



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.51 December 2017



WELCOME

Welcome to the last newsletter of 2017. Thanks to everybody involved in the organising of Club activities to make it the success it is today.

Wishing you all a very Merry Christmas and Best Wishes for a Happy New Year.

WEB CALENDAR 2018

Pete Matthew has updated the Club calendar to include events for 2018. You can find the destinations of the Saturday and Sunday runs along with Best All Rounder Reliability Rides, ELRC races and Club social events.

To view the calendar visit www.rochdalectc.org.uk/calendar.html.

BEST ALL ROUNDER RESULTS

The Best All Rounder (BAR) competition reached its fevered climax with the Funnium as reported in the last newsletter. BAR secretary, Gareth Snell, has compiled the results and congratulations are due for the winners of each of the BAR classes.

Junior – Jack Millar with 206 points
Ladies – Suzanne Millar with 169 points
Men – Darryl Nolan with 403 points

To see the full standings, visit http://www.rochdalectc.org.uk/bar_standings.html.

NICOLE & NIAMH TAKE THE HONOURS

Nicole Decamps and Niamh Coulter have both won awards from the Manchester & District Time Trial Association. Nicole is the Schoolgirl Champion with an average speed of 33.813 mph. Niamh has triumphed in the Junior and Junior Handicap categories with average speeds of 18.810 mph and 27.025 mph respectively. They were awarded with trophies and medals at the presentation on 24th November.

In specific events Nicole rode the 10 mile TT on 29th April in 31m 09s and Niamh rode the 1st July 10 mile TT in 31m 09s earning them the certificates for Fastest Schoolgirls.

Congratulations to you both.

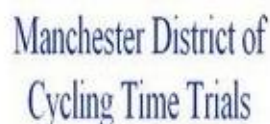
CLUB AUCTION

The latest Club Auction was held on Thursday 7th December. It was attended by the usual Club stalwarts although a better attendance would have been appreciated. A total of £333 was raised for Club funds.

A special word of thanks goes to Matt Jackson who obtained much of the cycling wear that proved popular. Thanks also to Gareth for organising the event.

DATES FOR YOUR DIARY

Annual Awards Dinner 13th January





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CLUB RUNS

Rides start at 9:30am from Rochdale Leisure Centre.

23rd December

Beginners – Uppermill/Diggle
Medium - Wycoller

24th December

No scheduled rides

30th December

Beginners – Edenfield
Medium - Buxton

31st December

No scheduled rides

6th January

Beginners – Edenfield
Medium – Haworth

7th January

Short – Bolster Moor
Medium - Buxton

13th January

Beginners – Heaton Park
Medium – Chatburn

14th January

Short – Crawshaw Booth
Medium – Haigh Hall

20th January

Beginners – Hebden Bridge
Medium – Castleton

21st January

Short – Slaithwaite/Marsden
Medium -Barley

The Clubs Annual Dinner and Awards Ceremony will be held at Rochdale Golf Club on 13th January at 7:30pm. There will be a three course meal of Minestrone Soup, Steak & Ale Pie and chocolate based dessert. This has yet to be confirmed and may be subject to change. There will also be a vegetarian option. Following the dinner there will be awards and dancing!

This event was a tremendous success last year and we hope to repeat the success this year. The cost is £25.00 per person to be paid to the Club bank account as usual. Please let Suzanne and Gareth know when you have paid.

Turbo Training with Paul West January

There will be the usual festival of suffering presided over by Paul West starting in January. Look out for more information.

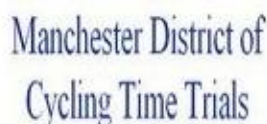
CLUB RUN ROUTES & LEADERS

You may recently have seen emails from Club Run Secretary, Pete Matthew (pete.matthew@talktalk.net), regarding Club Runs for 2018. As things stand the programme for next year will be similar to this years. However, Pete is always interested in receiving suggestions for new routes. Particularly of interest are routes for the Beginners Rides which, due to their limited distance of 30 miles, can be challenging to find interesting yet safe routes. If you have a route which you would like to propose please send it into Pete with as much detail as possible by the end of November. Don't forget to let him know if you also have a gpx file with cue sheet for the route.

The Club also requires ride leaders for the Saturday Beginners and Sunday Short Club Runs. Several of the leaders from 2017 are no longer available and new volunteers are welcome. If you can spare some time to help with the running of these rides please contact Pete at the email address above.

CTT NEWSLETTER

The latest Cycling Time Trials newsletter is available at www.cyclingtimetrials.org.uk/documents/download/2832. It highlights the best TT results of the year including the breaking of Beryl Burton's 50 year old National 12 Hour record by Alice Lethbridge of Drag2Zero. Alice completed a whopping 285.64 miles to beat the previous record of 277.25 miles.





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BILL RETIRES

Congratulations to Club member Bill Poole who has just retired from his job at Manchester City. We wish Bill a long and happy retirement.

WORLD CYCLING REVIVAL

The Herne Hill Velodrome is hosting the World Cycling Revival in June. The legendary track is hosting three days of racing, music and entertainment all focused around our favourite pastime. For more information or to book tickets go to [the Cycling Revival Ticket site](#).

There are details of the updated awards for juniors and juveniles to include more classes for riders up to their 18th birthday. There is also an update to the Club Award scheme to encourage newcomers to time trialling.

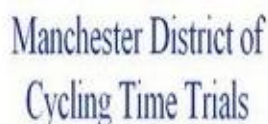
WINTER CLUB RUNS

Don't forget that lights and mudguards are **compulsory** winter Club runs. In particular, mudguards offer protection for the rider and also those riding behind them. Please, also ensure that your bike is in good working order and you have the necessary spares and tool required to make small adjustments, change punctures etc. No one wants to be stranded on a country rode in the freezing cold!

BC WINTER CYCLING GUIDE



British Cycling has some great advice for riding in the winter months. The advice includes training plans, help with nutrition, kit and equipment, indoor training and training off the bike. For full details go to [the British Cycling Website](#). The BC website is generally a great resource for advice and information on cycling whether it be for leisure cycling, racing, recovery and health.





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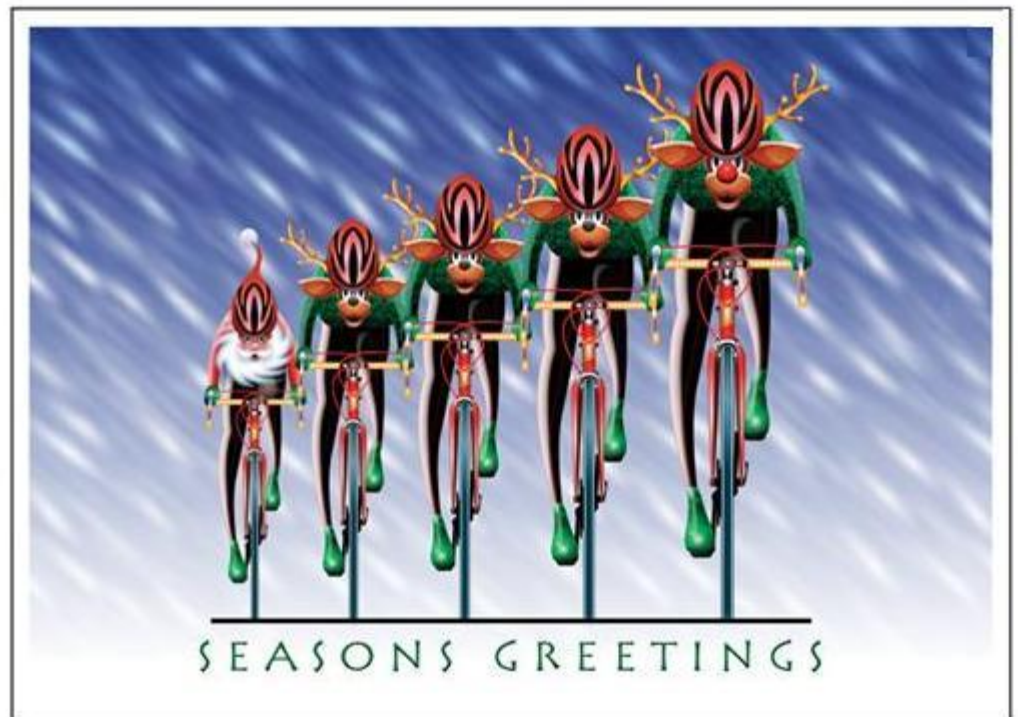
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ARTICLES WANTED

As the long winter nights draw in please spare a thought for your poor newsletter editor. Hunched over a laptop with hardly any articles for the off-season issues to keep him warm. Save him from the typing the ramblings of desperation by sending your news or anything of interest to our members to newsletter@rochdalectc.org.uk.

Thanks, Jon



Manchester District of Cycling Time Trials

