



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.3 September 2013

WELCOME

The membership of the club continues to expand across all age ranges. It is not unusual to have an average of 14 members for the Sunday club run. Thursday evening club night continues to be well attended and the turn out for the Beard Cup hill climb was fantastic.

New members are always welcome so spread the word!

SPORTS CLUB OF THE YEAR

The club has been nominated for the Rochdale Sports Club of the Year award.

The prize giving ceremony takes place on the 18th September at Rochdale Rugby Club. Members of the club will be giving a demonstration of training skills both of the rollers and turbo trainers for the audience.

Fingers crossed for a successful evening.

BEARD CUP HILL CLIMB

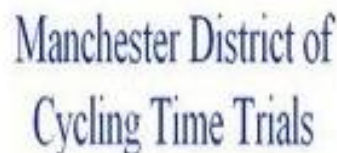


The Club Participants After The Event

The start of the hill climb season brought the club out in force to attack the one mile climb up Standedge Old Road, Diggle. Our main aim was to relieve Blackburn & District CTC of the cup after 15 years. However, despite a strong showing and some fast times the cup went to Saddleworth Clarion with Rochdale CTC coming a close 3rd. There was more success in the individual sections with Alex Trippier taking the Juvenile section prize with a time of 5m 53.9s. Lauren Bateson took second prize in the Ladies section at 9m 48.8s. Third place overall was taken by Andy Gorton in a time of 5m 09s. Other sub six minute times were recorded by Chris Green (5m 21.4s), Ian Grime (5m 36.2s) and Ben Trippier 5m 40.4s.



Lauren Bateson, Alex Trippier and Andy Gorton Receive Their Prizes





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COACHING



Pete Kliszcz Puts Us Through Our Paces

Pete Kliszcz has been using the Thursday evening club meeting to provide coaching. With a particular focus on group riding the sessions have covered cornering and braking, riding in pairs and single file and pacing. The sessions are proving a hit with both the young and older club members.

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

RELIABILITY RIDE



Rochdale Riders Ready for 7,000ft in 7 Hours

Sunday 8th September saw 16 club members set off in cool but sunny weather to undertake the 7,000 feet in 7 hours reliability ride. A demanding course designed by Andy Regan took us through fantastic scenery and included climbs up Huddersfield Road to Denshaw, out of Mossley toward Glossop and up to Devil's Elbow and, finally, the challenge of Holme Moss in the first half of the ride. An extremely welcome lunch break in Holmfirth recharged the batteries for the second half. The weather remained fine as a gentle but long climb out of Holmfirth loosened cafe legs in preparation for some extremely taxing gradients out of Slaithwaite and Greetland. The final climb from Ripponden up to Blackstone Edge was followed by a swift descent and then a gentle rise to the Hollingworth Lake visitors centre and the finish.

All the participants completed the route well inside the 7 hour limit, the first to arrive being nearly an hour inside the required time.



Manchester District of
Cycling Time Trials



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LADIES GROUP

Our ladies group membership is growing strongly and we would like to welcome all our new members.

MEMBERSHIP

For membership information contact Dave Trippier.

Telephone **07785 915446**

Mail davet@rochdalectc.org.uk

Web

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

CLUB KIT

A stock of club kit is available from stock. Please contact Dave Trippier for details.

JUST A REMINDER!

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

CLUB HILL CLIMB



Given His All : Tommy Ireland At The Finish

If you could have picked the weather for the club's annual hill climb it is hard to image anything worse than the weather faced by the competitors. Heavy rain and strong winds made the going tough, the only consolation being a tail wind for the finishing section.

A field of 36 riders braved the conditions for the 2 mile climb of course J9/11 up Blackstone Edge. An initial boost from the wind was wiped out by a strong head wind after the corner by the Moorcock. A 'sheltered' bend was then followed by a tail wind for the finale finishing in low cloud.

The fine turnout of 21 riders from the club reflected in the results, taking second place in the team result to Buxton C.C. with ABC Centreville in third. The team also took prizes in the individual categories:

Juvenile	Alex Trippier	10m 32.0s
Lady Junior	Lauren Bateson	14m 53.3s
Vet 40	Andy Gorton	9m 01.2s
Vet 70	Pete Matthew	14m 58.4s

The three quickest East Lancs riders were Andy Gorton (9m 01.2s), Chris Green (9m 02.7s) and Ian Grime (9m 16.8s).

The overall prize was taken by Lee Baldwin (Buxton C.C.) in an outstanding time of 7m 48.2s. The fastest Junior was Sam Mansfield (Buxton C.C.) at 9m 45.2s and the Ladies prize went to Helen Eborall (BTB Bridge Town Cycles) at



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COMING UP...

18th September – Rochdale Sports Club of the Year Award ceremony.
 22nd September – Club Run to Hebden Bridge
 29th September – Club Run to Wycoller
 5th October – Rossendale RC Hill Climb 10 am L801 Crown Point, Burnley
 6th October – Club Run to Waddington
 6th October – West Pennine RC Hill Climb 1pm L823 Blackstone Edge

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.

10m 04.8s.



Andy Gorton, Pete Matthew and Lauren Bateson are Congratulated by Gary Lake

Special thanks go to Gary Lake for organising the event, the timekeepers Mrs C. Elliott and Mr G. Pickering, all the Marshalls, Andy Regan for his IT skills and the Red Lion Pub for their hospitality.

RESULTS

Glossop Kinder Velo Snake Pass Hill Climb

Gary Lake represented the club at the Snake Pass Hill climb on the 3rd September. His time of 18m 14.1s earned him 19th place.

Tameside Criteriums

Gary also took 19th place at the Tameside circuit on the 20th August.

Time Trials

Ian Grime has been active in both the 25 and 50 mile disciplines with the following results.

1st September - Stretford Wheelers 25 mile - 1h 03.27m
 26th August - North Shropshire Wheelers 25 mile - 1h 02.35m
 28th July – Cheshire RC 50 mile - 2h 08.40m

Dave Ireland also recorded a time of 2h 24.59s at the Cheshire RC 50 mile event.

Simon Abraham took part in the Nova CC 25 mile coming home in a time of 1h 08.19m.

