



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.47 July 2017



## WELCOME

This month's newsletter covers Gareth, Phil, Stuart, Mike and Shaun riding the Nove Colli in Italy, the 150 mile Reliability Ride, the Club 25 Mile TT, our annual BBQ and the usual race roundup.

## GORDON PICKERING

It is with great sadness that we announce the passing of Gordon Pickering, President and Chairman of the M&DTTA and Time-keeper extraordinaire in all the Cheshire events.

Gordon was a true gentleman and a great supporter of the Club's events.

## NOVE COLLI – A REAL ITALIAN JOB

Gareth Snell, Phil Booth, Stuart Duggan, Mike Coulter and Shaun Donnelly took part in the massive Nove Colli event in Italy as Gareth explains.

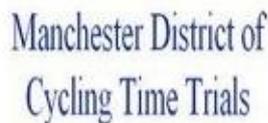
I wanted to go to Majorca, Sa Colabra, Soller etc. No, Phil Booth insisted its Nove Colli. Where's that? It's not a place it's an event in Italy. What's the event then? Well it's sort of Marco Pantani's training routes and climbs. Remember him, little guy, wore a bandana all the time. Won the Giro and Tour in the same year. Oh yes 'im. And you want us to ride one of his training routes with 12,000 others? Yes! Ok let's go! That was it, five of us signed up to ride the Nove Colli. Nine Climbs, for you non-Italian speakers. A distance of 130 miles and 13000 feet or 200 Km and 3800+ m on Sunday 21<sup>st</sup> May 2017. That was only the beginning of the problem, fueled no doubt by the amber nectar. Moral no 1. Never make decisions whist in/near or after visiting the pub.



The Beautiful Italian Scenery

Off we flew to Bologna on Tuesday May 16<sup>th</sup>. Mike Coulter was delayed two days and joined us later on Thursday. Bologna to Cesenatico, our base, took about 90 mins and we arrived at the Hotel Leonardo which was painted bright blue. We were the only guests. Cesenatico is on the Adriatic coast about 15 miles north of Rimini. The whole coastal strip is dedicated to hotels and beaches seemingly focused on the lower end of the Italian market. English was not the lingua franca and we had no Italian but Shaun tried manfully to improve his language skills and managed Senora, Seniorita and the occasional Birra. He did however manage to blag a glass collection mainly by sign language and fluent Hebdenese.

We had planned several rides before race day and were frequently thwarted by our Garmins. We did manage to get out though. Riding the flat coastal plains and into the hills, the star event being a trip to the mountain top village of San Leo. Lunch seemed to always consist of pasta, what else, and was always well received. Food was roughly same cost as





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## TLI CYCLING NATIONAL TT CHAMPS

The New Forest is the venue for this year's TLI Cycling Time Trial Championships to be held on Sunday, 6<sup>th</sup> August. The championships will give the winner in each TLI Cycling age category the opportunity to wear the red, white and blue national championship jersey in TLI Cycling time trials for the next twelve months.

Females are encouraged to compete by the unisex nature of TLI Cycling's age category structure.

Providing there are at least 3 entrants in each category, the winner will receive a national championship jersey and gold medal, with the 2<sup>nd</sup> and 3<sup>rd</sup> riders claiming silver and bronze medals.

All entrants must be full members of TLI Cycling. For a direct link to the website entry page go to <http://www.tlicycling.org.uk/MajorEvents.aspx>

in the UK with beer the same. The real bargain was the house wine, £10 per litre and always palatable.



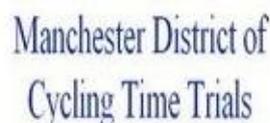
The day of the event or Grand Fondo arrived. The weather forecast was dry but overcast protecting us from the heat of the day. Up at 04:30 to be on the start line at 06:00, all 12,000 of us.

Hotel breakfast that day was something else, Stuart still carb loading had a spaghetti butty for breakfast. No sauce or anything just spaghetti on bread. Shaun in his cheeky chappie way was still prepping his bike, tying the race numbers on and fitting the timing transponder (chip) as we waited outside.

Bikes everywhere, all making for the start line. The route to the start line was obstructed by a rail level crossing. Cyclist's v train. Well the train almost won. The marshalls were having to beat the cyclists to stop them crossing the line, with all the barriers down, lights flashing and the train visible nothing was going to stop these hardened cyclists. Bonkers!

We waited in our pens of 1000 each. There were helicopters overhead, the PA system thundering out Italian exhortations to succeed and what we think was the Italian National Anthem, a fantastic atmosphere. At 06:00 a loud bang. Mike Coulter had dropped his wallet. No, the start signal. The racket continued and at 06:30 we set off, Rosa group 7000-7999. Well I thought we were setting a good pace, 20+mph, we were being passed by thousands, flying down the closed roads. 'Save yourselves guys, this lot will be knackered soon'. Some chance, skinny buggers.

The First climb was reached after 30 Km, total gridlock and we had to walk as it was going so slow. Only eight more climbs after this one. Doctors and nurses flying past on motor bikes. Feed stations everywhere, pasta, drinks, sandwiches, fruit, mechanical services every 10 Km. What an organization, everything you could wish for. Marshalls everywhere and warning signs about the road surface, which was poor. All in Italian of course. It was only





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## DATES FOR YOUR DIARY

The entire Kettlewell Youth Hostel has been reserved for the weekend of 24<sup>th</sup> – 26<sup>th</sup> November. The provisional cost is £25 per person plus an optional £7 per day for breakfast. To book contact Darryl [darrylnolan12@gmail.com](mailto:darrylnolan12@gmail.com). Payment should be made to Suzanne using the usual account details.

The 29<sup>th</sup> September is the date for our 50<sup>th</sup> Anniversary celebrations at Milnrow Cricket Club. This promises to be a fantastic night out with music provided by the legendary Soul Provider. Tickets are priced at £15 and include a hot supper. Attendance is limited to 150 people with family and friends being most welcome.

Payment should be made to Suzanne as usual.

**All the events are filling up fast so don't delay!**

after about 100 miles that what I had understood to mean 'descent ahead' was actually uneven road surface, very uneven.

The winners crossed the line in 6 hours, show –offs. An average speed of 38 Kph. I was slightly slower. I completed it in 11 ½ hours. Stuart was in front of me and our winner was the spindly-legged Donnelly guy in about 10 ½ hours. Mike Coulter was carrying a leg injury as was Phil so they opted for the shorter route of 80 miles. Crafty devils, injury my foot. It was so they could get back to the free pasta party which included free, yes free wine and beer. I did manage a few though and Shaun was the very last person to leave.

A great trip and well worth repeating. Great experience.

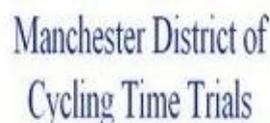


Shaun, Mike, Stuart, Gareth & Phil Celebrate a Great Ride

## 150 MILE RELIABILITY RIDE

The route of the 150 mile ride goes to Hebden Bridge, Keighley, Bolton Abbey, Kettlewell, Wensleydale and up to Hawes, back up to the Ribbleshead Viaduct, Settle, Whalley and finally through Accrington and Bury back to Rochdale. The route should be completed within 12 hours to gain maximum points in the Best All Rounder competition.

The riders set off at 6am full of enthusiasm. However, things began to unravel just after Hebden Bridge with two riders abandoning with mechanical problems and illness. At Kettlewell another two retired followed by three at Ribbleshead all due to fatigue. The reduced group comprising Gareth Snell, Darryl Nolan, Wally Stansfield, Shaun Donnelly, Roy Neild, and 16 year old Jack Millar completed the ride within the time limit for a great effort by all of them particularly as there was stiff headwind from Hawes back to the finish.





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## SUNDAY CLUB RUNS

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

### 23<sup>rd</sup> July

Short Ride – Sowerby Bridge  
Medium Ride – Bingley  
Long Ride – Skipton

### 30<sup>th</sup> July

Short Ride – Townley Park  
Medium Ride – Car Asisted to South Peaks  
Long Ride – Slaidburn

### 25<sup>th</sup> June

Short Ride – Uppermill/Diggle  
Medium Ride – Barley  
Long Ride – Weaverham

### 6<sup>th</sup> August

Short Ride – Meltham  
Medium Ride – Cat & Fiddle  
Long Ride – Bolton Abbey

### 13<sup>th</sup> August

Short Ride – Ramsbottom  
Medium Ride – Bolton by Bowland  
Long Ride - Clapham

## CLUB ANNUAL BBQ



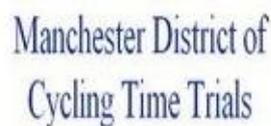
One thing we learned from the Club BBQ on Sunday is that Gareth has a pact with the weather gods. Despite a morning of torrential rain which saw the Club runs cut short just before the allotted time the rain stopped and whilst not exactly balmy it was at least dry.

The turnout was exceptional with 62 Club members, friends and family turning out to enjoy the Puckersley's hospitality. Thanks very much to Gareth for organising, shame the promised dancing girls couldn't make it!

## CLUB ANNUAL 25 MILE TT

On 24<sup>th</sup> June the Club organised their 25 mile time trial taking place on the J2/1 course in Cheshire. A capacity field of 130 riders rode the course which broadly circles the Jodrell Bank telescope. The weather conditions didn't seem that bad at first but the leg down the A50 from Knutsford was a block headwind which many riders suffered on trying to maintain any sort of speed. The Club's participants and times were as follows; Ben Trippier, fastest in 56m 59s; Paul Ashworth 1h 00m 08s; Dave Bentley 1h 14m 02s with a 10 minute late start; Dave Trippier 1h 06m 10s; Dave Ireland 1h 08m 38s; Mike Coulter 1h 12m 08s; Niamh Coulter riding her first 25 m TT, 1h 25m 07s; Karen Bailey 1h 11m 37s; Roy Nield 1h 01m 06s; Jack Millar 1h 06m 29s; Matt Jackson riding his first 25m TT in an excellent time of 59m 35s; and finally the unlucky Shaun Leonard who punctured having made a rapid start but didn't finish. The event was won by Mark Turnbull riding for TORQ Performance in 51 minutes.

Thanks to Jason Codling for organising the event and to all the Club members who volunteered to marshal and help.





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## SATURDAY CLUB RUNS

### 22<sup>nd</sup> July

Beginners – Summerseat  
Medium Ride – Tockholes

### 29<sup>th</sup> July

Beginners – Uppermill/Diggle  
Medium Ride – Roughlee

### 5<sup>th</sup> August

Beginners – Edenfield  
Medium Ride - Wycoller

### 12<sup>th</sup> August

Beginners – Heaton Park  
Medium Ride – Buxton

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

## CLUB RUN DISCIPLINE

A discussion at the recent Committee meeting has highlighted problems around ride discipline. Of particular concern is some riders tendency to shout abuse and gesture at other road users they feel have put them in danger. Undoubtedly these situations arise, however, abusing the culprit endangers the rest of the group and also damages the reputation of the Club.

British Cycling produce some excellent guidance on their website to help keep everybody safe and maximise the benefits of group riding. Have a look at their videos [here.](#)

## RACE ROUNDUP

### Star Wheelers Hill Climb – 24<sup>th</sup> May

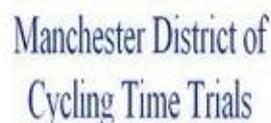
The venue for this race was the climb up Standedge using the back road from Marsden towards Saddleworth. Out of a field of 57 riders the East Lancs had two riders taking part with Cat Jessop coming in 6<sup>th</sup> place recording 5m 26.9s and Georgina Cape in 10<sup>th</sup> place with 5m 32.8s. It was a great performance by both ladies in the top 10 not far behind the winner Helen Roby in 5m 06.1s.

### Harry Middleton CC 10 Mile TT – 27<sup>th</sup> May

This TT took place on the D10/1 course based on the Rainford by pass near St Helens. It was a very windy and it's an exposed course so times were going to be affected but the Clubs promising Junior rider Jack Millar recorded 25m 38s; Roy Nield, 2401s; Georgina Cape, 27m 50s Karen Bailey 29m 59s.



Jack Millar In Full Flight





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## FEMALE RIDER DEVELOPMENT SESSIONS

British Cycling are running female rider only sessions at the Tameside track from 20<sup>th</sup> July. This is a great opportunity to improve bike handling skills in a traffic free environment.

Details of the sessions and dates can be found [here](#).

## CLUB DONATION TO SPRINGHILL HOSPICE

Back in January, at the Annual Dinner, a book and photograph signed by Chris Boardman were auctioned. Phil Booth won the auction with a very generous £320 that has been donated to Springhill Hospice.

### Chorley CC 10 Mile TT – 27<sup>th</sup> May

Taking place on the L101 course at Garstang which again suffered with the windy conditions. Club riders posted the following times. Darryl Nolan, 27m 52s; Mike Coulter, 28m 14s; Niamh Coulter, 31m 14s and Shaun Leonard, course PB of 25m 24s.

### Maxxis 4 Road Race – 28<sup>th</sup> May

Based at Clieves Hill near Ormskirk on Merseyside, the race was 13 laps of a 4 mile circuit for 2nd and 3rd Category riders which included Oliver Huszar and Ben Trippier. On the first lap a break of 4 riders went clear of the bunch and on the second lap a further 10 riders jumped across to join the break. Sadly, for the riders in the bunch there was a crash which held them up a little but it was enough for the break to establish a 2 minute lead which they maintained to the finish. Both East Lancs riders featured well in the uphill sprint to the line with Ollie securing 7<sup>th</sup> and Ben 8<sup>th</sup>.

### Nelson Wheelers 10 Mile TT – 3<sup>rd</sup> June

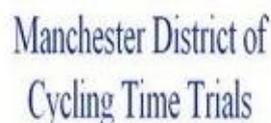
This event was on the Clitheroe Bypass and Shaun Leonard showed what a fantastic season he is having by recorded a course PB of 24m 52s for a great ride.



Shaun Leonard- Absolutely Flying This Season

### UCLAN Circuit – 8<sup>th</sup> June

Callum Belfield was in a group of 10 riders racing for an hour, Callum maintained his place in the group as it was steadily reduced to six riders and then 3 for the final sprint in which he came a creditable 2<sup>nd</sup>, but gained further points towards his 2<sup>nd</sup> Category racing status which he will surely achieve in the next few weeks.





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## PEAK AUDAXES

August sees the 100Km series of Peak Audaxes. These take place every Wednesday and start and finish in Marple. Entry is via the Audax website ([www.aukweb.net](http://www.aukweb.net)). Gareth has entered on the 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> August events.

Gareth says that these are great rides and fairly tough with 6,000 feet of climbing in each one but in great countryside, the Peak District.

Anybody joining him?

## GOOSE EYE GRIMPEUR

Gareth has also entered the Goose Eye Grimpeur Sportive organised by ABC Centreville. The 200 Km ride has 12,000 feet of climbing and is not for the faint hearted. Anybody fancying joining Gareth on this challenge can enter at [on the British Cycling website](#).

## Holme Valley Wheelers Stage Race - 9<sup>th</sup> & 10<sup>th</sup> June

Ben Trippier rode in the Holme Valley Wheelers 2 Day Stage race centred around Holmfirth. The race involved two road races and a time trial over two days in a quality field comprising 70 competitors of elite, 1<sup>st</sup> and 2<sup>nd</sup> category riders. Stage 1 was a 40 mile race in which Ben finished 42<sup>nd</sup> in the bunch with 10 riders having escaped midway through to secure the higher placings. The following day started with a 10 mile hilly time trial where Ben recorded 26:14 mins to finish a creditable 24<sup>th</sup> place in the ever reducing field of riders, but the third and final 60 mile road stage proved a stage too far when he retired after cramping up with 10 miles to go.

## Lancaster 10 Mile TT – 10<sup>th</sup> June

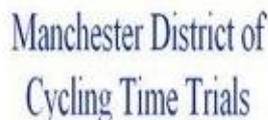
his event took place on the fast L1015 course between Kendal and Grange over Sands in Cumbria. There was a headwind to the halfway turn which made the outward leg difficult but the rewards were gained with a superfast return leg. The times recorded were as follows; Roy Neild, 23m 56s; Jason Codling, 25m 24s; Georgina Cape with a superb personal best of 25m 46s; and Karen Bailey, 26m 57s. The event was won by Simon Wilson from Brother NRG Pro Cycling in the remarkable time of 19m 17s.



Georgina Racing to a Personal Best

## Colne Road Race – 22<sup>nd</sup> June

Paul Ashworth and Matt Jackson rode in the 3/4 Cat race comprising 22 laps of the closed road circuit and they showed up well throughout with Matt having a lone break in the last five laps, but unlucky for him he was caught by the bunch with one lap to go and he had to settle for a finishing place in the pack. However, both riders then entered the E/1/2/3 Cat race with Oliver Huszar and Ben Trippier which comprised 35 laps of the circuit. All four riders in the team figured prominently throughout with Ben having an early break which lasted three laps then Matt forged a solo break for a couple of laps. The bunch weren't for letting any go until the last third of the race when Ben escaped with three other strong





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## BIKE SECURITY ADVICE

Direct Line offer some great advice on keeping your pride and joy safe from thieves. Check it out here.

[advice on avoiding bicycle theft.](#)

riders to gain a 30 second advantage which the bunch were never going to pull back. Matt and Oliver worked a great team move to bridge the gap which allowed Oliver to join the break making it a five man break with two East Lancs riders in it. On the last lap and going into the final bend Ben went for a long sprint and no one reacted so he created a useful gap with 200 metres to go which he held to the finish to win the race and Oliver's strong sprint ensured he secured second place to make it a one two for the East Lancs.



The East Lancs Road Team at Colne

### Ilkley Road Race – 21<sup>st</sup> June

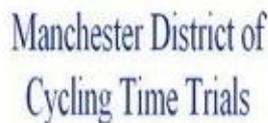
the club's promising youth rider Jack Millar took part. In a good quality field Jack got stuck gaining great experience in massed start circuit racing which requires top class cornering and fast group riding skills. He stuck with the bunch as long as possible until the cornering, climbing and sprinting took its toll and he finished exhausted but satisfied with another great performance at this level.

### Colne Road Race – 29<sup>th</sup> June

Paul Ashworth rode the 3/4 Cat Race to get warmed up and came a creditable 6<sup>th</sup> to earn four more points in his steady rise to 2<sup>nd</sup> Cat status and then joined Oliver Huszar and Ben Trippier in the E/1/2/3 race. This race had the usual attempted breakaways which were all nullified by the bunch determined to not let the potential winner escape, but eventually perseverance paid off and two riders escaped off the front to secure the leading places with Ed Hopper taking the win. Ben, Oliver and Paul finished 4<sup>th</sup>, 15<sup>th</sup> and 21<sup>st</sup> in an uneventful night of racing for the Club riders.

### Manchester & District Ladies 10 Mile TT – 1<sup>st</sup> July

There was a slight headwind going out to the turn which the riders had to contend with. The Club's members recorded the following times: Roy Nield was 5<sup>th</sup> fastest in the mens event with 23m 17s; Bill Howarth 25m 19s; Dave Trippier 25m 35s; Georgina Cape





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26m 06s for a PB on this course; Karen Bailey 27m 01s; Jonny Decamps 28m 28s and finally Youth rider Nicole Decamps with a PB of 31m 09s.

Thanks to Dave Trippier for the race reports.



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

## VELODROME SESSION

The latest velodrome session took place on Monday 5<sup>th</sup> June under the instruction of British Cycling Coach Paul West. Well done to everyone in the various events, and brilliant to see so many of our Youth Riders having a go.



The East Lancs Riders Celebrate a Great Velodrome Session

The times from the 250m 1 Lap sprint were as follows:

Name	Category	1 <sup>st</sup> effort (seconds)	2 <sup>nd</sup> effort (seconds)
Dave Bentley	Vet	21:12	20:42
Alex Wiseman	Senior	19:83	19:69
Sofia Riley	Youth	21:40	22:26
Dave Ireland	Vet	21:12	21:50
Phil Buckley	Vet	22:02	21:16
Mike Taylor	Vet	19:55	20:08
Roy Nield	Vet	20:79	20:70
Karen Bailey	Senior	23:08	22:77
Matt Hartley	Youth	20:81	21:02
Max Bentley	Youth	22:39	22:59
Ben Slater	Youth	25:13	26:35
Molly Mooney	Youth	29:77	30:51
Oliver Huszar	Senior	16:77	17:40
Dave Trippier	Past it !!	21:27	Retired !

