



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.9 March 2014

## WELCOME

The new season is finally here and was heralded by a contingent of East Lancs riders taking part in the Nova CC time trial. See below for details.

## BEST ALL ROUNDER

The start of the BAR season is upon us. In order to earn the points you must be a member of the CTC. Please contact Pete Matthew with your CTC membership number.

## FUNDRAISING

This year we are proud to support Rochdale Hospice. Fundraising events will be held throughout the year and any ideas to help the fundraising effort are welcome. Contact any committee member with your ideas.

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

## EVANS SPORTIVE

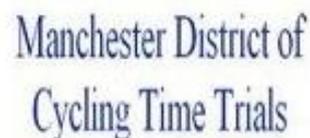


Paul At The Top of Cragg

Paul Atherton braved appalling weather conditions to take part in the Evans Cycle Sportive ride on the 26<sup>th</sup> January. The conditions meant that the 63 mile course was cut to 40 miles but still took in some stiff climbs including Cragg Vale. A total of 354 riders entered the event most of which followed the longer route with 31 following the 25 mile course. Both routes started from Wardle High School. Paul finished in a very creditable time of 3 hours and 30 minutes, a great time considering the poor weather.

## AUDAX: BEARDS & BATTERED OLD BIKES?

Selected Audax rides are included in the Best All Rounder competition. To give those of us who are new to the world of this discipline, Paula Butterworth gives us a flavour as she supports her husband Steven.





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## NORTH WEST JUNIOR TRIATHLON SERIES

Preparations for the North West Junior Triathlon Series continue apace. Training sessions are to be held on the 6<sup>th</sup> and 20<sup>th</sup> of March at 7:20pm prompt as part of Thursday night sessions at Rochdale Leisure Centre.

A Junior Tri Handbook has also been produced which gives advice on technique, training and nutrition. Contact Andy Regan for a copy.

## BIKE & TRIATHLON SHOW

The Bike & Triathlon show is on at Manchester Central on the 8<sup>th</sup> and 9<sup>th</sup> March. There is a 50% discount off entry for CTC members. See [www.bikeandtri.co.uk](http://www.bikeandtri.co.uk) for more information.

## LADIES GROUP

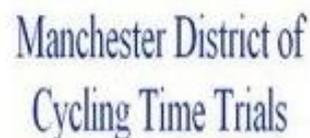
The next Ladies Group ride is planned for the last Saturday in March. For more information or to offer help and suggestions for the group contact Paula at [s.butterworth654@btinternet.com](mailto:s.butterworth654@btinternet.com).



My husband, Steven is like Forrest Gump. When walking was our main hobby he would head off into the hills and just go and go. Unlike his wife, who would start at the same time and within 15 minutes be on a solo walk. Fortunately, his wife carried the map as she can read it and Steven is notorious for his weird sense of direction. This is how they managed to end the walk at the same time - Steven had to stop, retrace his steps and find his wife to know where he was going and how he was going to get home. He was once on holiday in north Somerset, and looking over the Bristol Channel reflected on why it was so expensive to sail to Sweden because you could see it only 'over there'. Over there was Wales!

For many reasons the hobby transferred to cycling. The same compulsion to just keep going stayed with Steven. Up cropped Audax, perfect. He did a November 200Km (the Armistice Ride I believe) and was hooked, perfect for Forrest Gump on a bike, except for the need to find his way home. He had to go hell for leather behind one of his fellow club riders to be sure of finding his way round and back.

Audax quickly got a hold over Steven, and he signed up for the London Edinburgh London (the LEL), a 1400Km ride to be completed in about 114 hrs. His wife really engaged with Audax whilst helping Steven with his training. His reports on the roads they travel, the fantastic sense of achievement in his first 300Km ride across mid Wales. Even adverse weather brought tales of adventure.





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## COMMING UP...

9<sup>th</sup> March – Club run A & B to Storrihs (Bolton Abbey), C to Haigh Hall  
 16<sup>th</sup> March – Club run A & B to Whalley Bridge, C to Romiley  
 22<sup>nd</sup> - 23<sup>rd</sup> March – Slaidburn Hostel Weekend.  
 23<sup>rd</sup> March – Club run A & B to Whalley, C to Towneley Park  
 29<sup>th</sup> March – Ladies Only Ride  
 30<sup>th</sup> March – 50 miles in 3 ½ or 4 hour Reliability Ride  
 5<sup>th</sup> April – Introductory Ride  
 6<sup>th</sup> April – Car Assisted Ride to Cafe Lune Condor Green.

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

## CLUB FORUM

The Club's Forum is now up and running can be accessed from the website. It is there for anything cycling related that you need to air. Any advice or help required, information or even items for sale can be added.

If you need any help registering contact Andy Regan or Jon Preston.

His wife supported him through the LEL, the experience was amazing. The people she met on the route had inspiring tales to tell. What became apparent was that many of these good folk were ordinary, many shapes and sizes. Some seemed born to be on a bike and some not. The common thread was the love of cycling, grit and determination; 40% leg and 60% head.

Following a taster 60Km Audax last autumn, the wife's now just taken possession of a lovely steel framed Audax bike and has a summer season of Audax planned. Brand new bike and definitely no beard!!

The husband still can't find his way round - despite Garmin technology.

Give it a go. The club has selected Audaxes through the season that will add to the BAR points.

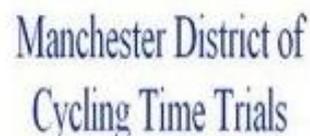
## NOVA C.C. 2-UP TIME TRIAL

The Nova Cycling Club 2-Up 25 mile time trial heralded the beginning of the season for a twenty of the Club's riders with many of them taking part in their first 2-Up event. It was also notable as Caroline Travis from the Ladies Group took part in her first time trial, paired with Andy Regan.



Driving Hard - Caroline & Andy

The spring like weather made conditions ideal, producing some good times for this course and giving the first time riders some valuable experience. The results





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## WEBSITE

The Club's website attracted 273 new visitors and 138 returning visitors in February.

## TOUR DE CRAGG

There are a couple of activities that may be of interest centering around Cragg Vale and the Tour de France.

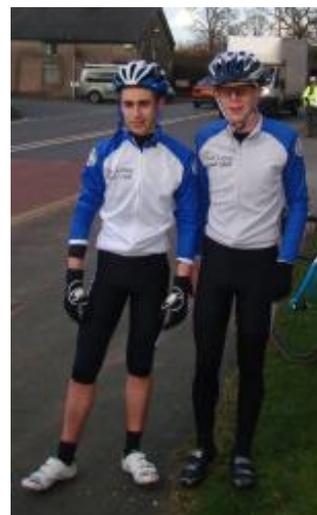
There will be an attempt to break the world record for the longest bunting line, up Cragg. For more details go to <https://www.facebook.com/BuntingCraggVale2014>.

A team of cyclists will attempt to pull a grand piano up Cragg Vale on the 5<sup>th</sup> April. More information can be found at <http://road.cc/content/news/110747-piano-pull-cragg-vale-celebrate-tour-grand-d%C3%A9part>.

for the East Lancs riders are below.

| Team                           | Time       | Overall Position |
|--------------------------------|------------|------------------|
| Andy Gorton & Dan Brejwo       | 1h 00m 06s | 5 <sup>th</sup>  |
| Gary Lake & Mark Barker        | 1h 10m 26s | 28 <sup>th</sup> |
| Dave Ireland & Ben Trippier    | 1h 10m 40s | 29 <sup>th</sup> |
| Phil Rhodes & Simon Abraham    | 1h 12m 41s | 34 <sup>th</sup> |
| Steve Szelesi & Paul Atherton  | 1h 13m 21s | 38 <sup>th</sup> |
| George Preston & Sam Mottley   | 1h 20m 11s | 42 <sup>nd</sup> |
| Andy Bateson & Lauren Bateson  | 1h 20m 53s | 43 <sup>rd</sup> |
| Tom Ireland & Alex Trippier    | 1h 21m 55s | 45 <sup>th</sup> |
| Sam Whalley & Alex Wiseman     | 1h 22m 55s | 48 <sup>th</sup> |
| Jack Mottley & Harrison Groome | 1h 40m 28s | 50 <sup>th</sup> |

The fastest overall time was 55m 10s.



George and Sam – Tired But Happy

