



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.32 March 2016

## WELCOME

The days are getting longer, the racing season has started, the BAR season is just around the corner. All we need now is better weather and the new season will have started good and proper! Happy riding everybody.

## BIKE EXPO 2016

Bike Expo is taking place at Event City in Manchester from the 18<sup>th</sup> – 20<sup>th</sup> March. The event is aimed at cyclists of all levels of experience. It features the latest gear and equipment, coaching demonstrations and seminars and celebrity guests. There is also indoor racing on an 800m course. Full details can be found at <http://www.bikeexpo.co.uk/>.

Discounts are available on tickets for CTC members. Click the advert in the home page of the CTC website (<http://www.ctc.org.uk>).

## BAR POINT CHANGES

The new Best All Rounder (BAR) season starts on 3<sup>rd</sup> April with the 50 mile Reliability Ride. In previous seasons there were 10 points awarded for successfully completing a Reliability Ride with 5 points awarded for completing the course outside the time limit. From the current season there will be 50 points awarded for successful completion and 25 points for completing the course outside the time limit.

The changes have been brought in to ensure that attendance at a mixture of events are required to win the competition. The full list of events and points awarded are as follows.

Successful Reliability Ride	50 points
Failed Reliability Ride	25 points
Thursday Club Night Attendance	2 points
Official Club Runs	4 points
Club Organised Hostel Trips, Audax & Sportives	3 points
End of Season Competitions	10 points to 1 point

## MEDIUM & LONG CLUB RUNS

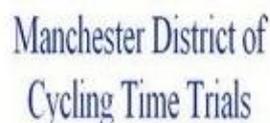
As you are no doubt aware there are currently no ride leaders for the Medium and Long Club Runs. It was decided at the last Committee Meeting that it is acceptable for these rides to split into separate groups to ride at different speeds as long as they all have the same café stop.

It is important that a consensus is reached on the speed and route taken before departing and that this is communicated to all ride members.

## CYCLING ON THE COSTAS

Darryl Nolan has just returned from six weeks riding and socialising on the Costa Blanca; great weather and riding, sun and shorts most days.

Some of you may remember that a week before my return last year I was taken out by a bouncing ball kicked by some kids underneath my front wheel. 'Every cloud...' as they





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## COMING UP...

### 13<sup>th</sup> March

Short Ride – Ramsbottom  
Medium Ride – Tatton Park

### 20<sup>th</sup> March

Short Ride – Meltham  
Medium Ride – Parbold

### 27<sup>th</sup> March

Short Ride – Hebden Bridge  
Medium Ride – Chatburn  
Long Ride – Bolton Abbey

### 3<sup>rd</sup> April

Short Ride – Bolster Moor  
Medium Ride – 50 Mile  
Reliability Ride

### 10<sup>th</sup> April

Short Ride – Edgworth  
Medium Ride – Castleton  
Long Ride – Formby

### 17<sup>th</sup> April

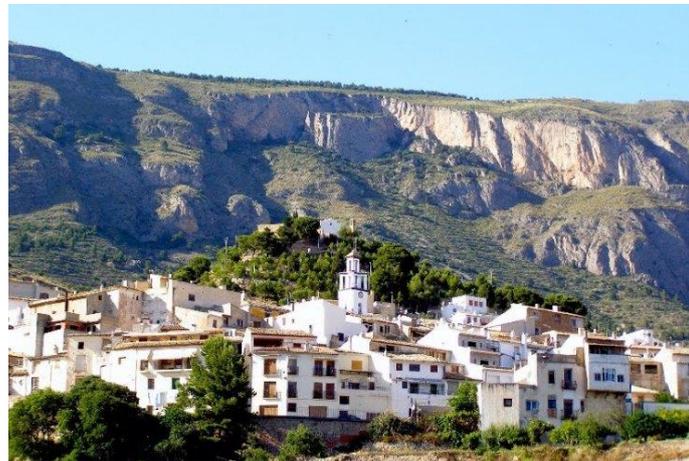
Short Ride – Ripponden  
Medium Ride – Rivington  
Long Ride - Gargrave

say, as it helped me to win the much coveted Crash of The year award!!

There were lots of Pro Teams out this year Lotto Soudal, Caja Rural and BMC to name a few. All did not go well for some of them however. The whole of the Giant Alpecin team were taken out in the mountains by an English woman driving a 4x4 on the wrong side of the road. Several were taken to hospital and Jon Degenkolb had to be air lifted to hospital in Valencia to have his index finger re-attached, (ouch!) and I think my crashes were bad enough. He will be out for several months so at least that gives Cav a chance. See the report at

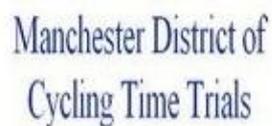
<http://www.cyclingweekly.co.uk/news/latest-news/73-year-old-british-woman-charged-for-giant-alpecin-road-crash-208491>

Once off the coastal road the riding is mostly on quiet, well surfaced roads. There is lots of climbing but not too fierce. Notable are the Col de Turdons a 22Km ascent which will be ridden in the Vuelta on the 10 September. It took me two hours, bet that will take some beating???



### Sella On the Way Up Col de Turdons

The Col de Rates (Cat 2, 6.5Km average gradient 5%) is also very popular again not too hard but magnificent setting. Check out Michael Kwiatowski's descent of it on You Tube. They all make for nice 4-5 hour rides although there are loads of other pleasant 2-3 hour ones too.





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## LADIES BIKE MAINTENANCE SESSIONS

Ladies bike maintenance sessions started on Tuesday 8<sup>th</sup> March in the Sports Hall at Rochdale Leisure Centre.

The session Started with the basics including changing an inner tube. There was plenty of enthusiasm amongst the attendees with oily hands much in evidence.



For information on future sessions contact Georgina at [ladies\\_sec@eastlancsroadclub.org.uk](mailto:ladies_sec@eastlancsroadclub.org.uk)



### Col de Rates from Parcent

Did I get fitter? Well I suppose I would have done if I had laid off the San Miguel!

Any takers for next year?

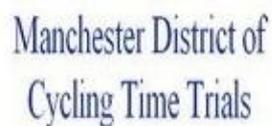
Thanks to Darryl Nolan for the report.

## RACE REPORTS

### Salt Ayre Circuit Road Race

The first race of the year was at the Salt Ayre Circuit at Lancashire where the Club had several Junior riders stepping up to road racing for the first time. In the 4<sup>th</sup> Cat race Alex Wiseman, Paul Ashworth, Josh Decamps and Alex Trippier all started but finished with mixed fortunes. Alex Wiseman and Paul Ashworth finished comfortably in the bunch but Josh retired with a broken chain and Alex Trippier was brought down by a fellow rider whilst well placed for the finishing sprint on the last lap.

In the 3<sup>rd</sup> and 4<sup>th</sup> Cat race Sam Walley and Sam Wilson started along with Josh Decamps who had fixed his chain from the previous race. However, things went seriously wrong when after 20 minutes of racing with all the club's riders doing well, there was a serious crash which required First Aid for the rider involved and the race was abandoned.





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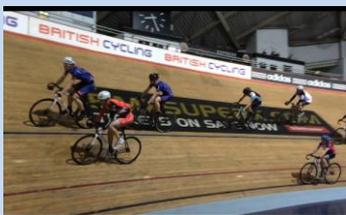
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## SUNDAY SESSION AT THE VELODROME

Sunday 6<sup>th</sup> March saw 18 Club members and friends visit the Manchester Velodrome for a twohour session under the guidance of British Cycling Coach Russ Snowden.

Niamh Coulter, Abby, Nicole Decamps, Wally Stansfield and Karen Bailey enjoyed their first velodrome session.

The standout performance of the night was veteran rider Stuart Chadwick taking the flying lap in 16 seconds.



The East Lancs Riders Flying!



East Lancs Riders Sam Wilson and Sam Walley in 2<sup>nd</sup> and 4<sup>th</sup> Position in the Peloton

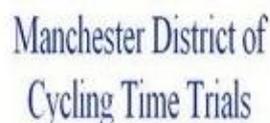
### Clayton Grand Prix

Ben Trippier rode the Clayton Grand Prix based around Bashall Eaves near Clitheroe. This 55 mile event is the season opener for many riders and is based on 15 laps of a 4 mile circuit. For the time of year the weather was perfect and it was a very fast race. Many professional riders were in the field and the team from Pedal Heaven were the driving force throughout the race. Ben was involved throughout until the 9<sup>th</sup> lap when a rider crashed in front of him and the negotiations to clear the fallen rider resulted in him losing contact with the peloton, which was effectively the end of the race for him despite a good showing.

### Nova CC 25 Mile 2Up Time Trial



Lawrence Fairclough & Josh Decamps Ready for the Race





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## ...AND FINALLY

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](mailto:newsletter@rochdalectc.org.uk). Thanks Jon

The Club entered six pairs of riders in the 25 mile Nova CC 2Up team time trial. The course was based on an undulating course between Macclesfield and Congleton. The riders had to contend with a moderate northerly wind plus a hail storm but most teams were happy with their first performance of the year. The results were Andy Gorton/Phil Shore 6<sup>th</sup> fastest overall with 1hr 01m 34s; Sam Walley/Alex Trippier fastest Juniors with 1hr 05 22s; Alex Wiseman/Dave Ireland with 1hr 09m 36s; Jon Preston/George Preston with 1hr 16m 37s and Josh Decamps/Lawrence Fairclough with 1hr 19m 40s.

The overall winners were Mike Jolly and Tony Greenhalgh of Onimpex Bioracer RT with a time of 57m 57s.

### St Helens CRC Road Race

Sam Wilson and Ben Trippier both took part in the St Helens CRC road races based around the Pimbo circuit on Sunday with steady performances to finish in the bunch.

Thanks to Dave Trippier for the reports.



Manchester District of  
Cycling Time Trials

