

VETERANS TIME TRIALS ASSOCIATION



The Veteran

Number 74 : June 2022



**10 MILE CHAMPIONSHIP WINNERS ANGELA CARPENTER (ABOVE)
AND RICHARD OAKES (BELOW)**



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 74

June 2022

• NATIONAL EXECUTIVE 2022/23 •

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**The National Executive is supported by the National Forum,
comprising delegates from each of our 16 groups
and is chaired by the President.**

Vice Presidents

Eddie Green and Jim Burgin

Website : vtta.org.uk and Facebook

Welcome to the June edition of The Veteran and with it a few changes. The grey days of winter are now behind us and with the challenges of coping with covid are now receding. Following discussions with our printer we are now able to introduce much more colour and have also added new features, whilst still retaining the main content of communication from the national officials, the group reports and all the VTTA championship results in full.

The aim is to make the magazine brighter and better. Please let me know what you think and any suggestions of content (or even offers to write something) will be most welcome.

These changes are all complementary to our rebranding to improve the membership offer. As the majority of riders in time trials are now veterans, although a significant proportion, mainly younger vets, are not yet VTTA members, so there is scope to attract and also to improve retention.

Set against this is the current concern of falling numbers in time trials, which CTT are trying to understand. Is it too much technology, is it dissatisfaction with the governance of the sport or, more likely, concerns about increased cost of living and travel particularly, coupled with the lingering effects of the pandemic? Anecdotally it seems that many sports are suffering the same reduced participation this year, so it is most likely the latter. Let's hope so.

Mike Penrice



The editorial team 2016

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Copy date for the next edition of 'The Veteran' is 15th August 2022

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

Contents designed and typeset by the Editor

Printed, finished and distributed by Quorum Print Services Ltd
Units 3 & 4 Lansdown Industrial Estate,
Gloucester Road, Cheltenham, GL51 8PL

PRESIDENT'S PIECE

2022 has arrived and a new racing calendar is underway with both the VTTA national 10 and 15 mile championships completed before the end of April. Hopefully this year will see a full season of events without the disruptions of the past two years.

It is interesting and worrying that overall rides in time trials are decreasing across the past seasons both in open and club events. There was a noted decrease pre-Covid and obviously this was not helped at all by the onset of the pandemic. CTT and anecdotal evidence suggests that a significant number of events around the country are far from capacity.

The National 10 mile event attracted 76 riders; a local 50 mile promotion has 56 entries of which 11 are road bikes.

Reasons behind the statistics are myriad: loss of enthusiasm after the pandemic, current cost of fuel, traffic and course issues and fewer younger riders entering events, to name a few. Whatever the source of the decline, the downward trend presents a major challenge to our sport. There is evidence that suggests most of the entries in open events are over 40s but a significant proportion are not VTTA members.

The NEC has made clear its intention to improve recruitment and retention of members and to raise the profile of our Association within the cycling community. If ever there was need to address those two points, surely now is that time. As individuals and Groups, I encourage all to actively support our Vision and Values, which aims to provide a pathway to increased participation.

But enough of my preaching to the converted. I am currently in Spain enjoying some very warm and sunny weather that is a complete contrast to the month of March which saw the heaviest and most prolonged rainfall for many years. It requires little effort to prepare for a ride compared to the effort to curtail the ride.

Which brings me to a recommended read, "Mind is the Ride" by Jet McDonald. A description of his ride to India and back with partner "using the components of the bike as a metaphor for philosophy, which is woven into the cyclist's experience." Not a heavy read at all but one in which there are many episodes with which I believe we can all empathise with.

So as the cloudless sky beckons me and my sturdy steed and there is a rush to order the book on Kindle, I bid you "hasta luego y cuidate".

Tony Farrell

CHAIRMAN'S CHAT

One of the enjoyable parts of the Chairman's role has been attending (and usually riding) the national championships each year. I must confess that I have never been able to step up to a 12 or 24 hour but I try to ride the six distance events, other commitments permitting. This has also given my wife and I some pleasant opportunities to visit various parts of the country in our motorhome and enjoy doing some local tourism. It has also allowed me to keep in touch with the local VTTA Group officials and members and these relationships often prove helpful in dealing with various matters that arise for the Association.

The National Executive experiences some level of stress in August and September each year in co-ordinating and confirming the organisers and courses for the following year's championships. We 'piggy-back' on the CTT 12 and 24 hour championships but for the rest we need a VTTA Group to organise the event or a club or local cycling association that is willing for the VTTA championship to be included in their event. An increasing challenge is the disappearance of courses around the country, which means that many Groups just do not have courses at various distances or there is no suitable HQ for a large field. Last month I wrote to Groups asking them to inform us of what courses in their area would be suitable for championships and their replies are helping us to narrow down possibilities. When you consider that we have 16 groups, and six distance championships each year, then if the load is to be spread equally every Group would need to host a championship at least once every three years.

The National Executive tries as far as possible to spread championships around the country each year, but that is dependent on which groups offer to host a championship. We recognise that it is not possible for many members to travel long distances and stay away overnight. The current cost of fuel may also be deterring long trips to events. Championships therefore tend to feature a combination of our top riders from around the country who are medal contenders (whether individual or team medals) and local members who get the opportunity to ride a national event. The local group and clubs also stand a better chance of a team medal or at least finishing on a team 'podium'. We have also seen Groups attracting new members in order to participate in a local national championship – so there is an incentive there for Groups!

It can be a challenge at championships to get all the results compiled quickly on standard, and the Group Team and Club Team results calculated, so we can present medals before people leave to get home. It is always good to see members' pleasure in winning a national medal and for them to be congratulated on their performance. We are fortunate to have some outstanding athletes in the VTTA but for those of us who will never grace a podium there is the satisfaction that in taking part we are equal contributors to the sport.

Andrew Simpkins

IT MANAGER'S UPDATE

The last three months have been a quiet time from the IT point of view while our supplier, Xncreations, recruits staff to deal with the workload from the CTT and the VTTA. This will change in the next few months now new staff are in place and I look forward to reporting progress on improvements to the website in the next issue.

As there are no new developments to talk about I thought I would remind you of some old stuff. Here are ten features of the VTTA website. Score a point for every feature you already know about.

1. Using edit profile, you can change your club on the website; it is important that you spell the club name exactly as it is spelt on the CTT site for club competitions; currently the website does not check the club value.
2. Using edit profile, you can change your email address on the website.
3. Using edit profile, you can change your option from receiving The Veteran by post to receiving it by email and vice versa.

4. Using membership extras, you can purchase standards if you did not do it when you joined or renewed.
5. You can make a donation to your group at any time through the website.
6. You can change your options for the season long competitions at any time; if you know you are not going to do a 100 or a 12 hour this season (or ever), untick the 3 Distance or 12 hour boxes! This ensures the league table contains only genuine competitors!
7. In "My standards", your baseline is initialised with your standards and your targets are set to be 1 second faster or 0.01 mile further for distance and time events respectively. If you have linked your CTT and VTTA account, you will see improvements on the standards listed below the baselines. If you have also purchased standards, you will be able to claim these improvements, set a new baseline and order a medal for each improvement (or plaque instead of multiple medals).
8. After each birthday your targets will change, as new standards apply.
9. Copies of The Veteran and Handbook (current and back issues) can be found in the documents section.
10. You can view results on standard in the events/results section by clicking on the up and down arrows next to "std position"

If you score 10, let me know!

Jon Fairclough

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THE MONEY COLUMN

Just a brief note this time as we are currently away. Many thanks to Group Treasurers for sending the Q2 returns.

For the last NEC meeting we assessed the spend against the budget and it was identified that there has been some necessary spend that was not in this year's budget.

These costs included, BAR Certificates, our new Champion Medal supplier Tower Trophies 2022 deposit, Circuit Medals, Southdown Engraving and costs for membership reminder texts, a total of £1,458.

We will be keeping a watchful eye on our remaining commitments.

Remember let's be careful out there.

Ian Pritchard

A WELCOME TO NEW MEMBERS JOINED FEBRUARY/MARCH/APRIL 2022

East Anglian Group

Becky Ridge (TPH), Lee Hellen (Newmarket TCC), Simon Jennings (West Suffolk Whs), Jamie Watson (Clacton Cycling and Running Club), Nick James (Mickey Cranks CC), Adrian McHale (Peterborough CC), James Lawler (Bedfordshire RCC)

East Midlands Group

Elizabeth Bridgen (Ilkeston CC), Eddie Humphreys (Moda Racing Team), Andrew Poulton (Welland Valley CC), Martin Perrett (Team Ohten Aveas), Chris Schofield (Melton Olympic), Stephen Clark (Sherwood CC)

Kent Group

Nick Marsh (G S Invicta), Andrew Brimson (Woolwich CC), Michael Newman (Ashford Whs), Lesley Newman (Ashford Whs), Alex Pearson (Woolwich CC), Barry Goodsell (Rye & Dist Whs)

London & Home Counties Group

Richard Law (no club), Richard Moule (Bossard Whs), Richard Pratt (Icknield RC), Jeremy Parker (Gravesend CC), Philip Strongman (Oxonian CC), Ann Warren (Oxonian CC), Harriet Orridge (no club)

Manchester & North West Group

Peter Jackson (Macclesfield Whs), Tim Smith (Westmead Team 88), David Griffiths (Crewe Clarion Whs), Steven Hazeldine (Stone Whs), Alison Stephenson (Congleton CC), Mathew Stephenson (Congleton CC), Mick Hutchins (Congleton CC), Christopher Maffei (Bury Clarion), Lucy Rogers (Congleton CC)

Merseyside Group

Paul Mulready (Bridgnorth CC), Emma Tilston (Chester RC)

Midlands Group

Fay Barrington (Banbury Star), Eamonn Sheridan (Warwickshire RC), Paul Rolfe (Rugby RCC), Adrian Jackson (no club)

North Group

Dan Prescott (Wigan Whs CC), Shaun Wakes (Ferryhill Whs), Peter Harridge (Tyneside Vagabonds), Lee Morley (Hartlepool CC), Tracey Sample (Alnwick Tri Club)

North Lancashire & Lakes Group

Jim Henderson (Southport CC), Paul Braithwaite (Pendle Forest CC), John Bunting (Bury Clarion)

Scotland Group

George Spittal (Kennoway RC), Robbie Mitchell (Auchencrow Thistle), Innis Mitchell (Ross Shire Roads CC), Bruce Mitchell (Inverness CC), Kenny Wilson (no club), Valerie Martin (Dooleys Cycles)

South Wales Group

Rob Powell (Abergavenny RC), Christopher Gibbard (Bynea CC), Anthony Jones (Velo Myrddin CC), Paul Archer (Newport Phoenix), Anthony Fidow (Cwmcam Paragon)

Surrey/Sussex Group

Kate Thomas (Lewes Wanderers), Jeremy Hall (Farnborough & Camberley CC), Kendra Hall (Farnborough & Camberley CC), Paul McDaid (VTTA), Paul Deen (Epsom CC), Ian Loades (Hart Evolution RT), James Conlan (no club), Conall Yates (Solo Vinci), Christopher McNamara (Nuun-Sigma Sports-London RT)

Wessex Group

Neil Langley (Hampshire RC), William Emons (Wessex VTTA), Diana Stevens (Fareham Whs CC), Lindsay Beale (CC Weymouth), David Lester (CC Weymouth), Peter Youngusband (Petersfield Tri Club)

West Group

Rebecca Pearce (Ridgeway Riders), Fiona Bradshaw (1st Chard Wheelers), John Berry (PDQ Cycle Coaching), Thomas Scorer (RNRMCA), Chris O'Connor (Exeter Whs CC), Keith Freegard (Chippenham Whs), Christine Meek (Chippenham Whs), Michelle McGuinness (Didcot Phoenix CC), Andrew Derrick (Portishead), Mariane Carpenter (Bath CC), Ben Parker (Swindon Whs), Angela Simpson (PDQ Cycle Coaching), Tom Burke-Nott (Bristol South CC), Neive Richardson (Cheltenham & County CC)

Yorkshire Group

Stephen Broadley (Otley CC), Phillip Tyas (Barnsley RC), Jason Burrell (City Road Club Hull)

VTTA CLOTHING NEWS

By Tony Farrell

After much deliberation and discussion with Groups via the National Forum, the redesigned updated kit can now be bought. Both short sleeve jerseys and long sleeve jackets can now be purchased from the Gear Club online shop:

<https://shop.gearclub.co.uk/product-category/vtta/>

For individual orders online the price is £36 for the short sleeve jersey or £39 for the long sleeve jersey or the gilet, all plus VAT and delivery charge. Bulk orders of 10 or more, mixed sizes, realise a significant discount. As an example, I have for sale new gilets at £35.80 because of a bulk purchase.

The kit is a major aspect of the VTTA's drive to publicise our unique organisation. Obviously, that only works if individuals and Groups commit to the purchasing of the kit.

I can appreciate that most members already have their own club kit or individual choice of tops. To ask people to buy another item of clothing might appear very cheeky but there is need to raise the profile of our VTTA within the cycling community. Redesigned kit alone is not going to improve our recruitment and retention, but it is a beginning and one I would ask fellow members to support.



THE VENTOUX STUDY

**By Research Participant Sean Sanders
of Drighlington BC**



I often see online posts by students or clinicians looking for assistance with surveys or research to assist with their studies or CPD and I've always tried to assist when I can. Earlier in the year I read a post by Dr Wasim Javed (Cardiology Registrar and Research Fellow, Leeds University), entitled 'The VENTOUX Study'. The study aims to look at the structure and function of the hearts of endurance athletes and to correlate this with their heart rhythm. Research has shown that athletes develop changes in the structure of the heart, including muscle mass and in some cases scarring. The study aims to better understand whether this heart scarring leads to dangerous heart rhythms with the findings helping to guide future research. The participant criteria being for males of 50 years or older, training for 10 hours a week, with no prior history of cardiac disease. For me the decision to apply was a simple one and it was great to be joined by two other Drighlington BC members who were also taking part.

Once accepted I was invited to the imaging unit at Leeds General Infirmary for a cardiac Magnetic Resonance Imaging (MRI) scan. Prior to the scan I had a cannula inserted into each arm and blood samples were taken. This was done by a cardiac nurse who is also a fellow Drighlington BC member, a real team effort! The MRI scan took around 90 minutes during which time a contrast dye was administered to aid with imaging followed by Adenosine, a drug to increase blood flow to the heart. The MRI scan was followed by an Electrocardiogram (ECG), and the resulting trace was explained, soon after I received my blood results. This was a 'one stop shop', full cardiac check-up, amazing!

Around a month later I was invited back to LGI to have a small (memory stick sized) heart rhythm loop recorder implanted under the skin in my chest (sadly it doesn't connect to Garmin) which I carry for 2 years with the option to extend beyond the study to 5 years. Straight after the implant you jump on a Wattbike and do a ramp test to exhaustion, the aim being to assess your max heart rate and establish a base line for study data.

Every night at 1am the loop recorder links to a small transmitter unit next to my bed and submits my heart trace to the study team who can analyse the metrics for any issues. If anything does flag up they will be in touch. Alternatively, I can notify them via an app on my phone if I encounter any irregularities and they will check the trace and get back to me (win/win!!).

It's great to be able to play a small part in this vital research alongside other veterans in our sport and reassuring to know that my heart is being monitored as I put it through the mill during future time trials and training.

At the time of writing this article, participant places were still available. If you'd like to be considered for the study please contact Dr Wasim Javed at w.javed@leeds.ac.uk

Further details can be found in an article which Dr Javed contributed to the March Veteran.

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VTTA NATIONAL 15 MILE CHAMPIONSHIP

Saturday 16th April 2022

NEC Representative Mike Penrice

It was business as usual for Richard Oakes in winning the VTTA 15 Mile Championship and a welcome return to the top spot for new women's champion Debbie Moss. Both excelled in the first of our 2022 Championships on Easter Saturday afternoon around Cheshire's meandering and sheltered roads through its sun drenched verdant countryside.

Organiser Tony Farrell wanted a first class event and with Manchester not having an existing 15 mile course a new, circuit based one had been created, only for roadworks half way round to then make it un-usable. After exploring several alternatives the solution became to move the start and finish of the original course so that it then started south of Knutsford, headed down the A50 towards Holmes Chapel before returning past Jodrell Bank Telescope to Chelford Island and thence to the outskirts of Knutsford. All roads well known to the Cheshire time trialling fraternity and with its downhill start and wind assisted final leg it was a good solution. The course was measured and approved with only a week to go, but such changes have become normal in our sport in recent years. Thanks to Manchester CTT officials Ian Ross and Tony Millington for their invaluable assistance in expediting this solution.

From an entry of 76 there were a significant number of non-starters, probably due to the ongoing lingering effect of the covid pandemic and to travel difficulties due to Easter traffic. Results were determined using the vets' age handicap system for simplicity.

The women were spread throughout the field but their championship was decided early when Jan Scotchford (North Lancs RC/NL&L group) rode 39:35 for a handicap time of 33:50 for eventual third place, closely followed by Yorkshire's Paula Fisher (Born to Bike) with 33:34 from 41:07 actual for eventual second and then Debbie Moss claiming top spot. Debbie's 30:30 from an actual of 35:37 was well clear of her rivals and was good enough to beat all except two of the male riders. NL&L rider Debbie, formerly of Team Merlin, was making her debut in Springfield Financial colours; she won the 50 championship in 2018 and has picked up six silver and bronze medals at various distances in intervening years before again clinching this win on (almost) home roads.

The expected clash of the titans between Richard Oakes and Keith Ainsworth did not materialise as Keith was DNS following a mid-week racing spill (thankfully nothing broken). Richard still delivered his usual outstanding ride with a fastest of the day



Yorkshire's Paula Fisher receives her women's silver medal from organiser Tony Farrell

30:26 giving him a handicap time of 28:56, both of which were well clear of the next riders. The silver and bronze medals were earned by Joe Costello (Walsall RCC) with 30:15 from an actual of 33:29 and Mike Twelves (Team Ohten Aveas) with 30:37 from 32:55 actual. It was a first time championship individual medal for both these riders.

With strong rides from Richard Oakes and Mike Twelves, both of Team Ohten Aveas and East Midlands Group, it was inevitable that they would dominate the team awards. They took the club team award along with their third placed rider Wayne Smith, whose 32:34 (34:15 actual) was still good enough for 18th place. For the group team award they allowed Kevin Wood of Sherwood CC

to infiltrate, his 31:52 (34:31) giving him 12th place.



Manchester and North West Group had plenty of helpers, as befits a championship event, and still managed to field one third of all riders, who competed for their own "extra" awards. With an interesting course, a full results display and a prize presentation, excellent refreshments and a friendly HQ gathering the day had pretty much everything that makes these VTTA Championships so enjoyable.

The most important members of the event team, resplendent in VTTA colours of navy blue and gold

AWARD WINNERS - VTTA 2022 NATIONAL 15 MILES CHAMPIONSHIP					
Award	Name	Club	Group	VH Res.	Medal
1st Man on VH	Richard Oakes	Team Ohten Aveas	E Mids	28:56	Gold
2nd Man on VH	Joseph Costello	Walsall RCC	Mids	30:15	Silver
3rd Man on VH	Mike Twelves	Team Ohten Aveas	E Mids	30:37	Bronze
1st Woman on VH	Deborah Moss	Springfield Financial RT	NL&L	30:30	Gold
2nd Woman on VH	Paula Fisher	Born to Bike	Yorks	33:34	Silver
3rd Woman on VH	Jan Scotchford	North Lancs RC	NL&L	33:50	Bronze
Group Team Champions	Richard Oakes	Team Ohten Aveas	E Mids	1:31:25	Gold
	Mike Twelves	Team Ohten Aveas			Gold
	Kevin Wood	Sherwood CC			Gold
Club Team Champions	Richard Oakes	Team Ohten Aveas	E Mids	1:32:07	Gold
	Mike Twelves				Gold
	Wayne Smith				Gold
Tandem Champions	No tandem entrants				
First man and woman on VHR also received very desirable champion's jerseys and caps.					

FRONT COVER IMAGE SHOWS RICHARD OAKES AND DEBBIE MOSS IN THEIR CHAMPION'S JERSEYS AND CAPS



Walsall's Joe Costello
on his way to the
men's silver medal



Championship images
courtesy of
**Kimroy
Photography** 



Mike Twelves - Men's silver
medallist



Women's bronze medallist was Jan
Scotchford

INDIVIDUALS FINISHING ORDER - VTTA 2022 NATIONAL 15 MILES CHAMPIONSHIP								
VH Pos	Name	Club	Group	Age	VH Result	Plus	Act. Time	Act. Pos.
1	Richard Oakes	Team Ohten Aveas	E Mids	53	28:56	+10:22	30:28	1
2	Joseph Costello	Walsall RCC	Mids	63	30:15	+09:03	33:29	10
3 (1W)	Deborah Moss	Sp'field Finc'l RT	NL&L	51	30:30	+08:48	35:37	20= (1W)
4	Mike Twelves	Team Ohten Aveas	E Mids	58	30:37	+08:41	32:55	7
5	Alan Chorley	Seamons CC	M&NW	50	30:53	+08:25	32:01	3
6	Tim Beardmore	Bridgnorth CC	M'side	50	30:54	+08:24	32:02	4
7=	Ian Holbrook	Stone Wh	M&NW	53	31:07	+08:11	32:39	6
7=	Steve Gibson	Peak RC	N Mids	55	31:07	+08:11	32:57	8
9	David Williams	Velotik RT	M'side	43	31:38	+07:40	31:57	2
10	Andrew Whiteside	Sp'field Finc'l RT	NL&L	48	31:40	+07:38	32:33	5
11	Ed Moss	Beacon Roads	Mids	51	31:44	+07:34	33:00	9
12	Kevin Wood	Sherwood CC	E Mids	60	31:52	+07:26	34:31	17
13	Malcolm Horner	Warrington RC	M&NW	58	31:57	+07:21	34:15	14=
14	Simon Horsley	Legato RT	NL&L	57	29:55	+09:23	32:03	13
15	Adrian Hughes	Seamons CC	M&NW	54	32:09	+07:09	33:50	11=
16	David Wright	Warrington RC	M&NW	63	32:23	+06:55	35:37	20=
17	Steven Lorraine	Legato RT	Mids	65	32:30	+06:48	36:09	25
18	Wayne Smith	Team Ohten Aveas	E Mids	54	32:34	+06:44	34:15	14=
19	Tony Ball	Legato RT	L&HC	53	32:47	+06:31	34:19	16
20	Warren Giddins	Warrington RC	M&NW	59	33:11	+06:07	35:39	23
21	Matt Stell	Sp'field Finc'l RT	NL&L	44	33:24	+05:54	33:50	11=
22	David Fox	Warrington RC	M&NW	59	33:27	+05:51	35:55	24
23 (2W)	Paula Fisher	Born to Bike	Yorks	64	33:34	+05:44	41:07	49 (7W)
24	Randle Shenton	Legato RT	Scot	64	33:39	+05:39	37:05	33
25 (3W)	Jan Scotchford	North Lancs RC	NL&L	55	33:50	+05:28	39:35	41 (4W)
26	Mick Hutchins	Congleton CC	M&NW	47	33:51	+05:27	34:37	18
27	Daryl Stroud	Gloucester City CC	West	57	34:05	+05:13	36:13	26
28	Stephen Turner	Westmead Team 88	M&NW	62	34:12	+05:06	37:14	34
29 (4W)	Jayne Dickens	Pro Vision RC	M&NW	53	34:16	+05:02	39:41	42 (5W)
30	Andrew Simpkins	Team Echelon	Mids	68	34:18	+05:00	38:40	38
31	Greg Dancer	Stone Wh	E Mids	68	34:20	+04:58	38:42	39
32 (5W)	Lynsey Astles	Congleton CC	M&NW	45	34:36	+04:42	38:54	40 (3W)
33	Daryl May	Sheffrec CC	N Mids	48	34:44	+04:34	35:37	20=

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VH Pos	Name	Club	Group	Age	VH Result	Plus	Act. Time	Act. Pos.
34	Jon Lloyd	Westmead Team 88	M&NW	54	34:52	+04:26	36:33	30
35=	Paul Russell	Sp'field Finc'I RT	NL&L	55	35:06	+04:12	36:56	32
35=	Ian Peacock	Leek CC	M&NW	69	35:06	+04:12	39:43	43
37	Denis Thompson	West Pennine RC	NL&L	71	35:18	+04:00	40:29	48
38	Simon Inman	OVB	E Mids	49	35:30	+03:48	36:31	29
39	Nev Ashman	Manchester Velo	M&NW	83	35:38	+03:40	45:35	54
40	John Robertson	Pocomotion RC	M'side	67	35:53	+03:25	40:00	45
41	Mark Jones	Bury Clarion	M&NW	44	35:55	+03:23	36:21	28
42	Nigel Finch	Mercia CC	E Mids	67	36:01	+03:17	40:08	46
43	John Verbickas	Seamons CC	M&NW	76	37:26	+01:52	44:15	50
44	John Leach	Rosendale RC	NL&L	77	38:09	+01:09	45:20	52
45	Vic Trigger (trike)	Crewe Clarion	M&NW	76	38:49	+00:29	49:09	59
46	Keith Nield	Chester RC	M'side	79	38:58	+00:20	46:59	57
47 (6W)	Kerry Gleave	Congleton CC	M&NW	57	39:00	+00:18	45:06	51 (8W)
48	Alan Shuttleworth (trike)	Weaver Valley	M&NW	75	39:15	+00:03	49:11	60
49	William Renard	Macclesfield Wh	M&NW	74	39:25	-00:07	45:32	53
50 (7W)	Alison Stephenson	Congleton CC	M&NW	52	40:26	-01:08	45:42	55 (9W)
51	Edgar Reynolds	Born to Bike	M&NW	73	41:04	-01:46	46:51	56
52	Derek Black	Wigan Wh	NL&L	73	42:19	-03:01	48:06	58
	Steven Hankey	Warrington RC	M&NW	49	n/a	n/a	34:40	19
	Lucy Rogers	Congleton CC		53			36:14	27 (2W)
	Paul Targett	Holcombe Harriers		57			36:54	31
	Paul Robinson	Lyme RC		58			37:20	35
	Philip Wood	Macclesfield Wh		54			37:33	36
	Derek Schofield	Rosendale RC		68			38:05	37
	Jeff Upton	Stockport Tri		58			39:52	44
	Sally Cunliffe	Ruthin CC		65			40:20	46 (6W)
DNS-A	Derek Hodgins (Stockport Clarion), Jonathan Mills-Keeling (Bridgnorth CC), Ady Dench (Team Sheffield), Phil Wright (Hartlepool CC), Mike Walker (Nantwich CG), Gordon Wordsworth (Rutland CC), Deb Hutson-Lumb (Wrekinsport RC), Richard Shaw (Seamons CC), Sarah Lewthwaite (Born to Bike), Peter Jackson (Macclesfield Wh), Keith Ainsworth (Lindsey RCC), Angela Carpenter (...a3crg)							
DQ	Theresa Taylor (Sp'field Finc'I RT)							
DNF	Tim Smith (Westmead Team 88), Paul Basson (ABC Centreville), Joanna Cebrat (Bury Clarion)							
Full team results are on the result sheet, which can be downloaded from the CTT website.								

VTTA NATIONAL 10 MILE CHAMPIONSHIP

Saturday 30th April 2022

NEC Representative Ian Pritchard

It was a good early start to the day with the sun just coming out and it was beginning to warm up – a good omen I thought. A call from the organiser Gordon Scott, who lives in Dorchester and travelled up in his motor home on the Friday with Jemma and young Fraser, they had found a suitable Friday night layby and now had the keys to the HQ – Stone Cricket Club. The kitchen only had a limited number of china cups so additional disposable ones were needed. As we had not left home yet, a quick shop for cups was sorted, and we headed up to the HQ.

The HQ was well signed with our new VTTA Flag 'Competitive Cycling for Life' just fluttering at the entrance. The West Group Webmaster, Tony Russel was doing a sterling job of marshalling cars into the very small car park. He had good local knowledge, after squeezing cars up within the car park and some verge parking Tony would direct those later arrivals to adjacent verges, local lanes and laybys. The ladies Jemma, Vanessa, Mary-Jane, Alison, and Marilyn were setting up the teas with a wide selection of tempting cakes.

With regards to entries, there was great support from West Group riders, an opportunity to ride a VTTA National Competition in a local event and many took it. Andrew Legge and Joanna Knight in the tandem event, 7 ladies out of the 19, and 36 men out of 100 on the start list.

With timekeepers Paul Aryan, Denis Davis and Rob Hutchinson ready, turn marshals on their way down to the Slimbridge roundabout turn, Mary Corbett and Norman Harvey on their splendid tandem trike ready to go, the event was underway. The start was only about 50 yards from the HQ entrance in the adjacent layby. I was supporting the timekeeper at the finish, providing batch finishing times to Gordon at the HQ. The light breeze would help on the way out, U7B is a rolling course with a small drag up to the finish line.

There were some great rides on the day, Tandems were off first with once again Ian Greenstreet and Rachael Elliott taking the honours with a sub 20 minute ride, although pushed all the way on standard by Norman Harvey and Mary Corbett on their luminous tandem trike.

In the women's event Angela Carpenter put in another stunning ride with a time of 21:42 giving her a 2-minute winning margin on standard over second place Deb Hutson-Lumb. Sarah Matthews made it two ...a3crg riders on the podium but only by two seconds from Fay Barrington. West Group rider Kim Barfoot-Brace finishing in the top 10 with a time of 23:55 giving a plus of 4:43.

Richard Oakes is currently in peerless form and was the only solo rider to break 20 minutes with an amazing time of 19:27 giving him a plus on standard of 7:40. Kevin Tye returned to the podium with an impressive 20:58 and Mike Twelves followed up his bronze medal in the 15 championship with another in the 10. West Group rider Tom Scorer 6th with a great time of 20:02, only 10 seconds off a medal with a plus of 6:08.

Unsurprisingly Team Ohten Aveas took the club team prize with Richard and Mike plus Adrian Dent. Team Echelon came second and PDQ Cycle Coaching third. In the Group Team championship it was a win for Wessex Group thanks to Angela and Sarah's podium performances plus a great ride from new VTTA member Peter Younghusband. West Group came second and East Midlands third.

The event, with the great weather was enjoyed by all, many thanks for Gordon Scott for all his hard work and all those that helped – we had some great feedback on the event and lots of praise for the super refreshments!



Wessex Group Team
Champions - Peter
Youngusband, Angela
Carpenter and Sarah
Matthews

Championship images
courtesy of
**Kimroy
Photography** 

Kevin Tye earned the
men's silver medal with a
strong ride



Ian Greenstreet and Rachael
Elliott continued their
championship winning ways on
the tandem



AWARD WINNERS - VTTA 2022 NATIONAL 10 MILES CHAMPIONSHIP

Award	Name	Club	Group	Plus	Medal
1st Man on std	Richard Oakes	Team Ohten Aveas	E Mids	+7:40	Gold
2nd Man on std	Kevin Tye	VeloRefined Rule 5	Kent	+6:53	Silver
3rd Man on std	Mike Twelves	Team Ohten Aveas	E Mids	+6:18	Bronze
1st Woman on std	Angela Carpenter	...a3crg	Wessex	+7:59	Gold
2nd Woman on std	Deb Hutson-Lumb	Wrekinsport CC	Merseyside	+5:58	Silver
3rd Woman on std	Sarah Matthews	...a3crg	Wessex	+5:30	Bronze
Group Team Champions	Angela Carpenter	...a3crg	Wessex	+19:33	Gold
	Peter Younghusband	Petersfield Tri Club			Gold
	Sarah Matthews	...a3crg			Gold
Club Team Champions	Richard Oakes	Team Ohten Aveas	E Mids	+19:11	Gold
	Mike Twelves		E Mids		Gold
	Adrian Dent		North		Gold
Tandem Champions	Ian Greenstreet	Newbury Velo	London & Home Counties	+7:19	Gold
	Rachael Elliott				Gold
First man and first woman on standard also each receive a champion's jersey and cap.					
Angela Carpenter also receives the Ken Matthews Cup (for one year) as 1st overall on standard.					

WOMEN'S INDIVIDUAL FINISHING ORDER - VTTA 2022 NATIONAL 10 MILES CHAMPIONSHIP

Std Pos	Name	Club	Group	Age	VH Res.	Plus	Act. Time	Act. Pos.	
1	Angela Carpenter	...a3crg	Wssx	53	18:07	+7:59	21:42	1	
2	Deb Hutson-Lumb	Wrekinsport CC	M'side	57	20:08	+5:58	24:10	6	
3	Sarah Matthews	...a3crg	Wssx	61	20:36	+5:30	25:09	8	
4	Fay Barrington	Banbury Star CC	Mids	52	20:38	+5:28	24:07	5	
5	Ann Warren	Oxonian CC	Mids	47	20:50	+5:16	23:51	3	
6	Deborah Sheridan	Warwickshire RC	Mids	65	21:08	+4:58	26:17	9	
7	Elizabeth Williams	The Ark Cycles	West	47	21:12	+4:54	24:13	7	
8	Lucia Borradaile	CC Weymouth	Wssx	64	21:17	+4:49	26:17	9	
9	Kim Barfoot-Brace	Bath CC	West	41	21:23	+4:43	23:55	4	
10	Marianne Carpenter	Bath CC	West	48	23:16	+2:49	26:23	11	
11	Alison Fox	Ely & District CC	E Ang	55	23:38	+2:28	27:26	12	
12	Anne Clark	PDQ Cycle Coaching	Wssx	63	24:08	+1:58	28:58	13	
13	Mary-Jane Hutchinson	Bristol South CC	West	64	24:14	+1:52	29:14	14	
14	Alison Vuagniaux	Bath CC	West	61	25:04	+1:12	29:37	15	
15	Alison Salthouse	Born to Bike	M'side	62	25:29	+0:37	30:10	16	
16	Rachel Green	Cheltenham & County CC	West	60	25:58	+0:08	30:23	17	
	Megan Dickerson	FTP Race Team		25			22:12	2	
DNSA	Arja Scarsbrook (Team Echelon)		DNF	Jayne Dickens (Pro Vision RC)					

MEN'S INDIVIDUAL FINISHING ORDER - VTTA 2022 NATIONAL 10 MILES CHAMPIONSHIP								
Std Pos	Name	Club	Group	Age	VH Res.	Plus	Act. Time	Act. Pos.
1	Richard Oakes	Team Ohten Aveas	E.Mids	53	18:26	+7:40	19:27	1
2	Kevin Tye	VeloRefined Rule 5	Kent	60	19:13	+6:53	20:58	5
3	Mike Twelves	Team Ohten Aveas	E.Mids	58	19:48	+6:18	21:19	13
4	Nik Allen	Team TMC	S/S	50	19:51	+6:15	20:36	3
5	Joseph Costello	Walsall Roads CC	Mids	63	19:56	+6:09	22:04	24
6	Tom Scorer	RN&RMCA	West	41	19:58	+6:08	20:02	2
7	Peter Younghusband	Petersfield Tri Club	Wssx	57	20:02	+6:04	21:26	14
8	Niel Dunnage	PDQ Cycle Coaching	West	50	20:16	+5:50	21:01	6=
9=	Chris Dyason	Cambridge CC	E Ang	74	20:19	+5:47	24:20	50
9=	Tim Beardmore	Bridgnorth CC	M'side	50	20:19	+5:47	21:04	8=
11	Stuart Day	Team Echelon	E Ang	52	20:23	+5:43	21:18	12
12	Christopher Davis	Giant CC Halo Films	West	67	20:29	+5:37	23:12	37
13=	Ian Holbrook	Stone Wheelers CC	M&NW	53	20:34	+5:32	21:35	16
13=	Andrew Butcher	Cwmcarn Paragon RC	S Wls	47	20:34	+5:32	21:04	8=
15	Simon Adcock	Team Echelon	Mids	47	20:39	+5:27	21:09	10
16	Jon Howard	Team Echelon	Mids	53	20:43	+5:23	21:44	19=
17	Haydn Davies	Giant CC Halo Films	West	67	20:47	+5:19	23:30	41
18	Terry Icke	Velo Club St Raphael	Wssx	78	20:49	+5:17	25:48	64
19	Adrian Dent	Team Ohten Aveas	North	60	20:53	+5:13	22:38	33
20	Tony Chapman	Frome & Dist Whs	West	50	20:55	+5:11	21:40	17
21	Roger Sheridan	North Devon Velo	West	61	21:00	+5:06	22:52	34
22	Tony Ball	Legato RT	Mids	53	21:02	+5:04	22:03	22=
23	Michael Parker	TMG Horizon Cycling	Mids	57	21:06	+5:00	22:30	30
24	David Finn	Cheltenham & County CC	Mids	54	21:09	+4:57	22:15	26
25	Ed Moss	Beacon Roads CC	Mids	51	21:13	+4:53	22:03	22=
26	Luke Smith	Bristol South CC	West	53	21:19	+4:47	22:20	28
27	David Leighton	Severn RC	West	44	21:24	+4:42	21:41	18
28	Matt Boulton	Swindon Wheelers	West	40	21:27	+4:39	21:27	15
29	Paul Winchcombe	Chippenham & Dist Whs	West	62	21:29	+4:37	23:29	40
30	Derek Dowdeswell	Gloucester City CC	West	67	21:31	+4:35	24:14	49
31	Mike Hall	Port Talbot Whs CC	S Wls	53	21:34	+4:32	22:35	31
32	Jason Streater	PDQ Cycle Coaching	West	48	21:37	+4:29	22:12	25
33	Mark Bradley	Bristol South CC	West	57	21:40	+4:26	23:04	36
34	Jonathan Mills-Keeling	Bridgnorth CC	M'side	49	21:41	+4:25	22:21	29
35	Andrew Simpkins	Team Echelon	Mids	68	21:42	+4:24	24:34	56

The Veteran : June 2022

Std Pos	Name	Club	Group	Age	VH Res.	Plus	Act. Time	Act. Pos.
36	Roger Taylor	Frome & Dist Whs	West	76	21:43	+4:23	26:12	65
37	Daryl Stroud	Gloucester City CC	West	57	21:51	+4:15	23:15	38
38	Randle Shenton	Legato RT	Scot	64	21:55	+4:11	24:11	48
39	Tom Woollard	Northover VT	Wssx	76	21:58	+4:08	26:27	69
40	Robert Latchem	Somer Valley CC	West	77	22:07	+3:58	26:51	71
41=	Daniel Kempe	Bristol South CC	West	56	22:15	+3:51	23:33	42=
41=	Kevin Garland	PDQ Cycle Coaching	West	50	22:15	+3:51	23:00	35
43	Hedley Rhodes	North Hampshire RC	Wssx	58	22:18	+3:48	23:49	45
44	Nigel Vuagniaux	Bath CC	West	61	22:31	+3:35	24:23	51
45	Giles White	Sherwood CC	E.Mids	57	22:39	+3:27	24:03	46
46	Paul Freegard	Chippenham & Dist Whs	West	65	22:59	+3:07	25:23	61
47=	John Berry	PDQ Cycle Coaching	West	59	23:03	+3:03	24:41	58
47=	Tim Radley	Gloucester City CC	West	48	23:03	+3:03	23:38	44
49	Peter Iffland	Chippenham & Dist Whs	West	57	23:06	+3:00	24:30	53
50	Robert Jones	Cardiff 100 Miles RCC	S Wls	70	23:11	+2:55	26:24	67
51	Stu Carver	North Hampshire RC	Wssx	56	23:14	+2:52	24:32	54
52	Paul Rogoll	PDQ Cycle Coaching	West	65	23:20	+2:46	25:44	63
53	Chris Lowe	Swindon RC	West	63	23:21	+2:44	25:29	62
54	Jon Wiggins	PDQ Cycle Coaching	Wssx	40	23:33	+2:33	23:33	42=
55=	David England	Crabwood CC	Wssx	78	23:37	+2:29	28:36	78
55=	John Robertson	Pocomotion RC	M'side	67	23:37	+2:29	26:20	66
57	Edric Hobbs	VTTA West Group	West	58	23:44	+2:22	25:15	60
58	Paul James	VTTA West Group	West	50	24:11	+1:55	24:56	59
59	Philip Wooldridge	VTTA (Mids)	Mids	43	24:20	+1:46	24:33	55
60	David Roe	North Devon Velo	West	72	24:23	+1:43	27:59	75
61	John J Murphy	Gloucester City CC	West	82	24:39	+1:27	30:50	81
62	Wayne Baker	Team Echelon	Mids	65	25:02	+1:19	29:19	79
63	Bob Symons	PDQ Cycle Coaching	West	67	25:51	+1:04	27:45	74
64	Phil Wright	Hartlepool CC	North	67	25:59	+0:15	28:34	77
65	Stephen Clark	PDQ Cycle Coaching	Wssx	65	26:11	+0:07	28:23	76
66	Sean Mallon	Team Swindon Cycles	West	50	26:40	-0:05	26:56	72
67	Andy Delaney	Northumbria Police C.C.	North	53	26:46	-0:34	27:41	73
68	Robert Jolliffe	New Forest CC	Wssx	69	26:55	-0:40	29:48	80
69	Bob Brabbins	VTTA West Group	West	78	27:07	-1:01	32:06	82
	Nick English	AeroCoach		43			20:41	4
	Stuart Hourigan	VeloRefined Rule 5		46			21:01	6=
	Michael Davis	FTP RC		40			21:14	11

Std Pos	Name	Club	Group	Age	VH Res.	Plus	Act. Time	Act. Pos.
	Tom Burke-Nott	Bristol South CC		44			21:44	19=
	Tim Southcombe	Somerset RC		49			21:53	21
	Alexander Luisi	Bath CC		25			22:19	27
	Jordan Wintle	Cheltenham & County CC		40			22:37	32
	Tommy Barlow	Clevedon & District RC		60			23:17	39
	Vincent Douglas	Gloucester City CC		52			24:04	47
	Guy Preece	Gloucester City CC		59			24:28	52
	Stewart Dunn	Devon & Somerset Fire & Rescue		39			24:40	57
	Darren Vine	Clevedon & District RC		52			26:26	68
	Paul Hewitt	Clevedon & District RC		53			26:50	70
	Mike Hallgarth	Anfield BC		65			35:50	83
DNF	Andrew Derrick (Portishead CC), David Bolton (Bristol South CC)							
DNS	Lewis Lawton (Swindon RC), Michael Lythgoe (Warwick Lanterne Rouge CC), Alex Pearson (Woolwich CC)							
DNS A	Mike Anderson (CC Moncontour), Peter Wilson (Bath CC), Les Thomas (Port Talbot Whs CC), Paul Colman (Port Talbot Whs CC), Rob Muzio (Team Ohten Aveas), Steven Loraine (Legato RT), Joe Schvartz (Team Swindon Cycles), Mark Hill (VeloRefined Rule 5), Martin Perrett (Team Ohten Aveas), Wayne Smith (Team Ohten Aveas), Antony Brown (George Fox Cycling Solutions), Paul Aldridge (Warwick Lanterne Rouge CC)							

TANDEM FINISHING ORDER - VTTA 2022 NATIONAL 10 MILES CHAMPIONSHIP

Std Pos	Name	Club	Group	Age	Plus	Act. Time	Act. Pos.
1	Ian Greenstreet	Newbury Velo	L&HC	58	+7:19	19:48	1
	Rachael Elliott			44			
2	Mary Corbett	Sotonia CC	Wssx	64	+5:43	28:35	3
	Norman Harvey			89			
3	Andrew Legge	Bristol South CC	West	46	+4:52	22:40	2
	Joanna Knight			62			

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EAST ANGLIAN

Andrew Grant

The postponement, until the end of the season, of our traditional East Anglian Group season-opener, the circuit 25 on the Bottisham – Six-Mile Bottom – Stetchworth course, means we haven't yet had a Group event. We are consequently a bit short of Group-specific racing news, so I shall treat this as a gossip column.

The circuit 25 is not the only rearrangement to our calendar, into which the continuing roadworks on the A11/A14 have thrown a grenade. Fortunately, as last season demonstrated, we still have some of the fastest courses in the country on the F2, where a good many of our events will necessarily be migrating again. There is a specific notice about the changes in this issue of *The Veteran*.

The circuit 25 season-opener remains on its original course but becomes a season-closer on 29th October with John Golder taking over the organisation. This year, John has utterly overturned our image of him as a quintessential Essex man, by moving to Suffolk, close to the village named in honour of the Manx Missile, where he is learning to ride rolling, traffic-free lanes and studying clips of Ralph Fiennes in *The Dig* to get to grips with the local accent and make himself intelligible to his neighbours. *Marr't sewnd loik a furrener, bor*

Please note that the Group 25 scheduled for 31 July on the E2/25 has been moved to the previous week: 24 July and the F2/25. This gives us the opportunity of a much more user-friendly 9.00am start. The HQ will be Caldecote Village Hall.

We plan to take the opportunity, after the event, to hold our much delayed presentation of awards for the 2021 season and will be providing a lunch, possibly a barbecue, for which there will be no charge. We very much hope that most of last year's award winners will be riding the event, but even if you're not, if you won an award last year, please do come to the lunch and presentation with whichever guest or

significant other would have accompanied you to a conventional annual luncheon. Caldecote Village Hall doesn't have a bar, so please bring your own drink.

We're hoping that, with benign weather, this may set a very enjoyable precedent.

Meanwhile, in other news...

It is henceforth axiomatic that, in perpetuity, Peter Horsnell's first ride of the season, at any distance, will be a national age record, (barring the emergence of some other hitherto unsuspected nonagenarian superstar) because Pete, at 92, has maxed out the record tables.

It also follows, of course, that each time he improves during any given season, he will set a new record, so Geoff Perry had better get in a new supply of certificates. To the best of my knowledge and belief, he has so far set records in the Cambridge CC 15 and the ECCA 25.

This year, perforce, we have been treated to the unaccustomed sight of Peter Horsnell in a helmet, though whether this is likely to be more, or less, aerodynamic than what lies beneath the helmet, is a moot point.

In the same ECCA 25, Andy Grant and Jackie Field, largely by dint of each being a year older than they were in 2021, also set new Group age records.

Meanwhile, a stealthy change to the entry conditions of the event formerly known as the Shaftesbury Middle Markers 25, to define "Middle Marker" as "somewhere on a spectrum between Peter Horsnell and Filippo Ganna", allowed noted Middle Marker Matthew Smith to set what was at the time a season's fastest 48:39 on a tough day. It was not quite a National or Group record, but no doubt Matt will soon put that right.

In the National VTTA 10 Championship, Cambridge CC's Chris Dyason and Ely and District's Alison Fox flew the flag for the Group, with Chris taking 9th place and Alison 11th. Team Echelon's Stuart Day was down to ride the 50, but at the time of writing I don't

have access to a result, so apologies to him and anyone else I've missed who has represented the Group in a national championship, set a new record, or otherwise distinguished themselves. (Stuart did a very respectable 1:49:16 (+30:22) for 9th on both standard and actual in the 50 champs - Ed)

By the next issue, I'm hoping normal service will have been resumed.

EAST MIDLANDS

David Herd

We were finally able to hold our **Prize Presentation Lunch** on the 27 February and it was well attended. Sheila Hardy, who herself is a East Midlands VTTA Group member, gave the response from the visitors and welcomed our Group Chairman Sue Bowler into her new role as National CTT Chairman. Mick Stevens on accepting his Group award gave an impassioned account on how he converted his running activities into cycling with great success. Richard Oakes was honoured for achieving a number of group and national records.

There was definitely a feeling of optimism for the coming season set by the active racing members, in particular Team Ohten Aveas who appear to be mainly veterans and group members.

Thanks to Gail Summerlin for organising this event, all those who helped on day, those that processed the awards and organised the trophies and all those that came along and made it a great social event.

Senior rider Michael Gill (Saint Piran) set the fastest time of 19:00 in **Melton Olympic's early 10** held 9 April on the A10/3 situated on the A46 Margidunum - East Stoke - Car Colston course. Close behind and fastest vet on the day was East Midlands Group member Richard Oakes (Team Ohten Aveas) in 19:38, with Ian Guilor (Mapperley CC) 20:51, Sean Vincent (Born to Bike) 20:59 and Mike Twelves (Team Ohten Aveas) 21:04. Eddie Humphreys (Moda RT) came in on 21:36, with new group member Martin Perrett (Team Ohten Aveas) on 22:00. Then followed Colin Parkinson (South Western RC) 22:35, Ian Wroblewski (Team Lutterworth Cycle Centre) 22:44, Ed Watson (Ratae RC) 22:45, Craig Lamb (Alford Wheelers) 23:14, Kevin Wood (Sherwood CC) 23:17, Tim Baggs (VC Flintham) 23:40 with Melton Olympic's Mick Stevens 24:01 and Gary Ison 24:04.

Other group members times were: Kevin Humphreys (Sherwood CC) 24:50, Russell Carter (South Pennine RC) 24:57, Gary Kondor (Sherwood CC) 25:47, Rod J Weston (Sleaford CC) 26:17, Pamela Moore (Coalville Wheelers CC) 27:32, Roy Oakes (Team Ohten Aveas) 28:02 and Dave Meaden (VTTA East Midlands) 29:02.

The RTTC National Road Bike Championships / Time Trial Centenary event took place on the A25/34 East Stoke - Farndon course on 20 March.

In the men's event the fastest senior rider was Phil Williams of Team Bottrill with a fine 52:34. There did not appear any great appetite for the event from local riders although Mick Stevens (Melton Olympic) continued to ride strongly on 1:04:59, followed by Jez Willows (Sherwood CC) with 1:05:58 and team mate Kevin Humphreys on 1:11:21 and David Barry (sportfagley) 1:27:38.

In the women's championship Tamsin Miller (Bianchi Hunt Morvélo) came in on 1:00:17, over two minutes faster than second place Alice Lethbridge (Drag2Zero) 1:02:41. Our new group member Elizabeth Bridgen (Ilkeston CC) recorded 1:13:57, Pamela Moore 1:17:59 and Anne Staley (Mercia-Lloyds Cycles CC) on 1:28:05. It appears that was a very hard event on a very hard day so well done to all the finishers.

Another potentially hard time trial, previously known as the **Spalding Hilly** took place on 3rd April; this was traditionally used as a tough early season test and was again promoted by Spalding CC on the CS/5, which runs from Edenham (near Bourne), Corby Glen, Colsterworth and return. Senior Jack Levick (Rose Race Team) was fastest on this 18.2 mile course with 38:52 but our fastest group member was Colin Parkinson on 45:56. It was good to see Michael Smalley (Witham Wheelers CC) back on his bike with 55:02. Pam Challen (VC Veldrijden) was fastest of the two woman vets on 59:37, with Julie Clarke (Witham Wheelers) on 1:02:26, although both still rank only as potential VTTA members.

Velo Club Long Eaton ran their early season open 10 on the 17 April on the A10/19 Etwahl - Foston course. With only 27 entries senior Oliver Peckover (Ribble Weldtite Pro Cycling) took honours with the fastest time of 19:17, 01:46 ahead of veteran Matthew Bagshawe (South Normanton CC) on 21:03. Colin Parkinson recorded 22:39 with fellow EM group members Mick Stevens 23:57, Michael Wilkinson

(South Normanton) 24:39, Russell Carter 24:55 and Kevin Humphreys 25:06.

The **East Midlands VTTA Group open 10** took place on 23 April on the A10/14 Long Bennington – Gonerby Moor course. The entries were a little lower than previous years but still at a healthy level of 78, which included a high number of VTTA members. Unfortunately the wind was incredibly strong and blustery and this resulted in 29 non-starters. Fastest on the day and the only person to go under the 20 minute mark, despite the fierce cross wind, was Richard Oakes with a scintillating 19:39 on actual giving him a +07:31. Senior George Fox (George Fox Cycling Solutions) came in on exactly 20 minutes and close behind in third position was Neal Parkin (Team Bottrill) on 20:06 +06:08. Ian Guilor took fifth place with 20:34 +06:42 giving him third on standard; Geoff Platts (Team Bottrill) was in 22nd position overall with 22:05 but gained first on standard with +06:44. Gaz Poulson (Royal Air Force CA) was 4th overall with 20:30, and 2nd on standard with +06:42. Chris Ward (Spalding CC) set a good time with 21:01 which gave him 4th on standard and finally Rob Muzio (Team Ohten Aveas) with 21:11 for 5th position on standard with +06:23. I must just mention the winner's dad and in the same team - Roy Oakes - who was set off directly before son Richard and did a 26:39 which was a very good time on the day.

Well that's all for now, good luck for the rest of the season and ride safely.

KENT

Ian Turner

The time trial season has definitely got off to a slow start in Kent, with the Group's 10 at Grain on 26 March promoted by David Mackey, the first of our new organisers for this year. It went off very well, with Steve Gooch winning the Mick Dansie Trophy for first on standard. Unfortunately several riders and one or two helpers were forced to miss the event due to covid, but it was an excellent promotion by David nevertheless.

On 30th April, Kevin Tye was second man on standard in the VTTA national 10 championship on the U7B at Stone on the A38. He was 5th on actual time with 20:58 and he recorded +6:53. The winner on standard was Richard Oakes (Team Ohten Aveas)

with +7:40. Group member Stuart Hourigan (VeloRefined Rule 5) recorded 21:01.

On 1st May Mark Hill had an excellent win in the Wigmore '25' at Chilham with 55:45. Steve Wilkinson was equal 4th in that one with 58:11.

We had 9 riders in the May Wednesday 10 with Anthony Bee fastest in 23:40.

Quite a few Kent Group members rode the VTTA London and Home Counties Don Byham Memorial '10' on a good morning at Tring (F11/10) on 15th May. The standard awards were on the vets age handicap system:

Mark Vowells (San Fairy Ann) on his tricycle
23:20 actual, 1st on age hcp 18:06
Stuart Hourigan (VeloRefined Rule 5)
19:47 actual, eq 14th hcp 19:21
Steve Wilkinson (TWB On Time RT)
20:52 actual, 21st hcp 19:34
Anthony Bee (Wigmore CC)
21:20 actual, 25th hcp 19:49
Paul Smith (VeloRefined Rule 5)
20:55 actual, 36th hcp 20:10
Neil Gerrard (Thanet RC)
20:45 actual, 46th hcp 20:41
Martin Simmons (CCCP)
24:47 actual, eq 78th 23:27

As stated above, a slow start in terms of events this year, but much enthusiasm for the remainder of the season.

LONDON & HOME COUNTIES

John Hoskins

As we return to near normal activities following the last two terrible years, the first important event of 2022, held on the first Sunday of April, was our first Prize-Giving Luncheon. This was enjoyed, as usual, at Aldenham Golf Club and with well over thirty members and friend attending it was a great success. This was much due to the work of organiser Katja Rietdorf and to Geoff Perry who also did a lot of work to get all of the trophies to the event with engraved salvers and medals for all of the attending prize winners. Many thanks to both of them.

Rachael Elliot and Ian Greenstreet, partners in that fantastic tandem pairing rewriting tandem records both inside the VTTA and in the larger CTT world too, were the guests. They spoke of how they came to

be riding as a tandem pair following Rachael's severe stroke, and how they had overcome this somewhat major problem to be nearly unbeatable on the tandem for the past few seasons. I see that they're currently trying out the tandem on the track, so there's scope for more records I'm sure. They got a warm welcome from those attending, as did all of the prizewinners.



Ian Greenstreet and Rachael Elliott at the recent VTTA 10 Championship with National Chairman Andrew Simpkins

We were also able to present our latest two Honorary Life Members with their HLM certificates, who were Jeff Marshall of the famous all conquering Hounslow & District Wheelers time trialling team of the early seventies. Unfortunately L&HC member Martyn Roach, normally the fastest of that team then, was not well enough to attend. Also unable to attend due to illness was Derek Reynolds who was to receive his HLM certificate - this was accepted on his behalf by his wife Gill.

The Group will continue to support this event by subsidising the ticket price, in addition to giving free tickets to many of those who help the Group's promotions through their work for events as organisers, marshals, timekeepers and of course the prizewinners themselves. We realise that this year the event was later than we would have liked it to be; in 2023 it will be a little earlier, possibly late January or early February. This should result in an increase in attendance, as we acknowledge that early April does intrude into some riders' training and racing. The date will be announced as soon as possible.

The first of our time trial promotions for 2022 was the Don Byham 10 on the super-fast F11 course on the A41 near Aylesbury. As it happened, the organising team was again Geoff Perry and Katja Rietdorf, although this time with Geoff taking the lead. Using a new headquarters at Tring Sports Centre, we were able to return to more traditional circumstances, with some catering (courtesy of Katja) and a result board for riders to stand in front of and chat. There is no doubt that this course is fast, proved by the fact that nearly a fifth of the field did PBs, including the fastest rider (Alastair Luxford of the Full Gas Racing Team), who crept under 19 minutes for the first time ever. The results were displayed as VHTs (Vets Handicap Times), which makes the veteran's standard times system so much easier to display and compare by showing the results in a similar fashion as traditional handicapping used to be displayed.

Mark Vowells won the event on Vets' Handicap for the second time, riding a trike, with a time which was just 2 seconds off the VTTA national trike age record. Nick Dwyer was second for Drag2Zero and Peter Younghusand (Petersfield Tri) fittingly third.

The women's category was very close with only 3 seconds on VHR separating the top three. Lisa Davis was the winner for Drag2Zero. Unsurprisingly D2Z took with club team award with husband Brett keeping it in the family.

The closeness in the women's category is demonstrated by the fact that the next two women were equal on VHR. This has the interesting quirk that Joy Payne and Danuta Tinn share the London & Home Counties Don Byham Trophy, for the second best LHC rider on standard plus/minus. They will be fighting over who gets the cup and who gets the base at the &H&C Prize Presentation.

Despite the fast course and the excellent HQ, the entry numbers were down considerably – reflecting what seems to be a disappointing national trend. This event has traditionally always had a full field, usually with over 150 riders including reserves, but this year we had less than 120. Let's hope that this trend will lessen as time triallists get used to the greater freedom being experienced compared with the last couple of years. There was a preponderance of L&HC members in the prize list. As well as Danuta Tinn and Joy Payne, the second fastest man was Joel Stewart of Team Ohten Aveas, another L & HC member. Second place on riding time in the tandem

event went to L&HC pair Richard May and David Shannon of the Islington CC with a riding time of 21:51, only a second slower than the fastest pair Andrew and Catherine Hutchison (Lowestoft Wh).

Thanks to Geoff Perry for the above report and result.

Our next time trial promotion is the mid-week 10 on Thursday 16th June, promoted by Stuart Stow on the newish course just west of Newbury on the A4. This course has got itself quite a reputation too, and we'll know more by the time you read this, when the event result should have been published. Our remaining events are listed below. We hope to see many of you at some (or even all?) of these events.

16 June (Thurs 2pm) H10/3r 10 miles
Stuart Stow (stuarts@ottimo.co.uk)

17 July (Sun 8am) F11/10 10 miles
David Guy (ovcyclingclub@hotmail.co.uk)

17 Aug (Wed 2pm) H10/3r 10 miles
Claire Emons (fambafamba@yahoo.co.uk)

18 Sept (Sun 8am) H25/2 25 miles
Wolfgang Emmerich (we@acm.org)

MANCHESTER & NORTH WEST

Ken Workman

I hope those who ride 'in anger' have made a decent start to the season; June heralds the days when we can **hope** for long sunny spells. Sadly, it doesn't always work out - in my youth I recall reading in *Cycling*, the words of the very witty Rex Coley (AKA Ragged Staff), who stated that summer was the milder part of the English winter!

Elsewhere in this issue, Mike Penrice, the NEC representative at our Group's promotion of the VTTA National 15 mile Championship on Easter Saturday, has reported on the event. I'll therefore limit myself to mentioning snippets relating to M&NW Group members.

Alan Chorley (Seamons CC), and Ian Holbrook (Stone Wh), acquitted themselves well by getting into the top ten. Alan set the day's third fastest 'actual' time of 32:01 earning himself a Veterans Handicap fifth place with his 08:25 plus - he was just 17 seconds away from taking the Men's Bronze medal! Ian Holbrook's 'actual' 32:39 was good enough for 6th place, while his 08:11 plus saw him placed =7th on VAH with 31:07.

Honorable mentions go to Malcolm Horner (Warrington RC), Ade Hughes (Seamons CC) and our Group Recorder, David Wright (Warrington RC), plus Warren Giddins (Warrington RC), who all finished in the top 20 on VAH. Sixteen other M&NW members also competed, including our Group Secretary and our Treasurer.

Those aforementioned Warrington RC men were the best M&NW Group team on VAH. John Verbickas (Seamons CC) was later able to claim an age record for a 76 year old with his time of 44:15.

To demonstrate how well our Group could put on a show, we invested in some yellow 'old skool' drinking bottles bearing the new VTTA logo and gave one to each rider as they signed on. Each marshal and helper also received one and were included in a raffle type draw. Many complimentary comments were received on the high standard of the event and Tony Farell and Mike Cotgreave want to thank all who supported it.

One Group rider jocularly requested 'titanium' safety pins to save weight in affixing his body number; while another was seen warming up on his trainer beforehand while conducting an animated telephone conversation.

This season's first 'J course' open event was the Manchester & District TTA '10' on 5th March, when six 'of ours' faced the timekeeper. New member Tim Smith (Westmead Team 88) took 7th fastest. Honorable mentions should be made of Robbie Harcourt (Salford City CC), Warren Giddins (Warrington RC), Lynsey Astles (CongletonCC), plus our evergreens Alan Shuttleworth (Weaver Valley CC) and Vic Trigger (Crewe Clarion Wheelers).

You'll find no new Group members in my text as every Group's new recruits are all relocated together onto a dedicated page. However, we welcome them just as warmly.

Worthy of note is that so far this year, our Group holds the joint record for new members!

Please pencil in the date of Sunday 20th November as the date of our Group Annual General Meeting, once again it will be held at Goostrey Village Hall, starting at 10:00am. It reverts to nearer our usual Sunday as last year, due to the pandemic we were obliged to hold it later as the hall had only just been

allowed to re-open. Sadly the attendance was down due to heavy snow in parts of our region.

Our Group Treasurer, Edgar Reynolds, is vacating his post shortly and the committee have regrettably accepted his resignation. Edgar has managed our Group finances in his own stylish manner while often bringing much humour to his reports, so Edgar, please accept our thanks for your efforts.

Some may have received their copy of 'The Veteran' by the 6th June - an historic date in cycling, particularly road racing, which many 'Vets' will have competed in. [I rode in a criterium on Morecambe promenade in 1965, which I 'enjoyed' so much I never repeated the process]. I recently mentioned the bitter feud between the NCU and the BLRC, the catalyst for that enmity occurred 80 years ago on 6th June 1942, when Percy Stallard of Wolverhampton Wheelers organised the first ever massed start race on British open roads, between Llangollen and Wolverhampton. The NCU only permitted massed start races on closed circuits and they imposed lifetime bans on everyone involved in the organisation of the race. Stallard and his club-mates responded by forming the British League of Racing Cyclists as their own governing body. BLRC members could compete in their own races but were unable to ride time trials or on the track, hostility arose between members of clubs who sided with the opposing bodies. In the early 1950s, the UCI coerced the NCU into allowing their clubs to hold road races on the highway. The two bodies maintained a state of conflict until 1959, when they merged to form the British Cycling Federation (now BC).

The Group committee have ordered 10 VTTA gilets bearing the new logo. These are in a range of sizes and are on sale at £35.80 each. See our Group section on the website for more details.

In some very late news I have just heard of a serious incident involving Stockport Clarion's still racing octogenarian super-vet Derek Hodgins, holder of several national age records. Out riding on his own he suffered a serious fall resulting in various major fractures and other injuries; he was airlifted to hospital. We all wish Derek a successful recovery.

Take advantage of the summer to have a go at your PBs and standards, but do be careful out there.

MERSEYSIDE

Geoff Edgerton

Group Trophy Events

With the season now well underway, the first of the Group's silverware was up for grabs in the Mid Shropshire Wheelers 25 on the sporting Prees to Battlefield course on April 10th. A really cold morning served to reduce everyone's racing speed and caused more than a few non-starters from an already smaller than usual field.

The Walvale Trophy for best on standard went to Tim Beardmore (Bridgnorth CC) with a +11:22 (actual 56:34) who is continuing his good form from last season. The one rider, one trophy rule meant that the Brooke Cup for fastest time was awarded to Tim's Bridgnorth clubmate and closest rival, Jonathan Mills-Keeling with 58:13. Specific to this event, the (Ted) Fitzpatrick Shield is awarded to the rider who finishes with a plus closest to that achieved by Ted in his last ride (+0:02). This year the award was won by Helen Tudor (Oswestry Paragon) with +1:16.

The full list of results is:-

Tim Beardmore (Bridgnorth CC) +11:22, (56:34); Jon Mills-Keeling (Bridgnorth CC) +9:13, (58:13); Emma Serjeant (Hafren CC) +6:48, (1:05:48); Arthur Winstanley (Liverpool Phoenix) +5:22 (1:06:53); Liam Ferris (Port Sunlight Whs) +5:15, (1:03:08); Helen Tudor (Oswestry Paragon) +1:16 (1:13:53); Ian Casson (Birkenhead Victoria) -1:16 (1:15:11); Wesley Iyanda (Liverpool Phoenix) -3:31, (1:11:02); Martin Sturge (Graham Weigh Racing) -5:32, (1:14:39)

The second of the Group Trophy events was the West Cheshire 30, held on 8th May and saw Tim Beardmore continue his early season dominance of Group events. As best on standard he took the John Clucas Memorial Trophy with a plus 16:19 (actual 1:05:32, a personal best). The George Hayes Trophy went to Alan Broadbent, Graham Weigh Racing with another PB of 1:08:51. The event was well supported by Group members and mention should be made of Emma Serjeant, who finished just outside the trophies in both the events so far. The full result is:-

Tim Beardmore (Bridgnorth CC) +16:19 (1:05:32); Alan Broadbent (Graham Weigh Racing) +12:29 ; 1:08:51); Emma Serjeant (Hafren CC) +11:58 (1:15:30); Jon Mills Keeling (Bridgnorth CC) +11:37 (1:09:59); Gino Trasatti (North Shrops Whs) +11:24

(1:19:31); Kevin Larmer (Port Sunlight Whs) +11:05 (1:11:03); Liam Ferris (Port Sunlight Whs) +10:55 (1:11:46); Ben Love (Pirate Juice CC) +10:09 (1:10:01); John Westhead (Paramount CC) +10:00, (1:17:06); Steve Aston (Wrexham RC) +9:30, (1:11:07); Robert Griffiths (Graham Weigh Racing) +6:33 (1:18:28); Ian Casson (Birkenhead Victoria) +4:42 (1:24:26); Helen Tudor (Oswestry Paragon) +4:20 (1:26:13); Martin Sturge (Graham Weigh Racing) +3:11 (1:20:07); Chris Lawson (Graham Weigh Racing) +0:22 (1:23:35); Les Boughey (North Shrops Whs) -0:40 (1:25:16); Emma Tilston (Chester RC) -2:43 (1:33:57); Harry Cowley (Chester RC) -3:20 (1:35:45)

Upcoming trophy events are the Chester RC 25 on May 29th and the West Cheshire 50 on June 12th.

National Competitions

For those members who are planning to ride any or all of the national competitions - the short distance (2x10, 2x25), the 3 distance (25,50,100) or the 4 distance BAR (25,50,100,12hr) the early tables are available on the VTTA national website - vttta.org. Some 19 group members have ridden at least one qualifying event in the short distance competition so far, with Jon Mills-Keeling and Janet Fairclough leading the men's and women's rankings respectively, at this stage. Lots more events to come, though. Follow your progress. One thing to note is that in order to qualify, you will need to make sure you have entered each competition via the website.

And finally ...

The last of the Spring training camps in Mallorca and Spain will now be coming to an end, so now will be the time to put your fitness to the test. The longer distance events are in the calendar, with the classic Anfield 100 on our patch in early June (on a Friday this year!). That is always a good "marker" for the season. Do a good Anfield and the rest of the season will take care of itself. Try it!

Best of luck.

MIDLANDS

Alastair Semple with help from Steele

It has been a very mixed start to the year here in the Midlands. Some excellent times being achieved by our members but in surprisingly small fields in most events. This has led to a number of cancellations and

a restructuring of the Midlands counting events for which our annual trophies will be awarded.

Below is a list of all the trophies and awards we hope to award this year to Midlands VTTA members; we hope our VTTA friends from around the country may choose to race these events with us:

Williams Rose Bowl BOS Men 10 miles
K48/10 17th Sept (Midlands VTTA)

Bart Cup BOS Women 10 miles
K48/10 17th Sept (Midlands VTTA)

Billy Steer Cup BOS Men 25 miles
K34/25 30th April (Worcester St Johns)

Bricknell Cup BOS Women 25 miles
K34/25 30th April (Worcester St Johns)

Wells Cup BOS Men 50 miles
K7/50 4th Sept (Stafford RC club TT)

Victory Cup BOS Women 50 miles
K7/50 4th Sept (Stafford RC club TT)

Stokes Cup Fastest 50 miles
K7/50 4th Sept (Stafford RC club TT)

Birks Cup BOS 10 miles
K11/10T 14th Aug (Coventry CC)

Les Lowe Trophy Furthest cumulative distance ridden on "K" courses

Mary White Plate Services to Group-Women

Martin Ellis Plate Services to Group-Men

(Selected by Group Committee – suggestions from members welcome)

Season Long Trophies – Best All Rounder

Cyclo Shield BOS Men/Women
Any open 25, 50, 100 miles

Godiva Cup BOS Men
Any 2 open 10 miles plus any 2 open 25 miles

Bayliss Cup BOS Women
Any 2 open 10 miles plus any 2 open 25 miles

Season Long Age Group Trophies

Massie Plate BOS over 65 based on – K48/10
17th Sept

Jones Cup BOS 50-64 based on – K48/10
17th Sept



Susan Semple

Nomads Cup BOS under 50 based on – K48/10
17th Sept

Harry Farrell Shield Best Overall Club

The Midlands VTTA were out in force back in April to defend the Welland Trophy, where each year the Midlands VTTA take on the BMCRC on a 15 mile course set in a very beautiful part of the world on the outskirts of the Cotswolds. This year we dominated the results board once again with the podium spots going to our VTTA riders Joe Costello (Walsall RCC at that time), Joe Howard (Team Echelon) and Susan Semple (Stafford RC).

As Chair for the Midlands VTTA I have been pondering what it is that seems to have changed and why the entries and interest in time trials seems to have waned this year. Following many discussions with friends involved with organising road racing, sportive and challenge rides it would appear this pattern is the same across all disciplines of cycling.

After much thought and contemplation, I am certain that the issue is simply a result of 'habits'. We humans like structure and organisation and it helps keep us moving along and getting things done. I know through my work as a cycling coach this is even more relevant to cyclists. Structure, discipline, pattern and order is what we need. Monday rest, Tuesday to Thursday train (with perhaps a mid week club TT), Friday feet up, Saturday race, Sunday club ride and repeat. Life used to be so simple, that was the pattern

for so many and it was a safe place to be, if a little painful at times. However for the last 2 years, for even for the most structured of us, there has been no pattern and order to our lives, and this I believe is the cause of the current blip in cycling attendance. What I do know is that soon enough we will all find some order and routine once again and within this, I hope, we will see more VTTA members getting actively involved once more, chasing those age records, perhaps going for standards, or just trying to establish some order amongst the younger less disciplined club riders that have joined us now. So I am looking forward with some optimism this season as I am trying to race again most weeks and already I can feel that excitement building once again, waiting for the next start sheet to be published, planning my ride, watching the weather and dreaming of the next float day.

Stay safe, stay fit, stay fast!

NORTH

Gavin Russell

At the time of writing, we are experiencing sunny warm weather, albeit with some very strong winds (reaching 42mph at times), so let's hope that it lasts (minus wind) and that we are all able to enjoy some good days out on the bike and gain some personal bests in the programme of time trial events in the season ahead.

Whilst it is reported the hiatus of the pandemic has passed, I am aware that several of our members continue to experience the long covid symptoms and we wish them well in their recovery process and look forward to welcoming them again, as competitors at events in the coming season.

I was notified earlier in the year that G W (Miff) Morgan had recently passed away. Miff was a prominent member of the North East cycling fraternity over many decades and was a past VTTA North Group President and indeed a current Vice President. The Groups thoughts and best wishes go out to his family. An obituary for Miff will appear in the next edition of the Veteran publication.

As reported in the last edition of The Veteran, the annual group award presentation luncheon, organized for late January, was moved back Sunday 27 February 2022. Held at the usual venue, Hardwick Hall Hotel, Sedgfield, Co. Durham, members, including their

wives, partners and siblings attended. With only a couple missing, due to positive covid tests, the awards were made by our Guest of Honour, Donna Jarp, Donna is one of those unsung volunteers who you see behind the signing in desk or making the drinks at events. It was good in some small way, to recognize her for her contribution to our sport. The awards were received by many of our group's main competition winners, who were in attendance.

In addition to the group presentation, the local Teesside District competition winners, who are also VTTA members received their awards.

VTTA North Group Events

At the time of writing, the start sheet for our first group event has just been published (Hartlepool CC/VTTA 10 mile time trial on Sunday 22 May) on the super-fast T102 Crathorne, A19 course. 47 riders are due to start. Let's hope for fast times which may increase the entries for future events.

In co-operation with local clubs North Group are promoting 5 events in 2022; in addition to welcoming VTTA members we also welcome non- members of all ages to all events. Details of the events are available in the CTT 2022 Handbook and also on the CTT and VTTA websites. Please be vigilant, and visit the websites regularly, as this is the best way to keep up to date with any changes forced onto organizers. Please keep in mind that changes to some event details may be forced upon an organizer due to outside influences. I.e. roadworks, installation of permanent/temporary traffic lights, etc.

In a plea for help, if you do not intend to or cannot ride an event, please ask if you can volunteer your services. It would be most appreciated by the organizers and riders alike.

Hopefully, in the next Veteran publication, we will be able to report on the completed group's 2022 events and some of the achievements of group members.

Group Competitions

All the 2022 group competitions are in place and await the results from forthcoming events. Let us see if we can get some new winners this year and dethrone the 2021 champions.

Track Age Records - Update

With the outdoor banked track at the Sports Village in Middlesbrough available, the intention to establish

new VTTA age records, (both National & Group) by a number of members is still on. Accreditation sessions are being organized and it is anticipated that the record attempts will take place late June/July.

If any member is interested in participating in these record attempt sessions, please do not hesitate to contact the writer, who can provide information on going forward.

Surprisingly, to achieve a VTTA record, you are not restricted to riding a track bike, you can ride your super-duper multi geared time trial machine or a road bike for the record.

Closed Circuit Events - Update

The Wednesday evening series of 10 mile time trials, organized on the Croft Motor Racing Circuit in North Yorkshire (3mile south of Darlington, just off A167) by Cleveland Coureurs (me) has started, with 118 entries (including 2 tandems) for the April event. The "Come & Try It" series, extended to 6 evening events, (April through to September) plus one Sunday event (23 October) is continuing to prove very successful. First rider off at 18:30pm (except Sunday event 11:00am). Riders start at 30 second intervals, so there is minimum waiting around. Those taking part range from 6 years up to 80+, with many older riders bringing their grandkids. Club members, who are registered with CTT can enter all the events through the CTT on-line entry system.

Any type of machine may be used, including bespoke TT, road bikes, gravel, cyclo-cross, mountain, tandems and tricycles etc. It provides an ideal opportunity to introduce newcomers to time trials and cycling clubs (including the VTTA) in a safe and traffic free environment. If you require any further information regarding dates etc please do not hesitate to contact the writer,

In addition, on Sunday 23 October, the Northern edition of the VTTA 10 mile Close Circuit Time Trial Championship will also take place following the "come & try it" event. This is open to all riders aged 40 years and over, (whether VTTA members or not). It can only be entered via the CTT online entry system. All relevant details are available via the CTT and VTTA website.

Membership & Standards

All 2021 members who have not renewed their VTTA membership for 2022 have now been removed from

the member's list. If you know someone who has not yet renewed, can you please give them a nudge and remind them of the benefits and comradeship they can experience by being a member of the VTTA North Group.

The number of group members has decreased, along with declining number of entries to events, (a national problem), so if any group member has any initiatives or ideas in mind, that could increase both membership and/or participation in time trials, the groups committee and officers would be extremely pleased to hear from you so that appropriate ideas can be considered.

As a reminder, the group 2022 VTTA membership fees are: individual membership: £16, joint couples/partners living at same address: £18.50.

The 2022 North Group Standard Award fees remains as 2021 at £12. This is for any number of attempts at any distance on one type of machine. Additional payments require to be paid for each type of machine for which a standard is sought. Standards can only be achieved in open events in any of the 21 CTT districts. Times recorded in club events do not qualify. Please be mindful that standards must be paid for before any qualifying ride can be considered for an award.

Closing Information

Finally, should any group members require information regarding any of above, 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 or by telephone on 01642 654419.

With the time trial season in progress, may we wish members a successful and safe season of racing. For those who no longer compete, please stay safe and enjoy riding the bike.

NORTH LANCASHIRE & LAKES

Richard Taylor

With the time trial season up and running, albeit with smaller fields, the North Lancs and Lakes spring opening 25, seen by many as a curtain raiser, enjoyed a warm calm afternoon in mid April. After the initial delay at Stalmine and resurfacing just off course causing mayhem at Preesall, a slight delay in the start

time ensured most riders had a trouble free afternoon as we eventually managed to get away with the event for once being completed at the right distance and on the correct course. The most temporary of temporary traffic lights evaporated as quick as the overcast morning with most riders enjoying a mild bright sojourn north of the Wyre. Congratulations to the winners, and with Brian Fogarty and joint second Andy Whiteside representing financial services companies, you could be forgiven for thinking they obtained a good return for their investment. Praise also for other creditworthy performances who reiterated our belief that vets needn't be pensioned off too soon.

Prizewinners

Fastest

Brian Fogarty (Fogarty's Insurance Tri)	55:25
2nd= Daniel McParland (Tri Preston)	55:39
Andy Whiteside (Springfield Financial)	55:39

Woman

Sammie Stuart (Team Brother UK)	1:1:33
2nd Debbie Moss (Team Merlin)	1:1:35

1st on standard

Mike Westmorland (Border City Whs)	+13:43
2nd Debbie Moss (Team Merlin)	+13:03
3rd= Jason Bateman (VTTA NL&L)	+12:02
3rd= Peter Greenwood (Clayton Velo)	+12:02

Woman Debbie Moss (Team Merlin)	+13:03
2nd Jan Scotchford (North Lancs RC)	+8:12

Team of 3 on Standard

Springfield Financial Andy Whiteside	+11:52,
Matt Stell +9:29, Paul Russell +5:43)	+26:04

Other points of interest to glean from the event were that the women's winner Ms Stuart won the event on a road bike; she then went on to win a leg of the British Team Cup 2022 the following weekend at Coalville, and also the Tour Series stage in Sunderland. She is employed as a firefighter! Amazing talent.

The team award was won as shown by Springfield Financial, but they were pushed fairly close by our own group team, made up sadly of remnants of the now defunct Nelson Wheelers, surely the end of a cycling mammoth in our area. The recent addition of both Andrew Whiteside and Debbie Moss to the Springfield team means they will surely be a force to be reckoned with at both local and national level.

Group members who participated apart from Andy and Deb were:- Jason Bateman 4th in 55:54 and Matt Stell 7th with 58:15, 10th Paul Blackburn (Coveryourcar RT) 58:36 (+7:46), 12th Paul Fleming (Preston Whs) 59:36 (+9:47), 18th Richard Tyson (Rock to Roll CC) 1:1:23 (+7:29), 23rd Peter Greenwood (Clayton Velo) 1:2:21 (+12:02), 25th Paul Russell (Springfield Fin.) 1:3:24 (+5:43), 28th . Mike Westmorland (Border City Whs) 1 : 4 : 3 7 (+13:43), 30th John Bunting (Bury Clarion) 1:5:57 (+7:06), 31th Stephen Moorhouse (VTTA NL&L) 1:6:11 (+5:20), 32nd Dave Hilditch (Ribble Valley) 1:7:15 (+6:40), 33rd Jan Scotchford (North Lancs RC) 1:7:30 (+8:12), 36th Denis Thompson (West Pennine RC) 1:9:40 (+5:12), 37th Peter Haigh (VTTA NL&L) 1:12:11 (+1:17), 38th Richard Belk (Kent Valley RC) 1:12:53 (+1:59), 39th John Leach (Rossendale RC) 1:17:26 (+0:15), 40th Peter Briscoe (North Lancs RC) 1:18:04 inc 10 min LS (-4:36), 41st Derek Black (Wigan Whs) 1:21:15 (-5:20), 43rd Brian Moore (TA NW) 1:31:48 (-13:16)

Back at the ever dependable and newly renovated Winmarleigh Village Hall HQ, it was refreshing to return to the normality of refreshments, chatting groups and a result board, we even managed a committee meeting afterwards around a table!

As ever, I can't let it go unmentioned about the unselfish help from members that make for a successful event, it would be impossible to run without them, their volunteering spirit means I rarely make a phone call. Thanks in no particular order: the refreshments were delivered by Shirley and Graham Sheard with help from Hazel Matthews, husband Bob and Harry Haseley were the starting stewards, Val Leach oversaw the sign in and out, the marshals along the way were Sue Cheetham, Barbara Bell, Dave Isherwood, John Ward and Jamie Carson. Our esteemed chief timekeeper Tracy Moore was ably assisted by none other than Gethin Butler, who also relayed times back to base. Many thanks to one and all.

The women's victor in the 25, Debbie Moss, also claimed the spoils in the recent National VTTA 15 miles championship in Cheshire. In her first outing as a member of the Springfield Financial team Deb took the Ladies award on VHR, no not an acronym mix of VHS and VCR and thus taped for posterity on video, the Vet's Handicap Result gives the same result as standard but expressed as a handicap time;

our winner's VHR was 30:30. A very creditable bronze award went to Jan Scotchford of North Lancs RC with the equivalent time of 33:50.

There was an excellent start to the season for quite a few of our groups riders. Richard Bideau has recorded five open event wins including the prestigious Circuit of the Dales and retains a healthy lead in the North Lancs TTA SPOCO competition. Both Richard and fellow member Jason Bateman created new group age records in the recent East Lancs 10 on Levens, Jason's 19:11 being one second too good for RB, but the one year age gap meant both were successful. Also updating the record list were Peter Greenwood, Debbie Moss, Mike Westmorland and Theresa Taylor. Brian Moore may have been frustrated on the day coming within 10 seconds of beating 'evens' on his trike, but he did record an age record in doing so.

Our new members include Jim Henderson from the Southport CC, a five times winner of the national hill climb title, including four consecutive victories between 1998 and 2001. Also new are Tony Shaw and Paul Braithwaite, with a welcome back to John Bunting and Dave Isherwood.

By now I hope to have seen you return for our 25 which was on Wednesday 1st June on the same course, but at time of writing this the entry was only 17 riders.

The VTTA NL&L 50 is scheduled for Sunday 3rd July and is once again on the A66 at Keswick. It is in essence a warm up event for the CTT National 100 the following week using the same roads. Of course all help is more than gratefully received, and where better to enjoy a weekend away with a view of Bassenthwaite Lake being overlooked by the impressive Skiddaw, with the odd Osprey flying over?

Stay safe people.

NORTH MIDLANDS

Chris Lea

The North Midlands' Annual Luncheon and Prize Presentation was superbly organised by Social Secretary Ala Whitehead (Rockingham CC) and held on the last Sunday in March, at the Holiday Inn, Rotherham. The food was very good, and the company even more so. Next year's event is provisionally booked for 19th February 2023.

Mike Allen (Team Jewson), age 75, was quick off the mark this season, setting yet another National Age Record by chopping almost one minute off Ron Back's time, set in 2014, by recording 35:19 in Cambridge CC's 15 mile event in mid-April. It bodes well.

Much earlier in the season, Ady Dench (Team Sheffield) and Andy Hicklin (Peak RC) were the first of the North Mids vets to dust off their time trial machines.....on 20th February. As I recall, it was sleeting in Buxton that day. The weather was similarly challenging in the Griffydham and Osgathorpe region for Coalville Wheelers' sporting 10: cold, wet, and very windy. Apparently undeterred, they both finished with rides around the 25 mph mark; very good for the course and conditions. Ady 23:26 and Andy 24:22.

Steve Gibson (Peak RC) had a cracking ride in the RTTC National Road Bike Championships in late March on the A46-based A25/34 course, south of Newark, with 57:35 to win his age category on what was a cold and windy day.

Keith Ainsworth (Lindsey Roads CC) kicked-off his season in early April, finishing 4th and fastest vet with 54:56 in Withington Whs 25 on the rough Cheshire roads of the J2/9. Unfortunately, Keith then suffered a bad crash in training. However, with the help of his physio, he returned to racing quicker than expected, recording 54:23 for 6th place in Sheffrec CC's 25 on the O25/11 at Hatfield Woodhouse. Just one week later he was second in the VTTA National 50 Championship in South Wales, missing out on the top spot on standard by just 14 seconds, recording a Vets Handicap Result of 1:37:22, despite not quite being back to top form. Full results can be found in The Veteran's report from this event.

In an uncanny result from Melton Olympic CC's 10 on the A10/3, in April, the Lindsey Roads CC trio of Keith Ainsworth, Stuart Wells and Andy Thomas, recorded 21:07, 21:07, and21:07. What are the odds of such a tie? Answers on a stamped addressed envelope please.

More generally, North Mids vets from Lindsey Roads CC have been posting fast times. For example, in the year's only event on the A10/14A course, on the A1 between Long Bennington and Great Gonerby (not long ago this was a well-used course on Saturday afternoons and evenings) Andy Thomas had a rapid ride, finishing in 20:59; doesn't that read and sound

so much better than 21:00 or 21:01? Clubmate Anthony Nash recorded 22:22, which also scans well. Also, Andy Thomas was 4th in Sheffrec CC's 25 on the O25/11, in 53:48.

Mat Ivings (Buxton CC) has also made a strong start to his season: 2nd in Matlock CC's 10; 3rd in Dukinfield CC's 50 in 1:50:35 on sporting Cheshire roads; 3rd and fastest vet in Crewe Clarion Whs event near Audlem and 4th in the MDLCA Invitation 10.

In perhaps the toughest event raced thus far in 2022, Buxton CC's mountain time trial held on Good Friday, and Round 2 of CTT's Merlin Cycles Classic Series, Andy Hicklin (Peak RC) and Tracy Gregory (Buxton CC) took to the hills of Staffordshire for two laps of a testing course between Longnor and Flash (reputedly the highest village in England, at 1519 feet). In the category open to any bike, Andy was 6th male vet on actual time and 2nd on standard, with 1:03:34 for the 22 miles, whilst Tracy rode the road bike category, finishing in 1:33:47.

Also racing open events in these early stages of the season were Daryl May (Sheffrec CC), Andy Whitehead (Rockingham CC), Sarah Harrison (Sheffield Tri Club), Trevor Mayne (Birdwell Whs), Dominic Watts (Veloviewer), Allan Wailoo (7 Hills CC), Andy Newham (Lincoln Whs), Rob Barnard (Team Cystic Fibrosis), Ben Hamilton (Rutland CC), Gordon Wordsworth (Rutland CC), Paul Heggie (Birdwell Whs), Patrick Giblin (Rotherham Whs CC), Paul Mapletoft (Kiveton Park CC) and, from Buxton CC: Tracy Gregory, Andrew Stokes, Anne Haslam, Miles Haslam, and Chris Lea.

In sad news, two of our Honorary Life Members in their 90s have passed away.

George (Tony) Fouldes (Rutland CC) was 96. Tony's VTTA National Age record for 24 hours is unbeaten, with 393.25 miles at age 70, set in 1996. Tony holds three North Midlands age records apiece, at 12 and 24 hours, the latest being 211.44 miles over 12 hours at age 76. A full obituary can be found in this issue of The Veteran.

Sydney Wilson (Sheffield Phoenix Cycling Club) passed away at age 93. Syd was still racing in open events at the age of 91 and was a former holder of National Age Records at 10, 15, 25 and 30 miles. A full obituary is to follow.

In closing and missing from the March Veteran we would like to welcome new member Anne Haslam (Buxton CC) to our Group.

SCOTLAND

James Skinner

News

The annual prize giving lunch was held in McQs in Bannockburn on the 27th February, with 56 in attendance; it was good to see so many friends meeting up after the long isolation. There were 20 different prize recipients and 12 age related record certificates issued. Patricia Baird took home 8 of the championship trophies.

It is with great sadness that we report the passing of Steve Beech. Steve produced some fine results as a time trialist and also worked on the SVTTA committee as treasurer for some time, our thoughts go out to Steve's family.

We were also saddened recently to hear of the passing of Margaret Berwick of Edinburgh Road Club. Margaret was a lifelong supporter of cycling as her husband George competed far and wide. The group's thoughts go out to George and family.

During a recent training ride it was good to drop in and see Jocky Johnstone, and hear how well he is recovering after his very serious fall last year. Jocky is in his usual spirits, and getting the miles in on the turbo.

It was good to see Gillian Anderson renewing her membership after a couple of seasons on the track; we will hopefully see some of the velodrome speed transfer into some good TT times.

The Scottish group membership has now reached the milestone of 200 members, due to a recent rise in new memberships, and only a slight drop due to lapsed memberships. We could always do with more people, so get the word out in your clubs and chaingangs about the friendly extra competition available.

Racing

Looking through the national competition results as we go to print in mid-May, we have 5 SVTTA members who rode in the Fife Century 25 mile TT listed in the National BAR and the National 3 distance

BAR. Topping the list currently is Andrew Gallacher of Livingston Cycling Club with his 57:51 earning a +11:01, Miriam Rennet is the top Scottish lady in the National 3 distance BAR rankings with a +3:18 earned during her 1:13:59.

The National Short Distance BAR has 20 SVTTA riders listed currently, with Andrew Gallacher of Livingston Cycling Club again topping the listings, but he still needs another 10 and a 25 to complete the set of 4. Closest to the full set is Alan Mason of SVTTA having ridden the same 2 events he also competed in the Tour of the Meldons, with Graham Jones of Edinburgh Road Club very close behind. Valerie Martin of Dooleys Cycles leads the Scottish ladies in the Short Distance BAR with a 25:16 at the Nightingale 10.

Due to the increasing number of both open and club confined events, and the ageing of current officials, we are at a point where events may be cancelled due to the hosting club being unable to recruit timekeepers. Timekeepers keep our sport moving, and we would not be racing without them, but some are having to attend several events per week, which to some is getting beyond the scope of a hobby. If your club hosts a confined time trial, consider getting involved in the timing side and perhaps observing and assisting in the timing of an open event. Our sport is run by a very small group of heroes and we would benefit from more people coming forward to help and organise events.

If readers have any information, news, or gossip, please get in touch at jamesmskinner@hotmail.com or INFO@SVTTA.ORG.UK

SOUTH WALES

Barry Williams

For the retired cyclists' community, of which I have been part of since 1991, the end of the covid restrictions could not have come soon enough. Paranoia surrounded this epidemic from the very start in March 2020. I think I was on the last flight out of Palma before that first lockdown. We now know the politicians lost the covid plot, their ill-conceived restrictions virtually stopped people's freedom of movement, bankrupting many travel businesses, also restaurants, cafes pubs, sports and entertainments and many other enterprises. In the process they

saddled the country with billions of pounds of debt that will take generations to repay.

Now, that's off my chest we can focus on cycling in general and South Wales veteran time trialing in particular. During the covid outbreak our Welsh Government imposed an especially harsh restrictive regime, therefore during 2020 and 2021 bike racing and many other outdoor activities were totally off the Welsh menu. Sadly, these small-time politicians gloried in their unexpected access to power. Luckily, earlier this year circumstances beyond their control forced a climb down and Robert Jones, having already promoted his New Year's Day 10, followed up with a 15 mile TT on April 2nd using the A40 between Abergavenny and Raglan. In cool conditions the winner, Owen Burgess posted 29:51, Dan Kingston passed the timekeeper in an excellent 32:47, Calum Cheshire in 34:35 and Steve Curry in 35:30. Finally I must commend John Murphy for getting it done in 46:45: I understand how he felt and it's great that he still rides these events.

I must thank Martyn Heritage-Owen, Robin Field, Simon Kinsey, Heather Williams and Bob Jones for keeping the Welsh Cycling Association ticking and giving their time and energy to promoting events in South Wales. Thanks to Martyn the Welsh Championship 25 went ahead on May 1st, the weather was not so friendly, conditions on the Usk-Monmouth course were wet and windy. From a full start sheet there were 52 DNS, but Jake Sargent showed them the way by posting 47:37, how times change! I remember Alf Engers winning the 1974 National Championship on the same course in 54:50 in similar windy conditions. I guess there's a multiplicity of reasons for the seven minute improvement, such as hi-tech bikes, aerodynamic clothing and special diets etc. Other veterans recorded respectable times, notably Dan Kingston 53:43, Iain Bell 55:14, Mike Hall 56:38, Calum Cheshire 56:56, Marco Marletta 1:00:17, Andrew Simpkins 1:02:00, Emma Wyatt 1:02:44 and Robert Jones, having ridden the previous day's 10, got it done in 1:08:14.

That previous day was on April 30th when the VTTA 10 Championships were held on U7B just across the water on the A 38. Several Welsh based riders took part - Andrew Butcher (Cwmcarn Paragon) posted 21:04 for 8th place, Mike Hall (Port Talbot Wheelers) clocked 22:35 for 31st place and Robert Jones (Cardiff 100 Miles) 26:24 for 67th place. In my own time

tripling days in the 1970s and 1980s I always enjoyed the natural rolling landscape of the A38 between Bristol and Gloucester; now traffic volumes make such courses far more challenging, therefore, I guess it's good that sections of that road are still usable for time trials.

Since the beginning of 2022 when the awesome pressure of the covid lockdown has been unwinding, we felt the need to escape the UK winter gloom. Grand Canaria would have been ideal, but we finally settled for Mallorca from March 1st. Although cooler than the Canaries, it was certainly warmer and drier than South Wales. An early morning flight from Bristol found Butch Davies and me enjoying a beer in the Alcudia sunshine. We had a good deal at the Viva Tropic and had hired carbon 2 x 11 speed bikes for 195 Euros each for 2 weeks. That early in the year the majority of Viva Tropic residents were cyclists from Germany, Belgium, Netherlands and a bunch from Lea Valley and Brixton Cycling Clubs, groups that travelled with Anthony Stapleton's Ciclos Major group. Luckily for us the group allowed us to join some of their rides and we especially recall a great day out with lunch in the café on top of Randa. We lost one day with rain, but both of us made over 500 miles in the fortnight and I returned home feeling a healthy mid eighty-year-old guy. Sometimes I feel like riding a 10-mile time trial, then I think about young fast riders beating me by 10 minutes or more. That's where reality kicks in, I say ~bravo" to Pete Wilson and John Murphy, but as things stand, I will stick to social rides with Wenvoe Wheelers and the Weekday Casuals

I have written this newsletter for the past 18 years. Now I no longer attend events, therefore once again I would appeal to any South Wales based member who rides or attends WCA and other South Wales competitions to take over this column. I have done it 18 years with no regrets, it's an opportunity for you to set the agenda and convey your side of the story, you will find that VTTA members enjoy reading about their own participation in events.

SURREY/SUSSEX

Keith Wilkinson

[New members to the Group](#)

Looking at the list of new VTTA members the Group is pleased to welcome Simon and Chris McNamara

and we look forward to some outstanding rides and, no doubt, some new Group records from them in the future. Chris has had an excellent start by becoming VTTA men's national 50 mile champion on 15th May in a time of 1:39:54. (event report elsewhere in this issue). Robin Johnson tells me that Cris Coxon in his club the Brighton Mitre CC has set 9 new club records at 5 distances in less than 5 months in his first season of racing. Robin has persuaded him to join the VTTA so perhaps we can expect to see his name featuring in the Group records this year.

The Group's 10 mile Championship

We held our first event of the new season over 10 miles on Saturday, 9th April organised by Dave Pollard. It was on the G10/87 course at Maresfield and the morning was dry but very cold. The results for current Group members are below and the winner on standard Colin McDermott is awarded the Stan Harvey Trophy plus a VTTA medal. His time was also the fastest overall. No club had a team of three members finishing so the Wilf How Cup is not awarded this year.

1. Colin McDermott (Festival RC) +5:28 (21:44)
2. Lisa Davis (Drag2Zero) +5:02 (24:05)
3. Sally Turner (trainSharp) +5:01 (23:41)
4. Nik Allen (Team TMC) +5:00 (21:51)
5. Kevin Plummer (Team TMC) +3:54 (23:30)
6. Matthew Woods (Eastbourne Rovers CC) +3:51 (23:00)
7. Kate Thomas (Lewes Wanderers CC) +3:29 (25:14)
8. Sam Dix (trainSharp) +2:48 (24:03)
9. Tracey Williams (Brighton Mitre CC) +2:33 (27:08)
10. Adam Rogers (Eastbourne Rovers CC) +2:06 (24:30)
11. Lee Holdaway (Hastings & St. Leonards CC) +0:34 (28:15)
12. Robert Royle-Evatt (Addiscombe CC) -1:07 (28:19)
13. Peter Baker (Lewes Wanderers CC) -2:32 (30:54)
14. Robin Johnson (Brighton Mitre CC) -3:57 (33:51)

Next events on our Group programme

Our next open events are the Sussex CA '15' on course G15/92 on Saturday 11th June organised by Robin Johnson and the East Sussex CA '50' on

Sunday 12th June organised by Bob Harber. The latter event has had a slight change of course from the G50/90 to the G50/89 because the original HQ is unavailable. The HQ will now be at Fairwarp village hall. The following week on Sunday 19th June it is the Lewes Wanderers '30' on course G30/88 organised by Gavin Richards.

Group records

One early season Group record at 10 miles has already been set by Nik Allen (Team TMC) recording a time of 19:28 at age 50 in the ...a3crg Good Friday event on 15th April.

Other results

Some good results that I have seen for our members are:

In the Southern Counties CU '10' on 19th March on G10/46 Cris Coxon (Brighton Mitre CC) was 2nd overall with 22:31 and Colin McDermott was 3rd with 23:09. The following day in the SCCU '25' event on G25/43 Mark Smith (Crawley Wheelers) was 3rd overall with 58:17.

In the Central Sussex '10' on Easter Saturday 16th April on the hilly GS/186 SPOCO course three Brighton Mitre riders were at the top of the leaderboard: Cris Coxon 22:53, Paul Thatcher 24:46 and Jack Smith 24:46, with Karl Robertson (Worthing Excelsior CC) recording 25:59.

If you have any notable results in open events please let me know so that they can be included in future reports.

The Harry Featherstone Trophy

In the National Short Distance competition three Group members already have their qualifying 2 x 10 and 2 x 25 mile rides and will no doubt be looking to improve on these as the season progresses. Riders are reminded that to be eligible to win the Group's Short Distance Competition and the new Harry Featherstone trophy they must ride either the Group's 10 or 25 mile open events. With the '10' having already taken place in April, that just leaves the '25' on 18th September on the G25/89 for your qualifying ride. We are hoping that this will give us some extra entries for our last Group event of the season, which will be organised by Andy Critchlow.

Committee positions

In the last Issue of The Veteran I mentioned how much of a loss it is to the Group that Jon Fairclough has moved to Scotland. With changes in positions at the AGM we have vacancies on the Committee for a new Open Events Secretary to take on the running of the Group's early season 10 mile event and also someone to become Press Secretary to write these reports. Please let me know if you are interested in either of these, or in just being on our Committee to help in the running of the Group without a specific position, and I will let you have further information on what is involved – keithwilkinson @talktalk.net . We would like to get back to having a full Committee with each member only holding one position.

Declining entries in open events

We have been experiencing a marked drop in entries for local open events, partly due to new housing developments and the resulting traffic lights in the Crawley/ Horsham area depriving us of our fastest courses. We now only have one totally dual carriageway course left in London South and that is the G10/42 10 mile course on the A24 at Holmwood. This is undulating and I would not consider it to be particularly fast, but as Chris Fennell set a new course record of 17:53 last year, perhaps it is. In the east of our district the courses using the A22 Eastbourne road might also be under threat from the new housing estate on the Uckfield by-pass. It seems that the decline in entries this year is a national problem, resulting in a questionnaire being sent out by CTT to all registered riders. In my opinion though they will not get much of an insight into the reasons for the decline from the limited number of questions that they asked. I saw that the classic East Surrey Hardriders event on 3rd April was cancelled the day before due to a forecast of low overnight temperatures, which

gave a further reduction in the number of rides (and levies) in London South. This is an event of particular interest to me as I organised it for many years and as it used to be at the beginning of March not April the riders often started in sub-zero temperatures.

Here is a photo from the start of the 1970 event on Reigate Heath. Snow on the ground, ice on the road, no HQ in which to get warm, and just a primus stove and kettle in the open car park to give riders a cup of tea when they finished. The riders all wore shorts as well! I guess that we are now living in different times and 'health and safety' has to be a priority for event organisers. One other very big difference – there was virtually no traffic then early on a Sunday morning.

Dates for your diary

The Group AGM will be on Sunday 13th November 2022 in Handcross and the next Group prize giving lunch will be in Horsham on Sunday 5th February 2023.

WESSEX Bob Jolliffe

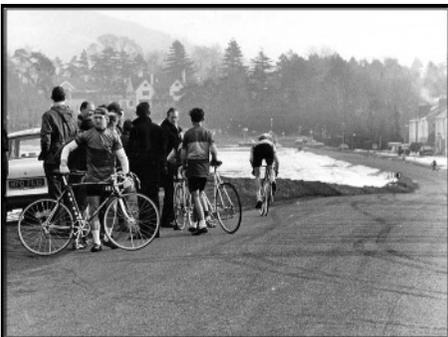
Super Ride From Super Vet

Southern super-vet Angela Carpenter romped away with the VTTA National 10-mile Championship on a tough rolling U7b course on the A38 near Slimbridge in Gloucestershire with a time of 21:42 and a plus of 7min 59sec. Her ...a3crg teammate Sarah Matthews took third place in the women's championship with 25:09 for eighth place and a plus of 5:30 which earned her the bronze medal.

Backed by Peter Younghusband of Petersfield Triathlon Club, who was 7th on standard in the men's event in 21:26 and a plus of 6:04, the trio won the Group Championship with a total plus of 19:33.

Angela warmed up for the championship race with 21:23 in a windy Newbury Velo 10 on H10/51r near Oxford the previous weekend, a time which earned her third place overall, an excellent result given the nagging headwind on the longer leg out to the turn. Two other Wessex Group members rode: yours truly with 28:38 and Dave England (Crabwood CC) with 28:41.

Dave turned the tables the following week in the nationals, though, with a decisive 28:36 over my 29:48. Other, faster, Wessex riders in the





Mary Corbett and Norman Harvey were all smiles awaiting their start in the 10 mile championship

Championships were Terry Icke (VC St Raphael) with 25:48 (+5:17) and Tom Woollard (NorthoverVets/Rudy Project/SCS) 26:27 (+4:08).

Sotonia CC's Mary Corbett and Norman Harvey second on standard in the tandem event on their tandem trike, pleased as punch with a new personal best of 28:35 and a plus of 5:43. This should also be a national age record.

Classic Charlottesville 50

Conditions were quick in the classic Charlottesville CC 50 with Peter Youngusband of Petersfield Tri Club being the best of the Wessex riders with a cracking 1:46:54, more than two minutes quicker than the next Wessex vet, David Shepherd of ...a3crg (1:49:08). St Piran's Tom Cox worked hard for his time of 2:08:57 on the H50/8 course based at Bentley on the Hampshire/Surrey border. Ian Sherin of 3C Cycling Club finished with 2:09:31 and Bournemouth Arrow's Michelle Walter clocked 2:23:18.

A week earlier on Easter Sunday, Sotonia's Graham Harman clocked 24:12 in the CC Weymouth 10 on the P451 Owermoigne to Wool and back course while Crabwood's Dave England crept inside 30 minutes with 29:55.

Two days earlier on Good Friday VC St Raphael's Stuart Peckham was the fastest of eight Wessex Group riders in the Bournemouth Arrow 10 on P311. He clocked 24:18, nine seconds faster than teammate Martin Beale, Richard Wyeth of Tornado RCC did

24:55, Ian Sherin (3C CC) 24:58, Tom Cox (St Piran) 26:07, Terry Icke (VC St Raphael) 26:14, Adrian Watkins (Tornado RCC) 28:18 and yours truly 30:07.

Faster Good Friday 10

While riders were trundling up and down P311 on Good Friday, those with good qualifying times and a desire to go faster headed to the ...a3crg 10 on P881. Justin Webb of the promoting club was fastest Wessex Group competitor with 19:21 for sixth place. Teammate James Fawcett was 18th with 19:57 and another ...a3crg member, Neil Mackley, clocked 20:12 for 25th place. Current 24-hour champion VC St Raphael's Andy Rivett returned a new personal best of 19:44 for equal 13th and Peter Youngusband (Petersfield Tri Club) went well with 19:34 for 15th. The home team's women grouped well with Sarah Matthews (60th 23:04), Kirsty McSevery (63rd 23:35), Lucy Mitchell (67th 24:08) and Virginia McGee (69th 24:32). Others: Simon Berogna (VC St Raphael) 21:19, Graham Harman (Sotonia CC) 22:08, Ken Rayson (...a3crg) 29:53, Mary Corbett (Sotonia) 30:22 and regular tandem trike partner Norman Harvey (31:19).

Rivetting Performance

Andy Rivett showed a good turn of speed in the Farnborough & Camberley CC 25 on H25/8, taking fourth with 52:27. Blazing Saddles' Hward Bayley took sixth with 52:56 and Peter Youngusband was eighth with 53:47. Angela Carpenter (...a3crg) clocked 55:30 for 14th place. Other Wessex Group members: Martin Beale (VC St Raphael) 1:02:24, Ian Sherin (3C CC) 1:02:51, Virginia McGee (...a3crg) 1:05:23, Lucy Mitchell (...a3crg) 1:05:47, Dave England (Crabwood CC) 1:12:31 and Brian Hygate (Fareham Whlers) 1:24:06.

Mike Boyce of ...a3crg was unlucky to hit the deck with some force sustaining facial injuries.

Further Afield

Justin Webb (...a3crg) clocked 52:35 to take third place in the Central Sussex CA 25 with 52:35 while teammate Sarah Matthews finished the event with 1:03:35.

In the VC Venta Hilly 10, New Forest CC member and former Old Portlian CC rider, Dave Phillips did 27:43 and in the Chippenham & District CC 10 on U41 Ian Sherin (3C) did 25:27 and Mike Anderson (CC Moncontour) was four seconds faster.

Crabwood's Dave England was pleased to do a season's best 26:10 in the London and Home Counties' 10 on F11/10 near Aylesbury.

Goodwood Test

Number one of a series of ...a3crg evening time trials around the Goodwood motor race circuit was the first outing for Andy Langdown after a serious collision with a car back in the winter. Back on form and riding for ...a3crg, he raced past the timekeeper after five laps to the tune of 24:42 for the 11.85 mile (or 19km) time trial to take seventh place in the men's time trial bike category, beating Peter Youngusband by 13 seconds. Simon Berogna (VC St Raphael) was 11th with 25:36, Mike Boyce, back racing after his accident, clocked 30:28 and ...a3crg teammate Ken Rayson did 36:50. Lucy Mitchell of ...a3crg took fourth place in the women's tt bike class with a cracking 29:07.

Wessex Championships

The Wessex RC 50 on P417 on June 12 has been confirmed as a group championship event. Others are the Sotonia CC 10 on P612 on July 10 the Newbury Velo 15 on H15/3 new Newbury on August 21 and the Southdown Velo 25 on P901 between Chichester and Arundel on August 28.

WEST

Brian Griffiths

We as a group can I think be justly very pleased with our promotion of the VTTA National "10" mile championship. Everything seemed to work out so well for us. The headquarters had adequate parking space the weather was just wonderful and the right amount of light breeze was in the right direction for everyone. Most of the route had a nice new smooth surface and our dear ladies came up with a generous good supply of tea and tasty cakes for everyone.

Finally we had some very worthy and grateful winners to present the prizes to at the end of the afternoon.

Only one unfortunate incident marred the day when a careless motorist drove onto the course just as one of our lady competitors rode past, knocking her for six and completely ruining what might have been a very good ride. Fortunately apart from her pride, I believe she was not badly injured and our every sympathy must go out to her.



West Group flew the flag for the VTTA National 10 Championship

There is much ongoing conversation about the low number of competitors taking part in events this season' There is little doubt that we are running out of suitable courses especially here in the West Country where there are no 50 or 100 miles events to speak of and it seems to me that not too many want to ride these distances like they used to.

Judging by the expensive high tech bikes that took part in our recent championship event and the claimed advantages of these machines there must be many who just won't spend that sort of money, including me, so that they can consider they are in with a chance. Indeed I only saw one Reynolds 531 bike being ridden, which really looked out of place.

Are we putting off the younger riders who are relying on their parents to finance their entry into time trialling I suppose there are many like me who started off racing on a Raleigh Lenton which was used for time trialling, road racing, touring, the odd cyclo-cross and getting me to and from work.

Perhaps it would be better if we all rode the same yellow bikes with a 72 inch gear. At least it would be genuine man to man with no technical advantage.

One final thing it seems that some of our older members are not at all familiar with the internet and

BAC's payments for entering events and get somewhat confused. Very few clubs seem to have club nights now like we used to so there is no one to help them' So much communication is now done on the internet leaving these people isolated

It is pleasing to note that already this year West Group have recruited fifteen new members, which must be good news, bringing our current membership up to 159.

Ken Robertson of the Mid Devon CC died recently. He was well known to many Vets up and down the country. I will try to put together an obituary for the next time.

YORKSHIRE

Chris Goode

In April Blair Buss organised our first 25 mile event of the year. It was a good day and on the fast 2-lapper Topcliffe V236/1 course there were some excellent performances and it was good to catch up with people round Jymmy Trevor's very modern result display.

North Lancs visitor Peter Greenwood (Clayton Velo) came out on top with +17:00 (57:23), Russ Richardson (Teesdale CRC) was second with +16:58 (54:55) and Darren Yarwood (Chapeau! Vive Le Velo) was third with +15:41 and second actual fastest in an impressive 51:38. The women of Yorkshire Group had a close fought scrap - Sue McFarlane (Army Cycling) was best with +8:42 (1:03:54), closely followed by Sandra Burrows (Vive Le Velo) +8:04 (1:07:25) and Susan Sanders (Drighlington BC)+7:29 (1:06:25).

Our other members' times were: Alan Chalmers (Valley Striders CC) 59:44 (+14:39); David Leckenby (VTTA (Yorkshire)) 56:34 (+13:22); Richard Dean (Trek Sheffield) 53:18 (+13:14); Christopher Green (Drighlington BC) 58:11 (+13:00); Greg Elwell (Halifax Imperial Whs) 54:34 (+12:45); Julian Read (Swift Racing) 57:23 (+12:16); Neil Clemenishaw (Chapeau! ViveLeVelo) 56:12 (+12:11); Neil Fearn (Harrogate Nova CC) 54:24 (+11:58); David Taylor (Huddersfield RC) 1:00:42 (+11:56); Sean Sanders (Drighlington BC) 56:27 (+11:43); Steve Burrows (Vive Le Velo) 59:39 (+11:32); Daniel Shaw (Halifax Imperial Whs) 58:13 (+10:24); Grant Whiteside (Harrogate Nova CC) 56:58 (+10:21); Ian Hampton (Clifton CC York) 1:03:35 (+09:53); Graham Pearce (Ilkley CC) 56:22 (+09:49); Martin Hailstone (Chapeau! ViveLeVelo) 59:15 (+09:22); Jymmy Trevor (Jem Hadar Racing)

58:22 (+09:21); Phillip Tyas (Barnsley RC) 57:01 (+08:59); Mark Burtonshaw (Harrogate Nova CC) 1:02:40 (+08:51); Stephen Knight (Wakefield Tri Club) 59:16 (+08:15); Peter Macklam (Yorkshire RC) 1:11:52 (+07:53); Stuart Henderson (VTTA (Yorkshire)) 1:00:25 (+06:42); Mike Cole (Huddersfield RC) 1:11:40 (+06:40); Duncan Smart (Scarborough Par CC) 1:02:14 (+06:23); Ed Neilson (Vive Le Velo) 1:01:20 (+05:35); Paul Brierley (Huddersfield RC) 1:04:58 (+04:09); Dominic Hewitson (Airedale Olympic) 1:08:10 (+02:41); Chris Goode (trike) (Yorkshire Coast Clar) 1:14:40 (-00:09)

Of the 'under-age' riders Will Trevor continued his good progress with 1:04:39, but will have to wait another 22 years before he gets a plus! Fastest woman on the day was Abi Smith (Moonglu CC) with a rapid 53:50 and George Peden (Team GB Performance) recorded a swift 46:57, which was so far ahead of the field that the finish timekeeper thought he had made a mistake!

Four weeks later 24 of our members were back on another variation the same roads for the Drighlington BC 25 on V232/1 and again it yielded some excellent times, which will yield good pluses for the competitions: Darren Yarwood(Chapeau! Vive Le Velo) 51:05; Blair Buss (Halifax Imperial Wheelers) 54:10; Neil Clemenishaw (Chapeau! Vive Le Velo) 54:29; Phillip Tyas (Barnsley Road Club) 55:22; Grant Whiteside (Harrogate Nova CC) 55:30; Steve Gore-Browne (VC York) 56:01; David Leckenby (VTTA (Yorkshire)) 56:09; Stephen Knight (Wakefield Triathlon Club) 56:13; Jymmy Trevor (Jem Hadar Racing) 57:10; Stuart Henderson (VTTA (Yorkshire)) 57:59; Ross Burton (Elmsall Road Club) 58:12; Steve Burrows (Vive Le Velo) 58:15; Alan Chalmers (Valley Striders Cycling Club) 59:18; David Taylor (Huddersfield RC) 59:57; Ed Neilson (Vive Le Velo) 59:59; Paul Brierley (Huddersfield RC) 1:02:21; Karen Taylor (Team Sportslab) 1:03:38; Richard Durham (VTTA (Yorkshire)) 1:04:26; Mark Philipson (City RC (Hull)) 1:08:23; Sandra Burrows (Vive Le Velo) 1:09:04; Peter Macklam (Yorkshire Road Club) 1:09:47; Mike Cole (Huddersfield RC) 1:12:13; Martin Gargett (Halifax Imperial Wheelers) 1:12:17; Allen Bell (Yorkshire Road Club) 1:15:14

Nationally twelve of our riders have now completed four qualifying rides for the Short Distance Competition (2 x 10, 2x 25 miles) and are looking for improvements. At the time of writing Darren Yarwood

is in 7th place over 10 and 25 m TTs (+1:00:05), Neil Cleminshaw (Chapeau! Vive Le Velo) 19th (+49:20) and Sean Sanders (Drighlington BC) is 20th (+49:18).

Some of you may have heard the terrible news that Joel Wainman has been diagnosed with motor neurone disease. Joel joined the VTTA on reaching 40 and was a member until retiring from racing four years ago. He is being looked after by his 18 year old son, Jake. We send our best wishes to his family.

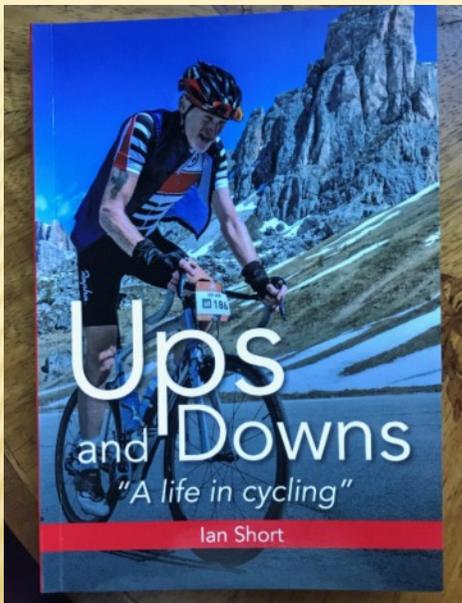
Joel was a prolific winner from his teens with Hull Thursday RC, becoming one of the top riders in the country. Joel was a national medallist in the longer Best All Rounder disciplines and the B.A.R. overall, both as an individual and as part of the dominant Team Swift. He was also a national competition team record holder at 10 miles multiple times, with various Team Swift riders, including Jon Surtees who has set up a Just Giving page. Please make a donation.

www.justgiving.com/crowdfunding/joelwainman

Other news just received is that our ace race organiser and no mean rider himself, Blair Buss, suffered a collision with a motor vehicle in a Saturday evening event on the fast Levens course (L1015). When the oncoming vehicle turned right across his path it left him nowhere to go, resulting in a broken collar bone, two ribs and various abrasions. Undeterred he is hoping for a quick recovery and the prospect of a new TT bike.

Our next two promotions are over 10 miles on V210 (7th August) and a 25 mile TT on V236/1 (18 September). These are both organised by Blair so please call him to wish him well from his accident and to offer your services at both these events, if not riding.

Finally, there is an opportunity to meet up with fellow cyclists at York Rally over the weekend 18/19th June, after a two year hiatus and there is a summer of cycling ahead of us. Remember to apply the sun cream and keep those wheels turning.



'Ups and Downs' chronicles my life in cycling. I wanted to capture what the sport has given me since childhood to the present.

We've all witnessed the transition from village hall obscurity to mainstream popularity in recent times and I wanted to try and make sense of that and how that's changed the sport, or not?

But for the most part, I like to write and what better subject than cycling?

This book was a three-year project and I'd like to thank so many people who along the way have helped in its creation, most of whom get a mention.

It's 162 pages of cycling interest, with 40000 words and 25 colour pictures....

Available to buy direct from the author at www.openskyprojectmanagement.co.uk priced at £12.99 including postage.

UPS AND DOWNS – “A Life in Cycling”

By Ian Short

Reviewed by Andrew Grant

In this highly personal account, Ian Short depicts his relationship with cycling as something between obsessive-compulsive disorder and religious zeal, albeit narrated in the profane *argot* of the East End/Essex borders that prevents me recommending this volume as a gift for a maiden aunt.

Fittingly, then, the course of his life in cycling fall into two cycles of redemption punctuated by a period of disillusion, the second redemptive phase bringing him to a new beginning in a new era.

His induction into the world of cycling as a five-year-old begins with a memory of eating sandwiches on a Saturday morning with his brother in the boot of the family car in a layby near Witham on the A12 – fabled in cycling lore as the E72 - on, of all days, 5th August 1978. Remembering that “*in the distance disappearing down the ski slope that is a particular feature of that stretch of the A12 was a cyclist riding alone. There appeared not to be a car in sight,*” he speculates that he might unwittingly have witnessed the passage of the King himself en route to his 49-minute apotheosis. Sorry Ian, if there wasn’t a car in sight, it wasn’t Alf. It might have been me though. I was caught that day for four minutes by the King and his retinue of pent-up traffic further down the course.

It is the first of a series of epiphanies that includes an emotionally overwhelming encounter with the 1982 Tour de France, leads to the purchase of a BSA racer and culminates in his accidental abduction for the day and 70 miles in the Essex Lanes by a Hainault RC club run. In club life, he discovers the paradox of a community that, unlike his detested football club or music lessons, happily accommodates loners, or even the delinquent borderline sociopath that according to the present Ian Short, was his teenage self.

The subsequent meteoric rise to competitive success involves a move first to the Southend and County Wheelers and a happy foray into road racing. Then the household gods and demi-gods of UK racing: Zak Carr, Ian Browning, Matt Illingworth, Chris Boardman, Graham Obree, flicker in and out of the picture as Ian is seduced by the glamour of the all-star time trialling monster that was the Leo RC of that era where the pressure left him feeling “drowning in expectation”. This provokes a period of arms-length engagement with the bike in chapters entitled “Breaking the Ties” and “The Gap Years”. Not that these years are uneventful, offering opportunities for a ride in a New Zealand air ambulance at the cost of a broken leg that still troubles him today and a period of career, business and house-building.

When the world of cycling redeems him for a second time, it is, as chapter 7 has it, “A New World Order” of sportives, middle-class MAMILS on expensive carbon and a newly-mainstream post-Olympics, post-Wiggins-Tour-win, post-Team Sky brave new world. Above all, the mighty *Haute Route* offers a challenge commensurate with Ian’s competitive instincts.

Poignantly, though, as his tale draws to a close, we find him more or less back where he started, an average clubman riding a time trial on Essex roads but now bemused that his minute man, off at 60 and the eventual winner, though a formidable athlete, is a product of Zwift, has scarcely ridden a real bike on a real road, and probably wouldn’t manage to keep upright for a mile with a Hainault club run in the Essex lanes.

The arc of Ian Short’s life in cycling tracks the sport more or less from the advent of Lycra into what had been a predominantly working-class cloth-cap sport, to the achingly fashionable, achingly expensive, high-tech middle class mainstream monster we have today.

At which point, it is worth reflecting that by veteran standards, Ian is a mere puppy and that sub-title “A Life in Cycling” may be a bit premature. As we leave him nudging his FTP – a concept unknown to his younger self – ever closer to 300w, it would be surprising if there weren’t a few more chapters yet to be written.

VTTA NATIONAL 50 MILE CHAMPIONSHIP

Saturday 14th May 2022

NEC Representative Andrew Simpkins

The 50 Mile Championship saw some very fast times on an afternoon that was warm, sunny and dry. A southerly breeze, however, was quite gusty at times, and made conditions less than ideal. The R50/1B course features two laps between Abergavenny and Monmouth, mainly on dual carriageway but with a rolling 5 mile section on a country road that adds to the challenge.

There were only two tandems so it was another win by Ian Greenstreet and Rachel Elliott (Newbury Velo) with 1:44:15 to take the Tandem Championship. They set a new mixed tandem course record and also a Welsh 50 mile record by more than 20 minutes.



Champions Chris McNamara and Angela Carpenter

The men's championship was a very tight finish with the top three within just 31 seconds of each other on standard and Vets Handicap Result (VHR). Christopher McNamara (Nuun-Sigma Sport-London RT) took the gold medal with the fastest actual time on the day of 1:39:54, only 38 seconds short of the course record. Silver went to Keith Ainsworth (Lindsey Roads Cycling Club), a specially commendable ride given his recent return from a training accident, and bronze went to David Shepherd (.a3crg). Their VHR times were 1:37:08, 1:37:22, 1:37:39. A very close finish indeed!

In the women's championship Angela Carpenter continued her unbeatable form with a stunning time of 1:49:24 giving her a VHR of 1:30:30. This was a new course record and a Welsh record by more than 2 minutes. Angela's fellow .a3crg team members Claire Emons and Sarah Matthews took the silver and bronze medals respectively giving them a clean sweep of the podium.

The Championship Group Team winners were Wessex (Angela Carpenter, David Shepherd, Claire Emons) with an aggregate plus of 1:51:16 (VHR of 4:52:26) with Surrey/Sussex the runners up. Seven VTTA groups fielded a team of at least three riders on the day. The same three riders also took the Club Team award for .a3crg with Team Echelon and Legato Racing Team finishing second and third. It's good to see some club teams making a special effort to compete for the Club Team award in our national championships. While the individual awards tend to take the focus in our national championships it would be good to highlight these teams awards more as they give opportunity to more riders to win a national medal or to finish on the 'podium'.

Some observations on participation in this championship. There were 13 VTTA women on the start sheet ranging in age from 41 to 65. There were 48 VTTA men, the youngest was 40 and the oldest 76. As might be expected the field largely comprised riders from South Wales and the Bristol-Cheltenham-Gloucester area, although we did have one Scottish member too. The National Executive Committee does its best each year to spread championships around the country to give members the opportunity to compete in at least one championship local to them.

Finally, thanks to Bob Jones and the Bike-pace team for running this championship for the VTTA.

AWARD WINNERS - VTТА 2022 NATIONAL 50 MILES CHAMPIONSHIP

Award	Name	Club	Group	Plus	Medal
1st Man on std	Christopher McNamara	Nuun-Sigma-London RT	Surrey/Sussex	+37:26	Gold
2nd Man on std	Keith Ainsworth	Lindsey Roads CC	North Midlands	+37:12	Silver
3rd Man on std	David Shepherd	...a3crg	Wessex	+36:55	Bronze
1st Woman on std	Angela Carpenter	...a3crg	Wessex	+44:04	Gold
2nd Woman on std	Claire Emons	...a3crg	Wessex	+30:17	Silver
3rd Woman on std	Sarah Matthews	...a3crg	Wessex	+28:16	Bronze
Club and Group Team Champions	Angela Carpenter	...a3crg	Wessex	+1:51:16	Gold
	David Shepherd				Gold
	Claire Emons				Gold
Tandem Champions	Ian Greenstreet	Newbury Velo	London & Home Counties	+35:51	Gold
	Rachael Elliott				Gold

First man and first woman on standard also each receive a champion's jersey and cap.

Angela Carpenter also receives the Cecil Paget Cup (for one year) as 1st overall on standard.

WOMEN'S INDIVIDUAL FINISHING ORDER - VTТА 2022 NATIONAL 50 MILES CHAMPIONSHIP

Std Pos	Name	Club	Group	Age	VH Res.	Plus	Act. Time	Act. Pos.
1	Angela Carpenter	...a3crg	Wssx	53	1:30:30	+44:04	1:49:24	1
2	Claire Emons	...a3crg	Wssx	53	1:44:17	+30:17	2:03:11	3
3	Sarah Matthews	...a3crg	Wssx	62	1:47:18	+28:16	2:11:20	8
4	Lisa Davis	Drag2Zero	S/S	47	1:48:40	+25:54	2:04:26	4
5	Emma Bexson	Stratford CC	Mids	47	1:51:17	+23:17	2:07:03	6
6	Jo Buckland	FTP Race Team	S Wls	55	1:51:41	+22:52	2:11:47	9
7	Marianne Holt	Fareham Whs CC	Wssx	41	1:52:15	+22:19	2:05:19	5
8	Lucia Borradaile	CC Weymouth	Wssx	64	1:52:20	+22:13	2:19:04	13
9	Neive Richardson	Cheltenham & County CC	West	49	1:55:58	+18:36	2:12:43	11
10	Deborah Sheridan	Warwickshire RC	Mids	65	1:58:40	+15:53	2:26:18	14
11	Joanna Knight	Bristol South CC	West	62	2:04:35	+09:59	2:29:37	15
12	Nichola Rorke	Exeter Whs CC	West	52	2:19:31	-04:57	2:37:51	16
	Maria Powell	FTP RC		55			2:03:41	2
	Rebecca Comins	Newport Phoenix CC		52			2:10:04	7
	Claire Jackson	Royal Dean Forest CC		46			2:11:59	10
	Hollie Labunsky	Port Talbot Whs CC		36			2:16:34	12
DQ	Fay Barrington	Banbury Star CC	Mids					
DNF	Jayme Fraioli (PDQ Cycle Coaching), Roxanne Jones (Hereford Tri Club), Amanda Lane (North Dock Dredgers Tri)							



Claire Emons (...a3crg) was second in the women's championship

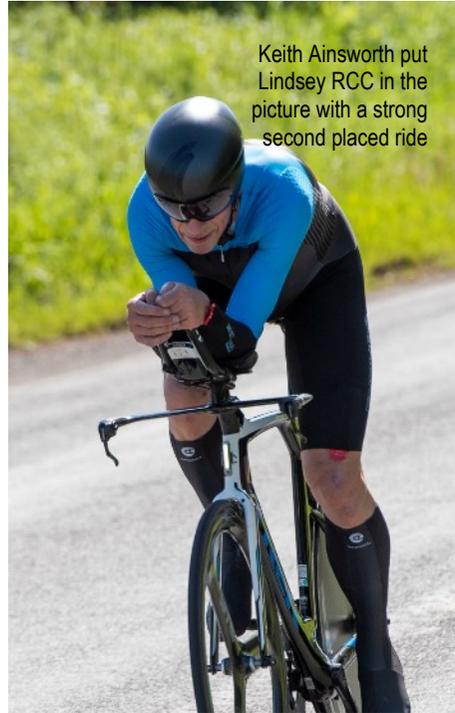


David Shepherd (a3crg) took the bronze in the men

Championship images courtesy of **Kimroy Photography** 



The women's bronze medal went to Sarah Matthews (...a3crg)



Keith Ainsworth put Lindsey RCC in the picture with a strong second placed ride

MEN'S INDIVIDUAL FINISHING ORDER - VTТА 2022 NATIONAL 50 MILES CHAMPIONSHIP

Std Pos	Name	Club	Group	Age	VH Res.	Plus	Act. Time	Act. Pos.
1	Christopher McNamara	Nuun-Sigma-London RT	S/S	47	1:37:07	+37:26	1:39:54	1
2	Keith Ainsworth	Lindsey Roads CC	N Mids	63	1:37:22	+37:12	1:49:08	8
3	David Shepherd	...a3crg	Wssx	61	1:37:39	+36:55	1:47:59	7
4	Anthony Jones	VMCC	S Wls	48	1:40:29	+34:04	1:43:42	3
5	Joseph Costello	Legato Racing Team	Mids	63	1:40:58	+33:36	1:52:44	15
6	Christopher Gibbard	Bynea CC	S Wls	40	1:41:22	+33:12	1:41:22	2
7	Simon McNamara	HuntBikeWheels.com	S/S	47	1:42:23	+32:11	1:45:09	5
8	Andrew Gallacher	SVTTA	Scot	54	1:43:44	+30:49	1:49:50	11
9	Stuart Day	Team Echelon	E Ang	52	1:44:12	+30:22	1:49:16	9
10	Jon Howard	Team Echelon	Mids	53	1:45:00	+29:34	1:50:34	13
11	Tony Chapman	Frome and Dist Whs	West	50	1:45:29	+29:04	1:49:36	10
12	Kevin Wood	Sherwood CC	E Mids	60	1:46:15	+28:19	1:55:54	26
13	Simon Horsley	Legato Racing Team	NL&L	57	1:46:39	+27:55	1:54:25	21
14	Roger Sheridan	North Devon Velo	West	61	1:48:04	+26:30	1:58:24	32
15	Philip Brown	Walsall Roads CC	Mids	70	1:48:09	+26:25	2:06:05	44
16	Nick Giles (RB)	Pocomotion RC	M'side	63	1:48:11	+26:23	1:59:57	38
17	Simon Adcock	Team Echelon	Mids	47	1:48:20	+26:13	1:51:07	14
18	Luke Smith	Bristol South CC	West	53	1:50:15	+24:19	1:55:49	24
19	Mike Hall	Port Talbot Whs CC	S Wls	53	1:50:16	+24:18	1:55:50	25
20	Mark Bradley	Bristol South CC	West	57	1:50:30	+24:04	1:58:16	31
21	Alan Broadbent	Deeside Olympic	M'side	48	1:50:52	+23:41	1:54:05	20
22	Tony Ball	Legato Racing Team	L&HC	53	1:51:33	+23:01	1:57:07	27
23	Andrew Simpkins	Team Echelon	Mids	68	1:51:48	+22:46	2:07:46	47
24	Mat Wilson	VTТА (London & HC)	L&HC	43	1:52:26	+22:08	1:53:35	17
25	Cliff Voller	Newbury RC	West	71	1:52:33	+22:01	2:11:32	52
26	Daniel Kempe	Bristol South CC	West	56	1:52:39	+21:54	1:59:51	37
27	Robin Short	Cotswold Veldrijden	West	46	1:52:58	+21:36	1:55:19	22
28	Tom Woollard	Northover VT	Wssx	76	1:54:42	+19:52	2:19:49	56
29	Iain Bell	Abergavenny RC	S Wls	50	1:55:17	+19:16	1:59:24	35
30	Simon Bowler	Berkhamsted CC	L&HC	59	1:56:22	+18:12	2:05:22	42
31	Roger Whittle	Gloucester City CC	West	52	1:56:30	+18:04	2:01:34	40
32	Rob Powell	Abergavenny RC	S Wls	43	1:57:38	+16:56	1:58:47	33
33	Tim Radley	Gloucester City CC	West	48	1:59:23	+15:10	2:02:36	41
34	Daryl Stroud	Gloucester City CC	West	57	2:01:17	+13:17	2:09:03	49
35	Ian Gibson	Abercynon RC	S Wls	62	2:01:52	+12:42	2:12:54	53

The Veteran : June 2022

Std Pos	Name	Club	Group	Age	VH Res.	Plus	Act. Time	Act. Pos.
36	Tony Lake	Gloucester City CC	West	49	2:04:36	+09:58	2:08:15	48
37	Greg Rorke	Exeter Whs CC	West	58	2:12:25	+02:08	2:20:48	57
38	Harry Cowley	Chester RC	M'side	74	2:17:25	-02:51	2:39:54	58
	Philip Tucker	Bynea CC		42			1:44:38	4
	Mike Skidmore	Cheltenham & County		31			1:46:42	6
	Lee Williams	Newport Phoenix CC		39			1:50:33	12
	Adam Whittaker	FTP Race Team		26			1:53:15	16
	Graeme Boswell	Cardiff Ajax CC		47			1:53:49	18
	Jonathan Sayce	Hereford & Dist Whs		47			1:54:02	19
	Gareth Jones	Clevedon & Dist RC		51			1:55:46	23
	George Comins	RN&RMCA		21			1:57:20	28
	Martin Lines	Worcester St. Johns		53			1:57:46	29=
	Tommy Barlow	Clevedon & Dist RC		60			1:57:46	29=
	Owen Burgess	Chippenham & Dist		34			1:58:51	34
	Dan Farmer	RÁS		36			1:59:44	36
	Phillip Turner	FTP RC		54			2:01:18	39
	Nathan Miles	Haverfordwest Hornets		51			2:05:27	43
	Seb Navarro	Dursley RC		39			2:06:10	45
	Dylan Edwards (RB)	UF Rowe & King		49			2:06:14	46
	Ryan Evans	Rhondda Tri Club		50			2:09:17	50
	Robbie Disney (RB)	Ludlow CC		22			2:09:21	51
	Shaun Griffiths	Tenby Aces CC		58			2:18:24	54
	Simon Howarth (road bike)	Pontypool Road CC		59			2:19:17	55
DNF	Andrew Curley (Warwickshire RC), Justin Ford (CC Blaenau Gwent), Ronnie Stone (Regents Park Rouleurs), Roger Taylor (Frome and Dist Whs)							
DNS A	Donald Parker (Brighton Mitre CC), Mark Smith (Crawley Whs), Steven Loraine (Legato RT), Jason Streather (PDQ Cycle Coaching), Andy Davies (UF Rowe & King), Gary Jones (VTTA (Midlands))							
DNS	David Marshall (Hemel Hempstead CC), Tim Butler (Gloucester City CC), David Finn (Cheltenham & County CC), Kevin Garland (PDQ Cycle Coaching), Osian Griffith (Acme Whs (Rhondda) CC), Randle Shenton (Legato RT), Paul Colman (Port Talbot Whs)							

TANDEM'S FINISHING ORDER - VTTA 2022 NATIONAL 50 MILES CHAMPIONSHIP

Std Pos	Name	Club	Group	Age	Plus	Act. Time	Act. Pos.
1	Ian Greenstreet	Newbury Velo	L&HC	58	+35:51	1:44:15	1
	Rachael Elliott			44			
	Miriam Jessett	Stolen Goat RT		22		1:57:15	2
	Jon Bennett			48			

RIDER Q & A WITH RICHARD OAKES

He tells Jon Fairclough how no stone is left unturned in pursuit of speed

Richard Oakes of Team Ohten Aveas and East Midlands group is answering the questions about how to ride very quickly in this issue. He has come to the fore in the last three years with victories in the Mens National Championships: 10 miles in 2020, 2021 and 2022, 15 miles in 2022, National 25 in 2021. He holds a National Age Record at age 52 for 10 miles at 18:08.

Q1. When did you start time trialling?

A1. My first time trial was 43 years ago when I was eight years old. A club 10 run by the Beauvale CC. I remember it like it was yesterday and I loved it! 36 minutes something, on a Dawes Red Feather with 24 inch steel wheels and very smart white walled tyres.

Q2. What are your greatest achievements in your time trialling career?

A2. No doubt getting top twenty last year (at 52) in the Mens Elite BC Time Trial Championships, won by Ethan Hayter and competing against pros who had ridden the Tour and world TT champs a few months before! Closed roads, police motorbike escort and a following car. Thousands of people watching, it was brilliant. I have attached a picture from that event.



Q3. What is your TT bike?

A3. I have just upgraded to the new Specialized Shiv TT. So fast but so stable and safe with disc brakes and handling to match a top class road bike.

Q4. What is your approach to training?

A4. Get a good coach, set goals and stick to your plan. Discipline and focus, but also remember why you love riding a bike. So, a cafe stop with my amazing dad Roy Oakes, now well into his seventies and still flying, always gets on to the agenda!

Q5. How do you explain your phenomenal speed for someone your age?

A5. See A4 above plus I became good friends with Dan Bigham when my company sponsored his team pursuit squad. He has worked with me a lot to perfect my aerodynamics. That includes body position, bike and clothing. I am also still a very competitive individual and do not believe that age means you get slower. I still think there's more speed to come.

Q6. What have you done (and not done!) to allow you to ride that fast?

- A6. Train smartly with a great coach - Jacob Tipper if anyone wants to know. Power meter is a must have. Also invest in aero testing and refine your kit and position. Use your resources wisely. Asking what is the most time and cost efficient way to add speed. Making sure I have fun and ride with a team of like-minded folks all getting older but wanting to go faster each year. No alcohol, good food, and rest when you can.
- Q7. What is your favourite type of time trialling event?
- A7. Anything less than 50 minutes!
- Q8. What do you think about when you are racing?
- A8. I focus on keeping aero, safe and smooth. I also tend to break down a race into smaller parts and tick them off in my head as I go. The power meter also does not lie and gives you great feedback on how you are going. I have very good concentration, which helps and I never drift off the job in hand. I love that focus and the purity of a TT. The race of truth.
- Q9. What sacrifices do you make to perform so well in time trialling?
- A9. The training needed to win TTs is quite different to that needed for masters' road races, so I cannot compete at the same level in the latter. I do ok in road races but I do not have the same level of results week in week out as I do in TTs. Also getting up early at a weekend!
- Q10. What are you aiming to achieve in time trialling in the future?
- A10. 17 minute 10, 46 min 25 and keep pushing the young guys in open events.
- Q11. Do you have any advice for people new to time trialling?
- A11. Mindset and mental discipline are key to a good TT. So, practice what you focus on and go out and do 10 miles and break in down into smaller chunks and see how that improves your focus. Also train on your TT bike as much as you can, invest in aero, with body position and speed suit being the big two. Then helmet. Ultimately if you want to go quicker aero is where the biggest gains are to be found.



Q12. You race for Team Ohten Aveas – what's the story there?

A12. The team side of what we do is very important to me. We are all vets 48 years and older and have won every team prize in every TT we have ridden this year. Both 10 and 15 VTTA champs and 3 open events. So, the vets are taking it to the young guns still!



OBITUARIES



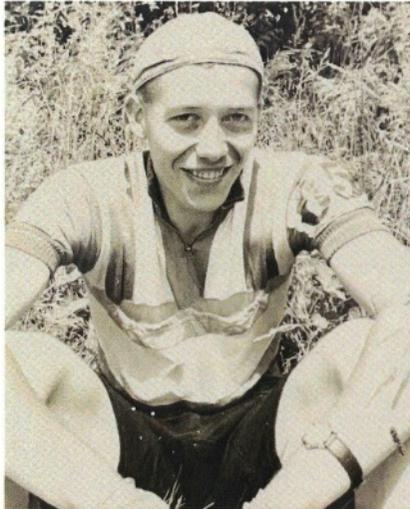
GEORGE ANTHONY (TONY) FOULDES **Rutland Cycling Club and VTТА North Midlands** **18th January 1926 - 14th March 2022**

Tony was born in Sheffield and joined the local Rutland Cycling Club in his teens. In 1944, when he was 18, he volunteered for the army and after training he was posted to India. Whilst on the journey by ship he learned that the fighting was over, but he remained there for a year. On his return he was able to continue working for the same electrical engineering company, where he remained for 40 years, and to resume his cycling with the Rutland.

I first met Tony in the summer of 1955 when I went out on an over 120 mile Rutland club run. I soon learned that this was part of their training

for a group of our members who would dominate the RTTC long distance championships for the next five years.

In 1955 Tony gained team medals in both the 12 hour and 24 hour championships and again in 1956 at 24 hours. With Stuart Thompson (1954), Joe (Lofty) Leversidge (1957) and Ron Coukham (1959) all winning the 24 hour championship and Tony (1955/56), Jim Hall (1957) and George Steers (1958/59) all gaining team medals it was a privilege for me to race with them in events up to 100 miles until 1960 when national service called me.



In 1966 Tony and his wife Grace moved to Apperknowle in North Derbyshire to run the post office and then also the general store until 1986.

He returned to the racing scene as a vet, joined VTТА North Midlands Group in 1983 aged 57 and competed in many events from 10 miles to 24 hours. He was VTТА National 24 Hour Champion in three consecutive years from 1992 to 1994 and set four national age records at the distance; his 393.25 miles record at age 70 from 1996 still stands. He also set two national age records at 12 hours (since beaten) and from 1992 (aged 66) to 2002 (aged

76) he set group age records over 12 and 24 hours.

Tony was part of the Rutland Wednesday Wheelers group, heading out into Nottinghamshire or Derbyshire every week for over 25 years and could also be relied upon for marshalling and signing on duties at events on North Midlands courses until in his 90s.

The funeral service held in Sheffield was attended by members of his family and many of his friends from Rutland Cycling Club and VTТА North Midlands Group.

By Peter McNally

ALAN WALTER JACKSON

Stretford Wheelers CC and VTTA Manchester & North West Group 20th October 1938 - 10th February 2022

Alan Jackson crossed his final finishing line on 10th February, aged 83. His family have suggested that their beloved Dad will now always ride with the sun on his face and the wind at his back.

David Saull, a former club-mate, spoke reverently at the service citing Alan as his mentor both at work and in cycling, and of his prowess as a first category roadman riding for Mercury RC, Tame Valley RC, and Horwich CC.

Alan was Salford born and fiercely proud of it. At 16, he became an apprentice at a large electrical engineers in Trafford Park where he met lifelong friends; Brian Prince, Bob Simms and Dave Halpin. Later on, Dave Saull became his apprentice. Alan matured into a caring, competitive, determined, generous and principled man.

Pat, Alan's future wife, lived nearby and they met chatting on the corner. Their first date was to watch 'South Pacific' at a Manchester cinema in 1958, Pat later became a leisure cyclist herself. They married in 1960 and, until they could afford their own house they lived with in-laws and Alan worked nights and stopped racing.

Alan and Pat moved to their own home shortly after their son, Roger was born, followed by Sandra; the 'Jackson Five' became complete in 1972 with the birth of Helena.

Alan had given up racing to concentrate on a new career as production director at a large cleaning products manufacturer in nearby Middleton. He also took up squash; Roger and Sandra joined him and he ferried them around the region to play and was always supportive of his family and encouraged them in all they undertook.

Alan eventually returned to cycle racing, now wearing Stretford Wheelers colours but only in time trials where his family cheered him on in Cheshire, on Brock and many other courses.

He joined our VTTA group in 1983 and Pat followed him as a joint member in 1996.

In 1991 Alan began 31 years of fabulous retirement; taking holidays with Pat and cycling trips with friends. He loved playing with his grandchildren, gardening and growing vegetables. And of course, riding his bike.

Alan's funeral service was held at Radcliffe Crematorium where his ashes were laid to rest, with some being spread at the finish line of the Holcombe road race circuit where he enjoyed some good wins. An impressive display of photos of Alan's family life and racing career was shown on large TV screens, including one of him at the Tom Simpson Memorial on the slopes of Mont Ventoux.

Alan's family has asked that anyone wishing to make a donation in his memory should consider the British Heart Foundation and also the VTTA. I can't recall reading of a family donating to our organisation in these obituary pages, but Alan's family have made a generous donation to our group.

I must thank Alan's family, particularly his daughter, Sandra, plus his former club-mate and protégé, David Saull, who provided the information to help me write this tribute.

We offer our sincere condolences to Alan's family.

By Ken Workman



ALAN RAYNER

VTTA Manchester & North West Group

10th March 1930 - 14th October 2021

Our Honorary Life Member, Alan Rayner, sadly passed away after suffering from prostate cancer. Then sadly, his wife Betty, who had been suffering from dementia, survived him by less than two weeks.

Alan started cycling around 1945 with his fellow railway enthusiast Eric Kearns. They challenged each other to cycle 1000 miles in a month, which they both did with days to spare. Alan became hooked on cycling, joined Manchester Clarion and some years later helped to re-form Stockport Clarion. Still later he joined South Lancashire RC as his family got involved in cycling.

Alan's long-time friend and former Stockport Clarion club mate, Derek Hodgins, recalled that in 1954, Alan rode from Catterick army camp to Manchester in the rain to attend Derek's wedding to Barbara -

he was wet through and without socks! Alan was no stranger to riding long distances as he also enjoyed touring France and Spain.

After Alan's marriage to Betty in 1959, they lived in Adswold, Stockport, followed by moves to a further eight homes in around 50 years - all in and around the Stockport area.

He occasionally dabbled in road racing but preferred time trialling, competing at up to 12 hours and with personal bests of 24:40 at 10 miles, 1:1:54 for a 25 and 2:10:00 at 50 miles. He did start one 24 hour event but was DNF, leaving one of his best mates, Nick (PEA) Carter, to boss that distance!

Shortly after reaching his fortieth birthday in April 1970, Alan joined M&NW Group. He became a

Group stalwart as well as a long-serving serving official of the RTTC Manchester District.

The work he put in for the sport was vast, on becoming a committee member of the RTTC Manchester District he was considered a friendly and competent member of that team. He went on to do an excellent job as the District Courses Secretary for many years. He was also involved in course measuring - the Goostrey Mile in Cheshire remains the standard reference for calibrating rev counters.



In the 1970s and 80s Alan organised many M&NW Group events and also held the watch and handicapped many local events. On his retirement, he continued helping with timekeeping or marshalling in events such as the MDTTA 100. He was still very active on his bike until suffering a stroke at the age of 81, leaving him

no longer able to ride. However, in 2017, the couple's health deteriorated further, causing them to decide to move to Wigston, Leicestershire, to be close to their son Phil.

Alan and Betty's joint funeral service was held at Countesthorpe Crematorium, Leicester, on 15th November, followed by committal at Wigston Cemetery. The family has asked that anyone wishing to make a donation in Alan's or Betty's memory should consider Prostate Cancer UK and Dementia UK.

I must thank both Martin and Phil Rayner for providing information for this tribute, similarly Derek Hodgins and Tony Millington.

Ken Workman

• UPCOMING VTТА EVENTS CALENDAR - 2022 •

Date	Event	Course	Dist.
Sat 2nd July	VTТА (Wessex)/...a3crg (Veterans South Closed Circuit Championship)	P917	11.8
Sun 3rd July	VTТА (North Lancs & Lakes)	L5012	50
Wed 6 th July	East Anglian VTТА (Preference to East Anglian Vets)	E2/10	10
Sat 9th July	Ross-on-Wye & Dist CC (VTТА South Wales group members only)	R10/17	10
Sun 10th July	VTТА (Kent Group Champs)	Q50/11	50
Sun 10th July	Sotonia CC (Wessex Group Champs)	P612	10
Sat 16th July	Seamons CC (inc VTТА M/C & NW Group)	J2/9	25
Sun 17th July	VTТА London & Home Counties (Pref to VTТА members)	F11/10	10
Sat 23rd July	RTTC National 24 hour Championship (Mersey Roads) (Inc VTТА National Championship)	D24HR	24hr
Sun 24th July	East Anglian VTТА (Preference to EAVTТА members)	F2A/25	25
Sat 30th July	VTТА (Kent Group)	Q10/1	10
Sun 31st July	Cleveland Coureurs / VTТА (North)	T252/3	25
Sun 7th Aug	C.C.Breckland (District Championship)(inc EA VTТА Championship)	B100/4	100
Sun 7th Aug	East Sussex CA (inc. VTТА Surrey/Sussex Championship)	G100/861	100
Sun 7th Aug	Yorkshire VTТА (Pref to VTТА members)	V210	10
Sun 14th Aug	St Christophers CC/SVTТА (Scottish District Championship)	WW25/01	25
Sun 14th Aug	Virtual Cycling Club	R25/7	25
Wed 17th Aug	VTТА - London & Home Counties (Pref to VTТА members)	H10/3R	10
Sat 20th Aug	VTТА East Mids (Pref to VTТА members)	A25/34	25
Sun 21st Aug	Wigan Whs CC (Inc VTТА National 30 Championship)	L308	30
Sun 21st Aug	ECCA (VTТА EA group championship)	B12hr	12hr
Sun 21st Aug	Bec CC (50% priority to veterans)(inc. VTТА Surrey/Sussex)	G25/93	25
Sun 21st Aug	Newbury Velo (Wessex Group Champs)	H15/3	15
Sun 21st Aug	SVTТА (Priority Vets)(Pinky Williams Trophy)	WM30/02	30
Sun 28th Aug	North Shropshire Wheelers	D25/23T	25
Sun 28th Aug	Darlington CC / VTТА (North)	T504	50
Sun 28th Aug	Southdown Velo (Wessex Group Champs)	P901	25
Sat 3rd Sept	East Anglian VTТА (Preference to East Anglian Vets)	E2/10	10
Sat 3rd Sept	Frodsham Wheelers (solo and 2-up)	D10/25	10
Sat 3rd Sept	VTТА N Midland (Preference to VTТА Members)	O10/1	10
Sun 4th Sept	RTTC National 12 hour Championship (Welsh CA) (Inc VTТА National Championship)	R12/16	12hr
Sun 4th Sept	Kent CA (Including VTТА Kent Group Champs)	Q100	100

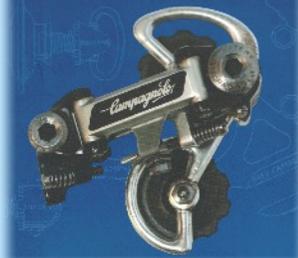
Date	Event	Course	Dist.
Sun 4th Sept	Stafford RC club event (VTTA Midlands trophies)	K7/50	50
Sun 11th Sept	VTTA (Kent Group) (Kent Group Champs)	Q25/12	25
Sun 11th Sept	Cambridge CC (Inc VTTA National Championship)(Pref to VTTA members)	F2A/25	25
Sun 11th Sept	Kennoway RC (Grand Prix de Gentleman 2up TTT) (Boomerang Trophy)	WE13/01	13
Sat 17th Sept	Midlands VTTA	K48/10	10
Sun 18th Sept	VTTA - London & Home Counties Group	H25/2	25
Sun 18th Sept	VTTA (inc. VTTA Surrey/Sussex Championship)	G25/89	25
Sun 18th Sept	Yorkshire VTTA (Pref to VTTA members)	V236/1	25
Sat 24th Sept	East Anglian VTTA (Pref to East Anglian VTTA Members)	E2/25	25
Sun 25th Sept	SVTTA (Speed Trophy)	WM15/01	15
Sun 25th Sept	Cleveland Whs CC	THC33	H/c
Sun 2nd Oct	Vanelli Project Go (Tour of the Trossachs)	WW28/01	26.5
Sat 8th Oct	Leo 30 (Inc East Anglian VTTA Championship)	E2/30C	30
Sun 9th Oct	VTTA (Kent group)	Q15/1	15
Sun 23rd Oct	VTTA (North Group)(Veterans North Closed Circuit Championship)	T10C	10
Sat 29th Oct	East Anglian VTTA (solo and 2-up)	E33/25	25

Italian engineering, when it is good, really is second to none, even better than the Germans'. If you want to see how good the Italians are with sprockets and splines, don't buy a Ferrari, instead buy a bicycle equipped with Campagnolo gears.

If you are not into bikes look down a couple of sentences because this will mean nothing to you; indeed I feel I am about to stray into some serious anorak territory, but if you are (into bikes that is) there is simply nothing in the history of engineering prowess to compare with a set of Campagnolo gears on a bicycle.

Hand crafted by angels, polished by cherubs, blessed by the Virgin herself, these are beautiful assemblages of aluminium and chrome, a joy to look at, a joy to use, whirring up and down the cogs like a light sabre through sun softened butter.

(Thanks to Brian Griffiths)



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Alastair Wareham
Partner and competitive cyclist



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