



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.24 June 2015

WELCOME

It's been a month for time trial record breakers. Frank Smith broke the Club's 20 year old 10 mile record with a superb time of 21m 52s on the L105 Course in Cumbria. Ben Trippier has subsequently bettered this with a fantastic time of 21m 05s on V718 at Drighlington. Incredibly, on 13th June Andy Gorton broke Ben's record with a time of 20m 32s on Levens.

In the 25 mile TT discipline the Club record was broken twice in one day at the Janus CC 25. Ben Trippier set a target of 56m 07s which was beaten 30 minutes later by Andy Gorton with 55m 33s, both are fantastic times.

Congratulations to all!

FRED WHITTON RIDE

Mark Barker completed the Fred Whitton Ride in the Lake District over some of the toughest roads in the country. These include the infamous Hardknot and Wrynose passes with gradients around 30% rather cruelly placed toward the end of the 100 mile ride.

LE-TOUR BILBAO TO CALAIS 6 DAY CHALLENGE



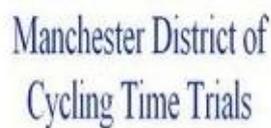
Club riders Andy Gorton, Jason Codling, Sam Wilson, Shaun Leonard and friend Paul Marsh undertook an epic 850 mile ride from Bilbao to Calais. Shaun Leonard has written a cracking report of the whole ride. It's so good that it justifies a newsletter in its own right. See the supplement sent along with this email for the full story.

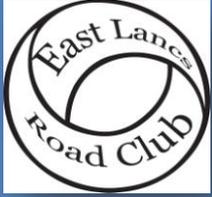


TWO TRIATHLONS IN 28 DAYS!

Sally Rhodes has really been bitten by the triathlon bug and gives a really inspiring report on her latest achievements below.

After taking part in my first triathlon, South Manchester, last September as a personal challenge (and actually enjoying it!) I had decided to enter some more this year. I thought entering a few and having a few targets would keep me focussed on the training I'd worked so hard to achieve.





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MANCHESTER & DISTRICT TT ASSOC. RANKINGS

Points are awarded to riders and teams taking part in the Manchester & District TTA race series. The ranking of the Club and its members after six events are below. These show rank within our Club, overall ranking in the district and points.

For more information go to:
<http://www.manchesterctt.org.uk/page31a.html>.

If you would like more details about taking part in the races please see Andy Regan or contact him by email at clubsec@eastlancsroadclub.org.uk

Club Team Ranking

12th with 255 points;

Senior Ladies

1st: Caroline Travis, 149th 10 pts

Senior Men

1st Ben Trippier 19th, 111 points;

2nd Frank Smith 26th, 97 points;

3rd Dave Trippier, 68th, 43 points

Juniors / Juveniles

1st Alex Trippier 62nd, 47 points;

2nd Sam Walley 92nd, 34 points;

3rd Cameron Fitton & Tom Bland
129th, 15 points

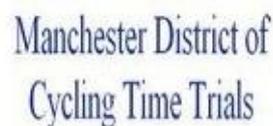


My first one of the year was Skipton triathlon on the 12th of April. I realised when I was booking this one that it was pretty early on in the year to hope for decent weather, and waking up on the morning I was right.

After an early start to register I was one of the first waves off at 8:30am and completed my 16 lengths of the pool in an impressive (for me) 12 min 20 seconds. I ran from the pool to the transition area to find that the light drizzle from earlier had turned into a downpour, but at least I was already wet! The 20km bike course would have been lovely and scenic in the right weather, but as I had taken my front wheel mudguard off due to it refusing to behave I gritted my teeth and rode the course with squinty eyes against the downpour and strong winds, and puddles spraying up into my trainers. The final stage was a 5k run which was 2 laps of the grounds of the park, and to say it was still pouring down and everyone was soaking and squelchy, people were still so supportive. All the competitors were egging each other on, and all the supporters were cheering from under their umbrellas. My final time overall was 1h 51m 31s, which while it won't win any placings, felt like an achievement as it was slightly faster than my September time and in awful conditions.

This one felt like even more of an achievement as I received the results the following week which stated that whilst I was out on the bike course they had cancelled the bike leg for any remaining competitors and changed to a duathlon due to the dangerous weather conditions.

My second one of the year was Pendle triathlon on the 10th of May, and the weather couldn't have been much more different to Skipton if it had tried! After a cool start to the early morning, and feeling a bit chilly coming out of the pool, it





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PENNINE TRUST BIKE EVENTS

The NHS Pennine Trust held two bike events to promote the benefits of cycling. The Club was represented at both events. Paula and Mark represented us at the Royal Oldham Hospital while Dave Trippier and Daryl manned the Rochdale Infirmary stand.

The aim was to promote cycling and also bring in new members for the Club. There will also be an article in the Trust's monthly newsletter.



turned into a lovely sunny morning and was actually quite warm by the time I was ready to run at the end.

Pendle was a double length swim (750m) so presented me with a challenge as this is my weakest point, but I was still quite happy with a time of 29 min 01 seconds for my 30 lengths + transition. I managed to catch up on the bike leg which was 2 laps of a fairly lumpy course, and overtook a few people here, completing the 22.4km in 57m 25s. By the time it came to the run it had turned into a lovely sunny day and it was actually quite hot jogging down the canal. My run time of 37m 14s for 5.4km was not my best, but I was flagging a bit by then. I was quite pleased with my overall time of 2h 5m 34s, especially considering the longer swim.

Pendle also awarded me my first ever finishers medal which I threatened to wear with pride for the next 6 weeks!

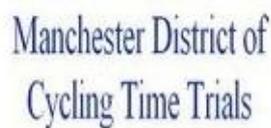
I think I have been bitten by the triathlon bug! I am never going to win, and I will never be the fastest in my category etc, but each one I have completed has kept me focused in my training and in improving my health, and has given me a sense of achievement just for the fact I have completed it.

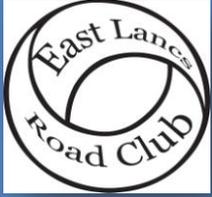
I have a few more lined up and each one will be its own challenge in a way. Scissett in June is a shorter but very hilly bike ride, whilst Darwen in July is an 8km run up to the tower and back down! Then I will hopefully be looking to enter South Manchester again 1 year on and try to improve my time on the same course as my first ever madness moment!

Thanks to Sally for the report.

100 MILE RELIABILITY RIDE

Twenty one Club riders including seven riding their first 100 took part in the 100 Mile Reliability Ride on 10th May. All of the entrants finished within the eight hour time limit to claim maximum points in the BAR competition. From left to right in the photograph below are Josh Decamps, Cameron Fitton, Lawrence Fairclough, Dave Barker, Oliver Huszar, Noah Codling and Jonny Decamps.





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BEGINNERS RIDES

Our Beginners (formerly known as 'D') Rides for beginners take place on Saturday mornings from Rochdale Leisure Centre at 9:30am.

There is also a greater variety of destinations for this ride.

The pace is easy and the mileage low. Check on Thursday Club nights to ensure one is taking place.

The latest Saturday Beginners Ride attracted 10 riders with Karen and Michael Turmeau joining the ride for the first time. The participants left Rochdale for Oldham, Stalybridge and a return ride through Saddleworth.



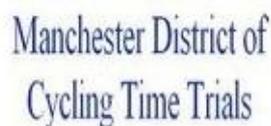
The riders even found time to spur Ben Trippier on in the West Pennine RC Road Race (see below) as the finishing straight of the race formed part of the route for the 100. Andy Bateson had a great day and gives us his thoughts on the ride below.

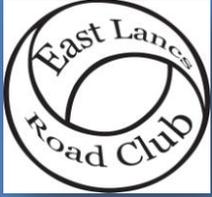
I met the group at 8.15 am and was greeted by the usual excited Andy Regan jumping around like a jack in a box, using up tons of energy before a pedal is turned. The main topic of discussion seemed to be the windy forecast for the day and when it was going to hit us and before we knew it the clock had moved well past the 8.30 start. 'Look at the time' was the cry, 'we need to get off'. I don't know about anyone else but on a long ride I get myself focused on the ride in sections and my first one this day is lunch or should I say full breakfast? I had investigated this the night before on the Bashall Barn website and it finished at midday! Longridge was reached by 10.30 so I was on time for it and even had time to take five which is not easy when keeping up with Simon Abraham.

Lunch at Bashall was enjoyed by all, and then on to some of the best roads for cycling anywhere. Bowland, across to Gargrave to the Dalesman which was my next section I had separated my ride into, quite a tough section with rolling terrain but luckily that wind was still with us. Remembering the previous year we quietly sneaked through Sawley without a certain local seeing us. As we got to the Dalesman the wind direction had been worked out and in anticipation a brew and a big piece of cake was needed.

Deep breath, 35 miles or so of headwind to go and to top that, Cliviger with a headwind that must be everybody's worst nightmare and today it turned out that way. The group stretched out due to some tired legs and the cruel wind.

Simon, Ian Jackson and myself arrived in Rochdale at approx 4.20 pm . "Hey up" Simon exclaimed, "who's this?". Iron Man Paul Atherton was beaming like a





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NEW CLUB KIT

If you would like to order the new East Lancs kit or CTC kit contact David Trippier by email at davidt@rochdalectc.org.uk.



New CTT and East Lancs Kit

CLUB TRACK CHAMPIONSHIP – 4th JULY

The Club's Annual Track Championship will take part on the 4th July at the Manchester Velodrome.

The track has been booked for a four hour session leaving plenty of time for a great afternoons racing.

Look out for emails or contact Dave Trippier from more information.

Cheshire cat had crept past us whilst filling our faces with tea and cake at Gargrave I think.

We took a quick photo before the rest of the hardy East Lancs riders came back in dribs and drabs all in the time limit and by the skin of his teeth Noah Codling by a mere 30 seconds or so to a great a reception from the group. I bet he felt like he had just won the Tour de France, with age on his side and the way he is improving maybe he will.

For me the 100 is by far the best ride of the year. A great route on good roads and a lovely cafe stop.

Thanks to Andy for the report.

CLUB NIGHT AT THE VELODROME

The 21st May saw 28 Club members and friends assemble at Manchester Velodrome for another two hour session. Whilst the coach Paul West took the novices through the etiquette of riding the track the more seasoned participants warmed up. After a short break we moved onto intervals where a series of eye bulging one and two minute sprint efforts were followed by an equivalent (and very welcome) rest period.

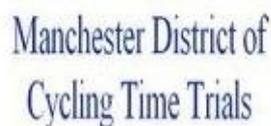
While the slower riders rested thinking dark thoughts the faster riders took part in a pursuit effort. A string of riders formed with the first one sprinting off the front to rejoin at the rear, a deceptively exhausting discipline which was made to look effortless by some riders. Following this, the remaining riders were placed into groups of five set of at intervals with the aim being to catch the rider or riders in front within five laps.

The faster members then took part in a 30 lap scratch race followed by a warm down period for all.

RACE REPORTS

GHS District Championship U16 10 Mile Time Trial – 25th April 2015

The Club fielded seven Junior riders in the Manchester Divisional Heats of the GHS 10 mile Time Trial Championship. The event was restricted to under 16's





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BAR 150 MILES IN 12 HOURS

On Sunday 7th June it was Round 3 of the Club's Best All Rounder (BAR) competition, which was the 150 mile in 12 hour Reliability Ride. The course for this Ride takes in Hebden Bridge, Bolton Abbey, Aysgarth, Hawes, Settle, Whalley, Haslingden and back to Rochdale, a Ride through stunning Dales scenery.

The distance and the windy conditions reduced riders numbers to just three this year with Paul Atherton, Steve Szelesi and Dave Trippier taking on the challenge and all three successfully completing the 150 miles 20 minutes inside the 12 hour limit.

and all of the riders competed well, with the East Lancs retaining their crown from last year by winning the fastest team prize to go forward to the National Final in Kent in early September.

Sam Walley was the fastest Junior rider in the field overall in an impressive time of 24m 11s and he was supported in the team event by Alex Trippier in 26m 14s and Alex Wiseman in 27m 39s. The other Club performances included Oliver Makinson in his first ever Time Trial recording 27m 59s, Josh Decamps in 28m 02s, Noah Codling in 31m 49s and Tom Bland in 34m 06s.



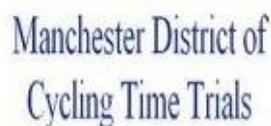
Tom Bland, Oliver Makinson, Sam Walley, Josh Decamps, Noah Codling, Alex Trippier & Alex Wiseman

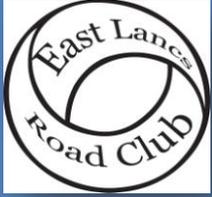
East Lancs RC 10 Mile Time Trial – 2nd May 2015

The event was held on the J2/1 course in Cheshire between the Monks Heath cross roads on the A34 and Booths Hall traffic Island at Knutsford.

The weather conditions did not favour fast time trialling against the clock because there was a brisk wind to contend with blowing from East to West, which meant it was very fast out to the half way turn at approximately 5.25 miles with the fastest riders travelling in excess of 30mph, but hard back into the headwind to the finish.

The East Lancs fielded 28 riders in a maximum field of 150 riders with everyone turning in creditable performances as follows.





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CLUB RUNS CHANGES

From the 7th June we are changing the format of the Club Runs. The changes have come about from feedback given to the Committee members.

There will still be three Sunday Club Runs designated 'Short', 'Medium' and 'Long'. There will no longer be a fast 'training' ride.

All rides will start at 8:30am during the summer months from the usual starting point at Rochdale Leisure Centre. The earlier start time is to allow members to get back in time for other commitments, to avoid traffic and allow the longer rides to go further afield.

See the Club calendar at <http://www.rochdalectc.org.uk/calendar.html> for details of specific run destinations.

Andy Gorton	0:22:56	Alexander Wiseman	0:27:32
Frank Smith	0:23:16	Mark Riley	0:27:38
Kamil Waligora	0:23:55	Steven Butterworth	0:27:39
Samuel Walley	0:24:16	Josh Decamps	0:27:40
Ian Grime	0:24:42	Ian Jackson	0:28:16
Sam Wilson	0:25:00	Cameron Fitton	0:28:32
Alex Trippier	0:26:05	Peter Matthew	0:30:21
Mark Barker	0:26:17	Cameron Pilkington	0:30:25
David Trippier	0:26:31	Philip Booth	0:30:37
Oliver Huszar	0:26:53	Jonny Decamps	0:30:50
Shaun Leonard	0:27:21	Noah Codling	0:31:12
Andrew Bateson	0:27:32	Thomas Bland	0:34:20

A special mention must go to ELRC Juvenile rider Ollie Makinson, who keen to break his personal best time set in the GHS Champs the week before, crashed on Chelford Island and had to retire from the event with a suspected broken wrist. However closer examination revealed only severe bruising, which enabled him to take part in a Junior Triathlon at Warrington the very next day, which he promptly won in his class !! Jason Codling was also flying when a puncture ruined what looked to be a fantastic ride.

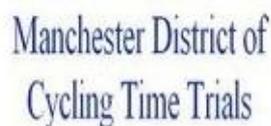
Cleveleys RC 10 Mile Time Trial – 9th May 2015

Several riders took part in the Cleveleys RC 10m Time Trial on the superfast L1015 course in Cumbria, which follows the flat smooth dual carriageway from Sizergh Castle to the Lindale roundabout and back.

Whilst the weather conditions weren't ideal this didn't stop Frank Smith from smashing his own and the Clubs 10 mile record, which has stood for approximately 25 years, as he recorded a fantastic time of 21m 52s to lower the record by 13 seconds. Whilst riding at a consistent power output of 400 watts for 8 miles, Frank didn't drop below 30mph on the return leg to break the record with a great ride.

West Pennine RC Road Race – 10th May 2015

Ben Whitehead and Ben Trippier took part in the West Pennine RC road race held on the 11 mile Bashall Eaves circuit near Clitheroe. In a fast race both riders were comfortable in the bunch until Ben Whitehead hit a pothole and had to retire with a buckled wheel. Meanwhile Ben Trippier tries his luck at a break





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BIKE MONTH 2015

June is Bike Month 2015. There are over 600 events including help with bike maintenance, cycle sports, cycle training and cycle rides which culminate with the GM cycle ride on traffic free roads in the city.

Bike Month aims to encourage people to ride and enjoy cycling and try something different. For more information have a look at the website

<http://www.rochdaleonline.co.uk/news-features/96004>).

away on the last climb of the race with half a mile to go but the bunch reeled him in before the finish leaving him to settle for a place in the field.

Club Championship - West Pennine 10 Mile Time Trial – 16th May 2015

The Club 10 mile Time Trial Championship was the West Pennine RC event on the L109 course on the Clitheroe bypass. This course has a long descent and then a hard climb all within the first mile and coupled with a fairly strong head wind out to the turn it made for a challenging ride with very few personal best performances likely to be achieved.

The faster riders don't seem to be affected by conditions such as these and victory went to Ben Trippier who continued his great form this year in a personal best time of 22m 16s to take the club championship trophy and in addition Sam Walley won the West Pennine Junior Cup as the fastest Junior and Noah Codling won the fastest Juvenile prize. However, congratulations go out to all the East Lancs riders who made up a third of the field, particularly Jonny Decamps and Jason Codling who also recorded personal best rides.

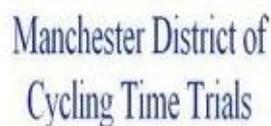
Litherland Circuit Criterium – 20th May 2015

Last Wednesday Chris Green took part in the circuit race on the Litherland Circuit. On a tight circuit, which involves a lot of sprinting out of the corners, this short fast race completed a distance of 11 miles in a time of 26 mins with Chris taking 2nd place in the bunch gallop. In his present form it's difficult to see anyone in Club preventing Chris from lifting the Road Race Senior men's BAR trophy at the end of the season.

Richmond 3rd/4th Category Road Race – 24th May 2015

Chris Green, Ben Whitehead, and Sam Wilson took part in the 32 mile race in North Yorkshire, which included over 3,000 feet of climbing. Inevitably, the bunch split under pressure on the climbs but Chris was well placed in the leading group and went on to secure 7th place and keep up his good form for the season so far. Ben and Sam were in the chasing group with Ben coming in 2nd in the bunch sprint for the line.

Janus RC 25 Mile Time Trial – 23rd May 2015





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THANKS!

This is my final newsletter as editor and I would just like to say thanks to all the contributors who have helped make the job a pleasure over the last two years. I hope you've all enjoyed reading it.

...AND FINALLY

Articles and information for the newsletter are always required. Now that the summer months are upon us I'm sure that any submission for holiday cycling and touring activities would be gratefully received by the new editor when they are appointed.

Thanks, Jon



Five Club riders rode the Janus RC 25 mile Time trial on Saturday on the J2/1 course just South of Knutsford in Cheshire. The weather conditions were perfect and all the riders responded with fast times, which resulted in 44 out of the 120 riders completing the 25 miles in less than 1 hour.

Sam Walley was first to finish for the Club in 1h 03m 3s to take the fastest Junior prize and then Ben Trippier finished in a new Club Record time of 56m 07s and take over four minutes of his previous personal best. Feeling good about setting a new Club record lasted just 30 minutes for Ben, when Andy Gorton stormed to a record time of 55m 33ms. Both were terrific rides breaking the 25 mile club record which had also stood for over 20 years.

Liverpool Phoenix CC 10 Mile Time Trial – 6th June 2015

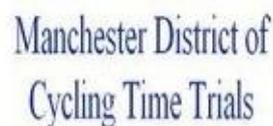
Current 10m Club record holder Frank Smith opted for the D10/1 course near St Helens for his weekend effort on a very blustery Saturday afternoon. This course is quite flat but very exposed in windy conditions which held Frank back a bit from his normal pace. Nevertheless he recorded a time of 22m 55s to make 17th place in the field overall. The event was won by Steve Burke riding for Team Wiggins in 20m 21s.

Drighlington BC 10 Mile Time Trial – 6th June 2015

The Trippier brothers entered the Drighlington BC 10 mile time trial event on the superfast V718 course near Hull for their weekend ride and neither was disappointed with their effort. This course was used by Bradley Wiggins in his preparation for his hour record last Sunday and it is virtually flat with good hedge protection from side winds on both sides of the dual carriageway, which is why it consistently delivers the fast time trial times in the country.

Alex reduced his personal best by a minute to 23m 20s and Ben reduced his personal best at this distance by 44s to establish a new club record time of 21m 05s, both of which were great rides in the conditions. The event was won by Philip Graves from York Triathlon Club who is an Ironman World Champion in a fantastic time of 19m 14s.

Thanks to Dave Trippier for the reports.





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BIKE FOR SALE

Simon Abraham has a brand new ladies road bike for sale (see below). It is a 48cm Cannondale Synapse 7 with Shimano Sora Gears. The frame is suitable for heights 5'0" to 5'4". It is fitted with new SKS mudguards and new Lezyne 400 lumen lights. The finish is gloss black and pastel pink with flower detailing. It has a compact chainset with 11-32 cassette. Price now reduced to £500 with free bike fit and servicing for a year (parts extra if required). Contact Simon on 07977 101055.

