



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.19 January 2015

## WELCOME

January is here and once again we look forward to a new year. The beginning of the time trial season is just around the corner and more generally the promise of better weather for cycling. Whatever your discipline, throw off that winter lethargy and prepare for the New Year.

## DO YOU HAVE A BICYCLE FOR SALE?

Second hand bikes are always required for new club members. If you have a bike for sale please contact Dave Trippier by email: [davidt@rochdalectc.org.uk](mailto:davidt@rochdalectc.org.uk).

## BAT(H)MAN SPOTTED IN CHESHIRE

Cheshire police are believed to be pursuing their investigations into mystery appearances, reported by many local motorists, alleged to have occurred on a short stretch of the A50 around midday on Sunday, 7th December. They are basing their enquiries on photos provided by a number of astounded observers, including:

1. Puzzled, frozen, high-viz jacketed bystander, trying to determine what that could be approaching him, at a fair rate of knots, from the distance (what on earth is that, he was overheard to whisper)!? Which eventually turns out to be none other than ...



2. "BAT(H)MAN" !!! - closely followed by ...

3. One, cleverly disguised, dwarf, heard to scream, in passing "my back's killing me - if I get my hands on the other six or, better still that Snow White, I'll ring their b\*\*\*\*y necks!"



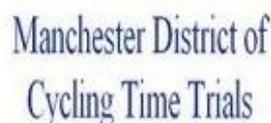
Photos from top, Cedric Matthews, Johnny Decamps and Tracey Bateson



Residents of Goostrey have reported that figures matching all three descriptions were observed at their Village Hall later that afternoon, indulging, so it is said, in "Tea & Biscuits"!?

Anyone able to assist with their enquiries is asked to contact Cheshire Police H.Q.

On a more serious note, the club was well represented with over 30 riders in the M&DTTA XMAS 10. We were over a quarter of the whole field and won the following prizes.





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## ANNUAL CLUB DINNER

The Club's Annual Dinner and Dance will take place on the 10<sup>th</sup> January 2015 at the Norton Grange Hotel, Castleton. There will be a review of 2014 and presentation of the club awards plus guest speaker the great time triallist Dave Fearon. Tickets are priced at £20.00 each from Ceara ([socialsec@rochdalectc.org.uk](mailto:socialsec@rochdalectc.org.uk)) or at Thursday night Club meetings. Only a few tickets are left.

Could anybody who wishes to donate prizes to the raffle please bring them along on Thursday or on the night.

Would all those who have tickets but have not yet paid please make arrangements to pay as soon as possible before the day of the event.

## SCRATCH EVENT

Best Team:	Dan Brejwo, Andy Gorton & Ben Trippier
Fourth Overall	Dan Brejwo
Fastest Junior:	Ben Trippier
Second Juvenile:	Alex Wiseman

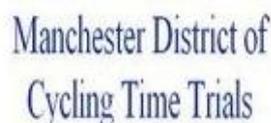


Clockwise from top left: Johnny Decamps, Alex Wiseman, Dan Brejwo and Ben Trippier receive their prizes

## FANCY DRESS

Best Fancy Dress:	Johnny Decamps (From now on known as 'BAT(H)MAN')
Best Fancy Dress Tandem:	Lloyd (9 yrs old) and Michael Coulter

Despite Paula Butterworth's best efforts in the wardrobe department, the "Panto" team failed to get a placing although an article in Cycling Weekly did go some way to making up for this. As Andy Regan said it has taken him 30 years to get into the magazine and then he had to dress as a woman!





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## COACHING IN THE NEW YEAR

Coaching sessions with British Cycling coach Paul West will begin at Rochdale Leisure Centre on the 8<sup>th</sup> January at 7:30pm. The sessions will last an hour and will be excellent preparation for the season ahead (whatever your targets). Contact Dave Trippier for details of the programme.

## WINTER CLUB RUN SAFETY

**REMEMBER....LIGHTS AND MUDGUARDS ARE ESSENTIAL FOR WINTER CLUB RUNS. IF YOU DO NOT HAVE THESE YOU MAY NOT BE ABLE TO TAKE PART IN THE RIDES.**



Snow White and the Seven Dwarves, Bat(h)man is unmasked.



A number of members also made their time trialling debuts today including Lloyd Coulter, Niamh Coulter, Megan Bateson, Mark Barker, Sarah Wiseman, Michael Coulter and Naomi Coulter.

Thanks to Andy Regan and Pete Matthew

## BLUE BELLES UPDATE

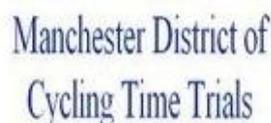
I hope everyone had a lovely Christmas and a very happy New Year.

December was a great month of cycling fun. The Riders dinner was really well attended and enjoyed by the lady riders. The week after was the M & D TTA Christmas 10 time trial. Seven of the ladies and teenagers dressed as Snow White's (or was that Andy Regan's) dwarfs. Very funny; one of the dwarfs was 5'10" with another not far behind. Whilst we may not have won the prize we did get fame (but not the fortune.....or is it to follow???) as we had our picture in Cycling Weekly; cycling's answer to Hello magazine!

Some of the ladies who had more serious attempts at the competition got some very good times so well done to them. For some of us the event was a massive challenge and a great day was had by all.

The Blue Belles ladies section continues to grow and we have now made the amazing achievement of having more lady members by percentage than Manchester Wheelers. The challenge now is to make our rides appeal to the wide diversity of riders.

Saturday 10<sup>th</sup> January is our annual awards dinner. It's a fantastic evening where we celebrate our own and each others achievements. The club is very generous with trophies and awards, and here's hoping that plenty of them go to the lady members. Chapeau, Paula





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

## AUDAX SR SERIES

Seal Leonard and Steven Butterworth are entering the Audax SR series over the coming months. For more information on the series go to [www.aukweb.net/results/randonneur](http://www.aukweb.net/results/randonneur)

Steven and Sean would welcome company on these mammoth undertakings.

## GREETINGS FROM THE FAR NORTH

It is nearly 18 months since I moved to the Scottish Highlands, and a little longer since I was last out with the East Lancs RC on a club run watching Pete Kliszc and Ben Trippier disappear into the distance as I struggled up Cragg. So this update, about all things cycling in the Highlands, is long overdue.



Andy Shaw on Achelvich Beach

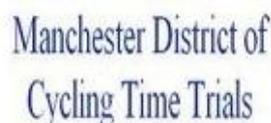
But first of all may I congratulate you all, but particularly the hard working committee, for the ever increasing success of the club at all levels.

Unfortunately my initial cycling experience up here was purely observational due to work and personal commitments and then injury.

Living and working in this area you can't fail to notice, during the spring and summer, the 100's of cyclists, undertaking the infamous Le JOG. A sub plot to this challenge is coping with the A9, a notorious road in these parts, due to its narrowness which belies the amount of traffic it carries and the fact that most of the drivers using the road think that the '60 mph signs' advise of a minimum rather than a maximum speed limit.

For those reasons I would recommend anyone undertaking Le JOG to consider taking the slightly longer but more sedate A836 route that meanders its way up through Sutherland passing by the Shaw abode in Invershin enroute. I rode a good part of this section in March as I accompanied 2 ex work colleagues on most of their penultimate Le JOG leg escorting them for 80 miles from Drumnadrochit to the metropolis that is Crask village (a pub and a farmhouse). My ride was interrupted by an early morning fall on ice, which I have discovered can be a frequent hazard for the highland road cyclist.

For those who prefer the challenge of the A9 as it weaves its way along Sutherland's east coast and on into Caithness the natural topography slows the traffic, with 3 brutal climbs at Helmsdale, Berriedale and Dunbeath providing a further challenge for the north bound rider as they near journeys end.





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Exploring new routes is always an interesting experience. For example, I have a whiskey route that passes the Whyte and Mackay, Dalmore, Balblair and Glenmorangie distilleries. The welcome warm glow that accompanies the smell of single malt emanating from these distilleries on a cold winters morning is not to be sniffed at.

Considering that I have moved to the Highlands the landscape of coastal Easter Ross, where we stayed up until January, is surprisingly flat, which from a cycling point of view is a very new experience. Pedalling at a constant cadence contrasts greatly with the up hill and down dale riding that is compulsory, as you all know, for a South Pennines cyclist wanting to get in a standard 40/50 miles. So, in coastal Easter Ross the challenge is pedalling none stop, without the option of a regular breather offered by a downhill free wheel, and often doing so into a headwind along a dead straight road without the aid of a tow from a Simon Abraham eager to get to a pub or a Pete Kliszcz racing to a burger van.

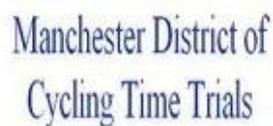
Inland Easter Ross does have its rolling hills and accompanying climbs which I have explored but the real climbs are in Wester Ross where you can find the epic Bealach na Ba (Pass of the cattle) (Google it) which rises 2053 feet in 5 miles. I've only driven it so far, but it forms part of a demanding 70 mile circuit with some short sharp climbs and descents, that will whet the appetite of the mountain goats amongst you.



As for cycling clubs the two nearest are East Sutherland Wheelers and Cromarty Frith CC. East Sutherland appear to be the most similar club to ELRC with an active junior section. They have use of the local Go-Kart track for Criterium races, when it is not flooded by the ever increasing tidal surges.

Cromarty Firth CC appears to focus on time trial's which is understandable considering the amount of flat roads they have available. However what I find it hard to understand why they hold their 25 mile TT on the A9 on a busy Saturday tea time! On a positive note they held their 10 mile TT on a more sedate Sunday morning attracting riders from the Shetland Islands (now there's commitment).

Finally I can't finish without mentioning the two MTB trails, Balblair and Carbisdale that are literally on my doorstep. I tried the black run at Balblair but ended up walking most of it. (shiny bare rock is not so inviting) however the red





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## AND FINALLY...

As always at this time of the year there is less news to report. If anybody has any cycling information, experiences or advice they would like to share please email me at [jonathan.c.preston@gmail.com](mailto:jonathan.c.preston@gmail.com).

run at Carbisdale is do-able and looks a good option for when the ice makes the road riding more risky.



Andy & Pal Near Lochinver

Give me a shout if any of you are passing this way. Best wishes to you all and hopefully I will join you on a Sunday club run soon.

Thanks to Andy Shaw

