



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.38 October 2016

## WELCOME

This month we catch up with Ben Trippier on his racing exploits. Shaun Leonard explains the Go Ride coaching. We review the changes to Club membership and dates for your diary.

## NEW CLUB RUN ROUTES REQUIRED

Our Club Run Sec., Pete Matthew, is looking for suggestions for NEW club run destinations and routes to increase the range and variety of rides to be included in the club run programme for next year - see Pete's email of 5th October to all members for full details of the nature and extent of the information required when submitting your ideas.

Contact Pete at Thursday Club nights or by email at [runs\\_sec@rochdalectc.org.uk](mailto:runs_sec@rochdalectc.org.uk).

## BEN TRIPPIER TAKES 25 MILE TT RECORD

Ben Trippier reports on his epic 25 mile TT ride.

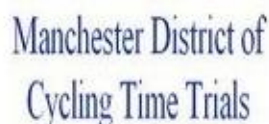
On the 10<sup>th</sup> August, myself, Alex Trippier, Dave Trippier and Darryl headed down to the J5/8 on the A50 just south of Stoke for the Stone wheelers 25 mile time trial. At the start of the season one of my goals was to break Andy Gorton's club record of 54m 40s and I knew it would be hard. However, today would be the day if it was possible. I set out hard trying to get into a rhythm, the first 10 miles I completed in 19m 05s so I knew it was going to be a fast day. I passed the 12½ mile mark in 24m 30s as I went into the roundabout dreading the headwind back. However, there was no wind and I went through the second 10 miles in 20m 30s with was 6 miles of rolling climbs to the finish. I knew a 49 minute would be possible, however, I passed the line just over in 50m 19s finishing 4<sup>th</sup> overall and beating the club record by over 4 minutes. The fast times kept on coming in with Alex recording a personal best of 56m 07s, Dave recording a PB of 1h 00m 23s and Darryl recording a PB of 1h 06m 07s. A great day out for everyone and would recommend trying to get on this course.



with Shaun Leonard

I thought this would be an opportune time to update you on how things are progressing with our younger Members going through our 'Go Ride' Programme. First I'd like to go back in time to an age that I'm sure some of you will remember when we were a similar age to those attending our programme.

To many children of the 70's including myself passing the Cycling Proficiency Test, as it was then, was as much a part of my rites of passage as was playing the lead in the school nativity play or being picked to play in one of school sports teams! Back in the 1978, I proudly displayed my shiny sticker which was awarded to me by the one of the 'Retired Police Officers' who trained me on my, then much-loved, though admittedly rather dangerous Raleigh Tomahawk bike.





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## COMING UP...

### 6<sup>th</sup> November

Short Ride & Medium Ride –  
BAR Funnium and Mystery  
Club Run

### 13<sup>th</sup> November

Short Ride – Towneley Park  
Medium Ride – Bolton by  
Bowland

### 20<sup>th</sup> November

Short Ride – Slaithwaite  
Medium Ride – Bingley  
Locks

### 27<sup>th</sup> November

Short Ride – Helmshore  
Medium Ride – Longridge

Please note that there are no  
Long rides from 30<sup>th</sup> October.  
All Club runs from this date  
have a start time of 9:30am.

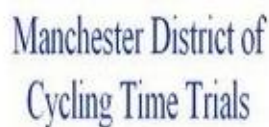
**Remember, mudguards and  
lights are required  
equipment for winter Club  
runs.**

While Cycling Proficiency, back then, was all about weaving in and out of traffic cones in the playground, emergency stops and hand signals followed by that final pass-or-fail test. The schemes latest incarnation, Bikeability is an initiative run by the Department of Transport that aims to get children confident to do real cycling on Britain's increasingly busy roads. However, as we are proud to be a British Cycling affiliated Go Ride Club our primary position is to adopt and Coach the cycling skills and principals that this very successful framework outlines.



Over the summer months we've continued to run regular Monday evening coaching sessions which have been regularly attended by between 7 -15 riders of ages ranging from 8 – 13 years old. Our sessions have been centred around fun and progressive bike skill activities delivered within the safe confines of Kingsway School yard. Typically, they involve negotiating a wide range of obstacles laid out around our pre-planned and laid-out circuits.

Just before the nights started to draw in we progressed by taking the group onto the cycle ways in and around Kingsway which involved teaching how to negotiate and deal with a much more dynamic environment featuring light-traffic, road crossings, pedestrians and of course, other cyclists. Collectively, the Group handled these sessions very well indeed. In September, we progressed to the floodlit, silky smooth Tameside Circuit which has proved a very popular move prompting us to extend our sessions to an hour and a half from 7.30pm-9.00pm. We are now confident that we will be able to fit enough sessions in to enable us to carry out final individual rider assessments with a view to presenting the successful riders with an award certificate, at our Annual Dinner Prize giving in January. These will be issued to recognise that they have achieved the following competencies and meet the requirements of both British Cycling Go Ride Gears 1 & 2 & Bikeability Level 1 schemes.





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## ELRC AUCTION

The (in)famous annual Club auction is to be unleashed on unsuspecting members on the 17<sup>th</sup> November at 7:30pm. The venue is Rochdale Leisure Centre. They say one persons junk is anothers treasure. Come down and see if it's true!

## WEST PENNINE ANNUAL DINNER

This year the West Pennine RC are holding their Annual Dinner on Saturday, 19th November 2016. It's at the Broadfield Hotel in Rochdale and the cost is £22.

Members of the West Pennine have been good supporters of the East Lancs Dinner over the last few years and will hopefully be at our do in January, so it would be good if we could reciprocate and some of us go to their Dinner.

Please email Dave Trippier ([davidt@rochdalectc.org.uk](mailto:davidt@rochdalectc.org.uk)) if you would like to attend.

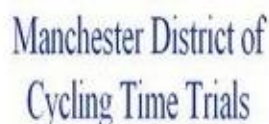


New riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park. They can:

- Prepare themselves and their bike for cycling and complete clothing and 'M' check.
- Get on and off their bike without help
- Start off, pedal and stop with control
- Pedal along, use gears and avoid objects
- Look all around and behind, and control the bike.
- Share space with pedestrians and other road users.
- Balance and Coordination (riding slowly, track stands etc. Confined space)
- Cornering (line, apex, exit etc)
- Braking (shifting weight, front & rear braking etc.)
- Group Riding (Through and off – single file)
- Leading and following, (2 x 2 group riding)
- Communication riding in contact with another rider (i.e. touching shoulders etc)
- Using Gears (Cadence etc)
- Following a Wheel
- Though and off – Group riding, Drafting, Pace
- Sprinting
- Closed Circuit Riding
- Track Time trials

## BIKES FOR SALE

Larry Walls has two bikes for sale. The first, is a Kona 56cm carbon frame. It has 10 speed Ultegra and is the perfect winter training bike at £350.00 including wheels. The second is a BMX bike. Hardly used and in immaculate condition at £250.00.







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## DATES FOR YOUR DIARY

Bowling and Curry night on the 11<sup>th</sup> November at 19:00. Bowling is £10.50 per person for adults and £6.50 for under 16s for two games and one free drink. Curry at the Copper Pot next door to the bowling is at your own expense. There is no age limit.

Contact Gareth by email at [socialsec@rochdalectc.org.uk](mailto:socialsec@rochdalectc.org.uk).

Sunday December 4<sup>th</sup> is the Riders Christmas Dinner at the Puckersley Inn. Ride out in the morning and finish at the Puckersley for a traditional Christmas dinner with lashings of gravy, wine or beer, you choose!

Saturday January 14<sup>th</sup> is the date set for our 2017 ELRC Presentation Dinner at Rochdale Golf Club.

Look out in your inbox or in future newsletters for more information on these events.

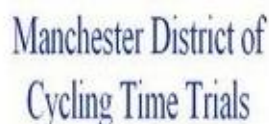


Larry also has four 10 speed 14-25 Junior cassettes, and four 11 speed 14-25 and 14-28 Junior cassettes, £25 each set of four. Contact Larry by email at [larry.walls@sky.com](mailto:larry.walls@sky.com).

Ian Jackson is selling his Scott Plasma Time Trial bike with the following spec.



- Scott Plasma 20 full carbon aero frame and forks.
- Scott medium 54cm, measures 53cm seat tube centre to top and 54cm top tube centre to centre.
- FSA team carbon 53/39 chainset and bottom bracket.
- 20 speed Ultegra shifters, 6700 front and rear mech and 6700 chain.
- Vision Ambrisis aero bars, stem, tri bars.
- FSA limited edition Energy brake calipers.
- Scott Plasma carbon aero seat post.
- Fizik Tri Aero pro saddle.
- As new.





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## DECEMBER VELODROME SESSION

Dave Trippier has organised a Velodrome session on Monday 5th December from 20:00 to 22:00. This is a definite booking and the session will take place whether we have 40 riders or 10. Please confirm by email [davidt@rochdalectc.org.uk](mailto:davidt@rochdalectc.org.uk) if you wish to ride at this session.

The cost is £15 per rider for the track rental. Bike and shoe hire are extra if required. Everyone who plans to ride, must pay in advance direct into the Club Bank Account for track rental. When making your payment, please make it clear whom it is from so it can be cleared by Suzanne. If you don't have access to pay on line, you can pay into the Club Account at your local bank branch and as a last resort we will accept cash at the Club meeting before the track session.



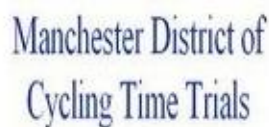
He is looking for offers around £1,500.00. Contact Ian by email at [jackosreds@btinternet.com](mailto:jackosreds@btinternet.com).

## HILL CLIMB ROUNDUP

Club members have taken up the particularly masochistic challenge of the Hill Climb. Normally, this discipline consists of several minutes of mind numbing discomfort perhaps a bout of retching but always an immense feeling of achievement and of course there is always a downhill ride to the HQ. Below is the story of the Hill Climb season in pictures.



Jack Millar tackles the short but brutal Riber Hill Climb in Matlock







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## 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](mailto:newsletter@rochdalectc.org).  
[www.rochdalectc.org](http://www.rochdalectc.org)



**On a very wet and with a stiff headwind Alex Trippier and Jack Millar approach the finish of the North Lancs Hill Climb**

The Rake in Ramsbottom always tests the legs with its 25% gradient. Plenty of members were up for it but even the sunny weather didn't make it easier!



**Clockwise from top left – Joe Cooke, Sam Walley, Ian Jackson, Patrick Cook, Ollie Makinson and Alex Trippier**

