



WELCOME

WELCOME

The New Year is traditionally the time to look forward to the season ahead. The promise of good weather and lighter nights in the not too distant future start to spur us on to train and get out more often. It is also a time to look back over the past season and our **Annual Club Dinner** is a great chance to do this and congratulate our fellow Club members on their achievements. Our annual celebration is on the 16th January at the Norton Grange. Tickets are £25.00 per person for a three course dinner and a great night. Contact Ceara by email socialsec@rochdalectc.org.uk.

WINTER CLUB RUNS

Club Runs held over the winter months start at 9am.

Don't forget that it is essential to have mudguards and lights if you wish to participate in winter Club runs. This is not only a safety issue but a courtesy to other ride members.

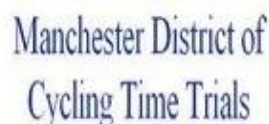
JOHNNY TRIUMPHS AGAIN

It's not every day of the week that you drive along a Cheshire lane in December to be met by a cycling skeleton and various inhabitants of Gotham City. Such is the bizarre nature of the Manchester and District Time Trial Association Christmas 10.



The Gotham contingent rode together and comprised Mike Coulter (Batman), Andy Regan (Robin), Georgina (Poison Ivy), Jason Codling (The Joker), Niamh Coulter (Catwoman) and Cat Jessop (A Fox). It was Jonny Decamps pedalling a sidecar attached to a bike mounted skeleton who stole the show and won the Fancy Dress prize for the second year running. Even the skeletons legs went round with the pedals! Look out for an article in Cycling Weekly during January.

At the more serious end of the spectrum East Lancs riders had a fantastic showing with Ben Trippier coming second overall in a time of 23m 30s. Cameron Pilkington came 2nd in the Juvenile category in 27m 30s and Sam Walley took 2nd place in the Juniors in 26m 24s. Ben, Sam and Alex Wiseman (27m 19s) took the Team prize with the combined time of 1h 17m 13s. In total 13 East Lancs riders took part. Josh Decamps came home in 29m 12s,





La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.30 January 2016

M & D TTA AWARDS

M & D TTA AWARDS

Can anyone who is interested in attending the Manchester & District Time Trial Association Annual Prize Presentation on Sunday 31st January 2016 let Andy Regan know? The event is held at Middlewich Masonic Lodge and tickets are £15.00.

This year we have a number of prize winners in the Juvenile & Juniors awards. Alex Wiseman is the Juvenile Champion and will receive a trophy, medal and certificate. Thomas Bland is 3rd placed Juvenile and receives a certificate and medal.

The Juniors also did well and the following club members also receive certificates and medals.

Sam Walley, 3rd placed Junior; Alex Trippier, 4th placed Junior; Josh Decamps, 5th placed Junior; Alex Travis, 9th placed Junior.

Jonathan Preston, 30m 14s and George Preston who despite being ill took part and managed a time of 32m 30s.

The overall winner was Rob Pollen from the Ashley Touring Club with a time of 22m 47s. The fastest lady with a time of 28m 17s was Sharon Clifford of the WCS Racing Team. Fastest Juvenile, Alex Coates of Lyme RC had a time of 25m 30s and the fastest Junior with a time of 25m 10s was Theo Jeffries of Westmead Team 88.

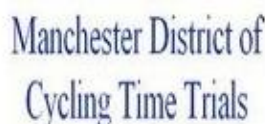
CUBA – YOU’LL LOVE IT OR HATE IT

As I couldn’t persuade anyone else to go on the 18th November I left Manchester airport on a direct Thomas Cook flight to Cayo Coco in the middle of Cuba. The 8 hour flight including bike was a very reasonable £500.

By 3.30 I had reassembled my bike and was on my way for a 60k ride to Moron. Dusk is at 5.30 so I rode the last hour with lights on. Next day bike and I caught the Viazul bus for the 8 hour ride to Holguin in the east where I began the ride proper.

The temperature was very pleasant in the mid 20’s. I made the first mistake of the trip by deciding to follow some minor roads to Banos. Big mistake as the tarmac soon ran out and I was in for 15k of rutted, pot-holed unsurfaced roads.

The next 3 days saw me riding to Baracoa. I can confirm this is indeed the rainiest town in Cuba but fortunately the heavens opened on my rest day. (it was the only wet day of the 3 weeks)





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.30 January 2016

COMING UP...

COMING UP...

Winter Club Runs start at 9am.
There isn't a Long Ride over the Winter months.

Sunday 24th January

Short Ride – Townley Park
Medium Rides – Barley

Sunday 31st January

Short Ride – Slaithwaite
Medium Ride – New Mills

Sunday 7th February

Short Ride – Helmshore
Medium Ride – Tockholes

Sunday 14th February

Short Ride – Dine Café Cliviger
Medium Ride – Roughlee

Sunday 21st February

Short Ride – Hardcastle
Craggs
Medium Ride – Lyme Park

Sunday 28th February

Short Ride – Walter Pilkington
Medium Ride – Charlie Westlake
Both rides start in Bury

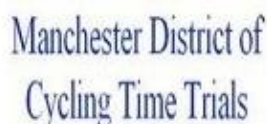
Next I headed south over La Farola a steep remote climb 30k up in mist and fog. At the top it was cape on and a great whizz down the other side to the Caribbean coast. It was seriously hot on the coast, temperatures up in the 30's plus, so it was 6.30 starts and aimed for 1.00 finishes.



I went through Guantanamo, Santiago de Cuba Mazanillo arriving 10 days later in Bayamo for a rest day and the bus back to Moron. Total mileage was 600.



You could have done this trip in a fortnight as I later learnt you can fly direct to Holguin. Accommodation is in Casa Particulars their equivalent of B&B's very cheap, £15 a night for a double room. Not the trip if you like your food, it was usually either chicken, pork or fish always with boiled rice and I found it difficult to eat properly. Cuban's are very friendly; there is virtually no crime and you'll have the opportunity to practise your Spanish. Some of the road surfaces leave a lot to be desired but that's part of the charm, and out of the towns they are largely deserted.





La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.30 January 2016

BEGINNERS RIDES

BEGINNERS RIDES

Our Beginners Rides (formerly known as 'D' Rides) take place on Saturday mornings from Rochdale Leisure Centre at 9:30am.

The pace is easy and the mileage low. Check on Thursday Club nights to ensure one is taking place.

BAR POINTS UPDATE

BAR POINTS UPDATE

It has been decided to increase the BAR points awarded for a Club Run to 4 points. The will become effective at the start of the new BAR season.



If you're after experiencing a different culture in a safe country, then it's for you... but go now before the Americans arrive and trash it!

Thanks to Daryl Nolan for the Cuba Report

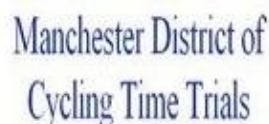
IT'S A REVOLUTION!

Having ridden the track (very tentatively) a few times it's always interesting to see how the professionals do it. The Manchester Velodrome played host to the Revolution Round 5. The riders included Laura Trott, Katie Archibald, Elinor Barker, Kirsten Wild, Pete Kennaugh, Elia Viviani, Robert Forstemann and Mark Cavendish.

The effortless style of the riders particularly round the banking belied the fierceness of most of the racing. The HOY Future Stars boys and girls were enthusiastic and exciting racers. In certain races some of the professionals looked as if they weren't trying until 'their' race when they really turned on the performance. The Elimination and Madison races were particular favourites.

Unusually for most sports, you are able to see the riders in between performances in the centre, relaxing and also preparing for their next race.

The 2 ½ hour session flew by with barely any gap between the races and comes highly recommended. Fantastic entertainment and a lesson in how to ride the track and make it look easy.





La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.30 January 2016

DBS CHECKS

DBS CHECKS REMINDER

Would those people who have been sent a DBS Screening form please complete it and return as soon as possible to Heather.

If you have any queries please do not hesitate to contact her at heather.j.preston@gmail.com.

...AND FINALLY

...AND FINALLY

Articles and information for the newsletter are always required. Any articles about rides, touring and events over the summer or your plans for the winter will be gratefully received. Please email me at newsletter@rochdalectc.org.uk.

Thanks, Jon



TIME TRIAL DATES FOR YOUR DIARY

The dates of early season time trials are below.

Date	Course	Distance	Description
05/03/2016	J8/13	25	Nova CC (2-up TTT)
12/03/2016	J4/17	10	Manchester & District TTA (Cheques to M&DTTA)
12/03/2016	J4/17	10	Manchester & District TTA (Ass. Junior Championship Event 1)
12/03/2016	J4/17	10	Manchester & District TTA (Ass. Juvenile Championship Event 1)
19/03/2016	J4/17	10	Manchester & District TTA (Cheshire Points Series 1 of 20)
19/03/2016	J4/17	10	Manchester & District TTA (Ass. Junior Championship Event 2)
19/03/2016	J4/17	10	Manchester & District TTA (Ass. Juvenile Championship Event 2)
20/03/2016	J8/2R	17	Crewe Clarion Wheelers
20/03/2016	J8/2R	17	Crewe Clarion Wheelers 2 up TTT
25/03/2016	J8/3	33	RTTC Classic Series Buxton CC/Sett Valley Cycles (entries close)
25/03/2016	J8/3	22	RTTC Classic Series Buxton CC/Sett Valley Cycles (entries close)
25/03/2016	J8/3	22	RTTC Classic Series Buxton CC/Sett Valley Cycles (entries close)
25/03/2016	J8/3	22	RTTC Classic Series Buxton CC/Sett Valley Cycles (entries close)
26/03/2016	J2/3	10	Manchester & District TTA Cheshire Points Series 2 of 20
26/03/2016	J2/3	10	Manchester & District TTA (Ass. Junior Championship Event 3)
26/03/2016	J2/3	10	Manchester & District TTA (Ass. Juvenile Championship Event 3)
26/03/2016	J2/3	10	Tricycle Association (NW) Trikes Only

Full details can be found by visiting <http://www.cyclingtimetrials.org.uk/>.

