



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.35 June 2016

WELCOME

The weather has been perfect for touring, racing or just getting out in the evening to enjoy a ride. With bike week coming up why not encourage others to enjoy our great sport.

MARSHALS WANTED

The Club's 25 Mile TT is being run on course J2/9 on 25th June.

As usual, in order to run these events, volunteers are essential. With events disappearing from the calendar it is important that we continue to support the cycling community. Please contact the organiser, Andy Regan, [here](#), to offer your support.

BASHALL EAVES ROAD RACE



The Peloton Stretched by Oliver Huszar

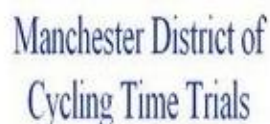
This was the first time the East Lancs Road Club had used the Long Bashall Eaves circuit and fifty-four riders set off in glorious sunshine to tackle five laps of the undulating course. From the start, the leading riders set a blistering pace and a dozen riders were soon shipped out the back of the peloton, unable to withstand the combination of a long uphill drag and the relentless speed set by the leaders.

The pace slacked gradually during the second lap but no rider or riders were able to make a breakaway stick. More riders were lost on lap three and a sustained breakaway by Dave Powell (Horwich CC) and Stuart Percival (GMC Fire Services) looked to have settled the matter by the beginning of the fourth lap.

However, the peloton had other ideas and with some sustained hard riding saw the bunch bring the two escapees back into the fold and in a hectic final lap the whole field were in with a chance of the win.



Andy Gorton & Ben Trippier in the Bunch





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BIKE WEEK 2016

We Are Cycling UK's Bike Week runs from 11th – 19th June. It's a great opportunity to kick start your own cycling summer and encourage friends and family to do the same.

This years theme is ride to work but there are literally hundreds of cycling themed events taking place all over the country. For more information, go the website at <http://bikeweek.org.uk/>.

If you are a dab hand at repairing and maintaining bikes why not offer to get somebodys neglected cycle back on the road!

CAFÉ STOPS

What does your favourite café stop snack say about you as a cyclist? For a bit of fun check here [Cycling Weekly cafe stops](#).

Only on the final climb to the finish did a foursome of Jake Cowen (The Nab Racing), Joseph Bowers (Buxton CC/Sett Valley Cycles), Jimmy Smith (Team Aspire) and Benjamin Trippier of the organising club show sufficient strength to distance themselves from the chasing pack and take victory.

A great days racing and, an extremely well organised event by Dave Trippier. Congratulations to the hard working team of accredited marshals, East Lancs Club Marshals and Helpers and the event sponsorship provided by RRG Skoda of Rochdale.

TOP SIX RESULTS

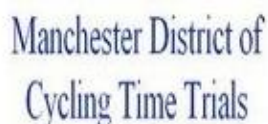
- 1 Jake Cowen The Nab Racing
- 2 Joseph Bowers Buxton CC/Sett Valley Cycles
- 3 Jimmy Smith Team Aspire
- 4 Benjamin Trippier East Lancashire Road Club
- 5 Cameron Jeffers Team Corley Cycles
- 6 Tom Lowe

OTHER EAST LANCs AND OTHER LOCAL FINISHERS

- 18 Christopher Green East Lancashire Road Club
- 22 Ben Whitehead ABC Centreville
- 24 Matt Gott West Pennine Road Club
- 26 Andrew Gorton East Lancashire Road Club
- 28 Oliver Huszar East Lancashire Road Club



Our Go Ride Secretary , Shaun Leonard, has been busy working with Crompton House School and has agreed in principle our first Go Ride partnership which will further strengthen our ties with the school. Sean and David Trippier will be giving presentations to each year group. The purpose of these is to inform young beginners of who we are and how we can help them to achieve these goals.





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GO RIDE

Our Go Ride secretary can be contacted by email at goride_sec@eastlancsroadclub.org.uk.

COMING UP...

19th June

Short Ride – Ramsbottom
Medium Ride – Ecclestone
Long Ride – Langsett

26th June

Short Ride – Meltham
Medium Ride – Haworth
Long Ride - Scorton

3rd July

Short Ride – Bolster Moor
Medium Ride – Bashall Barn
Long Ride – Otley

Shropshire Hostel Weekend

10th July

Short Ride - Edgworth
Medium Ride – Manchester to Blackpool

Summer BBQ Venue TBA

17th July

Short Ride - Ripponden
Medium Ride – Haigh Hall
Long Ride – 250 Reliability Ride

Sean will also be heading up to Stirling to start a British Cycling Level 2 Coaching Qualification course which he will complete in September. We are also pleased to announce that we have committed to achieve British Cycling's prestigious Clubmark accreditation during 2016. Our initial submissions will be delivered to BC over the next few months. For more information on what this means please see <https://www.britishcycling.org.uk/go-ride/article/goridest-Go-Ride-and-Clubmark>.

Focus on Ollie Makinson

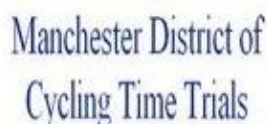
As part of our Go Ride feature this month we focus on Ollie Makinson. Ollie is a rider that puts his heart and soul into his performances which are producing some great results. He combines his cycling with running to compete in Duathlons, recently taking part in the Windsor Duathlon run by British Triathlon. This event was part of the National Elite Youth Super Series. This age group normally consists of entrants aged either 15 or 16. However, Ollie only turns 15 this month and his 12th place result is fantastic considering that he is a year younger than the top 10 placed entrants.

Ollie gives us his description of his performance 'I came 12th at the bottom of the 2 year age group. This was 3rd in my year nationally and great experience at national level. The first run was a matter getting into position with many people attacking at the front creating a strung out race. The bike race was very technical and frantic with a big crash in my group (the chasing group). On the run I managed to get to the front of the chasing pack which secured a great position.'

Good luck to Ollie in the forthcoming Hetton Lyons, Leeds Aquathon and Liverpool Tri events.

Lancashire RC 10 – 21st May

The Lancashire RC 10 saw two of the younger Club members taking part. Niamh Coulter recorded a time of 31m 01s to come 61st and second fastest female Juvenile while Jack Millar came in as fastest Juvenile in 56th with a time of 28m 27s.





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BIKE SETUP TIPS

Our Club mechanic Simon Abraham pointed out a source of useful tips for setting up your bike to get the most from it. Read more [here](#).

WHITWORTH HILL CLIMB

As part of Whitworth sports week Chris Rowan has organised a cycle hill climb on Friday 17th June. It runs on Whitworth Rake from the Red Lion pub to Lobden Golf Club. It's £3 to enter and if your interested there are application forms available at Whitworth Leisure Centre or request one at this email address:
chrisatwhitworthrakehillclimb@hotmail.com.

ROAD RACE REPORTS

Lancashire RC 10 – 21st May

Seven East Lancs Riders took part in the Lancashire RC 10 on the L101 course near Garstang. The results for East Lancs riders were as follows. Bill Howarth 25m 43s, Andy Regan 26m 5s, Mike Coulter 27m 40s, Michael Taylor 28m 19s and Ian Millar 28m 53s. See above for the results of our younger members.

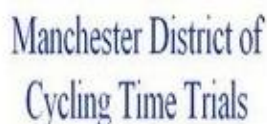


Andy & Ian Driving to the Finish in the Lancs RC 10

Ben Trippier has been in great form recently. His tells us of his experience in two completely different types of race below.

Manchester Wheelers 3 Up Time Trial – 31st May

On the 31st May myself, Andy Gorton and Pete Walker from Leigh Premier entered the Manchester wheelers 3 man team time trial over a 31 mile course. The weather was brilliant, touching 25 degrees, however there was a strong North Westerly wind. With three strong riders our plan was to take turns on the front for one minute each sitting at 400 Watts then peeling off and taking two minutes recovery whilst the first rider suffered in the wind. The first 10 miles heading into the wind were brutal with our average speed touching 44 Kph. Over the following 6.5 miles there was a tailwind heading South toward Twemlow Lane, the average speed was constantly increasing with it very rarely dropping below 52 Kph. We turned into Twemlow Lane where Dave Trippier was giving us time checks then two minutes later I punctured which meant my race was over after just 16 miles. However, Andy and Pete carried on as a 2 up for the second half of the race and finished with a time of 1h 07m 20s which meant they still came 3rd overall however it didn't count as all three riders had to finish. Velotik racing team won overall with a time of 1h 04m 27s.





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COMMITTEE NEWS

There have been a couple of changes to the membership of the committee. Andy Schofield and Ceara Law have stepped down as BAR secretary and Social Secretary respectively. Thanks to both for all their efforts. Gareth Snell has stepped up to fulfill both roles. With the 250 miles in 24 hour Reliability Ride and the Summer BBQ he's sure to be busy.

...AND FINALLY

Articles for the newsletter are always welcome. If you have any news, results, ride reports or anything you think may be of interest to others please email them to me at newsletter@rochdalectc.org.uk. Thanks, Jon

Regional Road Race Championships – 4th June



Ben Trippier & Alex Wiseman Fight In the Bunch

The North West Regional Road Race Championships took place on the 4th June with Elite, 1 & 2 category riders completing 7 laps of 11 miles of the hilly Oakenclough circuit near Garstang. The juniors completed 5 laps and the women completed 3. The junior race started fast with Alex Wiseman, Josh Decamps and Sam Walley racing it. Alex and Josh just lost touch with the bunch on the fast descent after the climb and formed their own group with some other junior riders. Sam maintained his position in the bunch until a crash on the descent in which he was caught up in meant he lost touch. With 30 riders starting the junior race only 10 managed to finish. The senior race started off with a few attacks and an early breakaway formed. Although 80 riders started the bunch was soon down to 30 riders after 3 laps. There were riders dropping all the time on the brutal Oakenclough climb, James Gullen of Pedal Heaven soloed away to take the victory while the group behind got split into pieces with attacks. After a real hard day out I rolled in 19th.



Sam Walley & Josh Decamps at the Regional Road Race

