



La Gazzetta

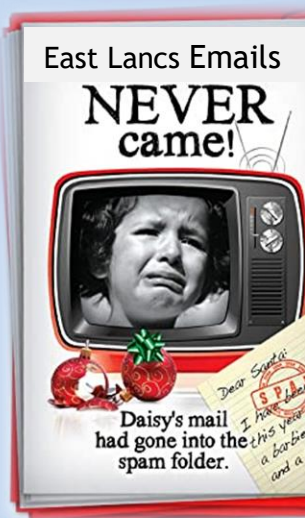
Newsletter of Rochdale CTC & the East Lancs Road Club



No.63 January 2021

WELCOME

Welcome to what we hope will be a regular newsletter to keep all members of the East Lancs Road Club and even those interested in joining up to date with what is happening on the cycling scene



Just a polite reminder for all members to please check your SPAM folders in case the ELRC emails are ending up in there.

Welcome to 2021!

Coronavirus Update

As we all are very aware, the recent announcement by the Prime Minister on Tues 5th January 2021, in effectively put an end to any speculation that Club rides may be able to resume soon.

During unprecedented times like these, we are asked to adhere to the rules of lockdown and exercise within the limits of the rule of law, despite this, people can engage in exercise activities as households or one other person outside their household. You'll find a section about this on the following pages.

GOOD NEWS STORIES

In glum times as these, it would be fitting to make the first story of 2021 about the great achievements some of our competitive members have achieved whilst racing fixtures were still going ahead in 2020. Well done to the following:

Kamil Waligora- Senior Male 18-40

East Lancs Time Trial Short Distance Best All-rounder. Fastest average speed over 10m & 25m Fastest speed in each of the 2 qualifying distances.

Anna Weaver- Senior Ladies over 18's

East Lancs Time Trial Best All Rounder. Fastest average speed over 10m & 25m. Fastest speed in each of the 2 qualifying distances

Sam Kelly- Junior Male 16-17

East Lancs Time Trial Best All Rounder
Fastest average speed over 10miles

Sam Kelly- Youth/ Juvenile Male

East Lancs Road Racing Best All Rounder.
Lowest points over three races

Sam competed in three rides and was the overall winner with the lowest accrued points

Adam Smith- Youth/ Juvenile Male

East Lancs Juvenile Male 10 Mile Time Trial Champion.
Fastest ride in the Hapton 10 Club Champs





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Photo Gallery



Karen Bailey

Veterans Ladies over 40's

East Lancs Time Trial Short Distance Best All rounder

Fastest average speed over 10m & 25m Fastest speed in each of the 2 qualifying distances

Road Competitions

Matt Jackson

East Lancs 10 mile Time Trial Champion

Fastest ride in the Hapton 10m TT Club Champs

Matt Jackson

East Lancs 25 mile Time Trial Champion

Fastest ride in the NLTTA 25m combined clubs TT

Martyn Stewart

East Lancs Hill Climb Champion

Fastest rider in the East Lancs two stage Hill Climb

Track Competitions & Awards

Sam Kelly

East Lancs Track Rider Best All Rounder

Most points earned in Manchester Track Leagues

Audax

Shaun Donnelly

Audax East Lancs Men's Champion

Most points earned (1pt/ 1Km)





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Annual Trophies

Sam Kelly, Adam Smith

All Under 18's "Open" Competition Medal

Rochdale Group CTC Awards/ Trophies

Shaun Donnelly

The Marion Ripley Trophy

Senior Best All Rounder

Most Points earned in "BAR" Season by an "over 18yr old"

Suzanne Millar

The Kathleen Taylor Memorial Trophy

Ladies Best All Rounder

Most Points in the "BAR" season by an "over 18yr old" lady

Sam Kelly

The Clarence Lord Memorial Trophy

Under 16's Best All Rounder Most Points earned in the "BAR" season by a "16yr old and Under Boy or Girl"

Sundry Trophies

Nominated by members or Committee

Josh Lane

Crash of the Year

Shaun Donnelly

Club Man of the Year

Ayaiz Ahmed

Novice of the Year

Roger Bucko

Most Improved Rider

Shaun Donnelly

Safety Award





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Club Records

Sam Kelly Won by performance Time Trial: Junior Male Club Records

Event: NLTTA Junior Championships

Date: 15/08/2020 – Course: L1015 – Distance: 10 Miles

Club Record Time: 22:04 Minutes

Anna Weaver Won by performance Time Trial: Senior Women’s Club Records

Event: RTTC National Championships

Date: 30/08/2020 – Course: H10/3R – Distance: 10 Miles

Club Record Time: 23:30 Minutes



Dates for your Calendar

Reliability Rides

At the January Committee meeting, it was felt that despite the lockdown announcement, the club should still try to deliver its calendar as expected, this should help members schedule rides and do what preparations they need to take part. Below are the dates of the core rides and dates (all rides are Sundays).

Presidents Ride	7th March 2021
50 Mile Ride	28th March 2021
100 Mile Ride	9th May 2021
150 Mile Ride	13th June 2021
250 Mile Ride	11th July 2021
7000ft Climb Ride	26th September 2021
Ruff Stuff Ride	10th October 2021





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Yahoo

Time Trials 2021 UPDATE

In light of the government announcement given on Monday 4 January, which has now legally come into force, as we are now again in national lockdown, Cycling Time Trials (CTT) has taken the decision to once more suspend **all** CTT events (this includes all Type A and Type B events), with immediate effect. The suspension of events applies to all CTT events in England, Scotland and Wales. CTT will continue to review and monitor the government's advice and a further review will be carried out at the end of January.

CTT is aware that this will be a big disappointment to many, especially so after the difficulties encountered in 2020. However, in the current circumstances there is little alternative. CTT cannot say when it may be possible for competition to resume. This is entirely dependent on factors that are outside of CTT's control.

ZWIFT Training Rides during Lockdown

ZWIFT RIDES ARE STILL ON

Rides are still taking place on ZWIFT for those who are able to train indoors via Turbo Trainers

Rides are organised
Thursday evenings and Saturday Mornings

For more information and to join, follow **Michael Coulter** on ZWIFT and send Michael a message.

You can also get updates on the ELRC Whatsapp group about rides





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Also, accept Cookies Like Cookie Monster!



Following the introduction of new restrictions in England and Scotland on Monday, British Cycling has today shared its three top tips for riding through the lockdown: **Stay local, Keep riding, and Come back smiling.**

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While winter is often a trickier time to stay active due to the cold weather and short days, it's a vital tool for safeguarding our physical and mental wellbeing during what is set to be another challenging few weeks ahead. Although the restrictions have been tightened, riders are still very much encouraged to get out and enjoy some fresh air – whether that's for daily exercise or essential journeys – so here's our three-point plan for getting through the lockdown.

Keep local: Under the new guidance it's important to stay local, but that doesn't mean that rides need to be boring. See it as a time to explore new roads, parks and trails right on your doorstep, and if you're riding as a family you can take the opportunity to discover more about your community along the way.

Keep riding: It may be cold, wet and windy, but whatever the weather you'll always return from your ride with a clearer head, a smile and a renewed motivation to keep going. Getting out of the door is always the hardest part, so take a look at our guides for riding in the dark, keeping warm and being seen. If you're new to cycling, that's great! Our cycling basics will get you on your way. <https://www.britishcycling.org.uk/>

Come back smiling: During the first lockdown last spring it was amazing to see the cycling community come together to support each other in an hour of need. After almost a year of restrictions that spirit is going to be even more important this time around. That means checking in with your friends, getting together virtually or buddying up with a less experienced rider to help them to keep the wheels turning. They'll appreciate the support!





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SPORTIVE NEWS

Managed to find the following Sportives that look like they are still taking place.

MANCHESTER TO BLACKPOOL

Sunday 04 Jul 2021- Leaving from The Piazza, MediaCityUK, Salford, M50 2EQ

60 miles (approx) Total climb 1800ft

£24.50 Entry Fee

The famous Manchester to Blackpool ride is a very popular event - 60 miles from Salford Quays to a great finish with music, food and beer tent on the South Promenade in Blackpool. Lots of refreshment stops along the scenic country lanes of Lancashire, with marshals, cycle mechanics, first aid and pick up vehicles looking after you. The Christie charity team will welcome you over the finish line, then join your friends and families with music and refreshments.

Cycling Kit Update

Thank you to all those who have opted to purchase kit from our partner manufacturer.

The Club are expecting kit orders to be delivered end of January 2021. As soon as we hear more, we will be in touch.



<https://www.bike-events.co.uk/Ride.aspx?id=674&n=y>





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MANCHESTER 100 KM/ MILE BIKE RIDE

16 MAY 2021 - MANCHESTER, GREATER MANCHESTER

100 km or 100 miles Total Climb on 100 mile ride 3200ft

Entry from £24 additional £3 parking fee.

A great 'Century' ride - a 100 mile route along beautiful lanes through a wide sweep of Cheshire, helping to raise funds for the Christie Hospital. Starting and finishing at Wythenshawe Park, Manchester, the route heads first to Northwich, taking in Delamere Forest and Nantwich (the half way point) for lunch before heading back through Middlewich to the Finish.



<https://www.bike-events.co.uk/Ride.aspx?id=689>

That's all for this months Newsletter. If you have any good stories you want to add, please get in touch with Ayaiz Ahmed via the ELRC Whatsapp Group.

Membership News

As members are already aware, fees for annual membership were extended from October 2020 to March 2021 in consideration of the restrictions imposed due to lockdowns.

Membership renewals are scheduled to be renewed March 2021 so please keep an eye on further communications

