



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.2 August 2013

## WELCOME

Welcome to our new club members.

## JUST A REMINDER!

For those attending the Thursday club night subs of £2 for adults and £1 for juniors are due on the night!

## RESULTS

A special mention this month goes to Sam Smith who took part in his first race on the 18<sup>th</sup> June where he came 25<sup>th</sup> out of 30 at the Tameside track. This was followed by a position of 17<sup>th</sup> out of 23 on the 16<sup>th</sup> July. Showing his versatility Sam took part in the Cragg Vale Hill Climb and posted a time of 22m 19s. This positioned him at 34<sup>th</sup> of 38 against some stiff competition.

## GREAT MANCHESTER CYCLE



Pete (Front) and Tom in Full Flight

Three club members took part in the Great Manchester Cycle on Sunday, 30<sup>th</sup> June along with over 7,000 other riders on a closed-road 13 mile loop circuit from City's Etihad stadium to the "south bank" of Salford Quays and return, including transit of the full length of the Mancunian Way in both directions. Participants had a choice of a 1, 2, or 3 circuit ride (13, 26, or 52 miles).

Two of our "senior citizens", Tom Radcliffe and Pete Matthew (see photo, passing the main entrance to United's Old Trafford stadium on the outward leg) were more than satisfied with their performance in the 26 mile event, staying together all the way, and finishing in the top third of over 2,000 participants, with a time of 1h 32m 47s, and with Pete claiming 2nd spot in his 70-74 age group.

Pride of place (and of club) however, must go to one of our time-trialling, tri-athlete star, Andy Gorton, who came "top-of-the-tree" in the 4 lap, 52 mile event, with a winning time of 2h 03m 21s, at an average speed of 25.37 mph., and this whilst threading his way through 2,000 plus other riders!

All club participants declared the event a resounding success and exhilarating experience, with excellent organization, facilities and marshalling, and with favourable weather only adding to the unique opportunity of riding Manchester's arterial roads completely free of any traffic, other than one's fellow-cyclists. Perhaps more of us will give it a try next year!

Contributed by Pete Matthew



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## WEBSITE

The club's website is proving to be a real draw with 186 first time visits over the last month. For existing members that have not had chance to view the site, the address is

<http://www.rochdalectc.org.uk>

Details of club runs, club other local events and photographs can be found online.

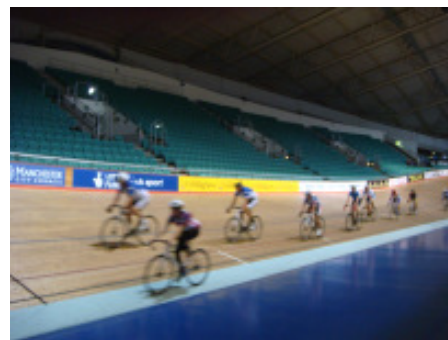
## LADIES GROUP

We now have 14 lady members and it would be great to see this section of the club grow further. Whether it's on the Sunday club run or a spin on Thursday nights new members are always welcome.



Pictured above are Paula, Ceara and Katy at the Thursday club night.

## VELODROME EVENING



The East Lancs Train in Full Flight

We all arrived and were ready to get on and go but first the problem of what we were going to ride needed to be sorted out and the many questions about what shoes were needed was quickly answered. So when everybody was kitted out we headed down to the track itself, a huge arena of wood, advertising and speed.

We met the coach and then everybody rushed to get their bikes, which are fixed gear so if you stop pedalling things will become very interesting. Then after the mandatory ten minutes spent adjusting saddles people were ready to get on the track.

We split into two groups, the experienced people who had been on the track before and the novice group, the people looking at the bank and thinking "how do I ride that?" The experienced group set off first to start getting warm and used to the track again and after a short time us novices were let loose on the track. We started by riding on the different designated parts of the track, firstly the flat dark blue band, largely to get used to the bikes and how to stop then gradually moving up to the light blue band which helps lead up to the start of the banking.

The bank itself is very steep so when we finally reach the point of riding on it you think "how am I going to slow down?" but we went for it we started on the low red line then worked our way up to the dark blue line the steepest part of the track just above you, this is where you don't want to slow down.



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## COMING UP...

- 24th August - 15st September – Vuelta a Espana
- 18<sup>th</sup> August - Club Run to Hebden Bridge
- 25<sup>th</sup> August –Club Run to Barrowford & Roughlee
- 1<sup>st</sup> September – Beard Cup Hill Climb
- 1<sup>st</sup> September – Manchester 100 Ride
- 8<sup>th</sup> September – 5,000/10,000ft Reliability Ride
- 15<sup>th</sup> September – Club Hill Climb

For more details of club runs check the website

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

If there is anything that you would like to appear in a future newsletter just contact Jon by email at [jonathan.c.preston@gmail.com](mailto:jonathan.c.preston@gmail.com).

The East Lancs Road Club is proud to be supported by the "Heywood, Middleton and Rochdale Clinical Commissioning Group Social Investment Fund".

We did some training, one exercise called lumps and bumps which involved going high up above the blue line on the steep curve then dropping down low on to the straight. After we had had a good lot of instruction we were let loose for 10 minutes of free riding, this basically go as fast as you could for 10 minutes without killing yourself! When we finished everybody said how much they enjoyed it and would love to do it again soon; it was a great thing to do.

Contributed by George Preston



A Fantastic Attendance

## MANCHESTER TO BLACKPOOL RIDE



A large group of East Lancs riders including new members, Sam and Jack, took part in the annual charity bike ride from Manchester to Blackpool. Setting off from Rochdale the group rode to Old Trafford Football Stadium for an early start at 7.30am along with the thousands of other cyclists.



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## RESULTS

One of the club's most prolific racers, Gary Lake, has competed in several disciplines over the last few months. His results are below.

### TIME TRIALS

4<sup>th</sup> May – Centerville 10 27m 57s

16<sup>th</sup> May – Buxton Mountain  
2h 02m 30s

15<sup>th</sup> June – Janus RC 25 1h 08m 40s

13<sup>th</sup> July – Nova CC 25 1h 08 37s

### HILL CLIMBS

10<sup>th</sup> July – Yorkshire RC – Cragg  
Vale 19m 20s

### TAMESIDE DEVELOPMENT LEAGUE

30<sup>th</sup> May – 42<sup>nd</sup> Place

4<sup>th</sup> June – 19<sup>th</sup> Place

11<sup>th</sup> June – 12<sup>th</sup> Place

18<sup>th</sup> June – 11<sup>th</sup> Place

9<sup>th</sup> July – 16<sup>th</sup> Place

16<sup>th</sup> July – 10<sup>th</sup> Place

### MANCHESTER WHEELERS 130<sup>th</sup> ANNIVERSARY RACE

14<sup>th</sup> July – 18<sup>th</sup> Place

The weather was fine and the riders maintained a good pace of 18-19 mph to Preston but settled into a more leisurely speed afterwards resulting in an average speed for the ride of 17mph. Riders from other clubs tagged along with us to make a reasonably good sized "train".

The only stop taken by the group was at an official stop in Preston at approximately 40 miles into the ride, where sandwiches and drinks were demolished in very hot sun. After that, the group cycled to Blackpool finishing "10 abreast" across the road down the promenade to the finish.

Amongst the thousands of cyclists at the finish, the group chatted over the ride before taking a lift back to Rochdale.

Apart from the Seamons CC from Cheshire who had an enormous number of riders, the East Lancs RC appeared to have more riders in the event than any other club.

Contributed by Dave Trippier

## RESULTS

We have a new fastest overall time for the 10 mile time trial. Andy Gorton set a time of 22m 25s over course J2/1 on the 3<sup>rd</sup> August. Close behind him was Ian Grime at 23m 28s. They recorded average speeds of 26.77 and 25.57 mph respectively.

If you have a result that you would like included in a future newsletter send an e-mail to [jonathan.c.preston@gmail.com](mailto:jonathan.c.preston@gmail.com).



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