, tired but elated.





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'D' RIDES

Our 'D' Rides for beginners take place on Saturday mornings from Rochdale Leisure Centre at 9:30am. The pace is easy and the mileage low. Check on Thursday Club nights to ensure one is taking place.

CLUB TV STAR

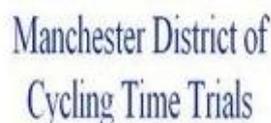
Dave Trippier was recently contacted by a TV production company looking for cyclists to help with filming. Subsequently, Jennifer Doohan was selected to appear in an advertisement for Aldi's cycling products. Two days were spent cycling in Tatton Park and in the Peak District. Jennifer normally spends her time behind the lens and was recently involved with a women in sport photo shoot found the change to being in front of the camera funny and had a great time. Look out for the advertisement being broadcast around the May bank holiday.



50 MILE RELIABILITY RIDE

Despite it being Spring it's your average autumn weather as the doom and gloom sits in on all of the cyclists minds when they remember that today is the day they must pay Pete £3 pounds (well not in my case he can wait 2 weeks for my payment, true story). So I head down to the Leisure Centre with what I would describe as my cycling parents Dave Trip and good old Andy Regan. The tough decision is then to be made 3 ½ hours or 4 hours? Peer pressured into the shorter I set out with the club chimps well those of us who could be bothered getting out of bed. Travelling along yelling out random speeds as we calculated the average speed needed to complete the 50 miles in time, can I be bothered calculating that time, no not really sorry folks.

The first small climb arrives, now let's just bare in mind I'm on an old rust bucket under the ownership of Andy Regan that he has kindly lent me and I'm very grateful, thanks Andy. We make the climb and lo and behold Sam Walley's attempt of putting his own bike together sadly fails as his bike breaks down! I think collectively we can say... 'It was a valiant effort'. One down and accompanied by three others now we come over to the left turn to head to Bury and BANG! Wisely shot off the front as he tried his best to be clever. If you shoot off at least know where you are going. Two down, two to go, who will the curse strike next. Well that turned out to be me. Bombing down the valley I was just about to finish in time if I'd kept it up. First Josh begins to fall off the back then Cameron drops. Then it happened. The 'it' being a puncture and of course it not being my bike meant I did not carry a puncture kit. So I'm stuck, stranded, as one by one they roll pass me. I sit down and eat every single snack I have loaded in my back pockets. It was like the biblical story of the Good Samaritan. Until my trusted cycling parents arrive, Andy and Dave, 10 minutes later with wheel





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'A' RIDES

'A' Rides also take place on Sundays and are being arranged by Mark Barker and Steven Butterworth. Please check nearer the time for more details.

All rides start at 9:30am from Rochdale Leisure Centre. See <http://www.rochdalectc.org.uk/calendar.html> for details.

NEW CLUB KIT

Last month the new Club kit was unveiled. If you would like to order the new East Lancs kit or CTC kit contact David Trippier by email at davidt@rochdalectc.org.uk.



New CTT and East Lancs Kit

changed I'm off. There was no hope for me my as my ride was over, I was nowhere near the 3 ½ hour mark, sadly, but my hope was with my cycling parents. So I rolled back to the Hollingworth Lake Visitors Centre to find out all the chims had failed but it was an interesting trip plus it was rounded off with a beautiful chicken, sweet corn and mayo panini, even if it was served ten minutes after it was ordered. All in all happy to be a part of the Club and have these experiences.

Thanks to Alex Travis for the report

RACE REPORTS

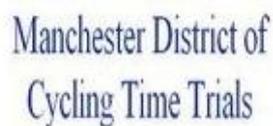
RTTC Classic Series Buxton Hilly Time Trial – 3rd April 2015

On Good Friday the Club's Ben Trippier took part in the RTTC Classic Series event which was the 33 mile Buxton Hilly Time Trial in Longnor, Derbyshire. Ben competed well in the Senior Road Bike Category against top quality riders from around the Country to record 1h 44m 56s. The event was won by Matt Botrill from team Drag2Zero, who is National Champion at several distances, in the time of 1h 22m 17s. The womens event was won by Katie Archibald from Pearl Izumi – Sports Tours International in the time of 1h 02m 13s. The fastest four riders completed the course in 55 minutes times with Mark Turnbull riding for TORQ Performance coming out on top and winning the event in 55m 2s.

Withington Wheelers 25 Time Trial – 4th April

This race took place on the J2/9 course in Cheshire where the Club fielded two riders being Alex Trippier who set another personal best at the distance of 1h 06m 4s and David Trippier who recorded 1h 07m 03s. The weather conditions were excellent and the winner was David Crawley from Fibrax-Wrexham RC who won in the fantastic time of 52m 37s.

VTTA 10 Time Trial – 7th April





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CLUB RUNS COMING UP...

The following Club runs will be taking place over the next few weeks.

Sunday 10th May

'B' Ride – 100 Miles in 8hrs
Reliability Ride
'C' Ride – Ripponden

Sunday 17th May

'B' Ride – Hathersage
'C' Ride – Hebden Bridge

Sunday 24th April

'B' Ride – Holmfirth via Holme Moss
'C' Ride – Uppermill & Meltham

Sunday 31st May

'B' Ride – Castleton
'C' Ride – Ramsbottom

Sunday 3rd June

'B' Ride – Clapham
'C' Ride – Hebden Bridge
150 Miles in 12hrs Reliability Ride

All rides start at 9:30am from Rochdale Leisure Centre. See <http://www.rochdalectc.org.uk/calendar.html> for details.

The VTTA time trial took place on the J2/1 course on Tuesday 7th April. Unfortunately, the weather conditions were fairly good but a north westerly breeze kept times down a little on what can be a fast course.

The Club rider times were as follows Frank Smith, 24m 21s; Ben Trippier, 23m 03s; Caroline Travis, 30m 26s; Alex Trippier, 25m 51s; Pete Matthew, 30m 31s David Trippier, 26m 00s and Mark Riley, 27m 40s. The Event was won by Steve Turner from the Lyme Road Club in 21m 04s

Pendle Forest CC Road Race – 18th April

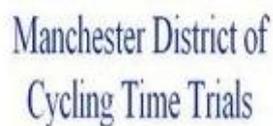


Sam Walley & Ben Trippier (2nd & 3rd) Powering the Bunch

The Club fielded a team of three riders in the Pendle Forest CC Road Race based around Bolton by Bowland near Clitheroe on Sunday and it was Chris Green, Sam Walley and Ben Trippier who took part in the 44 mile race based upon 4 laps of an 11 mile circuit.

The race was neutralised up the first climb out of Bolton by Bowland into a slight headwind before the Commissaire let the riders go for it near the top of the climb. The undulating circuit proved to be a test for many of the bunch on a fast first lap, with many losing touch with the peloton.

On the second climb out of the village towards the start/finish line the bunch split and East Lancs riders Walley and Trippier found themselves in the wrong





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NEW CLUB WEBSITE

We have launched a new Club website with updated information and a more modern fresh look. New features include an interactive calendar which can synchronise with your Smartphone and a revised gallery. The address remains the same at www.rochdalectc.org.uk.

place in the second bunch, and this group were unable to regain contact with the leading group for the rest of the race coming in 3-4 minutes in arrears.

However, Chris Green held his own in the leading group of 20 riders until the final sprint to the line, which was a ½ mile uphill dash which split the pack to pieces. The winner eventually came from a two man sprint to the line with Lancaster University CC rider Wilf Sargeant taking the honours with his first ever road race victory, by half a wheel length.

Rainford 10 Mile TT – 18th April

This was the first 10 mile time trial of the year on the D10/1 course on the Rainford by-pass near St Helens. This course can be particularly fast in the right conditions, but an easterly wind affected most riders in this race, apart from the winner.

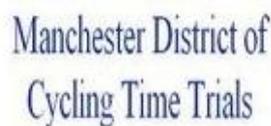
The Club performances were all best rides of the year so far, which produced the following times, Josh Decamps (PB) 27m 42s; Ian Jackson 28m 18s; Alex Trippier 25m 50s; Jonny Decamps (PB) 30m 30s; and David Trippier 25m 35s. The winner was Simon Wilson from Team Polypipe in the fantastic time of 20m 19s.

“Sportive” rides are very fashionable at present and Father and daughter Mike and Nieve Coulter took part in the Manchester-Chester-Manchester Cyclo sportive on Sunday 19th April. Both completed the course comfortably around some delightful Cheshire lanes around Beeston Castle, including a few stiff climbs.

Thanks to Dave Trippier for the reports.

BIKES FOR SALE

Simon Abraham has a brand new ladies road bike for sale (see below). It is a 48cm Cannondale Synapse 7 with Shimano Sora Gears. The frame is suitable for heights 5'0" to 5'4". It is fitted with new SKS mudguards and new Lezyne 400 lumen lights. The finish is gloss black and pastel pink with flower detailing. It has a compact chainset with 11-32 cassette. Price, £570 with free bike fit and servicing for a year (parts extra if needed required). Contact Simon on 07977





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Cedric has a Fausto Coppi K3 by Masciacti road bike for sale. It has a rectangular 59cm Aluminium frame in perfect condition with Campagnolo Veloce groupset 53/39 double chain ring and 12/25 cassette. It is completed with 700c wheels and just needs bar tape to look like new. The price to look like the great man himself (Coppi or Cedric) is £250.00. Contact Cedric by email at cedric@talktalk.net.



Manchester District of
Cycling Time Trials

