



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.43 March 2017



## WELCOME

This month we look forward to the BAR season and the first reliability ride of the year. The perils of riding past horses are highlighted and early season racing is reviewed.

## EASTER TRIPS

Gareth Snell and Andy Regan are researching cycling trips over the Easter weekend.

Gareth will be up in Kirkby Lonsdale and Andy is looking at a trip to the Cotswolds.

Check your inbox for more information as details are released or contact Gareth ([socialsec@rochdalectc.org.uk](mailto:socialsec@rochdalectc.org.uk)) and Andy ([andrew.regan@btconnect.com](mailto:andrew.regan@btconnect.com)).

Gareth is also organising a coach trip to Bowland Brewery in Clitheroe toward the end of April. Cost is likely to be £20 per head for the coach. Contact Gareth if you are interested.

## BEST ALL ROUNDER COMPETITION

The Best All Rounder (BAR) season starts on 25<sup>th</sup> March. The BAR competition is open to all members of We Are Cycling UK (The CTC). Points are accumulated by taking part in Club runs and other events throughout the year. Points are allocated as follows.

- Thursday Club meeting attendances - 2 points each
- All official Club runs - 4 points each
- All Reliability Rides - 50 points for completing the route within the time limit or 25 points for completing the route outside the time limit.
- Selected sportive events (see the website [calendar](#) for more details) - 3 points each
- End-of-season Club Competition (Funnium) – Hill Climb, Freewheel, and Slow Bike Ride, will each be awarded 10 points for 1<sup>st</sup> to 1 point for 10<sup>th</sup>

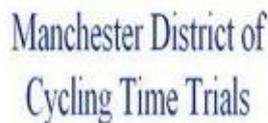
For more details of the BAR competition visit our BAR page where you can also check the current standings in the competition. [www.rochdalectc.org.uk/bar.html](http://www.rochdalectc.org.uk/bar.html).

There is often confusion surrounding Reliability Rides and how they differ from the usual Club runs. Reliability Rides are designed to test a riders ability to navigate a route unaided within a specific time limit, for example, 50 miles in 8 hours. It is necessary to have a map, cue sheet or sat-nav device to get around. It is also important to have enough food and spares to ensure you and your bike are 'reliable'. The Club runs five of these rides during the season.

- 50 miles in 4 hours      2<sup>nd</sup> April
- 100 miles in 8 hours    7<sup>th</sup> May
- 150 miles in 12 hours    4<sup>th</sup> June
- 250 miles in 24 hours    15<sup>th</sup> July
- 7,000ft in 6 hours        1<sup>st</sup> October
- Funnium                    5<sup>th</sup> November

There is a small charge of £3.00 to take part in each Reliability Ride payable before starting the ride. **Remember, no payment means no points.** Monies raised were donated to Cancer Research and Springhill Hospice last year. This years charities will probably be the same but this will be confirmed shortly.

This year to celebrate the Club's 50<sup>th</sup> anniversary the 50 miles in 4 hours anybody wearing retro clothing or rides a retro bike will be awarded another 25 points toward their BAR tally. Daryl Nolan will be awarding the points and will be the sole arbiter of what is retro.





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## CLUB 10 MILE TIME TRIAL

Our annual 10 Mile Time Trial takes place on 29<sup>th</sup> April. Entries are open via the Cycling Time Trials website ([www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk)).

## SATURDAY CLUB RUNS

All rides start at 9:30 from Rochdale Leisure Centre.

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

Beginners Ride – Chadderton  
Medium Ride – Haigh Hall

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

Beginners Ride – Summerseat  
Medium Ride - Barley

### 8<sup>th</sup> April

Beginners Ride – Uppermill  
Medium Ride – New Mills

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

Beginners Ride – Edenfield  
Medium Ride – Bashall Barn

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

Beginners Ride – Heaton Park  
Medium Ride – Bingley Locks



## DON'T BE HORSING AROUND!

Gareth Snell highlights the potential danger when passing horses.

What could be easier, even I can cycle faster than a walking horse. Whoah there boy!

Horses are a prey animal, hence, evolution has placed their eyes on the side of their heads so that they can see behind themselves and spot any imminent danger i.e. eyes in back o' th' head. Just like my missus, though she's more of a predator.

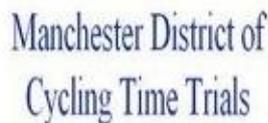
Anyway, back to the subject. Thus, as you the gaudily clad cyclist approach the horse, especially from the rear, it sees you and thinks you are about to pounce on it and eat it. As the horse is programmed with evolutionary knowledge of the eating habits of cyclists it is immediately in fear of its life and kicks out in anger and fear. As horses are bigger than most cyclists: most, and armed with steel shod feet a kick from one will be very very unpleasant.

Call out gently to the horse rider to alert them to your presence, try not to startle the horse and go as wide as is safely possible around the horse. If necessary, wait until it is safe to pass, the horse and rider have as much right as you to be on the road.

Why do I write this? I didn't follow my own advice and startled a horse today. No damage done but it could have been.

## RACE ROUNDUP

The Clayton Spring Classic road race at Bashall Eaves was Ollie Huszar's first race of the season. This was a 55 mile handicap race centred upon a course at Bashall Eaves near Clitheroe which attracted a team of male and female GB Academy riders plus some professional team riders, all of which ensured a fast race.





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## TLI CYCLING NATIONAL YOUTH CHAMPS.

Integro Insurance Brokers Ltd are to sponsor the TLI Cycling National Youth Circuit Championships, to be held on Sunday, 14th May at the Oulton Park motor racing circuit in Cheshire.

All TLI Cycling youth age categories will be catered for. These are under 8, under 10, under 12, under 14 and under 16. Entrants must be TLI Cycling annual members. Entry can be made via the website online event entry system, or by downloading an event entry form and sending it to the organiser, Steve Cowley, at Cowley Cycles. Further details can be found by clicking [here](#).

The youth category races will form part of a complete day of racing, with the TLI Cycling National Closed Circuit Championships for all Junior and Senior age categories also being held at the same time and place.

The Race consisted of 15 laps and three groups separated at the start by 4 minutes. The pace was fast and each group closed on the other by 30 seconds a lap to ensure all three groups came together by the 10<sup>th</sup> lap. At this point the elite and professional riders upped the pace even more to move ahead of the rest and the finish came down to bunch gallop which Jacob Hennesey from the GB Academy won.

Ollie is a 2<sup>nd</sup> Cat rider and set off in the middle of the three groups. He featured well in his group working hard as they caught the first group reasonably quickly, but when the elite group caught them up, he had nothing further to give and cramping up he climbed off the bike to race another day.



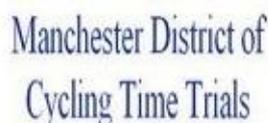
**Ollie Huszar Well Placed in the Pack**

Jack Millar and Nicole Decamps started their season by racing at the Tameside Cycle circuit in the Mossley CRT series of races.

The weather was as bad as it could be with non-stop rain all day and the temperature dropping, however all the competitors turned out, eager to put their winter training to the test.

Nicole featured well in the combined Under 14 & 16's girls event. The older U16's girls proved much stronger than the U14's and rode away from the younger group but Nicole stuck to her task and completed the 25<sup>th</sup> lap event in the middle of the group.

Jack Millar rode in the U16's boys event in what had a very good field of riders from all over the north west.





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## SUNDAY CLUB RUNS

Our summer run schedule starts on 26<sup>th</sup> March. From this date rides start at 8:30am and there is an additional long ride for those adventurous types.

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

Short Ride – Bolster Moor  
Medium Ride – Castleton  
Long Ride – Bolton Abbey

### 2<sup>nd</sup> April

Short Ride – Crawshawbooth  
50 Miles in 4 Hours Reliability Ride

### 9<sup>th</sup> April

Short Ride –  
Slaithwaite/Marsden  
Medium Ride – Rivington  
Long Ride – Clapham

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

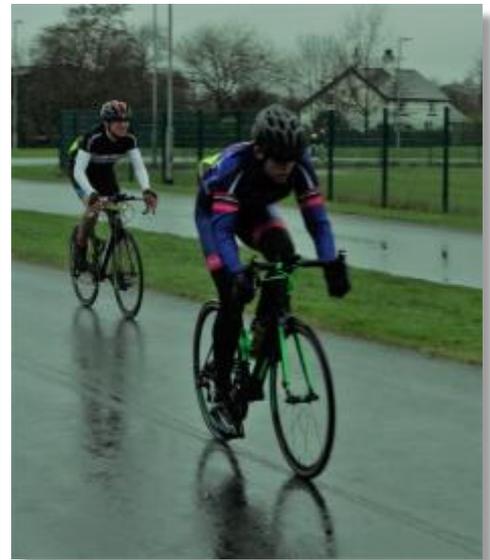
Short Ride – Hebden Bridge  
Medium Ride – Longridge  
Long Ride – Great Budworth

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

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

This was Jack's first event in a massed start race and it was understandable he was taking it easy in the early stages of the race on the wet circuit. This was even more sensible when a serious crash occurred and a rider was injured causing the race to be stopped for a while whilst the rider received treatment. Thankfully the rider was ok and the race re-started.

Jack got the measure of the race after the re-start and he moved steadily through the group to finish mid-way in 25<sup>th</sup> place out of 43 finishers, and a very promising debut ride which he will seek to improve upon next week.

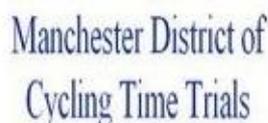


**Nicole and Jack Brave the Elements**

The time trialling events also started last Saturday and Paul Ashworth rode with his brother to record 1hr 1min 12 seconds in a 25 mile two up time trial in South Yorkshire in an excellent ride for the first of the season.

Saturday 11<sup>th</sup> March saw the beginning of the Manchester & District Junior Time Trial Championships. A series of events that each attract points throughout the season.

The first event was held on the J2/3 course in Cheshire which had to be hastily re-arranged due to road resurfacing works appearing on the scheduled course. The J2/3 starts in Twemlow Lane and proceeds east for 2 miles before joining the A535 at Twemlow village. The riders then turn north up the A535 for approximately 4 miles to the roundabout at Chelford, which they circle and re-trace south to finish back where they started at Twemlow. The weather was ideal with little wind and so the riders could expect a good time.





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## SOCIAL EVENTS FOR YOUR DIARY

Gareth has been busy organising two social events.

### 50<sup>th</sup> Anniversary Celebration

To celebrate this momentous occasion, we have engaged the services of that well known beat combo, Soul Provider. They will be entertaining us at Milnrow Cricket Club on Friday 29<sup>th</sup> September. The cricket club can accommodate 180 people so let's see if we can fill it. Get the date in your diaries.

### Annual Dinner

The 2018 Presentation Dinner will be held at Rochdale Golf Club on Saturday January 13<sup>th</sup>. More details will follow later in the year but get this date in your diary as well.

To help spread the cost of these functions the club will be initiating an advance payment system soon.

The East Lancs Junior riders were out in force with 10 members competing in the Juvenile and Junior categories.

The times recorded were as follows; Niamh Coulter 31m 23s; a personal best for Nicole Decamps in 32m 48s; a debut ride by Max Bentley in 29m 46s; Patrick Cooke recorded 28m 58s having ridden the last mile with a flat front tyre; a debut ride by Michael Turmeau in 29m 38s; Joseph Cooke recorded 28m 30s; a debut ride by Oliver Bentley in 28m 14s; Noah Codling recorded 27m 32s; Alex Trippier recorded 25m 26s and finally Jack Millar recorded 26m 16s to equal his personal best.



Max & Oliver Bentley Excel on their Debut TT Rides

The senior riders taking part were Darryl Nolan who recorded 30m 06s; David Bentley making his comeback after many years away from the sport who recorded 26m 16s; Jason Codling who recorded 26m 04s; and finally, Mike Coulter who recorded 28m 43s.

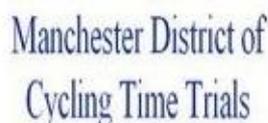
The winner was Joseph Dobson from the Manchester Bicycle Club who recorded a great time of 21m 18s which is a fast time on the J2/3, as it is not considered a fast course due to the up and downs as it circles Jodrell Bank.

Jack Millar followed up his Saturday time trial by competing in the Under 16's Race at the Tameside Circuit on Sunday. In a fast race he finished in the middle of the field with a good performance as builds up his mass start racing experience.

Thanks to Dave Trippier for the reports.

## AUDAX COMPETITION

This year we will be awarding a trophy for the rider completing the most kilometres of rides conducted under the auspices of Audax UK. A trophy will be awarded to the leading male and female cyclists. Climbing points (AAA) will have no bearing, kilometers ridden only.





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## DONCASTER CYCLING FESTIVAL

On 11<sup>th</sup> June, Doncaster is hosting an eight race programme with something for all categories of rider. The racing takes place on a closed circuit in the centre of Doncaster. For more information go to <http://www.doncastercyclefest.com>.



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

The competition commenced at the beginning of February and will end at the end of November. Evidence will have to be provided of completed Audax rides i.e. signed Brevet card. In the event of any dispute the signed and accepted Brevet card will be taken as final evidence of completion. Current standings in the competition can be found on our website [http://www.rochdalectc.org.uk/audax\\_standings.html](http://www.rochdalectc.org.uk/audax_standings.html).

Audax rides must be completed, i.e. if it's a 200k ride, 200k must be ridden. No kilometers awarded if you abandon after 160k

Audax Permanents may be ridden but Gareth will need a copy or sight of signed-off Brevet card to signify completion. This competition has no bearing on the BAR trophy and no BAR points will be awarded for Audax rides completed.

For more details contact Gareth by email at [bar@rochdalectc.org.uk](mailto:bar@rochdalectc.org.uk).

## CYCLISTS WANTED

British Cycling are looking for keen, motivated male cyclists aged between 18 and 35 to help with project work for the Track Team. They are currently in the process of re-thinking the way in which they prepare for races on the day of major competitions. It is likely that at the Tokyo Olympics, in under 4 years from now, their warm-up is likely to look completely different to now.

You would participate in an investigation into different pre-race routines. All testing will be taking place in the Manchester Institute of Health and Performance on SRM ergometers and will require the volunteers to attend 4 separate lab visits (each visit separated a week apart), each visit lasting around 3 hours (only a fraction of this is spent exercising). For more information contact Dr Conor Taylor by phone, 07795 121351 or email [conor.taylor@eis2win.co.uk](mailto:conor.taylor@eis2win.co.uk).

