



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.49 October 2017



WELCOME

Gareth has some timely advice on equipping yourself for rides and he also tells us about his century ride for the NSPCC in Birmingham. The Hill Climb season is now over and there have been some great rides by Club members. Andy Gorton succeeds again at the 25 TT Champs.

PILATES SESSIONS

Pilates begins on Thursday 2nd November at 19:30 at Rochdale Leisure Centre. There will be a series of 7 sessions conducted by Sharon 'The Punisher' Lowe. The cost is £2 per session payable in advance. Send your payment directly to the Club account. Account No. 73449246, Sort Code; 20-64-12. Please let Suzanne and Gareth know once you have paid.

BEARD CUP SUCCESS...AGAIN!

The Club organised the annual Beard Cup Hill Climb on behalf of Manchester CTC on Sunday 16th September in Diggle, Saddleworth. Despite the less than promising weather at the start of the day the event attracted a large field for the 1 mile climb out of Diggle up to Standedge. Although the weather was dry by the start there were no records broken due to the headwind which slowed the riders down by some 20 seconds on previous years performances.

The East Lancs RC retained the Beard Cup for the fourth consecutive year with a dominant display with great rides from everybody resulting in nine riders featuring in the top twelve places.

Our riders times in start sheet order are as follows; Shaun Leonard, 7m 32.4s; Cameron Fitton, 6m 57.1s; Andy Gorton, 6m 33.5s; Dave Ireland, 7m 36.7s; Karen Bailey, 9m 03.6s; Matthew Hartley, 8m 50.4s; Nicole Decamps, 9m 30.5s; Joe Cooke, 6m 24.2s; Pat Cooke, 6m 28.6s; Josh Decamps, 7m 14.5s; Roy Nield, 6m 20.1s; Matt Jackson, 5m 38.8s; Oliver Huszar, 5m 28.5s; Paul Ashworth, 6m 48.3s; Ben Trippier, 5m 24.8s; Chris Green, 5m 22.6s; Oliver Makinson, 5m 58.1s; Max Bentley, 7m 23.7s; Cat Jessop, 7m 09.1s; David Bentley, 7m 17.4s; Oliver Bentley, 6m 17.2s; Pauline Cooper, 9m 00.0s.

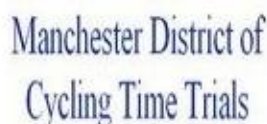


Nicole Decamps Flying High

The Club's trophy winners:

Chris Green, Ben Trippier and Oliver Huszar
Cat Jessop
Oliver Makinson
Max Bentley
Hannah Clough

Winning Team
Fastest Lady
Fastest Junior
Fastest Boy Youth
Fastest Girl Youth





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RIDERS DINNER

The Riders Christmas Dinner will be held on Sunday 3rd December at the Puckersley Inn. The cost is £15 per head and the restaurant has been booked from 12:30pm until 4:30pm. For more details on food choices contact Gareth for a copy of the menu. This is always a great event so get your money into Suzanne directly to the club account. Account No. 73449246, Sort Code; 20-64-12. Please let Suzanne and Gareth know once you have paid.

WINTER CLUB RUNS

The Club's winter runs schedule starts on 28th October. From this date there are no long runs and the Sunday riders all start at 9:30am.

Please remember that mudguards and lights are compulsory on all winter runs for both you and fellow riders safety and comfort.



Hannah Clough Receives Her Trophy

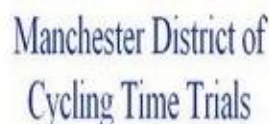
The winner was Kieran Manchester from Saddleworth Clarion in the only sub 5 minute climb of 4m 57.6s.



Our 2017 Beard Cup Winners: Ben Trippier, Ollie Huszar & Chris Green

TWO STAGE HILL CLIMB

On 10th September, Andy Regan organised the Club's 2 Stage Hill Climb. This was an event which comprised a morning climb of Huddersfield Road from Newhey towards Denshaw and an afternoon climb of Buckstones Road in Shaw. Both climbs are similar at approximately 1 mile in length and similar gradients. The weather was blustery but for most riders the rain held off at least keeping them dry if not warm.





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SATURDAY CLUB RUNS

21st October

Beginners – Pavillion Café
Medium Ride – Chatburn

28th October

Beginners – Summerseat
Garden Centre
Medium Ride – Castleton

11th November

Beginners – Edenfield
Medium Ride – Longridge

18th November

Beginners – Heaton Park
Medium Ride – Haigh Hall

25th November

Beginners – Hebden Bridge
Medium Ride – Lyme Park

2nd December

Beginners –
Haslingden/Helmshore
Medium Ride – Homfirth

All runs start from Rochdale
Leisure Centre at 9:30am.



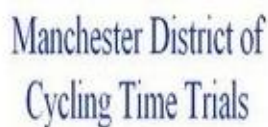
Dan Evans Takes the First Stage

The field for the event was excellent with Adam Kenway the current National Hill Climb Champion participating and also Dan Evans taking part who was the 2014 Champion, both being challenged by a number of high quality contenders. The honours on both stages were the same with Dan Evans winning both stages with Adam Kenway second and Mike Morris third. Their overall times were 10m 00.0s, 10m 11.3s and 11m 11.3s respectively. It looks likely all three riders will feature prominently in Octobers National Final in Northumberland. In the ladies competition Jessica Evens took the honours with an overall time of 13m 34.8s with Tamsin Vicary second in 13m 40.6s and Claire Swoboda third at 14m 50.3s.

The results for East Lancs riders are as follows.

Matthew Jackson	12m 39.7s	
Patrick Cooke	13m 41.3s	Fastest Junior
Joseph Cooke	13m 53.2s	
Jack Millar	14m 21.9s	
Roy Nield	14m 41.2s	
Paul Ashworth	14m 49.3s	
Andy Gorton	14m 59.6s	
Cameron Fitton	15m 32.1s	
Shaun Leonard	17m 01.4s	
Karen Bailey	19m 34.0s	Fastest Lady Veteran

Thanks to Andy for organising the event and also to the time keepers, marshalls and catering staff. Without the invaluable support of volunteers, we would not be able to run these events.





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SUNDAY CLUB RUNS

Rides start at 8:30am from Rochdale Leisure Centre.

22nd October

Short Ride –
Helmshore/Haslingden
Medium Ride – Longridge
Long Ride – Otley

The following rides are in the winter schedule and start at 9:30am for the Leisure Centre.

29th October

Short Ride – Townley Park
Medium Ride – Lyme Park

5th November

BAR Finale - Funnium

12th November

Short Ride – Ramsbottom
Medium Ride – Tockholes

19th November

Short Ride – Ripponden
Medium Ride – Roughlee

26th November

Short Ride – Bolster Moor
Medium Ride - Wycoller

WHAT'S IN YOUR SADDLEBAG?



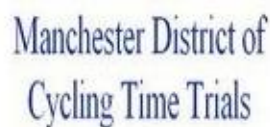
With winter on the way Gareth Snell has some timely advice on useful items to carry with you on a ride.

Over the last season I've had occasion to open my small saddlebag and use the contents thereof, to assist others. Therefore, accepting that when you leave home for a ride your bike is in good, roadworthy condition what should you be carrying with you? A thorny subject and very subjective but this is what I carry and never leave home without!

- 1) Money and a credit card, for food and Emergencies
- 2) Telephone with the battery charged and a watertight case to keep it in.
- 3) One spare tube with a valve long enough to protrude through the rim far enough to get a pump on it. No good if you can't pump the damn thing up.
- 4) Set of tyre levers. I recommend Birzman Wedge, only £3 for a set.
- 5) Pump: I prefer the type with a short flex hose to go onto the valve. Using the push on type I've seen people snap the valves. My preferred model is a Birzman Velocity Apogee, £20
- 6) CO2 cylinder and head unit to allow it to be used. I'd never carry just these. Three times this year I've been with people who only have CO2 cylinders and they've exhausted them with no success and had to revert to a pump, which they weren't carrying.
- 7) Small multitool, with Allen keys and maybe a chain splitter.
- 8) Speed link to join chain, make sure its fits the chain as there are 9, 10 and 11 speed versions, all different
- 9) A pair of surgical gloves to stop your hands getting covered in crap.
- 10) I also carry some Park Tool magic patches to repair punctures.

Well that's it, what do you carry?

I've also recently bought an Eagle Creek neck wallet to carry the money and other bits in, very handy. Hangs round your neck inside your shirt. Oh, by the way, you should be able to change a punctured tube or repair it.





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ANNUAL MEMBERSHIP RENEWAL

Don't forget that everybody's annual membership fees are due from 1st October. Look out for an email from membership secretary, Andy Regan.

If you have any questions contact Andy by email at membership_sec@eastlancsroadclub.org.uk.

NLTTA HAT-TRICK FOR ANDY

Sunday 24th September the North Lancs Time Trial Association organised their Combined Clubs 25 mile Time Trial event, which is also the event which determines the East Lancs RC 25 m TT Champion for 2017.

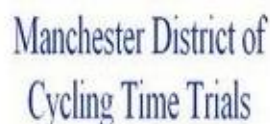
The course was the N2528 starting on the A6 near Garstang, this course is a circuit also taking in the lanes around Nateby, Cartford Bridge, and St Michael's on Wyre. The weather was fine and the only risk for the riders were the potholes in the surface on the lanes.

The East Lancs RC riders taking part recorded the following times; Joe Cooke, 1hr 9:23mins in his first 25m TT; Nigel Suter, 1hr 12:01mins in his first 25m TT; Pat Cooke, 1hr 6:32mins in his first 25m TT; Shaun Leonard, 1hr 1:49 mins; Sam Wilson, 1hr 7:48mins; and Andy Gorton, 1hr 0:48mins.

So for the third time in four years, Andy Gorton deservedly took the club's honours with a great time, but he was pushed very close by Shaun Leonard who bettered his personal best by several minutes with a determined ride. Shaun was 30 seconds in front at 14 miles but Andy managed to keep his effort going as Shaun faded a little in the final third of the TT.



Andy Gorton Goes Aero





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BAR FUNNIUM

Don't forget that plenty of BAR (Best All Rounder) competition points are still up for grabs.

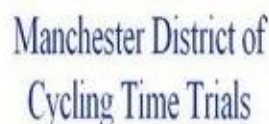
The final event of the season is the Funnium on 5th November. The event consists of the hill climb, down hill and slow ride. These are lots of fun and offer something for everyone. Don't miss it!



'Gareth, why don't you do this ride?' said my non-cycling brother. 'It goes right past the end of our road'. His road being an unadopted 1 mile track in Droitwich. 'Why not' I thought, 100 miles on closed roads, easy peasy. Just shows how beer affects your judgement!

Logging onto the website all the entries had gone unless you pledged to raise at least £400 for a charity. NSPCC are my charity of choice, so off the entry went and I became entrant 12,688 out of a total of 15, 000 riders. Bloody 'ell that's a lot of people out on the same route. Fund raising began in earnest and I make no apologies for badgering one and all. I reached the target and then had to arrange logistics of getting to the Birmingham Arena slap bang in the center of Birmingham the day before the ride which was due to take place on September 24th. Have you ever driven in Birmingham? I hadn't. After getting lost for the 5th time I eventually arrived at the Arena to pick up my ride pack, ride number, timing chip, bottle, box of gels, chain lube and map etc. etc. All very organized and efficient.

Start time the next day for me was 08:30 with the first away at 07:00. My start pen was due to load at 08:00. After a night of pre-race carb loading and beer off I set at 06:30 to park near Edgebaston Cricket ground and ride into the start. It wasn't difficult to find, 15,000 cyclists all heading to same area. Weather chilly but dry and a good forecast ahead.





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Waiting at the start, 08:30 approached, then 08:45 and 09:00. Some 'erbert' had thrown tacks on the road and these were being swept up before the off. At 09:15 and we were off. No fanfare, no loud cheers?? Do they not know who I am, apparently not!

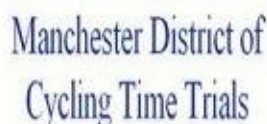
Anyway, I was off peddling somewhat slowly whilst the riders thinned out. Lots of mechanicals in the first few miles for many riders and then the pace began to pick up. There were thousands lining the streets everywhere, really an amazing sight, one huge street party with luridly clad cyclists forming a technicolour ribbon through the middle of it all. Mechanics were everywhere to provide assistance along with a broom wagon or ten providing support. Camera crews on motor bikes and official photographers everywhere. Feeding stations were too busy and were to be avoided, after all a trained athlete doesn't want to be slowed down by others eating. Unfortunately, most of the cyclists thought the feeding stations were an excuse to stop in the middle of the closed roads and stop all forward progress. Never mind a few choice words and they got out of my way, nobody messes with the ELRC.

We were on closed roads for the whole 100 mile route, I bet that upset a few folk! Anyway, we made the most of it and rode 3, 4 and 5 abreast, having a nice chat and occupying the full width of the road. So over and undertaking had to be done with care and and loud shouts of 'on your right', 'Coming thro' and 'get out the bloody way'.



The support of the public throughout was amazing, many people setting up watering points outside their houses and a real fun atmosphere. The route was 100 miles and approx. 7000 feet of climbing mainly on country roads with pleasant views, if not with the grandeur and ruggedness of our own Pennines. Was it worth doing, YES, a great cycling day out and you helped me raise over £400 for the NSPCC.

Will I do it next year? I have to as my brother was so inspired he bought a bike, now I've just to get him to ride it.





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50 Years
1967-2017



Articles for the newsletter are always welcome. If you have any news, results, ride reports or anything you think may be of interest to others please email them to me at newsletter@rochdalectc.org.uk
Thanks, Jon



CELEBRATING 50 YEARS

The Club celebrated fifty years of cycling at Milnrow Cricket Club on 29th September. The evening started with an introduction from organiser Gareth Snell and an excellent potato pie supper (well worth getting up for seconds) from Dave Trippier's butcher, Lee. Founding member, Dennis Thompson (now a member of West Pennine RC), gave a speech recalling the Club's beginnings as the racing group of Rochdale CTC and the trials of being novice racers. There was a nod to John Howard who has been a continuous member of the Club from the beginning and also to Dave Trippier who has brought the Club out of the doldrums to make it the success it is today.

Entertainment was from Club member Ian Millar's excellent band, Soul Provider. They had the room bouncing with a fun mixture of soul classics. A brilliant and well attended evening. Special thanks to Gareth for organising the event and to Heather Codling for dressing the room.

