



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.60 February 2019

## WELCOME

The Club is looking forward to an exciting year of cycling ahead and this edition highlights the key events on the Club calendar which people can either participate or help out.

## HEART START

A group of East Lancs members took advantage of John Ashworth's offer to provide training in CPR to the club via the Heartstart Oldham scheme to "train a nation of lifesavers".

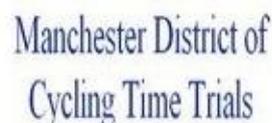
Most of us had no previous experience of CPR training and agreed with many of the reasons why there is a low rate of bystander CPR and PAD (Public Access Defibrillator) use, including

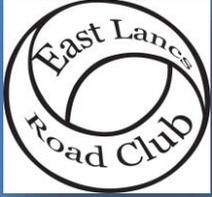
- Failure to recognise cardiac arrest
- Lack of knowledge of what to do
- Fear of causing harm, or being harmed (infection)
- Fear of being sued
- Lack of knowledge of the location of public access defibrillators and how to use them.

John provided a thorough talk on the techniques involved before letting us loose on the numerous mannequins he had brought along. John and his team helped us all as we put the techniques we had just been taught into practice. After a few attempts we all eventually got to understand what to do.

... if you excuse us for a moment, a bit of a memory jogger for the participants (Drs.ABC):

- DANGER – Make sure you are safe to help
- RESPONSE – Shake the shoulders and ask "can you hear me" looking for any sign of a response.
- SHOUT FOR HELP – Phone 999 or 112 or preferably get someone else to call stating "heart attack".
- AIRWAY – Head tilt and chin lift.
- BREATHING – Look for chest rising and listen and feel for any breath.
- CPR – If not breathing normally, start CPR. If you can access a defibrillator, use it.





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## Dates for your Diary

### ELRC 10 Mile TT

Saturday 27 April 2019  
2pm, J2/1  
Venue TBC  
**Jon Preston**

### ELRC 25 Mile TT

Saturday 22 June 2019  
2pm, J2/1  
Allostock Village Hall  
**Jason Codling**

### ELRC Spring Road Race

Sunday 19 May 2019  
9am, Bashall Eaves Long  
Circuit, Edisford Primary School  
**David Trippier**

### ELRC 2 Stage Hill Climb

Sunday 8 September 2019  
11am, J9/19 & J9/11  
Littleborough  
**Mike Coulter**

If you are not riding there are still a number of Marshalling slots available at all of the above events. If you can help please contact the organiser of the individual event direct.

## Cardio Pulmonary Resuscitation

- 30 chest compressions (2 per second i.e.: 120 per minute).
- 2 rescue breaths
- Keep repeating until emergency services arrive
- If Defibrillator is available, use it, following the instructions in the box.

By the end of the training we all felt that we had sufficient knowledge and also the confidence to step forward and help if we ever need to.

A big thank you to John and his Heartstart Oldham team for coming along and teaching us how to save a life... it's quite easy really!!! If anyone has an opportunity to organise a group who would benefit from CPR training, then please contact John or email [heartstartoldham@hotmail.co.uk](mailto:heartstartoldham@hotmail.co.uk) .

A collection at the end of the session raised £46.01 for the charity.

Thank you to Ian Millar for the Report.

## Have a go at an Audax

The Club Audax competition is underway with a number of members already getting some early season points under their belts.

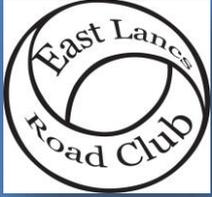
The link to the Audax UK website is here <http://www.aukweb.net/>

There are so many rides available and with most having downloadable GPX files it has never been easier to join in. They are very friendly, much cheaper than the standard Sportive rides and there are some cracking routes. If you are thinking about riding one of the local Audax rides it may be worth posting on the club social media as there is a good chance other Members may have signed up.



Manchester District of  
Cycling Time Trials





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## Safety on the Road

Riding in a group can be fun and is what being a Club rider is all about.

It is important to remember that riding in a group is different from riding solo. As well as thinking about yourself and traffic you also need to consider your fellow riders.

British Cycling offer some tips for riding safely which can be found here <https://www.britishcycling.org.uk/membership/article/20140102-Road-safety-tips-for-members-0>

The main thing is be aware of what is going on around you and to anticipate the conditions.

If you are not as confident on the road then watch and learn from others who are, look at what they do and copy them.

Enjoy your riding and be safe

## 2018 Annual Awards Night

120 Club Members, family and friends came together on Saturday 12 January 2019 to celebrate a fantastic year of cycling.

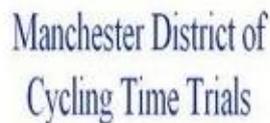
This year's special guest was Chris Laytham, 2018 Commonwealth Games - Scratch Race - Bronze Medallist and Professional Cyclist with One Pro Cycling



*Chris Laytham pictured with our Club President*

The evening was enjoyed by everyone. The Rugby Club once again played hosts and provided a wonderful meal. Once the presentation and speeches were over everyone enjoyed a drink a chat and some even danced.

There are lots of people to thank for helping throughout the year but special thanks to the event organisers, Marshalls, catering ladies, committee, parents and partners. Thanks also to the people who organised the presentation evening namely Gareth, Heather, Jason, Peter, Mark, Dave for the photos and Nigel for spinning the decks. Special mention to Sharon for the beautiful table decorations which made the room look wonderful.





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## Future Newsletters

Take a picture of a recent Club ride?

Accomplish something noteworthy on the bike?

Write a story?

Share an anecdote?

Email me

[m\\_a\\_widdup@hotmail.co.uk](mailto:m_a_widdup@hotmail.co.uk)

with any articles and I will include them in the next edition

## Social Events

The next social gathering is on Saturday 8 March at 8pm

Our very own Ian Millar's Band 'Soul Provider' are playing at Littleborough Cricket Club.

Tickets are £5.00 each.

Anyone interested can contact Ian on [ian.millar@outlook.com](mailto:ian.millar@outlook.com)

Final thank you to Dave Tripper, the glue that holds our Club together, for leading the presentation and for making sure as always everyone is recognised for their contributions.

One of the highlights of the year for a number of our Club members was to cycle the famous Lands End to John O'Groats

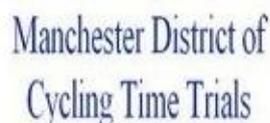


The riders completed 874 miles in 6 days raising a fantastic £800 raised for the Great Ormand St Charity. The Intrepid team were Andy Gorton, Pete Haigh, Kamil Waligora, Sam Wilson, Leighn Chambers, Matt Jackson, Ben Whitehead and Gareth Snell as the driver and support

Massive respect and well done to all the riders for a brilliant effort and for raising so much money for a worthy cause.

During the evening many Club members received their individual certificates in recognition of their individual achievements throughout the year.

The awarding of the main trophies is always the highlight of the evening and it was great to see all the winners with their respective silverware.





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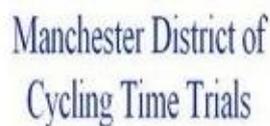
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## Trophy Winners Gallery

A massive congratulations to everyone who was presented with their Certificates but a special well done to all our Trophy Winners



Finally, a Very Special Photo of the cast of The Sopranos (otherwise known as the past winners of the Marion Ripley Trophy for Men's "Best All Rounder")





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## New Kit for 2019

If you thinking about buying some new kit for 2019 then the first call should be to Jason for all your Club Kit needs.

If you need any other kit then check out this link to Cycling Weekly Review of 2019 kit so you can make the right decisions with your hard-earned cash

<https://www.cyclingweekly.com/group-tests>

## A bit of a Joke

A pedestrian stepped off the curb and into the road without looking and promptly gets knocked flat by a passing cyclist.

"You were really lucky there," said the cyclist.

"What on earth are you talking about! That really hurt!" said the pedestrian, still on the pavement, rubbing his head.

The cyclist replied, "Well, usually I drive a bus!"

## Club Runs for the next Month

**Always best to double check the Club Website and social media for all the Club Runs on a Saturday and Sunday mornings.**

### Saturday 9 February

9.00am Fast Training Ride

9.30am Beginners Ride to Uppermill and Medium Ride to Holmfirth

### Sunday 10 February

9.00am Fast Training Ride

9.30am Short Ride to Helmshore and Medium Ride to Bingley Locks

### Saturday 16 February

9.00am Fast Training Ride

9.30am Beginners Ride to Edenfield and Medium Ride to Tockholes

### Sunday 17 February

9.00am Fast Training Ride

9.30am Short Ride to Sowerby Bridge and Medium Ride to Cat and Fiddle

### Saturday 23 February

9.00am Fast Training Ride

9.30am Beginners Ride to Heaton park and Medium Ride to Roughlee

### Sunday 24 February

9.30am Short Ride to Townley Park and Medium Ride to Bolton by Bowland

### Saturday 2 March

9.00am Fast Training Ride

9.30am Beginners Ride to Hebden Bridge and Medium Ride to Wycoller

### Sunday 3 March

9.00am Fast Training Ride

9.30am Short Ride to Meltham and medium Ride to Devil's Elbow

