



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.44 April 2017



## WELCOME

The BAR season is in full swing with the first Reliability Ride completed. Gareth tells us all about his Audax trials. Join the Vets and catch up with race reports.

## CLUB CHARITY DONATION

The Club has donated the income from last years Reliability Rides, a sum of £243.00, to Cancer Research in memory of Muriel Walley.

## VELODROME SESSION

Our next velodrome session will take place on 5<sup>th</sup> June from 8pm until 10pm. The track is hired just for our use. The cost is £15.00 per head plus bike and shoe hire if required.

Contact Dave Trippier ([clubsec@eastlancsroadclub.org.uk](mailto:clubsec@eastlancsroadclub.org.uk)) to claim your place.

## '50 IN 4' RELIABILITY RIDE

Sunday 2<sup>nd</sup> April was the Club's 50 mile Reliability Ride and the start of the season long Best All Rounder Competition. The Ride was also special because it was part of the Club's celebrations of their 50<sup>th</sup> year. The weather was great and 37 riders lined up at the Leisure Centre to undertake the ride which had to be completed in under 3½ or 4 hours.

The route took the riders to Bury and then a left to Edenfield and Rawtenstall. Then on to Haslingen, Accrington and Great Harwood towards Whalley before which the route took a right turn towards Padiham. Just before Padiham a left turn up the hill towards Fence for the longest climb of the day on the lower slopes of Pendle Hill, before turning right and dropping into Briercliffe. At this point the route turned left into Burnley and back down through Cliviger, Todmorden and Littleborough to finish at Hollingworth Lake.

The fastest riders started first and completed the route in under 3 hours which was quite an achievement with the route taking in 3,000 ft of climbing. The majority of riders finished between 3½ hours and 4 hours to complete a great days riding.

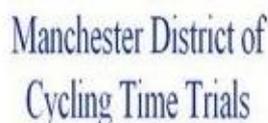
The field consisted of male and female riders of all ages which was epitomised by the oldest and youngest riders of the day being Pete Matthew and Nicole Decamps who have 61 years in between them in age, proving you're never too old nor too young to take up cycling.



Pete & Nicole

## GARETH'S 'RETYRED' AUDAX

Edale Run on 12<sup>th</sup> March sounded like a good trip out. A distance of 160Km and about 2250m of climbing. A long flat section at the start and finish with the hilly bit in the Peak in the middle. A fine day beckoned as Phil, Stuart and myself set off from Winsford Scout





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## TUESDAY EVENING TAMESIDE LEAGUE

For those wanting to race in the Tuesday league at Tameside follow this link [www.britishcycling.org.uk/club/profile/1585](http://www.britishcycling.org.uk/club/profile/1585) to join which will enable you to enter the races. This is applicable to all ages and categories and a great way to start mass participation racing.

## CLUB TIMEKEEPER

On 25<sup>th</sup> March at the Manchester & District TTA 10 mile Time Trial Christine White took the position of Assistant Timekeeper at the start for the first time as she progresses towards full qualification as a timekeeper. Good luck Christine!

Hut at 08:30. Georgina, Karen and Roy had left 30 minutes earlier as they were on the 200Km Scouting Mam Tor event; these ladies and Roy are too fast and fit for us mere mortals.

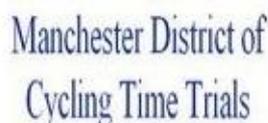
Off we rode through the rolling Cheshire countryside heading for the hills of the Peak District feeling fit and well and carrying all the gear required for a full days Audax. After about 20 miles and the first climb I noticed that my rear mudguard stay was sticking out at a horrible angle. How the b\*\*\*\*\* 'ell had that happened when I'm such an expert and diligent mechanic. Well the securing bolt had disappeared. I think somebody stole it. It had to be fixed and fortunately, I had a cable tie in my bag which served the purpose well. Repairs effected, off we went, enjoying the sun and scenery of the descent into Chapel-en-le-Frith.



Edale in all its Glory

As we commenced the climb up Rushup Edge and then enjoyed the descent to Edale over Mam Tor my bike took on the most peculiar motion. It was like riding a bucking bronco, bouncing me up and down on the saddle. 'What's up now!' Flipping the bike over we inspected the rear wheel, only to find a large bulge in the tyre. The tyre wall has separated from the tyre bead over a 4 inch length. No problem, let some air out and ride gingerly to the nearest bike shop.

None in Chapel. Using the cyclists friend, Google, off we went to Whalley Bridge, some 6/7 miles away. We found the bike shop ok, shut for the day. What to do now? Have a brew and re-plan. No café's open yet. What's up with these people, they could have earned at least £6 by opening at a reasonable hour. Ah, said Phil, our intrepid navigator, we'll ride to Disley and keep an eye open for a café and/or bike shop. Stopping to check Google again at a Major junction, the road to New Mills I think, Stuart spotted a cyclist stopped at the roadside so asked him if he knew of an open bike shop as I needed a tyre. He knew of one in Whalley Bridge but it's shut we said. 'That's OK, I've got the keys'. Well





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## SATURDAY CLUB RUNS

### 15<sup>th</sup> April

Beginners – Edenfield  
Medium Ride – Bashall Barn

### 22<sup>nd</sup> April

Beginners – Heaton Park  
Medium Ride – Bingley Locks

### 29<sup>th</sup> April

Club Open 10 Mile Time Trial –  
No Club Runs

### 6<sup>th</sup> May

Beginners – Hebden Bridge  
Medium Ride – Cat & Fiddle

### 13<sup>th</sup> May

Beginners –  
Haslingden/Helmshore  
Medium Ride – Bolton by  
Bowland

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

bugger me, so he did. Back we went at a hell of a pace as he had to meet his daughter. Opening the shop up, he gave, yes gave me a new tyre. ‘Phone the shop and pay tomorrow’ he said!

He then proceeded to state that my entire bike was a wreck. ‘Your rims are worn out; your cassette is worn and so is the chain set.’ I was beginning to go off my saviour. Bloody salesman. He was right about the rims though and they’ve now been changed. I paid for the tyre the next day and found out the Good Samaritan was the shop owner. My two compatriots found his comments on my bike highly amusing. This saviour also pointed us in the direction of a decent café, to which we rode for beans on toast and tea.

What to do now? Well we abandoned the Audax, and decided to ride to Buxton and then rejoin the Audax route near Leek, and ride to the finish. All in all though a good day out, 90 miles and about 6000 ft.

On arrival, back at Winsford we met up with the aforementioned ladies who had completed the 200Km route. ‘How was it?’ I asked. ‘Blinkin ‘ard’ sayeth George. Well that’s what I think she meant to say and all I can put into print.

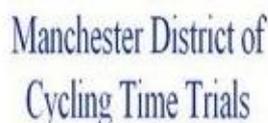
So, what was today’s lesson? Check your tyres and bikes thoroughly before setting out on any ride. Should I have carried a spare folding tyre? Well between three of us I think we should have, after all Audaxes are supposed to be a test of man and machine and not a race.

Thanks to Gareth for the report.

## THE VETS CLUB RUN



John, Ian, Pete and Cedric on the Vets Run





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## SUNDAY CLUB RUNS

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

### 16<sup>th</sup> April

Short Ride – Hebden Bridge  
Medium Ride – Longridge  
Long Ride – Great Budworth

### 23<sup>rd</sup> April

Short Ride – Uppermill/Diggle  
Medium Ride – Lyme Park  
Long Ride – Malham

### 30<sup>th</sup> April

Short Ride –  
Helmshore/Haslingden  
Medium Ride – Holmfirth  
Long Ride - Hathersage

### 7<sup>th</sup> May

Short Ride – Sowerby Bridge  
Medium Ride – Tockholes  
Long Ride – 100 Miles in 8  
Hours Reliability Ride

### 14<sup>th</sup> May

Short Ride – Townley Park  
Medium Ride – Roughlee  
Long Ride – Dunsop Bridge

Did you know that the Club Veterans organise a run on a Thursday afternoon? They usually meet at 1pm at Rochdale Leisure Centre and go for a 30 mile ride with a café stop. They're a friendly bunch so why not join them?



## ROUND UP

### 18<sup>th</sup> March

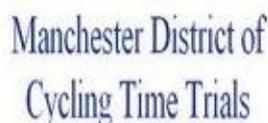
Down in Cheshire on 18<sup>th</sup> March it was event number 2 in the Manchester & District Junior Time Trial Championships. The J2/3 course around Twemlow and Chelford was used again but the weather was the same in Cheshire as it was in Lancashire and times were expected to be down on the previous week, which most were. The East Lancs Junior riders were out in force with 7 members competing in the Juvenile and junior categories.

The times recorded were as follows. Max Bentley ignored the weather and did a personal best time of 28m 28s; Nicole Decamps recorded 34m 35s; Joe Cooke delivered a personal best time of 28m 17s; Niamh Coulter recorded 32m 32s; Noah Codling recorded 27m 50s; Jack Millar recorded 26m 50s and finally Oliver Bentley delivered another personal best time of 27m 09s.

### 25<sup>th</sup> March

Saturday 25<sup>th</sup> March was the 3<sup>rd</sup> instalment in the Manchester & District Junior Time Trial Championships. The event was held on the J2/3 again. The weather was warm and conducive to fast times and all the riders were in good spirits.

For the first time in years the East Lancs fielded a Juvenile girls team and first off for the team was a Sofia Riley who was making her time trial debut. Sofia was an absolute beginner who trained last year with the Club and made a very promising start by recording 32m 41s. She was followed by Niamh Coulter who recorded her personal best on a Cheshire course of 30m 28s and then Nicole Decamps who recorded 33m 32s. The boys followed next with the following results. Noah Codling recorded his best this year of 26m 52s; Max Bentley recorded 28m 50s; Patrick Cooke recorded 28m22s despite cramping up in the last mile; Joe Cooke recorded 28m 12s; Michael Turmeau recorded 29m 00s; Alex Trippier recorded 25m 4s; Jack Millar recorded 26 06s; and finally Josh decamps recorded 27m 19s in his first event of the year.





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## CLUB 10 MILE TIME TRIAL

Entries for the Clubs 10 mile time trial close on 18<sup>th</sup> April. Get your entry in at <https://www.cyclingtimetrials.org.uk>. Be quick, the field is filling up fast.

## RACE ROUND UP

### 18<sup>th</sup> March

West Pennine Road Club held their annual 14 mile 'hilly' time trial based around Knowle Green, Hurst Green and Edisford in Lancashire. An excellent field was attracted to ride and a generous prize list meant the most riders were competing for one prize or another. It was both wet and windy last weekend which isn't good time trialling but the riders turned up and gave it their best shot.

The event was organised by Dan Shand and Jo Rowsell Shand which ensured there was a good field of women riders and the East Lancs were represented by two of their ladies who excelled on the day by both winning their age category groups, and you can't do much better than that.

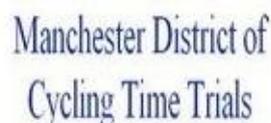
Karen Bailey recorded 48m 17s and Georgina Cape recorded 46m 16s in the event which was won by top UK pro rider James Gullen riding for JLT Condor in 32m 40s.



Georgina & Karen at the West Pennine TT

In the Manchester & District TTA Championships East Lancs Vet Darryl Nolan was the only senior rider taking part and he recorded 30m 52s. The event was won by former National Hill Climb champion Dan Evans riding for Team Elite/Paul Bethell Electrical in 20m 47s

Mass start road races saw club riders taking part in several events. Oliver Huszar rode the Derby Mercury event centred around Ashbourne in Derbyshire and finished the race in the middle of the pack having lost contact with the leading group in the final lap. Chris Green was riding at Salt Ayre on the closed road circuit and finishing in the middle of the bunch sprint. Cameron Fitton rode the 3<sup>rd</sup> & 4<sup>th</sup> Category event at Salt Ayre to finish 7<sup>th</sup> in





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**5 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](mailto:newsletter@rochdalectc.org.uk)

Thanks, Jon

only his second race which really shows a lot of promise. Finally Jack Millar rode the Juvenile event at the Shrewsbury circuit to finish in the middle of a fast race but getting better all the time.

## 25<sup>th</sup> March

In the Manchester & District TTA Championships Mike Coulter recorded 28m 28s and Darryl Nolan 30m 12s. On the same day the Club fielded several riders in the Criterium Racing at Salt Ayre, Lancaster. In the 4<sup>th</sup> Category event Cameron Fitton continued his introduction to mass start racing the hard way by being brought off the bike by another rider for the second time in three events, fortunately rider and bike were not seriously hurt and Cameron will land his first win soon. Alex Wiseman, Paul Ashworth and Oliver Huszar all took part and finished in the bunch sprint.

## 26<sup>th</sup> March

Chris Green rode the Seacroft Wheelers Road Race, this was a 61 mile race on a fairly flat circuit just west of Selby in Yorkshire. Chris was in the thick of the racing throughout and was placed 9<sup>th</sup> out of a full field in the final sprint.

## 1<sup>st</sup> April

Three riders took part in the first 25 mile time trial of the season organised by Withington Wheelers in Cheshire and they recorded the following times; Mike Coulter 1h 13m; Karen Bailey 1h 13m and Jack Millar 1h 8m.

**Thanks to Dave Trippier for the reports**

