



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.40 December 2016

WELCOME

With another year coming to an end the Club's Annual Presentation Dinner is a great chance to review and celebrate member's achievements. For details of how to book your place see below.

In this issue Gareth Snell fills us in on the hostel weekend and Dave Trippier reports on the Velodrome evening and the M & D Christmas TT.

CLUB ANNUAL DINNER

The Club's Annual Presentation Dinner is to be held at Rochdale Golf Club on 14th January at 6:30pm. Book your place by paying £25.00 per head to the Club's bank account 73449246, sort code 20-64-12. Payment on the night will not be accepted. Please let Suzanne know when you have paid. Don't miss out on what is always a fantastic night.

ARNSIDE HOSTEL WEEKEND

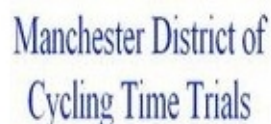
Gareth Snell reports on the Club's latest hostel trip. On a glorious Friday morning, Georgina Darryl and I met at 08:45 at the Leisure Centre to cycle over to Arnside for the Club's Hostel weekend. Our weekend gear had gone on ahead. Several people had made the excuse that they had to work that day but work comes second for this intrepid threesome. Over Owl Betts & Blackburn Moor to the first stop for tea and cheese on toast at Longridge Station Café. The weather was glorious, bright sunshine, dry and cool, a beautiful autumn day. From Longridge it was about two fast hours to Glasson Dock, excellent riding undulating but mainly flat.



Darryl & Georgina Take a Break

At Glasson Dock we lunched in The Lantern O'er Lune. I chose the café's specialty, cottage pie. This took some time to arrive as they had to warm it up in the reactor at Heyshan Power Station and transport it by truck. It was an enormous portion and thermodynamically hot. Undeterred it was wolfed down. Darryl and Georgina dined on food of more modest portion size. The whole experience in this, new to me, café was excellent 10/10. Leaving Glasson Dock we took the cycle path into Morecambe, a great route if a bit muddy. The fact that three hundred yards of it was under water about 6-8 inches deep did not deter us, on we peddled. Unfortunately, Darryl stopped halfway across the flooded bit and soaked one of his feet. This apparently was my fault but I was on my own bike not his.

The approach into Morecambe was simply stunning, brilliant late afternoon sunshine bathed the Midland Hotel and Morecambe Bay in a rich yellowish light. It was cooling down now so off we set for Arnside, about 90 mins away. Lights were required for the final 30 mins.





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CHRISTMAS STOCKING FILLERS

Christmas is coming and we have been offered the following for sale again, at bargain prices.

There are two different bundles of **WD40 bike cleaning gear** for sale.

- 1 litre of cleaning spray
- 1 can of degreaser
- 1 can of All conditioning lube
- 1 bottle dry lube
- 1 bottle wet lube

All 5 above for a knock down prices £15 the bundle (24 bundles available)

- 1 can of All Conditioning lube
- 1 bottle dry lube
- 1 bottle wet lube

All 3 above for a knock down prices of £9 (12 bundles available).

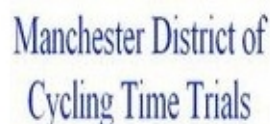


The Beautiful Sunset Over Morecambe Bay

We arrived in Arnside at about 16:15 after 75 miles, a great trip. What could we do as the Hostel was shut until 1730? I know! Go to the pub and meet Simon. Pints were ordered and seats taken near a roaring log fire where Darryl the very experienced long distance rider that he is took his socks off and hung them on the mantelpiece to dry. I should add the pub was quite busy with people enjoying food and drinks enhanced, no doubt, by Darryl's steaming socks.

That evening the rest of the ELRC arrived, about twenty persons in total to be treated to an excellent repast of a roast butternut squash soup prepared by Mr Andy Regan. It's amazing how packet soups taste nowadays. This was followed up by an excellent chilli and rice courtesy of Julie Trippier and that wizard chef Mark Widdup, then cheese and biscuits. All washed down with the requisite beverages. The more experienced hosteliars then went to the pub for a cup of tea!

Next day after a fairly undisturbed nights sleep, after all there were 8 blokes in this room we ate a decent breakfast and set off for an unhurried ride around Kendal to Staveley. A late start was planned due to icy conditions. With an ambient of 1°C but in brilliant sunshine we all set off on Dave Tripps route, approx. 42 miles and 3500ft. What a great route, quiet roads and fantastic views to the snow-capped hills of the lakes. We split into groups early on to accommodate the different riding speeds and amazingly nobody got lost. Lunch at Wilfs in Staveley was of the usual high standard but was surpassed by the fantastic hot sandwiches served up at More bakery about 100 yards from Wilfs; highly recommended. Then back to the Hostel via the Lythe valley to clean up and prepare for Saturday night entertainment at the Albion where we were all dining. Mr Leonard arrived back looking somewhat pooped but he had tried to race the juniors back to Arnside. We were then treated to a fantastic sunset which capped off a great day.





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We also have some **USN Nutritional supplies** as follows.

- Winners EnerG, drink 1kg, Exotic Berry, BBE Sept 17 @ £5
- Cyto Power energy drink, £1kg, Orange, Grape, BBE Sept 17 @£5
- Whey R-X Recovery drink, 2kg, Tropical fruit, BBE Jan 17 @ £10
- Ultra Vooma energy gels, 30 sachets, Peach, BBE May 17 @ £8
- Pure Protein bars 75g, 12, BBE May 17@ £10
- Protein Delite bars 50g 18 BBE August 17 @£10
- Omega 3 capsules *160 , BBE July 17 @ £10

Send your orders in quickly to secure the deal.

CLUB RUN SCHEDULE

Next years Club run schedule is now on the calendar. Check the details [here](#).



The Snow-Capped Peaks of the Lakes

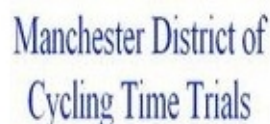
The evening meal was booked for 19:00 and I think we all made it on time, an ELRC first Food at the Albion was good and a great night was had by all. The most interesting part of the evening was the description of Shaun Leonard's new training regime which necessitate two persons, two sky hooks, some old washing line and other paraphernalia. I went to Mr Summers shop to get some, so I could get involved; as Mrs Snell said she would help me Blow me, it's not a bike shop, still I bought some interesting clothing for us for use in the winter months.

Saturday night was a different story than Friday night however. Somebody had smuggled a snorting buffalo into the room and though peaceful for the first 10 seconds of its slumber it was then a noisy as the Flying Scotsman at full tilt. Was there no respite? Yes the setting in the lounge.

Next day we were not the same focused ELRC raring for the off. What had happened overnight, readers I leave it to your imagination. However, we all managed to get away at some time or other for another good ride to Kirkby Lonsdale and Sedbergh, I think only the Juniors made the full trip. Then it was pack up and depart after a great weekend. Great riding, great food and drink, fantastic scenery and most of all great camaraderie. Many thanks to all for making it so enjoyable but special thanks Darryl and Dave for organizing and Andy and Julie for cooking.

VELODROME EVENING

Twenty-Eight Club riders took to the Manchester Velodrome on Monday 5th December to be taken through their paces by British Cycling Coach Paul West. For the first time there was a great turn out by the Youth Group with Ben Slater, Matt Race,





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AUCTION EVENING

Club members thirsty for an unrepeatable bargain or a distinctive cycling artefact congregated at the Leisure Centre for the Club's Annual Auction. A massive total of over £500.00 was raised. Thanks to all we attended.

Joe Henderson, Mollie Mooney, Nicole Decamps, Niamh Coulter, Luke Brierley, Jude Rothwell, Oliver Makinson and Michael Turmeau. Seniors, Bill Poole and Sam Wilde, too, to the boards for the first time.

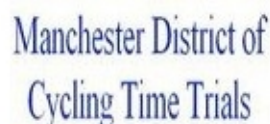


Dave Trippier Discusses Tactics with the Youngsters

Old hands at the track, Oliver Huszar and Nick Cooper used the session to practice for the National Madison Championship which is coming up soon.



A great nights riding was enjoyed by all and there were no crashes!





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COMING UP...

25th December
No formal rides

1st January
No formal rides

8th January
Short Ride – Bolster Moor
Medium Ride – Buxton

15th January
Short Ride –
Crawshawbooth
Medium Ride – Haigh Hall

22nd January
Short Ride –
Slaithwaite/Marsden
Medium Ride - Barley

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

M & D TTA CHRISTMAS 10

The 11th December saw eight Club members take part in the Manchester & District Time Trial Association Christmas 10. The event is always well attended with both tandem and fancy dress entries adding to the festive feel. For many of the serious time triallists it is a chance to stretch their legs in the last event of the year.

The Club's result of note was Jack Millar with a personal best time of 26m 16s to come second in the Juvenile category. The Club's other results were as follows.

Jonny Decamps was our sole Vet 40 entrant at 36m 23s. In the Juvenile category Nicol Decamps recorded 36m 52s, a great result in her first time trial. A great turnout in the Juniors saw the following results: Josh Decamps 27m 44s; Cameron Fitton 25m 19s; Noal Codling 27m 43s; Alex Trippier 26m 05s; Sam Walley 25m 17s (our fastest time of the day)



Sam Walley at Full Tilt

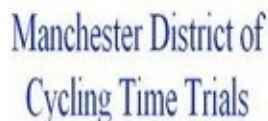
Thanks to Dave Trippier for the Velodrome and TT reports.

BOWLING & CURRY NIGHT

Club members had a great night of bowling followed by a curry. The event which was organised by Gareth Snell got the thumbs up from all those that attended.



Thanks to Darryl Nolan for the Photographs





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YOUR NEWSLETTER



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



WISHING EVERYONE A MERRY CHRISTMAS AND A SAFE AND HAPPY NEW YEAR



Manchester District of
Cycling Time Trials

