



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.6 December 2013

WELCOME

With the end of the year approaching it is the time to take stock and reflect on the fortunes of the club. Looking back it has been a phenomenal year. An explosion in membership numbers has resulted in a vibrant club with a popular and enthusiastic youth section. An expanded committee and enhanced coaching skills will enable the club and its members to continue to develop and offer something for everyone.

THURSDAY CLUB NIGHT

After a few weeks of using the gym next to the club room we are back in the sports hall at the Leisure Centre for the full two hours. A table tennis table is available for those not pedalling.

Attendance at club night is fantastic with a record of 34 on 28th November consisting of 24 seniors and 10 juniors.

CLUB BEST ALL ROUNDER (B.A.R.)



Dave Trippier, Pete Matthew and Andy Regan

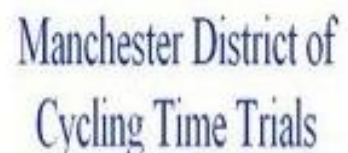
Pete Matthew has compiled the final figures in the B.A.R. competition. Points are awarded for attendance on club runs, club nights and the reliability rides held throughout the season. The club's best all rounder for 2013 is David Trippier with a total of 172 points. Second and third places were taken by Pete Matthew and Andy Regan with 161 and 155 points respectively. Despite leading for most of the season Pete was pipped by Dave following the final reliability ride (more of which later).

In the junior section George Preston took first place with 121 points followed by Alex Wiseman with 116 points and Ben Trippier with 107 points.

TAMESIDE CIRCUIT : RIDER DEVELOPMENT

The Tuesday night sessions from 3rd December to 17th December are targeted at riders aged 12-23 wishing to take become Youth A and Junior racing cyclists. The focus is on fitness and the technical ability required for events. These events are widely regarded as the breeding ground for future talent.

The club coach Pete Kliszcz will be delivering sessions with British Cycling. Also attending is Olympic Talent Development Coach Tim Buckle. Attendance is limited to 50 participants and entry is open from the morning after the end of the previous session to 12 am on the day. Further details can be found at





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.

CLUB NIGHT TRAINING

In addition to the usual turbo and roller sessions on a Thursday night Dave Ireland has started a fitness course. He is taking the participants through a range of exercises designed to increase core strength, stamina and fitness. This should pay dividends in Spring when the new season starts.

<https://www.britishcycling.org.uk/events/details/100806/Rider-Development-Session---Tameside>. See the sidebar for details of the requirements for riding the Crits.

HILL CLIMB AND SLOW RIDE RELIABILITY RIDE



Sunday 10th November saw the final reliability ride of the year take place. Riders set out from the Leisure Centre as usual to arrive at the bottom of Blackstone Edge Old Road to participate in the first event, the hill climb. The climb is best described as short and sharp but conditions were great and good times were expected. Tommy Ireland came in first at 2m 26.3s narrowly missing out on Ben Trippier's club record of 2m 22s set in 2012. Close behind were George Preston (2m 39.2s) and Pete Kliszcz (2m 40.3s).

Once at the brow of the hill riders set off on the descent, the object being to cover the most distance without pedalling. Dave Trippier continued his success from last year with an epic distance covered. Steve Szelesi and Simon Abraham came in close behind.

A quick spin up Blackstone Edge took us to the White House where the Slow Ride event took place. The test of bike control and balance over a fixed distance was won by Dave Trippier with Paul Atherton second and Caroline Travis third. It was a great competition and a lot of fun.



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.

MOUNTAIN BIKING

Simon Abraham will be running mountain bike rides on a weekday nights through the winter. Contact Simon for more information.

ARNSIDE YOUTH HOSTEL WEEKEND



A Great Turnout at Arnside

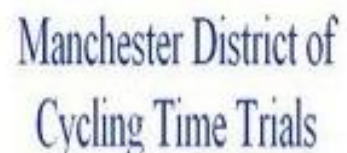
On Friday 22nd November 17 members of the club were away on the youth hostel weekend to Arnside located next to Morecambe Bay. After settling quickly into our accommodation, a delicious chilli was soon served which nicely set up an interesting evening. Soon after eating, we discovered the television wasn't working and therefore had to resort to playing actual games. It was a good night and once the adults returned from the pub it was time to say good night and get some rest to prepare for the early start the next morning.

The hostel provided a full English breakfast once we had woken up, and soon after we had ventured out on our bikes. We took a good route with wonderful scenery through Kirkby Lonsdale and Barbondale towards Dent where we eventually stopped for some lunch. We returned via Sedburgh and along the bay, finishing with the 1 in 7 climb up to the hostel.

When we returned to the youth hostel after a busy day out on the bikes, it was a quick turnaround before we were out again heading down to the pub for some food. The food was fantastic and soon after finishing we returned to the youth hostel, leaving the men down at the pub. That night was a rather quiet one in comparison to the previous one, probably as everyone was exhausted from the days exercise. Everyone relaxed in front of the new-found television and talked to each other while watching the football highlights before returning to the dormitories for another good nights sleep.

The ride on the Sunday was considerably shorter than the Saturday; we took roughly a 25 mile trip to reach Grange-Over-Sands and then a further 15 miles to return to the hostel where we loaded the cars and headed off back home after a great weekend.

By Harrison Groome





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CLUB WEBSITE

During November the club's website attracted another 239 first time visits with another 82 returning visits. The site continues to be an excellent advert for the club.

CLUB ANNUAL AWARDS DINNER

The annual awards dinner will be held on the 18th January at Rochdale Rugby club. The guest speaker will be End to End and National 24 Hour champion Andy Wilkinson. Tickets are now available from Pete Kliszcz. **Be quick before they sell out!**



Warming Up on Devil's Bridge

RIDERS DINNER



Setting Out for the Riders Dinner

Sunday 1st December was my first "rider's dinner" and I did not know what to expect of it. As we rolled up at Rochdale Leisure Centre, there were 38 riders – the biggest Club Run since the revival!

We split up into 3 groups, I went on the "A" Run, at a high pace, lead by Andy Gorton. We went straight down the Valley and up Cragg Vale at an amazing pace. Due to some technical/mechanical errors, and some riders becoming tired, the Group split into two. Most of us went down Blackstone Edge past Hollingworth Lake, and straight to the Puckersley Inn, but the remaining few of us took a detour to Pike Head and over Ripponden Road to the lunch stop. When all the riders reached the Puckersley Inn we were joined by more members, which now totalled a group of 45.

The meal was delicious. At the same time other activities took place, such as the raffle and scratch cards. The meal was topped off with a great quiz set by Pete Kliszcz, which everyone enjoyed.

I would like to add that some of us arrived home earlier than others!! A memorable day was had by all, roll on next year.

By Alex Trippier



Manchester District of
Cycling Time Trials



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COMING UP...

8th December – Manchester & District TT and Fancy Dress Run (10 Miles) with Car assisted club run
15th December – Car assisted run to the Ribble Valley
22nd December – Club run to Dine Cafe, Cliviger
29th December – Club run to Wycoller
3rd January – Velodrome Evening

Our new club runs secretary, Mark Riley, has completed the runs list for the whole of next year. Further details will be published on the website soon.

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

Anybody thinking of riding an Audax event can find more details at www.aukweb.net. No special training is required as long as you are a regular cyclist. Events can be entered as an individual or a team.

JUST FOR FUN

Daryl brought the photo below to a Thursday club night. Just for fun, can anybody recognise the young East Lancs rider in the picture? Answers to Jon Preston at jonathan.c.preston@gmail.com. The answer will be given in the next newsletter.



Guess the Rider

**WISHING YOU ALL A MERRY CHRISTMAS AND
A HAPPY NEW YEAR**



Manchester District of
Cycling Time Trials