



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.7 January 2014

HAPPY NEW YEAR

Welcome to the first club newsletter of 2014. Now is the time to plan which events to participate in during the year. In addition you should have received the club calendar for the year ahead. If not, check the website or ask for a copy to be e-mailed.

COMPETITION WINNER

Matthew Szelesi was first to e-mail in after he recognised the Club Runs Secretary, Mark Riley, in the photograph shown in December's newsletter. Mark is far right in the shot.



The East Lancs Road club is proud to be supported by the "Heywood, Middleton and Rochdale Clinical Commissioning Group Social Investment Fund".

M & D TTA CHRISTMAS 10 MILE TIME TRIAL

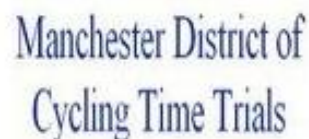


Andy Regan & Alex Wiseman Get Into the Spirit of the Event

A greeting from two Smurfs on bicycles indicated that the Manchester & District TTA Christmas 10 mile time trial was not a run of the mill event. The Smurfs in question were Andy Regan and Alex Wiseman on their way to the start line. They were closely followed by a variety of super heroes, pop stars and cave people. Bike styles included trikes, tandems and even a tandem trike in addition to more traditional bikes.

The weather was better than anticipated and good times were expected for the serious competitors. East Lancs riders were well represented with a total of 15 riders taking part. Alex Trippier took the fastest Juvenile prize at 28m 01s. With a time of 26m 41s Ben Trippier was our third fastest rider and also took the overall Junior prize. Our fastest rider on the day was Andy Gorton at 24m 31s which put him in 10th place overall. Our second fastest rider was Daniel Brejwo at 25m 52s.

Congratulations to Katie Smith and Paul Atherton. Who took part in their first time trial competition. Katie turned in a time of 36m 52s with Paul coming home in 29m 38s.





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TAMESIDE COURSE

Riders wanting to take part in the Tameside 2014 Race Series must register online in advance. British Cycling membership is also required. More details at https://www.britishcycling.org.uk/club/subscriptions?&club_id=1585.

Racing licenses, essential for Criterium racing, are free up to the age of 16. More details can be found at

www.britishcycling.org.uk/membership/article/mem-st-Racing-Licence-Prices-0-Need-a-Racing-Licence--0.

For riders aged between 16 and 23 attendance at Tameside is a great opportunity to gain experience and meet some great coaches

Daryl has donated four high visibility tabards and three pairs of gloves. If anybody is interested in having any of these free of charge see Jon on club night.



Katie Smith and Paul Atherton

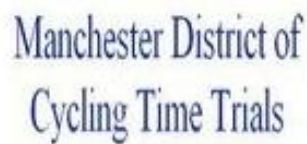
Gentleman of the day was Andy Regan who set off and then waited for Alex Wiseman. The Smurfs then rode the circuit together encapsulating the spirit of the day.

Photographs of the all the East Lancs riders taking part can be found on our Flickr site, accessible through the club's website.

VELODROME NIGHT



The Coach Gives His Instructions to the Club Members





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CYCLE JUMBLE

The UK's largest cycle jumble sale takes place on 12th January 2014 at the National Cycling Centre.

For more information visit www.bikecreche.co.uk.

WINTER RACING

The Velo 29 Croft Winter Series takes place on the Croft racing circuit near Darlington. The racing takes place from January through to March and is a great opportunity to break up winter training with competition. The course is particularly suitable for beginners. Details can be found at the website <http://velo29events.com/winter-series> or through the British Cycling website.

CLUB KIT

The new club kit has been approved for use by British Cycling. The new kit is available to order now. Please contact Dave Trippier or Andy Regan for details.

Stock of the old club kit is still available and is heavily discounted by 50% to clear.

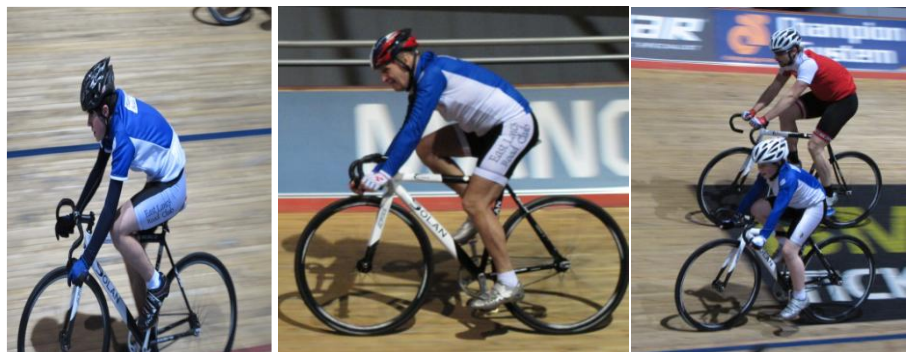
Friday 3rd January saw the club's second visit to the Manchester velodrome. There was an enthusiastic group of around 30 riders as we all walked onto the track you could hear the groans of the rider who may have over indulged in one too many mince pies and weren't quite fit enough for the evening. Yet mince pies and Christmas dinner aside all the riders eventually collected their bikes and were ready to go.

Firstly we started with a warm up and an introduction for riders new to the track. After this we started to practice riding in a group, keeping close to the wheel in front and pulling off after your turn at the front. As we did this we rode higher and higher on the track until we reached the top of the banking so we really had to keep our speed up whilst still riding in the bunch.

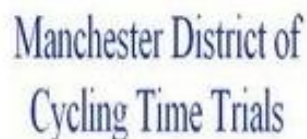
Next we did the scratch races which were very competitive especially among the lads. We were in groups and did a set number of laps, each group racing more laps than the previous group. A big sprint completed the last lap with impressive shows from everyone. Future cycling star Matt Walls attended and gave a great demonstration of technique and tactics through his riding.

Although I hadn't enjoyed the first session I did enjoy this one and feeling more confident about this discipline am looking forward to the next session. The night was also a great way to improve fitness and train during the off season! We are all looking forward to the next session.

Contributed by George Preston



Harrison Groome, Club President John Howard, Sam Smith and Tom Chilcott Ride the Boards





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COMING UP...

12th January – Club run to Barrowford Visitor Centre
18th January – Club Awards Dinner
19th January – Club run to Rivington (Old Church)
26th January – Club run to Bolton by Bowland Tea Rooms
2nd February – Club run to New Mills

<http://www.rochdalectc.org.uk/club-runs-programme.html>

Anybody thinking of riding an Audax event can find more details at www.audaxuk.net. No special training is required as long as you are a regular cyclist. Events can be entered as an individual or a team. Selected Audax rides will also be included in the club's BAR schedule.

CLUB WEBSITE

During December the club's website attracted another 252 first time visits, more than in November. Club membership keeps growing. Keep spreading the word!

CLUB ANNUAL AWARDS DINNER

The Club Annual Award Dinner takes place on the 18th January at Rochdale Rugby Union Club. The club is located on Moorgate Avenue off Bury Road in Rochdale.

It promises to be a great night. As well as the awards presentation there will be games, a raffle, a quiz by Pete Kliszcz and a multimedia review of the year from Andy Regan.

There will also be an auction of a signed British Cycling jersey. We are also expecting the first example of the new club kit. A lucky auction winner can be the first to take this away.

We have a fantastic guest speaker, former World Champion Mandy Bishop.

The room has a limit of 120 people and at the time of writing 112 tickets have been sold. If you haven't got your ticket yet, now is the time to do it. Be quick!

LADIES GROUP

The ladies group continues to grow in popularity with the Saturday morning rides from Rochdale Leisure Centre proving particularly popular. The next ride is on the 25th January.

Any ladies interested in joining the rides should contact Paula Butterworth for more information.

