



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.33 April 2016

WELCOME

In this month's issue Darryl Nolan and Ian Jackson fill us in on the joys of Audax riding. The Club is present at the launch of a local cycle route initiative and the events in the Junior section of the Club is covered in the new Go Ride Roundup.

DBS CHECKS REMINDER

For those people completing DBS forms please remember to return to Rosemary Atkins at British Cycling by 22nd April.

A BRIEF GUIDE TO AUDAX RIDING OR 'ORIENTERING WITH A BIKE'

The first Audax event of the year that qualifies for BAR points is the Fountain 100 on 10th April (<http://www.aukweb.net/events/detail/16-351/>). Our Club Audax expert Darryl Nolan offers his tips and advice for first time Audaxers.

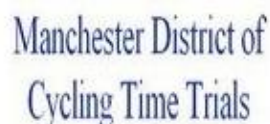
Audaxing is long distance, unsupported non-competitive cycling within prescribed time limits. Maximum speed is 30kph and minimum is usually 15kph so the cut off limit for a 200k ride would be 13.5 hours. Events range from 100k to 600k and sometimes 1000k. The National 400k will be held in the Peak district in July and would be great for anyone wanting to ride their first through the night.

You must be self-reliant and able to fix your own mechanical problems or have a backup plan to get you home or back to the start if it all goes pear shaped. The rides typically use roads and lanes through rural areas taking you to places you may not have visited before.



There are a set of controls /information points that you have to pass through. These will be described on a route sheet/gpx file which you will be provided with. However, provided you pass through the controls you can take any route you wish.

You can ride as fast or as slow as you like providing you keep within the prescribed time limits, but usually you will find a group of similar paced riders to ride with, and this is an excellent way of making new friends. At the beginning of the year some use the rides as winter training for racing but later in the season they are great for longer days out in the countryside. Most riders travel pretty light and you do not need any special bike.





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COMING UP...

17th April

Short Ride – Ripponden
Medium Ride – Rivington
Long Ride – Gargrave

24th April

Short Ride – Towneley Park
Medium Ride – Car Assisted
to Eureka Café, Northwich

1st May

Short Ride – Slaithwaite
Medium Ride – Tour de
Yorkshire
Long Ride – Tour de
Yorkshire

8th May

Short Ride – Helmsore
Medium Ride – 100 Miles in
8 Hours Reliability Ride

15th May

Short Ride – JJ's Dine Café,
Cliviger
Medium Ride – Bingley
Locks
Long Ride – Clapham

Don't forget that Club Runs
over the summer months
depart at 8:30am.

Mudguards are not obligatory although when it is wet it may be a courtesy to other riders to fit them.



There are flat rides and hilly rides. Distance points are awarded for all distances over 200km and/or altitude points are awarded for hilly rides. Audax UK compile a national table for individuals and clubs and both Rochdale CTC and East Lincs Road Club have their own separate sections, so you can compete against your club mates to see who has ridden the furthest or climbed the most.

Unlike expensive Sportives they are friendlier, and usually cost between £6-£8 to enter. For this there is usually a drink at the start and food and drinks at the finish.

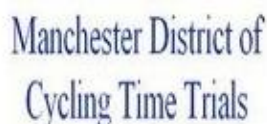
Here is the link to the Audax web page, <http://www.audaxweb.net/home/>. Mike Wigley from Delph is the membership secretary although you do not have to be a member to enter the events.

So what are you waiting for? We have a few introductory audax rides on the runs list. Give it a go you'll enjoy riding with a group on a summers day in a beautiful part of the country....promise!

Ian Jackson tells us of his first Audax experiences below.

Mini Northwest Passage

My first venture into the long distance riding was the Mini Northwest Passage. The weather was bad enough to make you have a good lie in but that wasn't the case as I had this ride in mind to prepare myself for Fred Witton. From the start I jumped into a faster group than normal but after about 10 miles I was with a smaller group of lads from different clubs. We all got on and took turns at the front. When we reached the climb into Gisburn the wind was trying to take a few of us off our bikes and on the descent the driving rain was not for the faint hearted but thoughts of breakfast at the cafe keep us going. Leaving Bashall the roads were completely flooded as the rain continued all day. By now





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OLIVER'S TRACK SUCCESS

In the Monday evening ACT Track League at the Manchester Velodrome the Club's Oliver Huszar has taken the honours with an impressive win. Oliver has featured in most Monday evening sessions finished the season with a flourish on Easter Monday. He came second in the senior men's 12 lap scratch race, 6th place in the Devil, 2nd in the 12 lap course des primes, 5th in the unknown distance race, and finally 3rd in the Group 1 35 lap individual points race to complete a hard and fast day on the Track.

VELODROME NIGHT

The Clubs next visit to the Velodrome will be the 5th May. Look out for emails from Dave Trippier with details.

there were only two of us riding back to Rochdale to be greeted by pie and peas and a good laugh.

Winsford 200k

Now this was a ride I won't forget for a while. From the start I was riding in a group of twenty side by side, setting a good pace and chatting to new lads from all over. After an hour we hit Whalley Bridge and the climbing started. Less chatting now and gaps began to appear (this is why you have to download and print out the route sheet). Later Simon and some lads from Saddleworth Clarion appeared told me where the control was. I got lost in Castleton, but knowing where we had to go and get the brevet card signed was quite easy (after another a quick phone call to Simon!)

Later I rode with a group at a similar pace to me and felt good. I made some new friends on the route and at last the weather was improving. I found it tough on the return leg. Going over the moors was hard as I was riding solo for most of the time but that just tells you a bit about yourself and the importance of taking a map. At times I thought of getting on the phone and asking the wife to pick me up, but that's not me as I'd trained for this. However, it was not long before I joined another group of riders and my spirits picked up and again the laughing and joking started.

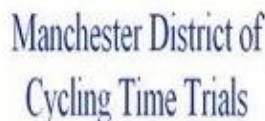
We reached Northwich, not far to go now, 30 miles or less. I saw Simon and some lads riding in the opposite direction and thought what's going on here? They shouted that I had to carry on ahead, get my brevet card signed, and then return by the same road!

Great only 11 miles to go now! The sunset was special. I made the scout hut at the finish and thought what a great day out!

IMPROVEMENT TO LOCAL CYCLE ROUTES



East Lancs Riders and Cllr. Janet Emsley





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FOR SALE

Bob Porter has two pairs of cycling shoes for sale.

The Specialized pair are size 45 and the Louis Garneau are a ladies size 39 both pairs are in good condition with no damage and not that much use. Bob is asking for £15 per pair. He can be contacted on 01706 374516 or 07531 978847.



Josh and Jonny Decamps, Dave Trippier, Nicole DeCamps, Christine White and Cat Jessop joined Councillor Janet Emsley for the announcement of improvements to cycle routes around Heywood and Middleton. Routes are to be improved at Hareshill and Heywood Distribution Parks through to Stakehill Industrial Estate. Off road routes will also be created around schools to improve safety for 3,000 students.

The scheme which will cost £750,000 aims to increase the number of journeys made by bicycle cycle by 10% by 2025 and to improve health and the environment within the borough.

50 MILE RELIABILITY RIDE

The first Reliability Ride of the CTC BAR season on 3rd April started with less than promising weather. However, didn't deter a magnificent 44 riders from taking part. Riders elected to complete the route in either 3 ½ or 4 hours under the watchful eye of Christine Harding. A total of 42 riders made it to the finish in bright sunshine at Hollingworth Lake Visitors Centre with only a handful missing their time limit. Well done to everybody who took part and many thanks to Christine for checking everybody in and out.



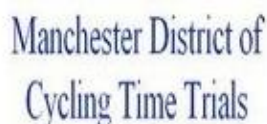
East Lancs Riders Celebrate Completion of the Reliability Ride

Could anybody who has not paid their entry fee please arrange to pay as soon as possible. All funds raised through this year's Reliability Rides are being donated to Cancer Research.

ROAD RACE REPORTS

M & D TTA 10 Mile TT Round One – 12th March

This TT took place on course J4/17 which is based around the villages of Byley and Lach Dennis in Cheshire. The weather was very good with a gentle southerly wind helping the riders in the last two mile dash to the finish.





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FOR SALE

Paul Heald (07900 007053) has the following items for sale.

Endura Large (10) Neopren Waterproof Overshoes - £10.00

Sky XL Bib Shorts - £30.00

Sky XL Blue Mitts - £10.00

Louis Garneau Sharp Helmet Medium Orange - £20.00

Miche Excite Bladed 28 Front & Rear Wheels & New Cassette - £50.00

Specialized Comp Road Shoes Size 46 - £40.00



John Lord has a Wilier La Triestina Road Bike for sale. It has only done 200 miles and originally cost £1,200. Any reasonable offer will be considered. Contact John by email johnbern@icloud.com.

The Junior performances are covered in the Go Ride section below. The Senior performances included a number of debut rides as follows; Ian Miller, 31:16mins; Mike Taylor, 28:54mins; Andy Bateson, 28:07mins; Lauren Bateson, 31:59mins and Darryl Nolan, 29:15mins.

Salt Ayre Road Races – 12th March

There was drama up at Lancaster where several riders took part in the circuit races. There were three races which took place, thankfully free of the crashes which affected the previous weeks racing.

In the first race Paul Ashworth was the Club's sole rider but he still made his presence felt by winning the race. Paul held his place at the head of the bunch throughout the race and in the final lap he went into the final bend in the lead, which enabled him to be first into his sprint and 250 metres later he finished 3 lengths clear to win his first race in a fantastic performance which promises much for the rest of the season.

In the final Seniors race Chris Green and Ben Trippier participated in a fast race, which was largely uneventful and it came down to bunch sprint for the line with Chris and Ben securing 12th and 7th place respectively.

Eddie Soens Road Race – 12th March

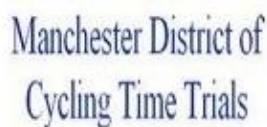
It was the 50th edition of the Eddie Soen's Race on Merseyside. This prestigious race attracted a number of big names as usual which dominated the race. A bunch of 18 riders went clear to secure the leading places at the finish and the remainder of the riders in a huge field came home in a bunch sprint approximately two minutes behind the leaders, which included a great ride by Sam Wilson from the East Lancs.

M & D TTA 10 Mile TT Round Two – 19th March

The course for this round was the J2/3, which starts on Twemlow Lane near Holmes Chapel, and then joins the A535 heading north to Chelford Island, where it retraces the roundabout returns south to finish near the Yellow Broom restaurant. There was a southerly wind which made the ride out to Chelford faster than normal on this slightly undulating course.

The East Lancs won fastest Juvenile through Oliver Makinson's fine effort and the Team Prize through Alex Trippier, Paul Ashworth and Andy Gorton.

The times recorded by the East Lancs Seniors were as follows: Paul Ashworth, 25:35mins, Bill Howarth, 27:49mins, Ian Miller, 32:43mins, David Ireland, 27:01mins, Mike Coulter, 31:05mins, Jason Codling, 26:47mins, Darryl Nolan, 30:34mins, and finally Andy Gorton with the Club's fastest of the day at 23:54mins.





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GO RIDE

If you would like more information about Go Ride in our Club contact the Go Ride Secretary, Shaun Leonard by email, goride_sec@eastlancsroadclub.org.uk.

There will also be a new Go Ride web page added to the Club website soon.

Duncan Sparrow Road Race – 20th March

In the Elite/1st/2nd cat race Ben Trippier was the Club's sole rider and he coped similarly well with the higher pace of this race at an average 29mph being set by the Pedal Heaven Pro team who ultimately took all the honours with 5 out of the top 6 places including the win by the country's top rider at present, James Gullen, with Ben being happy with a mid-placed bunch sprint.

M & D TTA 10 Mile TT Round Three – 26th March

The final round was again on the J2/3 course alongside Jodrell Bank with a strong following wind blowing the riders to the turn at Chelford, before having to retrace into a stiff headwind. The results by East Lancs Senior members were as follows: David Trippier, 27:54mins; Paul Ashworth, Ben Trippier, 22:14mins; 25:15mins; Willian Howarth, 27:47mins; Jason Codling, 27:14mins; and finally Andy Regan, 27:43mins.

Frank Morgan Memorial Road Race - 27th March

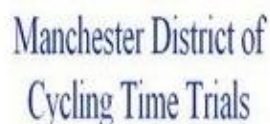
The following day saw Ben Trippier compete in the 100 Km Frank Morgan Memorial Road Race at Knowsley for 2nd 3rd & 4th Category riders. The race was undertaken in just about every weather condition the elements could throw at the riders with many withdrawing due to the extreme cold. Ben did a good race throughout, avoiding a couple of crashes before finally getting into a two man breakaway for the final three laps, trying to chase the leader and another small group which escaped the bunch earlier in the race. He was eventually placed 11th out of 80 riders with a commendable performance in a tough race.



ROUNDUP

Paul West's Winter Training Sessions

Many of the Club's Junior members took advantage of British Cycling coach Paul West's winter turbo training sessions. Cameron Fitton, Sam Walley, George Preston, Alex Travis,





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CLUB 10 MILE TT 30th APRIL 2016

Don't forget that the Club's 10 mile time trial takes place on the 30th April on course J2/1 in Cheshire. The HQ is Siddington Village Hall.

Entries close on the 19th April. Please enter by internet on the CTT website (<https://www.cyclingtimetrials.org.uk>).

If you are not riding but are able to offer your service as a marshall please let Jon Preston know (jonathan.c.preston@gmail.com).

Alex Trippier, Alex Wiseman, Josh Decamps and Niamh Coulter benefitted from Paul's expert tuition to provide a great base fitness for the racing and touring season ahead.

M & D TTA 10 Mile TT Round One – 12th March

First of for the East Lancs were the Juveniles who recorded the following; Niamh Coulter, 34:02mins in her first ever event; Jack Millar, 30:59mins in his first ever event beating his Dad by 17 seconds; Noah Codling, 28:57mins and Tom Bland 32:39mins. The Juniors followed with an under the weather Josh Decamps doing 27:17mins and Alex Trippier with 24:32mins, which was our fastest of the day and good enough to win fastest Junior prize.



Niamh Coulter Storms Through Her Debut Ride

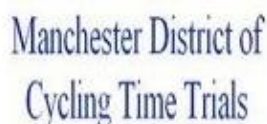
Salt Ayre Road Races – 12th March

In the second race Junior riders Sam Walley and Alex Wiseman held their own for much of the 40 minute race within which 5 riders escaped off the front of the bunch to claim the first five placings, but Sam put up a great sprint finish to take third place in the bunch gallop and eighth overall to gain a few more points towards his license upgrade.

M & D TTA 10 Mile TT Round Two – 19th March

The East Lancs won fastest Juvenile through Oliver Makinson's fine effort and the Team Prize through Alex Trippier, Paul Ashworth and Andy Gorton.

The times recorded by the East Lancs Juniors were as follows: Tom Bland, 35:56mins; Noah Codling, 29:28mins; Jack Miller, 30:51mins; Niamh Coulter, 34:47mins; Oliver Makinson, 26:05mins; Alex Wiseman, 26:34mins; Josh Decamps, 29:07mins, Alex Trippier, 24:56mins.





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Jack Miller Powers to a Personal Best



Alex Trippier M & D TTA Junior Champion

...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. Thanks Jon

M & D TTA 10 Mile TT Round Three – 26th March

The third and final round of the Manchester & District Junior 10 mile Time Trial Championships took place on course J2/3 and the Club took two of the four awards up for grabs plus a team award and third place overall in the 'open' section.

Subject to confirmation by the M&DTTA, Niamh Coulter won the Juvenile girls award, Alex Trippier the Junior Boys award with personal best performances from Tom Bland and Jack Miller. The times were as follows Niamh Coulter, 36:34,mins; Thomas Bland, personal best, 32:37mins; Jack Miller, personal best, 29:40mins (see left); Noah Codling, 28:09mins; Alex Wiseman, 27:28mins; Alex Trippier 25:19mins (see left).

Duncan Sparrow Road Race – 20th March

Junior riders Alex Trippier and Alex Wiseman rode the Duncan Sparrow Road Race at Pimbo. The 3rd/4th cat race was 50 miles long and a big step up in distance for both riders. Both coped well looking comfortable with the pace and both finished in the bunch sprint.



Alex Wiseman in the Pack at Pimbo

50 Mile Reliability Ride

Junior members George Preston, Alex Travis, Noah Codling, Josh Decamps and Laurence Fairclough took on the challenge of the 50 Mile Reliability Ride. All but one of them completed the route inside the 4 hour time limit. Laurence had some navigational difficulties and only just missed the cut off. Congratulations to all.

