



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

WELCOME

Now that we are well into the season and blessed with almost perfect weather Gareth reports on two very different cycling experiences and Dave Trippier keeps us up to date with race results.

Safe and happy riding everybody.

100 MILE RELIABILITY RIDE

Sunday 6th May was the Club's 100 mile Reliability Ride, to be completed in 8 hours. A group of 8 riders successfully completed this ride in glorious weather, starting at Rochdale and going to Blackburn, Longridge, through the Forest of Bowland to Hellifield, Otterburn, Gargrave, Thornton in Craven, Colne, Todmorden and back to Rochdale. Well done to all who took part.

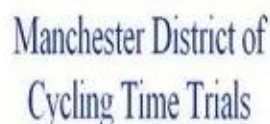
LEJOG 2018



Andy Gorton is a nice chap, excellent body builder, cars not people. He's a bit thin on top and I think that allows weird ideas to enter his head. These ideas all seem to focus on extreme bike rides to be completed in as little time as possible. Why enjoy yourself when you could have your head down, lungs bursting and heart racing day after day. Well this year he decided to ride Lands End to John 'o' Groats in 6 days. That's around 880 miles and 35,000 ft of climbing!

Which numpties could he rope in to ride with him? First it was me, general factotum and van driver, see too intelligent to ride! Any Gorton (ELRC) van owner and organizer, Pete 'mad dog' Haigh, who turned up with a bike covered in insulating tape (I kid you not) and two Aldi carrier bags containing his kit. Baby Sam Wilson (ELRC), youngest of the lot. Ben Whitehead came along, resplendent in his ABC Centreville kit and matching bike. Our own racing snake, Matt Jackson (ELRC) was present along with his dark horse mate Leigh Chambers (pronounced Lane); being Scottish we hoped Leigh would interpret once north of the border. Final numpty was Kamil Waligora, a giant of a guy. To give you some idea of the punishment awaiting these guys the Whatsapp group name was LEJOG Victims.

So 08:00 28th April Andy knocked on my door and I hauled myself into the van to begin the 8 hour drive to Lands End. The van was packed to the gunnels with people, bikes, water, food and every conceivable item required for a long bike ride, apart from toilet paper. After an uneventful journey south piloted by Andy we arrived at our 60's style caravans about two miles from Lands End. I was only allowed to drive when all other cyclists were out of the van, whether this was a reflection on my driving I have no idea, but I did get the brake and throttle pedals mixed up, frequently, and changing gear was pot luck. They were all in the gearbox somewhere but where? Evening meal that night was in the First and Last pub. I think we raised a few eyebrows when all ordered starters and mains swiftly followed by a second main. Mad Dog Pete had a burger.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

SUMMER CLUB TOUR

A Club Tour has been booked to Ca'n Picafort in Majorca. About 25 people are booked on at present. The accommodation is the Ferrer Janeiro Hotel & Spa through Jet2.com. The core booking period is from Thursday 26th July to Sunday 5th August 2018. All welcome. Contact Dave Trippier clubsec@eastlancsroadclub.org.uk for more information.

LEVEL 2 COACH OPPORTUNITY

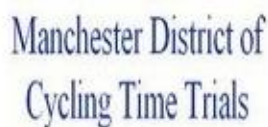
We have a great opportunity for a Club member to become a British Cycling Level 2 Coach. The course will be full funded by the Club. For more information contact David Trippier clubsec@eastlancsroadclub.org.uk.

Next day was an early start, 06:00 or was supposed to be but Baby Sam had hidden the van keys in his jeans pocket, which he then packed and stowed in the van. After a frantic 40min search his brain eventually woke up and remembered where he had put them.

The route had been planned to minimize the distance, unfortunately this meant a lot of riding on A roads. Now there are two conflicting philosophy's on riding this route, LEJOG, making best use of the prevailing winds, South Westerly blowing you north or JOGLE using the flatter Scottish lands to ride yourself fitter. Only problem with this is the wind always seems to blow in your face and Cornwall and Devon for the first two days are very, very hilly. The first day was 140 miles and 10,000 ft of climbing. Now the A roads are excellent sweeping dual carriageways which means that everytime the team crested one rise they could see the descent and subsequent ascent of the next rise. Very disheartening. Lunch was taken in MacDonalds and Pete had a burger. Sunday night was spent in Taunton at the Premier Inn. Very comfortable.

Next day was a 185 mile jaunt to Tarporley and 7,500 ft of climbing. The route crossed the Severn Bridge to Tintern Abbey and then up the Wye valley, beautiful riding on a warm sunny day. Lunch was in a Wetherspoons, where Pete had another burger. The 185 miles were completed at an average speed of 17+ mph. Fantastic effort. The team were riding well, always in tight formation, nary a sign of the East Lancs Delta formation, taking turns about on the front. Very disciplined. Paul Marsh rode out from Tarporley and rode back in 40 miles with the team, sharing a pint at the finish. That night we stayed in Tarporley and stopped in an old rambling and slightly run down pub. All was ok apart from the lack of twin beds. Pete, decided the floor was a better option than sharing a bed with Sam. That night we dined in style at a proper restaurant. Pete had a burger.

Tuesdays target was Carlisle, 145 miles away and only 6600 ft of climbing. In the middle was Shap Fell up the old A6. Fortunately, the team had a strong tailwind. I'd only just parked up at the summit when Matt Jackson appeared. He'd raced up the bloody thing in 26 mins. We also had a guest rider, Shaun Leonard rode out from Carlisle to meet the guys and accompanied them on the last 35 miles into Carlisle, this really perks the team up getting support like this. Well done Shaun. Premier Inn again for the night, so comfy beds and a hot shower.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

SATURDAY CLUB RUNS

Rides start at 9:30am from Rochdale Leisure Centre.

26th May

Beginners – Summerseat
Medium – Haworth

2nd June

Beginners – Uppermill/Diggle
Medium – Chatburn

9th June

Beginners – Edenfield
Medium - Castleton

16th June

Beginners – Heaton Park
Medium – Rivington

23rd June

No Club Runs – ELRC 25 Mile
Time Trial

30th June

Beginners – Hebden Bridge
Medium - Longridge

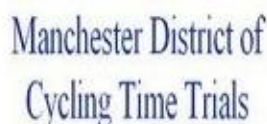


Wednesday saw us heading to Dumbarton in Scotland, 110 miles and 4,300 ft. The majority of this route was on a parallel road to the A74 (M) via Lockerbie. This road took its toll, a strong headwind and poor surface meant hard work and bouncing about on the bike. Lockerbie is Leighn's hometown, so his family came out to see us. Leighn unfortunately came a cropper off his bike. Lots of gravel rash and torn clothing but no serious injury. However, his bike was Hors de Combat with a broken shifter. He completed the day on the damaged machine and next day utilized the spare machine we were carrying. Great organization by Mr. Gorton. Mad Dog had another burger and reckons he saw a tartan rainbow and two unicorns. Must be the burgers.

Thursday should have been the most scenic day. Dumbarton to Inverness via Glencoe, Rannoch Moor and the Great Glen. Unfortunately it rained continuously for 7 hours. The low point of the day being lunch at the Glencoe Gathering, a large bar and fish restaurant in Glencoe village. Service with a snarl and terrible customer service lead to a scathing review on Trip Advisor and Facebook. It was the worst meal of the trip and £12 for a small haddock and chips on a plank is not my idea of value. Inverness Premier Inn though was great. Good food in the restaurant and comfy beds again. Pete had a burger.

Friday was the last day, 140 miles to John O Groats via Wick, right up the east coast road. Now if you've never been here it's a bit hilly and was once described to me as MAMBA land. Miles and miles of buggar all which is fairly accurate. The team were flying though. Over 35mph on the flat, at one stage, and the last 25 miles in under an hour.

All arrived at John O Groats safely and tired. After a brief photostop it was back to Wick for the night. If you've ever been to John o Groats I think the world record for staying there is 8 mins.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

SUNDAY CLUB RUNS

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

27th May

Short – Meltham
Medium – Car Assist – Chorley to Southport
Long – Langsett

3rd June

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

10th June

Short – Rippondon
Medium – Buxton
Long – Gargrave

17th June

Short – Bolster Moor
Medium – Haigh Hall
Long - Otley

24th June

Short – Uppermill/Diggle
Medium – Barley
Long – Weaverham

1st July

Short – Crawshawbooth
Medium – Car Assist – Gisburn to Malham
Long - Grassington

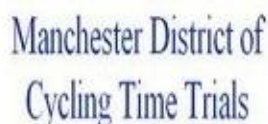


What can I say, what an effort, 6 days to ride 880 miles and climb 35,000 ft. Great team full of characters. All were carrying aches and pains by the end but nobody gave up or bailed out. We never discovered why Pete's (in shorts above) bike was covered in insulating tape and he survived the entire trip on a diet of burgers and Irn Bru and anything else he could eat. Mrs Gortons flapjacks were a delight to eat and saved the day on many occasions. The organization by Andy Gorton was superb. All the guys were great company and deserve much kudos, great athletes all round.

Thanks to Gareth Snell for the report.

MAJORCA IN THE SPRINGTIME

This years spring training (sic) trip was to an old favourite, Puerta Pollensa. This year, stopping in a relatively new hotel the Mar Senses. Easy walking distance of the centre, nice pool and good rooms, but no bike garage. How would we cope! Rooms were large enough and all had a pull out bed and a small kitchenette. Ideal for self-catering. Six of us headed out, courtesy of Jet 2 at a cost of £600 for six days. We were to be joined by Jason's seven man team later. Seems Jason is the expert on searching out the best deals, as his team only paid around £300, for similar duration in the Flora apartments, known to several at the club.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

FAST TRAINING RIDE

The Fast Training Ride starts from Rochdale Leisure Centre at 9:00 every Saturday morning. It is a 40-50 mile ride with the route decided on the day.

150 RELIABILITY RIDE

The epic 150 mile in 12 hours Reliability Ride is a great route and always well attended. The length of the ride produces an eventful day and there are always great anecdotes of monumental efforts and fantastic team spirit.

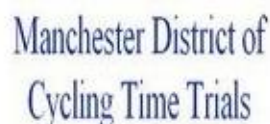
This year's ride is on 3rd June. Keep an eye on your inbox for more information.

The first day after arrival was spent assembling bikes and a short ride, 12 miles to Cap Formentor. I would recommend this ride for early morning or later in the day as the motor traffic can be very heavy and chaotic at the lighthouse end, but it's a great 24 mile round trip. However less than 1 mile into the ride and the first mechanical. Dave Tripp punctured. This proved to be a problem with the rim tape of his rear wheel, which wasn't actually rim tape but insulating tape. This led to the first of several visits to the bike man, Pedro, with whom Dave soon established a loving relationship. Dave can be seen fixing his puncture with the Al Jolson make-up in the photo below.



Second day's ride was fairly flat a very enjoyable 70 mile trip to Petra via Sineu with Commander Tripp in charge. Great day out and great riding in warm sunshine around the cycle friendly roads and lanes of Majorca. Dave again went to see his mate Pedro for something and ended up with a new chain.

Sunday saw the group split up, some opting for an easier day with others opting for the climb from Selva to Col de Sa Batalia., on the way to Sa Colabra, with Jason's men. A super 40 mile round trip with a fantastic climb through a tree lined gorge and twisting switchbacks. Scenic, gorgeous vistas and smells of pine and honeysuckle with an 18Km descent back to Pollensa. Jason's men and Mike Coulter tackled Sa Colabra as well, and much respect is due to them, a super day out. Pedro was now rubbing his hands with glee. Dave, now had a suspect bottom bracket. On returning to Puerta Pollensa we adjourned to Tolos. After a deserved pint the abstemious Stuart headed home for a shower and rest. Now Stuart is a very methodical guy who always thinks of others. So much so that when he left Tolo's he locked all our bikes up nice and secure. Unfortunately, none of us knew the combination. Anyhow a swift call or three woke him from his reverie and combination was released to all.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

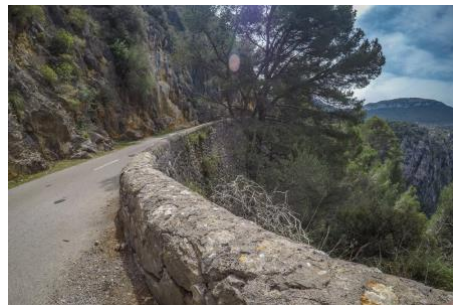
SUMMER EVENING CLUB RUN

The Summer Evening Club Run start at Rochdale Leisure Centre at 6:30pm on a Tuesday evening. The ad-hoc route decided on the day normally takes 2 to 2 ½ hours. This is a continuous ride with no café stop at an easy or medium pace.

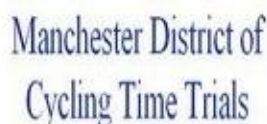
Monday, was a bit of a rest day for the more mature riders. The mature team had rocket Booth, or Forest Gump to his friends, with them. Whilst returning via the Power Station the rocket put in a spell of 25/26mph+ for over three miles. This earned him a pat on the back from a foreign group who grimly held onto his wheel. I think Forest Gump surprised them, he certainly surprised Dave and Stuart who had to cling on for dear life. Jason's team had an easy day and battered another 70 miles or so out.



Tuesday was the big event and it was also Gareth's 45th birthday, well 64th really. We all boarded the Majorca Cycle Shuttle at 07:30, along with about 40 others for the trip to Andratx to ride the MA-10. What a day out this is! Some of us threw in the descent and subsequent 6km climb to Port de Valledermosa, not this rider. The MA-10 must be one of the best roads in the world; smooth tarmac, light traffic, 80 miles and about 8,500ft of climbing; with the crowning achievement of Puig Major, sweeping fast descents, gorgeous scenery and sunshine. What's not to like, cold Peroni at the end, bloody brilliant. Dave Trip had to miss out due to a touch of food poisoning. That didn't stop him getting out for a short ride and another visit to Pedro, this time to change out the bottom bracket.



Wednesday was a recovery day, 40 flat miles through the lanes guided by Mr Tripp, to Son Balou and then back through the hub-hub of Alcudia, not very pleasant. Dave went to see his mate again, nowt wrong with his bike, just went to see him and it only cost €15.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

TT THANKS

Thanks to everybody who gave their time to ensure that the event ran smoothly, Andy Regan, David Trippier, Phil Wiseman, Christine White, Lee Howson, Mark Widdup, Mike Coulter, Stuart Duggan, Cedric and Mary Matthews, Katy Rothwell, Darryl Nolan, Cliff Lees, Maggie Carter, Martin Jackson, Katherine Jackson, Heather Preston, Julie Trippier, Heather Codling and Sarah Wiseman.

All had a great time, great company, great riding and good food. Can't wait to get back in October. Pedro has ordered a new car on the strength of it.

The trip ended on a sad note when Steve, one of Jason's men came a cropper. After a week of hard riding and being treated with respect by the vast majority of motorists, he was clipped by the wing mirror of a passing car and knocked off his bike whilst descending at about 30mph. Who was driving? A British tourist! I'm told Steve survived intact and was not badly injured but let it be a lesson to us all. Never drop your guard. Situational awareness is critical for safe riding.

CLUB 10 MILE TT

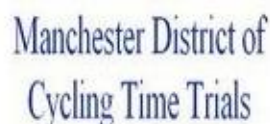
The event was held on the J2/1 course along the A537 where riders start near the Monks Heath traffic lights and head north west to the Booths Hall roundabout where they encircle the roundabout and return to the start. The course is reasonably flat with a railway bridge the steepest part, but the secret to a fast ride and staying on the bike and avoiding punctures is to avoid the numerous potholes.

Club riders featured well in the various category awards with personal best rides achieved. Bill Howarth continued his comeback by winning the 60+ year old category, Pete Matthew was 3rd in the 70+ year old category, Oliver Makinson was 2nd Junior, Oliver Bentley 3rd Junior, Max Bentley was 2nd Juvenile, and Karen Bailey and Georgina Cape won the ladies team prize.

Individual times in order of start were as follows; Karen Bailey, 26m 50s; Georgina Cape, 27m 49s; David Ireland, 25m 39s; Pete Matthew, 32m 16s; Max Bentley, PB in 24m 48s; John Ashworth in his first ever time trial did 34m 31s in the 70+ year category; David Bentley, 24m 20s; Roy Neild, 24m 54s with a 1m 32min penalty for a late start; Oliver Makinson, PB in 23m 11s; David Trippier, 26m 40s; Oliver Bentley, PB in 24m 08s; and finally Bill Howarth 25m 18s. The event was won by Ryan Morley riding for the Royal Air Force Cycling Association in the great time of 20m 35s.



Bill Howarth on the Way to Victory in his Age Group





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

SUMMER BBQ

The Club's Summer BBQ will be held on 24th June at the Puckersley Inn in Royton. The event starts at 1:30pm and the cost is £6.00 per person for the BBQ payable on the day to Gareth. You should have received an email giving full details. If not, contact Gareth.

RACE REPORTS

The poor weather since Christmas has reduced the training programme for many cyclists but the season started in earnest as usual at the end of February and is now into full swing.

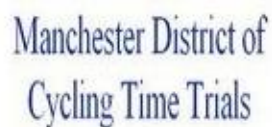
On 25th February, the road racing started with the Clayton Grand Prix handicap race centred around Bashall Eaves. With the field divided into three groups starting 7 minutes apart it was always going to be a fast 55 mile race. Paul Ashworth started in the middle group with Ollie Huszar and Ben Trippier in the scratch group. The pace was frantic throughout with the scratch group catching both other groups well before the end of the race. The lack of early season miles showed with Ben finishing in the bunch and Ollie and Paul retiring before the finish.

However, Anna Weaver hasn't shown any lack of form in the early season events. In the first M&DTTA 10m time trial on 10th March, Anna recorded 24m 37s to win the fastest lady prize by over two minutes. She then came third fastest women in the West Pennine Hilly time trial on 17th March, recording 35m 17s, but only after she was fined for a late start, otherwise she could have perhaps won her second event of the season.



Anna Weaver in Great Form at the West Pennine Hilly TT (Photo courtesy of Ellen Isherwood)

A number of the East Lancs Juniors each started well in the M&D TTA 10 mile time trial series with every rider recording a personal best. Their PB's were as follows; Max Bentley, 25m 20s; Joe Cook, 26m 01s; Oliver Bentley, 24m 58s; Oliver Makinson, 24m 01s. In the same March event the Bentley boys Dad, David recorded his fastest 10 mile time trial in more than 20 years with an excellent 24m 45s.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

ANNA WEAVER

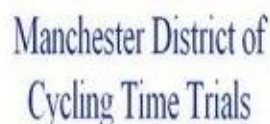
The unluckiest person in the Club recently was Anna Weaver. Anna was the first East Lancs member to be picked to ride in Women's tour de Yorkshire and having trained hard was looking forward to riding in this great event. Lady luck conspired against her and she was hit by one of the motorcycle outriders and knocked off and out of the race after only 20 miles of stage 1. She was not seriously hurt and we all hope she has another chance and better luck next year.

This weekend it was the Withington Wheelers 25 mile time trial. However, the event was shortened to a 10 mile event on account of roadworks appearing at short notice on the circuit. The course used was the J2/3 starting on Twemlow lane outside Holmes Chapel. The riders ride east to meet the A535 then they head north to the island at Chelford before re-tracing to finish at Twemlow. The weather was good for a change with only a slight headwind on the return leg. The club times were, Roy Nield, 24m 17mins; Paul Ashworth, 24m 28s; Dave Trippier, 26m 00s; Karen Bailey, 28m 00s; and Darryl Nolan, 28m 33s.

On the Velodrome, Ollie Huszar continued to show impressive form. In the Manchester Wheelers meeting Ollie won the Scratch Race, Points Race, Devil take the Hindmost, and the Unknown Distance Race to dominate the event and he currently sits 10th overall in the National Rankings for 1st Cat riders.

The glamour event of the weekend on 15th April was the Chorley Grand Prix which was the first event in the Spring Cup Series. The 116 mile Race is centred around Chorley whilst taking in 5 laps of a 23 mile circuit that included a climb of winter hill every lap. The field comprised 150 of the top riders in the country with every major UK professional team included. The East Lancs had Ben Trippier taking part for the first time. The Race started fast with an elite breakaway group of 19 riders escaping the bunch in the first lap, and they were never to be caught again throughout the race. They were joined by a further 15 riders who steadily increased their lead over the peloton. The weather played a big part with hail and strong wind battering the riders over winter hill, whilst it was fairly calm in Chorley centre. Ben stayed in the chasing bunch for 75 miles before losing touch on the winter hill climb and at this point his tank was empty and he called it a day at a point when over half the field had already retired. The race was won by Karol Domagalski riding for One Pro Cycling in a lone breakaway on the last lap.

In the Leigh Premier RC 10m time trial on 14th April, the Club had father and son David and Max Bentley competing against each other. This event was on the D10/1 course based upon the Rainford by-pass near St Helens. The course is flat and exposed with several roundabouts to negotiate, but it is nevertheless fast. David recorded 24m 09s for his fastest time in 20 years and son Max recorded 2m 52s to win the Juvenile prize with a great ride.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.55 May 2018

ARTICLES WANTED

Now that Spring is on the way and we are all getting active again please spare a thought for your poor newsletter editor. Hunched over a laptop with hardly any articles. Save him from typing the ramblings of desperation by sending your news or anything of interest to our members to newsletter@rochdalectc.org.uk.

Thanks, Jon



David Bentley on the Way to a PB Max Bentley Pushing his Dad Hard

On the same day, Dave Trippier tackled a 25 mile time trial in Cheshire, riding in the Macclesfield Wheelers event on the J2/9 course, which encircles Jodrell Bank. The weather was quite kind for a change and he recorded 1h 07m 20s for a creditable ride in his first 25 of the season.

Up in Lancashire Anna Weaver was taking part in the Clitheroe Triathlon. Anna was 2nd fastest women and 20th overall out of 289 competitors in 1h 39m 45ss, with a 59m 14ss for the 30Km bike ride, 7m 14s for the 400m swim and 33m 17s for the 8Km run, but nevertheless and a great performance yet again.



Anna Weaver at Clitheroe Tri

On 5th May Dave Ireland took part in the Dukinfield CC 50 mile time trial. This event was held on the J4/16 course where the riders do 3 laps of a circuit around Jodrell Bank. Dave completed ride his in 2hrs 17m 04s.

