



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.20 February 2015

WELCOME

The end of February heralds the start of the start of the time trial season proper with the Nova CC 25 2-Up. It's time to get your entries in and look forward to a great season whatever your cycling passion.

DO YOU HAVE A BICYCLE FOR SALE?

Second hand bikes are always required for new club members. If you have a bike for sale please contact Dave Trippier by email: davidt@rochdalectc.org.uk.

BLUE BELLES NIGHT OUT

Paula is planning a night out for the Blue Belles. The 27th February has been suggested and if anybody is interested they should contact Paula by email at s.butterworth654@btinternet.com

ANNUAL AWARDS DINNER CELEBRATES CLUB SUCCESS

The East Lancs Road Club held their Annual Awards Ceremony and Dinner at the Norton Grange Hotel in Castleton Rochdale. The glittering event was a complete sell out with 150 people celebrating their 2014 achievements in style.



The M&D TTA Team aka Snow White & the Seven Dwarves

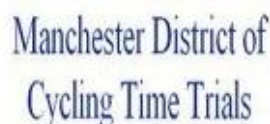
Special guest for the evening was Dave Fearon and his wife Caroline. Dave is a well known racing cyclist and friend of the East Lancs from Northwich in Cheshire. Dave and Club President John Howard presented an array of Trophies to those who excelled in 2014.

Everyone's achievements were first class but special mention needs to go to the following riders.

Age proved no barrier for this year's CTC Best All Rounder with Pete Matthew deservedly taking the honours. Pete was presented the Marion Ripley Trophy by school friend Bob Miller, who also won the Trophy when it was first presented in 1959.



Pete Matthew Receives His Award from Bob Miller





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CYCLING TOURS

There are some great cycling tours, both home and abroad, planned over the spring and summer months.

Andy Gorton's 'End to End' in France (see previous newsletters) is going ahead in May. Mark Riley and Darryl Nolan are touring Tuscany in July.

Paula Butterworth is organising a UK coast to coast ride with a date to be confirmed.

The French Pyrenees is the destination for many of the Club's riders to take in some legendary TdF climbs. Contact Dave Trippier for more information.

If you are interested in joining any of these please contact the relevant organiser.

Andy Gorton proved yet again he is the main man in the racing team taking home both the 10 mile and 25 mile Time Trial Champion Trophies, plus the long and short Time Trial Best All Rounder trophies in the men's Vets class. In addition, Andy broke the longstanding Club Record for a 100 mile Time Trial in 4hrs 7.46mins and received a silver salver in recognition of this feat.



Andy Gorton & Daughter Lexi Collect Andy's Awards

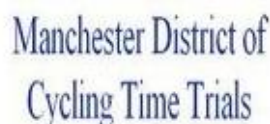
For the ladies, Caroline Travis had a fantastic 2014 winning the ladies Time Trial Best All Rounder Trophy plus the Ladies CTC BAR Trophy which was awarded for first time in memory of Kathleen Taylor who sadly passed away last year.

Flying the flag for the Junior Squad was Sam Walley. Sam in his first year of racing excelled throughout the year. He won the Juvenile Road Race Trophy, Juvenile Triathlon Trophy and "Most Improved Rider", plus he was the inaugural winner of the Clarence Lord Trophy for the Under 16's CTC BAR competition.



Sam Walley Receives the Clarence Lord Trophy From

The Club also recognised the contribution of several members who formed the East Lancs Road Club in 1967 by presenting them with Honorary Life Membership Certificates. The recipients were Brian Taylor, Kathleen Taylor, Mike Carr, John Howard and Bob Miller.





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NEW YEAR COACHING SESSIONS

Coaching sessions with British Cycling coach Paul West have been taking place on Club nights at Rochdale Leisure Centre.

Structured turbo sessions and circuit training have been embraced by many riders with up to 25 members taking part.

If you would like to take part, come along. Sessions start at 7:30 prompt and there is a charge of £2.00.

WINTER CLUB RUN SAFETY

REMEMBER....LIGHTS AND MUDGUARDS ARE ESSENTIAL FOR WINTER CLUB RUNS. IF YOU DO NOT HAVE THESE YOU MAY NOT BE ABLE TO TAKE PART IN THE RIDES.



Ceara Law Accepts the Ladies TT Champion Prize

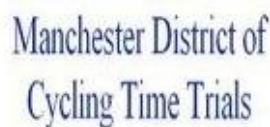
In addition to the above, the other Trophy winners were;

Name	Awards
Katie Smith	Juvenile Girls Time Trial Champion & Triathlon Champion
Lauren Bateson	Junior Girls Time Trial Champion
Sally Rhodes	Ladies Triathlon Champion
Ceara Law	Ladies Time Trial Champion
Alex Trippier	Juvenile Boys Time Trial Champion
Ben Trippier	Junior Boys Time Trial & Road Race Champion
Tom Chilcott	Crash of the Year
Andy Schofield	Novice of the Year
Mark Barker	Vets men's Cyclo Cross Champion
Jason Codling	Vets men's Triathlon Champion
Phil Rhodes	Men's Triathlon Champion
Sam Wilson	Men's Road Race Champion
Mark Riley	Club Man of the Year & Safe Riding Award
Ian Grime	Beard Cup Team & Doug Pinchen Memorial Trophy winner
Chris Green	Hill Climb Champion, Track BAR, Beard Cup Winner & Team
Dan Brejwo	Men's Short Distance Time Trial Champion



Sally Rhodes & Andrew Schofield Receive Their Awards

The East Lincs Junior Medal was awarded to George Preston, Harrison Groome, Josh Decamps, Alex Travis, Noah Codling, Alex Wiseman,





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FUNDRAISING FOR SPRINGHILL HOSPICE

A British Cycling Jersey signed by many top cyclists including Jo Rowsell, Sarah Storey, Ed Clancy and UCI President Brian Cookson was raffled in aid of Springhill Hospice at the Annual Dinner. A total of £310 was raised.



Jon Preston, Greg Preston, George Preston and John Slinger with Lilly Winterbottom from Springhill Hospice

Many thanks to John Slinger for obtaining the jersey and signatures.

YOUTH HOSTEL WEEKEND

Mark Riley is arranging a Youth Hostel weekend in York for the 13th & 14th February. Ask Mark for more details mark1968_riley@yahoo.co.uk

Certificates for season best performances were awarded to Tracey Bateson, Dave Trippier, Andy Regan, Ian Kenworthy, Graham Morris, Cedric Mathew, Steven Butterworth, Paul Leach, Seamus Kelly, Jon Preston, Andy Bateson, Frank Smith, Shaun Leonard, Darryl Nolan, Paul Atherton, Steve Szelesi, Simon Abraham, and John Howard.

A fantastic celebration of 2014 but training has now started for the 2015 season, which gets under way in March.

A special thanks to Ceara for organising such a great event.

TWO GET LOST IN PROVENCE

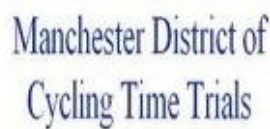
Darryl Nolan and Mark Riley went to Provence on a cycling holiday. Darryl tells us all about it.

On a fine day in August Mark Riley and I packed our bikes into boxes kindly donated by Simon and made our way to Liverpool Airport. A short 2 hour Ryan Air flight found us in the Arrivals hall at Nimes airport trying to re-assemble our bikes at 3pm in 30° temperatures. Mark's chain had looped over itself several times and my rear mech had become detached.

An hour later and with greasy hand saw us on the way to our first overnight stop at Avignon. We arrived breathless and tired (for some reason Mark decided he wanted a two-up time trial for the last 30k into town!) A pleasant night spent eating our Carrefour bought dinner sat on the steps of the local church sent us to bed well tired out.

Then next day we rode to Vaison La Romaine and then onto to Buis les Barronniers. We had some difficulty finding our way out of Avignon but were soon riding on hot, open roads with temperatures well into the 30's and spectacular views of Mont Ventoux to the east. August in France is the main holiday season and we were lucky to get the last pitch on several of the campsite (yes and we did both sleep in the same tent for the whole fortnight!)

Next day was a delightful ride down the Gorge d'Ubriex, an easy climb up the Col de la Pierge, and lunch was taken while we descended the beautiful Jabron Valley for over 30k into Sisteron.





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CLUB RUNS COMING UP...

The following Club runs will be taking place over the next few weeks.

Sunday 8th February

'B' Ride – Glossop
'C' Ride – Uppermill

Sunday 15th February

'B' Ride – Lyme Park
'C' Ride – Bolster Moor

Sunday 22nd February

'B' Ride – Slaithwaite
'C' Ride – Hebden Bridge

Sunday 1st March

'B' & 'C' Rides – Charlie Westlake Sportive

Sunday 8th March

'B' Ride – Bolton Abbey
'C' Ride – Black Dog, Belmont

'A' Rides also take place on Sundays, please check nearer the time for more details.

All rides start at 9:30am from Rochdale Leisure Centre. See <http://www.calendar.rochdalectc.org.uk/cal.html> for details.



Mark Making It Look Easy On The Col de La Pierre

A couple of day's easy riding in very hot weather found us at 3 o'clock in the afternoon just outside Barcelonnette. Our plans were to camp there and then tackle the Col de Cayole (2,632m) the following day. However, the heat must have got to Mark as he insisted we didn't stop but ride the climb that afternoon!! 30k and two and a half hours later we reached the top. As Alpine climbs go very long but an easy gradient average 5% topping out near the top at 8%

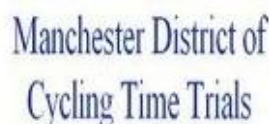


Darryl At the Top of The Col de Cayolle & Mark Nearing the Top...Making It Not Look So Easy!

A 30k white-knuckle ride down the other side in fading light and chased by a gathering storm saw us pitching out tent in darkness, no shower, wash or change, straight in to the restaurant for last orders!

Next day and another 30k of spectacular descending saw us reach the main valley road. A couple of small cols rode in sweltering heat found us in the picturesque town of La Castellane (again bagging the last pitch.) Great riding opportunities from here well worth a look if you're passing that way.

One of the highlights of the trip was the next day when we road down the Verdon Gorge another hot day some great views and although there was some traffic the French drivers were very considerate.





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BEST ALL ROUNDER

Our 'D' Rides for beginners 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.

BEST ALL ROUNDER (BAR)

The new BAR season starts on the 29th March with the 50 Miles in 4 Hours Reliability Ride. In order to be eligible for the competition you must be a current CTC member.

If you wish to be included in the BAR competition please ensure that BAR Secretary Pete Matthew has your membership number and the expiry date. Contact Pete at pmatthew965@btinternet.com.

The East Lancs Road Club is proud to be supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund.



Mark Posing Riding the Verdon Gorge

After a couple of great day's easier riding we crossed the foot hills of the Luberon and back into the flat country again and a great ride and night spent out people watching in Arles made famous by the paintings of Van Gogh.



The Exit To the Verdon Gorge

A bit of road riding took us back to Nimes for our last night spent in a hotel. A visit to the Roman Amphitheatre, Paella for me and the 14th pizza of the trip for Mark!

Our final morning was an easy 20k to the airport. The bike boxes that we had stashed behind some buildings had disappeared but we managed to cram our bikes into plastic bike bags for the trip home. A great tour, fantastic weather beautiful scenery great riding and erm.... good company???

Tuscany this year anyone?!

