



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.15 September 2014

WELCOME

As we roll towards the end of the season and the hill climbing begins we can reflect on the summer. Club members have had some great holiday experiences on the bike and have shared them in this month's newsletter. In a fantastic ride Andy Gorton smashed the Club's 100 mile TT record.

CLUB HILL CLIMB

The Club's annual Hill Climb Competition is being sponsored by RRG Skoda of Rochdale. The competition takes place on 14th September over Blackstone Edge. It comprises a two stage climb of the Old Road followed later in the day by a climb of the main road.

RRG Skoda has provided two cars which have been wrapped to advertise the event.



HOLIDAY BIKE ADVENTURES

Many Club members took the opportunity to cycle in exotic locations whilst on holiday. First up is **Andy Gorton** who took to the roads of Cyprus to brave the heat and the mountains. The area behind the coastline of Southern Cyprus is extremely mountainous. Andy's five rides totalled 288 miles including 34,300ft of climbing. The pinnacle came at Mount Olympus which tops out at 6,300ft an epic climb with magnificent views.



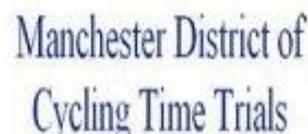
The View from Mount Olympus

Gareth Snell went to the area around Mont Blanc for a mountain bike tour. Despite sustaining a wrist injury which severely shortened the tour and which was compounded by wearing a wrist watch, Gareth enjoyed the part he was able to take part in.

Known as the Three Countries Tour the route passes through France, Italy and Switzerland. This is an off road supported tour and in general follows the route of the classic walking tour, TMB, but in the opposite direction to maximise the technical downhill and minimise climbing on roads.

The Tour commences in Chamonix and involves some 250Km and 8000m of ascent, the vast majority offroad with very technical single track descents. Initially it heads NW over the Col de Balme at 2200m. This was a repeat of a tour I had completed some 13 yrs ago, when much fitter and lighter.

We were a 9 man team from all over the world, two Russians, one American, one Belgian, and five Brits. The first day also involved repeated descents of the Le Tour downhill course, where three members of the 9 man tour ended up





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CYCLING HOLIDAYS

Simon Abraham has recently cycled in Majorca and can highly recommend Puerta Pollensa as a great base. The great weather, good roads and nice lunch stops plus a choice between the mountains or roads mean that there is something for everyone.

Simon's tip is to check Jet2 for deals which include flights, accommodation and bike transfer.



The View from the Summit of Ermita de Betlem in Majorca

George Preston and his Dad took the opportunity of a ride in Whistler, Canada. Despite being better known for mountain biking there is a thriving road scene in the area. "We took to Highway 99 and headed north to Pemberton and then Lillooet. The spectacular scenery of lakes and mountains made for a spectacular ride. Once out

requiring medical treatment, including me. I sustained badly bruised ribs and broken wrist with two others damaging their shoulders. The wrist injury was caused by wearing a watch, so take heed.

The second day involved a rain soaked climb to Champex and technical descent on very 'rooty' wet single track to La Fouly, where the only accommodation was a 10 man Alpine rustic room, which caused some raised eyebrows amongst the mixed team. The food here was very good though.

Next day I had to depart for the doctors in Courmeyer, whilst the team struggled over the Grand Col Ferret at 2537 metres, to be rewarded with a great descent into the very pretty Italian town of Courmeyer on the south side on Mont Blanc, or is it is now Monte Bianco. Forgetting that siestas still prevail in some countries my visit to the doctor was delayed until he woke up at 16:00. One look at my hand and I was off to hospital but not until next day and via the MB tunnel to Chamonix again. My trip was sadly now over and the haggling with the insurance company commenced.

The team carried on though, though now reduced to 5 persons over the Col de Seigne at 2516m to the mountain Refuge at Les Chapieux, no phone reception or Wi-Fi here but fantastic mountain scenery.

From here head North to Les Contamines-Monjolie via Col de Glittaz to overnight before the the final day climbing the Col de Voza above Les Houches before descending into Chamonix.

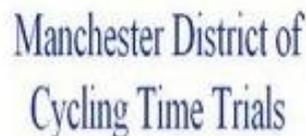
Overall it was a test of climbing endurance and technical descending ability, a test of man and machine with fantastic views, beautiful mountains, great food and drink, tired very day. What more could you ask for!

Finally, **Paula Butterworth** recounts how she fell in love with her first road bike and had an eventful first holiday on it.

"I'll have it" I said to the bloke in Evans. "Do you want to see if you like it" the bloke said. "Well, I'll give it a go but its shiny purple with pink bits so I'll be having it" I said.

I had a very wobbly go outside the Velodrome. "Where are the brakes and gears?" I asked the bloke. I nodded in the right places whilst he did a demo, got back on and found the brakes." I'll get the hang of this in no time", I thought. Men do it, can't be hard, as the husband was whizzing round on his soon to be new carbon speed machine.

I duly had it wrapped, and went about the process of purchasing the 'must have'





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of the quiet towns the road was deserted. The only noise to be heard was the swish of the tyres and the wildlife. We returned by the same route pausing briefly for lunch and a look at the flats of Pemberton Meadows. A ride of 65 miles took in more than 4,000 feet of climbing. The route comprised a significant chunk of the Canadian Iron Man cycle ride. As Dad said (looking tired after too much holiday luxury) 'a spectacular challenge!'"



George on the Road at Pemberton Meadows

road cycling shoes and clipless pedals. "You will feel at one with your bike, madam" the young, trendy mad cyclist bloke from Evans said.

The next week we set off on our holidays to Dolgeddau, North Wales in our touring caravan. Amazing, I thought as I lovingly gazed at my shiny and sparkly purple and pink new best friend. The adventures we'll have together I murmured, as I laid out my matching purple cycling top and shorts, pristine and ridiculously expensive white socks." I look like a real professional," I thought as I slipped my white shiny road bike shoes on, applied my matching pink lippy and diamante trimmed sunglasses.

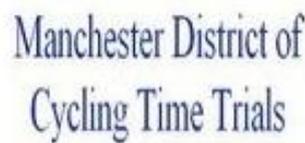
Off we set." I'm doing splendid," I thought as we whizzed down the hill. "I feel at one with my lovely bike, and I think we look a lovely pair"." Aren't I doing well", I shouted at my husband as I whizzed by him. He shouted something back about front rings and a thing called a shifter on the left. "What's he on about", I thought as the road turned a sharp left followed by an immediate steep climb.

He shot past me, and fired off up the hill. I slowed down; my legs wouldn't turn the wheels. I tried to change gear. "Where are the gears?", I thought in panic? I tried to put my feet down to steady myself. Bang. Flat out on my right side under my lovely shiny bike with my feet stuck in the pedals. Not good, but I kept my cool, extracted myself and chalked it down to experience. "Must find out where the gears are, and get to used to the shoes", I thought.

Later I was soon roused from a moment of almost meditational bliss. The 1 car wide lane took a sharp right; a hairpin bend at the top of a very steep hill. There was nothing on the left side to prevent a fall down the side of the very steep hill, and I'd already had my fill of falling down hills. I rounded the bend to be confronted by my worst fear. A car right in front of me, the drivers' look of horror almost matched my own. We both slammed on - my panic was greater than his, he was safe in a tin box; I was likely to get another roll down a big hill. My self-preservation being paramount, I put my hand out and fell onto his car. It being the only reasonable day in the whole of the summer, he had his window down to maximise his enjoyment of the day.

My handlebars went through, his thankfully fully open, window and smacked him in the face, I knew I had dislocated my right thumb when I put my hand whilst flinging myself and my bike onto his car. His wife cried, he was shocked - with a split lip, and I swore, once my feet were out of the damn shoes. He made sure I was ok, I made sure him and his wife were ok.

No damage was done to the car and the bike seemed to be in working order. "I





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CLUB CURRY NIGHT

The Club Curry Night will be held at the Copper Pot on Sandbrook Park on the 3rd October at 7pm. Please contact our Social Secretary, Ceara, if you need any more information.

socialsec@rochdalectc.org.uk

BAR COMPETITION

As we head toward the end of a hard fought BAR season, don't forget to check your results on the website at <http://www.rochdalectc.org.uk/rochdale-ctc.html>. Make the most of the available points!

am not getting back on this bike until I have a proper pair of pedals and my pumps" I declared loudly - to the cows. No one else was within 1/2 a mile of me.

My holiday, and the discovery that I unexpectedly loved riding my bike, led me to seek out a cycling club that would help with road skills and confidence. Hence, Rochdale CTC. I've added to my cycling skills, my confidence and enjoyment of cycling (made lots of friends and had a great time in the process). My stable of bikes has grown, but I will always love my sparkly purple Cannondale Synapse with its twirly pink bits.

THE BIOGRAPHY OF CLARENCE LORD

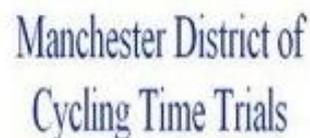
Next year will mark the 100th birthday of Clarence Lord. Clarence was an active member of the Rochdale CTC. In honour of his memory the Clarence Lord Memorial Trophy will be awarded to the U16 winner BAR winner. The trophy is very kindly sponsored by Clarence's daughter Collette Lord. Collette has also given us an insight into Clarence's life.



Clarence Lord

Clarence was born on Feb 28 1915 in Rochdale, and was brought up at either 27, or 29, Arthur Street, off Spotland Road, in Rochdale. His father, John Lord, was a tyrannical ex-miner, his mum Hannah (nee Mellodew) was an ex cotton mill girl and he had one sister, Alice, who eventually went to live next door when she married Jack Bamford.

Clarence had to save long and hard to buy his first bike as his father didn't approve of the freedom cycling gave him, and would have destroyed the bike had





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CYCLE TRAINING COURSES

Pete Kliszcz, our British Cycling Coach, is running a series of cycle courses over the summer. The courses are aimed at Club members under the age of 16 and anybody who is new to cycling and riding in a group.

The sessions take place in a traffic free environment at Kingsway School on Wednesdays at 7pm. There is a charge of £3.00.

It is not necessary to have a bike as the emphasis is very much on gaining confidence and improving safety. Please contact David Trippier prior to attending if you wish to borrow a bike.

he known it existed. John was furious when Clarence (aged 14) said he didn't want to go down t'pit, and he went to work as a clerk in the print instead.

He and his chum, Arnold Holt, used to cycle a lot around Lancashire's small cotton towns, and up and down the Pennines. Clarrie even ventured as far as Wicklow in Eire, where he met his future wife Mary Kate Kilcoyne.

Clarrie had been enjoying cycling for a few years when John Lord unexpectedly discovered his son was an "underground cyclist."

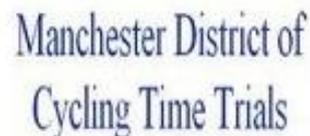
Clarrie had been secretly cycling in the Lake District during one memorable 1920's Wakes Week. In advance of leaving Rochdale, Clarrie had written up 5 Blackpool postcards and given them to a mate (who was going to the seaside for Wakes Week). As instructed, the mate carefully posted one card every day to Arthur Street to convince the family he was having a good time.



Clarence & Friends Start a Club Run (Rochdale Observer 1930's)/Clarence's 240 mile in 24 Hours Certificate

However, as Clarrie was manoeuvring some sharp bends on a steep downhill route in the Lakes, his steering locked, he was thrown over the wall, landed in a heap of fresh manure, and was taken to hospital.

A day later, a friendly policeman called to tell Hannah that her son was in hospital in the Lakes. The feisty Hannah refused to believe him saying "our Clarrie's in Blackpool - sithee he's sent postcards every day". The young bobby hurriedly returned to the station only to be told that the information they had was correct and Ma Lord must be wrong.





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NEWS FROM THE BLUE BELLES

Congratulations to Caroline on her first time trial. Not only was she successful in completing the 10 mile course, but did a fantastic time of 30m 17s. She is an inspiration in sheer determination, regardless of her magnificent time.

It's great as well that so many of the ladies are joining in the club runs now. Our landscape is stunning, but presents its own challenges with steep and long ascents and descents. It seems we have a few ladies who are showing talent on the hills.

It's the club hill climb on Sunday 14th September. It would be great if the Blue Belles had a good turnout. So far I think three of us have signed up. Two of those will make it in good time, one will still be on the course when everyone else has gone home, but it'll be the first time this particular lady has put a number on and competed on a bike. This will represent a significant achievement, and without the club wouldn't have happened.

Clarrie got a leathering for telling lies when he got home, (first having hidden the bike at a mate's house to stop his father smashing it up).

He married Mary Kate in 1942 in St John's Roman Catholic Church near the railway station in Rochdale. His cycling days were over. But during the war the "open road" called to him and he managed to become a despatch rider with the Signals – so he still visited his beloved Pennines and Lakes over and over again.

When he finally bought a car in the 1960's his hunger for the countryside, born of those early cycling days touring the likes of the Trough of Bowland, was still alive and he drove the family into the wildest and most isolated country spots he could find throughout England Wales and Scotland. I think he secretly always wished he had retained that bike.....

He died of lung cancer on 4th October 1977 in Middleton where he had lived from the late 1940's.

RACE REPORTS

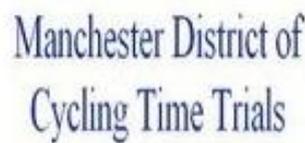
Altrincham Ravens 25 Mile Time Trial (Gawsworth 9th August)

Starting just South of Gawsworth village on the A536, the 9th August saw the riders tackling two laps of a circuit, which took them from Gawsworth, along Dark lane and across to the A34 where they turned south towards Congleton. At Congleton they turned sharp left back up the A536 towards Macclesfield to complete one lap, after which they had to repeat it for the full 25 miles.

The weather conditions were blustery with hurricane Bertha still making her presence felt and the southerly leg was into a headwind which reduced speeds down to 12mph at times. The speeds on average were down for all the riders, but as always, some riders seemed to defy the elements and cut through the wind to produce a great time.

The East Lancs riders experienced mixed fortunes with some riders showing their form and producing excellent times.

The times recorded included Ian Grime with 1hr 4mins, Frank Smith with 1hr 6mins, Ben Trippier with 1h 9m 34s, beaten by 2s by his brother Alex, and Alex





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This particular applicant feels reassured that her effort will be recognised as such by the club. Hopefully in turn this may reassure any other ladies who are thinking of giving it a go but lack confidence.

Thanks to Paula for the report.

LADIES' SADDLES

A recent article in the Guardian by British Cycling's Head Physiotherapist, Phil Burt, highlighted the perils of having the incorrect saddle for ladies. A link to the article is below.

<http://www.theguardian.com/environment/bike-blog/2014/aug/14/how-female-cyclists-can-combat-saddle-soreness>.

COMING UP...

6th September – Introductory Ride

7th September – Beard Cup Hill Climb

14th September – Club Two Stage Hill Climb

Wiseman at 1h 20m, but the best rides of the day were by 15 yr old Sam Walley who recorded 1hr 5m 24s in his first ever 25 mile time trial and The Clubs fastest rider of the day was Sam Wilson in 1h 4m 22s.

Bearing in mind only two riders went under the hour for the 25 miles then all the efforts were good rides in the conditions and the event was won by Scott Burns from Manchester Wheelers in 55m 2s for a fantastic ride on the day.

CDNW Road Race (Oakenclough 10th August)

On the Sunday 10th August, the Club's single Road Racing entrant was Danny Brejwo who took part in the CDNW road race at Oakenclough. The race was for 3rd and 4th Category riders over a distance of 56 miles. The circuit involved several laps of a circuit with a climb to the finish.

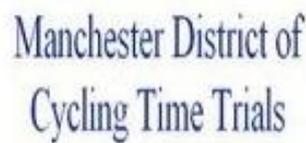
The weather was torrential for the Race which affected the speed of the peloton but the group maintained their pace carefully picking their way through the debris on the narrow lanes.

Danny kept his place in the peloton throughout, despite having trouble with his front changer which meant he raced the entire event on the small chain ring. Nevertheless, he kept with the main group and in the final sprint he came in 9th place for which he earned points towards an upgrade in his racing category. Danny's form is excellent at present and this looks promising for the forthcoming Hill Climb season.

Yorkshire Cycling Federation 100 Mile TT (V275 – Thirsk 17th August)

Sunday 17th August saw Andy Gorton deliver on what he has been promising to do all year by smashing the Existing Club Record for a 100 mile time trial set by Club legend Dave Grogan 30 years ago. Andy set the new record of 4h 7m and 47s beating the old record of 4h 26m by a massive 18m and 13s.

The weather conditions were not ideal for delivering fast times with a north westerly wind blowing at quite a strength. However there was some benefit with the headwind being on a long downhill stretch of the A168 and the tailwind on the return leg blowing the riders back up the drag.





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RACE DAY & CASUAL CLOTHING

Andy Regan has arranged for us to be supplied with Adidas sportswear to compliment the riding kit. The new clothing will be a great addition to the wardrobe of riders and supporters alike plus a great way to advertise the club. Details and prices have been emailed recently. Samples are available. Please contact Dave Trippier or Andy to place an order.

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 NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund.



Andy at Full Speed

Wigan Wheelers 10 Mile TT (L1015 – Levens 16th August)

The Club fielded nine riders on this fast course down the flat dual carriageway from Levens to Lindale and back again. The weather conditions were poor and the riders had to contend with a strong headwind to the turn, but benefited from the same strong wind blowing them back at speeds over 30mph on the return leg.

The Club times were as follows: Caroline Travis 30m 17s in her first ever TT; Alex Wiseman 27m 30s; Ben Trippier 23m 59s; John Howard 31m 04s; Pete Matthew 30m 04s; Darryl Nolan 29m 07s; Mark Riley 29m 04s; Sam Walley 25m 27s; and Alex Trippier 26m 10s.

The event was won by promising youngster, 15 year old Adam Hartley riding for Velocity WD40. He defied the conditions and produced a fantastic time of 21mins and 33 seconds beating riders many years his senior.

