



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.27 October 2015

WELCOME

A flurry of racing activity brings us to the close of the season. In this issue there are details of the Club's 2 Stage Hill Climb, the 25 Mile TT Championship and the GHS Final.

Congratulations also go to Ben Trippier who now has his Second Category Racing License having accumulated sufficient road race points this season.

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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THE CLUB 2 STAGE HILL CLIMB

In a change from last year the Club's 2 Stage Hill Climb was held on Huddersfield Road out of Newhey (J9/20) and Buckstones Road out of Shaw (J9/18). Both hills are 1.3 miles long but provide different challenges. Huddersfield Road has a more even gradient with a spike at the top. Buckstones Road throws all the hard stuff at you first and levels out toward the finish.

A field of 38 riders enjoyed near perfect conditions with our Club being well represented with 19 riders. Awards went to the following competitors.

Overall Prizes

1st Overall	Adam Kenway	Sport Grub Cycling Team	10:25.0
2nd Overall	Lee Baldwin	Champion System/VCUK	11:01.4
3rd Overall	Chris Dyke	Manchester Bicycle Club	11:03.9
4th Overall	Kieran Savage	Yorkshire RC	11:19.1
5th Overall	Alex Trippier	East Lancs RC	11:49.1
6th Overall	Mark Tickle	Leigh Premier RC	11:52.5

1st Lady	Georgina	East Lancs RC	16:57.4
2nd Lady	Holly Carter	Manchester Wheelers	18:57.4

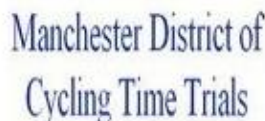
Lady V40	Not Awarded		
V40	Andy Gorton	East Lancs RC	12:10.8
V50	Paul Robinson	Lyme Racing Club	12:28.6
V70	Peter Matthew	East Lancs RC	22:11.0
Junior	Theo Jefferies	Westmead Team 88	12:37.0
Juvenile	Noah Codling	East Lancs RC	17:12.6

Fastest Team

Alex Trippier	East Lancs RC	11:49.1
Chris Green	East Lancs RC	12:08.4
Andy Gorton	East Lancs RC	12:10.8

Stage one – Fastest 3

Adam Kenway	Sport Grub Cycling Team	05:07.4
Lee Baldwin	Champion System/VCUK	05:35.1
Chris Dyke	Manchester Bicycle Club	05:36.2





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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.

Stage Two – Fastest 3

Adam Kenway	Sport Grub Cycling Team	05:17.6
Lee Baldwin	Champion System/VCUK	05:26.3
Chris Dyke	Manchester Bicycle Club	05:27.7

NIAMH & LLOYD COULTER TACKLE THEIR FIRST TRIATHLON



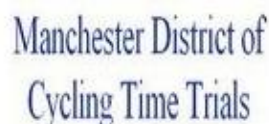
Niamh & Lloyd Attack the Cycling Leg

Niamh and Lloyd Coulter took part in their first Triathlon. Their Dad, Mike, tells us about the day.

The event was held at Salt Ayre Sports Centre in Lancaster and was the last race of the Triathlon England North-west Region Junior Club Championships 2015.

Niamh age 13 was in the Tri-Star three event which involved a 300m swim, 7.8Km bike ride and a 2.4Km run. Lloyd age 10 was in the Tri-Star one event which involved a 150m swim 3.9Km bike ride and 1.2Km run.

Whilst both Lloyd and need Niamh found the event hard, they are really proud of completing their individual events and are looking forward to taking part in more triathlons in 2016.





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PILATES AT THE CLUB

As part of the Club's off season training programme a Pilates and Yoga course is on offer from Marion Rubins at Whitefield Pilates (www.whitefieldpilates.com).

Pilates is a great way to improve core strength and avoid injury.

The classes are taking place at Rochdale Leisure Centre from 8.00pm to 9.00pm Confirmed dates are as follows -

8th October, 15th October, 29th October, 12th November, 19th November and 3rd December.

After the Christmas break Paul West will be taking turbo classes.

WINTER CLUB RUNS

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.



Niamh & Lloyd in Full Flight

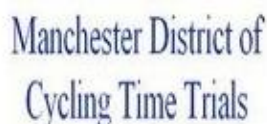
NLTTA COMBINED CLUBS 25 MILE TT

The NLTTA combined clubs 25 mile time trial was run on the 20th September. This event is used to determine our Ladies and Men's 25 mile champion. Georgina took the ladies prize in her first ever 25 with a time of 1h 14m 08s. Andy Gorton is once again our club champion, with an excellent time of 57m 40s. They will both receive their respective E.L.R.C. trophies at our club dinner and prize presentation in January.

Club members also managed to secure a number of other NLTTA prizes. Sam Walley won the NLTTA's fastest Junior (under 18's) prize, clocking up his first ever sub-hour ride with a magnificent time of 58m 27s. A fantastic ride for sure! Not only does he secure his place as our second fastest rider and the NLTTA prize for fastest Junior, he also secures a £20 bonus from the Secretary's personal bank account. These bonus awards are available to all riders aged 18 and under for the first time they beat the hour barrier in a 25 mile time trial. Now that he's got the taste for it, I'm sure this is the first of many sub hour 25's we'll be seeing from him.

Sam wasn't alone in securing an NLTTA prize. Georgina's ride also secured her the NLTTA prize for the fastest first time lady rider and Oliver Huszar managed to secure the prize for the fastest first time male 25 rider. Oliver's ride was an excellent ride for sure and no doubt he will also be chasing the magical sub one hour barrier next year.

Thanks to Andy Regan for the Report





CLUB VELODROME NIGHT

Thursday Club night on the 17th September was moved to Manchester Velodrome where 29 Club members and friends enjoyed an evening on the track.

It was encouraging to see several youngsters having a go for the first time under the expert coaching of Paul West. The more experienced riders were put through their paces by Paul who drilled them in technique and track etiquette. The drills included 'through and off', sprint intervals and moving between groups.

An accident involving three riders saw Darryl Nolan come off worst and we wish him a speedy recovery and hope that he is soon back on the bike.

EAST LANCS SUCCESS AT THE GHS 10 MILE TIME TRIAL CHAMPS

Following a successful regional heat held in March, the East Lincs RC had a record number of riders invited to ride the 2015 GHS Time Trial Championship, which in effect is the 10 mile National Championship for riders between the ages of 12 and 16 years.

The event was held on the F10/10 course near Hare in Hertfordshire, which is a fast course on the A10 dual carriageway, with the riders heading North on the out bound leg for 5 miles and returning 5 miles to finish back near Hare.

The group travelled down south on Friday to familiarise themselves with the course and get a good rest before the event the following day.

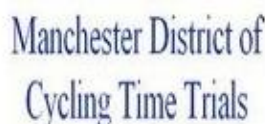
On the day there was a southerly wind giving the riders a 'push' to half way, but it made it difficult on the return leg, but this was the least of the organising club's problems.

The event was scheduled to start at 9am to ride whilst traffic levels were low, but much to the consternation of the organising club an articulated lorry broke down on the course at 7:30am and breakdown vehicles weren't available in the area to remove it, therefore, the start was delayed because it was unsafe for the riders to start. However, after a 2½ hour delay the lorry was moved and the riders got started.



Noah, Tom and Oliver Warm Up

The first of the East Lincs riders to go was Tom Bland who got into his ride and





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COMING UP...

Sunday 25th October

Short Ride & Medium Rides –
Funnium & Hebden Bridge
Long Ride – Southport

Sunday 1st November

Short Ride – Townley Park
Medium Ride – Wycoller

Sunday 8th November

Short Ride – Uppermill
Garden Centre
Medium Ride – Rivington

Sunday 15th November

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

Sunday 22nd November

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

delivered a personal best (PB) for the distance, of 32m 27s to get all the Club's other riders motivated to do their PB as well.

Following Tom's example, every rider in the 7 man team did a fantastic ride and delivered the following times;

Noah Codling	26m 20s
Josh Decamps	25m 49s
Oliver Makinson	25m 20s
Alex Wiseman	24m 55s
Alex Trippier	23m 30s
Sam Walley	21m 59s

All bar one ride was a personal best and a credit to the depth of juvenile and junior talent developing in the Club.

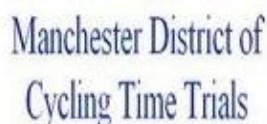
The fastest of the East Lancs contingent was Sam Walley who set out to deliver a 21 minute time and did just that albeit by one second, which secured him 16th place out of 131 riders in the event, a highest ever placing by an East Lancs rider and one for next year's team to try and beat.



Sam Walley On His Way to a 21 Minute Time

The boys winner was Samuel Henning riding for his school, Dr Challoners Grammar School, in a superb time of 20m 21s.

Thanks to Dave Trippier for the Report





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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

FOR SALE

Shimano RS80 Carbon 50mm Deep Wheels. Only used 3 times. Suitable for a 10 speed cassette. As new condition £300 with Continental GP4000 tyres, no cassette.

Contact Simon Abraham on 07977 101055 or simonabraham66@gmail.com.

SIMONCELLI Low Profile Time Trial Bike 53/54cm. 650C Front 700C Rear CX19 Sprint Rims & Tubulars, Campagnolo Chorus 8 speed Block. Includes Spare set of Campagnolo Deep Rims Wheels and Block. **£600 ONO.**

Contact John Burston on 0161 764 5869 or bsp61@hotmail.com.

Dave Trippier is selling two Starley frames as follows.



Starley JKS-R1 Mens 54cm Carbon Road Race Frames. Identical except for decal colours (Orange or Green). They are both 2 ½ years old.

Very light and responsive (built up bike was under 7kgs) in good condition and never been in a crash. Speak to Ben or Alex for any other info on the frames.

Reason for sale: Both lads have moved into 58cms Starley R1's

Recommended retail price £799 each. Offer price **£375 each.**

Contact David Trippier on 07785 915446 if interested.

