



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.45 April 2017



WELCOME

This month we celebrate Cat Jessop's success in the Milltown to Moors Sprint Triathlon. We also review the latest time trial results plus there are pictures of the '50 in 4 Reliability Ride run last month. Last but certainly not least, there is a report on an epic ride through Spain!

A SPANISH EPIC!



Shaun, Andy, Sam, Jason and Paul Ready to Ride

Following on from their epic ride through France two years ago, Andy Gorton, Jason Codling, Shaun Leonard, Paul Marsh and Sam Wilson decided to do the same through Spain. Support for the trip was provided by Gareth Snell. Jason tells us all about it below.

We set off on the drive down at midnight on April 1st (no, it wasn't April fool although we thought it) for the 1600 mile drive to the south coast of Spain. The route took us via Folkestone to France with an overnight stay in Bayonne about half way. An early start on Sunday for the next 800 miles through Spain, as we got near Madrid snow could be seen on the high mountains which we were due to ride over in the next couple of days. We arrived Almunecar, our starting point for the ride, at around 6pm Sunday. Monday was a rest and recover day sort out the bikes and the short spin to check all was ok.

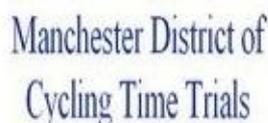
Day 1 Almunecar to Martos 110 miles 10000 ft of climbing average speed 15mph.

The first 25 miles saw us go from sea level to 4500 feet just to break us into the ride. Then we had 30 miles of decent. Another nice climb after lunch of 1500 ft and then it was pretty much rolling after that. As we pulled into Martos, Gareth was waiting on the corner pointing us in the direction of the nearest pub. This became a theme of the trip!

Day 2 Martos to Ciudad Real 130 miles 8500 ft of climbing 15mph average speed.

The only navigation hiccup of the trip took us about 10 miles across farm tracks and at some points it was like riding down a wash board. Gareth had great fun trying to navigate the transit across there. Only one major climb today of 2000 ft but the last 65 miles were into a stiff headwind which made it tough going.

Day 3 Ciudad Real to Castillo de Bayuela 110 miles 4600 ft of climbing 17mph average speed.





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SATURDAY CLUB RUNS

6th May

Beginners – Hebden Bridge
Medium Ride – Cat & Fiddle

13th May

Beginners –
Haslingden/Helmshore
Medium Ride – Bolton by
Bowland

20th May

Beginners – Pavillion Café
Chadderton
Medium Ride – Glossop/Devil's
Elbow

27th May

Beginners – Summerseat
Medium Ride – Haworth

3rd June

Beginners – Uppermill/Diggle
Medium Ride – Chatburn

10th June

Beginners – Edenfield
Medium Ride - Castleton

All runs start from Rochdale
Leisure Centre at 9:30am.

An easy day in comparison to the others readying ourselves for the big day to follow. Instead of taking it easy we thought we would race each other up every hill and do time trial efforts along the flat sections. Gareth found us a little transport café in the middle of nowhere where we stopped for lunch. It had the best tapas and we went through it like a pack of vultures. After all our foolish racing each other, the last 2 miles to the hotel were an average 20% into the foothills of the mountains. An absolute killer but a fantastic little typical Spanish village at the end.

Day 4 Castillo de Bayuela to Medina del Campo. 130 miles 11000 ft of climbing 15mph average speed.

An 6.30am start was needed and we went straight onto the hills. We had 3 big climbs to contend with one after another. The first climb was 3000 ft most of it was done in complete darkness and the sun had just come up as we got to the top then down and find somewhere for breakfast. The second climb was 3500 ft, the biggest of the trip, taking us to 5000 ft high and snow at the top. Loggers had closed the road up through the forest and Gareth had to negotiate with them to let him take the van through. I think he told them something about training for the Vuelta and they waved him through. The third climb was only 2500 ft. We got to the top by 1.30pm having only done 60 miles but 9000 ft so far. So to was down the mountain to find some food. After lunch, it was 2.30 and still 60 miles to ride. It was a fairly flat run in so Andy G decided to put the hammer down and crank it up to 25mph!

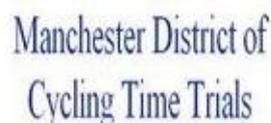


Top of the World!



It Can't All Be Hard Work! Gareth and Jason Relax

Day 5 Medina de Campo to Aguilar de Campoo 130 miles 5000 ft of climbing 17mph average speed.





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SUNDAY CLUB RUNS

Rides start at 8:30am from Rochdale Leisure Centre.

7th May

Short Ride – Sowerby Bridge
Medium Ride – Tockholes
Long Ride – 100 Miles in 8 Hours Reliability Ride

14th May

Short Ride – Townley Park
Medium Ride – Roughlee
Long Ride – Dunsop Bridge

21st May

No runs due to the Club Road Race.

28th May

Short Ride – Meltham
Medium Ride – Car Assist
Long Ride – Langsett

4th June

Short Ride – Ramsbottom
Medium Ride – Wycoller
Long Ride – 150 miles in 12 Hours Reliability Ride

11th June

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

The fatigue was setting in now and the whole day just felt like a real slog no major hills just lots of little ups and downs all day long. The site of Gareth waving us in at the edge of the village and pointing us in the direction of the village square for a few pints was very welcome.

Day 6 final day Aguilar de Campó to Santander 66 miles 2500 ft of climbing 18mph average speed.

We had the ferry booked at Santander for 4pm so we needed to get there for around 2pm. It was a nice steady roll for the first 25 miles but every little climb was a killer. Then we hit the best downhill of the trip 35 miles taking us from 3000 ft to sea level on smooth wide roads with long sweeping corners. But there was a sting in the tail 5 miles from Santander a 30 mile long climb. We made it to Santander in plenty of time ready for the overnight crossing with six of us in one cabin

A massive thanks to Gareth for doing the support driving and sorting out all the hotels every day and the food and drinks logistics.

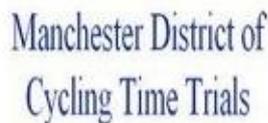


Still Smiling!

CLUB 10 MILE TIME TRIAL

The annual Club 10 mile time trial was run in conjunction with the ladies event on 29th April. As usual, we used course J2/1 which takes the riders over Chelford Island, returning via Booth's Hall Island. Although the day was dry there was a stiff head wind for the return leg which resulted in slower times on average compared with last year. A total field of 144 riders of which the East Lancs comprised 19 (4 ladies and 15 men). Jack Millar, Oliver Bentley and Josh Decamps took 1st, 2nd and 3rd prizes in the Junior category. Max Bentley was the 2nd fastest Juvenile and Pete Matthew was the fastest in the Vet. 70 category.

Thanks to everybody who volunteered to help – Jason and Heather Codling, Julie Trippier, Phil and Sarah Wiseman, Heather Preston, Gareth Snell, Andy Regan, Nigel Suter, Wally Stansfield, Lee Howson, Suzanne Millar, Julie Decamps, John Howard and Cedric Matthew.





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SUMMER BBQ

Sunday June 25th is the date for the Summer BBQ to be held at the Puckersley Inn. The cost will be approximately £5.00 and Gareth assures us he has booked sunny weather.

Check your email for more information as details are announced.

CLUB 25 MILE TT

Saturday June 24th is the date for the Club's 25 mile TT. To enter go to www.cyclingtimetrials.org.uk.

The complete results for the East Lancs members were as follows.

Karen Bailey 27m 53s, Georgina Cape 27m 38s, Sofia Riley 33m 29s and Nicole Decamps 31m 56s, a personal best.

Paul Ashworth 23m 08s, Andy Gorton 23m 36s, David Trippier 25m 31s, Sam Wilson, 25m 43s, Jack Millar 25m 50s, Jason Codling 26m 01s, David Bentley 26m 19s, Oliver Bentley 26m 20s, Shaun Leonard 26m 22s, Josh Decamps 26m 52s, Noah Codling 27m 23s, Max Bentley 28m 10s (personal best), Michael Coulter 28m 13s, Jonny Decamps 29m 34s and Pete Matthew 30m 27s.

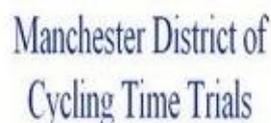
The overall winner in the men's event was Mark Nulty with a time of 21m 17s.



Niamh Coulter & Sofia Riley



Nicole Decamps





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DONCASTER CYCLING FESTIVAL

On 11th June, Doncaster is hosting an eight race programme with something for all categories of rider. The racing takes place on a closed circuit in the centre of Doncaster. For more information go to <http://www.doncastercyclefest.com>.



Max and Oliver Bentley

Photographs courtesy of Ellen Isherwood. To see more visit <https://www.flickr.com/photos/100713057@N05/albums/>.

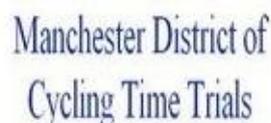
RACE ROUND UP

Weekend 22nd & 23rd April

Cat Jessop was the hero of the weekend for the East Lancs last week when she competed in the Milltown to Moors Sprint Triathlon in Saddleworth. She came second last year and was determined to go one better in 2017, which she did as she won the ladies competition convincingly by over 4 minutes from the second placed lady in the competition. Cat started her effort towards the back of the field at 11:10am recognising she was one of the fastest competitors and she recorded 7m 28.7s for her 400 metre swim; 41m 02.6s for her 20 Km cycle ride and finally 21m 35.7s for her 5Km run making a total time of 1hr 14m 20.7s including her transition times.



Cat (left) Receives Her Trophy





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Her all round ability was also illustrated by the fact she was the fastest competitor in each of the three events of swimming, cycling and running, a fantastic achievement and well done all round and came 17th overall including the men.

Meanwhile down in Cheshire, the Club's Junior riders were competing in the Regional Youth Championships which was a 10 mile time trial on the J2/1 course. There was a headwind out to the turn which pushed the time back a bit but all the riders put in a good effort. The times recorded were as follows; Sofia Riley 33m 52s; Nicole Decamps with a new personal best of 32m 34s; Niamh Coulter 31m 14s; Joe Cooke did 28m 42s despite losing his chain with 2 miles to go; Jack Millar 25m 44s and finally Noah Codling 27m 26s, which means the East Lancs girls were the fastest team of three and may qualify for the National finals in September.

In the supporting senior event the East Lancs ladies recorded the following times; Karen Bailey 28m 19s; Georgina Cape 27m 45s; and in the men's event Jason codling punctured with ½ mile to go to the finish.

Thursday 27th April

A group of riders went to the Steve Burke Circuit at Colne to take part in regular weekly series of races.

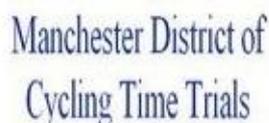
In the 3/4th Cat race the Club had a team comprising Paul, Andy Gorton and Alex Wiseman who all comfortably maintained their place in the bunch throughout the race. Alex Wiseman attempted to escape the bunch with a solo breakaway which came to nothing as he was chased down by the bunch and so it came to a sprint finish in which Paul came out on top to win the race with Andy finishing close behind in fifth.

In the Elite/1/2/3 Cat race the East Lancs hopes were pinned on Oliver Huszar and he did not disappoint. The fast pace of this race saw the bunch split in two with Ollie in the leading pack along with Ben Trippier riding in the colours of Maxis 4 RT. The breakaway kept away from the rest and Ollie delivered a powerful sprint finish to win from some very good riders, which resulted in the East Lancs taking the honours in both senior races on the night.

Thanks to Dave Trippier for the report.

PHOTOS FROM THE '50 IN 4'

Last month we reported on the 50 mile in 4 hours Reliability Ride. Below is a selection of photographs from the event.





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5 Years
1967-2017

YOUR NEWSLETTER



NEEDS YOU!

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
Thanks, Jon



The First and Second Groups Prepare to Start



The Third Group Anticipate the Start



Daryl in Full Retro Gear

