



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.13 July 2014

WELCOME

The recent weather has been great for getting out and enjoying the bike. What better way to get fit and see the countryside? Plus there is the added motivation of the professional riders in the Tour de France passing through. Add in the club 150, the BBQ and the Great Manchester Cycle ride, what a month!

CLUB SUMMER BBQ

The Puckersley Inn was the venue for the Club's Summer Barbeque on 22nd June. A glorious summer afternoon saw over eighty Club members friends and family enjoying the food and company. Music was provided by Helen Atherton and Sam Mottley on keyboards and George Preston on guitar.



150 MILE RELIABILITY RIDE

A group of 7 intrepid club riders (Dave Trippier, Andy Regan, Paul Atherton, Steve Szelezi, Mark Riley, Simon Abraham and Nigel Bishop) set out to undertake the 150 mile in 12 hours Reliability Ride.

The weather was terrible for the first two hours but after that it remained dry for the rest of the day, and so the group made good progress to Keighley and on to Kettlewell for the first rest stop. Then still following the route of Stage 1 of the Tour de France, the Riders climbed over Kidstones and into Wensleydale to Hawes before turning south to Settle for the second rest break where Paula provided much needed sustenance. After the hour break the group set off for Whalley and then returned through Haslingden and Bury to reach Rochdale in 11 ½ hours.

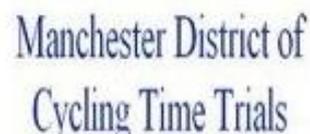
Paul Atherton commented that the ride was very wet early on but although the day got better he was wet pretty much most of the ride. Even though he was wearing overshoes he still had wet feet. The route was very hilly with over 9,000 feet of climbing.

ELRC RIDERS "RULE THE ROADS" AT 2014 GREAT MANCHESTER CYCLE

Following last year's limited ELRC contribution to the Great Manchester Cycle closed road, mass participation ride (see August 2013 newsletter), this year we had a team of eight at the 3rd running of the event on 29th June.

Four of the "senior statesmen" of the club took part in the two lap, 26 mile, ride (approx 1950 riders), along with Noah and Jason Codling, the latter having already completed the four lap, 52 mile event (2,500 riders) less than two hours previously! Our youngest lady member, Miss Lexi Gorton, set a very creditable time in the single lap, 13 mile, ride (1,500 riders), once again, a-la-Codlings, accompanied by dad, Andy. The latter had also ridden the early morning 52 mile event, along with Codling senior, and, WAIT FOR IT, repeated his event winning ride of last year (albeit slightly slower!), with a time of 2hrs 8 minutes 3 seconds, 56 seconds ahead of his nearest chaser!

The weather smiled on the event once again, and all participants enjoyed that





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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.

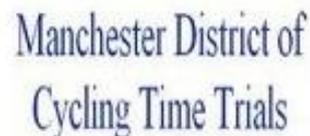
"special" experience of "Ruling the Roads" on Manchester's main highways, including the Mancunian Way, without a single car or red light to impede their progress. As before, the experience was enhanced by superb organisation, facilities and marshalling, and, who knows, perhaps 2015 will see a further increase in the ELRC contingent? We already boast a double 52 mile winner. How about the 13 and 26 mile crowns?



Pete Matthew 'Rules the Roads'

Distance (Riders)	Time h.m.s	Speed m.p.h.	Overall Position	Position in Age Group
52 MILES (2500)				
Andy Gorton	2-08-03	24.38	FIRST !	
Jason Codling	2-13-04	23.46	36	7 of 400
26 MILES (1950)				
Peter Matthew	1-22-38	19.02	201	2 of 14
John Howard	1-26-23	18.14	355	10 of 77
Tom Radcliffe	1-27-04	17.93	384	11 of 77
Noah Codling	1-28-09	17.73	422	125 of 1200
Jason Codling*	1-28-12	17.73	423	69 of 400
Peter Royle	1-29-08	17.53	467	16 of 77
13 MILES (1500)				
Andy Gorton*	1-04-31	12.19	514	74 of 260
Lexi Gorton	1-04-32	12.19	515	233 of 900(0-34yrs!)

* Attentive analysts amongst you will have noticed that Codling Senior, having already claimed a more than honourable 36th in the 52 mile event (only 5 minutes behind Mr





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CLUB WEBSITE

The Club website had a total of 502 visits in June, 274 of these were new visitors.

COMING UP...

- 12th July – Club Track Championship at Manchester Velodrome.
- 13th July – Manchester to Blackpool Charity Ride.
- 20th July – Reliability Ride 250 miles in 24 Hours. C Ride to Dine Cafe Cliviger
- 26th July – Ladies Only Ride.
- 27th July – Club run B to Chatsworth (Car Assisted), C to Uppermill (Newbank Garden Centre).
- 3rd August – Club run B to Chipping, C to Lyme Park.
- 10th August – Club run B to Earby.

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

SUNDAY 'A' RIDE CLUB RUN

Simon Abraham has been arranging a regular fast Sunday 'A' ride. Details are confirmed on a weekly basis. Those who are interested in a fast paced early morning ride contact Simon at simonabraham66@gmail.com

G.) was unfortunately unable to match Junior over 13 miles and was comfortably beaten by Noah by 3 seconds ! Gorton Senior, on the other hand, no doubt with adrenaline running high after his victory in the 52, did not even have the grace to allow Lexi to cross the line first, no doubt unable to restrain his habitual "lunge for the line", beating her by one whole second! No doubt, at some point in the distant future, Lexi will forgive him!

Thanks to Pete Matthew for the report and stats.

CLUB 25 MILE TIME TRIAL

It was almost a perfect day on the 5th July for the Club's 25 mile time trial. Concerns about the event coinciding first day of the Tour de France depleting the field were dispelled as a field of 63 riders from all over the country took to course J2/9.

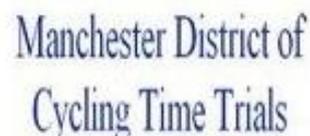
The initially wet roads dried up as the weather improved and the riders were able to put in maximum effort only held up by a fairly stiff wind on parts of the course.

The overall winner was Joe Evans of Haribo-Beacon RT in a time of 54m 33s. In all nine Club riders took part, coming through with the following times.

Andy Gorton	59m 02s
Ben Trippier	1h 02m 20s
Frank Smith	1h 03m 57s
Ian Grime	1h 04m 35s
Shaun Leonard	1h 09m 14s
Jason Codling	1h 10m 28s
Steve Szelesi	1h 11m 23s
Andy Bateson	1h 13m 20s

Unfortunately our ninth rider, Pete Matthew, was unable to finish due to a 'course malfunction'!

Thanks to Andy Regan for the great organisation, all the marshals and to Julie, Linda, Carole, Sarah and Katie for providing the fantastic catering.





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EXERCISE BIKE FOR SALE

Now appearing for the third time, 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. Come on folks it's time to snap up a bargain!

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



Andy Gorton and Steve Szelesi in Full Flight

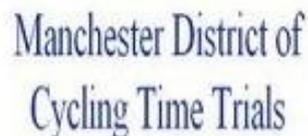
THE BLUE BELLES LADIES GROUP

Taking bikes by car the group of 13 ladies and girls travelled to Ladybower Reservoir in Derbyshire where they enjoyed a sociable ride around the reservoir covering a distance of 10 miles. At the ½ way point there was a brief break for flapjacks. At the end there was a well earned cake stop. The whole group enjoyed their morning in the saddle and more rides are planned to Carsington Water and Tatton Park in the near future.

The Blue Belles are growing fast with new recruits contacting the Club on a weekly basis any ladies or girls that wish to get involved will be very welcome.



The Blue Belles at Ladybower Reservoir





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CLUB RUN NEWS

A big 'well done' to 13 year old Megan Bateson who took part in her first club run to Hebden Bridge taking in Cragg Vale as well!

TOUR DE YORKSHIRE

Club members turned out in force to see the the Tour de France come over Blackstone Edge and up Ripponden Bank. Mark Riley and Caroline Tracis ventured further afield to see the riders tackle Holme Moss. The weather was perfect and the atmosphere amongst the spectators was fantastic as we waited for the riders. The Tour Caravan preceded the riders adding to the carnival atmosphere even the team cars; police riders and official's cars got a cheer as they came past.

The breakaway riders and then the peloton arrived and sped past in a blur of colour giving us a master class in close proximity riding at speed. It was a long wait to see the riders but well worth it with plenty to talk about as we returned home.

Ripponden Bank



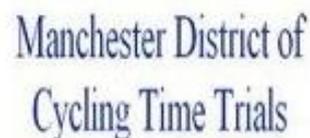
Marcel Kittel in Yellow

Fabian Cancellera with Chris Froome Behind

RACE REPORTS

Janus RC 25 Mile TT

Andy Gorton continued his impressive form in the Janus RC 25 mile time trial. Andy recorded yet another personal best at this distance to cover the 25 miles in 57m 27s which gave 18th place overall with Mathew Brammeier from Synergy Baku Cycling Project recording the incredible time of 52 minutes and 2 seconds to win the event overall.





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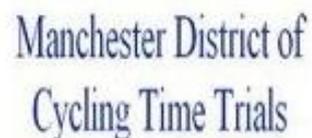
Kent Valley RC 10 Mile TT

A number of the East Lancs Juniors took part in the Kent Valley RC 10mile time trial on Saturday 21st June. This event was held on the fast dual carriageway course between Levens and Lindale in Cumbria and all the boys raised their game to record their personal best time at this distance. Alex Travis was first to finish in 28m 50s, then Alex Wiseman recorded 26m 46s, followed by Alex Trippier with 24m 22s and finally Ben Trippier with 23m 07s.

The winner was Darren Maironis from Forma Racing CC in an impressive time just over 20 minutes equivalent to 30mph for 10 miles.



Clockwise from Top Left : Alex Travis, Alex Trippier, Alex Wiseman & Ben Trippier in Action





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Wills Wheels CC 10 Mile 2Up TT

Earlier in the week yet another ex-member returned to competitive racing with the Club, when Ian Earnshaw teamed up with Andy Gorton to compete in the Wills Wheels CC 2-up Team Time Trial.

Ian is the current 10m record holder for the East Lancs with a time of 22m and 5s achieved many years ago when he was in his prime, and it is now his team member Andy Gorton who is rapidly closing in on this record, however both closed ranks for this event and together they posted 22m and 44s for the 10 mile distance on the J2/1 course in Cheshire, which was a fast time on the evening and a credit to them both.

Tameside Circuit Racing

On Tuesday 24th June the East Lancs had two riders take part in the Circuit racing at Tameside where Sam Wilson followed up his previous weeks success with another well placed ride coming 3rd in the 4th Cat race with Mathew Nowell of the Dave Hinde Racing Team taking the honours. This excellent placing was enough for Sam to improve his racing license category to third category and take a convincing lead in the Club's Senior Road Race Trophy competition for 2014.

In the previous race Ben Trippier held his place in the bunch in what was a fast race until half way through, when he lost the wheel in front of him coming out of a fast corner and the gap widened to the point he lost touch with the peloton and on this occasion he had to settle for a training ride and the minor placings.

Thanks to David Trippier for the race reports.

