



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.14 August 2014

## WELCOME

Summer is speeding by and it will soon be Hill Climb season. Don't forget to get your entry in for the Beard Cup! In the meantime there are still plenty of great events to take part in to make the most of the season.

## CYCLE TRAINING COURSES

Pete Kliszcz, our British Cycling Coach, is running a series of cycle courses over the summer. The courses are aimed at Club members under the age of 16 and anybody who is new to cycling and riding in a group.

The sessions take place in a traffic free environment at Kingsway School on Wednesdays at 7pm. There is a charge of £3.00.

It is not necessary to have a bike as the emphasis is very much on gaining confidence and improving safety. Please contact David Trippier prior to attending if you wish to borrow a bike.

## CLUB TRACK CHAMPIONSHIP



**Overall Winner Chris Green**

The Club took over the Manchester Velodrome for a whole afternoon on the 12<sup>th</sup> July in order to stage the track championship. Riders were overseen by British Cycling coach Paul West in four events, a one lap time trial; eight lap scratch race; a 1Km individual pursuit and a three lap sprint.

### One Lap Time Trial

This race was won by Alex Wiseman in a time of 19.55s closely followed by Chris Green at 19.89s and Sam Mottley at 20.16s.

### Eight Lap Scratch Race

This race was broken into three heats.

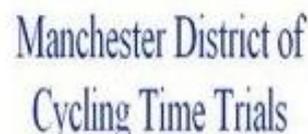
Heat 1 was won by Cameron Fitton with Darryl Nolan and Sam Walley close behind.

Heat 2 had a top three of Chris Green, Alex Trippier and Josh Decamps.

Heat 3 was taken by Jack Earnshaw followed by Matt Szelesi and Ben Szelesi.

### 1Km Time Trial

First place was taken by Chris Green in 1m 24.05s, second Alex Trippier in 1m 25.49s and third Jason Codling in 1m 29.16s





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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.

## Three Lap Sprint

Consisting of six heats, the first three results in each heat are as follows.

### Heat 1

Alex Trippier  
Chris Green  
Cameron Fitton

### Heat 2

Sam Walley  
Simon Abraham  
Andy Regan

### Heat 3

Harrison Groome  
Sam Mottley  
David Szelesi

### Heat 4

Mark Widdup  
Shaun Donnelly  
Daryl Nolan

### Heat 5

Lauren Bateson  
Rebecca Bishop  
Phil Booth

### Heat 6

Steve Szelesi  
Noah Codling  
Ben Szelesi

Competition in all of the races was fierce with competitors' talents over different disciplines clearly emerging.

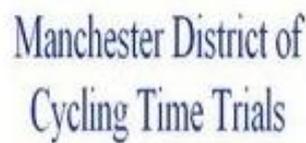
Once the results had been aggregated Chris Green was the clear winner with Alex Trippier second (and first juvenile) with Cameron Fitton third. The fastest lady was Lauren Bateson and Harrison Groome the fastest junior.



The Event Was Well Attended

## MANCHESTER TO BLACKPOOL

The day after the Track Championships 25 riders turned out to take part in the Manchester to Blackpool charity ride in aid of Christies. With several thousand participants this has to be one of the largest mass participation cycling events in





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## ROCHDALE CYCLE HUB

A new Transport for Greater Manchester Cycle Hub has been opened at Rochdale Railway Station close to the Metrolink stop. The Hub is capable of holding 42 bicycles along with helmets and other accessories.

Access is via a smartcard and security is bolstered by a CCTV system. Access costs £10 per year and can be applied for by visiting <http://cycling.tfgm.com/Pages/join-a-hub.aspx>.

Membership also entitles users to the use of other Hubs.

Club members were on hand to inspect the Hub when it was visited by Cllrs Cecile Biant and Chris Paul.



Photograph courtesy of TfGM

the country. This brings it own challenges when riding as a group and the Club members were soon split into two groups with Andy Gorton leading the fast group home with the majority arriving approximately 30 minutes later. A great day was had by all for a great cause.

## 250 MILE RELIABILITY RIDE

The longest Ride in the season long BAR Competition is the 250 mile ride to be completed in 24 hours, and this event has not been ridden since the mid 1980's due to the severe test of stamina and fitness required by the riders. However, with the resurgence of interest and competition for the Club BAR title, three riders stepped forward to ride the 250 and earn their points.

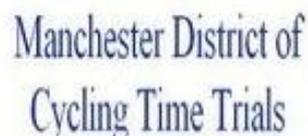
Starting at 6am on Saturday 26<sup>th</sup> July, Paul Atherton, Steve Szelesi and Simon Abraham cycled off towards Manchester on almost deserted roads in good weather conditions. The trio were accompanied by Andy Regan, Shaun Leonard, Andy Bateson and Martin Houghton for the first 50 miles to Chester when they turned back towards home. The trio then rode on down the North Wales coast road towards Colwyn Bay where they chalked up the first hundred miles in the early afternoon on Saturday. The riders then turned South to Bets y Coed and then East down the A5 towards Llangollen.

The small group had regular breaks to keep up their intake of fluids and food as they consumed the calories and they cycled on into the night without any sleep along the quiet roads of Cheshire before finishing in Rochdale at 4 am on Sunday morning.

This Ride is a major challenge for any cyclist and all three deserve the biggest of congratulations for their achievement



Andy, Paul, Simon, Steve & Shaun





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## CLUB RUN SUPRISE

Members on the Sunday 3<sup>rd</sup> August run were surprised when ex-professional cyclist Rob Hayles emerged from Fell Cycles with a plate of biscuits for them. Note the empty plate!



## BAR COMPETITION

As we head toward the end of a hard fought BAR season, don't forget to check your results on the website at <http://www.rochdalectc.org.uk/rochdale-ctc.html>. Make the most of the available points!

## THE BLUE BELLES LADIES GROUP

Paula reports from her holiday in Dorset.

I have just returned from a 2 week staycation in West Dorset - not too far from Lyme Regis to give a rough idea of the actual location. This part of the UK is famous for its stunning coastline and fabulous locally produced food and drink; not particularly for its cycling opportunities. I was soon to find out why.

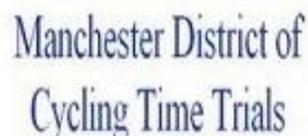
My husband (No. 1) - the mile munching Audaxing grimpeur (lover of cycling very steep, sharp hills) - and I took our bikes with us. I had visions of 100Km rides deep into the rural idyll of this region with its thatched cottage villages, stunning gardens, tea rooms resplendent with magnificent cakes and mountains of clotted cream. I had been twice before, and knew all of this to be true. What I had forgotten was the hills. Walking them posed no problems; for number 1, it was no problem cycling up them. Finding 25% hill climbs is a joy he cherishes for months. Not so for No. 2, the wife. Forget 100Km bike rides; 40Km was enough. One of those hills had a 27% gradient. He rode, I shoved. Descents were often very steep, sharp bend at the bottom and - you've guessed it, another hill on the other side.

He said "Why don't you use the Garmin, I'll put you on Strava?" Ha Ha Ha... I ended up with some kind of cup for the 27% climb; I shoved the bike up that one, so that says a lot! I got a Queen of the Mountains on another one - I ground my way up that in the lowest cog my granny ring would allow ; says it all about the good lady cyclists of Dorset . I was determined to do that in the saddle to wear off the clotted cream and chocolate Torte I had not long since consumed; or was it to put calories in the bank so I could have another cheese board at River Cottage canteen?

As hard as those hills are, the reward from the views outweighed the pain. This place is stunning. We saw villages and wild life that are rarely seen when touring with cars, or even walking. The lanes are tiny, winding and relatively free from pot holes, almost car free and a delight to cycle. Stopping for a breath up the hills was pure delight with inspiring views from every angle.



Lovely Scenery and Thatched Cottages in Dorset





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## COMING UP...

10<sup>th</sup> August – Club run B to Earby, C run to Romiley

17<sup>th</sup> August – Club run A & B car assisted to Pateley Bridge, C run to Hebden Bridge .

24<sup>th</sup> August – Run details to be advised.

31<sup>st</sup> August – Manchester 100 miles/kilometres.

6<sup>th</sup> September – Introductory Ride.

7<sup>th</sup> September –Beard Cup Hill Climb.

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

## BICYCLE MAINTENANCE COURSES

Free bicycle maintenance courses are available in Heywood and Middleton over the next couple of months. Check the Eventbrite website at [www.eventbrite.co.uk](http://www.eventbrite.co.uk) for more details.

Cycling these tiny lanes, we stumbled on a local farmers coffee morning and availed ourselves of the wonderful hospitality. We made the most of a local church open day and some of the finest homemade cakes. We were led down a lane by an exquisite jewelled dragon fly; flitting between us, then leading the way before swooping away with its aeronautic genius. We stumbled across tiny churches with incredible history and saw gardens that would have graced great national trust houses. We sought out fabulous tea rooms and ate equally fabulous food.

We took time to chat to the many interesting local folk we met on the way, enriching ourselves with local history and places to go.

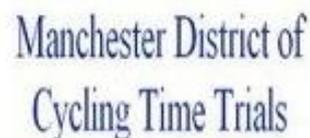
Returning home, I have reflected that sometimes it pays to be utterly useless at going up a hill on a bike. Being slowed down, getting off to catch breath and shoving up the steepest gradient has its own rewards. At home it's frustrating at best and demoralising at worst, but on holiday it presented an opportunity.

I loved my experiences on a bike in West Dorset, and booked before leaving for the same time, same place next year. I hope next year to be a bit fitter and more able to manage distance and hills, but I will reflect on the benefits found by being utterly useless this year.



Paula and Stephen

There is always a fantastic account of the wonderful cycling experiences from those who go on the club holiday to France and manage the great climbs. I love to read about these great cycling exploits, but for some of us such experiences will always be unachievable. I hope that my account of a middle aged, slightly overweight woman with a bit of a disability in West Dorset is as interesting to similar folk.





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## PAULA'S CYCLING BEAUTY TIPS

Paula's cycling beauty tips, a tongue in cheek review:

Following a review of the eyelash issue, I have been undertaking a review of lipsticks. I am rarely without lipstick. I feel naked without it, and always carry it with me. It's re-applied frequently wherever I go. I carry it in handbags, rucksacks and bike bags. In my bike bag it sits with the inner tube, blue plastic thingys that take tyres off if you get a flat (essential so you don't break a nail; but try to get a bloke to do it anyway...) and a metal thingy that has thingy's on it that men do things with (like raise or lower a saddle and other blokey stuff...).

I once bounced 30 feet down a very scary Welsh mountain, and got wedged on a rock that prevented a tumble down to certain death and was airlifted on a wire into a helicopter (in the snow). Did I have my lippy fully applied and in my pocket - YES.

Along with making sure a girl always has suitable, matching and clean underwear, a robust and long lasting lippy is essential. I can say with absolute surety (and there are those who will call me very sad),

## RACE REPORTS

### Preston CC 10 Mile 2 Up Time Trial

The Club entered four teams for this race which takes place on the L105 Circuit of the A6 and A586 near Garstang.

Everyone showed an improvement on their previous times. The team results are as follows.

Andy Gorton & Ben Tripper	22m 20s
Sam Walley & Alex Trippier	23m 57s
Harrison Groome & Alex Wiseman	28m 09s
Alex Travis & Josh DeCamps	28m 59s

### Cheshire RC 50 Mile Time Trial

The Club fielded three riders in the Cheshire Road Club 50 mile time trial on Saturday 19<sup>th</sup> July. The course was the J4/16 which comprised a circuit around Knutsford, Holmes Chapel and Chelford. It was the usual mildly undulating Cheshire course in good weather.

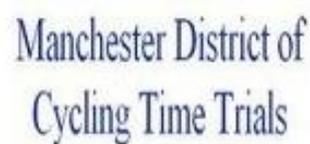
The results posted by the East Lancs trio were:

Ian Grime 2hr 8m 0s, Dan Brejwo 2hr 4m 56s in his first ever 50 mile TT, and finally Andy Gorton who posted 1hr 58m 0s for his personal best at the distance and the 2<sup>nd</sup> fastest ride ever at this distance by a Club Rider.

The current Club record has been held by Dave Grogan for the last 20 years in the time 1 hour and 56 minutes, a time which he set on a fast course comprising the A1 near Wetherby, before it was converted into a motorway, which makes all three times more impressive having been achieved on a Cheshire course.

### Fusion 10 Mile Time Trial

Ian Grime recorded a time of 24m 20s in only his third race of the year following injury. The windy conditions made for a difficult outward leg with Ian completing





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that when the Llanberris mountain rescue team cut my trousers off on the side of that mountain I was glad I was wearing all of the above; my lippy on this occasion was Chanel Rouge Allure, a lovely red that suits all and lasts for hours.

I'm sure they noticed and were impressed.

For the record, I was experienced in such mad pursuits and along with the lippy and underwear was suitably attired.

It didn't even smudge, despite the dramatic roll, resulting hysteria, snow storms and the need to suck on copious amounts of gas and air. It was rolled on, and the casing remained intact. I reckon that this is a standard by which lippys should be measured.

I've worn it whilst riding the bike, and it comes out with just as good a review; but maybe my favoured screaming red is a little too much given the colour I go when riding a bike. It's also rather expensive, coming in at approx. £25. I've tried Boots No. 7; a good range of colours and competitively priced but gone in half an hour on me. I haven't yet mastered how to get it out of my rear pocket and apply whilst on the move, so that one is relegated to the handbag.

the first 5 miles in 14 minutes into a headwind. A tailwind for the return leg saw some of the lost time made up.

## Lancaster Senior Road Race

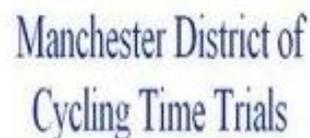
Danny Brejwo took part in the senior road race at Lancaster for third and fourth category riders over a five mile circuit, which comprised a fairly stiff climb every lap, well suited to Danny's great climbing ability.

The weather was atrocious for the peloton but the group made steady progress. However, disaster struck for Danny when he shipped his chain and after reinstating it he tracked back towards the peloton only to miss a corner with five other riders through the lack of a Marshall. On the Commissaries' instruction the riders joined the peloton on the next lap and completed the race. However, whilst Danny was fixing his chain two riders had broken away and they remained clear for the rest of the race, but he was nevertheless the strongest rider in the peloton and finished 3<sup>rd</sup>, 10 lengths clear of the bunch in the uphill sprint finish. Success was then tinged with despair when the Commissaries' declared Danny's position could not stand because he took a lap out after going off course and his result was declared null and void. Danny saw the philosophical side of it and declared his form was excellent and he will give it a good go at winning his next race instead.

## Sam Walley Triumphs at Warrington Tri Club Event



Sam Walley Leads the Way





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A very good friend told me about a Maybelline lippy that claims to last 14 hrs. She wears it in all weathers for walking the dogs, favouring a pink shade and swears by it. I purchased one at the price of about £8. This is very competitive. I chose a peachy shade and have been using it on the bike for about a month in wet, cool and scorching hot temps.

There isn't a wide range of colours, but I imagine there would be one to suit most. It feels a bit heavy with a lardy texture when on, but I have to say it has done the job. I don't get 14 hrs out of it, but it does last between coffee stops. I've kept it in my bike bag with the other thingy's you need to keep in there. All are essential for those times when your lovely sparkly bike goes wrong. You may need to apply the lippy to attract the bloke to fix your bike with the blokey type thingy's you keep in your bag with your lippy.

As for clean, suitable and matching knickers on a bike.....do you, or don't you?

Next beauty review will be blusher.

Many congratulations to Sam Walley who took part in the in the Warrington Tri Club race in Blackpool and took top place in the youth section.

He completed the 400m swim with transition in 7m 10s. The 10Km ride with transition was completed in 15m 12s and the 3.2Km run in 12m 47s giving him an overall time of 35m 34s.

Sam is proving to be one of most promising athletes. Well done Sam!

**Thanks to David Trippier for the race reports.**



Manchester District of  
Cycling Time Trials

