



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.39 November 2016

WELCOME

This month Jack Millar impresses at the National Hill Climb, the BAR season finishes with the Funnium and the final BAR results are announced. Jason and Andy share a challenging and eventful ride from Northumberland and we look at the highlights from the AGM.

BAR SEASON FINAL RESULTS

Congratulations to our Best All Rounders for the 2016 season. The results are as follows.

Men: Andy Regan

Women: Tracey Bateson

Juniors: Noah Codling

For a full list of the BAR results over the season take a look at our website [BAR standings](#).

JACK MASTERS THE MOUNTAIN

Jack Millar was the East Lancs Road Club's sole representative in this year's National Hill Climb Championship on 30th October 2016.

The event was held on the notorious Bank Road climb in Matlock with a gradient more than 20%. The weather was kind on the day and a large crowd gathered eagerly awaiting the first of 240 riders. The atmosphere was like a mountain stage of the Tour de France with anything that makes a noise being an essential piece of kit for the road side supporter (I brought Suzanne).

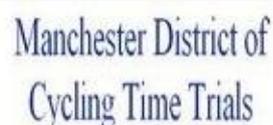
Riders were set off at 30 second intervals. This caused a lot of debate and controversy on social media in the pre-race build-up, but didn't appear to be a problem for the riders on the day, and was great for the spectators, both knowledgeable and especially the inquisitive general public.

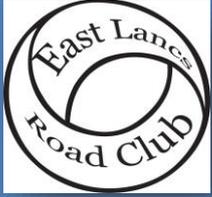
Jack was off at No. 18 and arrived at the start on his gleaming new bike. This was meant to be stored until Christmas but was 'needed early for the Nationals' we were told. In preparation for the event, Jack rode in Matlock CC's hill climbs the previous weekend, so was familiar with the course, albeit it was slightly longer for the Nationals but with the added benefit of a traffic free road route.



Jack got into his rhythm on the early part of the climb, then hit the wall of sound at the half way point where the road ramped up and the suffering was unavoidable and apparent on every rider's face. Motivated by the frenzied support he upped the effort and gave it everything to the line finishing with a creditable time of 3m 41s in position 191 out of 240 riders, only 26 of which were in the Juvenile category.

Dan Evans, the winner of East Lancs 2 stage hill climb earlier in the season, finished in 11th place with a time of 2m 28s. The event was won by Adam Kenway with an incredible time of 2m 18s, which was even more remarkable considering he was knocked off his bike whilst training on the Bank Road climb the week before the event. He was unconscious and taken to hospital in an air ambulance!





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FUNNIUM FUN

Twenty-two brave souls turned out on a cold and wet Sunday morning to take part in the last event of the BAR season. The Funnium consists of a hill climb up Blackstone Edge Old Road followed by a downhill freewheel over the other side to see who gets furthest. A chance for those riders carrying excess ballast to shine. Finally that test of balance and bike control, the slow ride.

Jack Millar took 1st in the hill climb, David Trippier won the downhill and Matt Bradbury took the slow ride crown. The overall results after the three events were Jack Millar, David Trippier and Matt Bradbury.

As Pete Matthew our Club Run Secretary commented "Thanks for your presence on a less than favourable day, keep putting in the miles, and come back to try again at next year's "ELRC Strictly Come Cycling Funnium".



Jack Rides Into the 'Wall of Sound'

A trip to the highly recommended butchers at the bottom of Bank Road for a hot Pork & Stuffing baguette was well earned, both for Jack and his loyal supporters on the day, prior to the journey home.

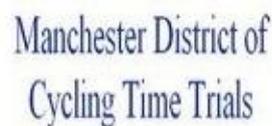
A great and memorable experience for Jack, who wishes to thank Alex Trippier, Andy & Carol Regan, Ian Jackson, Suzanne & Ian Millar for their support on the day.

Thanks to Ian Millar for the report.

PORTUGAL END TO END

Darryl has recently returned from a tour riding Portugal from south to north flying Manchester to Faro and returning from Porto.

From Faro I turned east along the Algarve and spent the first night in Tavira. Then I largely followed the border up through Alcoutin, Beja, and Evora.





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WINTER RIDING

British Cycling have some great tips for Winter riding and training. The cover eating, staying healthy, training indoors, bike maintenance and clothing. Have a look at the article by clicking the link below.

[British Cycling Winter Riding Tips.](#)

WANTED BIKEABILITY INSTRUCTORS

As some of you know I work part time as a Bikeability instructor in Rochdale schools.

I work for Parkwood Leisure who are looking to recruit more instructors. Full training will be given and the work is paid!!! It would suit retired or unwaged members.

If interested contact me for me for more info. Darryl Nolan (daz@delph45.fsnet.co.uk).



Tavira

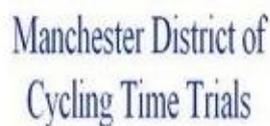
Portugal has an excellent system of Youth Hostels so of the 15 nights out I only had to find private accommodation for 3 nights. The hostels were between EUR 12-13 a night including breakfast. I booked in for dormitory accommodation but only had to share a dorm for one night the rest of the time I had them to myself.

From Evora I continued north making for Castelo Branco and from there I turned north west to the Penhas de Saulde and climbed to the highest point in Portugal, Torre. A long hot climb with no shade but fortunately there is a hostel halfway up where you can spend the night and break up the climb.



From there it was roughly north then west to, Viseu, Amarante and Braga before reaching the border with Spain at Moncao. From there I took a few easy days riding into Porto. Lots of sun, too hot in fact no rain for the whole of the trip!

There are no really fierce climbs but relentless rolling roads with 7, 8 and 9% climbs. However, the Portuguese drivers do tend to drive very fast and sometimes perilously close!





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WANTED: DOWNHILL SKIING COMPANION

Are there any downhill skiers in the club who would care to make up a party of two (you and me or more for that matter) for a skiing holiday abroad in the second week of March?

Darryl
(daz@delph45.fsnet.co.uk)



Typical Road Followed by a Great Descent!

It's a tour I can recommend. Accommodation is cheap as is the cost of food and drinks, and very friendly people.

Next time I think it would be nice into fly to Porto and the head out east to the Penes de Geres National Park do a loop and return to Porto again using youth hostels.



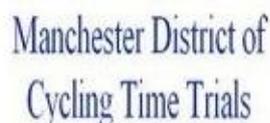
River Douro

Sardinia next June anyone?

FUTURE RIDE EVENTS

Our Social Sec and keen Audaxer Gareth Snell highlights future events that riders are participating in.

- 1) 18th December, Winter Solstice Audax, 200Km. From Bredbury, flat.
- 2) 22nd January, Mere Century Audax, 150Km. From Cheadle, flat.





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COMING UP...

27th November

Short Ride – Helmshore
Medium Ride – Longridge

4th December

Christmas Riders Dinner

11th December

Short Ride – Sowerby Bridge
Medium Ride – Howarth

18th December

Short Ride – JJ's Café Cliviger
Medium Ride – Haigh Hall

Remember, mudguards and lights are required equipment for winter Club runs.

At the AGM there was a debate about the start time of winter Club runs. Following this Pete Matthew sent an email out requesting the views of regular Club run attendees. If you are happy with the current start time of 9:30am or would like a change to take into account the shorter daylight hours contact Pete by email via runs_sec@rochdalectc.org.uk.

- 3) 18th February, North West Passage Audax, 200Km or 120Km from Spring Inn Rochdale, 2100m , hilly.
- 4) 26th February, Radway 150Km Audax from Cheadle, flat.

Enter via the Audax website, <http://www.aukweb.net>.

Gareth also rides nearly every Wednesday from Rochdale Leisure Centre at 9:00 although he will be changing this to MacDonald's at Kingsway Retail Park as there is coffee, food and warmth available all day and they open at 6:00. He generally rides for about 6 - 7 hours including coffee and lunch stops.

ANDY GORTON'S BIKE BUS CHALLENGE

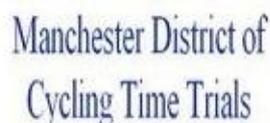
When Andy Gorton's Coast to Coast ride morphed into a ride from Otterburn in Northumberland back home nobody could have predicted what an eventful day it would be as Jason Codling and Andy Gorton explain.

On the 6th November at 5:30 in the morning nine hardy souls set out to ride from Otterburn to home. What an eventful ride we had. Rain, snow, hail, sub-zero temperatures, two punctures and a hypothermic track cyclist, all in the first 28 miles. Thank God for Wetherspoon's full English and a bottomless coffee.



Smiling Despite the Weather!

When we set off again four had dropped out. They couldn't or didn't want to continue but to be fair I wasn't surprised. The other five victims set off for the next episode. Steep climbs, more rain, hail and oh another puncture hit us. We laughed in their faces and at a sheep carcass where someone had placed a wine bottle under its upturned leg. We cracked on until Barnard Castle and 63 miles had passed.





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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

Three more had enough so there was just Andy and Tim left. We set off the wrong way due to a faulty Garmin so we turned it off and Tim took over. Eighty-two miles passed and we were determined to carry on. Then the torrential rain started, it was going dark and the temperature dropped and I'd had enough. We pushed on to Aysgarth until we passed the magic 100 miles then we stopped in a pub and waited for our lift.

The challenge wasn't completed but we'd been up against it all day. Next time we will finish!!! Well done to everyone who attempted this challenge.

ANDY'S BIKE BUS will return and so will the lads!

The Club members were

Andy Gorton, Jason Codling, Ben Trippier, Oliver Huszar, Paul Ashworth plus Paul Marsh, Dave Barker Adam Young and Tim Bradley



CLUB ANNUAL GENERAL MEETING

On 15th November, Rochdale Rugby Club hosted our Annual General Meeting chaired by John Howard and David Trippier. A review of the year highlighted our achievements. Of note is the increase in membership of the Junior section (10 – 15 years) which is up by 10 to 26 further enhancing our reputation in this area.

There have been recent changes to the Committee in addition to those mentioned in previous editions. George Preston and Alex Travis have stepped down as representatives of the Junior section to be replaced by Jack Millar and Josh Decamps. We extend our thanks to George and Alex for their hard work over the last few years. A sad loss to the Committee is Andy Regan who leaves big boots to fill in the role of East Lincs Racing Secretary. Many thanks to Andy for his unstinting hard work and dedication to the Club. We hope he will be back soon and fighting fit.

Looking forward to next year, the Club plans to introduce technical skills courses for all riders. The hope is to improve group riding skills and therefore safety on Club runs. The requirements for riders to carry ID that can be used if they are involved in an accident. More details can be found on our website at <http://www.rochdalectc.org.uk/clubruns.html>. Please note that it is the riders' responsibility to ensure that they have sufficient identification.

For full information on the AGM discussions see the report that David circulated before the meeting.

