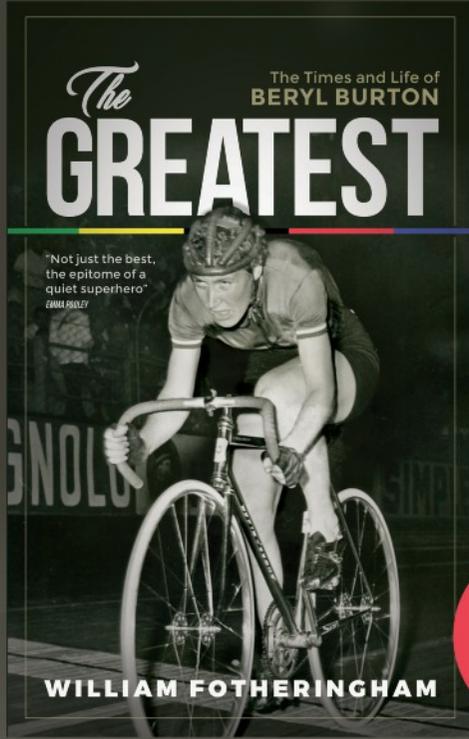


# THE VETERAN





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*Cover photo - Wessex Group stalwart Norman Harvey was the surprised recipient of Distinguished Life Membership at their group presentation - see page 10 for his response*

# VETERANS TIME TRIALS ASSOCIATION

*National Association for the 40 years old and over racing cyclist*

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# THE VETERAN

## THE QUARTERLY MAGAZINE OF THE VETERANS TIME TRIALS ASSOCIATION

*Founded in 1943 to promote cycle time trialling for those aged 40 and over*

Number 64

March 2020

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There seems to be much going on within the VTTA as the NEC press ahead with updating our competitions and results processing via our website and by closer integration with the CTT system, whilst continuing to respect the 75 plus years of tradition which this organisation has accumulated.

Those of you who were at the AGM will know that the proposal to make the season long competitions live and regularly updated on the website has been enthusiastically received. In my own group our Recorder had gone above and beyond the call of duty to include as many participants as possible in the 2019 results. His reaction to the proposal was "Great. That'll save me about 100 hours work!" The Chairman's Piece updates us on progress - it is now a live project.

Looking back through old 'Veterans' and other publications the letters page was always a very lively feature, with views expressed on a range of subjects and the more contentious of such generating some animated responses, I was pleased to be able to publish just such a letter in December, from 'Rudyard Ryder', proposing an alternative method of processing VTTA time trial results by age adjustments. I awaited a response from members either by email or snail mail and I even scoured social media for responses. The membership remained silent on the subject! Maybe most readers didn't get as far as page 73!

Although the response was slow to come, the concept was eventually picked up by several members of the National Committee who saw merit in the idea as offering a more readily understood form of age related competition. This may appeal more to younger vets, but still retains the same allowances for performance decline with age. Geoff Perry gave a presentation on the concept at the AGM workshop and positive feedback from those present was given. Hopefully they will have taken the idea back to their groups and there will be local discussion, both in meetings and 'around result boards', where we will soon be gathering.

If this age adjustment proposal has passed you by I urge you to firstly read the 'Rudyard letter' in the December Veteran, then view the AGM workshop slides available as a document download on the website, and finally (for now) read the NEC response (by Geoff Perry) at the back of this magazine.

Geoff's presentation was illustrated by Yeoman Warders (!). Now we all know that Yeoman Warders are the guardians of the crown jewels, which is effectively what the standards system,

devised by VTTA founder E.H. Strevens, is to the success of the VTTA. So if we make any major changes to the concept of age related competition such changes must be made with great caution.

Moving on to more sombre matters, as usual this edition includes several obituaries. Sadly one of the subjects this time is Pete Read, a personal friend and neighbour and well known to many time triallists as the coach who pioneered structured turbo training using heart rate monitoring. Pete offered personalised training and was highly respected for helping riders of all abilities to reach their full potential.

Many of Pete's riders travelled from far and wide to attend his funeral and there were many well known faces both as riders and CTT officials. A goodly collection of officials and riders could have gone on to ride a full field event on the much lamented nearby V718. As he often did, Pete would have enjoyed pushing off all the riders and then analysing their rides after.

In closing I will just offer slightly belated 90<sup>th</sup> birthday greetings to Peter Horsnell (still competing, winning and breaking records), Eric Marsh (only recently retired after 45 years of age records on both 2 and 3 wheels) and Jim Ogden (former National President and group correspondent for M&NW for 44 years).

*Mike Penrice*

## THOUGHTS OF THE PRESIDENT

Most conversations nowadays start with a comment about the weather and that is not surprising taking into account what has been happening over the past few months. Climate change is now seen as something the human race has got to tackle in order to ensure that our planet is somewhere everyone can enjoy. We need to spare a thought for all those unfortunate enough to endure the large amounts of rain and high winds, which have resulted in homes being flooded and much damage being done to property and the countryside. It probably has not diminished the amount of potholes and rough surfaces competitors have to race on whilst waiting for local authorities to tackle the ever growing bad road surfaces that we especially as cyclists have to endure.

I remember my mum saying that if it snowed before Christmas then we were in for a long haul. If it happened in the New Year then there was nothing to worry about because spring was just around the corner. Even skiers are now realising that if it were not for snow cannons on the slopes then the depth and quality of snow for their pastime would be in short supply; many low resorts are certainly seeing adverse conditions this season.

Weather has and always will play an important part in the sport of cycling. This has very much been the case over my cycling career with memories of riding a 10 mile time trial in June in a snow storm. We used our garage to set up the rollers; this ensured we spun the pedals at an amazing speed as we wrestled to keep the bike on the rollers to try and maintain our fitness. To get the miles in we went out whatever the weather threw at us. Nowadays this is not necessarily the case with the modern equipment that is available and the rise of gym facilities nationwide, which enable everyone to start their season from the very first event at optimum fitness and speed. Early season training camps in warmer surroundings are common and one no longer has to use the early events for fine tuning the season which for us become more important as the year progresses.

We may feel that the weather is changing and I would agree that we no longer seem to have prolonged cold and icy conditions but throughout my racing career we had to wrestle with many varied weather conditions including the cancellation of important events throughout the season and that will not change any time soon.

Good luck to all whether you are still preparing for the 2020 season although by the time you read this the racing season will have already started for some. Whether you start early or late I wish everyone success in whatever you are planning to achieve.

*Carole Gandy*

## **NATIONAL SECRETARY'S PIECE**

As we start to dust down our time trial bikes and unearth our long-lost race kit from the bottom of our sock drawers, I think it is important to reflect on the 'off season' – just as much as the 'on season'.

For those of us lucky to still be racing, we spend hours planning our weekends between February and October (or, for the sensible ones amongst us, between May and August). We plan our holidays around important events, we madly scramble to find family friendly days out around the Newmarket area to appease the children after we've had an outing on the A11 and start to prioritise evening training over post work drinks. Many of us take our training and racing more seriously than professional grand tour riders.

Yet, what are we racing for? When I first started time trialling in the not-so-distant year of 2011, I loved the razzmatazz of the traditional annual club dinner – we would pore over club trophies and gawp in awe at Arthur Smith riding a 1h2m 25 in 1943. We would enjoy seeing our club mates in full evening wear for one night of the year and we'd spend hours talking about personal cycling victories over the course of that year.

How things have changed in such a small space of time. All too often, the club dinner has been replaced by a night at a curry house where the trophy presentations take second place to the decision of whether to choose a biryani or balti for the main course. Some clubs have disbanded the idea of the club dinner entirely and trophies are left collecting dust in garages.

This year, we had just 18 award winners attend the National Awards Ceremony prior to the AGM. Those who attended were justifiably proud of their achievements – but why weren't there more? A recent National Exec Committee highlighted that many riders no longer want to receive a trophy or medal. If so, what *do* people race for? The National Exec Committee will shortly be sending a survey out to gather opinion about the type of physical awards that members want to receive. Some might be happy with a name listed on a website, whilst others still value seeing their name engraved on historic metalware.

The VTTA sees itself as a progressive organisation but equally, tradition does remain important - at least to myself. My ambition of writing a book chronicling a history of time trialling on the A4 is still waiting in the wings. I'd better start it before the trophies and records I'll be writing about become a distant memory.

*Rachael Elliott*

# CHAIRMAN'S PIECE

## The Proposal to Automate Our Season Long Competition Results

I thought it would be good to share with the wider membership the proposal I presented at the AGM workshop on automating the results of our season long competitions (that is the 4 distance BAR, the 3 Distance and the Short Distance Competitions). Automation would save our members and officials a great deal of time currently spent in form filling, results compilation, and claim validation. The proposal was well received at the AGM and we are actively working to take it forward. Here is an explanation of why we are proposing this development, how it would work, and the financial need to be addressed in order for it can be implemented.

### Why automate the competition results?

Automating the competitions would have the following benefits to our members and officials:

- The current status of results, and the position of all competitors, would be available to view on our website throughout the season rather than only compiled and published at the end of the season. You would know what you had to do to rise up the tables during the season .
- Members would no longer need to calculate their results and submit claim forms .
- Every member who completed the necessary qualifying rides would be included as no claim form is required.
- The need for officials to validate and consolidate claims and produce results would be eliminated, together with a lot of paperwork and correspondence.

With modern technology the requirement to complete forms is becoming increasingly obsolete and discourages participation, especially by the younger generation of VTTA members. Only a minority of our members (less than 350) currently submit claims for the competitions even though many others will have the qualifying rides for one or more of them. Modernising how our competitions work would enable and motivate greater participation, which is definitely a good thing!

### How would this work?

Basically, we need to transfer some information between the VTTA and CTT websites. To do this we need to ask our members to give their permission to share that they are a paid up VTTA member, and their group, with the CTT. We would also ask them to agree for the CTT to provide their published individual event results to the VTTA. This does not involve the transfer of any particularly sensitive information but would ensure the process is GDPR compliant. Exactly how permission would be requested and given will be decided as we progress the design of the system.

We would then provide the CTT system with accurate and up to date information regarding VTTA members. At present the 'VTTA Details' area on the CTT site cannot be 100% relied upon because members forget to update it when they join/lapse/change groups etc. The new system will ensure accuracy of VTTA membership information shown on start sheets and will be of great help to VTTA event organisers in validating entries.

The CTT would provide electronically VTTA members' individual results to us on a regular, say weekly, basis. The VTTA website would automatically calculate plusses and determine the best performances that qualify for the season long competitions.

An interim results tables would be published on our website for each competition as the season progresses – for individuals, clubs and groups. Group recorders would be able to view and extract the results that pertain to their own group.

So instead of the results of the competitions coming 'as a surprise' at the end of the season all members would see how they are doing as they complete their qualifying rides.

### **CTT Co-operation**

We are in dialogue with CTT to gain their agreement to this proposal. This involves the design of the technical approach to transferring information between the two websites and ensuring we have a solution that is acceptable to both parties regarding data protection issues. Progress on this is promising and has now gone to the CTT Board. XNcreations develop and support both the CTT and VTTA websites so we have one supplier for the end-to-end solution.

### **How do we pay for this development?**

Three years ago, the VTTA benefited from Les Lowe's generous legacy gift of £12,000. Together with a surplus in the National account we used this money to fund all the new website developments to date. But we are now in a position where we need to raise additional funds to develop the automated solution for our competitions. The figure needed is around £10,000. Discussions at the AGM and subsequent contact and conversations with a number of groups led to the following proposed approach which I communicated in a letter to all groups on 10<sup>th</sup> February.

1. The NEC would make a starting contribution of £2,500.
2. We invite Groups to make a donation per member of their group. With the current membership of approximately 2750 then a donation of £2.50 per member from each group would raise approximately £7000. Groups financial position may vary and it may be that some can only contribute less than the £2.50 but some could contribute more.

If we still have a shortfall after the funds raised from the NEC and Groups we would ask individual members if they would make a donation.

In response to my letter, we have initially received NEC and Group pledges of around £8600, with some Groups saying they could increase their donation if it would help meet the target. It has been encouraging to see such a positive response from all groups. This has enabled us to commit to starting the development work.

### **Next Steps**

The system cannot be ready for the start of the 2020 season but we are working to implement at some point during the season and to process the backlog of results up to that point. So interim results would be available during the course of this year. We will be posting news updates of progress on the website. We will also be communicating to members how they can register their permission to be included in the results.

This initiative will be another significant improvement in how we operate as an Association and further demonstrate that the VTTA is a 21<sup>st</sup> century organisation that is providing a service to its members in a modern and effective way.

*Andrew Simpkins*



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## IT MANAGER'S REPORT

The last round of renewal invitations have been sent by email to all active Individual Members and Primary Joint Members. If you have no email address a communication should have been sent from your group. In the emails all members have been asked to give their consent for their VTTA number, group, first name, last name and date of birth to be shared with the CTT. This is for the purpose of managing their entries and results in CTT events as a VTTA member. We hope all members will tick this box in their profile to give permission.

The Age Records system now has all the new records set in 2019 and the East Anglian group records. The system is working well. If you beat a record, send the claim to your group recorder as soon as the result sheet is published. Don't wait until the end of the season! When you enter an event check the age record that applies to you. Most will seem impossible to beat but sometimes you might spot some low hanging fruit!

This year we are hoping to make some more major enhancements to the VTTA website and I am already busy with writing specifications for them. I hope we get the funds we need to make them happen.

We now have over 2000 registered users on the VTTA website, the vast majority of the membership. If you have not been to the VTTA website [www.vtta.org.uk](http://www.vtta.org.uk) and registered, please do so. If you need any help doing this, please contact your group membership secretary or me.

I am planning my 2020 cycling campaign at the moment and trying to decide on another very long distance event. Suggestions welcome!

*Jon Fairclough*

## NATIONAL MEMBERSHIP SECRETARY'S REPORT

The New National Website is running smoothly, with very few members having trouble joining. However the number of new members is down on the previous three years.

During the last 12 months, January – December 2019, 392 new members have been received. Comparisons with the last three years are as follows:-

### Current Membership

On 31<sup>st</sup> January 2020 the website indicated that 2764 members were 'Active', 153 had 'Resigned' and 75 were 'Deceased'. 542 members were marked as 'Lapsed' and these will be deleted from the website on the 1<sup>st</sup> March 2020. There was also one member marked as 'Pending', not having completed their application.

### Honorary Life Membership

39 Members will be 80 this year. Their various Groups will be advised of this and asked to decide if they will be granted Honorary Life Membership or not.

There are now 444 Honorary Life Members, 28 more than in 2018, Distinguished Life Members now number 7, one more than in 2018. Life Members remain the same at 73.

*Merv Player*

	2016	2017	2018	2019	2020
Jan	45	53	44	61	38
Feb	43	67	58	41	
Mar	55	60	69	41	
Apr	72	59	71	61	
May	53	63	57	57	
Jun	43	51	64	46	
Jul	49	29	51	19	
Aug	19	30	36	23	
Sep	15	6	23	13	
Oct	21	3	16	12	
Nov	11	10	20	9	
Dec	14	9	31	9	
Total	440	440	540	392	

# NORMAN HARVEY RECEIVES DISTINGUISHED LIFE MEMBERSHIP

Norman may be 86 but his enthusiasm hasn't diminished. Apart from his riding, Norman, as Membership Secretary of the Wessex Group, is swift to jog us all into action and was instrumental in pulling the "Group" out of the doldrums four years ago. He is still keen to go for the age records both solo and tandem; this year he only managed the group's age record at 10 miles and the tandem record (with Mary Corbett) at 10 and 15 miles, but that does not dampen his quest to look forward to 2020. As the season was coming to an end Norman was busy organising the group's lunch and also taking over the secretarial duties.

If you needed a "template" to describe meritorious service to the VTTA, look no further than Norman Harvey.

Norman was not aware of his nomination for this honour but was surprised and delighted when the announcement was made at the Wessex Group luncheon, of which he was the organiser. His thanks for the award are reproduced below:

*Dear Andrew, Rachael, David and members of the NEC*

*On Saturday I was astonished and very honoured to receive the award of Distinguished Life Member.*

*Thank you to all who were responsible for proposing me and for supporting the proposition.*

*I feel very humble knowing that there are many members who give their time to keep our sport alive and successful.*

*I have enjoyed a life-long interest in sport, especially cycling, and have competed in most aspects from playing bicycle polo, road racing, track and grass-track.*

*As a "middle marker" I have enjoyed time trialling at all distances up to 24 hours. So I am indebted to the many volunteers who have made all that possible.*

*Over the years I have been a Commissaire, Judge, Starter and Road Race Secretary for what was the BCF Wessex Division and race organiser.*

*I have been and still am a CTT timekeeper for many years.*

*My outlook on life is to be happy, do my best and enjoy each day as much as possible.*

*Again thank you for the award.*

*I wish you all a happy 2020.*

*Norman Harvey*

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# ANGELA CARPENTER - VTTA SUPER-WOMAN

By Bob Jolliffe



Few women have ridden sub four hour 100s, but Angela Carpenter managed it in her one and only effort over the distance. It was entered on a whim, and raced just two days after moving into her house in Chichester last June. “Exhausting. I don’t seem to make life easy on myself,” she said.

That 100 mile time of 3:53:16, coupled to 50 in 1:52:48 and 51:56 for 25 miles earned the 50 year-old fourth place in the CTT Women’s British Best All Rounder competition, one of numerous spectacular results and age records she set during 2019. They included the VTTA National 10 and 25 titles on scratch and standard, the National Three Distance Competition overall and first woman and third overall in the VTTA Short Distance competition. She also set National age records for 15 miles, 25 miles, 30 miles and 100 miles.

There was also an equally impressive showing in the Wessex Group Two and Three distance competitions and BAR and there were also age records at 10 and 50 miles. A host of other awards came in CTT National and South District competitions.

All of this is some achievement, especially when you hear that she only started riding time trials in South DC’s Sporting Road Bike series in 2017, in which she won the Spring Cup. She actually started cycling in her early 30s on a heavy mountain bike. “I loved it and took to the trails both locally in the South Downs and in the Lake District, Wales, Quantocks, Exmoor and even Greece,” she said, adding “It was all for fun, no racing.”

Then she started running, doing adventure racing including the Scottish Coast to Coast, which also included mountain biking and some kayaking. “My adventure racing team duo was called Brains and Brawn. I was the brawn, which got me out of being blamed for navigation errors.”

She got a road bike in 2007, but it was tucked away for a while as running took precedence. But she began having breathing issues, which eventually led to a diagnosis of asthma and her stopping running and taking up some gentle cycling instead.

Three years on and with the diagnosis made, her cycling became more vigorous. She took part in the Rome Granfondo, three Ride Londons with Team Prudential and then the UCI Tour of

Cambridgeshire Road Race in 2016. She got on the podium in the road race, but it was the time trial she had seen the previous day which looked safer and grabbed her attention.

That led to her entering the Cambridgeshire time trial in 2017 and also the South DC Sporting events. It was after one of these that she met up with competition organiser David Collard-Berry and asked him if she could join his club A3 Cycle Racing Group or ...a3crg, named after the Portsmouth-London road. In May that year she got her time trial bike. "A lot has happened since then," she said.

That included fracturing her elbow and pelvis after a crash in May 2018. While she didn't bounce when she hit the deck, she soon bounced back onto the bike and was into winning ways.

The risk of crashing, by the way, is why she doesn't road race. Her turbo trainer has taken a pounding this winter because her job as a chartered financial planning director gives her limited time, and the extra mud caused by the winter's copious rain means she left the mountain bike safely at home.

"In winter I do a fair bit of turbo, but probably only average four sessions per week including any outdoor rides," she said. "I am often time-crunched, so turbo is efficient use of time and my only option of a winter evening.

"It is good for sanity though to ride outside when the winter weather and light permits. I don't go to the gym but know I should. I try and do a bit of weights and conditioning at home, but this is sporadic and not nearly enough."

She was "truly staggered and overwhelmed" by last year's success. "2019 was a challenging year for a variety of reasons and I struggled mid-season but kept going in the belief that it would come good again. I was overwhelmed with my achievements and best performances. I had no idea really. I race a lot - too much - so I was just racing and moving on without realising all the achievements racking up."

Next year and beyond she is looking "for more of the same" but likes to be "flexible in her approach". "I have no idea how long I will continue. As long as I enjoy both the training and racing . . . and can stay motivated."

Angela is definitely a determined woman. "I enjoy pushing and challenging myself, and the challenge of pushing through workouts or races to see what the body and mind can deliver. I naturally want to do things as best as I personally am able to and strive to get the best out of myself," she said.

She has no special diet and includes in her favourite foods curries and spicy stir fries, good wine and "quality chocolate".

"I enjoy all sorts of music including Cold Play, Eva Cassidy, The Lightning Seeds . . . but turbo tunes are all about energy/dance, featuring CamelPhat\*."

*\*Dave Whelan and Mike Di Scala, best known for getting to No 3 in the UK Dance Chart with Cola in 2017.*

# NOTES ON THE AGM WORKSHOP

The workshop preceding the AGM was well attended by group representatives. It comprised four presentations and discussions. These Powerpoint presentations have since been distributed to groups and are also available to download on the website. This note briefly summarises the main points that arose in some lively and positive discussions.

## The New Age Records System

Jon Fairclough gave a presentation of the new system that covers both national and group age records. He explained that the system includes a powerful 'calculation engine' that can automatically determine the status of a record claim that is entered; e.g. group record, national record, beaten record. There are also helpful search facilities for records. A key benefit is that records can now be entered and viewed during the season rather than waiting for end of year publication. Those groups who do not currently keep age records were invited to contact Jon if they would like help in establishing their own group records now that we have a system that makes this much easier to manage and properly integrates national and group records.

## A Way Forward For Season Long Competitions

Andrew Simpkins presented a proposal for us to access and utilise results on the CTT site to automate the claims and calculation of our season long competitions and provide in season status reports on the three competitions. He then explained the need for us to raise additional funds to pay for the development given the current position of national funds and the investment already made in the website.

The proposal was well received and seen as a major enhancement to how we currently operate these competitions. The need to raise funds was accepted and a number of ideas were discussed, with a general willingness to explore how both groups and individual members might contribute. The Chairman agreed to follow up these suggestions and to communicate further with groups on a way forward.

## Investigation into Proportional Standards

Geoff Perry reported on the NEC's investigation into Proportional Standards, which was proposed at the 2019 AGM. Geoff explained the basis of this approach and the analysis that had been carried out using results from a number of recent championships and the impact on both men and women's standings. Somewhat surprisingly, using the different formula of Proportional Standards it had been found to have only a marginal impact on results with very few changes, for example in the podium positions in championships. Proportional standards would be more complex to administer and would require a spreadsheet to perform the calculations. The conclusion was that Proportional Standards would not make such a significant difference that would justify their additional complexity to administer and the need to agree their implementation at an AGM.

## Alternative Presentation of Results on Standard

Geoff also gave a response to the letter by 'Rudyard Ryder' in the December edition of The Veteran. The letter proposed an alternative presentation of a result on standard, which instead of showing the plus would use the plus to produce an adjusted actual time for the rider. Geoff explained this would effectively be like a handicap time and represent what the rider would have been capable of at age 40. This approach was easily understandable and would be more intelligible to newcomers to the VTTA. The general response was that it would be worth trying it out at some events this year.



## NATIONAL PRIZE PRESENTATION 2020

*By Mike Penrice*

The presentation of national awards again formed part of "AGM Day", slotting between lunch and the AGM and was again at the Ramada in Solihull. 23 members were present to receive their awards, but a further 60+ were not. Unfortunately Wessex Group, who had taken many of the major awards through David Shepherd, Christina Murray, Angela Carpenter, Steve Williamson and others, had arranged their presentation lunch for the same day so were all absent.

In the absence of our President Carole Gandy the awards were handed out by Alan Colburn, former holder of that post, assisted by Awards Secretary Ian Greenstreet and Rachael Elliott, who summarised each rider's achievements.

**Steve Lorraine** (Midlands) - Team Swift 50 mile club team member in a championship run off very much on their home turf.

**Keith Dorling** (East Anglian) - Short Distance Competition group team member, having completed a packed season of 28 events.

**Martin Reynolds** and **Chris Dyason** (East Anglian) - both members of the Short Distance Competition group team and also Cambridge CC 25 mile championship club team members.

**Andrew Grant** (East Anglian / Cambridge CC) - also a member of the winning group team in the Short Distance Competition and both the group and club teams in the 25 mile championship. Individually he was third man in 10 and second man in the Three Distance Competition (+58:45).

The decision to hold the 30 mile championship in Scotland gave their riders more opportunity to take awards and several Scotland Group members had made the long journey south to receive their plaudits. First of these was **Catherine Logan** (Fullarton Wheelers) who was second woman in the 30 championship (+10:14).

Women's 30 mile champion (with +14:26) was **Patricia Baird** of Ecosse Performance CC and with an appetite whetted for VTTA championships we may see more of her in 2020.

**Alan Maclean** and **Isobel Fletcher** (VC Glasgow South) were the next Scotland members up to collect their medals as 30 mile tandem champions.

**Alex Munro** was the final Scotland Group member, being part of the winning SVTTA 30 mile club team.

Present in her capacity as North Lancs and Lakes AGM delegate, **Sue Cheetham** (North Lancashire RC) took a silver medal for second woman in the 15 mile championship, promoted by North Group on the remnants of the once super-fast Catterick course.

Yorkshire's **Andrew Askwith** (Vive le Velo) was present and duly collected his two Best All Rounder medals, as a member of both the winning club and group teams.

Double tandem champion at both 15 and 50 miles, **Murray Kirton** (Midlands / A5 Rangers), collected gold medals both for himself and absent partner David Stockley.



*Ron Hallam won the Short Distance Competition for a fifth time*



*Men's 24 hour champion Paul Jackson from Guernsey*

Next up was **Michelle Lee** (West / PDQ Cycle Coaching), one of the newer names to rise to the higher echelons of women's competition, taking third place woman in the Three Distance Competition (+1:00:03), which included a phenomenally fast 100 mile ride of 3:48:23.

Another lady member to excel was **Kathryn Smith** (Notts & East Midlands / Sleaford Whs), who collected her medal for third place woman in the Best All Rounder with +52:30.

Travelling as far as our Scottish members was men's 24 hour champion **Paul Jackson**, who hails

from Guernsey but is a member of Surrey/Sussex group and Team Bottrill. The audience were left wondering how on a small island he trained to achieve 485.21 miles (+141.12).

Multiple award winner, and another new name, was Vive le Velo



*Scotland's Patricia Baird, women's 30 mile champion*

and Yorkshire group member **Darren Yarwood**. Darren was third man in the Best All Rounder (with +1:14:58), also a member of the winning club and group teams in the Best All Rounder and a member of the 12 hour club team.

**Peter Horsnell** (East Anglian / Chelmer CC) needed no introduction to the assembled throng and despite having recently celebrated his 90th birthday he almost skipped up to collect his awards, which for 2019 were third man in the 25 (+18:53), 25 mile group team member, third man in the Three Distance Competition (+56:59) and a Short Distance Competition group team member.



*Winners of the C W Cooke Trophy - Rachael Elliott and Ian Greenstreet*

Another regular at the national presentation was **Katja Rietdorf** (London & Home Counties / Born to Bike), who is the 100 mile women's champion (+67:59), was third woman in the 12 hour (+68.47) and second woman in the Best All Rounder (+1:07:57).

**Ron Hallam** (Nottingham & E Midlands / South Pennine RC) once again outwitted the age standards, despite the less favourable allowances for the 'oldies' in 2019. He once again won the Short Distance Competition (still being the only name to adorn the L de Camellis Bowl) and he became 15 mile men's champion (+10:22) by a narrow margin after sneaking in another birthday a few days before the event.

**Keith Ainsworth** (North Midlands / Sheffrec CC) started his season well by becoming the 10 mile men's champion, for which he won the Ken Matthews Cup. In the other championships the top spot eluded him but he still came away with three silver medals for second man in the 15, 25 and 50 mile championships. His year also included five age 60 national age records, all except his 50 ride being at 30mph plus.

Andrew Simpkins then took over the announcing as the C W Cooke Trophy was awarded jointly to **Ian Greenstreet** (L&HC / Aerocoach) and **Rachael Elliott** (L&HC / Newbury RC) in recognition of their outstanding mixed tandem rides of 2019, which rewarded them with five competition records and six VTTA national age records. They also received medals as VTTA tandem champions at 10 and 25 miles.

The final presentation was of the Ted Bricknell Memorial Award, which was made posthumously to **Steve Lockwood** for his work as National Recorder but more specifically his massive contribution to the recent standards review, which resulted in the 2019 standards tables. The Award was intended to be made to Ruth Eyles, Steve's partner, but as she had a prior engagement it was received by Alan Colburn to be passed on to her. Alan lives nearby and duly completed this task early the following week.

That concluded the presentation of national awards so after completing the photo calls it was on with the serious business of the AGM.

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## ANNUAL GENERAL MEETING 2020

*By Mike Penrice*

The meeting was attended by 30 group delegates from 15 groups plus 5 NEC members.

### Reports

The Chairman presented the annual accounts, explaining the reasons for the deficit on the year was primarily due to the investment in the new age records system. The NEC bank account is now coming close to what may be considered a prudent minimum reserve equivalent to about 6 months expenditure.

The Chairman highlighted some items in the annual report distributed with the agenda. For example, the membership statistics by group noted a slight decrease in membership last year. Around 400 new members joined over the year but c450 lapsed. The revised standards tables are working well, and more riders are riding for standards this year. Separate tables and medals for women in the season long competitions have been introduced and well received.

The Chairman explained the financial forecast, which showed that some increase in national subscriptions was needed primarily to fund the ongoing cost of the new website which had been

effectively subsidised to date by Les Lowe's legacy gift to the VTTA. The current arrangement however, whereby increases in the national subscription effectively have to be approved a year in advance by the AGM, makes it more difficult to plan sensibly for NEC income and expenditure.

Following discussion, Alex Munro (Scotland) suggested the NEC notify groups in September about an increase in subscriptions for the following year. This would warn groups in advance when they set their subscription fees in October. The AGM could then retrospectively pass this increase at the January 2021 AGM.

It was proposed and agreed that there should be a fee increase in 2021 and the 2021 AGM would endorse this as described above.

There was a discussion about reallocating the Stevens Memorial Trophy, the Brafman Cup and the Pett Trophy to national championships owing to ongoing confusions with the event organisers regarding the floating allocation of these trophies. It was agreed to keep the allocations for this year, as already published in the agenda papers, but to review the suggested reallocation for 2021.

### Rules and Regulations Changes

Several proposals were non-contentious technical changes required to reflect changes to operations within VTTA. These were all approved with little discussion, but were:

1. NEC membership now includes both road and track records secretaries and IT manager.
2. Simplified procedure for membership quarterly returns between national and group treasurers.
3. Group motions to national AGM may now be submitted by group committees where their AGM falls after the cut-off date.
4. Joint membership definition clarified.
5. Rule requiring standards plaque can be awarded in lieu of 4 medals amended to give groups discretion on quantity.
6. Process for claiming national and group age records amended following implementation of website records system.
7. Clarification that all qualifying rides for BAR and other competitions must be completed whilst a VTTA member.
8. Group recorders now have discretion over evidence required with season long competition claims; printed result sheets are no longer mandatory since results are now generally available on CTT website.
9. Kent's proposal regarding extending membership benefits for partners of DLMs and HLMs following the death of that partner attracted some discussion (although affecting only a very small proportion of the membership). It was agreed that groups would be given discretion to continue membership benefits (such as VTTA publications) to the surviving partner, with no subscription payable.
10. London & Home Counties proposed that for all national championships tandem riders should be awarded 1st, 2nd and 3rd place medals and the winners should also receive champion's jerseys. Similarly trike riders should have separate championships with the same range of awards. Their belief was that this would increase participation.

It was pointed out that tandem championship costs would increase by approximately £113 per championship and trikes by £83 per championship; there are 8 championships. There was discussion around the following issues:

- Although there was support for encouraging more riders, a number of attendees made the point that fields of tandems and trikes are typically small (often with less than three machines) and it would be expensive and possibly inappropriate to add more awards in these circumstances
- Although more awards might encourage participation, this was not certain and it may be better to consider some other options around specific tandem and trike championships
- There was discussion about awarding different numbers of prizes depending on the size of the field. However it was highlighted that there would have to be a further regulation change in order for this to happen.
- Andrew Grant (East Anglian) proposed that there needs to be a more comprehensive review of how all medals are awarded in championships. An example was given about how women and trikes currently count in team events, but tandems do not.

The Chairman proposed that given the comments it may be appropriate if the tandem and trikes motions were referred back to the NEC for further consideration and as part of a wider review of what awards should be made in championships and on what basis. A vote supported this course of action.

### Election of Officers

All officers were re-elected for a further term. It was noted that a misunderstanding had occurred in that Carole Gandy had already served a 5 year term as President but a request had not been issued for nominations for a new President. Carole had expressed a willingness to stand for a further year if the AGM was to agree. This was accepted unanimously and the meeting noted its appreciation of Carole's willingness to do so.

The Chairman expressed concern at the continued lack of a candidate for the role of national treasurer. He was 'filling in' on the role and confirmed that it was not particularly onerous but that a long term incumbent was urgently needed

Committee members were re-elected, there remaining one vacancy since the death of Barry Quick. (Following the meeting Tony Farrell (M&NW) has agreed to join the committee.)



*The Ted Bricknell Award for outstanding service to the VTTA was confirmed at the Association's AGM and dedicated to Steve Lockwood of the Midlands Group.*

*Former President, Alan Colburn, accepted the award on behalf of Ruth Eyles and volunteered to deliver it to her.*

*This was done on the following Tuesday and Ruth remarked that she was pleased that Steve's immense contribution had been suitably acknowledged.*



# OBITUARIES



## NEIL KING

**2<sup>nd</sup> October 1947 - 10<sup>th</sup> October 2019**

Neil was one of those people who once you met him, he stayed in your memory due to his sense of humour and outgoing personality. He was born in Romford, Essex, in October 1947; he became a life-long cycling enthusiast after he and his elder brother, Stuart, started riding with the Easterley RC, due to living opposite Rory O'Brien, the proprietor of the local cycle shop.

Neil and Mary were married in September 1970. They moved up to Manchester where Roy spent a number of years with the now defunct South Manchester RCC, which included helping young club members. Neil later joined Manchester's Abbotsford Park Road Club, then the VTTA in 2002 to do some time trialling. He managed to improve all his times from his youth.

Until his retirement in 2012 Neil ran his own business, cleaning kitchens for the catering trade. As a hobby, Neil played the mandolin, guitar and violin and had an eclectic music interest; big band, jazz, folk etc. He was also a keen reader.

Cycling holidays in Italy, France and Spain with a group known as the Chelford Vets proved to be Neil's forte, where he was always the life and soul of the party. As soon as Neil's name appeared on the list for the holiday everyone knew they would be in for a good laugh, and, as can be seen from the photo taken on last year's tour, the red wine flowed! He was also proud to have completed the

Lands End to John O'Groats ride with a local group of riders.

Despite suffering the heart condition of atrial fibrillation which was diagnosed in 2017 and for which he had a pacemaker fitted in August 2018, Neil got back to riding regularly - it was a real shock to hear he had passed away.

On 10th October, Neil was riding with some friends from Manchester Velo on their Thursday coffee run, which he regularly took part in; the group were climbing up Church Lane in Goostrey when he got into difficulties and dropped off the back of the group. Sadly, he had passed away, still on his bike but slumped against the roadside hedge. A great shock, in fact Neil had joked with Mary that he would like to depart this life while cycling. Perhaps that's the way we might all choose to go.

Neil could often be found helping out at many differing cycling activities - track, road racing and time trialling. He didn't need to be asked twice, and this was reflected in the number of friends at his funeral at Manchester Crematorium on 25th October.

Neil is survived by his wife, Mary; his daughter Suzanne and son Chris; his sister, Hilary and four grand-daughters.

*Ian Clark*



## ROGER BACON

24<sup>th</sup> December 1939 - 1<sup>st</sup> December 2019

MORE than 150 relatives, friends and cycling colleagues said a sad farewell to New Forest Cycling Club's president, Roger Bacon, at the Test Valley Crematorium near Romsey. Roger died at the Royal Bournemouth Hospital after a brief but courageous fight against cancer on Sunday, 1st December, just short of his 80th birthday on Christmas Eve; he had been ill since late July.

Most recently noted as the enthusiastic organiser of New Forest CC's Boxing Day 10, Roger had, in the past, been a top level cyclo-cross rider, at one time wearing the colours of Pipers of Poole as an Independent, an enthusiastic time triallist, a keen Audax rider and a well-travelled tourist. His bikes took him to places as far afield as Iceland and New Zealand and he had regularly led rides, or more latterly drives, to the Ghent Six Day.

Roger was a founder member of the Wessex Cyclo-Cross League and also staged numerous cyclo-cross races including the New Forest CC two-day in the 1970s, led Sunday club runs, youth hostel tours and was New Forest CC's innovative and inventive time trial secretary. He was a regular with the stopwatch at club time trials and other events throughout the South and had been a recipient of the Ray Price Award for services to cycling in the area. Despite his illness, he organised the most recent club Christmas Lunch

on Sunday, 8th December in Burley, where diners held a one minute silence in his memory. Until he suffered balance issues almost two years ago, he had been a regular at Scrumpy Wheelers' Wednesday lunch meets in both Bournemouth and Southampton areas.

Roger's father had been a farmer at Lymington and then Milford-on-Sea. As a teenager Roger trained at Sparsholt Agricultural College near Winchester but eventually eschewed taking up farming because it would not leave him enough time for cycling. He went into boat building instead, which allowed him time to participate in his sport.

He was also a keen ornithologist and was a member of Hampshire Ornithological Society. He had been due to fly to Canada with his daughter Jenny and family for a bird watching trip when he was taken ill.

He leaves his wife Rosemary, daughters Karen and Jenny and grandson, Cameron.

My personal best memories of Roger include trips to the Skol Six-Day in London in the early 1970s where we witnessed the skills and thrills of the likes of Patrick Sercu and Tony Gowland and, more recently, tours in France and Ireland. Sadly missed.

*Bob Jolliffe (New Forest CC clubmate)*



About 60  
years  
apart



# ROY LAWTON

## 3<sup>rd</sup> March 1933 - 12<sup>th</sup> October 2019

Roy fought hard with grit and determination to stave off illness, just as he did in his training and racing years, but unfortunately there came the final timekeeper...

He was born in Congleton in 1933 to Phyllis and Albert Lawton, eldest of four. Roy met his wife to be Marjorie as he worked as a fitter at Heath's textile mill in Macclesfield, introduced to her by her Mum, Annie. They went on to have 3 children, 9 grandchildren and 7 great grandchildren.

In 1953/54, he served in the RAF as an airframe fitter, mostly based in Germany. He then stayed in the aircraft industry, working at Avro, which became Hawker Siddeley then British Aerospace. He retired at 58 after working on iconic aircraft such as the Shackleton, the Vulcan bomber and Nimrod.

Roy never owned or drove a vehicle; he was more than happy to pedal his way everywhere, in any weather. He used to take his family camping and once cycled to Barmouth just to check out a camping site. He then rode back, all in the same day, probably a 240 miles round trip.

His first competitive cycle race was in 1949 aged 16 for Congleton CC. He joined Macclesfield Wheelers later that same year, and over 49 racing years went on to win in excess of 30 club trophies, not to mention winning open events.

He recorded every race he competed in, and between 1982 and 1983 held three club records. Already holding the '30' record, in just a four

week period he broke the club record for a '50' with a 1:54:03, achieved a PB '10' with a 22:54, and four days later, took 10 minutes off his great friend Graham Wardle's '100' club record, with a 4:06:39 (which he acknowledged as his all-time best ride).

Roy ceased racing in 1998 following a club run accident that led him to have a hip replacement.

However this setback could not deter him from getting back on the bike and he armed himself with a walking stick strapped to his top tube.

He had many, crazy, bad accidents over the years and was very well known at the Macclesfield District Hospital, and ultimately he became part man and part machine.

Roy enjoyed many cycle tours round the UK, and abroad including France, Majorca, Minorca, and Cyprus, but he had the tour of his life when he joined his great friends Roy and Nora Wesley for a

world tour. They had such a fantastic time.

Belatedly, in 1976 Roy started to log every mile, racing, training and touring up to when he had to give up cycling in 2015. In that 39 year period he clocked up a staggering 317,000 miles, and he estimated that the miles he rode before 1976 were around 150,000. So he was edging toward a half million miles. In some years he would clock over 13,000 miles, more than many people would clock in a car!

*Ian Lawton*



## ROD OVERTON

2<sup>nd</sup> January 1934 - 11<sup>th</sup> November 2019



We are very sorry to report that Rod Overton, one of Kent's best ever riders, and the first man to beat the hour for a '25' on a Kent course, has passed away after a period of ill health.

Rod's cycling began in 1947 with the Dover CC, but after moving to Maidstone he began racing in 1949, with the San Fairy Ann CC. In his first event, an inter-club '25', he recorded 1:05:28 for second place!

By 1950 he was track racing all over the country, one major highlight being fifth place in the senior national five miles grass track championship at Newcastle, while still only 16. In 1951 he set many club and course records, including a 23:15 in a junior '10', establishing a course record that stood for 22 years. He also beat the reigning BBAR, Ken Joy, in a '25'.

It was in 1954 that Rod achieved his first sub-hour '25', 59:48 set in a Thanet RC club event. Rod then enjoyed many individual and team wins across the south-east over the next few years. His best ever season was probably 1959, two

highlights being wins in the Finchley CC '25', in which he beat Alf Engers, and the Eagle RC '50', on the E1, when he recorded 2:00:26 in windy conditions, beating a number of that season's main BBAR contenders.

By the mid-1960s Rod had moved up to the longer distances; his PB '100' and '12' were 4:29:24 and 244 miles, in 1965 and 1967 respectively. He took the San Fairy Ann senior BAR from 1966-1968, and helped his club to three team wins in the Kent CA BAR during this period.

In 1973 he focused mostly on the KCA BAR, finishing in second place, but his best ride came in the Brentwood '25' on the E72, when he reduced his PB to 55:41, another club record.

Upon reaching 40 Rod reverted to the shorter distances, and in 1976 he recorded a super-fast 53:02 on the E72 in the Southend Wheelers '25', a new VTTA national record for age 42. Two weeks later he was back on the same roads to win the University CC '50', recording a PB of 1:54:30. The following weekend he was a member of the South East DC team that finished second in the 100km TTT Championship at Newark with 2:16:35, 2:16 down on the Kirkby CC. Rod then recorded a PB 21:37 in a VTTA (Kent) '10', another club and VTTA national age record.

Rod enjoyed another good year in 1977, including a 1:06:42 PB '30'. Then at the end of the season he gave me his best wheels and retired from the sport. He would never race again but he continued to take a close interest in cycling, and remained in contact with several long-standing friends.

Rod leaves his wife Rosemary, daughters Carol, Sandra and Tracey, son Nigel, eight grandchildren and six great grandchildren, to whom we extend our deepest sympathies.

*Mark Vowells*

*Credit photo to Legends of the Time Trial*

## PETER READ

3<sup>rd</sup> January 1945 - 5<sup>th</sup> February 2020

Pete Read was born in Goole, he was the oldest of three children. He attended Selby Technical College and when he left school, he had a number of jobs before joining the family jewellery firm, where he worked until 1985.

In the cycling world Pete wrote several manuals on structured turbo training using heart rate monitoring. In his 'Blue Book' he described his introduction to the sport, although his modesty meant he rarely talked much about himself. *"I started riding the bike in February 1978 at the age of 33. My eldest*

*son Julian was then almost 14 and just becoming interested in the sport. Because of his age I naturally thought I would accompany him....*

*Within a few weeks I was 'bitten' and started riding time trials. I continued with very little success until autumn 1985, my training was generally haphazard and rather hit'n'miss. My relative lack of success in those seven years caused me to*

*seriously look at my cycling career ..... I decided to try one more season, but to devise my own training methods."*

*"During autumn 1985 I saw an advertisement for a "wind load simulator", or "turbo trainer" as they are now known. I located one and knuckled down to experimenting with various structured training programmes. I couldn't ask anyone for advice because this was the first turbo I, or anyone I knew, had ever seen. I was entirely on my own for the winter 1985/6. I emerged in*

*spring 1986 a completely changed person. I was now 41 years old and won my first open 25 by a margin of over 2 minutes.... I knew then, that for anyone struggling to make the grade, methodical structured training was the way to go!"*

Whilst continuing to race, initially with Goole Vermuyden CC and later VC York, Pete made big improvements, setting personal best times and winning events. He qualified as an ABBC coach and left the family firm to concentrate on his cycle coaching. Pete soon started to build a

reputation and worked with individual riders on personal training programmes, one of the first to do so, and he held training sessions with cycling clubs. He wrote three books about turbo training, setting out generic training programmes which involved turbo training and heart rate zones.

Keith Murray was one of Pete's coached riders and in 1997 he broke the military world hour record; this led to

the formation of a small racing team - Pete Read Racing - for the 1998 season. The team announced its arrival on the scene in 1999 by winning the men's national 50 team prize, which they retained in 2000 and 2001. The women's team also won the British Best All Rounder in 2000 and 2001. This success was down to Pete's vision and his ability to motivate and prepare riders to succeed. In 2005 Pete Read Racing became Team Swift in recognition of the support that Swift Caravans provided for the



team. This also brought about a change of direction with the team now organising events including national and charity events; the team dominated time trials with seven BBAR team wins and national championships and competition records at all distances.

Pete was the founding father of Team Swift and was very passionate about making sure that they were not seen as just a racing team. He was at every event as pusher-off, there can be very few people who he did not push off on the V718, but he also insisted his riders helped at some events. Pete was a member of the VTTA, which

he joined in 1988, and he was a reliable helper at many VTTA Yorkshire events.

In the last few years Pete was not in the public eye as much, which was due to his decline in health; he was not well enough to do some of the things he had done in the past. Pete was a remarkable and humble man. His vast knowledge of training and his willingness to engage with people ensured that he had the respect of his peers. He will be sadly missed but his contribution to our sport will always be remembered.

*Mike Williams (Team Swift)*



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## **EAST ANGLIAN**

### **Mary Horsnell's musings**

The start of the year is well behind, likewise the start of the competitive season, but first to deal with matters arising.....

Eric Angell, once a top man in Essex and still a willing helper at events, took the trouble to sit down and write to me on Christmas Eve, as follows:

*"I was inspired by your 'gloomy, wet power struggle' in the 1967 National/ECCA '12' [Veteran December], so I dug out my well-scribbled-on (schedule calculations start/result sheet. It makes for some great misty-eyed reading of days well past, eh? So many names now lost to us, including organiser Alan Osborne. The beautifully hand-drawn course map is a work of art, and the feeding arrangements probably don't meet modern nutritional requirements!*

*Those were the days when we could - within reason - ride or race on any road before God Car took over.*

*My old adversary Roger Stokoe claimed a well earned fourth. A couple of months before this we had a ding-dong battle in the Counties '100' (the last one to be held on the E1), where he beat me to the win by 3 seconds! Modestly, I must add that a certain 18 year old - fresh from his win in the Goodmayes '100' - managed fifth place.*

*I am now confined to an electric bike after surviving major surgery."*

Unfortunately Roger (Stokoe) has also suffered serious health problems, but reports "Now on the turbo". We wish them both well.

Many famous names have become converts to the once despised e-bikes, the latest being Mick Pepper. It has given him a new lease of life, after his many escapades.

Lorna and Tony Hanlon in sunny southern Spain were full of praise for their e-bikes and still riding with a group of ex-pats, when disaster struck. This from their Christmas letter:

*"This past year for us has not been a very happy one. Last summer I was still learning to walk again after the terrible road traffic accident I had in late September. Even now I am still attending the hospital for physiotherapy for my pelvis, left leg and dislocated shoulder. When this is completed the solicitor will then proceed with stage two of the claim against the driver who took me off on a busy roundabout. Luckily my solicitor was driving the car behind the one which hit me, so I could not have a better witness.*

*September brought the tail end of hurricane Dana from America, we had no warning of how bad it would be. Our basement just filled up, with water coming in from under the floor tiles and walls. It took us 2 weeks to physically recover from our efforts drying the rooms out, only to get a second dose of the same. We need to have our foundations strengthened and enlarged, with drainage to match, and are waiting for the government to send us their contribution towards the €6,500 that has to be spent to repair the damage. This is covered by the insurance companies having to 'donate' a percentage of the money we give them for house insurance."*

Lorna has a special birthday to celebrate in 2020, which we hope will be a happier year for them.

Another record holding lady, nonagenarian Connie Tapper, sends a message to those entering this category, "Life need not end at 90!" She still rides her bike in suitable weather and, of course, the inevitable turbo trainer.

Moving a step down, the list of riders over 80 makes interesting reading, but where are those ladies, whose names graced result sheets for so long? They are now only to be found among the officials and organisers, which is still great credit to them. Have they, perhaps, become discouraged by the phenomenal times being recorded by the younger women?

It's a different world, and to read about times past Martin Purser's recent book 'The Life and Times of

Stan Spelling' is recommended. There was also mention in the Veteran/December of another famous trikie - S.P.V. (Stan) Bray. What is amazing about these two is that in spite of amassing so many records and so many miles, they still found time to write about it all and, in the latter's case, to compose a book of poems - he gave me a copy in 1992 at the national lunch at Warwick. The achievements rated most highly by them were as team counters, whether it be for RTTC or VTTA championships or records.

Chelmer CC's once formidable veteran's team is now literally off the road, for that is where Antony Stapleton went - into a ditch. A clubrun spill left him with a punctured lung and other problems. John Golder is left to count the number of awards Chelmer might have won had he and Pete had a regular back-up man or woman. In 2019 John has also been a hospital patient, after a similar mishap, but hopes that a holiday in the Caribbean and club trips to Majorca will bring some welcome sunshine and aid recovery.

For those who are continually asking "Whatever happened to Antony Stapleton?", it's here in his own words:

*"Main focus for the spring and summer is providing cycling holidays and training camps for cyclists of all abilities on the island of Mallorca. I'm involved with a new business 'Ciclos Major' along with two other well known riders, Darryl Leese and Liz Rooney. Darryl is a member of the Glendene and Liz of Velo Club Norwich. We're based in the resort of Alcudia in the north of the island, in partnership with a hotel chain 'Zafiro Hotels'. We offer 4\* and 5\* accommodation and daily guided rides from 10 miles to 100 miles, at speeds to suit.*

*That should take me into May, when we return to the UK, maybe for a bit of racing?"*

Group chairman Andy Grant has produced, among other things, a very comprehensive list of all events and prizewinners for 2019. It covers about 20 pages, in which he and his Cambridge clubmates figure prominently - an inexhaustible supply of them!

In his summing-up he mentions "Another odd phenomenon of this year was the failure, even by potential winners, to enter the season long competitions. There were EA Group members who rode a 12 hour, yet the Group's BAR's go unclaimed

by rider(s) who would certainly have won them and could have figured highly in the national results." Becky Taylor (+74.474) was BOS in the group (Breckland) 12 hour, while Dave Green won the Eastern Counties CA Vets BAR (over 25, 50 and 100 miles) by a close margin from Andy: +7.436 to +7.426.

The Counties committee do not seem fazed about giving out their old and very valuable trophies, in their 110th year. As recipients at the EA 'vets do' we were rather surprised to be asked to hand theirs back for storage and to receive a photo instead, kindly supplied by Davy Jones. Maybe there could be a change for this year. The gathering was marked a success, numerically holding level; it would hardly be possible to squeeze any more into the available space, and everyone was chatting to someone. It was good to see old friends, especially Brenda and Brian Tate in good form. Our leading ladies Becky Taylor and Jackie Field almost made a clean sweep of available awards. The reversal to the old time seating was generally approved and made for a jolly afternoon, in spite of the weather!

The WHAT? Yes, outside a gale was blowing, all early events cancelled, and as I write, the tail end of Storm Dennis has been pouring and blowing a gale for 24 hours or more. Now there is a power cut, more trees down, and I am writing by candlelight, reminiscent of wartime days. Then it was homework in the air raid shelter, on your knee - pen and ink, blotting paper, smudges, spots of candlegrease - and a black mark from teacher for the mess. Now I shall get a black mark from the Editor for being late!

Just time to squeeze in some late and very sad news. Llewelyn Ranson, an old friend, has passed the chequered flag for the last time. He died on 13th February in far away Aberdeenshire, where he had lived with his daughter since leaving East Hanningfield in Essex several years ago. He was 102 years old and had been a VTTA member since 1987. The funeral was to be held in Scotland on 27th February.

## **KENT**

### **Mark Vowells for Ian Turner (on holiday)**

The Group's Annual Lunch and Prize Giving was held on Saturday 8<sup>th</sup> February, once again at the

Weald of Kent Golf Club, with its excellent carvery, although we have to book early to be sure of securing the venue. By holding the lunch on a Saturday we once again had the exclusive use of the restaurant area, and the 94 bookings were well up on the figure for last year. A huge vote of thanks is due to Tom Morton, our Social Secretary and his wife Barbara who once again ensured a highly successful and enjoyable event.

Unfortunately, our Guest of Honour, Paul Tuohy, Chief Executive of Cycling UK, and his wife Wendy, were unable to attend due to unforeseen circumstances. However, Paul had sent in a written copy of his speech which Mick Ballard, who had been due to respond to Paul's toast, relayed to us, with the addition of a few of his own light hearted comments and observations.

Paul Mephram was once again on form as MC and began by congratulating Dave and Barbara Wright on their forthcoming 60<sup>th</sup> wedding anniversary and Dave's 90<sup>th</sup> birthday! Alan Rowe was then presented with a copy of *Cycling and Mopeds* from February 1959, which reported his win in that year's Castleneau CC medium gear '25'! (Alan's time of 1:02:01 had put him 29 seconds ahead of second placed John Woodburn.) Paul then took wine with the seven past competition record holders and national team champions present: Mick Ballard, Paul Woodman, Carole Gandy, Geoff Hodgson, Tony Peachey, Bill Sowerby and Chris Worsfold!

Details of our various prize winners were included in the December Veteran, but after an all-male presentation last year we were particularly pleased that Charmaine Pullen (Folkestone VC) was present to collect the Ladies BAR trophy and Pete Avis '85' cup, and that Kate Bosley (Abellio RT) was present with husband John to receive tandem standard medals at 10, 25 and 30 miles. Among the fifteen male prize winners present were Dick Claxton (VC Elan), once again Men's BAR, Mark Vowells winner of the '85' competition, and Andrew Meilak, winner of the '30' and '100' championships. Paul Mephram highlighted Andrew's 3;38;14 (+76;44) '100' time on the largely single carriageway Kent '100' course as being truly outstanding. The Sacred Post Trophy, a non-racing award for service to the Group or Kent cycling in general, went to our Time Trial Secretary Bob Giles. Bob also promotes two of our open events, serves on the CTT South East DC as an

assistant secretary, and is on the Kent Cycling Association committee. The awards were presented by National President and newly elected Group President, Carole Gandy.

Our Group Recorder and Reporter Ian Turner had to miss the lunch due to a holiday in Australia which included Sydney and Alice Springs, but he had arranged for all awards to be in place on the day, and the prize presentation went as smoothly as ever. This was much to the relief of Ian's stand-in Paul Mephram who, in summing up Ian's exceptional hard work on our behalf called for a round of applause for him, which was duly given.

The KCA was having some problems last year in replacing retiring officers and its future looked to be in some doubt. However, a Special General Meeting in September resulted in most of the vacant posts being filled, including that of Treasurer, which was taken on by Group member Shaun Williams. This meant that the programme of time trials for 2020 could be submitted, including the '100' and 12 hours, which are both very important from a VTTA perspective. The remaining KCA vacancies were filled at a very successful AGM held in January. Of the other posts Pat Hill, previously Secretary for 22 years from 1978, and the driving force of the KCA for much longer still, continues as President, and Mick Morris remains as Chairman.

We would like to congratulate Group member Doug Laidlow, Sleaford Wheelers, on his recent award of a CTT Gold Badge of Honour. Before, and even after moving to Lincolnshire some 15 years ago, Doug was a prolific promoter of time trials for his previous club, the Wigmore CC, here in Kent. Doug excelled at promoting high quality events with very generous prizes and was often rewarded with full fields, something that rarely occurs on the relatively sporting Kent courses. Doug also spent many years as his club's Press Secretary, and was a long-standing member of the CTT South East District Committee. After moving northwards Doug continued his excellent work for his new club, and this award is richly deserved.

Our 2020 programme begins with Val Peachey's '10' for the Mick Dansie Trophy on the Isle of Grain course on Saturday March 21. This course is one of only two in Kent where an afternoon start time is allowed, and Val is hoping once again for a good entry.

Sadly, we have to report that Group member Tony Farmer, Ashford Wheelers, and Rod Overton, formerly of San Fairy Ann CC, both passed away towards the end of 2019, and we offer our deepest condolences to their families and friends. An obituary of Rod appears in this edition of The Veteran.

The weather so far this year has been mild, but extremely wet and windy at times at least here in Kent, let's hope this summer is one of the better ones. Best of luck for the 2020 season.

## **LONDON & HOME COUNTIES**

### ***John Hoskins***

The racing program for this year is of course all finalised and approved by the relevant CTT Districts. A full list is below. The season starts with the London & Home Counties promoting the VTTA National Championship 10 on the H10/3a (west of Newbury) course. This course has been used in the past for a National CTT 10 Championship and with the event in the capable hands of National Secretary Rachael Elliott should prove to be a huge success. Of course events of this stature require help and Rachael would welcome offers of help (her details are also below). As many members won't be familiar with this course, two local clubs are promoting "Club" (all CATI events) events on the course prior to and following the event – welcoming all those who wish to try out the course before the Championship. The dates/times are as follows.....

14th, 21st, 28th March and 4th April. All events start at 14:00 (Newbury Road Club promotions).

9am on Easter Monday (13 April) (Newbury Velo promotion), run by the Championship organiser, Rachael.

Following the Championship we have once again five L&HC events, including three mid-week tens. Primarily we would like your support as riders but should you not be racing the event organisers will all require help with marshalling and the headquarters. If you are available please let them know. Otherwise contact me (and I'm also organiser for the Rocco 25) for advice on how you can help the group with these promotions. Remember, it is now established that expenses are paid to all marshals and helpers for all of our open

promotions. This is normally £30 for the longer events on the F11 and £15 for the mid-week tens at Longwick and the Rocco 25 (this year on the Amersham Road). Alternatively free tickets for the annual Prize Giving Luncheon (now in November) are given to helpers and marshals.

Please note that we will be using different HQ venues than in the past. Joy Payne's two mid-week tens on the Longwick course will be using the Haddenham Village hall, as Longwick village hall is not available always mid-week. The start and finish points on the course have been altered to suit the HQ, but all of the roads used are the same. Whilst the actual venues are yet to be confirmed (up to date details from myself or the event organisers) the two F11 events will almost certainly be using one of the local schools as HQ. The Rocco 25 will be using the Great Missenden Memorial Hall.

During this summer the committee will be discussing the possibility of changes and/or additions to our promoting program for 2020 rather than the annual tweaking of dates. We would welcome suggestions as to what would find favour from our members. Ideas such as a "Grand Prix de Gentlemen", a hill climb, a summer sociable lunch, different courses for current promotions, track days and whatever anyone else may think of. We can find ways of providing what the members want, but need some guidance on what that may be. Put your thinking caps on! We're not looking for people to run the events – at this stage anyway, just future possibilities for the Group. I'm also interested in what other groups provide for their members.

This is all part of the committee's wish for the Group to become more of a "Club" for its members. We're not sure of the best way to promote this idea. Of course we still want to be an integral part of the VTTA National body (we do after all provide four of the VTTA National Officials) but we're curious to know whether the L&HC members want the group to have more of an identity of its own. Stuck as we are halfway between the members' own clubs and the VTTA itself, it may not be possible, but we're sure the idea is at least worth investigating. Should it become successful it may reduce the annual (in many cases temporary) non-renewals of subscriptions. At the time of writing, just before the annual cut-off point of the end of February, we stand to lose up to a third of our members. Many of

them will re-join when they find they want to enter a VTTA only event, but it would be much more positive if their membership was worth enough to join automatically, just as they do with their own clubs.

Talking of members, I've recently had contact with two of our more senior members of the Group. I had occasion to ring Keith Robbins – the only Honorary Life President of the VTTA – for the first time since his move to Lincolnshire. He's fairly well, though missing (a little) the club life he left behind. I also spoke to Jack Williams, a very long term member of the London & Home Counties. Few of you will have heard of Jack for a while now, but he too is still well, still living in Acton (West London) and is looking forward to his 100<sup>th</sup> birthday later this year.

Coming to the end of these notes, before getting to the list of our promotions, can I just remind all of you that none of these events can happen without someone marshalling, pushing off, timekeeping and so many more duties. Can you be available for just one of these events? Remember a free ticket for the Luncheon or paid expenses is now the norm. You can always ring me for details.

#### Event Promotions for 2020

Sat 25<sup>th</sup> April 2pm - National VTTA Championship 10 - H10/3a - Rachael Elliott - 07931 722817 - [rachael.elliott@gmail.com](mailto:rachael.elliott@gmail.com)

Thu 28<sup>th</sup> May 2pm - Don Byham 10 - F11/10 - Geoff Perry - 07808 905879 - [geoffreyperry@aol.com](mailto:geoffreyperry@aol.com)

Tue 16<sup>th</sup> June 2pm - Mid-week 10 - HCC178c - Joy Payne - 01494 817658 - [joypayne27@gmail.com](mailto:joypayne27@gmail.com)

Sun 19<sup>th</sup> July 8am - Ten - F11/10 - Geir Robinson - 07557 398469 - [geirrobinson123@outlook.com](mailto:geirrobinson123@outlook.com)

Thu 6<sup>th</sup> August - 2pm - Mid-week 10 - HCC178c - Joy Payne - 01494 817658 - [joypayne27@gmail.com](mailto:joypayne27@gmail.com)

Sun 4<sup>th</sup> October 8am - Rocco 25 - H25/4 - John Hoskins - 07717 086689 - [westerleyjohn@btinternet.com](mailto:westerleyjohn@btinternet.com)

## **MANCHESTER & NORTH WEST**

### **Ken Workman**

M&NW group have made changes to the awards structure for the 2020 season as we have introduced a new trophy for our own group members, using the four events shown below. This competition will be known as the President's Award and will be based on VTTA Standard Times (BoS) over the four events. The awards will be divided into five year age groups with medals or certificates awarded to the first three BoS within these age groups.

April 25<sup>th</sup> - East Lancs. RC 10 - J4/20 - Jonathan Preston

May 23<sup>rd</sup> - Warrington RC 50 - J4/16 - David Wright

May 30<sup>th</sup> - Janus RC 25 - J2/9 - Phil Robinson

July 18<sup>th</sup> - Seamons CC 25 - J2/9 - Charles Caraz

The organisers contact details as per CTT Handbook.

In view of the imminent new season, I'll repeat my appeal for people to help with events. Most of us have probably benefited from people standing on corners and doing various other tasks so we can race. An event organiser's job is sometimes a thankless one, and they deserve every assistance, so please try to make it less onerous by volunteering, preferably in advance. Cheshire area locals can offer support to any of the events listed above, please contact me on the email address below, or on 07765 834161.

At our Prize Presentation Lunch in November, Ian Peacock, on receiving our coveted Lamp Trophy (for last place in the BAR), gave an appropriately humorous and obviously well researched version of the origin of the term 'Lanterne Rouge' as used for the last rider on GC in the Tour de France. In the Tour's early days, those riders who finished some time, perhaps hours after the stage winner were mainly amateurs who were then obliged to find their own lodgings. As the professional teams had booked most of the hotel rooms in stage finish towns, and this being France, often the only available beds were those in houses of, shall we say, ill-repute, where a red light outside indicated the type of business transacted therein. Thus a red light came to be associated with those placed at the rear of the race. Having acquired several rear lights

as 'prizes' in my mediocre TT career, I was under the misapprehension that 'Lanterne Rouge' referred to the red light shown on the rear of a train. Chapeau Ian! Thanks to you we now know the truth.

Tracy Rowlinson, who updated three group age records, replied on behalf of the prize-winners with a spirited speech, thanking everyone who had assisted in some way with local events. These speeches were only part of the day's enjoyment. Once again the meal was excellent and of goodly portions, those wanting second helpings were not disappointed. Our stalwart, Derek Hodgins returned with great humour to present the raffle prizes.

One of my interests is old movies, and I recently viewed a 1949 cycling related, British black and white offering: 'A Boy, a Girl and a Bike.' The titular 'Girl' was a later Bond girl, the delectable Honor Blackman, as a member of a small town Yorkshire cycling club just after World War Two. Also appearing in early roles were Diana Dors and Anthony Newley. The 'Bike' of the title was a distinctive French racing model, which was twice stolen by Anthony Newley and suffered eventual destruction when hurled over the edge of Malham Cove. Parts of the plot were a little implausible, as a rookie club member with little riding experience took the place of an absent rider in a hilly Yorkshire Dales road race and came fourth. The movie has been repeated several times on the 'Talking Pictures' TV channel, so if you get a chance to see it, do so. Sadly, there's no time trialling, but it shows some great Yorkshire scenery, club social life as it used to be and roads almost devoid of motorised traffic.

#### M&DTTA Christmas 10, 15th December.

Our last local event of 2019 took place on a dry, bright and cold day. But this didn't deter Simon Wilson (Ribble Pro Cycling), from producing an unseasonably rapid, near 30mph time of 20:06 to take the win - on the J4/20 course, one of our slowest! Simon was a whole 2:06 faster than runner-up Alistair Ribbands (Manchester Wheelers), who, with a further margin of 51 seconds, beat two riders into a tied 3rd place; junior, Matthew Finegan (Cycle Sport Pendle), and V40 vet, Rob Pollen (Ashley Touring CC). Rebecca Rimmington (Team Merlin) finished with 24:01, Anna Weaver (East Lancs RC) rode to 24:59, with Kim Baptista's

(Central Lancs Running & Tri Club), 25:30 heading the challenge by the fair sex.

Other local vets in action were:

Lynsey Astles (Weaver Valley), a tandem pairing with Ben Norbury (Congleton CC), 26:39; Stephen Turner (Westmead Team 88), 26:35; Robbie Harcourt (VTTA M&NW Group), 28:59; Paul Jennings (Lyme RC), took the over 70s prize with 31:07; Patricia Stacey (Lyme RC), 31:33

David Steel (Lyme RC), at 80, David was the oldest on the start sheet and got round in 37:01. But he wasn't the Lanterne Rouge, braving the cold when 19 others decided not to bother.

I hope I'm mistaken on this, and in no way is this intended to be a criticism of the continuing hard work put in by Dave Fearon (his ninth year as organiser) and his team, but sadly, this festive occasion appears to be losing some of its appeal, with reduced entries in both 'serious' and 'fancy dress' sections. This is a shame, as this event was generally where I met up with old friends I hadn't seen since the previous version. As usual, the jolly M&DTTA ladies served hot drinks, cakes and sandwiches in Goostrey Village Hall, but the number of their customers seems to be dwindling. Come prize presentation time, there were seats available where formerly there was standing room only. Let's hope for better weather for the next event.

I must also mention the recent 90th birthday of Jim Ogden, a stalwart not only of the M&NW Group, but our organisation as a whole. Best wishes from me Jim, and I'm sure from everyone who knows him and appreciates the decades of work he has put in.

Some, but not all VTTA members will consider themselves sufficiently advanced in years to belong to the target market for a monthly magazine entitled '*The Oldie*'. But I was fortunate to receive a subscription as a Christmas gift - it is written for older people and has been described as a haven for "grumpy old men and women" (apparently, I'm one of the former). The magazine has played up to its image over the years with such slogans as; "Buy *The Oldie* before you snuff it." There is a wide range of interesting and often humorous articles by regulars such as Gyles Brandreth, plus guest contributors. '*The Oldie*' seems to be available only by subscription, so you can't buy it in a newsagent,

although WH Smith can fix you up with a subscription. Otherwise you need to venture online to arrange it.

It was commented at a recent group committee meeting that although VTTA is primarily an organisation for the more athletic of us, we could also organise more social functions. Our Prize Presentation Lunch is enjoyed by many, but if anyone feels that other, perhaps even less formal happenings would be desirable, please contact us.

M&NW members; I'd like to hear of your TT performances, so please advise me of your high spots. Feel free to contact me at:

[kenworkman66@gmail.com](mailto:kenworkman66@gmail.com)

Our Recorder, David Wright states that 20 group members have already paid for standards this year. One of those seems to be so keen for the forthcoming hostilities he has paid twice!

And so, the 2020 season is almost upon us - for some hardy souls it has already started, so I'll sign off by wishing you all the best in your endeavours. But do be careful out there!

## **MERSEYSIDE** **Geoff Edgerton**

Another festive season done and dusted - a good time of year, but I'm glad when it's over. I must be getting older.

The final function on the calendar was the Mersey Vets prize presentation and luncheon. Just over fifty members attended; with the majority of the prizewinners being present this made the organisation particularly rewarding. A big thanks to Phil for his efforts in making it a successful afternoon. Phil has organised this function for a good number of years and also the West Cheshire dinner as well so he has certainly had plenty of practice. Guest speaker was Andrew Simpkins, chairman of the Veterans Association, who also presented the cups and standards to the various winners.

In his first full season as a Mersey Vet, Mid Shropshire Wheelers' Victor Chetta certainly made his presence felt. He claimed the Tom Johnson Cup as four distance champion, the Wally Gradden Cup for three distance on standard and the Bill Taylor Memorial Shield for three distance on actual.

Victor also got his hands on the Dave Towel Cup for fastest hundred with an impressive time of 3:37:53, the twelve hour cup with a distance of 279.14 miles, the BW Bentley Rose Bowl for best twelve hour on standard with +63.72 miles, the Bill Hanson Cup for best hundred on standard with +1:06:18 and finally the Gomersal cup for fastest in North Shropshire Wheelers 25 with a time of 55:37.

Another newcomer to the ranks of the Mersey Vets, Dave Williams of Velotik Racing, produced some stunning times as well. He was fastest in the West Cheshire 30 with a time of 1:05:40 and also claimed the Ron Yates Trophy on standard in the West Cheshire 10 with +6:05 and the Joe Brook Trophy for best on standard in the North Shropshire Whs 25 with +13:14.

Yet another to make her mark in her first season as a Mersey Vet was Frodsham Wheelers' Brigid Night who produced an exceptional ride in the Nova Raiders 10 to claim the Oscar Dover Shield as overall best on standard and the Hilda Dover Cup with best lady on standard with +5:05.

Steve Aston of Wrexham RC won the Leo Madden cup for fastest in the West Cheshire 10 in a time of 21:09.

However there were other regular visitors to the top table with Andy Hazell of Nova Raiders, who again reigned supreme in the Short Distance Competition to claim the Harry Mahar Memorial Salver with a +1:04:40. I think that's the fourth year on the trot for Andy and the only person to finish with a plus over the hour. Mid Shropshire Wheeler Jenny York was leading lady to claim the Doreen Mahar Rose Bowl for best on standard and also the Dave Swales Cup for best on actual time.

Liverpool Phoenix's Phil Warburton finished with the Dick Corris Cup for best on standard in the Mid Shropshire 50 with +20:11 and the Walvale Trophy for best on standard in his clubs 25 with +12:05. Kevin Larmer of Port Sunlight Wheelers is another regular and this year was no exception. He claimed the WJ Smith Rose Bowl with fastest in the Chester RC 25 in a time of 55:41 and the Brooke Cup for fastest in the Liverpool Phoenix 25 in 56:51. Stuart McCormick of Pirate Juice claimed three cups for his season's efforts, the John Clucas Trophy for best on standard of +15:20 in the West Cheshire 30, the Eddie Gradden Trophy for fastest time of

2:02:35 in the Mid Shropshire 50 and the Colin Rutter Cup for best on standard of +12:44 in the Chester RC 25. Finally, Arthur Winstanley in the last race of the season claimed the Derek Ireland Cup for fastest time in the Nova Raiders 10. St. Helens CRC Janet Fairclough was awarded the meritorious Cup for getting under the hour in a 25. Harry Cowley was presented with the Lanterne Rouge for final place in the three distance competition with +8:48. The slightly quirky award of the Ted Fitzpatrick Trophy was claimed by Ian Casson of Birkenhead Victoria with +3:17.

Phil and myself attended the recently held National Vets AGM at Solihull. Nothing too controversial this year but Phil has put an article in the Mersey Newsletter to explain all. I don't know if anyone could remember but last year I had to choose between watching Shrewsbury Town play Wolves in the third round of the FA Cup or attend the AGM. For some reason which I cannot fully understand, I attended the AGM. This season, another decent cup run for the town meant a home cup draw to Liverpool. There was absolutely no way I was going to miss that. However, thanks to the BBC, the match was switched to Sunday so I could attend both.

By now, you will all have probably realised the Mersey Vets are organising the National Vets 15 mile time trial. I hope most of you will take the opportunity to ride in a national event, especially on our doorstep. However, if you aren't racing, could you put yourself forward to help on the day, that would really be appreciated.

I think that's it from me, just hope you are all having a good winter's training and hope everybody has a good start to the season. Stay safe.

## **MIDLANDS**

### **Steele & Alastair Sample**

#### Midlands Group 2020 Season

I am very pleased to report that 2020 looks like it is going to be a busy year on our K courses, with an increased number of open TT events planned. This will ensure that our members have plenty of opportunities to compete in the Midland Points Series which will again be sponsored this season by Echelon Cycles of Pershore.

You may want to visit us on 21<sup>st</sup> June (Solihull CC 25) and/or 26<sup>th</sup> July (Echelon Cycles/VTTA Midlands) and take advantage of our swift K33/25S course near Evesham to record a new PB, or even to walk away with a new course record by beating the current one of 51:04 (men), 56:04 (ladies), or the certainly achievable tandem record of 57:27.

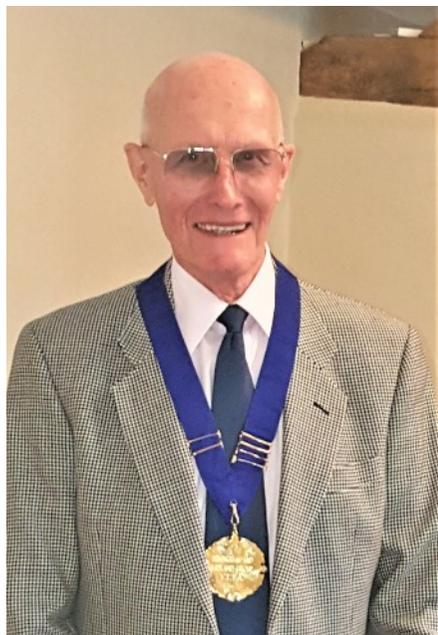
#### New Group President

At the Midlands AGM the VTТА committee thanked their long-standing president Peter Rose (Mercia Cycles) who has stepped down after a 7 year appointment and welcomed the ever popular Alan Colburn as our new President.

Alan's cycling career spans eight decades and he has been active for many years in the Midlands VTТА across a multitude of roles; he also currently sits on the National VTТА executive committee.

#### Posthumous Award

At the National VTТА AGM on Saturday 25<sup>th</sup> January, Steve Lockwood was posthumously awarded the Ted Bricknell award for Outstanding Contribution to the VTТА.



*Newly elected Midlands Group president Alan Colburn, wearing the President's Medal*

We believe this is the first time in the Association's history that such an award has been made posthumously. The award was on display at the Midlands Group Prize Presentation lunch, and has since been presented to Ruth Eyles, Steve's former Partner.

### 2019 Performances

Congratulations go to Midlands VTTA members Lynne Buddulph, Vince Jenkins and Murray Kirton who set national age records in 2019. Medals were presented to Lynne for the solo 24hr, Vince for the solo 15mile and Murray (accompanied by David Stockley) for tandem at 10, 15, 25 and 50 mile records. Fabulous performance by all three of them I am sure you will agree.

### B.A.R. Automation

The Midlands VTTA committee also heartily endorses the proposal from the NEC to automate the national BAR competition tables, and hopes that suitable funding can be arranged in time for the 2020 season.

## **NORTH Gavin Russell**

### Annual Luncheon

On Sunday 5 January 2020, 58 members and guests sat down for our annual luncheon and prize presentation. All were welcomed at our usual venue at Hardwick Hall Hotel, where as in previous years, we were provided with good food quality, an excellent function room together with very good, efficient and exceptional service. The three course meal, which was enjoyed by all.

With the number of attendees relatively static from last year, a number of the regulars were absent, for various reasons, however it was comforting to not only welcome the regulars, but a number of the new members and their guests.

Our Guest of Honour Don Urwin (Cleveland Coureurs CC), known to many of the attendees, has supported our region for many years as a timekeeper and handicapper and has served the Teesside Cycling Time Trials district as treasurer for nearly 3 decades. Now in his late 80s, he was an active time triallist for a great number of years, riding for both Cleveland Wheelers and Cleveland

Coureurs. During the afternoon, following the meal, he assisted the group recorder David Oliver in the presentation of the group prizes and the individual standard medal awards. Following on from the VTTA presentations, a number of Teesside District CTT awards were made. It was good to see this year so many of our prize and standard medal winners attending the luncheon.

The raffle, with prizes donated by attendees and generously from the hotel, concluded the afternoon's activities, with an excellent sum of just less than £200 raised to support the group and go some way to offsetting the cost of the engraving of medals and trophies. Many thanks go out to those who donated raffle prizes, to the Dawson family (Janet and Steph) for selling the tickets and to everyone who generously purchased raffle tickets.

The event and venue were once again organised by Ruth Crossley, our social secretary, to whom our thanks must go. Ruth is currently establishing the requirements and making the appropriate arrangements for next year's luncheon.

Confirmation of the luncheon details, as agreed at the Saturday 22 February group committee meeting will be published in the next Veteran magazine.

### Sick Parade

News from across the group has identified that one of our members, Ben Lane, who was a member of both the group and club (GS Metro) winning team in the 2019 National VTTA 15mile Championship, organized by the North Group, was hit before Christmas by a vehicle, when cycling north of Newcastle. Sustaining a number of fractures, most serious being a fractured femur, he has been consigned to the use of crutches for the near future. By the time you read this, with the modern approach to the healing of this type of injury, he will hopefully be riding his bike (or turbo) again. We look forward to his return to winning ways in the coming season. Also it appears good news regarding Steve Fullerton, with his period of recuperation continuing after surgery, he has been spotted out on his bike again (big mileages reported). We hope to see him facing the timekeeper again in the near future.

### 2020 Event Participation Initiatives

The 2020 season will have commenced when you read this, with some of the first events held in

hopefully better and warmer and drier weather than we are experiencing at present. In an initiative to increase participation (and hopefully gain new members) the group together with the Teesside District are gradually moving away from dual carriageway courses and adopting single carriageway roads. New courses (some on smooth roads) have been designed to encourage increased entries from riders who no longer wish to ride on what they perceive as more dangerous courses. In addition to all group events being open to all ages, all events now have a road bike category incorporated.

#### Croft Closed Circuit 10mile Time Trial Series

The group members are also supporting the Croft 10mile Time Trial Series, now in its fifth year. This is a series of five 10 mile time trials around the Croft Motor Racing closed circuit, open to all ages from 5 to 90+. They are based on the "Come & Try It" club event principal. All are Wednesday nights, with sign on starting at 5.30pm, with first rider off at 6.30pm at 30 second intervals.

Dates agreed for 2020 are: 27<sup>th</sup> May, 24<sup>th</sup> June, 22<sup>nd</sup> July, 19<sup>th</sup> August & 2<sup>nd</sup> September

From the previous series, we have been able to introduce a number of "cyclists" to time trials/ competitive cycling, with at least one new VTTA member gained.

#### 2020 Group Open Event Calendar

Confirmed is next year's open VTTA (North Group) event calendar. The following group events are being organized:

Sun 17 May - VTTA (North) / Hartlepool CC 10 - T107 - Phil. Wright

Sat 30 May - VTTA (North)/ Cleveland Coureurs 10 - T104 - Gavin Russell

Sun 14 June - VTTA (North)/ Hartlepool CC 25 - T252/3 - Paul Garstang

Sun 19 July - VTTA (North)/ Hartlepool CC 50 - T502/2 - Phil Wright

Sun 9 August - Cleveland Coureurs/ VTTA (North) 25 - T252/3 - Gavin Russell

Sun 30 August - Tyneside Vagabonds 100 (incl VTTA Nat'l Championship) - M100/10 - Nick Wild

Sun 6 September - VTTA (North) 15 - T154 - Gavin Russell

Sun 27 September - Cleveland Wheelers CC hill climb - THC33 - Steve Tilly

The 2020 Group Hill Climb Championship will again be held in conjunction with the Cleveland Wheelers hill climb (Hasty Bank - THC33) on Sunday 27 September 2020.

The Nouveau Trophy will use the result from the Houghton CC 25 to be held on 21 June 2020 on the M254 course. The best on standard will be calculated for the group members competing in this event.

A copy of all the Competition's conditions together with all the trophies available to win in 2020 are available in the North Group handbook. If you require further information regarding the awards to be won, please do not hesitate to contact the group secretary (details below).

#### Plea for Help

May we, in our annual plea for help, please remind all members that without the few souls who each year are prepared to organize and assist at events, then we would not have a programme of events and competition to compete in or for. If you can help in any way, please come forward and volunteer your services, as they will be much appreciated, as without such help, events cannot go ahead.

#### Further Information

Finally, should any group members require information regarding the group's activities or wish for anything to be included in future "Veteran" magazines, please do not hesitate to contact the writer either by email on [gavin\\_russell@hotmail.co.uk](mailto:gavin_russell@hotmail.co.uk) or by telephone on 01642 654419.

## **NORTH LANCASHIRE & LAKES**

### **Dave Brown**

Our Group Annual Luncheon and Prize Presentation were held at its usual location - the Crofters Hotel on the A6 on the Garstang by-pass. Although the famous 25 mile 'Brock' course that passed the Crofters is long gone a '10' course has survived and I personally find The Crofters very

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handy for a stopover when start timekeeper and on duty at 7am on there!

Our Guests of Honour were Charlotte Boothman of ABC Centreville and Phil Jones of Transition RT, who were both prominent in North Lancashire Time Trials Association (NLTTA) events.

The Prize Presentation was actually a change from normal as our VTTA Group Chairman had to give back work before the day as other requirements of his time had to take precedence. We will forgive Richard as he gives us more of his time during the competition season than we should expect.

Richard promotes all our group VTTA events and is timekeeper in them as well. He also does all the work on Standards etc. for all our active members.

In the absence of Richard our committee member Hazel Matthews did an excellent job by standing in to announce the award winners who were then presented with their prizes by Charlotte. All this was recorded on camera by Hope Dixon who just happens to be daughter of one of our regular award winners in the recent past - Frank Kerry and his wife Barbara.

Prizewinners were:

Gav McDonald of Derwent Valley CC who is a new addition to our group; he took a standard award at 10 miles with a time of 20:41.

Jim Lawley of Barrow Central Wheelers with a standard at 10 miles for 29:53 on his bike and similar but faster on his trike with 29:48.

Derek Black of Wigan Wheelers did 10 miles on his bike in 28:33 and 25 miles in 1:13:42 for two standard awards.

Paul Fleming of Preston Wheelers took fourth place in the Group Championship and also age records for 10 miles (20:36), 30 miles (1:07:32), 50 miles (1:51:33) and 100 miles (3:50:09).

Sue Cheetham of North Lancs. Road Club and secretary of our VTTA group claimed standards at 10 miles (23:10) and at 30 miles (1:20:49). Sue – at age 56 - also set four new group age records with 23:10 at 10 miles, 1:02:00 at 25 miles, 1:20:49s at 30 miles and 2:10:20 at 50 miles.

Richard Tyson of Rock and Roll CC - and another with first year membership - achieved four standards in 2019 of 10 miles (21:34), 15miles (36:51), 25 miles (58:10) and 50 miles (2:05:43).



*North Lancs & Lakes super-vet Dave Hargreaves with their Guest of Honour, Charlotte Boothman*

Dave Hargreaves of the North Lancs. Road Club enjoyed another incredible season which saw him missing out on winning our Group Championship by a single point. Additionally Dave set three local age records at 25 miles, 30 miles and 50 miles. His times were: 57:24, 1:12:52 and 1:59:48. Even more impressively Dave had set a new national 100 mile age record of 3:58:46. At Dave's age of 73 this was also the first ever 'under four Hour' 100 mile ride by a VTTA member over the age of 70. The culmination of all these performances led Dave to be crowned as the VTTA Three Distance Men's National Champion for 2019.

Andy Whiteside of the Bella in Sella club enjoyed a superb debut season in our Group – and what a year it was! Andy recorded personal bests at most distances from 10 miles to 12 hours, with all rides -except his '12' - being ridden on our local 'L' courses. Andy's rides in 2019 were: 10 miles in 19:29, 25 miles in 50:38, 50 miles in 1:46:01, 100 miles in 3:39:36 and his 12 hour of 281.08 miles, which gave him the Ken Priestley 12 Hour Trophy. Additionally his '100' time gave him the Baxter Rose Bowl for the best on handicap.

Debbie Moss (Team Merlin) was another who enjoyed an outstanding season in 2019. She set

personal bests at four distances and age records for five distances, all on our local courses! Debbie is now the fastest lady over the following four distances: 10 miles (22:07), 25 miles (57:55), 30 miles (1:13:27) and 50 miles (2:04:41) and 100 miles (4:15:46). These performances gave Debbie third place in the Group Championship and also she retained her title as Group Ladies Champion.

Finally, who else other than Richard Bideau could claim such another stack of records which was topped off by the Traders Cup for the Group Championship?

RJB had another excellent season and with most of it done on our local courses. These rides included four new records; on the Levens 10 mile course his 19m 15s ride was a new age record; further north in Cumbria Richard rode three distances to result in three wins, and three records - 50:09 for 25 miles, 1:43:05 for 50 and 3:32:29 for the 100.

Within our group Richard was best on standard in 5 of the 8 qualifying events, which gave him the wins for the Dobson Trophy, the Paddy Maloney trophy and also the iconic Karrimor Saddle donated to our group by members Charlie and Mary Parsons who founded the excellent cycling related company long ago. These rides also won Richard the long established North Lancs. Time Trial Association (NLTTA) Best All Rounder with an average speed of over 29mph!

#### Group Championship 2020

Our workhorse Richard Taylor has agreed the qualifying events for our championship as follows:

Wed 15 April - VTTA NL&L 25 - L2521A

Sat 9 May - West Pennine RC 10 - L109

Mon 25 May - Anfield BC 100 - D100/2A

Sun 31 May - Preston Whs 25 - L2525

Wed 3 June - VTTA/WPRC 25 - L256

Sun 14 June - VTTA NL&L 50 - L5012

Sun 12 July - NLTTA 100 (NLTTA Champs) - L10010

Sun 26 July - Lancs RC 25 - L2525

Sun 2 August - VC Cumbria 50 - L5012

Sun 16 August - Wigan Wheelers 30 - L308

Note: 2020 standard applications - £10 covers all distances, with cheques to Richard Taylor.

#### Championship Trophies 2020

Traders Cup - Winner of Group Championship  
Ladies Championships - Leading Lady in Group Championship

Dobson Trophy - Best on Standard in either VTTA 25 in April or WPRC/VTTA 25 (3 June)

Paddy Maloney Trophy - Best on Std in VTTA 50 (14 June)

Crowther Shield - 7<sup>th</sup> on Std in NLTTA 100 (12 July)

Baxter Rose Bowl - Winner on handicap in NLTTA 100 (12 July)

Karrimor Saddle - Best on standard in NLTTA 100 (12 July)

Ken Priestley Trophy - Best 12 hour on standard, any event

Team Shield - Team of three in Group Championship

Further information on above from group recorder: Richard Taylor, 23 Heywood Road, Castleton, Rochdale OL11 3AU. Or 07533 679101 or [rtaylor@aol.com](mailto:rtaylor@aol.com)

#### New Members

As we go to press we have three new members joining our group since December's 'The Veteran'. The first two have played a strong role in our sport over many years.

Tim Lawson, of Secret Training CC, is actually a Director of that company, as he had previously been in the long established Science in Sport. Both companies have been based in Lancashire and we hope to see much more of Tim during the 2020 season.

The second one goes back much further and amongst his other roles was a Director of Holdsworth Cycles in that company's hey-day – John Lewis. John has been a member of various groups of the VTTA as he lived in several parts of the country. I first met John at Dishforth Island on the famous 'Boro' course on that wonderful day in 1967 when Beryl – do I need to add 'Burton'??!! - set the outright 12 hour record. John and I have been friends ever since.

Welcome also to Bill Maxwell, a member of Border City Wheelers, and we hope you enjoy your time with us.



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## **NORTH MIDLANDS** **Chris Lea**

The Group's Annual Prizegiving Luncheon was successfully held on the last Sunday in November 2019. Guest of honour was Stuart Smith, CTT National Secretary, whose early time trialling exploits took place on many of the North Midlands courses. The 2019 competition winners were presented with their trophies and a good time was had by all. Many thanks to Social Secretary Ala Whitehead (Rockingham CC) for organising the event, to Chairman Peter McNally (Rutland CC) for arranging the engraving of trophies, to Recorder Phil Morgan (Kiveton Park CC) for his calculations, and to Phil Ragsdale (Rockingham CC) and John Clarke (VTTA North Mids) for their contributions and assistance. Behind the scenes, Andy Whitehead (Rockingham CC) also helped out considerably. Apologies to anyone whose name I might have accidentally omitted from this list.

Later than many groups, our AGM was held on 20<sup>th</sup> January 2020. The officials from 2019 were willing to stand again and were duly elected unopposed, as follows:



*North Midlands rider Lez Young (Lincoln Wheelers) competing in the 2019 RTTC/VTTA National 12 Hour Championship*

Chairman – Peter McNally (Rutland CC), Treasurer – John Slater (Doncaster Whs CC), Secretary – David Buxton (Rotherham Whs CC), Membership Secretary / Web and Press Secretary – Chris Lea (Buxton CC), Recorder – Phil Morgan (Kiveton Park CC), Social Secretary – Ala Whitehead (Rockingham CC)

As with the previous year, the position of Trophies and Medals Secretary remained unfilled. Please do step forward, North Midlands members; it's a job that has to be done only once a year and when the racing season has ended.

The next meeting of the North Midlands Committee is at 19-30 on Monday 23<sup>rd</sup> March, at Brooklands Club, Rotherham Rd, Maltby, Rotherham. All North Mids members are invited and welcome to attend.

Finally, we congratulate Peter McNally, and Geoff Hague (Rutland CC), who were made Honorary Life Members of the VTTA for their numerous contributions to the organisation, and sport of time trialling, over many years.

## **NOTTINGHAM & EAST MIDLANDS**

### **David Herd**

The 2019 NEM Group AGM was held on 17 November at Granby Village Hall, the committee remains the same as the previous year. Our secretary, Russell Gent, presented his report which illustrated that the 2019 membership was slightly down on 2018 but still maintains a healthy number of active members.

Treasurer Kath Smith presented her report, which show the group's finances are in good stead with a slight profit over the previous year.

The promoters of the Groups 2019 events were thanked for their time and efforts and we are grateful to those promoters for stepping forward again this year.

The following Group events are planned for 2020:

Sat 18 April - VTTA (NEM) 10 - A10/14 - David Yarham

Sat 16 May - Ivan Mahon Memorial 25 - A25/34 - Russell Gent

Sat 19 Sept. - Bert Christian Memorial 25 - A25/34 - R and J Christian

The Jack Watts Trophy will be incorporated into the Melton Olympic 25TT on 6 June using the A25/34 course; this is a middle markers event i.e. slowest 120 riders.

The Group will be hosting the VTTA National 50 on the A50/2, which is a new course based on two laps of the A25/34. Colin Parkinson has kindly agreed act as organiser and deal with the start sheets and result sheets etc. and Russell Gent will help with the logistics. The event will be held on the Sunday 26 July with an 8:00 am start. Please put the date in your diary as we will need the help of members for catering, marshalling and assistance at the HQ so please let Russell know if you are willing to help.

### VTTA Subs and Membership 2020

Please note that subs are due by 28th February 2020 latest and can be made online via the VTTA website. Alternatively they can still be paid directly to our treasurer Kath Smith (address: 14 Main Street, Wilsford, Grantham, Lincs. NG32 3NP). Please make sure cheques are made payable to VTTA. Fees are:

Single membership	£14
Joint Membership	£16
Life Membership	£6 which includes the Veteran (£1 if not)

I am grateful to our secretary Russell Gent for providing the list of prize winners information prior to the Prize Presentation Luncheon, which will now to be held on 16 February.

### Group BAR, Standards and trophies 2019

#### 3 Distance BAR

1. Nick Cave +52:35
2. Colin Parkinson +51:11
3. Michael Stevens +43:24
4. Anthony Gough +38:19

#### Short Distance BAR

1. Ron Hallam +1:28:20
2. Karen Ledger +1:17:48
3. Geoff Platts +1:11:55
4. Ian Pike +1:11:22

#### Prestige Points Competition and Senior BAR - Ron Hallam

#### 4 Distance BAR

1. Nick Cave +1:05:56
2. Kathryn Smith +52:30

3. Jez Willows +31:08

4. Nigel Briggs +25:20

Ladies BAR

1. Karen Ledger +1:10:01

2. Kathryn Smith

Group Trophy Winners

Ivan Mahon 25 Ron Hallam +22:46

Bert Christian 25 Ron Hallam +22:08

Jack Watts 25 Robert Gibbons +52:33

Joe Baine 30 Sean Hunt +15:08

Fred Smith 50 Ron Hallam +45:15

Hermes 100 Dan Barnett +1:13:48

Quite separately I picked up some interesting information from the CTT Annual report concerning the achievements of NEM members. David Longlangs (Team Botrill) won the men's 50-54 year age award in the 50 mile National Championship held on the R59/5 and run by South Wales DC with 1:45:53. In the Circuit Championships by West DC on U603B Graham Green (also Team Botrill) won the men's 75-79 age award with 2:05:58. Our treasurer Kath Smith (Sleaford Wheelers CC) won the ladies 65-69 award in the 12 hour National Championships on B12/2 in East DC covering 224.10 miles.

In the CTT National Championship 25s, promoted by Central DC on the A25/11 Jessica Beyer-Lyons (Nottingham Clarion CC) was fastest 40-44 category lady with a fine 1:01:01. On the next day Dan Barnett (Team Botrill) was fastest in the men's 45-49 category on 49:06 and was also part of the men's fastest team. Ian Guilor (Mapperley CC) won the 50-54 category and Sean Hunt (Lincoln Wheelers CC) was winner of the 55-59 group on 51:52.

On the 20 April competition record for 25 mile tricycle team was set by Lincoln Wheelers team of NEM members Ian Pike, Andy Newham and David Mason with 2:54:17. Ian and Andy set a team record again on 6 June for 15 miles 1:56:12, with the third member on this occasion being Lez Young. The team improved on that time on 10 July with 1:42:12, the third member on this occasion being David Mason.

Well that is all I can muster for this edition. Like you all I am looking forward to the new season, so go fast and keep safe. Please also make me aware all your cycling achievements during the coming season.

## SCOTLAND

### James Skinner

#### News

Mike Burnett of Dundee Wheelers, who would have been 85, passed away a few weeks ago. Mike was a member from 1966 until 2000, and was a prolific timekeeper for events in the Dundee and surrounding districts.

Honorary Life member Gordon Smith, of Glasgow Road Club, aged 82, also passed away a few weeks ago. Gordon joined the group in February 1981.

Robert Ivell, from Dunbeath in Caithness, and formerly a member of Perth United, has had his cycling activities curtailed this season due to a health related problem, and exacerbated by the lengthy travel to and from hospital for ongoing treatment. The committee wishes him a speedy return to health.

Mike Ferguson of Johnstone Wheelers, who missed out last year due to health problems has now rejoined. and apparently got the bit between his teeth, as he is racing for standards. Good to see him back

Jim (James) Reid of the Glasgow Nightingale and his wife Isobel, are now residing at the Erskine Glasgow Care Home, 200 Dorchester Ave, Glasgow G12 OBZ. Anyone wishing to visit Jim would be greatly welcomed.

At McQs in Bannockburn, the SVTTA AGM was attended by 16 members most of whom stayed for lunch. A couple of months later the prize giving lunch was attended by 88, who enjoyed a good catch up with friends, teammates and competitors; it was good to see Billy Bilsland there on the day. The Scottish group thanks Ishbel McGinty for being our guest of honour and handing out our table full of prizes; the largest haul of prizes being won by Patricia Baird of Ecosse Performance. The prize giving concluded with Davie Miller being presented with a framed commemorative collage, detailing some of his vast list of cycling achievements.

#### Racing

As promised in the last issue there follows a list of this season's championship events, (correct as we go to print)

10 Miles - Sunday 24th May - Law Wheelers, at Cambusbarron

50 Miles - 31st May - organised by Mhairi Laffoley at Freuchie

25 Miles Ben Smith Trophy - Sunday 28th June at Fordoun

25 Miles John Cramb Trophy - Sunday 16th August - St Christophers CC at Bishopton

Auld Yins 62 Mile Road Race - Either Sunday 16th or 23th or 30th August (check BC website for race going live) - Ivy CC at Balfron

30 Miles - Sunday 23rd August organised by Michael Devlin at Cambusbarron

15 Miles Sunday 27th September, organised by Mhairi Laffoley at Cambusbarron

28.5 Mile MTT Tour de Trossachs - Sunday 4th October organised by Janette Hazlett at Aberfoyle

Regarding the Boomerang 2-up trophy, which is currently listed for the 13th September. Dave Bean and Sandy Wallace will now run this event on its own at some point and will update the committee with the details later. Sandy is currently in Spain for a couple of months but will source a suitable course upon his return - word is he is contemplating the Loch Leven/Yetts circuit and finishing near the start.

The 100 mile TT originally set for the 2nd August is not currently listed on the calendar as Scottish Cycling are struggling to get an organiser.

The Tom Anderson 63 mile Road Race originally set for the 21st June is currently cancelled due to no organiser being available.

### New Members

The Scottish group welcomes the following new members:

Alastair Scott of Edinburgh; David Mitchell from Kilmaurs; Elizabeth Bondi from Bathgate; Fiona Davidson riding for Dundee Wheelers; George Findlater of Huntly; Gregor Sharp of Hawick CC; Kevin Earl of Fechan Flyers; Paul Stevens riding for Ayr Burners.; Robert Cowie riding for Aberdeen Wheelers; Russell Mowat of Fullarton Wheelers; Steve Macluskie of VC Glasgow South; Stuart Maccallum, from Deeside Thistle CC.

Miss Christina Murray has transferred from Wessex group and rides for Army Cycling. After noticing

some of her times in Wessex's magazine report it would appear that she will be putting the cat among the pigeons up here! (*Editor's note - She certainly will. Christina is VTTA Women's BAR and the Women's 12 Hour and 24 Hour Champion. In the 24 she beat all the men on standard!*)

You can check out our Facebook page for information and pictures. If readers have any information, news, or gossip, get in touch at [jamesmskinner@hotmail.com](mailto:jamesmskinner@hotmail.com) or [INFO@SVTTA.ORG.UK](mailto:INFO@SVTTA.ORG.UK)

## **SOUTH WALES**

### **Barry Williams**

I start this report with a salutary tale of not heeding a road side warning. It was 29<sup>th</sup> October 2019 and just another Tuesday ride for me, Butch, Gareth, Richard and Andrew. We headed out through Wenvoe, up Tyn y Rhodyn hill, past Saint Lythams Church and down the hill to Duffryn House. I noted a sign advising "Care - Mud on the Road" and thought "Not our problem", we always find a way through. Then, just ahead, Gareth fell and with no time to think it was me hitting the road with a resounding crack and a searing pain in my hip. I guessed "broken hip", a hazard for older cyclists; I couldn't move for the pain, my friends carried me off the road and called an ambulance. It would take 45 minutes before the paramedics stretchered me into their vehicle and gave me a welcome injection of morphine.

The scene moved to the University Hospital of Wales. I am on a trolley, in the queue of daily accidents, relaxing in a morphine induced dream. Luck was with me and by late afternoon I was in a bed on the trauma ward, being told by a young lady anaesthetist that I had a heart murmur, a fact I already knew, caused by too many years of cycle racing. Whatever, I told them to get it done and by the following morning I was in the operating theatre. At this point I cannot give too much praise to this trauma team, I received the best possible treatment, the hip joint was OK but they fixed my fractured femur by screwing it to a plate bolted to my hip. Now after almost 3 months I am back on short rides and walks, but unsurprisingly, some way short of former fitness.

Now the latest group news. I would mention performances of South Wales riders, as viewed from official VTTA season long competitions. David Wilson-Evans, Rod Hicks, Jo Buckland, Paul Hayward, Leon Evans, Claire Greenwood and Sue Shook all did excellent short distance rides, but failed to join 288 from other groups who entered their best season long achievements. 2019 saw just three returns in the popular short distance championship - John Shehan 119th, Les Thomas 191st and Bob Jones 209th. Well done to those three for keeping South Wales on the 2019 map; hopefully more will join in this coming season

On to 2020 and we started on January 1st with Cardiff 100 Miles RCC promoting their New Year's Day 10 at Llantwit Major. Weather conditions were surprisingly calm for the time of year and of the 21 entries 15 completed the course. Fastest on the day was Owen Burgess of Newport Phoenix with 23:23 while VTTA members Steve Curry 25:37, Bob Jones 29:30 and Paul Griffiths posted respectable times. The event attracted entries from a wide area including the West Midlands, but I must congratulate Felix Whetter from St Austell, Cornwall for winning the road bikes section in 27:16 after a very long drive.

Interestingly, while checking these results, I noticed another New Year "10" result, the Southborough event took place along the borders of Romney Marsh resulting in a winning ride by Dan Martin of 20:10. I don't suppose he was Dan Martin, former winner of Liege-Bastogne-Liege, but for sure it was an excellent ride for the time of year.

Two months of slow recovery gave me chance to watch world cycling through TV or by streaming on computer screens. My daughter, Laura, and husband Ian enjoy cyclo-cross racing and through them I have learnt of the popularity of this branch of our sport, especially among young families. In South Wales events often attract as many as 200 entries, with all ages joining in. Two years ago I watched Evi Richards from Malvern showing her bike handling skills at an Abergavenny event. More recently through Eurosport and YouTube I have followed the World Cup events in Belgium and The Netherlands, where events attract large crowds following stars like Mathieu Van de Poel, Eli Iserbyt, Wout Van Aert, Zednic Stybar, not forgetting our own Tom Pidcock, who made it to the

podium in several events. Among the women, Celine del Carman, Annemarie Worst and Lucinda Brand caught my eye. All these riders show great athleticism and bike handling skills including bunny hopping logs, running up and down steps, sharp turns, mud and loose sand etc., many of them are also great classics riders. I recommend switching the computer on to watch these top road professionals showing their fantastic bike handling skills.

Hopefully, I will be fully active again in time for the next report, which will include my rehabilitation visits to Holland and Mallorca.

## **SURREY & SUSSEX**

### **Jon Fairclough**

#### Welcome to new members

A welcome to three new members: Mark Cain (Army CU), Andy Critchlow (Norwood Paragon) and Bill Houghton (Unity CC). At 88, Bill must be one of our oldest, if not the oldest, joiner. He said *"I know it's a bit late to join but I was speaking to Alf Engers earlier and he suggested I rejoin. I was a member a long time ago, but I will get out when the weather is kinder than it is right now."*

#### Annual Lunch

The VTTA Surrey/Sussex Group annual prize-giving lunch was held on Sunday, 2nd February 2020. Thirty-six people attended the event in The Normandy Centre in Horsham. Rachael Elliott, the VTTA National Secretary, was our guest speaker and handed out the 2019 awards. Congratulations to all who received them.

Rachael gave an inspiring speech about her career as a time triallist, both on solo bike before her stroke, and afterwards on a tandem. Those who heard it could only admire the determination and fortitude she has shown after that life-changing event. Keith Wilkinson, our group chairman, thanked everyone for attending and noted the passing of Horry Hemsley in November. He was our BAR champion in 1999.



*Rebecca Wilson received her bronze medal for the Women's 24 Hour National Championship from Rachael Elliott at the Surrey/Sussex presentation*

### Surrey/Sussex Open Events

Some dates for your diaries. Go to the CTT website to enter. All these events have VTТА Surrey/Sussex awards.

The '10' will be held on G10/87 on Saturday 18<sup>th</sup> April and is organised by Surrey/Sussex VTТА.

The '30' will be held on G30/88 on Sunday 31<sup>st</sup> May and is organised by Lewes Wanderers CC.

The '15' will be held on G15/93 on Saturday 13<sup>th</sup> June and is organised by Sussex CA.

The '50' will be held on G50/90 on Sunday 14<sup>th</sup> June and is organised by East Sussex CA.

The '100' will be held on G100/861 on Sunday 9<sup>th</sup> August and is organised by East Sussex CA.

The first '25' will be held on G25/93 on Sunday 16<sup>th</sup> August and is organised by Bec CC.

The 12 hour will be held on Q12 on 6<sup>th</sup> September and is organised by Kent CA.

The second '25' will be held on G25/89 on Sunday 20<sup>th</sup> September and is organised by Surrey/Sussex VTТА. This event will incorporate the VTТА national Strevens Memorial Trophy for first on standard.

### Strava Group news

The Strava Group is called "VTТА Surrey Sussex" and has 22 members. I compiled a leaderboard for 2019 showing the Strava stats of total distance, total time, elevation gain, and average speed. The top two on distance and time were Peter Baker (20,194 miles and 1323 hours) and Stephen Moore (9,584 miles and 577 hours). Peter Baker (1,110,591 ft) and Chris Lord (353,478 ft) were the top two on elevation gain. Mike O'Gorman (19.92 mph) and Robert Charles (19.31 mph) were the top two on average speed. If you want to join, just send me an email or get onto Strava, find the group and ask to join. It's a fun way of seeing what other S/S members are doing on the bike.

### Notes on a small island

One of our members, Paul Jackson, set a new national age record of 485.21 miles at the 24 hour National Championships last July. He lives in Guernsey, so I wondered how he trained for long distance events living on a small island. This was his answer: "Guernsey is only 23 square miles in area and the road all the way around the island is 25 miles long, so training does get very repetitive! The east coast is where the two main towns on the island are located so I tend to avoid those areas and stick to the western side of the island where it's particularly flat. The stretch of road I use is the coast road and runs the whole length of that side of the island which is pretty much exactly 10 miles long. There are some amazing beaches along there and it can be glorious on a sunny day. The flip side of that is that it can be pretty grim during the winter, I like to think of it as character building! I've done up to 16 hour rides locally and I'm fortunate in that I have an amazingly supportive wife who comes out to feed me on these rides and a good friend who quite often joins me for the last few hours of a long ride to push me along a bit." So that's how he does it! A 12 hour or 24 hour TT has you doing circuits that are typically 10 to 20 miles long, so what he is doing is closer to reality than us mainlanders who ride from A to B hundreds of miles apart!

### Committee News

Despite previous requests we still have a vacancy for a Social Secretary and Group Secretary. The main responsibility of the Social Secretary is to

organise the Annual Lunch and Awards. Effort is mostly needed in December and January for the event in February. The Group Secretary is an administrative position dealing with any correspondence and preparing the agenda and minutes for the two meetings each year. We also welcome new Committee members. Please consider helping the Group by taking on one of these roles and if you can, or you would like any further information, please contact Keith Wilkinson at [keithwilkinson@talktalk.net](mailto:keithwilkinson@talktalk.net).

#### Dates for your diary

Our 2020 Group AGM will be on Sunday, 15th November at 10:00am in Handcross and our next annual lunch to present the 2020 Group awards will be on Sunday, 7th February 2021 in Horsham.

### **WESSEX Bob Jolliffe**

#### Festive season form

Neil Mackley, one of the major recipients of awards at the Wessex Group's Lunch and Prize Presentation, was showing top winter form when he won Farnborough & Camberley CC's Christmas 10. Mackley of ...a3crg clocked a rapid 21:47 on the H10/8 course at Bentley on December 14th to beat Twickenham CC's Grant Woodthorpe into second place by 20 seconds. Mackley's teammate Steve Legg finished with a non-too-shabby 24:11 for 11th.

New Forest CC's traditional Boxing Day 10 took such a battering from the weather that it was cut to about two miles one way into a gale force torrent, which combined with standing water, made it too dangerous for the full out-and-back course on the Ringwood to Sopley road. Another very good reason for *something* to take place on the day was that long term event organiser Roger Bacon had sadly died earlier in the month, just a few short weeks before his 80th birthday (see separate obituary). George Skinner of Primera-Team Jobs was quickest of the 23 hardy souls who started the solo event with a time of 5mins 26secs. Wessex committee member Adrian Watkins of Tornado RCC finished with 7:07, while Wessex group treasurer Mary Corbett (Sotonia CC) and Michelle Ward (VC Venta) completed the tandem competition in 9:07.

Brave efforts from everyone involved.

#### Distinguished Life Membership

One of the highlights of the group lunch at Romsey Golf Club was the presentation of a Distinguished Life Membership Certificate to social secretary and multiple age record holder Norman Harvey. It may have been the last presentation to be made but was among the most special and definitely the most unexpected, especially by its recipient. Norman, of Sotonia CC, celebrated his 87th birthday on January 1st but just cannot stop breaking records whether on a solo or on the tandem with Mary Corbett. He first joined the VTTA in June 1984, has been paying his membership ever since, is now Wessex's oldest ever competitor, and has been a long-serving group committee member and membership secretary. Receiving the award he said he was always delighted to take part in anything to do with cycling and the important part of anything is to have fun.

#### Trio of new HLMs

If Norman's presentation rounded off the awards, it was started in much the same vein with three new Honorary Life Members being made for their outstanding contributions to the group. They went to Sotonia CC clubmates, "go-to" timekeeper Dave Crocker and former CTT South DC secretary and VTTA committee man and trophies secretary Alan Sharpen. The third was presented to Farnborough & Camberley CC's Ron Taylor who was, according to group chairman David Collard Berry, the first event organiser to controversially use first names instead of initials only, on Road Time Trials Council start and result sheets.

#### The Claire and Kathy Show

Group recorder Claire Newman, who spent hours on preparatory work, and South DC secretary Kathy Collard-Berry took charge of proceedings and made the award presentations while husband David took the photos.

First up were the Standard and/or National Short Distance Awards to Crabwood CC's Dave England and Dave Hanbury, Bob Jolliffe (New Forest CC) and the Tornado trio of Ian Hayden, Richard Wyeth and Adrian Watkins.

Then it was the turn of the Wessex record setters. Sid Hygate (Fareham Whlrs) took the 12 hour age 81 record and a Standard at 10 miles; ...a3crg's Jerry Bromyard took age 65 15 mile record, 10 and

25 team medals, Standard at 15 and Wessex and National Short Distance).

Mary Corbett (Sotonia) set tandem records at 10 and 15 miles plus a 10 record on a trike. She also was tandem winner in both Wessex 15 and 25 mile championships and took further awards with Norman Harvey for 10 and 15 mile rides. Norman took age records at 10 and 25 miles.

Neil Mackley (...a3crg) needed the proverbial wheelbarrow to take home his haul. He set records at 15 miles at age 55, 10 records at ages 55 and 56 and 25 at 56; a medal for championship 25 team; Standard medals for 10, 15, 25, 30 and 50 miles, plus Wessex and National Short Distance certificates.

Antony Green (New Forest CC) set an age 55 record, was third in the 10 and 25 and second in the 50 champs, took Standards at 10, 50 and 100 miles and also got short distance and three distance awards.

Bournemouth Arrow's Michelle Walter, dubbed "Queen of the Standards", set Wessex records at 30, 50 and 100 miles and 12 hours which, with the 10, 25 and 30, earned her seven Standard medals. She also received awards for the best all rounder and three distance and short distance competitions.

Ken Rayson of ...a3crg, who took standards at 10, 15 and 25 miles plus a certificate for the National Short Distance competition was presented with the Ray Price Memorial Trophy while Martin Balk (3C Cycleexperience) was presented with the Chalky White Lanterne Rouge for being last on standard in the Wessex 10 mile championship.

Greg Parker (Estrella Bikes) won age category awards in the CTT National 50 and Closed Circuit championships, broke Wessex age 54 and 55 records at 15, 25 and 30 miles and was second in the Wessex Short Distance competition and was Wessex Champion at 15, 25 and 50 miles.

#### National record breakers

National records at 10 and 15 miles at age 59 were taken by Sarah Matthews of ...a3crg. She also claimed Wessex records at 10, 15 and 25 and was second and team winner in the Wessex 10 and 25 championships, second in the National Short Distance and took age group awards in CTT's National 10, 25 and Closed Circuit championships.

David Shepherd (...a3crg) took a National record for 12 hours at age 58 and Group records at 10, 50 and 100 miles plus 12 hours and claimed the BAR Shield.

Star of the show was undoubtedly Angela Carpenter who went home with the Women's BAR Trophy, the Ray Price Trophy for best plus at 50 miles and the Harry Keates Memorial for best plus at 25 miles on P or H courses. She also set National records at 15, 25, 30 and 100 miles plus Wessex records at 15, 25, 30, 50 and 100 miles and also claimed a clutch of Standards medals. If that was not enough, she and teammates Neil Mackley and David Shepherd won gold medals in the Wessex Short Distance competition.

Because of a clash with the National Prize Presentation, National winners were given their awards at the Wessex "do". They were Neil Mackley (second in National 10); Sarah Matthews (second woman, National 10); gold medals to group team winners in the National 12 hour (David Shepherd, Steve Williamson [also ...a3crg] and Christina Murray [Army]); National 10 golds for Club and Group teams (Angela Carpenter, Sarah Matthews and Neil Mackley).

The Three Distance Group team was taken by Angela Carpenter, David Shepherd and Antony Green and the Three Distance Club team also by ...a3crg in the form of Angela, David and Steve Williamson. The Short Distance Team award went to ...a3crg with Angela, Sarah and Neil.

Angela was presented with the Brambleby Cup for winning the National Women's three-distance BAR, the gold medal for winning the Women's short distance BAR and golds for first places in the VTTA National 10 and 25.

David Shepherd took home the Petronella Cup for National BAR, the Jim Painter Cup for National 12 hour and took a National age record at 12 hours.

As Claire Newman said before the presentations began: "What a great season for Wessex."

#### Coming up

By the time you have read this, the new season will already have begun. There is plenty to look forward to in the South including the VTTA National 25 on the fast P881/25 on Saturday, July 11th.

But before that there's a whole raft of time trials, hilly and not-so-hilly, which started with the VC St

Raphael 16.5 miler on February 16th. Others I am personally looking forward to are the Farnborough & Camberley 10 on March 14 and the Tornado 10 the following morning.

I'm considering riding the VTTA National 15 on March 29th, organised by friend Phil Guy, and if I can't get a ride, I reckon I'll be there to help out instead.

And there's the VTTA National 10 at Hungerford . . . I could go on.

I'll be pleased to make your acquaintance if I'm on the start sheet. So come and say hello, after the hard work is done. In the meantime, ride safely and as Norman Harvey would wish "have fun".

## **WEST**

### **Brian Griffiths**

After attending a most interesting and informative AGM at Solihull in February with our secretary Gordon Scott, I will leave the reporting to more skilled hands and just make a few personal observations and comments that have been passed to me having spoken to some of our members since. Certainly among our older members and those not familiar with computer technology, there are reservations and a certain fear about the way we are going. Probably this is unnecessary but most say they wouldn't want to read their magazine on-line and are perplexed by on-line entries and results, as well as payments made other than by cash or cheque. We all know that these modern methods make administration much simpler but if someone could put together a simple and convincing argument for the doubters of this switch, it would be a great help. There are also murmurs of the possibility that those who read their magazine on-line will soon want a reduction in their subscription.

West Group members should be very pleased with the performance of Michelle Lee who proudly attended the National Prize presentation to collect her awards. I find her results truly amazing and in particular her 100 mile ride in 3:48:23. Keep your ears open this coming season, I think we might all be in for some more surprises.

With the 2020 season just around the corner I note that there seems to be a growing change in the type of event on offer. More and more 10's and 25's and

less and less of the distances, 50's, 100's and 12's. I know it is becoming extremely difficult to find suitable courses, especially the preferred fast courses, but I feel we must make an effort to put things right. For instance I don't think there is a single 50 in the West, so we have to go outside our area to find one. Perhaps we should be making a special effort to discover at least one new course for next year.

This winter has been a particularly wet and windy one, not great encouragement to get out on your bike to get some miles in. I have had occasion more than once to think that the season starts too early, suffering near hypothermia on one occasion. Yet a year later all is forgotten and you line up with the rest of the early starters to suffer all over again.

I've been looking at some very sophisticated home trainers, which I am sure make winter training much more interesting than the now old fashioned turbo.

Though having got used to this method and having rigged up a selection of home made gadgets to measure a variety of physical parameters, I will carry on with my primitive equipment at least for the foreseeable future.

As the season starts may I appeal to our competitors not to forget to send in your results to have them recorded as they happen and not leave them to the end of the season.

Don't forget to send any interesting or topical news to me for inclusion in my report and I won't mind opinions and suggestions which I could also consider.

## **YORKSHIRE**

### **Chris Goode**

On as sad note, our thoughts are with Pete Read's family, after his death last month; our cycling experience has been greater for knowing him and being pushed off by him, following a quick forty second check on the form of the rider.

Pete was a very successful coach, an early advocate of turbo training and the driving force behind the all conquering Team Swift. Mike Williams has written an obituary appearing elsewhere in this edition of The Veteran.

The Yorkshire VTTA group enjoyed an excellent lunch at the Bridge Inn, thanks to the organisation



*Yorkshire Group Recorder Jimmy Trevor receiving the Eric Linley Trophy for meritorious service*

of Mike Williams. Sixty-six were present with us celebrating our 75<sup>th</sup> anniversary this year. The Chairman, Chris Goode, welcomed Andrew (the National VTTA chairman) and Sara Simpkins, who had made the journey from the Midlands. Andrew brought us up to date with the key points from the National AGM, notably informing those present of the proposal that the season long competition standings would be live on the website throughout the season, hopefully to be implemented during 2020. He praised the high number of members winning plaques and medals. Jimmy Trevor's efforts as recorder, Tony Stott as secretary, George Young as treasurer plus all the race organisers Blair Buss, Mike Williams and Mike Penrice's contributions were all highlighted, with thanks given to all other helpers alongside John Hallas, the website administrator. Thank you very much.

Fiona Sharpe (Team Swift) was awarded the Women's B.A.R. Harry McKechnie Trophy. Congratulations are due to Simon Beldon (Team Bottnill) for winning the ten mile trophy with +6.34, all the more impressive as this was his first race after a long period of recuperation, following a collision with a vehicle. Steve Ayres (Bronte Wheelers) picked up the 25 mile Oliver Shield +13.27; Andy Jackson (Aerocoach) was successful for the 50 mile Yorkshire VTTA Shield +31.50, Darren Yarwood (Vive le Velo) won the 100 mile Charles Rice Cup +57.38, Darren Gough the twelve

hour John Pickles Cup +65.81 miles, with the Ilkley flyer, Doug Hart being the top rider at 24 hours and winning the Ken Hartley Cup, with a massive +133.71 miles. The season long competitions were reported in the December Veteran. Congratulations to the above, those that won standard medals and/or plaques. Forty-five of fifty-two entering for standard awards were successful.

Karen Taylor had her first trip to the CTT Champions night after winning the veteran category in the Sigma Classic series and also placing third overall. Well done to her and to Vive le Velo who were the second team in the BAR, with Darren Yarwood, Neil Clemenishaw and Andy Askwith playing the starring roles.

Please put your name forward to help with our events this season. The first event is a 25 mile TT on 12 April, the National 30 mile TT on 20<sup>th</sup> June and a 10 mile TT on 19<sup>th</sup> September. Have a look at the group card and the CTT handbook for more details.

Jimmy reports that so far 38 riders have applied for standard awards for the 2020 season. Good luck to you all, get the high intensity interval in, look after your core, bones and diet and you will do well.

I have just finished reading a book about the political and personal friendship between David Lloyd George and Winston Churchill which spanned 45 years. Many in the VTTA will have been club mates and rivals for longer than this. Despite their difference of opinions on some issues Churchill and Lloyd George's common goals, humour and appreciation of each other's strengths maintained their friendship. There are similarities in terms of respect and fellowship between us, as cyclists, that bind us together. Liverpool FC may be having a good run over the last year, but it is nowhere near as good as the Yorkshire VTTA at 75 years, with members still pedalling into their eighties, organising events, dining together, helping each other out and celebrating continuing success. Long may it continue and working in tandem with the National VTTA.

I will close by welcoming three new members this quarter: Ross Burton (Calder Clarion), Cheryl Anne Quigley (Hull Thursday RC) and Colin Dickens (Yorkshire Coast Clarion). Colin has ridden a trike for many years and was a member of Clifton CC back in the 60s.

# RESPONSE TO RUDYARD RYDER'S PROPOSAL BY THE NATIONAL EXECUTIVE COMMITTEE

In the December 2019 edition of The Veteran there was an interesting and thought-provoking letter from a 'Rudyard Ryder' suggesting an alternative way of presenting results on standard. The basic idea was not to change the standard tables (again!) but to use these existing tables to calculate an adjusted actual time rather than the VTTA plus time. The case for doing so was the fact that pluses can be difficult to explain, especially to new members, and do not give a readily intelligible indication of performance. An 'adjusted time' it was suggested gives a result that is easier to grasp and to compare with other riders. An important point was that the result of an event would not be changed by this approach. Riders would finish in exactly the same order, and with the same time gaps, on adjusted time as they would on plus. It's just the way the standard tables are applied and the results presented.

At its meeting in November the NEC reviewed the article and considered it worthy of further investigation. Geoff Perry was tasked with this and presented his findings at the AGM workshop in January. There is a copy of his presentation in the Documents section of the website. Geoff gave some helpful insights into the proposal. He suggested the best way to understand the idea is that it is using the standard tables to determine what time each rider would have achieved if they were a 40 year old. In essence the adjusted time is a handicap time based on reducing a rider's actual time by the extra age allowance they have over a 40 year old man in the standard tables.

The general feeling in the AGM discussion was that there was merit in the idea and that we should seek further feedback on it, but not rush into changes. Geoff did point out that there are some more technical points that would need to be addressed, notably how best to present the results for women and how best to calculate the results in the season long competitions. The performance required to gain a standard medal would not change but there could be a change in terminology.

As mentioned earlier, the 'adjusted time' may be described as the result of subtracting an age related vets-handicap allowance from the actual time. The 40 year old man is on 'scratch' and has a zero Vets-Handicap, but a 50 year old man has a handicap of 2:03 for 25 miles and a 70 year old has 7:42; these are the difference in standards at 25 miles. A 40 year old woman would have 5:35 over a 40 year old man. The increase in Vets-Handicap as one ages is the underlying calibration of the 'standards' table.

The Vets-Handicap (or some other term we may decide on) can easily be calculated from the existing standard tables. If the idea was approved, the intention would be to publish these tables in place of the existing standard tables, both in print and on the website. For a 25m TT the standard time was defined as 1:06:00 for a 40 year old man so all we have to do is subtract 1:06:00 from all the 25m standard tables to derive the veteran handicap tables.

The race result is determined by 'adjusted time' and this is simply your actual time minus the Vets-Handicap; under the existing system the race result is determined by pluses and this is your standard minus your actual time. Look at the tables opposite and you will see that the arithmetic becomes much simpler.

To give a broader example here is a selection from the current standard tables for men:

**AGE STANDARDS - MEN SOLO BICYCLE**

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	26.02	39.14	1:06.00	1:19.34	2:15.07	4:43.02	217.10	388.27	68	28.39	43.13	1:12.51	1:27.55	2:29.14	5:16.11	175.19	287.47
41	26.07	39.22	1:06.14	1:19.51	2:15.36	4:44.11	215.42	384.06	69	28.48	43.27	1:13.15	1:28.25	2:30.04	5:18.12	173.04	282.52
42	26.12	39.30	1:06.27	1:20.07	2:16.05	4:45.16	213.82	380.08	70	28.58	43.42	1:13.42	1:28.58	2:30.58	5:20.22	170.80	277.37
43	26.17	39.37	1:06.40	1:20.23	2:16.32	4:46.19	212.29	376.31	71	29.09	43.59	1:14.10	1:29.32	2:31.55	5:22.40	168.45	272.02
44	26.22	39.45	1:06.52	1:20.38	2:16.59	4:47.21	210.84	372.70	72	29.20	44.16	1:14.40	1:30.09	2:32.56	5:25.07	166.01	266.47
45	26.27	39.52	1:07.05	1:20.53	2:17.24	4:48.20	209.43	369.23	73	29.32	44.34	1:15.12	1:30.48	2:34.00	5:27.44	163.45	260.69
46	26.31	39.59	1:07.16	1:21.07	2:17.49	4:49.18	208.08	365.89	74	29.45	44.54	1:15.46	1:31.29	2:35.09	5:30.33	160.78	254.70
47	26.36	40.05	1:07.28	1:21.22	2:18.14	4:50.15	206.75	362.65	75	29.59	45.15	1:16.22	1:32.14	2:36.23	5:33.33	158.00	248.47
48	26.40	40.12	1:07.40	1:21.36	2:18.38	4:51.12	205.46	359.48	76	30.13	45.37	1:17.01	1:33.01	2:37.41	5:36.47	155.09	242.01
49	26.45	40.19	1:07.51	1:21.50	2:19.03	4:52.08	204.19	356.36	77	30.29	46.01	1:17.42	1:33.52	2:39.05	5:40.15	152.05	235.30
50	26.49	40.26	1:08.03	1:22.04	2:19.27	4:53.04	202.92	353.28	78	30.45	46.27	1:18.27	1:34.47	2:40.36	5:44.00	148.88	228.14
51	26.54	40.32	1:08.15	1:22.18	2:19.51	4:54.00	201.67	350.22	79	31.03	46.54	1:19.15	1:35.45	2:42.12	5:48.02	145.56	221.35

If we deduct the 40 year old time/distance from all the others we get tables that looks like these:

**VETS' HANDICAPS - MEN SOLO BICYCLE**

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	00:00	00:00	00:00	00:00	00:00	00:00	0.00	0.00	68	02:37	03:59	06:51	08:21	14:07	33:09	41:91	100:80
41	00:05	00:08	00:14	00:17	00:29	01:09	1.68	4.21	69	02:46	04:13	07:15	08:51	14:57	35:10	44:06	105:75
42	00:10	00:16	00:27	00:33	00:58	02:14	3.28	8.19	70	02:56	04:28	07:42	09:24	15:51	37:20	46:30	110:90
43	00:15	00:23	00:40	00:49	01:25	03:17	4.81	11.96	71	03:07	04:45	08:10	09:58	16:48	39:38	48:65	116:25
44	00:20	00:31	00:52	01:04	01:52	04:19	6.26	15.57	72	03:18	05:02	08:40	10:35	17:49	42:05	51:09	121:80
45	00:25	00:38	01:05	01:19	02:17	05:18	7.67	19.04	73	03:30	05:20	09:12	11:14	18:53	44:42	53:65	127:58
46	00:29	00:45	01:16	01:33	02:42	06:16	9.02	22.38	74	03:43	05:40	09:46	11:55	20:02	47:31	56:32	133:57
47	00:34	00:51	01:28	01:48	03:07	07:13	10.35	25.62	75	03:57	06:01	10:22	12:40	21:16	50:31	59:10	139:80
48	00:38	00:58	01:40	02:02	03:31	08:10	11.84	28.79	76	04:11	06:23	11:01	13:27	22:34	53:45	62:01	146:26
49	00:43	01:05	01:51	02:16	03:56	09:06	12.91	31.91	77	04:27	06:47	11:42	14:18	23:58	57:13	65:05	152:97
50	00:47	01:12	02:03	02:30	04:20	10:02	14.18	34.99	78	04:43	07:13	12:27	15:13	25:29	1:00:58	68:22	159:92
51	00:52	01:18	02:15	02:44	04:44	10:58	15.43	38.05	79	05:01	07:40	13:15	16:11	27:05	1:05:00	71:54	167:13

The women's table then looks like this:

**VETS' HANDICAPS - WOMEN SOLO BICYCLE**

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	02:12	03:19	05:35	06:44	11:25	23:56	23.65	45.57	68	05:06	07:44	13:11	16:00	27:06	1:00:45	61:02	131:58
41	02:18	03:28	05:50	07:02	11:58	25:12	25.15	49.11	69	05:16	08:00	13:38	16:34	28:02	1:03:00	62:94	135:87
42	02:24	03:37	06:05	07:20	12:29	26:24	26.57	52.47	70	05:28	08:17	14:08	17:10	29:02	1:05:23	64:95	140:32
43	02:29	03:45	06:19	07:38	13:00	27:35	27.93	55.66	71	05:39	08:35	14:39	17:48	30:05	1:07:56	67:04	144.96
44	02:34	03:53	06:33	07:55	13:29	28:43	29.23	58.71	72	05:52	08:54	15:12	18:28	31:12	1:10:40	69:23	149.79
45	02:40	04:01	06:46	08:11	13:58	29:49	30.48	61.84	73	06:05	09:15	15:48	19:12	32:24	1:13:35	71:51	154.82
46	02:45	04:08	07:00	08:27	14:26	30:53	31.69	64.47	74	06:20	09:36	16:26	19:58	33:41	1:16:42	73:90	160.05
47	02:50	04:16	07:13	08:43	14:53	31:57	32.86	67.22	75	06:35	10:00	17:06	20:47	35:02	1:20:02	76:39	165.48
48	02:54	04:23	07:25	08:59	15:20	32:59	34.02	69.91	76	06:51	10:25	17:49	21:40	36:30	1:23:37	79:00	171.14
49	02:59	04:31	07:38	09:14	15:47	34:02	35.15	72.56	77	07:08	10:51	18:35	22:37	38:03	1:27:29	81:72	177.01
50	03:04	04:38	07:51	09:30	16:14	35:04	36.28	75.17	78	07:27	11:19	19:24	23:37	39:43	1:31:38	84:56	183.12
51	03:09	04:46	08:04	09:46	16:41	36:07	37.40	77.77	79	07:47	11:50	20:17	24:42	41:31	1:36:08	87:52	189.46

In our vets races the finishing order of the riders would be the same under Vets-Handicap as under the existing Standard Pluses, as Rudyard mentions. Time differences between adjacent riders would be the same on an absolute basis. However, a Vets-Handicap can never be minus unlike a standard, which can cause problems when working in Excel, again as Rudyard highlights.

So where does this get us? Rudyard's letter has certainly caused some healthy debate and an innovative approach to displaying vets' results,. If it aids understanding by existing members and makes it easier for new members, then this could be a way forward. It would have to be formally considered at the next AGM and since all groups have their own competitions to consider, it would have wide ranging implications. However, in the coming season we could produce some example presentations of results with both pluses and Vets-Handicap and get more of a feel for what our members think.

# NOTICE BOARD

## CLAIMING OF GROUP AND NATIONAL AGE RECORDS

National and group age records are listed on the VTTA website and national records in the current handbook, however not all groups maintain or recognise group records. Following the upgrade to the website this now lists records as soon as they are claimed by the rider, but they will still be subject to ratification at the national level and will be marked accordingly on the website.

The onus is on the rider to claim for any record which he/she believes has been broken. To claim for any record riders should download the appropriate claim form from the website (or request one from their Group Recorder if unable to do so oneself).

In the case of **road (ie time trial) records** the claim form must be completed (with any appropriate evidence) and returned to your Group Recorder. He/she will enter the record details onto the website and, in the case of national record claims, will then forward the form to the National Road Records Secretary for ratification.

For **track record attempts** it is necessary to notify the national track records secretary prior to the attempt to ensure satisfactory arrangements. After the ride the claim form must be submitted, along with the official timing sheets, to the National Track Records Secretary. Where groups recognise track records, entering of the ride information onto the website by the national secretary will automatically update any group records.

The website based age records system allows records to be continuously updated and viewed, but is dependent on members notifying claims in a timely manner. It is for the rider to submit a claim form if they believe they have achieved a record and this should be done immediately and not left till the end of the season. Notwithstanding this, all claims must be made no later than 31st October or they may not be recognised.

The 1st November will serve as the ratification cut-off date for national road age records, whereby all the outstanding national claims which are still subject to ratification are deemed to be records or rejected as they may have been pre-beaten. Certificates will subsequently be generated and the list of records for the Handbook crystallised.

## 2021 NATIONAL CHAMPIONSHIPS

Planning will soon start for allocation of the 2021 National Championships and groups, clubs or individuals wishing to take on such an event are invited to apply. The NEC endeavour to provide a good geographical spread for our championships and would welcome particularly applications from those groups who have not promoted a championship in recent years.

For further advice or to make an expression of interest please contact either the National Secretary or the National Chairman.

Copy dates for the next two editions of 'The Veteran' are 18<sup>th</sup> May and 17<sup>th</sup> August

**WHEN RESPONDING TO ADVERTISERS PLEASE MENTION 'THE VETERAN' AND THE VTTA**

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