



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.22 April 2015

WELCOME

It hasn't taken Club members long to get into the swing of the season with over 30 members active over any given weekend. Time trials have been high on the agenda. Not to be outdone however, the Sunday Club Runs have been well attended with the A ride now a regular feature.

NATIONAL LADIES CYCLING MONTH

March was the CTC National Ladies Cycling Month and the Club celebrated this with 7 riders taking part in the Saturday Beginners Ride including Ladies Group leader Paula Butterworth and first timers Georgina, Richenda and John, and a further 15 Club Riders out on Sundays A, B and C rides to the Peak District, Bashall Eaves and Uppermill to complete a great weekend.

BENIDORM UNCUT

Daryl and Ian recently had a trip to Spain for a weekend of riding. Daryl takes up the story.

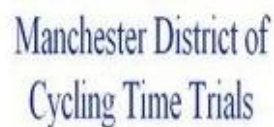
At the presentation dinner Ian Kenworthy and I hatched a plan to meet up on the Costa Blanca for a weekend of riding. So on a sunny Thursday in January Ian and Kath left their condominium near Alicante and travelled up the coast to visit us in our 3* hostel in Benidorm!



Ian hired a Specialized, (32 Euros for 2 days) and on the Friday morning we set off on a flat ride north along the coast passing through Calpe and Moriara to a lovely cove at El Portet. Café con leche for me and café con leche and brandy for Ian!

Returning along the coast Ian tried to mix it with the locals until gravity failed to assist him any longer!

It was beer and sandwiches in the hotel when we arrived back.





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NEW YEAR COACHING SESSIONS

The Club night training sessions with Paul West are now complete. Those members that have taken part have benefitted from some intensive structured training and advice. The turbo sessions have got progressively tougher and the circuit training sessions at the end have ensured that we were all reduced to gibbering lumps. Paul's tips on nutrition, training plans, clothing and equipment have proved to be interesting and valuable aids for the season.

Many thanks from all Club members to Paul for all his efforts.

'D' RIDES

Our 'D' Rides for beginners take place on Saturday mornings from Rochdale Leisure Centre at 9:30am. The pace is easy and the mileage low. Check on Thursday Club nights to ensure one is taking place.



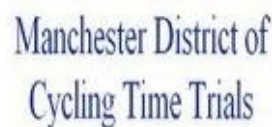
Next day the girls caught the train south to La Villa Joyosa a pretty little fishing village. Ian and I took the back roads through some sleepy villages to join them in a bar on the beach. We rode back along a main but quite road on another sunny afternoon ending riding along the Levante promenade with the sea on one side and the bars on the other where we enjoyed a well deserved beer (what else?) to finish.



Neptunes bar that evening but that's another story!!

I can thoroughly recommend Benidorm for a winter week of riding. Cheap flights and hotels nearly always sunny, some great quiet roads to ride and beer at 1 Euro a pint!

Thanks to Ian Kenworthy and Daryl Nolan for the report.





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BEST ALL ROUNDER COMPETITION

The Best All Rounder (BAR) competition is now well under way. To check your standing visit the website at <http://www.rochdalectc.org.uk/bar.html>. Remember, if you are a member of the CTC but your name does not appear let Pete Matthew have your details.

VIDEOS

The Club has opened a YouTube channel for videos that may be of interest to Club members. It can be accessed through the link https://www.youtube.com/channel/UCtW0D5_ZYIWfaZ61C15TF7g. If you have any videos you would like included send them to Jon Preston at jonathan.c.preston@gmail.com.

NEW CLUB KIT

Two new club kits will be available in the very near future. There is a Rochdale CTC kit which has a retro feel and an updated East Lincs kit. Both are made by Bioracer who have a great reputation for quality and who supply several continental pro teams and cycling federations.



New CTC Kit

New East Lincs Kit

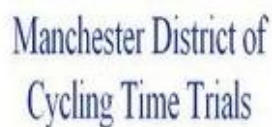
Look out for an email with the list of items available.

RACE REPORTS

Altrincham Ravens CC 25 Time Trial – 14th March

Ben and Alex Trippier took part in the Altrincham Ravens CC 25 mile time trial in Cheshire. The event was run on the J2/1 course in cold but calm conditions and both riders delivered their personal best performances at this distance beating their previous best times by over 2 minutes.

Fastest Junior rider in the field, Alex completed the course in 1hr 7m 26s and Ben did 1hr 0m 31s to come in 15th place overall and at the same time win the magnificent Doug Pinchen Memorial Trophy as handicap winner and keeping it in the Club for the second year following Ian Grime's success in 2014.





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AUDAX RIDES

On Sunday 15th March several riders took part in the 200 Km Red Rose Audax event, which took riders up towards Lancaster and back. This long distance ride was completed by Mark Barker, Simon Abraham, Jason Codling and Sam Wilson with John Byrne taking a tumble near the end of ride and unfortunately not being able to complete the course.

A group of Club riders also took part in an Audax Ride in Yorkshire on Sunday 22nd Riding an Event called the "Fountains monk'y-business", the 100Km Ride started in York and headed north towards Ripon, then back through Knaresborough to finish where it started in York.

With a beautiful dry and sunny day in Yorkshire, the Club Riders Mark Riley, Paul Atherton, Andy & Tracy Bateson completed the course in 4hrs 15m 51s at an average speed of 14.86mph.

The fastest four riders completed the course in 55 minutes times with Mark Turnbull riding for TORQ Performance coming out on top and winning the event in 55m 2s.



Alex & Ben Trippier in Action

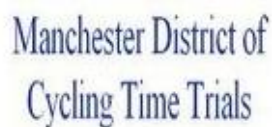
Mossley CRT Circuit Races at the Tameside Circuit – 14th March

Ben Whitehead starred in the 4th Category event which comprised a field of over 30 riders who had to complete 1 hour of fast circuit racing.

Ben kept his position up in the first half dozen riders for most of race, and had a couple of attempts at escaping the Bunch but these came to nothing and it came down to a bunch sprint for the honours. It was a very strong head wind in the finishing straight and Ben slightly misjudged his effort in the final bend of the sprint to come in 2nd with a great performance. The race was won by Joseph Cadwallader Bury Clarion Cycling Club.

M & D TTA 10 Time Trial Round 2 – 21st March

The M & D TTA 10 mile event 2 saw 14 Club members tackle course J4/17. The warm spring conditions were tempered by a cold wind that made for slower times than might have been expected. Alex Wiseman took overall honours in the Juvenile section in a time of 28m 30s, followed by George Preston at 29m 22s and Thomas Bland at 35m 49s.





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CLUB RUNS COMING UP...

The following Club runs will be taking place over the next few weeks.

Sunday 5th April

'B' Ride – Buxton

'C' Ride – Sowerby Bridge

Sunday 12th April

'B' Ride – Barley

'C' Ride – Bolster Moor

Sunday 19th April

'B' Ride – Longridge

'C' Ride – Ramsbottom

Sunday 26th April

'B' Ride – Gargrave

'C' Ride – Townley Park

Sunday 3rd May

'B' Ride – Tour of Yorkshire

'C' Ride – Uppermill

'A' Rides also take place on Sundays and are being arranged by Mark Barker and Steven Butterworth. Please check nearer the time for more details.

All rides start at 9:30am from Rochdale Leisure Centre. See <http://www.rochdalectc.org.uk/calendar.html> for details.



Flat Out – Thomas Bland and Alex Wiseman

We were well represented in the Junior section with Sam Walley coming third at 25m 39s. Alex Trippier was close behind at 26m 47s, followed by Josh Decamps, 28m 07s and Cameron Fitton, 28m 50s.

In the Open section Ben Tripper led the way, finishing with a time of 23m 36s. Frank Smith was at 24m 13s, Tom Chilcott 25m 09s, Ian Jackson 26m 51s, Dave Trippier 27m 19s, Jon Preston 29m 38s and Jonny Decamps 30m 37s.

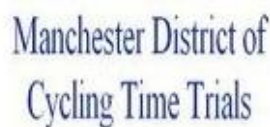
M & D TTA 10 Time Trial Round 3 – 28th March

This was a 10 mile time trial held on the J2/3 course in Cheshire, which runs alongside the Jodrell Bank radio telescope from Holmes Chapel to Chelford and back.

The strong south westerly wind made the 6 mile journey to the turn at Chelford extremely fast at speeds of +50 Km/h for the top riders, but the 4 mile return leg was straight into the wind and speeds dropped substantially.

Nevertheless the times held up well and the following were recorded by East Lancs riders; Tom Bland (Juvenile) 35m 17s; Sam Walley (Junior) 25m 20s; Alex Trippier (Junior) 26m 01s; Cameron Fitton (Junior) 28m 05s; Alex Travis (Junior) 30m 03s; Ben Trippier (Senior) 23m 51s; Dave Trippier (Veteran) 27m 29s; and Samantha Parkinson (Lady) 30m 39s.

The standout performances were by Cameron Fitton who improved his personal best by 1 minute and Sam Parkinson who made her debut time trial performance in atrocious conditions. The event was won by Rob Hayes of Manchester Wheelers in the fantastic time of 21m 37s.





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NEW CLUB WEBSITE

We have launched a new Club website with updated information and a more modern fresh look. New features include an interactive calendar which can synchronise with your Smartphone and a revised gallery. The address remains the same at www.rochdalectc.org.uk.



Cameron Drives from the Start

BIKES FOR SALE

Simon Abraham has a brand new ladies road bike for sale (see below). It is a 48cm Cannondale Synapse 7 with Shimano Sora Gears. The frame is suitable for heights 5'0" to 5'4". It is fitted with new SKS mudguards and new Lezyne 400 lumen lights. The finish is gloss black and pastel pink with flower detailing. It has a compact chainset with 11-32 cassette. Price, £570 with free bike fit and servicing for a year (parts extra if needed required). Contact Simon on 07977 101055.



Larry Walls is selling an Orbea 53cm frame (see below) with Di2 cables for £600. For more information contact Larry at larry@widdop.co.uk.

