



# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.31 February 2016

## WELCOME

The Annual Club Dinner was a great night to celebrate the past year. We now look forward to longer days and the new season.

The time trial season is just around the corner and Paul West's coaching has been getting us into shape and into the mood for racing.

## NEPAL FUNDRAISER

As many of you will be aware Club member Alex Travis is travelling to Nepal this summer in order to help a small village after the recent earthquake.

As part of his fund raising efforts Alex is holding a Charity Ball at Clough Manor, Denshaw on the 18<sup>th</sup> March. Tickets are £35.00 per head. For more information, contact Alex by email [atravii@hotmail.co.uk](mailto:atravii@hotmail.co.uk).

## CLUB ANNUAL DINNER CELEBRATES A YEAR OF SUCCESS



A Fantastic Attendance at the Annual Club Dinner

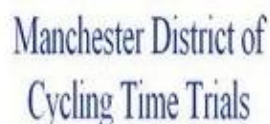
Our annual celebration of the Club members' achievements and all things cycling took place for a second time at the Norton Grange Hotel on the 16<sup>th</sup> January. A total of 125 members, family and friends enjoyed an evening of award giving, dining and dancing.

After Andy Regan's brief(!) introduction and dinner Dave Trippier began the award ceremony. Starting by thanking the people that had helped the Club over the past year including marshals, catering support, the committee and parents and partners. Special thanks also went to Ceara Law for organising the dinner, Stuart Duggan for taking the photographs and Nigel for DJ'ing. The awards were given by Club President John Howard.

The Team awards were up first with recognition of the epic French 'End to End' ride undertaken by Andy Gorton, Jason Codling, Shaun Leonard, Sam Wilson and Paul Marsh. Shaun, Jason and Andy (right) were on hand to collect their themed award of berets, onions and moustaches.



Moving on to the Beard Cup Hill Climb where the Club took the team prize with Chris Green, Alex Trippier and Andy Gorton. The individual prizes were taken by the following Club members.





# La Gazzetta

Newsletter of Rochdale CTC & the East Lanes Road Club



No.31 February 2016

## COMING UP...

Winter Club Runs start at 9am. There isn't a Long Ride over the Winter months.

### Sunday 7<sup>th</sup> February

Short Ride – Helmshore  
Medium Ride – Tockholes

### Sunday 14<sup>th</sup> February

Short Ride – Dine Café Cliviger  
Medium Ride – Roughlee

### Sunday 21<sup>st</sup> February

Short Ride – Hardcastle Craggs  
Medium Ride – Lyme Park

### Sunday 28<sup>th</sup> February

Short Ride – Walter Pilkington  
Medium Ride – Charlie Westlake  
Both rides start in Bury

### Sunday 6<sup>th</sup> March

Short Ride – Sowerby Bridge  
Medium Ride – Wycoller

### Sunday 13<sup>th</sup> March

Short Ride – Ramsbottom  
Medium Ride – Tatton Park

2 <sup>nd</sup> Fastest	Chris Green
1 <sup>st</sup> Fastest Lady	Georgina
2 <sup>nd</sup> Junior	Alex Trippier
1 <sup>st</sup> Fastest Juvenile	Noah Codling
1 <sup>st</sup> Fastest 'Tourist'	Nigel Suter

Next up were our under 16 GHS 10 Mile Time Trial National Finalists. Sam Walley, Noah Codling, Alex Trippier, Alex Wiseman, Josh Decamps, Oliver Makinson and Thomas Bland (below).



The M & D TTA Christmas 10 saw Ben Trippier, Sam Walley and Alex Wiseman take the Team Prize. A fantastic achievement considering their ages.

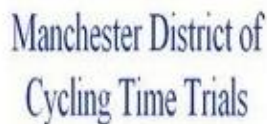
Last but not least for the team awards were the fancy dress riders from the M & D TTA Christmas 10. Johnny Decamps took first prize with his amazing skeleton on a bike. The inhabitants of Gotham City were represented by Cat Jessop, Georgina, Jason Codling, Mike Coulter, Niamh Coulter and Andy Regan.

The Ladies individual achievements were recognised with specific awards as follows.

Niamh Coulter – Juvenile Girls' Triathlon Champion and ELRC Open Competition Medal (right).

Georgina - Veteran Ladies Time Trial Short Distance Best All Rounder.

Sally Rhodes(below) - Senior Ladies Triathlon Champion.





# La Gazzetta

Newsletter of Rochdale CTC & the East Lincs Road Club



No.31 February 2016

## A BIT OF THE ROUGH STUFF

The Club Run on the 24<sup>th</sup> January took an unexpected turn from the prescribed route by consensus. The riders took the road behind Todmorden Leisure Centre up Sourhalls to come out at the top of Sharney Ford. Rough terrain and gradients 18% greeted the riders along with a real sense of achievement.



## CLUB RUN ROUTES

We have started to add the Club run routes details to the Ride With GPS site [www.ridewithgps.com](http://www.ridewithgps.com). Files suitable for a GPS device can be downloaded or cue sheets can be printed to help navigate the routes. As the rides are uploaded a link to the specific route will appear against its description on our website <http://www.rochdalectc.org.uk/clubruns.html>.

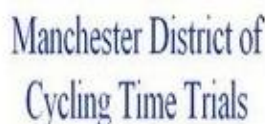


The Junior and Juvenile Sections had a strong showing with the awards going to the following riders.

- |                    |  |
|--------------------|--|
| Lloyd Coulter      | ELRC Junior 'Open' Competition Medal         |
| Thomas Bland       | ELRC Junior 'Open' Competition Medal         |
| Euan Kneal         | ELRC Junior 'Open' Competition Medal         |
| George Preston     | ELRC Junior 'Open' Competition Medal         |
| Alex Travis        | ELRC Junior 'Open' Competition Medal         |
| Cameron Pilkington | ELRC Junior 'Open' Competition Medal         |
| Josh Decamps       | ELRC Junior 'Open' Competition Medal         |
| Cameron Fitton     | ELRC Junior 'Open' Competition Medal         |
| Alex Wiseman       | ELRC Junior 'Open' Competition Medal         |
| Alex Trippier      | ELRC Junior 'Open' Competition Medal         |
| Noah Codling       | ELRC Junior 'Open' Competition Medal         |
| Oliver Makinson    | Fastest Juvenile at the Beard Cup Hill Climb |
|                    | ELRC Junior 'Open' Competition Medal         |
|                    | Juvenile Boys Triathlon Champion             |
|                    | Juvenile Boys 10 Mile Time Trial Champion    |
| Sam Walley         | ELRC Junior 'Open' Competition Medal         |
|                    | Junior Time Trial Best All Rounder           |
|                    | Junior Road Race Best All Rounder            |

In the Men's section awards were given in to the Members below.

- |                |  |
|----------------|--|
| Phil Rhodes    | Senior Men's Triathlon Champion  |
| Mark Barker    | Veteran Men's Cyclo-Cross Champion   |
| Oliver Huszar  | Track Best All Rounder   |
| David Trippier | Club Man of the Year   |
| Ben Trippier   | Doug Pinchen Memorial Handicap Trophy  |
|                | Most Improved Rider  |
|                | Club 10 Mile Time Trial Champion   |
|                | Senior Men's Short Distance Time Trial Best All Rounder                              |
| Pete Matther   | The Marion Ripley Trophy as Men's CTC Best All Rounder, 2 <sup>nd</sup> Year Running |





# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.31 February 2016

## BAR POINTS UPDATE

It has been decided to increase the BAR points awarded for a Club Run to 4 points. This will become effective at the start of the new BAR season.

## PAUL WEST'S WINTER TRAINING



There has been a cracking turnout for Paul West's Thursday night training sessions. Between 25 and 30 riders have been taking to their turbo trainers for half an hour of increasingly difficult drills followed by a series of circuit training exercises. With several weeks still to go we should be on top form for the time trial season.

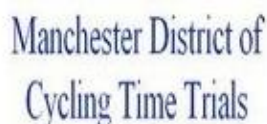
Our most consistent and prolific rider of the year was once again Andy Gorton. Andy needed a hand from daughter Lexi to carry his trophies. His highlights of the 2015 season included the following.

- Club Time Trial Records broken 6 Times
- City Road Club, 10m TT, 15/07/15, recorded the Current Club Record and Personal Best time of 19:54 mins
- Stretford Wheelers CC, 25m TT, 30/05/15, recorded the Current Club Record and Personal Best time of 54:27 mins
- Team Swift CC, 50m TT, 26/07/15, recorded the Current Club Record and Personal Best time of 1hr 54:59 mins
- BDCA, 100m TT, 05/09/15, recorded the Current Club Record and Personal Best time of 3hrs 51:59 mins
- Club 25 Mile TT Champion
- Veterans Short Distance TT Best All Rounder
- Veterans Long Distance TT Best All Rounder



Lexi and Andy Collect Their Awards from John Howard

During the season Time Trial Records were also taken by Ben Trippier (10 and 25 miles) and Frank Smith (10 miles) only to have them broken later by Andy. A great example of the healthy competition within the Club.





# La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.31 February 2016

## DBS CHECKS REMINDER

Would those people who have been sent a DBS Screening form please complete it and return as soon as possible to Heather.

If you have any queries please do not hesitate to contact her at [heather.j.preston@gmail.com](mailto:heather.j.preston@gmail.com).

## ...AND FINALLY

Articles and information for the newsletter are always required. Any articles about rides, touring and events over the summer or your plans for the winter will be gratefully received. Please email me at [newsletter@rochdalectc.org.uk](mailto:newsletter@rochdalectc.org.uk).

Thanks, Jon

facebook

twitter

The other winners were:

Caroline Travis	Ladies CTC BAR
Chris Green	Hill Climb Champion
	Men's Senior Road Race BAR
Ben Whitehead	Men's Vets Road Race BAR
Darryl Nolan	'Crash' of the Year

The evening finished with the raffle and dancing. A great night and a great celebration of the Club's year.

## RIDE LEADERS

The website now has details for everyone to see, at a glance the scheduled destinations of every Club run and the prescribed outline route to and from each planned destination, and thus make an informed decision as to which rides might best suit their individual preferences and abilities.

Part of the appointed ride leader's responsibilities is to ensure that THE ROUTE DESCRIBED ON THE WEBSITE ROUTE LIST IS ADHERED TO AT ALL TIMES. The only possible exceptions, where a change/deviation from the prescribed route might be required or acceptable are as follows.

1. When weather and/or road traffic conditions render sections of the route inaccessible or dangerous.
2. When the whole group unanimously agree on a change to the prescribed route.

In all case the ride leader's decision is final. Anyone deviating from the prescribed route will be considered to have "abandoned" the designated Club run, and, during the Best All Rounder season, will not qualify for the usual club run BAR points. Following these basic ground rules should ensure that no one, particularly relative newcomers to Club runs, has reason to complain that the nature/distance/demands of any Club run did not comply with their expectations, as derived from the information available on the website points.

