



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.4 October 2013

## WELCOME

As the winter nights draw in and the weather becomes colder the motivation to ride can start to fade. However, getting out and making the most of the conditions can reap rewards for racing when the season starts!

## CLUB BEST ALL ROUNDER (B.A.R.)

It is only a few weeks left until the club's best all rounder is announced. A number of points are awarded for attendance at club nights, rides and events over the year. Currently leading is Pete Matthew closely followed by Andy Regan and Dave Trippier. The final result will be announced in the next newsletter.

## CLUB WEBSITE

The clubs website ([www.rochdalectc.org.uk](http://www.rochdalectc.org.uk)) attracted a fantastic 452 visits in the last month, 315 of these were new visitors.

The club has recently taken the decision to affiliate itself with the Triathlon Federation. Our first triathlon reports from club members Phil Rhodes and Katy Smith are below.

## PHIL RHODES AT THE WILMSLOW TRIATHLON



I recently took part in the South Manchester (Wilmslow) Triathlon organised by XtraMile Events. This was my fourth Tri of the year, and my first ever year of taking part in the sport. This event was by far the largest in which I have competed, with in excess of 600 entrants and 515 actual participants on the day.

This was a 'Sprint' Distance, beginning with a 400m (16 lengths) pool based swim, a 24.2km cycle ride and finishing with a 6.1km run.

The weather was great, sun shining and little wind...perfect conditions. I completed my swim in a time of around 8:30 and exited the pool, into transition and onto my bike for the cycle leg. The route was fairly flat and this meant the times should be good, I pushed quite hard and managed to complete the loop in around 45 mins... an average speed of 20mph...I was really pleased so far. Then into transition again to change my shoes and off into the leafy streets of Wilmslow to complete the (painful!!) run section. On the whole this route was also flat...but with 2 short steep climbs and 2 footbridges to negotiate, it was pretty tough, especially towards the end! Just over 30 minutes of running later I finished!



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## BC YOUTH DEVELOPMENT

British Cycling's Youth Development Sessions are starting on the 15<sup>th</sup> October. Riders aged between 14 and 23 are eligible to take part. Covering both road and BMX disciplines they promise to be excellent opportunities for training and progression. More details can be found at the British Cycling website.

## CAR STICKERS

Car window stickers are available to purchase at £2.00 each. See Dave Trippier or Andy Regan for details.

The East Lancs Road Club is proud to be supported by the "Heywood, Middleton and Rochdale Clinical Commissioning Group Social Investment Fund".

## CLUB KIT

A stock of club kit is available from stock. Please contact Andy Regan for details.

With a total time of 1hr 26min, I managed to finish in 76th place overall out of the 515 who had started. I had aimed to complete inside of 90 min, so I was very pleased with my time.

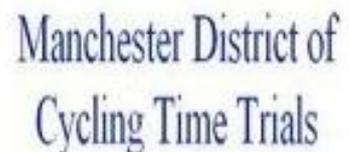
This was my final event for the year, but I already have an eye which events to enter next year with the goal of completing at least one Olympic Distance event and maybe even a half Iron Distance event. Looks like there is long winter of training needed though to do that or maybe that can wait until 2015! I found all the events to be great fun and everyone is friendly and supportive, whatever level you may be at. I would thoroughly recommend anyone thinking of giving it a go, to get yourself booked on an event straight away!



Phil Completes the Wilmslow Triathlon

## KATY & JOE AT THE FLEETWOOD TRIATHLON

On Sunday 22<sup>nd</sup> September two of our younger club members competed in the Fleetwood Triathlon. Katie (13) and Joe (13) competed against 150 other participants. They swam 300m, cycled 8Km and ran 2.4Km. Both were exhausted when they completed the event to enthusiastic applause. Well done to you both!





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## STRAVA

The club has been added to Strava so that members who use the app can show their affiliation.

Strava is a tool for recording your performance and comparing against other riders and can be used as a way of measuring your performance.

## CLUB AGM

The club AGM will be held at Rochdale Leisure Centre on the 7<sup>th</sup> November.

The time and room will be announced shortly.

## CLUB ANNUAL AWARDS DINNER

The annual awards dinner will be held on the 18<sup>th</sup> January. Trophies and awards from the past year will be presented on the evening. Everyone is welcome so please invite friends and relations. Further details will be announced soon but in the meantime please contact Dave Trippier to register your interest.

## SPORTS CLUB OF THE YEAR



Link4Life are the Leisure Services Dept for Rochdale Borough Council and Rochdale CTC have worked closely with them over the past year to develop a partnership for promoting cycling in the Borough of Rochdale.

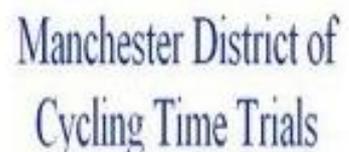
On an annual basis Link4Life make sports awards in various categories to those clubs and individuals they consider have made significant achievements during the year, and this year we joined in and submitted an entry in the "Sports Club of the Year" for Rochdale Cyclists Touring Club, recognising the fantastic changes and growth we have enjoyed this year.

Link4Life recognised us and we received notification that we had been nominated and so we knew our Club was in the running for the Award; and so a limited number of members attended the Awards Ceremony filled with anticipation that we may win, and pick up the top prize.

In addition, we were invited to undertake a demonstration of our cycle training and Sam Mottley, Sam Smith, Lauren Bateson and Andy Gorton all did a session on the turbos and rollers in front of over 100 people.

The Presentation of Awards proceeded and when it came to our Category, Club President John Howard went up on Stage with the other Nominees, for the lucky one to receive the Award.

Much to our disappointment, the Award went to the Rochdale Company of Archers who won the award for the third time due to their current initiative to introduce archery to as many school children in Rochdale. They have demonstrated archery to over 2,500 children and so their success is well deserved and we must congratulate them.





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## COMING UP...

13<sup>th</sup> October – Lancashire RC Hill Climb  
12pm Ramsbottom Rake  
13<sup>th</sup> October – Club Run to Roughlee  
Clarion Hut  
20<sup>th</sup> October – Yorkshire RC Hill Climb  
2pm Cragg Vale  
20<sup>th</sup> October – Club Run to Quarry Bank  
Mill  
27<sup>th</sup> October – Club Run to Pavilion Cafe  
Chadderton Hall Road  
3<sup>rd</sup> November – Car Assisted to Ribble  
Valley

For more details of club runs  
check the website

[http://www.rochdalectc.org.uk/  
club-runs-programme.html](http://www.rochdalectc.org.uk/club-runs-programme.html)

If there is anything that you  
would like to appear in a future  
newsletter just contact Jon by  
email at  
[jonathan.c.preston@gmail.com](mailto:jonathan.c.preston@gmail.com).

As for us, we will continue with the fantastic development of our Club and who knows it may well be our turn to go one better next year.

Apart from the special guests who were awe inspiring, the demonstration by our four riders stole the show. They were fantastic.

## EAST LANCS RIDERS MEET BRAD



Alex Trippier and Alex Wiseman with Brad

On the 22<sup>nd</sup> September some East Lancs cyclists travelled down to London to see the final stage of the Tour of Britain, with family and friends in tow. They watched the race and were ready to head home after having an amazing day watching Brad Wiggins win the Tour and Cavendish win the last Stage, when three of the group, Alex & Katie Wiseman and Alex Trippier ended up in the Sky Team square after the race. They could not believe their luck, because they were in a group of about 20 who had been let in to meet Sir Bradley Wiggins and the rest of the team, they had photos taken, chatted with Brad and the rest of the Pro Sky team and had shirts signed. It was an amazing experience and something they will remember for a very long time.

## RESULTS

### Time Trials

A time of 24m 15s saw Ian Grime take 37<sup>th</sup> place on course D10/1 at the Coveryourcar.co.uk event.

Gary Lake recorded a time of 1h 07m 29s at the Seamons CC 25 mile TT over course J2/9 on 21<sup>st</sup> September.



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## Hill Climbs

On the 22<sup>nd</sup> September Ian Grime came 36<sup>th</sup> at the Weaver Valley Hill Climb over the Cat & Fiddle with a time of 22m 31.4s.

There were notable club performances at the Withington Wheelers Hill Climb on the 29<sup>th</sup> September. Our highest placed member was Andy Gorton at 3m 02.3s with Ian Grime at 3m 15.9s. Ben and Alex Trippier recorded 3m 21.4s and 3m 39.9s respectively in the under 18 category.

**And Finally.....**a roundup of result from our youngest racer, Sam Smith.

At the Beard Cup Hill Climb Sam came 37<sup>th</sup> with a time of 07m 41s. At the club's Blackstone Edge Hill Climb he came 22<sup>nd</sup> posting a time of 12m 07s. On the 6<sup>th</sup> October at the Johnny Helms 20 mile 2up, Pete Matthew and Sam teamed up to come 37<sup>th</sup> at 1h 04m 02s. They also got to meet the End to End champion and the National 24 Hour champion Andy Wilkinson.



Sam and Pete with Andy Wilkinson



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