



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.48 September 2017



WELCOME

We look back at a fantastic Club holiday in Majorca, update you on Mike Coulter's TT progress plus the usual race reports. Plus Ben Trippier and Ollie Huszar achieve their 1st Cat racing licenses.

CRAGG VALE CYCLING & RUNNING EVENT

Cragg15 is a community group that formed to continue the impact and enjoyment of the Tour de France. They are staging a combined cycling and running event up the entire length of Cragg Vale. They have approval to close the road for seven hours during Sunday 24th September and are now trying to promote the event as far and wide as we possible. For more information contact Tim Walton (0793 2841593) or visit <http://www.cragg15.uk>.

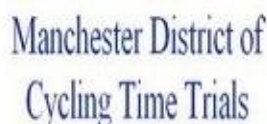
CLUB TOUR TO MAJORCA



A large group of riders enjoyed this year's Club Holiday to Majorca, staying nearly two weeks cycling in the fabulous environment around Porta Pollensa in the north of the island. With family groups and a large number of teenagers we had three group rides most days to make sure there was something to suit everyone but the heat was on for everyone with temperatures of 35 to 39° C in the afternoons making essential that lots of water was carried and consumed. In Majorca, the Tramuntara Mountains provide some of the best cycling around and the most feared and famous ride is the category 1 climb from Sa Calobra up to the Col dels Reis which is a 5.8 mile climb at an average gradient of 7.1%, but it's the 26 hairpin bends which make it an amazing climbing experience. The all-time record for climbing Sa Calobra is an amazing 24m54s with our best rider completing the climb in 34m04s.



The Epic Climb to Sa Calobra





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BAR COMPETITION

Although we are drawing to the end of the BAR season there are still plenty of points available. The remaining Reliability Rides are the 7,000 feet (of climbing) in 6 hours on 1st October and the Funnium (hill climb, down hill and slow ride) on 5th November.

The current BAR leaders are Suzanne Millar in the Ladies group and Darryl Nolan in the mens group. Jack Millar is well ahead in the Junior group.

OLLIE HUSZAR & BEN TRIPPER GAIN 1st CAT

Ollie Huszar won the Derby GP Scratch Race taking him to a total of 200 points for the season and 1st Cat status. Ben Trippier also hit the same landmark at Pimbo. Congratulations to Ollie and Ben.

MIKE COULTER'S TT CHALLENGE



Mike Literally Leaving Everything On the Road

Congratulations are due to Mike Coulter as he continues his 2017 challenge of undertaking at least one time trial at every official distance. On July 30th he completed the 12 hour time trial organised by Team Swift around Pocklington in Yorkshire. Starting at 5:30am in reasonably good conditions Mike kept at it all day with his first stop for a short break having completed 140 miles. Thereafter, the wind started to increase but he kept going to record a creditable 196 miles, which is the first time in some 20 years a club member has ridden in a 12 hour TT. Well done Mike.

RACE ROUNDUP

Litherland Circuit - 2nd August

Oliver Huszar maintained his excellent form in pursuit of 1st Cat status and at Litherland, Oliie easily outsprinted the remainder of the bunch to take victory.



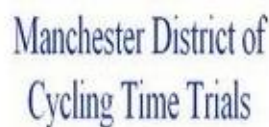
Ollie Wins at Litherland

Salt Ayre Circuit – 5th August

Oliver Huszar took 6th place at Salt Ayre last Saturday.

Oakenclough Circuit – 5th August

Matt Jackson collected 3rd place in the 3-4th Cat race at Oakenclough as he closes in on 2nd cat status.





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GIRL'S YOUTH TEAM QUALIFY FOR GHS

Congratulations to the Club's Girls Youth team of Niamh Coulter, Nicole Decamps and Sofia Riley have all qualified for the National GHS 10 mile Time Trial Finals near Peterborough and we hope they all have a good ride in the event.

50th ANNIVERSARY CELEBRATION

Tickets are selling fast for the Club's 50th anniversary celebration at Milnrow Cricket Club on 29th September at 7:30. A traditional supper will be served at 8:30 followed by music from Soul Provider.

Tickets are priced at £10.00. Please transfer your payment to the Club account 73449246, sort code: 20-64-12 and let Garth know you will be attending (socialsec@rochdalectc.org).
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Weaver Valley 25 Mile TT – 5th August

Most of the club's time trial riders suffered through the cancellation of the Weaver Valley CC 25mile Time trial due to a pothole appearing overnight on the J4/8 course in Cheshire.

Team Jadan-Weldtite 10 Mile TT – 5th August

Georgina Cape entered the 10 mile Time trial on the V718 course at Hull. This course is simply the fastest 10 mile TT course in the country but if the weather is against you none of them are easy, and this was the case last Saturday. Nevertheless, she managed to do a personal best time of 25m17 s and will be seeking to improve this on her next outing at the course.

Levens – 9th August

The Clubs Time Trial riders were in action on the A590 dual carriageway at Levens and Lindale near Grange. The event was the Wigan Wheelers/St Helens Cycle Racing Club 10 mile TT on an evening which was a bit blustery but on a fast course good times were anticipated. The club riders times were; Georgina Cape, a PB of 25m03s; Karen Bailey, a PB of 25m34s; Shaun Leonard, an unofficial PB of 22m58s; Roy Neild, 22m36s; Andrew Kovacs, 1st TT and PB in 25m58s; Jenny Kovacs, 1st TT and PB of 28m58s; Pete Matthew in a course PB of 28m00s.

UCLAN Circuit – 10th August

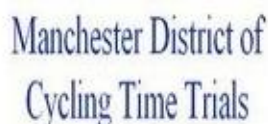
Callum Belfield took part in the 3-4 Cat race at the UCLAN circuit near Preston needing just a few points to secure his upgrade to a 2nd Cat race license and in a tight race, where all the riders stayed together, Callum took the sprint finish in style.

Colne Circuit – 10th August

Ollie Huszar continued his blistering form by getting into a winning break of four riders who stayed away ahead of the bunch for most of the race. He rode away from his breakaway companions to take the win comfortably. Ollie has now won three of his last five races.

Bashall Eaves – 13th August

Ollie Huszar, Ben Trippier and Matt Jackson all competed in the 55 mile Chronomaster race. In a fast race which whittled down the bunch steadily throughout, Ben Ollie and Matt secured 5th, 7th and 15th places with good performances by all. (Photos by Ellen Isherwood).





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SATURDAY CAR ASSISTED RIDE

Andy Regan organised a Saturday Car Assisted Club run around the Lancashire lanes, starting from Longridge. A great time was had by all and the ride discipline was particularly impressive!



Ollie, Matt & Ben Racing at the Chronomaster

Swift CC 10 Mile TT - 26th August

The Club fielded two riders in the event on the V718 course near Hull with Bill Howarth recording 24m30s for a good ride. The honours must go to Georgina Cape who recorded 23m15s with a great ride to break the Club's 30 year old women's record at this distance.

Withington Wheelers 10 Mile TT - 26th August

This event was ridden on the little used J6/10 course as the original J2/1 course was unusable due to temporary traffic lights. Club riders recorded the following times Dave Ireland, 26m54s; Karen Bailey, 28m35s; and Roy Neild, 24m33s.

Squadra CC Road Race - 27th August

Ben Trippier rode the 60 mile race near York. The race averaged 23mph on a lumpy course with no break away being able to establish itself. On the last of 6 laps the peloton was all together until a rider from Buxton CC rider slipped away almost unnoticed to take the win. Ben led the uphill bunch sprint to secure 3rd place.

Cole Circuit - 31st August

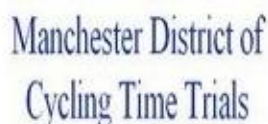
Jack Millar continued his development on the circuits in the Youth race, which started very fast putting pressure on the young riders to stay in the peloton. Unfortunately, this ended up with a couple of riders losing concentration resulting in a touch of wheels which brought several others to the ground including Jack. The race was stopped temporarily but re-started with Jack finishing in the bunch.

The senior race featured Callum Belfield and Ben Trippier who comfortably stayed the pace and in the bunch sprint came third and second respectively.

CTT

NEWSLETTER

The September edition of the Cycling Time Trials newsletter is out. You can read it [here](#).





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SATURDAY CLUB RUNS

16th September

Beginners – Uppermill/Diggle
Medium Ride – Bingley Locks

23rd September

Beginners – Edenfield
Medium Ride – Cat & Fiddle

30th September

Beginners – Heaton Park
Medium Ride – Bolton by Bowland

7th October

Beginners – Hebden Bridge
Medium Ride – Glossop/Devil's Elbow

14th October

Beginners – Haslingden/Helmshore
Medium Ride – Howarth

21st October

Beginners – Pavillion Café
Medium Ride – Chatburn

All runs start from Rochdale Leisure Centre at 9:30am.

BCDA 100 Mile TT – 2nd September

Dave Ireland continued his late season time trialling in Staffordshire in the BCDA 100 mile time trial. On the fast A100/4 course based upon the A50 dual carriageway between Stoke and Derby, Dave set off aiming to achieve a time of 4½ hours for the 100 miles, but this was cruelly cut short with a puncture at 40 miles when his ride was going well.

Frodsham Wheelers 2 Up TT – 2nd September

Georgina Cape and Karen Bailey teamed up to ride the Frodsham Wheelers 2up team time trial on the D10/1 course at Rainford but they didn't synchronise their efforts as best they could with Georgina going off course starting to go up the M58 slip road. However, they finished well in 26m21s despite their mishaps.

Pimbo Circuit – 3rd September

Ben Trippier rode the 2/3/4 Cat race where he secured 3rd place in the sprint. Like the week before, this race was more significant for the fact Ben earned 21 more points to break the 200 points barrier for the year and he elevated himself to 1st Cat status.

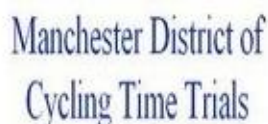


Ben Trippier (Right) Sprinting at Pimbo

Thanks to Dave Trippier for the race reports

EVENT DATES FOR YOUR DIARY

Fellow Rochdale cyclists the West Pennine Club have a couple of events coming up. Their hill climb competition is to be held on 1st October on Blackstone Edge. If you fancy entering this rather than riding the 7,000ft Reliability Ride you can enter at <https://www.cyclingtimetrials.org.uk/race-details/16042>. For more information you can also contact the organiser Matt by email at matt@reallysimpleworks.com. They also have their annual dinner at the Broadfield Hotel, Rochdale on 11th November. We always





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SUNDAY CLUB RUNS

Rides start at 8:30am from Rochdale Leisure Centre.

17th September

Short & Medium Rides to Beard Cup Hill Climb Diggle

24th September

Short Ride – Slaithwaite/Marsden
Medium Ride – Chatburn
Long Ride – Dunsop Bridge

1st October

Short Ride – Hebden Bridge
Reliability Ride - 7,000 ft in 6 Hours

8th October

Short Ride – Uppermill/Diggle
Medium Ride – Castleton
Long Ride – Langsett

15th October

Short Ride – Sowerby Bridge
Medium Ride – Rivington
Long Ride – Gargrave

22nd October

Short Ride – Helmshore/Haslingden
Medium Ride – Longridge
Long Ride - Otley

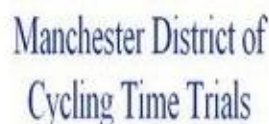
support each other's dinners and if you would like to attend what is sure to be a great night contact Dave Trippier at clubsec@eastlancsroadclub.org.uk.

One of our major Club Trophies is up for grabs on Sunday 24th September, a week after the Beard Cup Hill Climb. We award our 25m TT Champions Cup to the fastest East Lancs rider in the Combined Clubs event held by the NLTTA near Garstang. To enter please contact Dave Trippier at clubsec@eastlancsroadclub.org.uk. Marshalls and helpers are also needed if you don't fancy riding.

CLUB RECORDS

Dave Trippier has been busy collating the Club's records and honours lists which are detailed below. If you have any additional information or believe any of the information to be incorrect please let Dave know by email at clubsec@eastlancsroadclub.org.uk.

Category	Time/Distance	Name	Event	Course	Date
Senior Men - Solo					
10 mile	20:12mins	Ben Trippier	City Road Club	V718	15/07/2016
25 mile	50:19 mins	Ben Trippier	Stone Wheelers	J5/8	10/09/2016
50 mile	01:56:31	Dave Grogan	Nunbrook Wheelers	V154	05/08/1978
100 mile	04:26:00	Dave Grogan	Manchester Wheelers	J4/38	14/07/1985
12 hours	230.431	Dave Grogan	M&D TTA		01/9/1985
24 hours					
Senior Women - Solo					
10 mile	26:19mins	Judith Hill	Seacroft Wheelers	Yorkshire	22/09/1979
25 mile	01:11:14	Judith Hill	Ribble Valley CRC	Lancs	June 1979
50 mile	02:33:21	Judith Hill	M&D LCA	Cheshire	14/07/1979
100 mile					
Senior Vets Men - Solo					
10 mile	19:54mins	Andy Gorton	City Road Club	V718	15/07/2015
25 mile	54:27mins	Andy Gorton	Stretford Wheelers	J2/9	30/05/2015
50 mile	01:54:59	Andy Gorton	Team Swift CC		26/07/2015
100 mile	03:51:59	Andy Gorton	BDCA	A100/4	05/09/2015
12 hours	195.69 miles	Mike Coulter	Team Swift	V12hr	30/07/2017
24 hours					





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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
Thanks, Jon

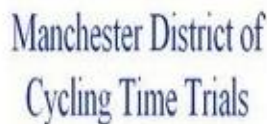
Category	Time/Distance	Name	Event	Course	Date
Senior Vets Women - Solo					
10 mile	23:50mins	Georgina Cape		V718	27/08/2017
25 mile	01:11:37	Karen Bailey	East Lancs RC	J2/9	24/06/2017
50 mile					
100 mile					

Category	Time/Distance	Name	Event	Course	Date
Junior Men - Solo					
10 mile	22:15mins	Sam Walley	Kent Valley RC	L1015	18/06/2016
25 mile	56:07mins	Alex Trippier	Stone wheelers	J5/8	10/09/2016
50 mile	01:58:37	Nigel Hill	Nunbrook Wheelers	A1 Wetherby	04/08/1978
100 mile					

Category	Time/Distance	Name	Event	Course	Date
Junior Women - Solo					
10 mile	24:17mins	Julie Earnshaw	Lancaster CC	L101	July 1979
25 mile	01:04:48	Julie Earnshaw	Lancaster CC	L253	05/06/1979
50 mile	02:17:40	Julie Earnshaw	M&D LCA	Cheshire	14/07/1979
100 mile					

Category	Time/Distance	Name	Event	Course	Date
Juvenile Boys - Solo					
10 mile	21:59mins	Sam Walley	GHS National TT Championship Final	Hertfordshire	12/09/2015
25 mile	01:3:26	Sam Walley	NL TTA Combined Clubs	L2528	28/09/2014
50 mile					
100 mile					

Category	Time/Distance	Name	Event	Course	Date
Juvenile Girls - Solo					
10 mile	26:11mins	Rachel Taylor	Seacroft Wheelers	Yorkshire	22/09/1979
25 mile	01:11:04	Rachel Taylor	East Lancs RC	J32	12/05/1979
50 mile					
100 mile					





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Club Honours

Category	Time/Distance	Name	Event	Course	Date
Junior Girls 25 m TT	01:05:47	Julie Earnshaw	British Junior Ladies 25m National Champion	J - Risley, Warrington	June 1979
Road Racing, Representing Great Britain	54 th place	Julie Earnshaw	Women's World Road Race Championship	40 miles, Valkenburg, Holland	August 1979
Road Racing	Gold Medalist	Julie Earnshaw	Women's Cycling Association National Road Race Champion		1980
Road Racing	Silver Medalist	Julie Earnshaw	British National Road Race Championships		1980
Road Racing	Silver Medalist	Julie Earnshaw	British National Road Race Championships		1981
Road Racing, Representing Great Britain	45 th place	Julie Earnshaw	Women's World Road Race Championship	Sallanches, France	1981

CTT EVENT ENTRY REMINDER

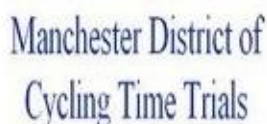
Cycling Time Trials recently sent an email regarding riders entering more than one event on the same day. Event organisers and CTT administrators have full visibility who has entered events on the same day. They have asked you all to familiarise yourselves with regulation 11(e), 11(f) and 11(g) which covers double entry of events.

11. Entry to Events

(e) A competitor must not enter or accept an invitation to compete in more than one competitive event (see Note 3) on the same day except when:

(i) his entry or acceptance for one event has been withdrawn before the closing date for entries for that event, or

(ii) it is possible and reasonable to start and finish in both events.





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(f) A competitor must not enter a type A event more than once with the aim of undertaking multiple rides within the said event.

(g) Notwithstanding the above, a competitor may apply to the National Secretary, no later than 72 hours before the event, for permission to compete in a second event.

- (i) when riding for a National Team or Team of a similar standard in an international event
- (ii) at the request of the National Team Manager

Note 3: A competitive cycling event includes a triathlon or similar.

If you have double entered events you can withdraw from any event before the closing date, by logging into the CTT website and from your dashboard go to Events>Completed Entries>Receipt>Withdraw.



Manchester District of
Cycling Time Trials

