



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.8 February 2014

WELCOME

The beginning of the new season is approaching rapidly. Triathlons and Time Trials start at the beginning of March. For those thinking of taking part in events it is time to plan your training with a view to getting the best out of it. Thursday Club Nights are proving popular with up to 20 riders taking advantage of the facilities and hitting the rollers and turbo trainers.

BEST ALL ROUNDER

It doesn't seem long ago that the results of the CTC Best All Rounder (BAR) were being announced. However, the new season BAR competition starts in March. Points are awarded for attendance at Club nights and on Club runs, reliability rides and selected Audax events.

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

THE CLUB'S ANNUAL AWARDS DINNER

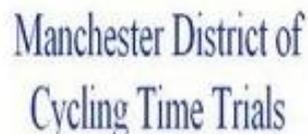


Our Packed Venue

After a 20 year break the club celebrated the events of the year with the Annual Awards Dinner. A fantastic attendance comprising current riders, past members, family and friends filled Rochdale Rugby Club to its capacity of 120. Following an introduction by Club Secretary David Trippier, the East Lancs Secretary Andy Regan gave a speech which looked back over the last year. The rise in membership numbers particularly in the junior section and the attendance of all ages at races were particular highlights.

Medals for competition entry were awarded to the following junior members Lauren Bateson, Katie Smith, Mathew Szelesj, Sam Walley, Sam Mottley, Alex Wiseman, Harrison Groome, George Preston, Tommy Ireland, Ben Trippier, Alex Trippier and Sam Smith

Trophies were awarded by Club President John Howard, Milk Race Leader Nigel Bishop and former World Champion Mandy Bishop to the winners of several categories as follows.





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COMING UP...

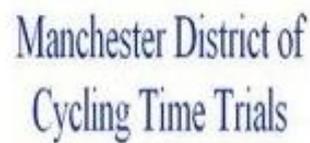
9th February – Club run A & B to Hellfield Railway Station, C to Hebden Bridge
 16th February – Club run A & B to Holmfirth, C to Marsden
 22nd February – Ladies Only Ride
 23rd February – Car Assisted Ride
 1st March – Introductory Ride
 1st March – Nova CC 2up 25Mile TT
 2nd March - Charlie Westlake Sportive
 2nd March – Wirral Aquathlon

<http://www.rochdalectc.org.uk/club-runs-programme.html>

Daryl has donated four high visibility tabards and three pairs of gloves. If anybody is interested in having any of these free of charge see Jon on club night.

Katie Smith	Juvenile Girls 10 Mile Time Trial Championship
Tommy Ireland	CTC Hill Climb on Blackstone Edge Old Road
Ben Trippier	Junior Boys Time Trial Best All Rounder
Sam Smith	Juvenile Boys Road Race Best All Rounder
Alex Trippier	CTT Silver Standard Certificate for 10 Mile Time Trial Beard Cup Hill Climb U16 Shield National Hill Climb 14 Yr Old Age Group CTT Medal Juvenile Boys Time Trial Champion
Dan Brejwo	Men's Time Trial Short Distance Best All Rounder
Sam Wilson	Men's Road Race Best All Rounder
Paul Atherton	Novices Trophy
Andy Regan	Club Man Of The Year
David Trippier	CTC Best All Rounder
Simon Abraham	25 Mile Time Trial Champion
Gary Lake	Veteran Road Race Best All Rounder
Dave Ireland	Veteran Time Trial Long Distance Best All Rounder
Andy Gorton	10 Mile Time Trial Champion Veteran Time Trial Short Distance Best All Rounder Hill Climb Champion

Following the awards the guest of honour Mandy Bishop, former cycling World Champion, shared her experiences of cycling at the highest level to an enthusiastic audience. A night to be proud of drew to a close with a raffle and dancing.





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NORTH WEST JUNIOR TRIATHLON SERIES

If you missed the meeting about participating in the North West Junior Series of Triathlons it is not too late to get involved. With training assistance from former top level triathlete Sue Bishop, this is an excellent opportunity to get involved. Events start at the beginning of March and continue throughout the year. Contact Andy Regan with details of any experience you may have in any of the three disciplines to register your interest.

BIKE & TRIATHLON SHOW

The Bike & Triathlon show is on at Manchester Central on the 8th and 9th March. There is a 50% discount off entry for CTC members.

See www.bikeantri.co.uk for more information.



Andy Regan, Ben Trippier and Dan Brejwo



Gary Lake, Simon Abraham, Tommy Ireland and Dave Ireland

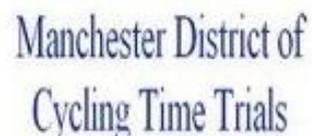


Alex Trippier, Andy Gorton and David Trippier



Paul Atherton, Katie Smith and Sam Smith

The Winners Accept Their Awards





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CLUB KIT

The new club kit has started to come through. An example of the Pro version is now available to view on club nights. The new kit is discounted until the 28th February and is available to order now. Please contact Dave Trippier or Andy Regan for details.

See below for photographs of Sam Wilson modelling the now Pro kit.



A small stock of the old club kit is still available and is heavily discounted by 50% to clear.

LADIES GROUP

Welcome to the ladies section of La Gazzetta. For any ladies browsing the club web site wondering whether to dip a toe into the murky man world of road cycling, give it a go! Be encouraged, this very friendly club has a fast growing ladies section, who will be all too pleased to welcome you.

We are aged from teenagers to ladies of a certain age; all shapes, sizes and abilities. Some enjoy just getting on a bike for pure enjoyment, some to get fitter and for the benefits to psychological wellbeing, others enjoy the competitive side of the club. All of us enjoy the social side of the club and the company and support of a great group of people.

We have a ladies only ride on the last Saturday of the month, this is a shortish and relatively flat ride at slow pace- with the all important café stop midway!

If you don't have a suitable bicycle the club has bikes and helmets that you can loan to get you going. Leggings or track suit type pants and trainers will suffice to get you going (although the dreaded lycra padded shorts provide a bit more comfort).

Please give us a ring and give cycling a go. We would love to welcome you; one of the club ladies can get in touch if you need added reassurance or support.

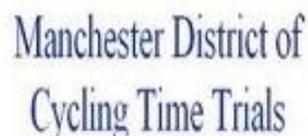
The ladies in the club hope to take turns to write a quick review on their exploits on the bikes. Watch this space for more info and action!!

Contributed by Paula Butterworth

WHEN THE PRESIDENT WAS A LAD!

ELRC and Rochdale CTC ex-member Bob Miller shares his memories of cycling in the 60's.

Back in 1967, when the Beatles were still a band, a group of young riders who had been active with the CTC Rochdale Section (relaunched in the late 1950s) and had also joined the Littleborough RC or West Pennine RC for racing, decided it was time to create a racing offshoot of the CTC. The result was the formation of the East Lincs RC. Besides your current President, other founder members included Neil Platt (Chairman), Gordon Harling (Treasurer), Graham





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TAMESIDE RACING

Round One of the Tameside Development League is on the 15th April. Races are weekly through to the end of August. The closed circuit course is a great way to get into racing and the track is always popular. For more information on the series go to https://www.britishcycling.org.uk/events?search_type=upcomingevents&keywords=Tameside&resultsperpage=30&series_id=&fromdate=29%2F01%2F2014&todate=&zuv_bc_event_filter_id%5B%5D=21&series_only=0&online_entry_only=0&distance=&postcode=®ion_id%5B%5D=17.

The British Cycling website has a lot of information on road racing. Start at <http://www.britishcycling.org.uk/road/article/20131213-Get-into-road-racing-0>.

Hooley, Alan Sutcliffe, Mick Carr, Brian Taylor, Martin Greaves and myself as Secretary. Having settled the debate about jersey colours (royal blue and white won the day over multi-coloured vertical bands), we were ready to race! Throughout the 1967 season, the blue jerseys were seen competing in a few road races, but mostly in TTs and end of season Hill Climbs. There was an extensive programme in those days, so we could choose from TT events on Lancashire, Cheshire and Yorkshire courses, on which we sometimes managed top six places, sometimes top three, in individual and team competitions. Our 1967 season started in mid March with Team TTs and ended late October in the National Hill Climb Championship on Winnats Pass, where we finished as the 6th team. The energy of youth!

During 1968 we took part in two events on the Chester Road course, memorable for very different reasons! The first was the National Championship 25, a really competitive race where single seconds decided the medals and the team prize. The second event concerned your President, John, Neil and myself. We were competing in a Team TT, and as we headed south down the Chester Road from the last turn, we had what former F1 commentator Murray Walker described as a coming together. Yes, I know, how can anyone crash in a Team TT! Well we achieved it and had the scars to prove it. Anyway, an ambulance took us to be patched up in hospital, where we must have looked like a scruffy lot since they thought we were footballers! Naturally, we were winning the race when we crashed, or am I still confused by the bump on the head?

Looking back over those 46 years, there have been revolutionary changes in cycling, especially in the application of technology to bike design and construction and in the increasing knowledge of sports science to improve rider performance. What a massive profile our national teams have on the world stage, an inspiration for everyone. I never cease to wonder at the changes. Back then we rode bikes made of steel (some of us even started our cycling careers on steel rims!). And who would imagine then that saddles would be constructed to reflect human anatomy and improve the seated comfort of the rider?

It was really heart warming for an ELRC old-timer to see in the photographs of your recent club dinner the obvious enjoyment of the participants. For this is what has not changed over the years: groups of enthusiasts coming together to enjoy the varied social and competitive nature of cycling, along with a bit of banter, of course. The ELRC is clearly in a great place now. I congratulate you and I look forward to reading of your future activities and successes (and in Cycling Weekly of course!).

Contributed by Bob Miller

