



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.41 January 2017



## WELCOME

Happy New Year everybody!  
We celebrate 50 years of cycling this year. Let's make it the best year ever!

## JUNIORS SCALE THE HEIGHTS



The photo above shows Junior riders James Dewsnap, Mollie Mooney and Oliver Jones on their first Beginners Ride. They've just climbed to the Shepherds Rest pub at Lumbutts on the way back from Hebden Bridge.

## ANNUAL PRESENTATION DINNER

This year's annual dinner was a special one. The reason for this as many of you probably already know is it is the Clubs 50<sup>th</sup> anniversary year. The annual dinner wrapped up a great season for the Club with lots of trophies being handed out. Last season the club had a great year with the likes of Ben Tripper beating the club 25 mile TT record and us winning the team prize yet again in the Beard Cup Hill Hlimb.

The evening itself was very good. The room was set out very nicely, thanks to all who helped. When finding out the bar shut at 1, it was obviously going to be a long night. The food came out at 7:30 with everybody seated. After the food, which was very nice, the presentation started with a speech from Joanna Rowsell-Shand. After the speech Joanna helped present the awards with President John Howard, with David Tripper reading out the names and awards.

After the awards DJ Nigel, the UK's Number 1 DJ, started playing the tunes and getting the room rocking with a few of the Juniors doing the karaoke. One of the highlights of the night must have been when Lawrence sang a great solo on his own, including dance movements, I guess the shot of vinegar helped that.

Thanks to Gareth and the others for a great night, and I'm sure people are already looking forward to next years dinner.

### Thanks to Jack Millar for the Report



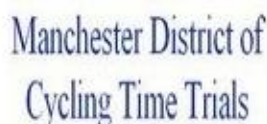
A Packed Venue

The main awards presented on the evening were as follows.

### Team Award

Chris Green, Alex Trippier & Sam Walley

Fastest Team Beard Cup





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## JO ROWSELL-SHAND COACHES ELRC LADIES

The photo below shows some of the ELRC ladies with Joanna Rowsell-Shand. Joanna is working towards her Level 2 Coaching Qualification and has now taken two of the Club sessions.

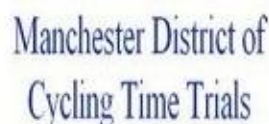
### Women's Group Awards

- |                |   |
|----------------|---|
| Sofia Riley    | ELRC Coaching Medal                       |
| Mollie Mooney  | ELRC Coaching Medal                       |
| Niamh Coulter  | Juvenile Female 10 Mile TT Champion       |
|                | ELRC Coaching Medal                       |
|                | ELRC Junior Open Competition Medal        |
| Nicole Decamps | ELRC Coaching Medal                       |
|                | Juvenile Girls Road Race Best All Rounder |
|                | Novice Rider of the Year                  |
|                | Junior Open Competition Medal             |
| Suzanne Millar | Joint Winner Club Person of the Year      |



Suzanne Millar Receives the Club Person of the Year Award

- |                |  |
|----------------|--|
| Cat Jessop     | Senior Ladies Triathlon Champion                       |
| Karen Bailey   | Crash of the Year                                      |
| Georgina       | Vets Ladies Short Distance Time Trial Best All Rounder |
|                | Fastest Female Beard Cup                               |
| Tracey Bateson | Kathleen Taylor Memorial Cup Ladies CTC BAR Winner     |





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## BIKES FOR SALE

Julie Durrant of Littleborough Boxing & Fitness Club is selling some Indoor Cycling Bikes. These have been used for fitness training but are no longer required. The price is £120.00 each. If you are interested, please contact Julie at [Julie.durrant@labc.club](mailto:Julie.durrant@labc.club).



## PETRUS COMMUNITY

The Club has loaned five bikes to the Petrus Community. The Petrus Community is a charity that provides residential and day support services for people in housing need throughout the borough. For more details see [www.petrus.org.uk](http://www.petrus.org.uk).

### Juvenile & Junior Awards

Lloyd Coulter

ELRC Coaching Medal



Lloyd Coulter Receives His Medal from Joanna Rowsell-Shand & John Howard

Oliver Jones

ELRC Coaching Medal

Luke Brierley

ELRC Coaching Medal

Matthew Race

ELRC Coaching Medal

Ben Slater

ELRC Coaching Medal

Joe Henderson

ELRC Coaching Medal

Tom Bland

Junior Open Competition Medal

Michael Turneau

Junior Open Competition Medal

Joe Cooke

Junior Open Competition Medal

Pat Cooke

Junior Open Competition Medal

Jack Millar

Most Improved Rider

Cameron Pilkington

Junior Open Competition Medal

Cameron Fitton

Junior Open Competition Medal

Alex Wiseman

Junior Open Competition Medal

Alex Trippier

Junior Open Competition Medal

Oliver Makinson

Junior Time Trial Best All Rounder

Junior Open Competition Medal

Juvenile Boys Triathlon Champion

Junior Open Competition Medal

Fastest Juvenile Beard Cup

Lawrence Fairclough

Novice of the Year

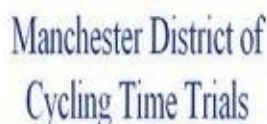
Sam Walley

Junior Open Competition Medal

West Pennine RC 10 Mile TT Junior Cup

Junior Male Triathlon Champion

Junior Open Competition Medal





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## REVISED WEBSITE

We've updated the Club website ([www.rochdalectc.org.uk](http://www.rochdalectc.org.uk)) to give it a cleaner look. It will also look better on mobile devices.

The BAR pages have been revamped in readiness for the new BAR season and the news pages have been condensed into one and given a more accessible interface.

Noah Codling

Juvenile Male TT Champion  
Clarence Lord Trophy Under 16's BAR Winner  
Junior Open Competition Medal  
Club Cyclo Cross Champion  
Junior Road Race Best All Rounder  
Junior Open Competition Medal  
Commemorative Silver Plate for 2016's Performances

Josh Decamps

Matt Walls

### Senior Male Awards

Paul Ashworth  
Chris Green  
Gareth Snell

Senior Men's Road Race Best All Rounder  
Hill Climb Champion (Third Year Running)  
Club Safety Award for Promoting Rider Safety



Jason Codling Receives His Triathlon Award

Jason Codling  
Oliver Huszar  
Pete Matthew  
Andy Gorton  
Andy Regan  
Ben Trippier

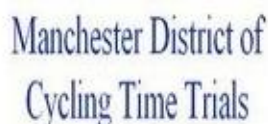
Vets Triathlon Champion  
Track Best All Rounder  
Joint Winner Club Person of the Year  
Vets Men's Road Race BAR  
Marion Ripley Cup for the BAR Competition  
10 Mile TT Championship  
25 Mile TT Championship  
Senior Mens Short Distance Time Trial BAR  
Fastest Tourist Beard Cup

Chris Lowe

Thanks to Jack Millar for the article.

## THURSDAY NIGHT TRAINING SESSIONS

The Thursday night training sessions at Rochdale Leisure Centre are proving as popular as ever. An average of over twenty riders turn up to be tortured on a turbo by British Cycling Coach, Paul West. Once the half hour turbo session is over we climb off the bike wondering







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## SUNDAY CLUB RUNS

All rides depart from Rochdale Leisure Centre at 9:30am

### 29<sup>th</sup> January

Short Ride – Hebden Bridge  
Medium Ride – New Mills

### 5<sup>th</sup> February

Short Ride – Uppermill/Diggle  
Medium Ride – Bashall Barn

### 12<sup>th</sup> February

Short Ride -  
Helmshore/Haslingden  
Medium Ride – Bingley Locks

### 19<sup>th</sup> February

Short Ride – Sowerby Bridge  
Medium Ride – Cat & Fiddle

### 26<sup>th</sup> February

Short Ride – Townley Park  
Medium Ride – Bolton by Bowland

**Don't Forget**, lights and mudguards are obligatory for all winter rides.

what we did wrong to deserve this. However, these thoughts are short lived as we get into fifteen minutes of circuit training. It's all in a good cause and the benefits will be revealed in the Summer (honest).

As Paul was unavailable on 12<sup>th</sup> January his shoes were ably filled by Joanna Rowsell-Shand who took us through her Olympic race warm up followed by a pyramid session peaking with a three minute effort. Some of us don't work so hard on a normal ride!



Joanna Rowsell-Shand Takes the Turbo Session

## SUMMER TOUR 2017

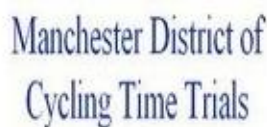
Initially, we considered Lake Garda for our Summer Tour but suitable accommodation was proving to be a problem and so we have looked at the cycling mecca of Majorca and the northern resort of Porta Pollensa.

Cycling in Majorca is fantastic with rides to suit all demands, flat, hilly, short, long, the road surfaces are generally good and the motorists considerate, plus the sun shines all day.

The hotel we have selected is the Fergus Style Pollensa Park & Spa, Puerto Pollensa. This is a four-star hotel which is 100 metres from a great beach and a 5-10 minute stroll down the promenade to the centre.

Sarah Wiseman has made enquiries on our behalf and has summarised them below.

1. Dates are Saturday 22nd July to Friday 1st August, or whatever suits each family around these dates.
2. Either double or twin rooms are available.





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## SATURDAY CLUB RUNS

All rides depart from Rochdale Leisure Centre at 9:30am

### 28<sup>th</sup> January

Beginners – Haslingden/Helmshore  
Medium Ride – Rivington

### 4<sup>th</sup> February

Beginners – Pavillion Café Chadderton  
Medium Ride – Longridge

### 11<sup>th</sup> February

Beginners – Summerseat Garden Centre  
Medium Ride – Lyme Park

### 18<sup>th</sup> February

Beginners – Uppermill/Diggie  
Medium Ride – Holmfirth

### 25<sup>th</sup> February

Short Ride – Edenfield  
Medium Ride – Tockholes

**Don't Forget**, lights and mudguards are obligatory for all winter rides.

3. Costs £1224 per person 'all inclusive'.
4. The price includes flight and transfers.
5. I have asked that families can be next door to each other and we can be all on the same level.
6. The only extras are the bikes. We do not know the exact price but it will be no more than £90.00 per bike box. There is a storage area for bikes as it is a cycling hotel.
7. The flight times are leaving Manchester 6.40am.
8. Return flights are 11.55am from Majorca.
9. An initial deposit of £60.00 per person is required.

If you would like to book your place on the tour please contact David Trippier ([davidt@rochdalectc.org.uk](mailto:davidt@rochdalectc.org.uk)) as soon as possible. If a family room is required please contact the hotel directly but please advise David that you have booked.

## NEW CLUB AUDAX COMPETITION

Audax riding has is increasingly popular with many Club members. We have decided to recognise this with an award.

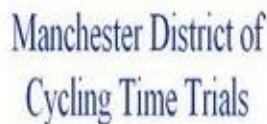
There is an established series of events held throughout the year, which are organised by Audax UK. These events are a like Sportives and our own Reliability Rides. They are not races they are generally distance rides with a time limit in pleasant areas for cycling all over the country. A rider can take part in these events without necessarily being a member of Audax UK.

Each event will have a specific route and distance and the successful completion of each Audax ride will earn the rider kilometre points equivalent to the distance cycled in each event. In addition, at each event every rider is issued with a Brevet Card, which has to be signed by course marshals. It is a requirement for each rider to get their Brevet Card signed at each one of the prescribed marshal points, and especially at the finish, to qualify for the kilometre points just ridden.

We will hold separate Men's and Women's competitions with no further categories.

To ensure no one has an unfair advantage by having already undertaken some Audax rides, the start of the 2017 competition will be the 1<sup>st</sup> February 2017, although this may change in future years.

The rules we have established for the 2017 competitions are as follows.





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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](mailto:newsletter@rochdalectc.org.uk)

Thanks, Jon

1. Qualifying Events must be held under the auspices of Audax UK. No other rides, events or sportives will be applicable;
2. The winner of the Men's and Women's competitions will be the male and female with the most kilometres ridden during the qualifying season;
3. To gain qualifying kilometres, each rider must submit a copy of signed Brevet Cards for EACH RIDE undertaken to the Club BAR Secretary, currently Gareth Snell, who will validate the ride and kilometres earned
4. We will endeavour to maintain a points table and publish it on the web site and Newsletter, like the BAR competition, so that our members can see how they are doing in the competitions
5. Audax rides will NOT qualify for Points in the CTC BAR Competition. These are now two separate competitions and each member must choose which competition they wish to participate in
6. In 2017 only Audax events between 1<sup>st</sup> February and 30<sup>th</sup> November will apply to the competition and the winners will be announced/confirmed at the Riders Dinner.
7. All males go in the men's competition and all females go in the Women's competition irrespective of age.

Any other issues or matters not mentioned above (of which there are bound to be some) which arise or occur during the 2017 competitions will be decided by the Club Committee, whose decision shall be final.



Manchester District of  
Cycling Time Trials

