



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.11 May 2014

WELCOME

The Club has been well represented in recent races with the Junior section very much in evidence with some excellent and improving results. See below for more details.

BEST ALL ROUNDER

A reminder to those Club members who wish to collect BAR points, if you have not already done so, please send your CTC membership number and expiry date to Pete Matthew.

You can also monitor your BAR points total via our website, <http://www.rochdalectc.org.uk/rochdale-ctc.html>.

The East Lancs Road club is proud to be supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund.

THE BLUE BELLES LADIES GROUP

Here we are:
powerful, eager
and ready to go



The Ladies Group now formally called the Blue Belles are planning a gentle car assisted ladies only ride to Tatton Park. Some members have been ill and injured and it will be a lovely way to get going again and will also be a great way for some new members just getting going on bikes. Of course there will also be plenty of opportunity for girlie chat, coffee and cake.

For more information contact Paula by email at s.butterworth654@btinternet.com.

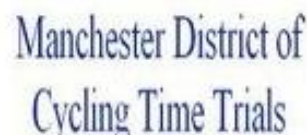
In the article below Paula provides some inspiration below for all Club members who are thinking about riding the bike but haven't gathered the necessary motivation to get out and go!

STARTING AN AUDAX SEASON

I've just managed to get back on my bike after illness and am working towards a 200K Audax in October - I have one from Upton Magna in Shropshire planned. I was in Pocklington, East Yorkshire over Easter and took my new custom built steel Audax bike (with granny ring).

Pocklington is about 1 ½ hours from Diggle and provided lovely gentle flat, traffic free cycling around the Vale of York; I enjoyed about 20 miles of what I consider a perfect bike ride (FLAT, scenic, almost traffic free, FLAT, sunny skies, no wind and FLAT!)

The following day, husband was in recovery from his ride from Uppermill to York





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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.

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. Please contact Dave Trippier or Andy to place an order.

- via Skegness (24 hr 400k team Audax event). He felt he needed to spin his legs out, so suggested we did my ride again. Wonderful I thought, another perfect Paula bike ride...so how did I end up flogging it up a 1 ½ K, 17% gradient?? Steven managed to find the lane that accessed the Yorkshire Wolds. Granny ring or no, there were plenty of view stops on the way up. Think I need to spend less time baking (and eating) cakes and more time devising, and sticking to, a training plan!!

The benefit to every hill climb is the descent, and the scenery up and down was magnificent. I can recommend this wonderful part of Yorkshire for its varied scenery, quiet lanes and magnificent views.

It is also an area that is working hard at promoting cycling and as such is very cycle friendly. There is a 150 mile Yorkshire Wold circular cycle route with plenty of cycle friendly accommodation.

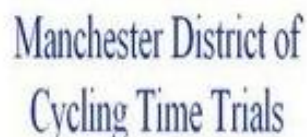
All a bit boring, really, for a club that has so many competent cycling athletes who are fast and do exciting things like time trials etc, but it is an account of an ordinary middle aged woman who has caught the cycling bug.



The Yorkshire Wolds in All Their Glory

TT RESULTS

Club members have been very active in recent time trials. Andy Regan has collated the details. The results are below, but first, some interesting statistics.





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EXERCISE BIKE FOR SALE

Alex Travis has an exercise bicycle for sale. The bike is already built and has been used no more than ten times. It comes complete with a working computer and bottle cage. There is also an adjustable resistance setting. Photographs of the bike are below.

For more information contact Alex at atravii@hotmail.co.uk or on 07598 758099.



- 29 club members have competed in time trials this year to date;
- Katie Smith won event 2 of the M&D Juvenile championship;
- ELRC juniors and juveniles represented just under 50% of all competitors;
- Sam Walley and Apex Trippier were third in the Manchester District heat of the GHS National Championship (aimed at 17 year olds and under) and will go forward to compete in the National Championships;
- We believe that Sam Walley, Alex Trippier and Sam Mottley have qualified to represent Manchester District at the National Championships on Saturday, 13th September.
- Personal best times were recorded by Andy Gorton, Ben Trippier, Sam Wilson (4 minute improvement), Daryl Nolan, Andy Bateson, Harrison Groome and Josh De Camps at the ABC Centreville 10. John Howard also improved his time for the year by 2 minutes.

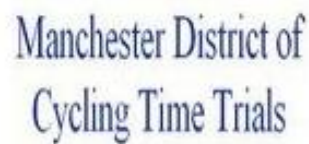
10 Mile Results

8th March – M & D TTA 10 Junior J4/17

Ben Trippier	25m 01s	5 th Position
Harrison Groome	30m 26s	10 th Position

8th March – M & D TTA 10 Junior J4/17

Alex Trippier	28m 39s	4 th Position
Alex Wiseman	29m 01s	5 th Position
Sam Walley	30m 37s	6 th Position
George Preston	31m 39s	8 th Position
Cameron Fitton	33m 16s	9 th Position
Alex Travis	34m 27s	10 th Position
Katie Smith	39m 27s	11 th Position
Josh Decamps	43m 45s	12 th Position





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FASTEST TT TIMES

The fastest TT times recorded by Club members.

10 Mile

Overall: Andy Gorton 22m 43s

Juvenile: Sam Walley 25m 43s
Lady Juvenile: Katie Smith 36m 21s
Junior: Ben Trippier 24m 28s
Senior: Andy Gorton 22m 43s
V40: Andy Gorton 22m 43s
V50: David Trippier 26m 07s
V60: Daryl Nolan 30m 02s
V70: Peter Matthew 31m 05s

25 Mile

Overall: Simon Abraham 1h 09m 28s

COMING UP...

3rd May – Introductory Ride
4th May – Club run A & B to Gargrave, C to Hebden Bridge.
11th May – Car Assisted to Betw'd Coed / Over The Edge Charity Ride.
18th May – Reliability Ride 100 Miles in 7 or 8 Hours. C ride to Rawtenstall.
24th May – Club Week in Alps.
25th May – Club run A & B to Holmfirth, C to Uppermill.
3^{1st} May – Ladies Ride
1st June – Club run A & B to Tockholes, C to Holden Vale (Helmshore).

<http://www.rochdalectc.org.uk/club-runs-programme.html>



East Lancs Juniors Prepare for the M & D TTA Event

15th March – M & D TTA 10 J4/17

Andy Gorton	23m 27s	12 th Position
Dan Brejwo	24m 29s	30 th Position
Dave Ireland	27m 25s	70 th Position

15th March – M & D TTA 10 Junior J4/17

Ben Trippier	25m 50s	5 th Position
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15th March – M & D TTA 10 Juvenile J4/17

Alex Trippier	28m 13s	4 th Position
Sam Walley	30m 45s	6 th Position
Alex Travis	33m 45s	7 th Position
Katie Smith	36m 21s	8 th Position

29th March – M & D TTA 10 J2/3

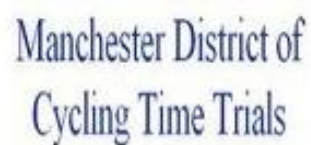
Ben Trippier	25m 52s	54 th Position
Andy Regan	29m 29s	92 nd Position
Andy Bateson	30m 16s	101 st Position

29th March – M & D TTA 10 Junior J2/3

Lauren Bateson	33m 58s	7 th Position
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29th March – M & D TTA 10 Juvenile J2/3

Katie Smith	38m 09s	1 st Position
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TAMESIDE CRITERIUM

On the evening of Tuesday 29th April several riders took part in the third Tameside Criterium with some very fine performances. Andy Gorton lead the team home in 2nd place with Ben Trippier 4th, which resulted in both riders improving their race category from 4th to 3rd in only three races.

In the same race Mark Barker produced a fine ride to finish 14th in the bunch, and in the Junior Race Alex Wiseman produced a fine ride in his first criterium race.

ROAD RACE SUMMARY

Andy Gorton is Vets Road Race leader with 14 points. Ben Trippier is the Junior leader with 13 points.

Both of the above have moved from 4th to 3rd category riders after placing in two events at Tameside Tuesday circuit races – a superb achievement in the first few weeks of their road racing careers.

8th April – VTTA (Mcr & NW) J2/1

David Trippier	28m 02s
Mark Riley	29m 43s
Daryl Nolan	30m 02s
Pete Matthew	31m 05s
John Howard	33m 16s

12th April – Leigh Premier D10/1

Andy Gorton	22m 43s	10 th Position
Ben Trippier	24m 30s	31 st Position
David Trippier	26m 07s	50 th Position
Alex Trippier	26m 09s	51 st Position
Sam Walley	27m 26s	56 th Position
Alex Wiseman	28m 26s	62 nd Position
George Preston	29m 25s	66 th Position
Josh Decamps	31m 01s	68 th Position



Alex Wiseman Pushing Hard – North Lancs RC 10

19th April – North Lancs RC L101

Alex Wiseman	27m 30s	70 th Position
George Preston	28m 32s	72 nd Position
Jon Preston	28m 45s	73 rd Position

26th April – M & D TTA Ladies Invitation J2/1

Ben Trippier	24m 28s
David Trippier	26m 35s



Manchester District of
Cycling Time Trials





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Tom Chilcott has participated in a circuit race at Lancaster and was also part of the three man team with Dan Brejwo and Ben Trippier who rode the Cycle Development NW event at Honister. Both Dan and Ben made their road racing debuts in this event. Sadly, their official results don't reflect their actual positions.

CYCLO CROSS SUMMARY

Mark Barker has taken part in four category B Cyclo Cross events. He has steadily worked up through the rankings with a highest place of 18th.

CLUB WEBSITE

The Club website had a total of 411 visits, 308 of these were new visitors.

26th April – Mcr GHS Championships J2/1

Sam Walley	25m 43s
Alex Trippier	26m 14s
Sam Mottley	28m 07s
Alex Wiseman	29m 07s
Josh Decamps	30m 42s

3rd May – ABC Centreville J2/1

Andy Gorton	22m 25s	17 th Position
Ben Trippier	24m 06s	1 st Junior
Sam Wilson	24m 30s	
David Trippier	24m 53s	
Alex Trippier	26m 12s	1 st Juvenile
Alex Wiseman	27m 34s	
Daryl Nolan	27m 48s	
Andy Bateson	27m 55s	
Harrison Groome	28m 10s	
George Preston	28m 59s	
Josh Decamps	29m 56s	
John Howard	31m 46s	



Sam Walley In Full Flight – Mcr GHS Championships

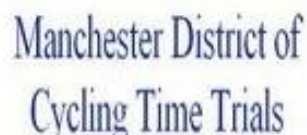
25 Mile Results

12th April - Macclesfield Wheelers J2/9

Simon Abraham	1h 09m 28s	61 st Position
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Nova CC 2 Up

Dan Brejwo & Andy Gorton	1h 00m 06s	5 th Position
Gary Lake & Mark Barker	1h 10m 26s	28 th Position
Dave Ireland & Ben Trippier	1h 10m 40s	29 th Position





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Phil Rhodes & Simon Abraham	1h 12m 41s	34 th Position
Steve Szelesi & Paul Atherton	1h 13m 21s	38 th Position
George Preston & Sam Mottley	1h 20m 11s	42 nd Position
Andrew & Lauren Bateson	1h 20m 53s	43 rd Position
Tom Ireland & Alex Trippier	1h 21m 55s	45 th Position
Sam Walley & Alex Wiseman	1h 22m 55s	48 th Position
Jack Mottley & Harrison Groome	1h 40m 28s	50 th Position



George Preston, Sam Mottley, Dan Brejwo & Andy Gorton at the Nova CC 2 Up



Manchester District of
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