



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.47 July 2017



WELCOME

This month one of our most travelled members Darryl Nolan shares his experience of touring in Majorca and Sardinia. There is a brief look at cycling in Germany and the usual race reports.

DARRYL'S FAVOURITE MAJORCAN CLIMBS

Everyone going to Majorca will have heard of the Sa Colabra and Lluc climbs but there are some lesser known climbs that are equally as good. Here are three of my favourites. Firstly, the Cat 3 climb from Randa up to the monastery accessed from Algaida or better still a 7Km quiet road from Monturi. The climb proper starts at Randa and works its way up for 5Km at an average gradient of 6% with great views at the top and a fine cafe.



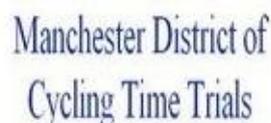
Start of the Randa Climb Proper

Secondly the climb from Petra up to Ermita de Bon Any. Cat 3 4k 5% but last 2k a little steeper. Good cafes in Petra. If riding from Pollensa the road from Sineu to Petra is a must!



Ermita de Bon Any Overlooking Petra

Finally, a little closer to Pollensa is the climb to Puig de Inca approached by a fantastic quiet 8Km lane off the Sa Pobla to Burger road with a nice cafe at the top.





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SUNDAY CLUB RUNS

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

13th August

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

20th August

Short Ride – Ripponden
Medium Ride – Glossop/Devils Elbow
Long Ride – Great Budworth

27th August

Short Ride – Bolster Moor
Medium Ride – Car Assist out of Longridge for Trough of Bowland
Long Ride – Grassington

3rd September

Short Ride – Crawshawbooth
Medium Ride – Howarth
Long Ride – Hathersage

10th September

No Club Runs due to Club Two Stage Hill Climb

17th September

Short & Medium Rides to Beard Cup Hill Climb Diggle



Santa Magdalena/Puig de Inca

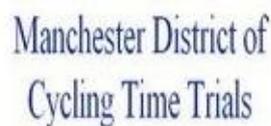
P.S. If visiting Sineu don't forget to check out the outdoor track and cafe as one member recently did!



John Slinger Rides the Outdoor Track at Sineu

RIDING SARDINIA

In June with a couple of friends I spent two weeks touring round the north of Sardinia Easy Jet flies into Olbia; if you want to start from the other side of the Island then Thompsons fly to Alghero.





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SATURDAY CLUB RUNS

12th August

Beginners – Heaton Park
Medium Ride – Buxton

19th August

Beginners – Hebden Bridge
Medium Ride – Haigh Hall

26th August

Beginners – Haslingden/Helmshore
Medium Ride - Barley

2nd September

Beginners – Pavillion Café,
Chadderton
Medium Ride – New Mills

9th September

Beginners – Summerseat GC
Medium Ride – Bashall Barn

16th September

Beginners – Uppermill/Diggle
Medium Ride – Bingley Locks

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

We spent a couple of days riding round the Costa Smeralda, a playground for the rich, famous and probably our club chairman. Vastly overrated with lots of traffic but the trip over to La Magdalena Island was well worthwhile, where else can you combine riding with sunbathing on pristine white beaches and emerald green seas? Certainly not Southport!

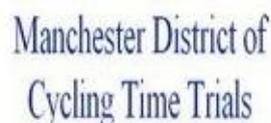


Riding Round La Magdalena Island

A couple of days were spent riding inland across to Alghero. An up-market seaside town which would suit some of our better heeled members. This year's Giro started there and there were lots of signs and posters still in place.



A fantastic 42Km road leads from Alghero over to Bosa some of the best riding you'll ever see. It hugs the coast undulating all the way. Bosa was our next stop, a pretty seaside town. The Giro started here in 2007 and we made the same 3 mile climb out of the town, totally exhausting.





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FEMALE RIDER DEVELOPMENT SESSIONS

British Cycling are running female rider only sessions at the Tameside track from 20th 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](#).



The Road From Alghero to Bosa

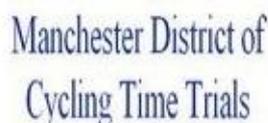
We spent a couple of days in Nuro. It's situated at 500 metres on the top of the hill so every day ended with a climb back up to the town. The last couple of days were the best cycling on quieter flatter roads back to Olbia. Accommodation is good. Food fine if all you eat is pasta or pizza but fairly inexpensive some great beers and wines. May and End of September would be the best times to go, we had temperatures up to 35C which made some of the climbs very hard. No really steep climbs but lots of undulating roads of 6-8%.

Thanks to Darryl for both touring reports.

BIKING IN BAVARIA



One thing that became apparent during a holiday in Germany is that cycling is popular. In Berlin, bikes are used as a mode of transport for getting around the city. You see people dressed in normal clothing on aging steel road bikes, sit up and beg bikes with baskets and





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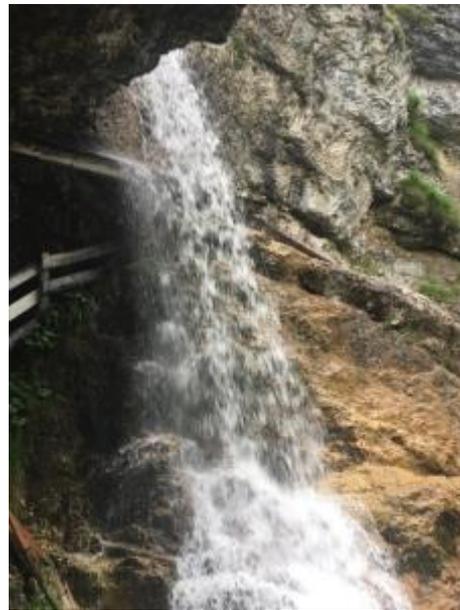
HILL CLIMB SEASON

Hill Climb season is nearly upon us. Of particular note are the Club's two stage hill climb which takes place on 10th September and the Beard Cup a week later on 17th September. Entries can be made on the CTT website (<https://www.cyclingtimetrials.org.uk>).

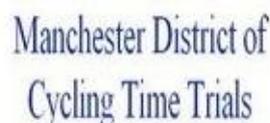
We have a great record of success to defend at the Beard Cup so get your entries in as soon as possible.

mountain bikes. The infrastructure makes cycling easy and safe and the courtesy of the drivers who give cyclists and pedestrians priority is a refreshing change from the prevailing attitude in the UK.

After heading south to Bavaria the experience is much the same. However, as we stopped in the Alps near the border with Austria there was more emphasis on mountain biking as a leisure pursuit. I had hoped to do some road cycling but as there wasn't the opportunity to hire a road bike...when in Rome! Fuelled on pork and cabbage I set off on a sunny morning. It took me a while to come to terms with the slower speed of a mountain bike. Putting the same effort in on a road bike and I would have gone a third faster. I was glad of the lower gearing and chunky tyres as I rode off the road onto the well made gravel logging roads that take you up the lower slopes of the mountains. The ride initially went through trees alongside a fast flowing river. After crossing the river, the path became a thin rocky track that led up to a beautiful waterfall right on the German/Austrian border. At this point I had to dismount and take the stone steps up to and behind the waterfall and then down the other side. An old smugglers route!



After knocking seven bells out of myself manhandling the bike I remounted. The path headed through pasture into a small alpine village before heading uphill again to another village. A right turn took me higher, past herds of curious cows, to the ski lift station where the cross-country skiers strike out in winter. Then, the reward for all that climbing, a downhill run along another great logging road that finished in the bottom of the valley at the base ski lift station. Fantastic! It was then that it started to rain, not just a shower,





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biblical mountain rain. Wow, I've never been so wet. Fortunately, it turned out that the rain was fairly localised and the valley cycle track took me back into sunshine and a thoroughly enjoyable stein of weiss beer.

Germany, not a roadies paradise but certainly a cycling paradise.



On the 4th July at the Tameside racing circuit, East Lancs Youth Rider Ben Slater made his debut ride. Twelve year old Ben got stuck into his ride in the Youth race and soon got used to the circuit. The race included boys and girls aged 12 to 16 and so it was no surprise when the older riders pulled away but Ben stuck to his task and completed the race to finish in 5th position in the under 12 boys race. Showing great determination, he vowed to return and improve his placing so we will watch Bens' progress with interest.

MANCHESTER TO BLACKPOOL

The Manchester to Blackpool Sportive Ride has always been well supported by East Lancs riders and this year was no different with about 20 riders taking part. Starting at 7:30am from the Imperial War Museum on Salford Quays the Club group set off amongst several hundred other riders and it was no surprise when everyone became lost in the crowd of riders and separated from each other. However, all the riders successfully made it to Blackpool, with particular credit going to mother and daughter Julie and Nicole Decamps who both completed the 75 mile ride for their longest ride bike rides to date.

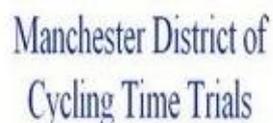
RACE REPORTS

Tameside Circuit – 4th July

In the senior 2/3/4 race the East Lancs was represented by Paul Ashworth and Ben Trippier who finished a fast race in 14th and 6th respectively in a mass bunch sprint for the line.

Skipton Criterium – 5th July

Jack Millar took part in the Under 16 boys Skipton town centre criterium race, part of the HSBC UK National Circuit Series. In a top class field Jack held his own but the fast pace around the town centre took its toll and Jack had to settle for the lower placings on this occasion, but with the promise of better results ahead.





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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
Thanks, Jon

Colne Circuit – 6th July

The East Lancs riders played their part in the race trying to generate a break away but it proved to be an uneventful night with bunch sprint and moderate placings to all riders.

Salt Ayre Circuit – 8th July

Paul Ashworth warmed up in the 3/4 Cat race with 7th place in the bunch sprint before joining Ben Trippier and Oliver Huszar in the E/1/2/3 Cat race. A very fast pace ensued which nevertheless resulted in another bunch sprint in which the riders came 13th, 16th and 27th overall.

Sherwood CC 10 Mile TT – 8th July

Dave Ireland competed in the Sherwood CC event on the A10/14A course based on the fast A50 dual carriageway near Derby. Dave recorded a season best 23m 50s.

Nova CC 25 Mile TT – 8th July

Dave Trippier rode on the J4/8 course in Cheshire where conditions were warm and windy but he recorded a creditable time of 1h 07m 30s.

Thanks to Dave Trippier for the Race Reports

