



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.28 November 2015

WELCOME

Another season has flown by and we head toward the end of the year. Although the shorter days and poor weather make cycling opportunities less frequent we can look forward to the M & D Christmas 10 and the Riders Dinner in December. Plus, Gareth Snell's report from Majorcan trip report gives us a feel of the sun!

WINTER CLUB RUNS

Club Runs held over the winter months start at 9am.

Don't forget that it is essential to have mudguards and lights if you wish to participate in winter Club runs. This is not only a safety issue but a courtesy to other ride members.

7,000 FEET IN 7 HOURS RELIABILITY RIDE

(Reflections of a Committed Lanterne Rouge)

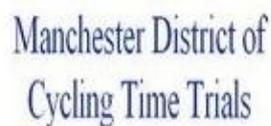
The distinctly chilly and misty morning of Sunday 27th Sept. saw a limited band of nine hardy (or crazy?) souls gather at Rochdale Leisure Centre for the last of the seasons BAR reliability rides. The reduced number of participants (compared with 16/17 in previous years) was largely due to a band of nameless ne'er-do-wells electing to spend serious money on a "Mallorca holiday" rather than face the 7000ft challenge!

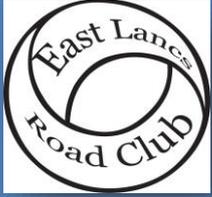
The hardy band consisted of two juniors (Noah & Cameron), five "mixed ability" males, and two of our "feisty ladies" (Georgina & Cat), who proceeded to show the way home to the majority of said "ma"males!

By the time we had conquered the first challenge of the day (Newhey - Denshaw climb 600ft in 1.6 miles), the early mist had lifted and limited sunshine was easing the chill. The first of three "undulating" sections, from Greenfield to Stalybridge, saw approximately 400ft of climbing over the 5 mile stretch. This was followed immediately, 15 miles into the ride, by the 400ft in 1.5 mile ascent of Mottram Cutting. The descent into Mottram/Hollingworth led to the second "transition phase", the five miles of B roads over the "Devil's Elbow", with some 700ft of "undulations", taking us to Woodhead (27 miles into the ride) and the third major climb of the day, the one-and-only Holme Moss!

As you may imagine, with everyone coping with this one (900ft in 2.8miles, with the bulk of that over a 2 mile stretch) to the best of their diverse abilities, the group fragmented severely, with your author brilliantly fulfilling his pre-appointed Lanterne Rouge role! A regrouping in Holme village after the distinctly exhilarating initial 2 miles of the descent was followed by a further speedy 2 miles down into Holmfirth itself and the more than welcome lunch stop (at 11.40 hours and 34 miles into the ride) at our customary "greasy spoon" cafe. Your author had 34.5 miles on the clock in 2h 43m nett riding time. Everyone else, needless to say, must have arrived with appreciably less n.r.t.!

The next challenge following a fifty minute lunch break was the climb out of Holmfirth up the Greenfield (Isle of Skye) road, hanging a right at the Ford Inn into Meltham. Some 550ft in 2 miles. The descent had to be followed, of course, by the





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BEGINNERS RIDES

Our Beginners Rides (formerly known as 'D' Rides) take place on Saturday mornings from Rochdale Leisure Centre at 9:30am.

The pace is easy and the mileage low. Check on Thursday Club nights to ensure one is taking place.

ELRC SOCIAL RIDERS CHRISTMAS DINNER

The Puckersley Inn, Royton will once again host the riders Christmas dinner on 6th December from 12:30 – 4:30pm.

There is a limit of 74 people and this popular event is bound to fill up quickly. To book your place contact our Social Secretary, Ceara Law on 07540 466556 or by email socialsec@rochdalectc.org.uk.

climb (5th of the day) out of Meltham over to Slaithwaite, 400ft in 1.5 miles. The designated route specifies the allegedly "easier", westerly climb out of Slaithwaite up to Pole Moor, rather than the better known, easterly climb up the notorious Scapegoat Hill. DON'T you believe it! The 650ft in 2 miles stretch includes some short 15% plus sections which had your author obliged to "get off and push" for the first and unfortunately not the last time on the ride!

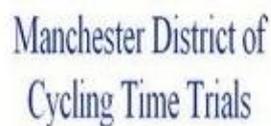
After a short run down the main road from Pole Moor to Outlane (44 miles in, 13 miles to go) we turned for the 3rd and final "undulating" section through Stainland and Barkisland into Ripponden. This 4.5 mile section has some 700ft of climbing in total but that does not give a true picture! The altitude sequence, over the 4.5 miles is roughly 450ft; 730ft; 420ft; 850ft; 520ft; 850ft; 400ft. The most challenging bits being on the well named Beestonley Lane between Stainland and Barkisland which included two particularly vicious brief lumps, which again had your esteemed writer reduced to walking!

This section was enlivened further by dear Noah choosing to ignore the designated left turn in Stainland and head off (unfortunately downhill at an admirable rate of knots) in the general direction of Elland! He was chased down and hauled back (largely UPHILL, of course) some 15 minutes later by Dad Jason ably assisted by a worthy Jonny D. See below for related "Stainland Postscript".

From Ripponden the final challenge, and 7th major climb of the day, took the form of the 880ft in 4.5 miles haul up to Blackstone Edge. By this time young Noah was feeling the effects of his "Elland excursion" but, escorted by his "Stainland Rescue Team" he stoically fought through the bonk barrier to arrive at the finish line, Hollingworth Lake Visitors' Centre, well within the time limit and in the company of us less speedy mortals.

I logged in at 15.10 (precisely 6h 30min gross, including lunch stop, after leaving Rochdale Leisure Centre at 08.40) with 57.5 miles on the clock and a nett riding time of 4hr 56m at an average speed of 11.61mph. On arrival he found the "elite group" (led home, I suspect, by our above mentioned "feisty ladies") well into their umpteenth cup of chosen beverage and, no doubt, having registered a nett riding time well within the 4.5 hour mark!

I would guess the individual private thoughts, as opposed to verbally expressed opinions, ranged from your author's, "how the h**l did I get conned into this?" to





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DBS CHECKS REMINDER

Would those people who have been sent a DBS Screening form please complete it and return as soon as possible to Heather.

If you have any queries please do not hesitate to contact her at heather.j.preston@gmail.com.

M & D CHRISTMAS 10

The M & D Christmas 10 takes place on the 13th December. Notable for its fancy dress element, Club members rose to the challenge with Jonny Decamps epic 'Bathman' and Snow White and the Seven Dwarves taking part last year.

There are a variety of rumours circulating about this year's entrants. Could we be going



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Get your entry is as soon as you can!

"well, that was all rather pleasant", from his more able companions. All in all, a challenging, but satisfying and successful day!



The Intrepid Reliability Riders

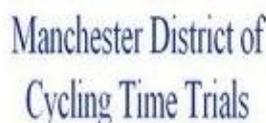
STAINLAND P.S.

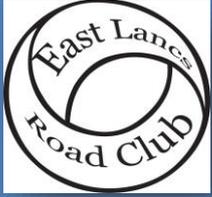
Whilst ordering his much needed recuperative cuppa at the return venue, your writer became aware that his "£120, distance prescription Transition lenses, cycling specific" glasses were no longer in situ on his face. After sifting through the limited memory cells left available to him and consulting with his erstwhile riding companions, the collective conclusion was that they were probably still sitting on the drystone wall in Stainland, where they been placed, whilst the writer had donned his reading glasses to consult his mobile, whilst awaiting the return of Noah, and escort, from his "wee diversion"! Yes, you guessed it, your writer had carefully removed and pocketed his reading glasses, only to ride a further 12 miles (in reasonably bright sunshine) without noticing that he had failed to replace said £120 specs in their usual position!

Due to unavoidable "prior commitments" for that evening and the following morning, it was some 23 hours after their abandonment that your writer, returning by car, was both surprised and delighted to find his treasured specs still in situ on the aforementioned Stainland wall!

So you see, even a 57 mile, 7000ft, test of an OAP's stamina CAN have a happy ending!

Thanks to Pete Matthew for the report





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AN EVENING WITH DAVID MILLAR

The recently retired professional cyclist David Millar appeared at the Dance House Manchester as part of a book signing event. The evening started with an interview with journalist Richard Moore asking the questions followed by a question and answer session with the audience.

Sporting a broken arm from a recent skateboard accident, David spoke eloquently about the life of a cyclist. His description of riding the Champs Elysees as a lone breakaway rider in his last Tour de France was gripping.

He also touched upon the difficulties adjusting when a cyclist's career is over and the dangers of riding in the peloton. Particularly with the modern racing calendar being extended and riders being tired.

The evening finished with him signing copies of his book 'The Racer'.

A MAJORCAN CYCLING ODYSSEY

Well it all started some months ago when Andy Regan invited us to join him on a cycling holiday to Puerto Pollensa in Majorca. Whether the long suffering Mrs. Regan was aware is a matter of debate. I thought Andy was paying but it soon transpired this was not the case. So on 26th September off we went, a team of 8. Things were going well until we got to the airport when Shaun's giant bike box was too heavy to go anywhere without huge payments to baggage handlers and Jet2, (he'd also left the keys at home) but his assured smooth manner and burgling skills got him out of this jam and away we went.

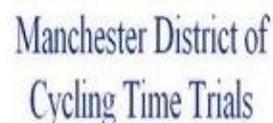
Puerto Azul Aparthotel was soon the scene of various ELRC members assembling their bikes in the cavernous cellars, track pumps and locks provided, which Andy assured us holds 250 bikes, which I could well believe.

The first day was a gentle ride down to Petra, a round trip of 60 miles and a few thousand feet of ascent. Smooth tarmac, quiet roads, considerate drivers, lovely views and hot sun.



Shaun and John Enjoy a Well Earned Café Break

Next day some barmot suggested we ride to Sa Colabra. What a fantastic day out! Just over 60 miles and 6000 feet of ascent. The only problem being first ascent to 682 metres, then immediately drop to sea level, and I mean immediately. Then climb straight back up the same route. What a road! Tears, sweat and cursing and we were back where we started with several PBs achieved, especially one Nicola Henderson.





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COMING UP...

Club Runs start at 9am and there isn't a Long Ride over the Winter months.

Sunday 8th November

Short Ride – Uppermill
Medium Rides – Rivington

Sunday 8th November

Short Ride – Uppermill
Garden Centre
Medium Ride – Rivington

Sunday 15th November

Short Ride – Vanilla Bean Café
(Slaithwaite)
Medium Ride – Eccleston

Sunday 22nd November

Short Ride – JJ's Diner
(Burnley)
Medium Ride – Homfirth

Sunday 29th November

Short Ride – Jumbles Country
Park
Medium Ride - Barley



The Epic Sa Colobra

We were fortified in the evening with liquid refreshments and great food for the next days excitement. Unfortunately, it proved to be wasted as the next day was a real washout, thunderstorms and howling winds that made Rochdale weather seem tame.



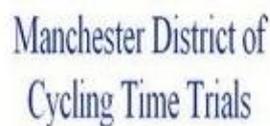
Beautiful Cap Formentor

The ride to Cap Formentor after the weather cleared, has got to be the best 12 miles I've ever ridden, dramatic coastal scenery, long flats, smooth roads, a 300m tunnel with no lights, steep switchback descents and climbs, amazing! But go early or late to avoid the tourist traffic.

And so it carried on throughout the week. Several of the party were suffering with gippy tummy syndrome and a loud buzzing in their ears but all soldiered on. Ride of the week was by Shaun Donnelly and John Byrne, 88 miles and 8000 feet of ascent over Puig Major to Port de Soler.

Am I returning, you can bet your life on it, 2016 is a definite, April or October or both. Thanks Andy Regan for inviting us it was superb.

Thanks to Gareth Snell for the report.





KARTING EVENING



Twenty-nine Club members, family and friends swapped the velodrome track for a different type of track at Team Karting on Queensway. We were split into three groups for heats lasting 10 minutes each in order to seed us for three finals of 30 minutes each. These races were hotly contested with some great battles and fantastic driving. The top two placings in each of the finals were:

- Final 1** Jason Dean
Shaun Leonard
- Final 2** Jason Codling
Andy Gorton
- Final 3** Dave Trippier
Jon Preston

Thanks to our Social Sec Ceara for arranging an evening that was enjoyed by all.

RESULTS OF "FUNNIUM SUNDAY" AND CONCLUSION OF CLUB BEST ALL ROUNDER COMPETITION

Sunday 25th October saw a severely depleted contingent share out the spoils on the annual, end-of-season, club competitions day, or "Funnium". Comprising a short hill climb, downhill freewheel and "slow bike ride". Compared with previous years, when 20 plus riders have contested the final BAR points of the season the majority of those turning out this year elected to go off on a standard club run, leaving a hardy bunch of five (yes, FIVE!!) to dispute the points available for the first TEN placings in each of the three events!

The "Funnium Champion" on the day, with 26 points out of a possible 30, was Georgina, closely followed by Andy Regan with 25 and Caroline Travis, with 23. The overall winners of both the Senior Men and Junior (male/female) Best All Rounder trophies had been effectively determined prior to "Funnium" day but the Ladies trophy was sealed, and, indeed, retained by Caroline on the day due to the absence of Christine White who had been a very close contender throughout the season.

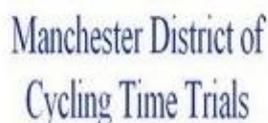
The final points standings can be found on our website at http://www.rochdalectc.org.uk/bar_results_unrestricted.php and winners in the three BAR categories, with the respective trophies to be presented at the annual prize giving dinner in January are as follows.

JUNIORS (male and female - under 17 at 31.10.15) - Clarence Lord Cup

Winner	Lawrence Fairclough	112 points
2 nd	Alex Wiseman	90 points
3 rd	Josh Decamps	82 points

SENIOR LADIES - Kath Taylor Cup

Winner	Caroline Travis	93 points
2 nd	Christine White	69 points
3 rd	Dianne Makin	50 points





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...AND FINALLY

Articles and information for the newsletter are always required. Any articles about rides, touring and events over the summer or your plans for the winter will be gratefully received. Please email me at newsletter@rochdalectc.org.uk.

Thanks, Jon

facebook.

twitter

SENIOR MEN – Marion Ripley Cup

Winner	Pete Matthew	201 points
2 nd	Andy Regan	158 points
3 rd	Mark Riley	142 points

So much for 2015. Next year's Best All Rounder season will commence, as usual, on the last week in March. Full details of its composition, points allocation system, qualifying events etc., will be circulated a couple of weeks in advance. Meanwhile, just a reminder to all new Club members and any others who may wish to participate in the BAR competition for the first time. The only prerequisite for inclusion in the website BAR tables is current and continuous membership of the national CTC body (register and subscribe on the CTC website) throughout the season.

CLUB SUMMER TOUR

The Club summer tour is planned to take place from the 16th July to the 23rd or 30th July. There is less emphasis on climbing with the base being Frejus on the French Riviera. Having said that there are climbs to whet the appetite of the avid ascenders amongst us. Planned highlights include Mont Ventoux, Col de la Madone (from which the Trek Madone gets its name), the Gorge du Verdon and the Menton to San Remo Cycle Trail.



The Menton to Same Remo Trail & The Gorge du Verdon

For more information contact Dave Trippier at davidt@rochdalectc.org.uk. Other trips are planned so keep an eye out for more information here or via your inbox.

