



Veterans Time Trials Association



Linda Dewhurst, 2023 VTTA National Champion at 10, 15 and 25 Miles

The Veteran

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THE VETERAN

The quarterly magazine of the
Veterans Time Trials Association



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

Number 80

December 2023

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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.

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Website : vtta.org.uk and Facebook



Merry Christmas and a Happy New Year



THE DECEMBER EDITORIAL

Welcome to the December edition of The Veteran. Everyone likes to see their name in print so this includes all the competition results on age adjusted speed, regardless of where you finished in the list. This is the first year of presenting our competition results using the new age adjustments system and is the latest of a series of changes to modernise the activities of the VTTA and make it more attractive, and with less mystery for our potential membership.

This is the latest of a series of IT developments and was implemented a year earlier than intended specifically because the 2023 AGM attendees were so keen to introduce it, despite it not being in the budget for 2023. To fund it on the meeting's requested timescale we have had to rely on funding contributions from the groups, which seems fair as it is the groups and their members who benefit by reduced workload and improved quality of information.

There have been many enhancements to our current website since it was launched back in 2018 - the national online membership system (which does most of the membership admin formerly done manually by groups), a link to the CTT system which allows display of results in +/- or Age Adjusted Time form, automation of age records at group and national level, automation of personal standards processing, national season long competitions calculated automatically and updated continuously. All this eliminated vast amounts of season end form filling and frenzied work by group and national officials.

All these developments owe their origin to the late Les Lowe, who left a very generous legacy in his Will and which funded much of the initial work on the website, getting us off to a major new start that we have then built upon to everyone's benefit. Les was an early pioneer of IT systems within the VTTA and when he took on the role of National Age Records Secretary he proceeded to transfer all the historical paper age records onto an early database system. We are indebted to Les and if you want to read more about him follow this path on the website: VTTA home>>About the VTTA>>Tribute to Les Lowe. Thanks, Les.

The NEC spend your money wisely and for the benefit of veteran's time trialling but there is always more that we want to do. Les seems to have been alone in recognising this by remembering the VTTA in his Will. It's not a subject often broached upon but have you thought of doing likewise, or even making a significant donation before the reaper comes knocking? The VTTA must adapt veteran's time trialling to changing circumstances and our members' expectations and this inevitably costs money. You may get satisfaction from knowing that your generosity will benefit

our sport. Whilst small donations are often made through the online system these go only to the groups. If you want to make a bigger gesture I'm sure the National Chairman would welcome a conversation.

Wishing you all the best for Christmas and the New Year, not forgetting achieving your cycling goals, whatever they may be, in 2024.

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Mike Penrice

PRESIDENT'S PIECE

Strange that I wait until the last moment to pen this contribution to the Veteran. I delay, thinking that some fresh material might come to light at the last moment. This time exactly the opposite happened. I came across a Cycling magazine from 1951 in which E S Stanton was bemoaning the lack of new riders to clubs and the demise of traditional clubs. Looking at the results page there were many clubs named that I remember from my youth, and they have long faded into the mists of time or to the back of the peloton. Cycling faces a similar issue today, clubs being replaced by short term teams, older clubs hanging in by virtue of the traditional club rider.

The process affects VTTA, we have a narrow age range of membership, and we are losing members each year with fewer riders joining.

What do we, what can we, offer that attracts the younger rider and retains the experienced member?

So many negative factors impose themselves on our sport, looking for a positive way forward is akin to seeking out the Holy Grail. Answers on a post card, please.

But less doom and gloom. On a brighter side.....

2024 sees a return to a real, face-to-face AGM, a move welcomed by most people at the recent National Forum meeting and by me. This time the presentation of national awards has passed to Group responsibility, hopefully resulting in more winners receiving awards in front of their peers and fellow members.

Looking back over the year there have been some excellent performances. Some by the usual suspects but some new names have appeared in the Championship results. I mention one such rider, Peter Younghusband, who made the journey from Wessex to Shropshire to win the 100 miles event with a very decent time for the course, all in preparation for a major triathlon event later in the season.

The CTT decision announced on June 14th regarding transgender competitors has been the most significant change in our sport, all sports, over the past few years. As a result of the decision to rename the event classifications as OPEN and FEMALE from January 2024, the VTTA and CTT worked closely to align their rules and regulations. Consequently, the NEC is addressing necessary changes to its current automated systems to match similar changes by CTT. For many it was seen as long overdue, others see it as a fairer means of competition while sensitively accepting it is not without cost to some.

This year was the 80th anniversary of the VTTA. To recognise this, NEC has awarded a commemorative certificate to all members aged 80 years and more, who competed during the season. There were 30 riders ranging in age from 80 to 90+. A full list appears in this edition of The Veteran. Well done to each of you, and hopefully we will see your names on results sheets for some years to come.

While I mention the efforts of the older group, I must offer my congratulations to Richard Oakes in establishing a new world hour record for the 55 to 59 age group. On September 15th he recorded 49.701 km despite crashing after contact with a sandbag in the last two laps! He completed the hour in spite of a broken collar bone and other injuries. The ride of the year?

It just remains for me to wish everyone a pleasant festive period and a healthy and successful 2024.

Tony Farrell

CHAIRMAN'S COMMENT - DECEMBER

I am writing this piece towards the end of November, which makes me reflect that this is often the busiest month of the year in being Chairman. In November I am working with other NEC members to finalise the season long competition results, produce the certificates, confirm all the national awards, finalise the annual accounts, prepare for the AGM including the NEC motions, write the annual report, and handle the various queries that come up while completing all the above. Fortunately, there is no time trialling going on (except on Zwift!) and training is in the more relaxed winter phase, although some on my Saturday club run don't quite seem to have grasped that.

It is also a time when I remember all the similar work that is going on in groups to complete one season's activities and prepare for the next. All this is necessary to keep the VTTA functioning, and it only happens because of volunteers who give freely of their time. Too often it seems to me that people think of volunteering as taking on a burden in life that they could do without. Yet over the years I have seen how volunteering, whether for sporting organisations, or charities, or community groups actually gives people a sense of purpose, the satisfaction of knowing they are making a contribution to a cause they love or enjoy, and the opportunity to interact with like-minded people. Those benefits can often arise from a relatively modest commitment of time and energy which is important for those who also have full-time jobs. For retired people, volunteering has been shown by research to give particular benefits to their well-being in terms of both mental and physical health.

For the VTTA to prosper we have a continual need for new people at both group and national level who can bring fresh ideas, energy and expertise. It can involve tackling a one-off task like organising an event or an annual lunch, an occasional task like writing a group report for The Veteran, or an ongoing role in managing the membership or finances of a group. Then there are increasingly important aspects like social media and communications where we really need more people with the relevant expertise. Many people have career experiences that more than equip them for one or other of these different roles. They are not too onerous, and can be interesting and enjoyable through interaction with our fellow cyclists.

This is leading then to an invitation to members to have a think this winter season if they could add something to their group or the NEC, and to help the VTTA move forward. This is particularly important when time trialling needs to improve what it offers and draw new people into the sport. If you would like to sound out someone on whether and how you might help, then speak to one of your group officials or contact me or any other NEC member. Thank you.

Andrew Simpkins

ADVANCE NOTICE

ZWIFT VTTA TIME TRIAL LEAGUE

There will be an eight - event ten mile TT series on the Zwift Tempus Fugit course that we used for the 10mile 'champs' earlier this year. It will be a dedicated VTTA event with results sorted by best times and by age-adjusted times.

The events will be early evening on a Tuesday at around 6.30 starting January 9th. More details to follow on the national VTTA website under the news section.

THE I.T. MANAGER'S UPDATE

The end of season processing is always a hectic time for the IT manager. All the “edge cases” – unusual combinations of circumstances that were deemed to be rare or impossible to happen, crop up and some work is needed to repair the system or work around the problems. When the system is new – and we have had the automated age record claims and age adjustments changes – anything that got missed in testing, either because it was not thought of or not possible, rears up and kicks you. We have now got age records, season long competitions and standards processed. We have a list of issues to address and small improvements to make. If you experience something not working, or have a suggestion to enhance the website, then please send it to me at itmanager@vttta.org.uk.

For 2024 we will be making changes to the website to align it with CTT policy on transgender. The changes are described elsewhere. I see this is as a low risk project as there are no changes to the algorithms used on the website, so hopefully it will be working right from day one. I might come to regret that statement! Otherwise, 2024 will largely be a year of consolidation of the improvements made over the last six years. I said that last year and then we voted for a change to age adjustments!

Have a good Christmas break and prosperous New Year.

Jon Fairclough



Scotland Group member
Jon Fairclough in action in the
recent 30 mile champs in Fife

THE VETERAN - TURNING OVER A NEW PAGE?

Members receiving this edition by post may notice a slight change in packaging, but the paper and printing ink have also changed, thanks to our new printer. We hope and expect this change of supplier will further protect us against rising costs but there is also an environmental benefit. They boast the following:

Tewkesbury Printing Company only uses vegetable oil-based inks and hold the ISO 14001 environmental standard certification, ensuring quality and a perfectly eco-safe product has been used to produce your print. We care about the environment, do you?

Our paper is carbon balanced, so you can rely on us to supply you with a totally Eco print solution.

Many members will have seen a pop-up message on the website when they come to renew their membership. This encourages members to switch to email to save the Association some cost and because it is kinder to the environment. This is still broadly true and approximately 50% of the membership take the magazine by email. However there is no compulsion to do so and many members find the printed magazine to be more readable and easier to refer back to.

If you have switched to email but prefer print do not be discouraged from reverting back, it's a very simple change by visiting your VTTA website profile.

NEW CTT TRANSGENDER POLICY IMPLICATIONS FOR VTTA MEMBERS

Following the lead of British Cycling (BC), the CTT announced its new transgender policy on the 14th June 2023. Its implementation has been delayed due to the need to make changes to its IT system. The VTTA needs to make related changes to its system, and both sets of changes are due to go live at the beginning of January 2024. These changes will have a practical impact on all riders as explained below.

The BC/CTT policy is focussed on eligibility for female competition and creates two classifications for competition, 'open' and 'female'. Only people who meet the criteria described in the policy are eligible for the 'female' category (their sex assigned at birth must be 'female', and they must not have undergone any stage of male puberty). As a consequence, all riders will have to enter their gender details when they submit their first CTT event entry in 2024 (or they may enter it directly on their profile). CTT will assign riders to the 'open' classification if their gender at birth was male and to the 'female' classification if their gender at birth was female. Transgender women will be assigned to the 'open' category. 'Open' and 'female' classifications replace 'male' and 'female' classifications in all CTT events and competitions.

As a result of the CTT policy, the VTTA needs to assign its current members to the new 'open' and 'female' classifications. The VTTA membership record will have a new field 'classification'. VTTA members with the current gender 'male' on their membership record will have their classification set automatically to the 'open' classification. VTTA members with the gender 'female' on their membership record will be automatically assigned to the 'female' classification. This will save us asking every member to update their record. Any VTTA member with the current gender 'female' who was not assigned 'female' at birth has to inform VTTA and CTT and will be allocated by NEC to the 'open' classification. New members will be asked the appropriate questions when joining to set their gender and classification.

As with CTT, our events and competitions will now be classified as 'open' and 'female' in place of 'male' and 'female'. All references on the website to 'men's' championships, competitions, records, standards and age adjustments will be changed to 'open' championships, competitions, records, standards and age adjustments. All references on the website to 'women's' championships, competitions, records, standards and age adjustments will be changed to 'female'. The NEC will propose corresponding changes to all such references in the VTTA Rules and Regulations for approval at the January 2024 AGM. We will not change historical results, specifically Season Long Competition results before 2024 which will still show male/female categories.

The CTT will allow a rider in the female classification to enter an event under the open classification. We propose, however, that all female VTTA members will have all their results recorded against our VTTA female season long competitions, female age records and female standards improvements. In terms of standards and the VTTA competitions, it is seen as improbable that a female member would want to compete for a lower placing under the open classification.

The bottom line is that before you enter a CTT event in 2024 you will need to provide your gender details but you do not have to take any action on your VTTA membership record. From 2024 all male members' results will appear under the new 'open' classification.

*National Executive Committee
3rd November 202*

C. W. COOKE TROPHY AND TED BRICKNELL MEMORIAL AWARDS 2023

These awards are nominated by the Groups and determined by the NEC. For 2023 there were 5 nominees for the Cooke Trophy and 3 for the Bricknell Award. All were of a high standard and worthy of consideration.

Ted Bricknell Memorial Award is given for outstanding services to the Association and for 2023 is made to Keith Wilkinson of Surrey/Sussex Group.

Already a worthy recipient of Distinguished Life Membership, Keith has performed many committee roles over the 30 years of his membership, including Treasurer of the group and currently as Chairman and Press Secretary. In addition to these responsibilities, Keith has been an active member of the London South District CTT committee for over a decade and served as their Chairman. A lifelong cyclist, at times Keith has single-handedly ensured the Surrey/Sussex Group is a going concern, constantly filling in to cover vacant roles, such as Social Secretary and Recorder, or organizing the group throughout the difficult period of Covid. The Surrey/Sussex Group has for many years depended upon his knowledge of the history of the group, its processes and the VTTA rules and regulations. He has continued to play a central role in all regional VTTA activities including organizing the group 25 despite suffering in recent years from very poor health.

C. W. Cooke Trophy is given for the most meritorious racing performances of the season and for 2023 is awarded to Andy Critchlow of Surrey/Sussex Group.

Andy Critchlow becomes the first member ever to achieve a clean sweep of winning all three VTTA season long competitions (BAR, 3 Distance Competition and the Short Distance Competition); in all of these he finished as fastest man both on age adjusted speed and on actual speed (and he was fastest overall on age adjusted in all except the Short Distance). At the age of 49 he also became the oldest ever winner of the prestigious RTTC/CTT BBAR Championship.

His very rapid qualifying rides of 18:08, 46:47, 1:35:36, 3:37:11 and 298.06 miles also included two age 49 national records.

As if this was not enough Andy also became a World Champion. In the Gran Fondo time trial in Dundee on 7th August he won the 45-49 age group in a time of 27m 39s for the course of 22.8 kms. In his age category he beat the Norwegian National TT champion into 2nd place and out of the total of 534 riders only 5 recorded a time faster than Andy's.

In addition to this incredible racing season Andy is also Secretary of Surrey/Sussex Group.

DISTINGUISHED LIFE MEMBERSHIP ANNOUNCEMENTS

Distinguished Life Membership is awarded only to those who have rendered singular and meritorious services to the VTTA. Groups may make nominations but these are awarded only very sparingly by the NEC.

George McLaughlan (Scotland Group) becomes a DLM. He has been Secretary of the SVTTA since 1992, also Treasurer for many years, and is the mainstay of the Group. He carries out all his duties in a calm and assured fashion, he attends the majority of SVTTA championship events and he is a wealth of knowledge, always happy to share information and offer advice.

Merv Player (East Anglian Group) becomes a DLM. Merv has been a stalwart of the VTTA for many years. He has served as National Membership Secretary since 2009, he was also the East Anglian Group General Secretary from 2006 until 2019 and currently he is their Membership Secretary. Merv will be 91 next year and is still volunteering.

WELCOME TO NEW MEMBERS WHO JOINED AUGUST-OCTOBER 2023

East Midlands Group

Shaun Balfe (Sleaford Wheelers CC)

London & Home Counties Group

Richard Byrne (Newbury Road Club)

Manchester and North West Group

Nick Bowden (Buxton Cycling Club), Colin Jones (VTTA (Manchester and NW))

Midlands Group

Abdel Kader Allouni (Stone Wheelers), Peter Babbage (Bicester Millennium CC)

North Lancashire & Lakes Group

Stuart Phillipson (Kendal Cycling Club)

North Midlands Group

Chris Gration (Belper BC)

Scotland Group

Paul Symington (Inverclyde Velo)

South Wales Group

Emma Davies (Port Talbot Whs), Diccon Hill (Cardiff 100 Milers CC), Bethan Ouseley (Pembrokeshire Velo)

Surrey/Sussex Group

Matthew Day (Addiscombe CC), Steven Gordon Head, Henrik Persson (both Kingston Wheelers CC), Gemma Shadbolt (Brighton Mitre)

Wessex Group

Christina Dove, Kym Harvey (both ...a3crg), Caz Harris (VTTA (Wessex))

West Group

Colin Brennan (Truro CC), Martin Legg (VTTA (West))

Yorkshire Group

Scott Henderson, Julie Henderson, Dean Johns (all VTTA (Yorkshire)), Greystone Small (Yorkshire Coast Clarion CC)

MEMBERSHIP RENEWAL REMINDER

Just a reminder that memberships are now due for renewal, unless you joined after 1st October 2023. To continue to receive all the benefits of VTТА membership why wait, do it now! You can rejoin by logging into your account at vttа.org.uk or by sending the appropriate fee to your Group Secretary. Fees differ by group but can be found on the website.

If you have not already linked your VTТА and CTT accounts this is also a good opportunity; your VTТА profile will show whether this still needs to be done.

While you are doing this please also check that your personal details, including email and postal addresses and phone numbers are correct. If you intend racing and wish to be entered for the season long competitions ensure these boxes are checked on the competitions tab and ensure your club is correct and if possible uses the same spelling as on your CTT profile.

Whilst doing your membership admin you could also enter for your personal standard awards.

Life members should also remember that they need to now pay their annual subscription to The Veteran; this is currently £8.

AGE 80+ MEMBERS COMPETING IN 2023

VTTA 80TH ANNIVERSARY YEAR

(Listed in decreasing age order based on date of birth)

Ron Hallam	South Pennine RC	E Mids	93	Norman Fenn	Team Echelon	Mids	83
Norman Harvey	Sotonia CC	Wssx	90	Derek Morgan	Gannet CC	S Wls	83
Alex Munro	SVTTA	Scot	90	David Stockley	A5 Rangers CC	Mids	83
Pete Wilson	Bath CC	West	89	Colin Inett	Thanet RC	Kent	82
Bob Ibell	Bynea CC	S Wls	88	Alan Robinson	Central Sussex CC	S/S	82
Alasdair Washington	Caithness CC	Scot	86	Murray Kirton	A5 Rangers CC	Mids	82
John King	Janus RC	M&NW	85	John Howells	Corinium CC	West	82
Peter Norman	Wrexham RC	Mer	85	Keith Nield	Chester RC	Mer	81
Brian Hygate	Fareham Whs	Wssx	85	Tom McCall	VTTA (Surrey/Sussex)	S/S	80
Brian Lewis	Bicester Millennium	West	85	John Tiffany	Harrogate Nova CC	Yorks	81
Ian McLeod	SVTTA	Scot	85	David Griffiths	Crewe Clarion	M&NW	80
Nev Ashman	Manchester Velo	M&NW	84	Graham Green	Team Bottrill	E Mids	80
Stewart Mitchell	Deeside Thistle CC	Scot	83	Peter Macklam	Yorkshire RC	Yorks	80
Les Humphrey	South Eastern RC	S/S	83	Bob Brabbins	VTTA West	West	80
John Murphy	Gloucester City CC	West	83	David England	Crabwood CC	Wssx	80

The over 80s list this year contains some very familiar names, topped by Ron Hallam at a remarkable 93 years old and still adding to the age records list. Ron started late with a 10 in June, but then missed his two July events due to heavy rain making for hazardous conditions. Following his birthday in early September he then rode the VTTA National 10 and on a hard course he set our first age 93 record. There is more to come as he looks forward to 2024. Ron's first ever race was in 1947, that's 76 years of competitive cycling!

Norman Harvey also continues to traverse the country picking up tandem trike age records despite being over 90. With his riding partner Mary Corbett he finished 11 events in the year; six of these are now on the national age records list as these two continue to push the boundaries.

The VTTA was founded in 1943, so 2023 was our 80th year. In celebration of this milestone the NEC decided to award special commemorative certificates to those of our members who are as old or older than the VTTA and still racing. The

certificates have been distributed to groups with the intention that they be presented at group awards ceremonies.

The number of riders in the 'elderly' age group is slowly increasing but has not yet returned to pre-pandemic levels. Sadly during the year Peter Norman passed away.

Since 2018 our over 80's list has been devoid of women, hopefully that may change in 2024. The following over 70's raced in 2023:

Rosslyn Young (79), Serpentine Running Club; Arja Scarsbrook (75), Team Echelon; Elspeth Knott (73), Colchester Rovers CC; Yvonne Twelvetree (73), Sheffield Tri Club; Anne Mitchell (73), SVTTA; Diane Hynam (72), Bynea CC; Jan Farmer (72), Serpentine Running Club; Liz Ball (70), Valley Striders CC.

List based on best available information. Please report any omissions to the editor.

VTTA NATIONAL 12 HOUR CHAMPIONSHIP

Sunday 13th August 2023

Report by NEC Representative Phil Guy



Champions Richard Sharp and Kim Barfoot-Brace

A cool, blustery and showery day greeted 32 solos and 2 tandems in the VTTA National 12 hour championship, incorporated within the total entry of 74 riders for the CTT championship; the event was promoted by the West Cheshire and Liverpool Time Trials Cycling Associations on behalf of Liverpool DC, mainly in North Shropshire.

With last year's defending champions not entering, there was plenty of new competition for the Jim Painter Cup. The team awards were particularly well sought after, with two club and five group teams on the sheet. In all, some 10 groups were represented.

The men's championship was a close run affair with just over 3 miles covering the podium places and the final distances in doubt until the last moments. Whilst

presentations of champion's jerseys and medals took place immediately after the event the result was not confirmed nor could it be published pending the outcome of a subsequent complaint, followed by enquiry and appeal processes. All of this took place behind closed doors, much to the consternation of time trialling aficionados, and it was not until late October that the result was announced. Addform Vive le Velo's Richard Sharp took the honours from Tom Thornely (FTP RT) and Andrew Whiteside (Springfield Financial RT). Andrew also led his clubmates Theresa Taylor and Paul Russell, to the club team award.

At a mere 41 years of age this was Richard's first VTTA Championship win, a statement which would have been equally true had Tom triumphed, so these two are likely to have plenty more scraps in future.

The Women's championship was a bit more clear cut. From three entries,



Tandem champions Hannah Fawcett and Brigid Night

Joanna Cebrat, still not fully recovered from her recent fine 24 hour performance, was sadly a non-starter.

With an age adjusted distance of 291.70m (263.13m actual, and fourth best overall) it was West Group's Kim Barfoot-Brace who took the gold medal and VTTA champion's jersey, repeating her 2021 championship win, from Theresa Taylor's AAD of 264.15m.

From the five group teams, local boys Dave Williams, Alan Broadbent and Arthur Winstanley from Merseyside Group took the spoils with an aggregate AAD (AAAD?) with 846m to Yorkshire's 827m.

The tandem championship was a classic affair. Vastly experienced and multiple champions and record holders, evergreens Norman Harvey and Mary Corbett on their tandem trike versus local novices Brigid Night and Hannah Fawcett in their first tandem race together (after only 140 miles riding together). After sterling performances by both couples in far from easy conditions, it was the Merseyside pair who prevailed with an AAD of 286m to 266m. Both pairs set new age records for their class in the process. The very essence of what the VTTA is all about. Fabulous!

This was the first promotion of the "12" by the current organiser, Roger Squire, and his West Cheshire team. The previous 31 editions had been organised by Ruth Williams - a particularly hard act to follow. Ruth was on hand to present both the VTTA and CTT awards to the patiently waiting riders and supporters, which was well appreciated. Very well done to Roger and the results team for working tirelessly to produce a result on the day (just) with a presentation before everyone had gone home. It's just sad that the subsequent complaint events slightly diluted the achievements of both the riders and the organising team.

There will be many tales told of this championship at coffee stops over the coming months. If only Isn't it just great?

AWARD WINNERS - VTTA 2023 NATIONAL 12 HOUR CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Dist.	Medal
1st Man	Richard Sharp	Addform Vive le Velo	Yorkshire	296.36	Gold
2nd Man	Tom Thornely	FTP Racing Team	N Midlands	295.67	Silver
3rd Man	Andrew Whiteside	Springfield Financial RT	N Lancs & Lakes	293.21	Bronze
1st Woman	Kim Barfoot-Brace	Team Bottrill	West	291.70	Gold
2nd Woman	Theresa Taylor	Springfield Financial RT	N Lancs & Lakes	264.15	Silver
3rd Woman	No third woman finisher				Bronze
Club Team Champions	Andrew Whiteside	Springfield Financial RT	N Lancs & Lakes	825.68	3 x Gold
	Paul Russell				
	Theresa Taylor				
Group Team Champions	Dave Williams	Velotik Racing Team	Merseyside	846.18	3 x Gold
	Alan Broadbent	Graham Weigh RT			
	Arthur Winstanley	VTTA Merseyside			
Tandem Champions	Brigid Night	Frodsham Wheelers	Merseyside	286.40	2 x Gold
	Hannah Fawcett	Liverpool Braveheart BC			
First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.					
Richard Sharp is also awarded the Jim Painter Cup (for one year) as fastest overall on AA Distance.					

FINISHING ORDER - VTTA 2023 NATIONAL 12 HOURS CHAMPIONSHIP (SOLOS)*(Women in italics)*

AAD Pos	Name	Club	Group	Age	Age Adj.	Act. Dist	Act. Pos.	AAD Result
1	Richard Sharp	Addform Vive le Velo	Yorks	41	1.26	295.10	1	296.36
2	Tom Thornely	FTP RT	N Mids	41	1.26	294.41	2	295.67
3	Andrew Whiteside	Springfield Financ'l RT	NL&L	49	11.79	281.42	4	293.21
4	<i>Kim Barfoot-Brace</i>	<i>Team Bottrill</i>	<i>West</i>	42	28.57	263.13	6	291.70
5	Dave Williams	Velotik RT	Mer	44	5.08	284.30	3	289.38
6	Alan Broadbent	Graham Weigh RT	Mer	49	11.79	272.05	5	283.84
7	Kevin Wood	Sherwood CC	NEM	61	31.20	252.52	9	283.72
8	David Glossy	Elysium Kalas RT	L&HC	50	13.20	262.97	7	276.17
9	Andrew Askwith	Vive le Velo	Yorks	59	27.53	246.40	11	273.93
10	Ian Peacock	Leek CC	M&NW	71	52.95	220.40	19	273.35
11	Arthur Winstanley	VTTA Merseyside	Mer	67	43.50	229.46	16	272.96
12	Malcolm Cox	VC St Raphael	Wessx	56	22.39	250.20	10	272.59
13	Paul Russell	Springfield Fin RT	NL&L	56	22.39	245.94	12	268.33
14	Chris Shaw	Fenland Clarion CC	EA	60	29.34	238.59	14	267.93
15	<i>Theresa Taylor</i>	<i>Springfield Financ'l RT</i>	<i>N L&L</i>	63	57.44	206.71	24	264.15
16	Barry Murphy	Graham Weigh RT	Mer	44	5.08	258.25	8	263.33
17	Sean Sanders	Drighlington BC	Yorks	53	17.63	240.05	13	257.68
18	Barrie Whittaker	Lyme RC	M&NW	66	41.30	215.92	23	257.22
19	Graham Hurrell	Basildon CC	EA	64	37.09	219.08	21	256.17
20	Philip Jones	Peterborough CC	EA	64	37.09	219.02	22	256.11
21	Ian Casson	Birkenhead Vics CC	Mer	71	52.95	202.06	26	255.01
22	Nigel Briggs	South Pennine RC	NEM	62	33.11	220.40	19	253.51
23	Paul Looke	Shaftesbury CC	EA	56	22.39	228.40	17	250.79
24	Graham Noble	Graham Weigh RT	M&NW	49	11.79	236.05	15	247.84
25	Sean McDougall	Icknield RC	L&HC	51	14.65	224.99	18	239.64
26	Clifford Degraff	VC Cumbria	NL&L	58	25.77	203.63	25	229.40
27	Roger Squire	Wrexham RC	Mer	54	19.18	197.17	27	216.35
28	Geraint Catherall	Anfield BC	Mer	49	11.79	183.66	28	195.45
DNS-A	<i>Joanna Cebzat (360cycling / M&NW), James Wood (West Suffolk Whs / EA), Miles Haslam (Buxton CC / N Mids)</i>							
DNS	Paul Blackburn (Coveryourcar RT / N L&L)							

FINISHING ORDER - VTTA 2023 NATIONAL 24 HOURS CHAMPIONSHIP (TANDEMS)

AAD Pos	Name	Club	Group	Age	Age Adj.	Act. Dist	Act. Pos.	AAD Result
1	<i>Brigid Night</i>	Frodsham Whs	Mer	58	41.02	245.38	1	286.40
	<i>Hannah Fawcett</i>	Liverpool Braveheart BC		43				
2	Norman Harvey	Sotonia CC	Wssx	90	107.36	158.96	2	266.32
	<i>Mary Corbett</i>			66				



*Women's silver medallist
Springfield's Theresa Taylor*



*After a close fought battle Tom Thornely
had to settle for second in the men*



*Merseyside's Dave Williams rode strongly to
add another group team medal to the 100*



*Andrew Whiteside added to Springfield's
medal haul, taking the men's bronze*

VTTA NATIONAL 10 MILES CHAMPIONSHIP

Sunday 17th September 2023

Report by NEC Representative Andrew Simpkins

Conditions for the National 10 Mile championship were dry and mild but with a stiff morning breeze that made things tough on the return leg of the rolling K48/10 course, north of Stafford. There were 108 entries for the event, but quite a number of DNSs on the day, perhaps due to end of season exhaustion! The field included a number of non-member vets and these have been invited to join the VTTA for next season. Our national and group events are an ideal opportunity to recruit new members and something our organisers should be encouraged to do, with the help of other group officials.

In the women's championship, Linda Dewhurst took her third championship jersey as she continues her impressive form this season, despite not being well in the days before the event. Linda also takes the Ken Matthews Cup for the fastest ride overall on Age Adjusted Time (AAT). Deb Hutson-Lumb put in the fastest women's ride of the day to take the silver medal and local girl, Susan Semple, took the bronze medal, helped perhaps by her intimate knowledge of the course.



*Women's podium - Deb Hutson-Lumb,
Linda Dewhurst and Susan Semple*

There can't be many time trials in which two riders in their 90s competed, but at the national 10 we had Scotland's Alex Munro (90) and 5 times previous 10 mile champion Ron Hallam (93). They were beaten to the gold medal however by the relatively youthful Ian Guilor (age 56) who rode an impressive 21:21 for an AAT of

20:03 and his championship winning debut. Championships often give an opportunity for local riders, who don't compete all around the country, to show their ability and this was the case with Jon Howard, a strong Midlands group rider, who took the silver medal only 2 seconds behind Ian on AAT. There was a close run thing for the bronze medal with only 18 seconds separated riders from 3rd to 9th with the medal going to Steve Gibson with an AAT of 20:38.

Legato Racing Team have been regular supporters of VTTA championships around the country and they were rewarded for their commitment by taking the Club Team prize with Susan Semple, Simon Horsley, and Steve Loraine. Team Echelon (Jon Howard, Tim Wood and Andrew Simpkins) and Congleton CC - My Windsock (Alastair Ribbands, Gail Lowe, and Mike Walker) were the second and third club teams.

The local group and organisers, Midlands, who fielded 23 of the 75 VTTA riders on the start sheet, won the Group Team prize (Jon Howard, Susan Semple, and Tim Wood) ahead of East Midlands

(Ian Guilor, Mick Stevens and Richard Golding) and Merseyside (Deb Hutson-Lumb, Jonathan Mills-Keeling and Janet Fairclough).

Among non-VTTA riders, one should mention ex-pro Mark Lovatt, who on a road bike finished in 21:32 which would have been sufficient to take the bronze medal on AAT!

Thanks to Alastair Semple and his helpers from Midlands Group and local clubs for a very well-run championship. All went well on the day although finalising the results was slightly complicated by two riders taking the wrong number when they signed in!

AWARD WINNERS - VTTA 2023 NATIONAL 10 MILES CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Man	Ian Guilor	Mapperley CC	East Midlands	20:03	Gold
2nd Man	Jon Howard	Team Echelon	Midlands	20:17	Silver
3rd Man	Steve Gibson	Peak Road Club	North Midlands	20:38	Bronze
1st Woman	Linda Dewhurst	Team Milton Keynes	London & HC	19:27	Gold
2nd Woman	Deb Hutson-Lumb	Wrekinsport CC	Merseyside	19:41	Silver
3rd Woman	Susan Semple	Legato Racing Team	Midlands	20:41	Bronze
Club Team Champions	Susan Semple	Legato Racing Team	Midlands	1:02:49	3 x Gold
	Simon Horsley		N Lincs & Lakes		
	Steven Loraine		Midlands		
Group Team Champions	Jon Howard	Team Echelon	Midlands	1:01:44	3 x Gold
	Susan Semple	Legato Racing Team			
	Tim Wood	Team Echelon			
Tandem Champions	No tandem starters				2 x Gold
First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.					
Linda Dewhurst is also awarded the Ken Matthews Cup (for one year) as fastest overall on AA Time.					

WOMEN'S FINISHING ORDER - VTTA 2023 NATIONAL 10 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Linda Dewhurst	Team Milton Keynes	L&HC	64	0:24:27	2	0:19:27
2	Deb Hutson-Lumb	Wrekinsport CC	M'side	58	0:23:50	1	0:19:41
3	Susan Semple	Legato Racing Team	Mids	57	0:24:43	3	0:20:41
4	Gail Lowe	Congleton CC	M&NW	54	0:25:00	4	0:21:18
5=	Deborah Sheridan	Warwickshire RC	Mids	66	0:27:11	7	0:21:52
5=	Janet Fairclough	Liverpool Ph'x CC (Aintree)	M'side	63	0:26:42	6	0:21:52
7	Hayley Moore	Ilkeston Cycle Club	E Mids	41	0:25:26	5	0:22:54
8	Helen Tudor	Oswestry Paragon CC	M'side	54	0:27:20	8	0:23:38
9	Pamela Moore	Coalville Whs	E Mids	56	0:29:43	9	0:25:48
DNSA	Debbie Bradley (Peddlamaniacs CC), Emma Bexson (Stratford CC)						

MEN'S FINISHING ORDER - VTTA 2023 NATIONAL 10 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Ian Guilor	Mapperley CC	E Mids	56	0:21:21	2	0:20:03
2	Jon Howard	Team Echelon	Mids	54	0:21:23	3	0:20:17
3	Steve Gibson	Peak RC	N Mids	57	0:22:02	8	0:20:38
4	Alastair Ribbands	Congleton CC	M&NW	40	0:20:45	1	0:20:45
5	Tim Wood	Team Echelon	Mids	49	0:21:26	4	0:20:46
6	Simon Horsley	Legato Racing Team	NL&L	59	0:22:28	11	0:20:50
7	Mick Stevens	Melton Olympic CC	E Mids	73	0:24:43	19	0:20:55
8=	Chris Dyason	Cambridge CC	E Ang	75	0:25:10	23	0:20:56
8=	Ed Moss	Beacon Roads CC	Mids	53	0:21:57	6	0:20:56
10	Jonathan Mills-Keeling	Aerologic RT	M'side	51	0:21:55	5	0:21:05
11	Richard Golding	Equipe Velo	E Mids	54	0:22:12	10	0:21:06
12	Steven Loraine	Legato Racing Team	Mids	67	0:24:01	17	0:21:18
13=	Nev Ashman	Manchester BC	M&NW	84	0:28:20	32	0:21:26
13=	Mark Hamer	Legato Racing Team	Mids	48	0:22:01	7	0:21:26
15	William Hayes	VC Long Eaton	E Mids	46	0:22:06	9	0:21:40
16	Patrick Ellerbeck	St Neots CC	E Ang	69	0:24:44	20	0:21:42
17=	Andrew Smith	VC Glasgow South	Scot	58	0:23:41	13	0:22:10
17=	Mark Halliday	North Bucks RC	L&HC	60	0:23:55	15	0:22:10
19	Robin Gillespie	Beacon Whs	NL&L	55	0:23:27	12	0:22:15
20	Andrew Simpkins	Team Echelon	Mids	69	0:25:20	24	0:22:18
21	Barrie Whittaker	Lyme Racing Club	M&NW	66	0:25:02	22	0:22:29
22	Tim Baggs	Sherwood CC	E Mids	54	0:23:50	14	0:22:44
23	Jymmy Trevor (trike)	City RC (Hull)	Yorks	51	0:25:40	25	0:22:51
24	Alexander Munro	SVTTA	Scot	90	0:32:43	40	0:23:03
25	Cliff Voller	VTTA West Group	West	72	0:26:41	28	0:23:05
26	Mark Welch	Oxted Cycle Club	S/S	60	0:24:53	21	0:23:08
27	Mike Walker	Congleton CC	M&NW	45	0:23:58	16	0:23:37
28	Simon Inman	OVB	E Mids	50	0:24:24	18	0:23:39
29	Philip Brown	Walsall Roads CC	Mids	72	0:27:20	30	0:23:44
30	Phil Barnes	SheHair Racing Team	NL&L	68	0:27:00	29	0:24:08
31	Nigel Briggs	South Pennine RC	E Mids	62	0:26:09	27	0:24:09
32	Ron Hallam	South Pennine RC	E Mids	93	0:35:44	43	0:24:10
33	Bob Awcock	Born to Bike	Mids	79	0:29:44	37	0:24:28
34	John Orridge	VTTA (London & HC)	L&HC	53	0:25:53	26	0:24:52
35	William Renard	Macclesfield Whs	M&NW	76	0:30:05	38	0:25:36
36	Roger Chappell	APII/Anglia Sport	E Ang	75	0:30:41	39	0:26:27
37=	Vernon Schutte	Farnboro' & Camberley CC	Wssx	69	0:29:39	36	0:26:37
37=	Adrian Osborn	Stratford CC	Mids	64	0:28:53	33	0:26:37
39	Andy Delaney	Northumbria Police C.C.	North	55	0:27:58	31	0:26:46

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
40	Stephen Cooke	Walsall Roads CC	Mids	64	0:29:34	35	0:27:18
41	Simon Davis	VTTA (Midlands)	Mids	46	0:29:27	34	0:29:01
42	Vic Trigger (trike)	Crewe Clarion Whs	M&NW	78	0:38:03	44	0:30:41
43	Eamonn Sheridan	Warwickshire RC	Mids	69	0:34:14	41=	0:31:12
44	Steven Robinson	1485 Tri Club	E Mids	66	0:34:14	41=	0:31:41
DNF	Joseph Costello (Legato Racing Team)						
DQ	Mark Franckel (Royal Sutton CC)						
DNSEA	Abdel Kader Allouni (Pocomotion RC), John King (Janus RC), Garry Shuker (Walsall Roads CC), James Byatt (Sherwood CC), Keith Palmer (Ilkeston Cycle Club), Sean Hunt (Lincoln Whs CC), Paul Westwood (Brereton Whs)						
DNS	Alan Gay (Vive Le Velo), Les Boughey (North Shropshire Whs), Steven Hazeldine (Stone Whs CC), Graham Neyt (Rapha CC), Nick Hill (Bristol Mile Monkeys), Stuart McCormick (VTTA (Yorkshire), Rich Steels (HUUB WattShop)						



Midlander Jon Howard riding to second placed man



Ian Guilor, men's gold medallist from East Midlands



Legato RT club team winners Steve Loraine, Susam Semple and Simon Horsley



North Midlands' Steve Gibson filled the bronze medal spot

VTTA NATIONAL 15 MILES CHAMPIONSHIP Rescheduled to Saturday 26th August 2023

Report by NEC Representative Rachael Elliott

Lightning may not strike twice – although sadly the same cannot be said for the wind. After the weather prevented play on the original date of the 15 mile championship, the clouds looked more favourable on the rearranged day. With dry conditions initially, the event started. However, while the tandems and the early riders enjoyed dry conditions, the clouds soon opened which meant riders in the middle to end of the field had to ride in the wet. Whilst it is important to congratulate those who did ride, we would also like to highlight how we respect the riders who decided to DNS as a result of the worsened conditions.

For those who did ride, the conditions promised to be quick - and they were ...until 11.5 miles. Apparently, according to local experts, the wind needed to be a couple more degrees to the west for the final return leg to be more puma and less tabby cat. Nevertheless, even with the skewed wind, some riders still managed to ride scratch times of 28 minutes.

It is usual for team and group awards to go to those located in the same region as the competition. Today – for the men and the team prizes – this didn't hold true due to a Kentish invasion. The team of Kevin Tye, Andrew Meilak and Mark Hill – all from Kent Group and VeloRefined Rule 5 – took a clean sweep of the group and team awards with a combined age adjusted time (AAT) of 1:23:45.

Two of the same trio were also at the top of the men's overall results: Kevin Tye's time of 29:54 equated to an age adjusted time of 27:04, which saw him crowned the winner of the men's championship. Meanwhile, Andrew Meilak's time of 29:17 equated to an AAT of 27:09 which earned him the silver medal. Just 8 seconds behind was Neil Mackley (...a3crg/Wessex Group) with another sub-30 time on scratch (29:56) and 27:17 on AAT. A special mention must also go to Paul Burton who at 42 years old finished fastest on scratch (28:00) equating to 27:47 AAT. This resulted in a fifth place finish overall, showing that riders at the younger end of the VTTA age range can still be at the sharp end of VTTA results.

The women's championship saw a dominating ride by recent UCI masters' champion, Linda Dewhurst (Team Milton Keynes/London & Home Counties Group). Linda's AAT of 26:00 (33:33 actual) was the best solo ride of the day, putting her nearly two minutes ahead on AAT of ...a3crg's Claire Emons' 27:48 (33:23 actual). Despite being trumped on standard, Claire's scratch time placed her as second fastest woman of the day, bettered only by the fourth-placed rider, Louise Robinson (Essex Roads CC/East Anglian Group) with a time of 33:07.



Back row - Neil Mackley, Ian Greenstreet, Kevin Tye and Andrew Meilak. Front row - Linda Dewhurst, Claire Emons, Rachael Elliott and Mark Hill

However, the bronze medal went to 66 year old Deborah Sheridan (Warwickshire Road Club/Midlands Group) with her excellent ride of 28:24 AAT for her first VTТА national medal.

With six tandems all starting, the tandem competition was fiercely fought, but it was “some girl” and Ian Greenstreet (Newbury Velo/London & Home Counties Group) who won in an AAT of 25:07 (actual: 28:22). Meanwhile, the impressive tandem trike pairing of 90 year old Norman Harvey and 66 year old Mary Corbett (Sotonia CC/Wessex Group) deserve credit for their AAT of 28:14 to take second place, with regulars Murray Kirton and David Stockley (A5 Rangers CC/Midlands) earning third place with 28:31.

The main champions of the day were the East Anglian Group and the Cambridge CC who ran a textbook event today, expertly stewarded by Chris Dyason. Chris also deserves extra credit for re-running the entire event after having to cancel the original date.

AWARD WINNERS - VTТА 2023 NATIONAL 15 MILES CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Man	Kevin Tye	VeloRefined Rule 5	Kent	27:04	Gold
2nd Man	Andrew Meilak	VeloRefined Rule 5	Kent	27:09	Silver
3rd Man	Neil Mackley	...a3crg	Wessex	27:17	Bronze
1st Woman	Linda Dewhurst	Team Milton Keynes	London & Home Counties	26:00	Gold
2nd Woman	Claire Emons	...a3crg	Wessex	27:48	Silver
3rd Woman	Deborah Sheridan	Warwickshire RC	Wessex	28:24	Bronze
Club and Group Team Champions	Kevin Tye	VeloRefined Rule 5	Kent	1:23:45	3 x Gold
	Andrew Meilak				
	Mark Hill				
Tandem Champions	Ian Greenstreet	Newbury Velo (both)	L&HC (both)	25:07	2 x Gold
	Rachael Elliott				

First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.

TANDEM FINISHING ORDER - VTТА 2023 NATIONAL 15 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Ian Greenstreet	Newbury Velo	L&HC	59	28:22	1	25:07
	Rachael Elliott			45			
2	Norman Harvey	Sotonia CC (trike)	Wssx	90	40:55	5	28:14
	Mary Corbett			66			
3	Murray Kirton	A5 Rangers CC	Mids	82	37:49	4	28:31
	David Stockley			83			
4	John Swanbury	VC Baracchi	E Ang	76	34:34	3	29:12
	Allistair Banks			68			
5	Andrew Hutchison	Ride Harder	E Ang	60	33:37	2	29:20
	Catherine Hutchison			58			

WOMEN'S FINISHING ORDER - VTTA 2023 NATIONAL 50 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Linda Dewhurst	Team Milton Keynes	L&HC	64	33:33	3	26:00
2	Claire Emons	...a3crg	Wssx	54	33:23	2	27:48
3	Deborah Sheridan	Warwickshire RC	Mids	66	36:27	9	28:24
4	Louise Robinson	Essex Roads CC	E Ang	47	33:07	1	28:34
5	Susan Semple	Legato RT	Mids	57	35:21	5	29:15
6	Janet Fairclough	Liverpool Ph'x CC (Aintree)	M'side	63	36:39	10	29:20
7	Linda Hones	Newmarket Cycling & Tri	E Ang	61	36:22	8	29:29
8	Judy Brown	Newmarket Cycling & Tri	E Ang	62	36:56	12	29:50
9	Judy Reid	Icknield RC	L&HC	63	38:07	14	30:48
10	Joy Payne	High Wycombe CC	L&HC	66	39:08	15	31:05
11	Kerry Tate	Newmarket Cycling & Tri	E Ang	42	35:09	4	31:13
12	Stephanie Cousins	QN Racing	L&HC	59	38:01	13	31:33
13	Kerry Brennand	Newmarket Cycling & Tri	E Ang	43	36:17	6	32:14
14	Kirsty McSeveney	...a3crg	Wssx	42	36:18	7	32:22
15	Gretchen Zoeller	VTTA (Yorkshire)	Yorks	44	36:49	11	32:39
16	Alison Fox	Ely & District CC	E Ang	56	39:28	16	33:33
DNS(A)	Sarah Matthews (...a3crg), Gillian Reynolds (Willesden CC), Helen Roby (Ride Revolution Coaching), Angela Carpenter (...a3crg)						

MEN'S FINISHING ORDER - VTTA 2023 NATIONAL 15 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Kevin Tye	VeloRefined Rule 5	Kent	61	29:54	3	27:04
2	Andrew Meilak	VeloRefined Rule 5	Kent	57	29:17	2	27:09
3	Neil Mackley	...a3crg	Wssx	60	29:56	4	27:17
4	Joseph Costello	Legato RT	Mids	64	30:50	9	27:24
5	Paul Burton	Paceline RT	S/S	42	28:00	1	27:47
6	Ian Guilor	Mapperley CC	E Mids	56	30:01	5	28:02
7	Chris Dyason	Cambridge CC	E Ang	75	34:39	32	28:12
8	Mick Stevens	Melton Olympic CC	E Mids	73	34:09	30	28:22
9	Mark Ellis	Merc Petronas CC	E Ang	59	31:14	11	28:46
10	John Curtin	Hitchin Nomads CC	E Ang	69	33:28	25	28:51
11	Simon Horsley	Legato RT	NL&L	59	31:25	12	28:57
12	Michael Schofield	Verulam CC	E Ang	58	31:30	13	29:12
13	Colin Lizieri	Cambridge CC	E Ang	68	33:36	27	29:14
14	John Lacey	Hemel Hempstead CC	L&HC	59	31:55	15	29:27
15	Mark Hill	VeloRefined Rule 5	Kent	56	31:31	14	29:32
16	Sean Hunt	Lincoln Wheelers CC	E Mids	59	32:01	17	29:33
17	Mark Hamer	Legato RT	Mids	48	30:35	7	29:42



Mary Corbett piloted Norman Harvey round on their 'long barrow'



Paul Burton, fastest overall, approaches the turn with caution



Newmarket's Judy Brown was fastest road bike on AAT



Deborah Sheridan speeding towards the women's bronze medal

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
18=	Stuart Hourigan	VeloRefined Rule 5	Kent	47	30:44	8	29:58
18=	Mark Woolford	ZeroBC Race Team	E Ang	57	32:06	18	29:58
20	Simon Butteriss	Ely & District CC	E Ang	45	30:32	6	30:00
21	Jez Willows	Sherwood CC	E Mids	58	32:41	19	30:23
22	Andrew Simpkins	Team Echelon	Mids	69	35:05	33	30:28
23	Roger Sewell	Wisbech Whs	E Ang	76	37:35	41	30:46
24	Adam Fisher	Cambridge CC	E Ang	41	30:53	10	30:47
25	Ian Cardy	Chelmer CC	E Ang	59	33:24	24	30:56
26	Colin Parkinson	South Western RC	E Mids	61	33:51	28	31:01
27	Dan Jenkins	Hart Perfnce Coaching	E Ang	56	33:08	23	31:09
28	Alastair Semple	Legato RT	Mids	55	33:06	22	31:16
29	Gary Pamment	CC Sudbury	E Ang	52	32:50	20	31:26
30	Barrie Whittaker	Lyme Racing Club	M&NW	66	35:31	38	31:38
31	Andy Kennedy	Ipswich BC	E Ang	58	33:57	29	31:39
32	Steve Clarke	TMG Horizon Cycling	E Ang	68	36:09	39	31:47
33=	Tim Baggs	Sherwood CC	E Mids	54	33:30	26	31:49
33=	John Golder	Chelmer CC	E Ang	70	36:43	40	31:49
35	James Byatt	Sherwood CC	E Mids	40	32:00	16	32:00
36	John Watson	Hitchin Nomads CC	E Ang	57	34:11	31	32:03
37	Ed Watson	Ratae RC	E Mids	48	32:57	21	32:04
38	Andrew Askwith	Vive Le Velo	Yorks	59	35:08	34	32:40
39	Peter Iffland	Chippenham & Dist Whs	West	59	35:17	35	32:49
40	Rob Moore	Shaftesbury CC	E Ang	58	35:22	36	33:04
41	Peter Noble	Epsom CC	E Ang	56	35:30	37	33:31
42	Dominic Whitehead	Cambridge CC	E Ang	65	37:56	42	34:17
43	Phil Wright	Hartlepool CC	North	68	40:37	44	36:15
44	Martin Simmons	CC Breckland	Kent	57	39:20	43	37:12
45	Kevin Humphreys	Sherwood CC	E Mids	63	41:50	45	38:36
46	Wayne Hill	Bourne Wheelers	E Ang	56	43:02	46	41:03
47	Malcolm Giles	Pocomotion RC	M'side	70	56:23	47	51:29
					Incl. 15:14 late start penalty		
DNF	Michael Martin (CC Ashwell)						
DNS(A)	Mike Fishpool (Cambridge CC), Harry Cowley (Chester RC), Kevin Wood (Sherwood CC), Peter Anstey (Welwyn Whs), Paul Wright (Army Cycling), Steve Cornish (St Ives CC), Nick Giles (Pocomotion RC), Michael Allen (Team Enable M.I.Racing), Roger Porter (Verulam CC), David Prom (San Fairy Ann CC), Neal Marrin (Finsbury Park CC), John Manlow (Ely & District CC), Martin Reynolds (Cambridge CC), Martin Fisher (Melton Olympic CC), William Hayes (Velo Club Long Eaton), Jeff Roberts (High Wycombe CC), Rich Steels (HUUB WattShop), Nic Pillinger (St Neots CC), Nick Partridge (Sole Bay Cycle Sport), Chris Lord (Brighton Excelsior CC), Keith Dorling (Team Bottrill), Steven Cottington (Bath Cycling Club), Liam Maybank (Twickenham CC), Ian Hope (Team Ohten Aveas)						

VTTA 24 HOUR CHAMPIONSHIP CORRECTED RESULTS

Gremlins crept into the September Veteran, resulting in incorrect distances being published (which came from CTT's provisional result). The following corrected result has mainly minor distance adjustments (but two major ones with associated position amendments). **There are no changes to allocation of awards.**

The editor offers his most profuse apologies.



AWARD WINNERS - VTTA 2023 NATIONAL 24 HOURS CHAMPIONSHIP

Award	Name	Club	Group	AAJ Res.	Medal
1st Man on AAD	Robbie Mitchell	Auchencrow Thistle CC	Scotland	524.79	Gold
2nd Man on AAD	Christian Geldard	North Hampshire RC	Wessex	500.95	Silver
3rd Man on AAD	Doug Hart	Ilkley CC	Yorkshire	491.13	Bronze
1st Woman on AAD	Christina Murray	Army Cycling	Wessex	521.35	Gold
2nd Woman on AAD	Joanna Cebrat	360cycling	Manchester & NW	470.31	Silver
3rd Woman on AAD	Only 2 women entrants				Bronze
Group Team Champions	Doug Hart	Ilkley CC	Yorkshire	1460.82	Gold
	Andrew Askwith	Vive Le Velo			Gold
	Greg Elwell	Halifax Imperial Whs			Gold
Club Team Champions	No club teams of three entered				Gold
Tandem Champions	No tandem pairs entered				Gold-2

FINISHING ORDER - VTTA 2023 NATIONAL 24 HOURS CHAMPIONSHIP

(Women in bold italics)

AAJ Pos	Name	Club	Group	Age	Act. Dist	Act. Pos.	AAJ Result
1	Robbie Mitchell	Auchencrow Thistle CC	Scot	42	519.37	1	524.79
2	Chris Murray	Army Cycling	Wssx	46	465.38	3	521.35
3	Christian Geldard	North Hampshire RC	Wssx	48	478.69	2	500.95
4	Doug Hart	Ilkley CC	Yorks	50	462.91	4	491.13
5	Greg Elwell	VTTA (Yorkshire)	Yorks	49	459.99	5	485.2
6	Andrew Askwith	Vive Le Velo	Yorks	58	429.69	6	484.49
7	Joanna Cebrat	360cycling	M&NW	44	419.23	7	470.31
8	Nigel Briggs	South Pennine RC	E Mids	62	386.83	9	456.99
9	Adam Rogers	Eastbourne Rovers CC	S/S	48	418.55	8	440.81
10	Angus Swanson	Stirling Bike Club	Scot	55	370.62	10	414.86
11	Philip Jones	Peterborough CC	E Ang	64	329.15	12	407.62
12	Roger Squire	Fibrax Wrexham RC	M'side	54	347.16	11	388.05
13	Rob Rix	Southport CC	NL&L	75	249.55	15	382.36
14	Jez Willows	Sherwood CC	E Mids	58	325.84	13	380.64
15	Geraint Catherall	Anfield BC	M'side	49	303.38	14	328.59
DNF	David Greenwood (Rye & District Wheelers CC), Mark Leadbetter (Flying Kippers), Brian Hygate (Fareham Wheelers CC), Pete Bishop (Exeter Whs CC), Sean Sanders (Drighlington BC)						



EAST ANGLIAN By Andrew Grant

The biggest VTTA event in the Group's area since the last issue of *The Veteran* was the National 15 championship promoted by Cambridge CC but as that is reported in this issue and on the website, I won't repeat what you can read elsewhere. I will, however, congratulate organiser Chris Dyason on his own 7th place in the men's event with 28:12 on AAT as best East Anglian and a new national age record for 75 years with his 34:39 on actual.

The last of the Group 10s, organised ably as ever by Dominic Whitehead, ushered in September on the recently rather over-used F2A/10, which may get some respite now the E2 is back in service. Conditions did not disappoint and delivered a victory on AAT for VeloRefined Rule 5's Kevin Tye, but only by 20 seconds over East Anglia's (and Team Bottrill's) Keith Dorling, who, in turn had only 10 seconds advantage over Chris Dyason. Both the latter two have been enjoying a successful 2023 and in fact Chris's 22:22 on actual came within a frustrating 4 seconds of a national age record. That, for the time being, remains the property of N Midlands' Michael Allen, set, ironically, in one of our Group 10's in 2021. Fastest woman on AAT was Susan Semple from Legato Racing Team. As best East Anglian man, Keith Dorling has a year's lease on the Ron Fisher/Jack King Memorial Shield, shared with CC Sudbury's Susan Triplow, best East Anglian woman and third in the women's event on AAT.

A welcome return to the E2/25 on 23rd September for the last Group 25 of the year, organised with an actuary's meticulousness by Michael Martin, saw an East Anglian home win with Anthony Brown, of George Fox Cycling Solutions recording 45:25 on AAT to take the honours by four seconds from Keith Dorling. Keith is hereby awarded the *Raymond Pouldor Eternal Second Trophy*, which does not exist, to go with the Geri Lang Memorial Trophy, which does, and which he shares with Essex Roads' Louise

Robinson as best East Anglians. Louise was third woman overall behind Team Milton Keynes's Linda Dewhurst and ...a3crg's Claire Emons.

Finally to the circuit 25 for the Stourvale Shield, held on the rugged E33/25 between Newmarket and Six Mile Bottom. Traditionally the first Group event of the year, it has now become the last, in order to piggy-back on the ECCA circuit 25 and, it was hoped, swell the dwindling fields for both events by pooling their entries. Success in that regard was marginal at best with just fourteen riders facing the timekeeper, though there was quality at the sharp end with Trainsharp's Tim Torrie producing an other-worldly 50:36 to win on scratch. Fastest VTTA member on AAT was David Glossy of Elysium Kalas RT and L&HC Group with a fine 55:59 on actual (54:03 AAT). In the East Anglian Group event, some unfamiliar names came to the fore. Cambridge CC's Mary Twitchett and Jan Ertner took the honours for the Stourvale Shield on AAT and, joined by non-VTTA vet Clinton Butcher, carried off the ECCA team prize.

In the season-long competitions, Keith Dorling was our leading contender, with 4th in the men's Short Distance table and 3rd in the Three Distance. In the first of these, backed up by Matt Smith (Drag2Zero), Chris Dyason and Bob Watson (Cambridge CC), Denise Hurren (Sole Bay Cycle Sport) and Peter Main (34th Nomads), he led the Group to their sixth consecutive win in the team competition as well as leading his club, Team Botrill, comprised of members from three different groups, to victory.

Meanwhile, in other news... as newsreaders used to say, prolific open winner in the 70s, 80s and 90s and subsequently prolific former VTTA champion and record-holder Ken Platts, despite not racing recently, has lost none of his competitive edge nor his appetite for setting records. He recently recorded his millionth kilometre in the saddle (not, as he points out, all in one ride. That might be a bit much, even for the famously competitive Platts brothers.)

Ken is seen following in the act of throwing away his latest worn-out bike.



EAST MIDLANDS

By David Herd

Congratulations to Ian Guilor of Mapperley CC on winning the VTTA National 10 Mile Championship held on 17th September. See the full race report elsewhere, but I tracked Ian down to get some background to his first VTTA championship win.

Ian only rode tens this season, with the exception of the 15 mile national championship near Cambridge in August (see result below), and whilst he was disappointed with the result but it gave him momentum to go better in the National 10 Champs.

Ian generally does well in TT events and is no stranger to success - he still holds the national age record for the fastest 10 mile by a 50 year old with 18:02 on the V718 in 2017. His sporting background was swimming and he competed for the UK and was one of the fastest backstroke swimmers during 1970s. He has had a number of set-backs this season - falling off and damaging his shoulder and also being diagnosed with long covid (pushing down his maximum heart rate to 170, which must have been very worrying). He explained that he has done

ONE MILLION KILOMETRES (AND STILL COUNTING)!

By Ken Platts - East Anglian Group

On 10th September 2023 at around 1-15 pm I rode my 621,371st recorded mile on a bike. What's so special about this? Well, if you convert to metric, it's one million kilometres! How do I know I've covered this distance?

A couple of years ago my old Coalville Wheelers team mate, John Quimby, said he was aiming to join the 300,000 miles club*. He said he was sure that I would qualify and that I should also apply. This prompted me to go back through all my old diaries and add up everything I had recorded.

I started cycling at an early age. We didn't have a car until I was 16, so to travel it was either bus, train or bike, and for local journeys bike was the obvious choice. These local trips were unrecorded (so don't count in the grand total) and it wasn't until secondary school when I was introduced to Youth Hostelling that recording of longer journeys began. When I started racing in 1971, at the age of 19, I

was encouraged by the club coach to record every ride, no matter how short. So I now have over 50 years of detailed mileage data, and can be sure that I have completed at least 1,000,000km.

My riding has been very varied: commuting to work, pleasure riding, touring, training and racing.

I have many significant memories, mostly good: watching incredible sunsets along the west coast of Scotland; riding through the South Downs in the early dawn after an all-night ride seeing the rolling hills emerging from the mists in the valleys like islands in an ocean; tackling the major Tour de France climbs in the Alps and Pyrenees. There have also been a few miserable experiences. One particular ride stands out. I had ridden from Loughborough to the Calder Valley in West Yorkshire to visit Hilary, (then my girlfriend, now my wife). The ride up on Friday had been fine and we had had a pleasant Saturday together. I awoke on



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less racing this year and has concentrated on increasing his speed.

I know he is held in very high regard by his club mates in Mapperley CC and like many of us he was late into cycling, buying a mountain bike to accompany his wife through the woods on her horse, but soon competing in club 10s, doing a 22:00 on a road bike.

Back to the National Ten, Ian explains that as he was disappointed with his performances so far this season he set out to pull it out the bag in the National Championship, which he had already decided was to be his last race of the season. He did not like the wind assisted faster outward leg down to Walton but was able to push hard into the wind on the return leg to Weston. Ian's actual time was 21:21 which put him fourth fastest but he won the championship with an age adjusted time of 20:03.

There were a number of other East Midlands riders in this event including five times former champion Ron Hallam (South Pennine RC). Ron had already set a new group age record this season for a 92 year old in Witham Wheelers CC 10 on the Sleaford course 17th June with a time of 33:10. Having then had another

birthday he went to set a new national 10 mile age record for a 93 year old in the National Championship of 35:44. This is the first age record by a 93 year old, an amazing achievement Ron well - done and congratulations.

The VTTA East Midlands 25 mile event which was held on 19th August on the A25/34 was won by senior Adam Duggleby (Addform Vive le Velo) with 49:53 with veterans David Mead second on 50:42 and our own Richard Oakes (Team Ohten Aveas) third in 51:12. Richard also had the satisfaction of being first on age adjusted time with 48:20.

The following are the times which were achieved by East Midlands VTТА members:

Martin Perrett (Team Ohten Aveas) 56:03 (52:24 AAT); Kevin Wood (Sherwood CC) 56:36 (51:45 AAT); Ed Tarelli (Race Hub) 57:53 (55:43 AAT); Tim Baggs (Sherwood CC) 1:00:00 (57:23 AAT); Ed Watson (Ratae RC) 1:00:15 (58:44 AAT); Michael Wills (Lutterworth Cycle Centre) 1:00:40 (54:47 AAT); Mick Stevens (Melton Olympic CC) 1:00:46 (50:51 AAT); Colin Parkinson (South Western RC) 1:01:41 (56:50 AAT); Simon Inman (OVБ) 1:02:41 (1:00:42);

Sunday to leaden skies and a threat of snow. But it was currently dry so I set off for the 100 mile ride home. The first 15 miles were fine, but then the snow started. As I climbed out of Huddersfield, the lying snow became deeper. By the time I reached the Woodhead road, the snow was clogging my mudguards and rear sprockets. I was only able to ride about ½ mile at a time before I had to stop and clear it. My gloves were wet, I was becoming colder and colder, I lost all feeling in my hands. As I passed the summit and descended towards Stocksbridge the snow became less intense, but I was now hypothermic. I stopped at the first house I saw and knocked on the door. I didn't have to say anything, they took one look at me - shivering violently, ice encrusted on my clothes and eyebrows - and took me in. They generously plied me with hot tea and toasted tea cakes. After an hour or so, I was getting back to normal and the snow storm had passed. They kindly provided me with industrial rubber gloves and I was able to resume the ride home. It all turned out OK, but on reflection it could have been life threatening.

I will move on to my racing career, as this article is written primarily for a racing cyclist audience. The

next bit is data heavy, but as I have often been asked 'How many races have you ridden?' and 'How many have you won?' it might be of interest.

Most readers will know me as a time trialist. In total, I have ridden 1,646 time trials: 884 Open Events and 762 club events.

The total mileage in Open Events was 28,691. I rode 13 twelve hour events, 56 hundreds, 101 fifties and the balance in tens, twenty fives and assorted odd distances (hillys etc). I finished on the podium (first three) in 337 events (38%) including 146 wins (17%).

Club events accounted for 9408 miles, comprising mainly tens and assorted odd distances less than 25 miles. I 'podiumed' in 371 events (49%) including 274 wins (34%).

However, from the mid 70s to the mid 90s, I was equally keen on road racing, holding a 1st Category licence from 1973 to 1995. Elites had not been invented then. Domestically I rode 443 open events, totalling 30663 miles, an average event length of 69 miles. I finished in the top 6 (points scoring on the old BCF licence) in 238 events (54%), including 165

Michael Wilkinson (South Normanton CC) 1:03:19 (57:26); Chris Spray (Ratae RC) 1:04:34 (1:01:11 AAT); Martin Lister (Witham Wheelers CC) 1:05:10 (56:18 AAT); Jen Clegg (Team Bottrill) 1:05:13 (50:08 AAT - 2nd); Ben Waddington (Leicester Forest CC) 1:08:41 (1:05:49 AAT); Simon Ward (Welland Valley CC) 1:08:59 (1:06:22 AAT); Kevin Humphreys (Sherwood CC) 1:10:23 (1:04:52 AAT); Gillian Campbell (Born to Bike) 1:11:15 (1:00:18 AAT); Russell Carter (South Pennine RC) 1:16:24 (1:11:13 AAT); John Scott (Sleaford Wheelers CC) 1:27:20 (1:13:35)

It appears that it was a hard day so well-done to all the finishers.

Cambridge CC 15 mile event which included VTTA Championships was held on the F2/15 on 26th August, this again attracted a number of East Midland Group members however it was Paul Burton (Pace-line RT) who set the fastest time on 28:00 actual 27:47 on AAT. In form Ian Guilor was the fastest of the East Midlanders with a time just shy of 30 mph (29:983 mph) with an actual time of 30:01, AAT 28:02 for eighth place, but dissatisfied with his ride - see earlier (*Typical time triallist! Ed*).

podiums (37%), broken into 67 wins, 60 seconds and 38 thirds. (If only I had been a better sprinter!)

Some of the above were stages in 2-day, 3-day and 4-day events. Of the 23 stage races ridden, the overall results were 17 (74%) top 6: 13 podiums (57%) (2 wins, 8 seconds, 13 thirds)

I rode for Great Britain in a few International Events in the 70s. A total of 31 stages, covering 2308 miles, an average of 74 miles/stage. However, I had found my limits. My best placing was 13th on stage 6 of the Tour of Europe 1979.

Again, I have many memories: winning the Tour of the Peak in 1977, arguably the hardest single day race in the UK; winning the season long Sheffield Star League in 1978; becoming National Veteran RR Champion in 1992 and winning the Peter Fryer Series in both 1992 and 1993. One anecdote concerns an intermediate sprint that I won in the Peace Race (Prague-Warsaw-Berlin) in 1976. The sprint prizes were chosen and donated by the towns hosting the sprint and were not declared in the race manual. The previous day the prize had been a motorbike. As I was way down on GC, and had no chances of a stage win, I thought it would be worth

Our other rides were: James Byatt (Sherwood CC) 32:00 (32:00 AAT), Sean Hunt (Lincoln Wheelers CC) 32:01 (29:33 AAT), Jez Willows (Sherwood CC) 32:41 (30:23 AAT), Tim Baggs 33:30 (31:49 AAT), Colin Parkinson 33:51 (31:36) and Mick Stevens 34:09 (28:22).

Ratae RC 10 mile was 10 on the A10/13 course on Sunday 3rd September. David Mead set the fastest time with 19:38, with VTTA East Midlands' Robert Gibbons (Hinckley CRC) third fastest on 20:59, Michael Costello (Race Hub) 21:31, Nick Cave (Team Lutterworth Cycle) on 21:38, Martin Fisher (Melton Olympic) 21:52 and Nick's team-mate Michael Wills 22:49. Ed Tarelli 23:09, Chris Spray 23:25, Martin Lister 24:25, Ben Waddington 25:01. Fastest Female on the day was the host club's Sally Maitland on 23:49 with East Midlands Group member Pamela Moore (Coalville Wheelers) 26:54.

There were a number of events cancelled during this latter part of the season, so it was nice to be able to comment on those East Midlands riders that ventured further afield.

The East Midlands Group AGM was held on the 19th November at Granby Village Hall, which will be cov-

having a go. The sprint started to wind up about 10 km out with contenders for the overall points jersey becoming active. I positioned myself in the top 20 and struggled to hold my position. With 1 km to go there was a slight lull in the action, as no one wanted to lead out. I took a flyer, opened a gap and went all out treating the sprint as my finish for the day. There was a hesitation in the bunch, I was clearly no threat and I just managed to hang on. What would my prize be? A motor bike? A small car?

No. Six cut-glass sundae dishes.

They were presented in an elaborate case at the race dinner that evening; it was one of the very few things that the GB team won. And the name of the town? Brezno in Czechoslovakia, and that is the source of my nickname on the Timetrialling Forum.

I no longer ride competitively, but get out on the bike most days, and will continue to do so as long as I am physically able. It's a great sport and a great pastime.

* Details of the 300,000 mile club can be found at <https://300k-cc.co.uk/>



Following his victory in the World Masters Gran Fondo TT (reported in the September Veteran) Richard Oakes set his sights on a UCI Masters one hour track record. See the reference to this in President Tony Farrell's article on page 4. Despite his spill with 2 laps to go, resulting in a broken collarbone, he got back up and finished to take the record with 49.701km.

Richard was hoping to write the story of his ride for this edition but is still struggling with his recovery, so we hope to be able to include it next time.

ered in the next edition of the Veteran. The date and venue for the Presentation Lunch has not been set, but like others I felt last year's event was very good and hope that we can continue with a similar event in the new year.

I hope you all have a enjoyable Christmas and a Happy New Year.

KENT **By Tim Carpenter**

We are very sorry to report that Dick Wallis passed away on 2 November. He was a long-time member of the San Fairy Ann CC and the Kent Vets and had been the organiser of the Wednesday Wobblers for some time.

Many of you will also be aware of the sad news that the Group Treasurer Chris Bax has recently suffered a major heart attack. Chris is now progressing with his recovery, and we wish him well.

We still have several vacancies. With Chris's illness we are looking for a Treasurer on an acting basis. The post of social secretary is also still vacant. We are very keen to fill this post, especially as next year's function is already booked with the Weald of Kent Golf Club for Saturday 27 January 2024 (NOT the 3 February as previously advertised). We also have vacancies for general committee members – we can elect up to ten of members to the committee each year.

It would be remiss not to highlight Kevin Tye's achievements this season. He is World Masters Champion, set records for age 61 at 10 and 15 miles this year (19:19 and 29:54) and was 4th (3rd man) in the national short distance competition.

As already mentioned, the group lunch next year will be held jointly with the KCA at the Weald of Kent Golf Club on Saturday 27 January 2024 (NOT the 3 February as previously advertised). Paul Mephram has kindly agreed to be toast master. We hope as many prize winners as possible will attend to receive their awards.

Trophy Winners

- BAR (25, 50, 100 & 12 Hours)* - Dave Greenwood +2.26mph
- 85 Championship (10, 25 & 50)* - Mark Hill +49:51
- Dave Wright Cup (10 Championship on 18/06/23)* - Mark Vowells +6:45
- George Stanford Trophy (15 Championship on 8/10/23)* - Kevin Tye +11:20
- Wilf How Trophy (15 Championship, on 8/10/23, over 65)* - Colin Inett +6:34
- Jack Hunter Cup (25 Championship on 10/09/23)* - Andrew Meilak +17:28
- Peter Philpott Cup (50 Championship)* - Mark Hill +28:44
- 100 Championship* - Allan Thurston +20:08
- Sittingbourne CC Cup (12 Hour Championship)* - David Greenwood +27.19m/s



The VeloRefined Rule 5 team of Andrew Meilak, Mark Hill and Kevin Tye celebrating their victory at the 15 championship with Rachael Elliott

Bill Woodruff Trophy (12 Hour Championship) -

David Greenwood +27.19m/s

Morris Crow Trophy (Group 10 on 29/7/23) - Mark Hill +6:05

McMillan Shield (Team of 2 in Group on 10 29/7/23)

Simon Henderson & Paul Burrows +10:59 (Thanet RC)

Aubrey Sheather Shield (Group 25 on 11/6/23) - Andrew Meilak +16:53

Mick Dansie Trophy (Group 10 17/3/23) - Mark Vowells +4:13

Geoff Jones Trophy (Average of best 3 Group 10s) Mark Hill +17:04

Melster Shield (Wednesday 10 @ 10 series winner) Mark Vowells +28:11

2024 Points Competition

The group committee have agreed to hold a new Kent Group Points Competitions for the 2024 racing season. (These rules fall outside the Group Racing and Competition Regulations and may be amended by the Kent Group committee prior to the start of each racing season.)

There will be 5 separate categories, with competitions for men and women as well as road and TT bikes with an overall team competition.

Points will be awarded in these competitions on Age Adjusted Time (AAT) in all SEDC open and semi-open promotions. There will be a couple of exceptions: where a Tricycle Association promotion is

incorporated within another event, e.g. by the Kent Group, the two events will be combined for the purpose of allocating points; Stand-alone Tricycle Association events will not count towards these competitions; and hill climbs, tandem events, team time trials and Grand Prix de Gentlemen events are all excluded. Trike results will count toward the Bike Competitions.

Within each of these competitions 3 points will be awarded to the fastest group member on AAT, 2 for second and 1 for third.

The individual competition winners each season will be the riders with the most points within each competition for individuals. The points from each of these individual competitions will be aggregated into club/team totals to determine the overall club/team winners for the season. To win the

club/team award a club/team must have had at least two riders who scored points in at least one of the above competitions.

In the event of a tie on points within any competition, the faster rider/team on AAT on individual times in counting events will take precedence.

Plaques will be awarded annually to each individual competition winner, and medals will be awarded to the riders placed second and third. The Don Hook trophy will be awarded annually to the points competition team winners. This trophy was previously awarded to the Group BAR team; there will no longer be a team award in the Group BAR competition.

No claims are needed by riders – the Group Recorder (ie me) will aggregate all points totals as the season progresses. Do make sure your VTTA and CTT accounts are connected – I will be checking on you.

Except for the Don Hook trophy these points competitions will run alongside our individual BAR and Women's BAR and '85' competitions, rather than replacing them.

LONDON & HOME COUNTIES

By John Hoskins

By the time you all read this the AGM of the L&HC Group will have come and gone. Reports will have been read, a new committee elected and the accounts approved. But of course the real reason that all this

happens is for the events to be promoted – so here is a list of the riders that have figured in the prize lists of the 2023 season's events.

Trophies

Dick Goodman Cup (Best 10 on Standard/AAT) -
Linda Dewhurst 16:41 AAT
Arthur Wilkins 25 Trophy (Fastest 25) -
Michael O'Keeffe 47:42
Russ Cup (Best 25 on Standard/AAT) -
Michael O'Keeffe 45:05 AAT
Robinson Trophy (Best 30 on Standard/AAT) -
Myles Davidson 1:04:55 AAT
Charlie Cole Cup (Best 50 on Standard/AAT) -
Michael O'Keeffe 1:40:21 AAT
Tom Drew Medallion (Necklace no 11) (Fastest 50)
David Glossy 1:45:26
Laurie Dixon Bowl (Fastest 100) -
David Glossy 3:54:00
Members' Cup (Best 100 on Standard/AAT) -
David Glossy 3:44:43 AAT
Ladies 100m Cup (Fastest Women 100) -
Judy Reid 5:19:57
Mal Rees 12 Hour Shield (Best 12 Hour on AAT) -
David Glossy 276.173 miles AAT
BAR Perpetual Founders Award (10, 25, 50, 100 on
AAT) - Jeff Roberts 3:24:14 AAT
Screwed Down Trophy (BAR Runner-up (Men) on
AAT) - David Glossy 3:27:19 AAT
Mae and Dolf Lang Medallion (Women's BAR On
AAT - 10/25/50) - Deborah Beare 2:26:28 AAT
Don Byham Cup (Second Best LHC on AAT in May
Bank Holiday 10) - Linda Dewhurst 18:21 AAT

Awards

Jim Burgin Award (1st) - John Lacey
Jim Burgin Award (2nd) - Matthew Reader
Jim Burgin Award (3rd) - Alan Murchison

Other Achievements (No Trophy Awarded)

Best Woman 100 on Standard/AAT -
Judy Reid 4:23:31 AAT
Fastest 10 - Alistair Luxford 18:22
Fastest 15 - Gareth Williams 30:31
Best 15 on Standard/AAT -
Linda Dewhurst 26:00 AAT
Fastest 30 - Myles Davidson 1:07:33
Furthest 12 Hour - David Glossy 262.973 miles

2023 Standards

16 riders have claimed their standards:

4 have achieved 1 standard
5 have achieved 2 standards
4 have achieved 3 standards
2 have achieved 4 standards
1 has achieved 5 standards

2023 Group Age Records

18 have achieved age records
11 have achieved a record at 1 distance
3 have achieved a record at 2 distances
2 have achieved a record at 3 distances
2 have achieved a record at 4 distances

Congratulations to all of the above. I hope that many of you will be coming to the Prize Giving Luncheon at Aldenham Golf & Country Club on 28th January to receive your prizes from our chief guest – Ladies BBAR Kate Allan (Team Bottrill). The Group are very proud to have Kate as our chief guest, she will be giving a short talk as well as giving out the prizes. Any of you who would like to attend will be welcome, to applaud our prize winners and thank our team of volunteers that make our event program possible. All ticket enquiries to the Lunch organiser Simon Bowler, (sjbcontractors@btinternet.com).

Of course the AGM and the Lunch are our two main events during the long winter months but the committee would like you all to give some thought as to how you can help us maintain our high level of promotion. If all of you just gave up one morning every other season and marshalled one of our events all of the marshalling would be sorted. And of course as we pay expenses to all our marshals now you won't be out of pocket. The 2024 program is similar to the 2023 (2 mid-week tens on H10/3r, two tens on the F11 and the Rocco 25) but has been added to by the Group (under the leadership of Rachael Elliott) promoting the VTTA National Championship 15 on H15/3 on Sunday 18th August. If you want a warm up ride to experience the course, the mid-week ten will be on a similar roads a few days before.

The Rocco 25, not for the first time, was cancelled in September this year due to a flooding emergency causing a lane closure on the A404, which made the event unsafe to run. We have booked for the event to be on the same course in 2024 and hope for better luck. The organisation of the event remains in the hands of Wolfgang Emmerich (Team Bottrill). The committee would like to take this opportunity to thank the London Phoenix CC who have, for the past three

years, been responsible for the marshalling and organisation of this event. The London & Home Counties would welcome advances from any local clubs who feel that although they were unable to take responsibility for running a stand-alone event, would be able to undertake a partnership with the Group to promote an event. The Group has a wealth of experience in promotion at all levels and can provide advice, contacts with our membership and even financial help with a jointly promoted event.

One of the challenges that the committee faced in 2023 was trying to deal with the large backlog of standards medals and event awards that had accumulated due to our Recorder moving away from the area. Joy Payne undertook the task of getting things up to date and has succeeded wonderfully. The committee is grateful for the work she (with help from husband John no doubt) has carried out and we are hoping that by the time you read this not only will any backlog have been supplied, engraved and distributed, but that all of the 2023 event awards, trophies and standards medals will be available for presentation at the January Lunch. Joy is also responsible collating the list of trophy and standard awards printed above.

At our AGM, held in November, we elected a full committee – including a new position, that of Social Media Co-ordinator. Wolfgang Emmerich will be looking into a Group website amongst other things and committee member Steph Cousins will be assisting by taking over the Facebook account – all in an attempt to keep in better and more instant touch with the membership. We are convinced that making relevant information available to our members is vital to the future of the Group. We also welcome a new committee member to our ranks – Linda Dewhurst.

MANCHESTER & NORTH WEST

By Ken Workman

AGM and Other News

Our Group AGM was held at Goostrey on Sunday 19th November, when no doubt the day's cold and wet weather contributed to just 13 members attending. I retired as newsletter editor without a replacement forthcoming, but will remain as a committee member. The other committee members were all re-elected, with Barrie Whittaker taking on a new position of Events Manager, co-ordinating Group entries for local VTTA.

Our Group President, Jim Ogden recently suffered a fall at home, fortunately with no lasting ill effects so he was able to attend our AGM.

Billie Farrell again undertook the important job of providing hot drinks and cake.

Our Treasurer, Jon Lloyd, submitted a comprehensive account of the year's financial dealings showing the Group in a healthy position.

Our Recorder, David Wright, reported that even though the number of actual rides had decreased, 2023 was a successful season. Enthusiasm for personal age-related challenges continued, with 37 members registering for Standards in 2023; a pleasing increase over last season, which itself was well supported. 21 members are eligible for claims covering a total of 50 Standards awards. To date, 13 members have claimed for plaques and medals with two of them from tricyclists.

Standards attempts fees remain as before; £15 to cover any number of attempts at any or all distances on a single machine. The fees are due at the beginning of the season before any Standard attempts are made. David also commented it is vital that racing members link their CTT and VTTA accounts.

Along with most groups, M&NW have increased subscriptions to £20 for singles and £25 for doubles, these are due on 1st January. Those who pay online will receive reminders in the New Year.

We had been fortunate in having no deceased members for over a year, but just as this newsletter was being finalised we were advised of the passing of our oldest member, Jack Ramsden of Middleton CC, who died in February aged 95. The meeting paused to remember Jack, a fitting tribute to him will appear in a future edition.

Prize Presentation Luncheon

Please highlight Sunday 18th February in your diary for our social event of the year; the Prize Presentation Luncheon at Middlewich Masonic Hall. You can expect another three course feed, and at the bargain price of £17, it's a steal. Those who didn't go certainly missed out big style as the good reports we received about our new caterers were borne out, with plenty of tasty food available!

Ian Peacock's introductions of the prize winners were a humorous feature of our last Luncheon. Ian has now taken over as organiser, so you'll be happy to hear he

is also to be the MC. He looks forward to receiving your requests for tickets by phone on 01538 382747 or via email at: ian-peacock@outlook.com

Please order your places by Monday 22nd January; make cheques payable to 'VTTA Manchester & NW'.

It would be great to see as many members and guests as possible attending, to celebrate the prize winners. Donations of raffle prizes will be welcomed.

Manchester and North West Trophy Winners

25 mile Championship Cup (Best two aggregate performances on AAT by a Group member in Group 25-mile TTs, but the Group 25 and 15 in 2023 due to road works) - Alan Chorley

Memorial Handicap Shield (Best handicap placing by a Group member in the Group's/Seamons 25 mile handicap event) - Mick Hutchins

ES (Ted) Ward Memorial Championship Cup (1st Group member on standard in the Group 50 mile event) - Alan Chorley

Bert Starkey Shield (Highest placed Group member in the National VTTA BAR) - Ian Peacock

Stan Livingston Memorial Trophy (Highest placed Group member in J Courses BAR on standard - local courses J/D/L) - Ian Peacock



Ian Peacock (Leek CC and Manchester & NW Group) here seen in the VTTA National 100

3 Distance (Butterworth) Competition Championship Cup (Highest placed Group member in the National 3 Distance competition - 25, 50 and 100) - Lucy Rogers

Local Courses 3 Distance Shield (Best Group member on standard in an open 25, 50 and 100 on local courses - J/D/L) - Lucy Rogers

Lamp Trophy (Presented to the last counter in the BAR competition, or in 3 Distance competition if no qualifiers in BAR) - Ian Peacock

Short Distance Trophy (Best Group member on standard in any two open 10s and two open 25s) - Lucy Rogers

Finely Tuned Athlete Trophy (Best Group member on standard in any two open 10s and two open 25s, all on local courses - J/D/L) - Lucy Rogers

President's Trophy (Best aggregate of performances on standard across selected Group events) - Mick Hutchins

Group Age Records

Joanna Cebrat, age 43/44 - 10 miles in 23:10, 419.23 miles in 24 Hours

Richard Shaw, age 54/55 - 10 miles in 19:44

Barrie Whittaker, age 66 - 15 miles 36:45 then 35:31

Ian Peacock, age 71 - 220.4 miles in 12 hours



Trike enthusiast Alan Shuttleworth (Weaver Valley CC) negotiates the turn in the VTTA 25 championship

Lucy Rogers, age 54 - 10 miles in 23:39 then 22:58 then 21:46, 50 miles in 2:02:06, 100 miles in 4:19:47

Vic Trigger (Trike), age 77/78 - 10 miles in 33:43 then 32:46, 25 miles in 1:26:23 then 1:32:14

Alan Shuttleworth (Trike), age 76 - 10 miles in 29:54, 25 miles in 1:20:17, 30 miles in 1:41:27

National Medals

Many congratulations go to our Group's medal winners in VTTA National Championships. There were three stand-out rides made while battling difficult conditions; hot and windy for the 100 and biblical rain for much of the 24 Hour. These medals will all be presented at the Group Luncheon.

Joanna Cebrat won the women's gold medal, National '100' - 4:02:56 AAT and the women's silver medal, National 24 Hour - 470.20 miles AAD.

Richard Shaw won the men's silver medal, National '100' - 3:41:20 AAT.

Other Racing

If any M&NW member can be described as travelling big distances to events, it would surely be our committee member, Barrie Whittaker. This season he has competed as far afield as South Wales and East Anglia, including at least three VTTA National Championships.

Barrie seems to like the 'F' (London North) courses as he has competed there on seven occasions this season, including our National '15' on 26th August, where he flew our flag as the only Group rider with his actual 35:31 (31:38 on AAT).

A full report of September's VTTA National '10' on a course north of Stafford appears in this issue. Alistair Ribbands (Congleton CC), took an excellent 3rd fastest with 20:45, but being a VTTA 'youngster,' sadly, he didn't get a medal. Mike Walker's 23:58 and Gail Lowe's 25:00 (both Congleton CC), followed. Lyme RC's Barrie Whittaker did 25:02, William Renard (Macclesfield Wh.) set 30:05. Vic Trigger (Crews Clarion Wh.) rode one of only two trikes in the event to finish with 38:03.

84 year old Nev Ashman (Manchester Velo), found the breezy conditions hard going for his 30:36, but maintained his fine sequence of competing every year for the last 40 years.

M&NW Group members finished highly in the M&DTTA Cheshire Points Series; Richard Shaw (Seamons CC), and Alistair Ribbands (Congleton CC), took 3rd and 4th overall.

In three of the four Vets' sections our members took the top three places; the 40-49 group saw Congleton's Mick Hutchins and Mike Walker, in 1st and 2nd, with Mike Summers (Wheelguru) taking 3rd.

The Seamons duo of Richard Shaw and Ade Hughes headed the 50-59 section, with Kevin Blades (360cycling) in 3rd. Peter Jackson (Macclesfield Wh.), took 2nd place in the 60-69 section.

In the 70+ section, Ian Peacock (Leek CC), John Verbickas (Seamons), and Alan Shuttleworth (Weaver Valley CC), were placed in that order.

For good measure, Alistair Ribbands and Mick Hutchins were part of the Congleton winning overall team.

In the women's overall standings, Congleton CC demonstrated their strength in depth by taking the first four places; the 'too young' Alice Taylor headed 'our' Claire Harrison, Lucy Rogers and Lynsey Astles. Claire and Lynsey also topped the 40-49 section with Michelle Fairclough (Velotik RT), in 3rd. Joanna Cebrat (360cycling) took 4th.

In the 50-59 section, Lucy Rogers, Alison Stephenson and Gail Lowe took 1st, 3rd and 4th spots. In the 60-69 section, Jeanette Barber (Seamons CC), took 1st with Denise Hurst (Congleton CC), in 2nd. Unsurprisingly, Congleton took the team prize with more than double the points total of Buxton CC.

'Our' John King (Janus RC), aged 86, deserves a mention as the oldest rider in the series.

In the full expectation that you'll receive the final 'Veteran' of 2023 in time, apart from my usual exhortations to take care on the road, my last words this year must be to wish everyone a Merry Christmas and a safe, happy, healthy, and prosperous New Year.

MERSEYSIDE By Brigid Night

Fifteen Merseyside Group members finished the National 12 Hour Championship in July. Thank you to Roger Squire, organising the 12 for the first time, and his "team of helpers", for hosting this event. Many congratulations to the Merseyside Group for their

success in the event and particularly well done to David Williams (Velotik), who came 4th of the men with 284.30 miles (AAD 289.38 miles).

With both the VTTA 100 and 12 hour championships being on local roads this gave us a good start for the VTTA BAR contest. After several years with no team winners it was good to see Merseyside Group win the group team award with David Williams, Alan Broadbent, Barry Murphy, Arthur Winstanley, Ian Casson and Geraint Catherall - real strength in depth!

It has been a fantastic season with so much to celebrate and we look forward to doing this at our Annual Dinner and Prize Presentation on Sunday 14th January. Please email brigidnight@gmail.com for details and to book your place.

Summary Of Our 2023 Trophies

John Clucas Memorial Trophy (WCTTCA 30 Best on Standard) - Deb Hutson-Lumb (Wrekinsport CC)

George Hayes Trophy (WCTTCA 30 Fastest time) - Dave Williams (Velotik)

Ron Yates Trophy (Frodsham Whs 10 Best on Standard) - Jarod Garrington (Velotik)

Leo Madden Trophy (Frodsham Whs 10 Fastest time) - Matthew Walsh (Graham Weigh Racing)

Dick Corris Memorial Trophy (WCTTCA 50 Best on Standard) - Alan Broadbent (Graham Weigh Racing)

Eddie Gradden Trophy (WCTTCA 50 Fastest time) :Victor Chetta (Mid Shropshire Whs)

Oscar Dover Shield (SCCA 10 best on Standard) - Nick Giles (Pocomotion RC)

Hilda Dover Cup (SCCA 10 Best lady on Standard) - Susan Wilde (Frodsham Whs)

Derek Ireland Cup (SCCA 10 Fastest time) - Mark Liptrot (Graham Weigh Racing)

Colin Rutter Cup (Chester RC 25 Best on Standard) - Tim Beardmore (Bridgnorth CC)

WJ Smith Rose Bowl (Chester RC Fastest time) - Alan Broadbent (Graham Weigh Racing)

Walvale Trophy (MSW 25 Best on Standard) - Tim Beardmore(Bridgnorth CC)

Brooke Cup (MSW 25 Fastest time) - Jarod Garrington (Velotik)

Ted Fitzpatrick Shield (MSW 25 Nearest to +0.02) - Helen Tudor (Oswestry Paragon)

Joe Brooke Trophy (N Shrops Whs 25 Best on Standard) - Deb Hutson-Lumb (Wrekinsport CC)

Gomersal Cup (N Shrops Whs 25 Fastest time) - Dave Williams (Velotik)

Dave Towell Cup (Fastest 100 of the year) - Dave Williams (Velotik)

Bill Hanson Cup (Best 100 of the year on Standard) - to Dave Williams (Velotik)

12 hour Cup (Best 12 hr ride of the year) - Dave Williams (Velotik)

B W Bentley Rose Bowl (Best 12 hr of the year on Standard) - Dave Williams (Velotik)

Meritorious Cup (Meritorious perf overcoming hardship) - Deb Hutson-Lumb (Wrekinsport CC)

George Butler Memorial Cup (For outstanding services to the Group) goes to TBA

Tom Johnson Memorial Cup (Group 4 distance BAR Champion) - Dave Williams (Velotik)

Wally Gradden Cup (Group 3 distance Champion on Std) - Dave Williams (Velotik)

Doreen Mahar Rose Bowl (Group Ladies' Champion on std) - Deb Hutson-Lumb (Wrekinsport CC)

Dave Swales Cup (Group Ladies' Champion on actual) - to Deb Hutson-Lumb (Wrekinsport CC)

Bill Taylor Memorial Shield (Group 3 distance Champion on actual) - Dave Williams, Velotik

Lanterne Rouge (Last place in the 3 distance table) - Geraint Catherall (Anfield BC)

Harry Mahar Memorial Salver (Best 2 x 10 and 2 x 25 on std) - Dave Williams (Velotik)

Standards Awards

We are delighted to announce that 30 of our group have claimed their Standards Awards for 2023.

Summary of 2023 Merseyside Group Records

19 new men's records by 10 individuals:

David Williams,(Velotik), age 44 - 10 miles in 18:44, 25 miles in 48:50, 50 miles in 1:41:29 and 100 miles in 3:47:49.

Victor Chetta (Mid-Shropshire Whs), age 45 - 100 miles in 3:52:50.

Alan Broadbent (Graham Weigh Racing), age 49 - 272.05 miles in 12 hours.

Jonathan Mills-Keeling (Bridgenorth CC), age 50 - 25 miles in 52:56, 50 miles in 1:50:04 and 100 miles in 3:57:19. He also broke the 51 years record for 10 miles in 20:00

Tim Beardmore (Bridgnorth CC), age 51 - 25 miles in 54:03 and 53:19, 30 miles in 1:06:33 and 50 miles in 1:54:39.

Kevin Larmer (Port Sunlight Whs), age 52 - 25 miles in 53:57.

Nick Giles (Pocomotion RC), age 64 - 30 miles in 1:12:55.

Arthur Winstanley (VTTA Merseyside), age 66 - 100 miles in 4:30:24 and 229.46 miles in 12 hours.

Ian Casson (Birkenhead Victoria CC), age 71 - 202.06 miles in 12 hours.

Peter Norman (Wrexham RC), age 85 - 10 miles in 37:31. (Sadly Peter has passed away since this ride.)

7 new women's records include:

Deb Hutson-Lumb (Wrekinsport CC), age 58 - 10 miles in 23:25 and 23:12, 15 miles in 38:18 and 50 miles in 2:11:29.

Janet Fairclough (Liverpool Phoenix CC), age 62 - 15 miles in 36:39, 25 miles in 1:01:35 and 50 miles in 2:14:20.

Jenny York (Mid Shropshire Whs), age 65 - 10 miles in 26:40 and 25 miles in 1:08:12.

A new 12 hour, all female NATIONAL TANDEM RECORD was set by Hannah Fawcett (Liverpool Braveheart) and Brigid Night (Frodsham Wheelers). They covered a distance of 245.38 miles.

Our AGM

This was held on the 17th November at Waverton Village Hall, too late to report here.

Merseyside VTTA have been asked to host the VTTA National 25 miles and Alan Broadbent has very kindly agreed to organise this. The full details of all the group events will be available in our next report and in the National Handbook.

The current post holders are: Phil Guy (President and Treasurer), Mel Griffiths (Chairman), Susan Aldridge (Secretary, Web Admin and Social Media), Janet Fairclough (Recorder and Records Secretary) and Brigid Night (Social Secretary and News Editor).

MIDLANDS By Alastair Semple

2023 has been an excellent year in the Midlands with numbers in both A and B events rising once again. On a national stage Midlands riders performed extremely well taking no fewer than 4 solo, 4 team and 3 group medals, our best overall results in over 20 years. So well done to Deb Sheridan (Warwickshire RC), Steve Loraine, Joe Costello Susan Semple and

Mark Hamer (Legato RT), Jon Howard and Tim Wood (Team Echelon). I would like to make special mention to Deb Sheridan and Joe Costello who both set new national age records for 15 miles on the F2/15 this summer.

Midlands Winter Racing

As our road season has drawn to a close Midlands District Zwift racing league is back in full swing. Midlands District Zwift winter league takes place at 6.30pm on the British Cycling event on the London Classique course. There will be two leagues - early winter Nov – Dec and late winter Jan – Feb. 8 events in each with the best 4 to count. As I write this in mid-November, Mark Wise (Team Enable MI Racing) is leading the early winter competition. Members from other areas are invited to ride although they won't be included in the league results - purely riding for winter training and to see how they compare to others. Midlands results will be posted in the Midlands VTTA News section.

Midlands Points Competition 2023

The points competition is run each year for Midlands VTTA members, where points are awarded to every ride taking place on a 'K' course (Midlands open). Last placed rider is awarded 100 points, next fastest 105 points and so on, so the riders best placed in a large field of Midlands VTTA members scores the most points regardless of their time on any given course. The competition is kindly sponsored by Tim Wood (Echelon Cycles) and is match funded by the Midlands VTTA and this years top 10 winners will all received a share of the £500 prize money on offer. It was a close run event this year but a clear leader in Joe Costello whose best 6 events gave him a 200 point clear lead over Denise Burrows who took 2nd place.

Pos.	Name & Club	Points
1	Joseph Costello (Legato RT)	939
2	Denise Burrows (AeroCoach)	737
3	Susan Semple (Legato RT)	730
4	Philip Wooldridge (VTTA (Mids))	702
5	Mark Wise (Team Enable MI Racing)	690
6	Simon Dighton (Beacon Roads CC)	677
7	Phil Brown (Walsall RC)	655
8	Alastair Semple (Legato RT)	640
9	Deborah Sheridan (Warwickshire RC)	635
10	Simon Law (Race Rapid)	559

As we see a move towards greater participation of road bikes in open events, in 2024 the Midlands VTTA will introduce a points competition for road bikes specifically, with the top placed riders enjoying a share of the prize funds.

Midlands VTTA Trophy Winners

Each year our riders compete to win a selection of beautiful silver trophies, all but one based on AAT, and today we can announce this year's winners who will be presented with their trophies in the New Year.

Event Trophies

Birks Cup (15 miles), the *Billy Steer Cup* (Men 25 miles), *Massie Plate* (over 65 on K47/15_ and the *Wells Cup* (Men 50 miles) - Joe Costello (Legato RT)

Victory Cup (Women 50 miles) - Fay Barrington (Banbury Star Cyclists' Club)

Stoke Cup (Fastest on actual 50 miles) - Mark Hammer (Legato RT)

Williams Rose Bowl (Men 10 mile VTTA National) - Jon Howard (Team Echelon)

Bart Cup (Women 10 miles VTTA National) - Susan Semple (Legato RT)

Season Long Trophies

Cyclo Shield (Men/women any open 25, 50, 100 miles) - Emma Bexson (Stratford CC)

Bayliss Cup (Women Short Bar) - Susan Semple (Legato RT). Sue came 7th nationally in this competition.

Godiva Cup (Men short BAR) - Joe Costello (Legato RT)

Les Lowe Trophy (Furthest cumulative distance ridden on open "K" course events) - Joe Costello (Legato RT) 112.7miles

Looking to 2024 now and our opening VTTA event is on 6th April on the K47/15 (Wellend Trophy) so time now to bank a few more training miles before you begin your taper and arrive in the Midlands to take part in this prestigious event and start your 2024 season off in style.

From everyone on the Midlands VTTA committee we hope you have a lovely festive period with family and friends and we look forward to racing alongside you in 2024.

Stay Safe, Stay Fit, Stay Fast.

NORTH **By Gavin Russell**

With the season now at an end, we turn our attention to the administration of our sport and the identification of those who have been successful during the 2023 and the gathering of information on events for the 2024 season.

Administration

At the group's AGM, all officials were re-elected, with the only change being that Ruth Crossley has stepped away from the points competition recorder's post, however Phil Wright has now incorporated the activity into his role as group recorder for 2024. Thanks go out to Ruth for her years of service in acting as the points recorder. She remains as social secretary. The treasurer, Paul Dawson was able to report that, even after sending a requested contribution to the upgrade of the VTT website, a small surplus was achieved.

Thanks must go to all our group officials and organizers and support teams, who delivered a full program of VTTA North Group events. It was especially pertinent that a number of events took place in the north of the group's region.

By the time you read this, the closure date for ticket sales for the group's annual award luncheon (7th January 2024) will have passed. All 2023 members will have received an email notifying and inviting them to the function at Hardwick Hall, Sedgefield. It is hoped that the trophy winner will be in attendance to collect their awards from our Guest of Honour, local rider and the 2022 British Best All Rounder, Marcel Schubert of Darlington CC.

In addition to our own group awards, members have stood on podiums nationally, with Russ Richardson scooping the blue ribband championship, the VTTA national 25 miles event, and Phil Kennell and Russ also finishing on the podium at other VTTA National championships.

Thanks go to Phil Wright for providing the following results.

Group Trophies:

Joe Jones Memorial Cup, awarded to the group Best All Rounder - David Nichol (Ferryhill Whs)

Team Shield, awarded to the club/racing team of 2 who finish 1st on standard in the group Best All

Rounder - Ferryhill Wheelers CC (David Nichol and Paul Tyler)

25 *Shield*, awarded to the group member who is actually fastest in the group Best All Rounder - David Nichol (Ferryhill Whs)

Hill Climb Trophy, awarded to the 1st group member on standard in the Hill Climb Championship (held in conjunction with the Cleveland Wheelers CC) on 26th September - Shaun Tyson (Protech Velo)

George Siddle Memorial Trophy, awarded to the 1st group member on standard in the 3 Distance Competition - Philip Kennell (GS Metro)

Jubilee Cup, awarded to the group member who finishes 1st on standard in the VTTA (North Group) 10 mile time trial on the T102 course on 22nd May - Russ Richardson (Zurbaran Racing)

Nouveau Shield, awarded to the group member who finishes 1st on standard in the Houghton CC 25 mile time trial on 27th June - Phil Hall (Velo Culture)

Joe Sander Cup, awarded to group member who finishes 1st on standard time in the short distance competition - Russell Richardson (Zurbaran Racing)

Doreen Hugill Memorial Cup, awarded to group member who finishes 1st on handicap in the group points competition - Lee Morley (Hartlepool CC)

Jim Burton Memorial Cup, awarded to group member who finishes 1st on standard in the group points competition - Russ Richardson (Zurbaran Racing)

President's Cup, awarded to the group member who finishes 1st on actual time in the points competition - Paul Newman (Richmond CC)

Lenny Downs Shield, awarded to the club/racing team of 3 who finish 1st on standard in the Points Competition - Ferryhill Wheelers (David Nichol, Caroline Ratcliff and Paul Tyler)

Tom Charlton Cup, awarded to the group member who achieves the season best plus at 50 miles (age 40 to 55) - Marcel Schubert (Darlington CC)

Tom Mathews Cup, awarded to the group member who achieves the 2nd season best plus at 50 miles (age 56 & over) - David Nichol (Ferryhill Whs)

Northern Unity Cup, awarded to the group member who achieves the season best plus at 100 miles.- David Nichol (Ferryhill Whs)

North Group Competition Results:

(All on age adjusted time/speed)

Best All-Rounder:

1. David Nichol (Ferryhill Whs), age 71 - 29.1mph
2. Paul Tyler (Ferryhill Whs), age 65 - 25.8mph
3. Mark Brownless (Darlington CC), age 51 - 22.3mph

3 Distance Best All-Rounder Competition:

1. Phillip Kennell (GS Metro), age 55 - 2:48:11
2. Marcel Schubert (Darlington CC), age 42 - 2:50:01
3. David Nichol (Ferryhill Whs), age 71- 2:50:42

Short Distance Competition:

1. Russ Richardson (Zurbaran Racing), age 66 - 31.97mph
2. Phillip Kennell (GS Metro), age 55 - 31.35mph
3. Paul Newman (Richmond CC), age 56- 30.08mph

Points Competition Summary

Actual: 1. Paul Newman (Richmond CC) - 93 points; 2. Russ Richardson (Zurbaran Racing) - 91 points; 3. Malcolm Steer (Darlington CC) - 81 points.

Standard: 1. Russ Richardson (Zurbaran Racing) - 100 points; 2. Paul Newman (Richmond CC); 3. Ray Hall (Adept Cycling) - 77 points

Handicap: 1. Lee Morley (Hartlepool CC) - 56 points; Paul Newman (Richmond CC) - 49 points; 3. Russ Richardson (Zurbaran Racing) - 44 points

First Team on Standard: Ferryhill Wheelers CC, comprising of Caroline Ratcliff (66 pts), Dave Nichol (61 pts) and P.Tyler (50 pts), giving a total of 177 pts.

New North Group Age Records

The following Age records have been ratified

Philip Kennell, age 55 - 25 miles in 52:58 and 52:12.
Then age 56 - 10 miles in 20:10, 25 miles in 51:21, 30 miles in 1:05:54

Ray Hall, age 62 - 50 miles in 1:56:42
Russ Richardson, age 65 - 10 miles in 20:26, 25 miles in 54:24. Then age 66 - 10 miles in 21:15, 15 miles in 34:18, 25 miles in 54:53

Phil Wright, age 68 - 15 miles in 40:34
David Nichol, age 71 - 50 miles in 1:58:41, 239.25 miles in 12 hours
Jo Scott, age 59 - 15 miles in 44:34

All historic Age Records are now available on the VTTA web site.

2023 Track Records

During 2023, attempts were made at existing outdoor track records by Caroline Ratcliff and Paul Tyler, both of Ferryhill Wheelers CC. In April Caroline, not only set group age records at various distances, but also set national age records at 5km, 10km, 5 mile and 10 mile.

Paul had success on a very windy day to beat the national age record for 10 mile. He beat the existing record by 0.1 second.

All records have been ratified by the National VTTA Recorder.

Anyone who is interested in making attempts in 2024, please do not hesitate to contact the group secretary. (me). You can use either a track/road/time trial machine.

2023 Standard Awards

The 2023 season has proved fruitful for the group members, with 7 gaining plaques (Phil Wright, Dave Nichol, Lee Morley, Tom Guy, Russ Richardson, Ray Hall and Mark Brownless) and 12 gaining at least one medal (Jo Scott (2), Wayne Coates (1), Andrew Dalaney (1), Phillip Kennell (2), Phil Hall (2), Peter Harridge (1), Paul Newman (2), Paul Dawson (1), Steven Fullerton (1), Steve Homer (1), Dr Richard Glennie (1) and Tracey Sample (1)).

2024 VTTA North Events

As this report is written (mid-November), the 2024 events program looks very healthy with over 20 events spread across the north-east, being identified for inclusion as counting events for the group's 2024 competitions. The finalised events will be notified to all members through email and also on Facebook.

Again, in 2024, the Croft Motor Racing Circuit will host the "All Comers" over 40, VTTA Northern Closed-Circuit Championship. This event, held on a Wednesday night in June, attracts up to 90+ riders from across the north of England and beyond, has national VTTA category award jerseys and medals up for grabs. Not an event to be missed.

Membership

You should have received membership renewal reminders from the VTTA by receipt of this Veteran. Please renew your membership and support the efforts of the group's officials and organisers, whilst enjoying the benefits of our many competitions and

championships, open to over 40 year olds. Additionally, please try and make the group stronger by recruiting your club/teammates and friends to join.

Cost of 2024 membership is £18 for individual membership and £21:00 for joint membership (for a couple living at the same property). Whilst the National VTTA have increased their part of the subscription by £2, the North group are continuing to maintain their part at the 2023 rate.

2024 Standards Fees remain unchanged from 2023. For £12 you can attempt all distances, from 10 miles to 24 hours, as many times as you like. (The above fees apply to one of the four machines, solo cycle, solo tricycle, tandem cycle and tandem tricycle). Only rides completed after the payment of the relevant fee(s) will count for "Standard" medals. You can achieve your standards in any CTT listed open event across the country.

Closing Information

Finally, as I always say at the end of these reports, should any group members require additional 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.

Please have a good festive season, not too much celebration, keep safe and we look forward to seeing you facing the timekeeper next season.

NORTH LANCASHIRE & LAKES

By Richard Taylor

As the year of 2023 draws to a conclusion, the members of the North Lancs and Lakes group can congratulate themselves on another satisfactory season. Rider participation bucked the current national trend with an increase in rides year on year, and the group championships were successfully competed for. Debbie Moss was National Women's 30 and 50 Champion and the group won the Team award in the National 25 with both Debbie and Richard Bideau runners up in their gender categories.

With this in mind, I urge all members to secure their tickets for the annual luncheon at Best Western Garstang golf course in the new year, where, for the first time national awards will be presented as well as

our own trophies. The date for your diary is Sunday 7th January 2024 and tickets are £25.50 each and available from John Leach on 07922 013016. Guest of Honour will be National President Tony Farrell.

Since the last edition of The Veteran, the group has promoted an inaugural 10 mile event, with a brand new trophy, and had more than a passing interest in our local NLTTA 50 and 100 mile races. The 10 was promoted on a Tuesday afternoon in August on the A6 between Milnthorpe and Carnforth, a single carriageway (mostly) undulating course designed by member Richard Belk for his club Kent Valley's evening events.

Fastest rider on the day was Stephen Feeny of Tactic Sport UK with 21:21. Best on AAT was Peter Greenwood of Clayton Velo, actual time 23:27, with Debbie Moss winning the new Ladies 10 miles trophy, named strangely enough in her own name as she donated it! Other members times were: Matt Stell 22:29, Andy Whiteside 22:59, Robin Gillespie 23:10, Paul Shallicker 23:18, Paul Blackburn 23:20, Dave Isherwood 24:38, Debbie Moss 24:39, Charlotte Boothman 24:59, Scott Taylor 25:14, Mike Westmorland 25:46, Sue Cheetham 26:15, Richard Belk 27:25, Kath Finn 28:25, Brian Moore 34:15 and Derek Black 36:50.

The North Lancs TTA has a close relationship with our vets group and their events are supported and officiated by our membership, with the 100 in particular a flagship race. The Association also organises a 50 mile time trial with myself responsible for organising this mid-September event, it is also the final counter for the Group Championship. A healthy field of 63 riders were on the sheet, however, 18 failed to start and our very own Theresa Taylor took a tumble and suffered a broken collar bone. We are very grateful to passing motorists who stopped to ensure Theresa got the treatment required and her bike returned to HQ.

Douglas Watson continued his successful run on the A66 courses with a virtual 30 mph effort of 1:40:05, also capturing the AAT award by nearly 10 minutes. Our very own Debbie Moss claimed 2nd AAT with an actual 2:4:15 and was fastest woman on the day. Other group participants were Allistair Moffat of VC Cumbria with 1:54:38, followed by Andy Whiteside in 1:55:11. Dave Hilditch timed 2:13:51, Rachael Maxwell improved her best 50 to 2:16:46, Clifford Degraff recorded 2:18:40, Sue Cheetham 2:19:05 and Bill Maxwell 2:31:06.

VTTA North Lancs and Lakes 2023 Championship Winners

As said previously, rider numbers have been good during this year, 45 members rode at least one championship qualifier, 3 up on last year, with 13 completing the required 4 elements. The results of the season long competitions are as follows:-

Traders Cup - Group Championship

1. Peter Greenwood Clayton Velo 480 pts
2. Debbie Moss Springfield Financial 478 pts
- 3=. Andy Whiteside Springfield Financial 472 pts
- 3=. Mike Westmorland Border City Whs 472 pts

Ladies Championship

1. Debbie Moss Springfield Financial 478 pts
2. Sue Cheetham North Lancs RC 466 pts
3. Rachael Maxwell Border City Whs 448 pts

Debbie Moss Trophy - Ladies 10 Mile Championship

1. Debbie Moss Springfield Financial 21:04
2. Sue Cheetham North Lancs RC 21:50
3. Charlotte Boothman 360cycling 22:32

Dobson Trophy - 25 on AAT

1. Peter Greenwood Clayton Velo 52:22
2. Andy Whiteside Springfield Financial 54:24
3. Derek Parkinson Springfield Financial 54:54

Paddy Maloney Trophy - 50 on AAT

1. Peter Greenwood Clayton Velo 1:41:10
2. David Rundall Chorley CC 1:42:13
3. Richard Helm Barrow Central Whs 1:45:28

Karrimor Saddle - 100 on AAT

1. Matt Stell Springfield Financial 3:58:48
2. Allistair Moffat VC Cumbria 4:02:22
3. Paul Russell Springfield Financial 4:04:38

Crowther Shield - 5th on AAT in 100

Paul Russell Springfield Financial

Baxter Rose Bowl - 100 on handicap

Allistair Moffat VC Cumbria 3:29:22

Ken Priestley Trophy - 12 Hour on AAT

Andy Whiteside Springfield Financial 293.21m

Team Shield

Springfield Financial - Debbie Moss,
Andy Whiteside, Matt Stell 1421pts

NL&L Group Age Records set in 2023

(All to be completed on L courses)

Men - bike

Andy Whiteside (Springfield Financial), age 49 - 50 miles in 1:50:38

Jason Bateman (VTTA NL&L), age 51 - 10 miles in 19:10, 25 miles in 50:29

Richard Bideau (Pendle Forest CC), age 52 - 10 miles in 19:50 then in 19:30, 25 miles in 50:32

Simon Horsley (Legato RT), age 58 - 10 miles in 20:40, 25 miles in 54:42

Simon Horsley (Legato RT), age 59 - 10 miles in 20:47, 30 miles in 1:07:45

Peter Greenwood (Clayton Velo), age 71 - 10 miles in 21:56, 25 miles in 56:27

Mike Westmorland (Border City Whs), age 78 - 10 miles in 23:58 then 23:46, 25 miles in 1:01:35, 50 miles in 2:14:23

Women - bike

Debbie Moss (Springfield Financial), age 53 - 10 miles in 21:48, 25 miles in 56:17, 50 miles in 2:04:15

Sue Cheetham (North Lancs RC), age 60 - 30 miles in 1:19:52, 50 miles in 2:14:25

Theresa Taylor (Springfield Financial), age 63 - 10 miles in 25:01 then 23:19, 25 miles in 1:04:57

Men - trike

Brian Moore (TA NW), age 68 - 10 miles in 30:35 then 30:18, 25 miles in 1:21:16

Standards

An onerous task at the best of times, collating claims from a reluctant membership is always a mystery to the average group recorder. Why order and prepay from Amazon and not be bothered whether the goods are delivered? Anyway, such is life, and after an extensive amount of research, there are 16 successful claimants, ranging from the ever improving Rachael Maxwell with 5 distances to 3 riders with one apiece. Clifford Degraff, Simon Horsley, Karen Bailey and Roy Nield have 4, with Richard Tyson and Brian Moore on 3.

These plaques and medals should be available from the Group Luncheon which, I repeat, is on 7th January 2024 (details above).

2023 AGM

Our annual meeting took place at Winmarleigh on Sunday 8th October with 14 members present - apathy or a vindication of the officials doing a good job? Answers on a postcard. Yet the problem as we discovered is that we will require a new Secretary and

Treasurer as of late 2024. Whether this can become an amalgamated position depends on the dexterity of the incumbent, be sure to form an orderly queue...

Levity aside, it is imperative we have new blood in situ to take this fine association group into the future as we say farewell to a committee man of many years - Frank Kerry, who has stood down after 40 odd years of officiating along with a successful racing career which saw him win the national 3 distance BAR on three consecutive seasons and lead the group team 5 times. He still holds a 10 mile national age record, many thanks to Frank.

John Ward from Preston Whs, the NLTTA treasurer, joins the committee, and is very much welcome. In other news, the subs are going up to £20 single and £22 double as of 2025 so get saving in anticipation.

Events 2024

Southport 15	Sunday 21st April	D33/15	8am
VTTA Open 25	Sunday 28th April	L2524	7am
VTTA Open 50	Sunday 16th June	L5012	7am
NLTTA 100	Sunday 14th July	L10010	7am
VTTA Open 10	Tuesday 13th August	L1023	2pm
NLTTA 50	Sunday 15th Sept	L5012	7am

Wishing all our members a Merry Christmas and a successful New Year, and don't forget the Vets dinner!

NORTH MIDLANDS

By Chris Lea

Sunday 18th February, the Holiday Inn, Rotherham, is the date and venue for our Annual Luncheon and Prize Presentation. If you haven't already reserved your place, please contact our Social Secretary, Ala Whitehead (Rockingham CC), on 07887 409239, by 8th January at the latest.

In the space of just three weeks, Tom Thornely (FTP Race Team) rode both the RTTC National 12 Hour Championship and the Welsh CA Championship, finishing less than a mile behind the winner in each case, with 294.41 and 303.37 miles respectively. Almost 600 miles in just two races!

Also taking on the challenge of National Championships, Sarah Harrison (Trek Sheffield), Nick Latimer (Team Lifting Gear Products), Martin Bullen (Peterborough CC) and Simon Warren (Norwood Paragon CC) all rode superbly in Lakes RC/Barrow Central Wheelers promotion of the Hill Climb

Championships on the aptly named The Struggle from Ambleside to the summit of the Kirkstone Pass.

Yvonne Twelvetree (Sheffield Tri Club) rode a brace of hill climbs this season, finishing with the classic Monsal Head event promoted by Sheffrec CC – a race also contested by Nick Latimer, Simon Warren, and Andy Newham (Lincoln Whs CC) on his trike!

Earlier, in September, we held our North Midlands group 10 on the O10/1 at Hatfield, organised by Gordon Wordsworth of the Rutland CC, supported by members and friends of the group. 'We' took first and second places on age adjusted time, with Andy Thomas' (Lindsey Roads CC) 20:08 and Steve Gibson's 20:14 (Peak RC), based on 21:14 and 21:38 for 5th and 8th place on actuals, respectively. Simon Warren was fastest rider on a road bike, with a rapid 23:11. Yvonne Twelvetree was 2nd woman on actual time, in a PB and new Group Record at age 73, of 30:02. Excellent work folks!

There was a good turnout of riders from the North Mids in the Group 10. Tony Nash (Lindsey Roads CC) did 22:07, Martin Nelson (Out of the Saddle CC) 22:14, Daryl May (Sheffrec CC) rode 23:23, Trevor Mayne (Birdwell Whs) 23:31, Paul Mapletoft (Kiveton Park CC) 23:49, Ben Hamilton (Rutland CC) 27:39, and Michael Weaver (Rotherham Whs CC) 28:50. Also riding were Ala and Andy Whitehead (Rockingham CC) in their first open event on the tandem this year, recording 26:05 and, in so doing, winning the group's Watson Trophy for fastest ride on a tandem over 10 miles. Three other group trophies were also decided on the day, based on standard/age-adjusted time - the Cleethorpes Shield for fastest rider to Andy Thomas, the Sheffield Central Cup for fastest female to Yvonne Twelvetree; and the Ron Blythe Trophy to Ben Hamilton for fastest rider over 70. These trophies will be presented at the Annual Luncheon.

Some other notable rides in the latter part of the season included Steve Gibson making the podium in bronze medal position with his ride in the VTTA National Championship 10 with an age-adjusted time of 20:38 based on an actual of 22:02. On the E2/25, Andy Thomas (Lindsey Roads CC) did a season's best of 51:05, whilst Steve Gibson powered his road bike to a superb 54:46. Also getting under the hour on his road bike, was Andy Hicklin (Peak RC) who recorded 59:53 in Bramley Wheelers 25. Andy and Steve Gibson also rode the RTTC National Road Bike

Championships, finishing an excellent 3rd and 2nd in their age category.

At longer distances, Mat Ivings (Buxton CC) did 1:51:56 in the North Lancashire TTA 50. Len Best (Matlock CC) rode a 25 PB of 1:07:41 in the VTTA East Mids' wind-blasted event, whilst David Hayward (Matlock CC) also did a PB, with 1:08:08 in Cambridge CC's 25. Finally, Alan Sides (Rotherham Whs CC) rode his first open event in five years, in the Darlington CC 10 on the T104/3 between Catterick and Leeming Bar: a slow course. I hope Alan doesn't mind me saying that he is 79 and had a hip replaced not that very long ago. He completed the course in 36:05, and we're sure there's more to come next season.

SCOTLAND

By James Skinner

News

This year's prize presentation lunch will take place on Sunday 14th January 2024, at McQs in Bannockburn; for tickets, priced at £14, contact George Skinner. Doors will be open at 12 for a 1pm start. As we go to print the 2023 season results are compiled, and all trophies have been engraved ready to present, we hope that all championship winners can be there on the day to be presented with their hard earned trophy.

In a departure from recent years practice VTTA National Championship medals will be presented at the lunch. These are:

30 miles - Doug Watson (men's champion), Margaret McMillan, Liz Ball, James Cusack, Mark Anderson and Allan Maclean and Isobel Fletcher (tandem champions)

50 miles - Andrew Gallacher (men's champion)

24 hours - Robbie Mitchell (men's champion)

We have a stock of SVTTA clothing available at reduced prices, contact Iain McLeod at jaintmcleod@btinternet.com for stock and availability. All remaining clothing stock will be available at the Prize Presentation in January, the latest full list of clothing stock and prices can be viewed on the News section of the Scottish group page on the VTTA website.

The Royal Albert Cycling Club and youth section Clydesdale Colts Cycling Club are holding their Christmas Lunch on Sunday 17th December 2023.

Lunch starts 12.00 sharp at the Hollandbush Golf Club, Lesmahagow, ML11 0JS. To confirm Your place contact John Campbell on 07505 000273. Cost will be £18 for senior members and £13 for over 60s. The Royal Albert Cycling Club has kindly donated £5 per person to the over 60 years

For the hardy souls that want to cycle to this function there will be the annual club Christmas ride leaving at 10am from The Central Bar, 79 Union Street, Larkhall, riding via Stonehouse, Sandford, Deadwaters, Coalburn then to onto Hollandbush Golf Club. Front and rear lights are a must for the return ride.

Racing

Alex Munro, riding for SVTTA, rounded off a good season of racing with Scottish age records at 10, 15, 25 and 30 miles; this is one better than the three age records he recorded in 2022, and at 90 years young gives him 11 group age records in total.

Alasdair Washington of Caithness Cycling Club at 86 is still ahead though, with 12 age records listed, having recorded one during 2023 in the CTT National 25. Good luck in the upcoming season to both riders, who are closing in on Davie Millar who has 13 age records on file, and the late Derek Stewart who recorded an outstanding 16 Scottish age records.

Riders are reminded that, if the event you are competing in, is run by Scottish Cycling (SC) or British Cycling (BC), rather than the CTT (Cycling Time Trials) the Scottish Group allows its members to claim standards awards in SC Club events and CTT Type B events. Such events must be run on Type A classified courses, and satisfy the Type A timekeeping and recording requirements. Results from such events are however not eligible for Season Long Competitions and Records

If you ride a Scottish Cycling event and want to include the result for the assessment of your standards awards or National VTTA Season Long Competitions, or VTTA Age Records or any of the Scotland VTTA BAR Championships, please send details of the Scottish Cycling or CTT club event result to Jon Fairclough, the Scotland Group Recorder. The form for submitting these results can be found on the VTTA website look under About/Information/Time Trials in Scotland.

Events

These are the 2024 SVTTA Group championship events as we go to print. To verify check on the CTT website after publication in the new year.

April 21st - 10 mile championship (Jim & Betty Train Memorial trophy), organised by Royal Albert CC at Eglinton.

May 26th - 50 mile Championship (Alastair Speed Memorial incorporating the Harry Roberts trophy), organised by Mhairi Laffoley at Freuchie.

June 16th - 100 Mile Championship (Reilly and Sharpe trophies) organised by Deeside Thistle.

August 11th - 25 Mile championship (John Cramb handicap and Ben Smith trophies), organised by St Christophers CC at Bishopton

August 25th - 30 Mile championship (Pinky Williams trophy), organised by George McLaughlan at Cambusbarron.

September 8th - Boomerang 2-up trophy (Archie Speed Memorial). organised by Dave Bean at Freuchie.

September 22nd - 15 Mile Championship (Speed Family trophy), organised by Mhairi Laffoley at Cambusbarron.

October 6th - Tour De Trossachs - (Bill Lennon trophy), organised by Vanelli-Project Go at Aberfoyle.

If readers have any information, news, or gossip, get in touch at jamesmskinner@hotmail.com

SOUTH WALES

By Chris Gibbard

So the curtain closes on another season of racing. My ninth riding opens and my second as a vet and a member of the VTTA. My personal highlights include winning the Welsh 10 and 100 championships, even making it into the pages of Cycling Weekly for the former result. I'm told the publication isn't what it once was but still, ten years ago I would read the race reports never imagining that I would one day feature myself. Also completing my third 12 hour ranks up there with both those results. It might not have been the best performance but anyone who has ridden one knows the depths of strength it takes just to finish, particularly if it does not go exactly to plan. Anyway, with last season's achievements fading into memory, thoughts turn to next year and the upcoming winter of turbo training and weekend training rides in the cold, wind and rain. Here's to a great season just gone and another excellent one on the horizon!

My last report covered all of the group championships apart from the 12 hour and on September 3rd my alarm blasted away at 4am so that myself, my wife and brother-in-law could bundle sleepily into the van with a long day ahead of us. Some real hitters of the long distance scene were lining up, with last year's CTT national champion Tim McEvoy (FTP Race Team), last year's VTTA champion and VTTA BAR Anthony Jones (VMCC powered by Y Beic) and, although we did not know it at the time, runner up at this year's CTT championship Tom Thornely (FTP Race Team). The weather was forecast to be fine and I set off just after 6.30 feeling pretty relaxed about the prospect of a nice day on the bike in the sunshine. I was obviously hoping to win but I also had Andy Critchlow (Paceline RT) in my sights as I knew that as long as he did not beat me by 1.6 miles I should claim the CTT BBAR title. The first four hours ticked off quickly and during a short toilet stop I got the info that Andy was 4 minutes up. I was sure he had set off too fast and I was confident that it was still all to play for. The midday circuit on the South Wales course is what I always find the killer part. Six laps of the Hardwick to Mitchel Troy 25 mile course with long stretches on the undulating dual carriageway and a short sporting stretch on the back road past Raglan Castle. As the sun beat down in the afternoon I began to wilt. I could see that Andy was in a similar state as he passed me going in the opposite direction but the damage was already done. Anthony Jones and Tom Thornely looked unaffected and I felt nothing but admiration as I saw them both flying along well into the ninth hour.

Somehow I managed to make it round the finishing circuit to finish on a rather underwhelming 295.68 miles, Andy Critchlow finished with 298.06 miles which was enough to clinch the BBAR by 0.021mph. Overall Anthony Jones won the event with an astonishing 304.22 miles (a national age record if ratified), winning the group championship with an age adjusted distance of 317.42miles. This also cemented his third place in the BBAR and second in the VTTA BAR, an inspiring season from the 50 year old. Paul Coleman (Port Talbot Whs CC) took second in the group championship with 268.48 (AA 301.59). Despite riding countless 12 hr events this was Paul's lifetime best aged 62. Mike Hall (Port Talbot Whs CC) was the fastest road bike on scratch with 238 miles but he could not best the age adjusted mileage of 85 year old Brian Hygate (Fareham Whs CC) who managed 182.43 miles (278.72 age adjusted). The furthest by

a woman vet was 191.27 miles by Anita Turner (Eastbourne Rovers CC). Another great event by Robin Field and sadly his last WCA 12 hour. There were concerns that this would mean the end of the event but I hear a new promoter has been found and the 'Welsh 12' will remain on the calendar for one more year at least.

With the group championships all wrapped up the VTTA season in South Wales was pretty much over. There was still time for Diane Hynam (Bynea CC) to set a new age record of 31:47 at 72 years old and Hugh Davies of the promoting club setting 24:16 for a 78 year old in the Port Talbot Whs 10 on September 10th. A great event as afterwards competitors dashed to the top of the nearby Rhigos Mountain to watch the Tour of Britain peloton fly past. It is not every day that you get to see such generational talents as Wout van Aert in the flesh.

Later in September I made the long journey to the F11/10 in Tring to set a new age record of 18:17. Not to be outdone, Tony Jones lowered the 10 record for 50 years old to 19:20 and Derek Morgan (Gannet CC) posted a 31:49 at the age of 83 in the last event of the season; the Cardiff 100milers 10 on the R10/17 in the first week of October. The WCA 50 Championship was a good opportunity for John Aspell (Port Talbot Whs CC) to set a new record for a 55 year old of 1:55:51. In the same event Hugh Davies was also successful in setting another record with 2:18:00.

The full list of this season's group record breakers is below.

Men

Chris Gibbard, age 41 - 10 miles in 18:17, 15 miles in 29:20, 25 miles in 47:50, 100 miles in 3:25:58
Anthony Jones, age 49 - 50 miles in 1:39:50
Anthony Jones, age 50 - 10 miles in 19:20, 25 miles in 49:42, 50 miles in 1:44:13, 100 miles in 3:36:17, 304.22 miles in 12 hours
John Aspell, age 55 - 50 miles in 1:55:51
Ian Gibson (Abercynon RC), age 63 - 15 miles in 35:39
Robert Jones, age 71 - 213.94 miles in 12 hours
Hugh Davies, age 78 - 10 miles in 24:16, 25 miles in 1:02:37, 50 miles in 2:18:00
Derek Morgan, age 83 - 10 miles in 31:49
Bob Ibell, age 88 - 10 miles in 39:11

Women

Susan Shook, age 65 - 10 miles in 26:00, 25 miles in 1:04:23

Diane Hynam, age 72 - 10 miles in 31:47, 25 miles in 1:28:09

And a full list of the group championship results

10 miles

Men - 1st Christopher Gibbard 19:07 (+7:03); 2nd Anthony Jones 19:53 (+6:58); 3rd Hugh Davies 25:00 (+6:05)

Women - 1st Claire Greenwood 25:43 (+5:43); 2nd Susan Shook 26:00 (+5:15); 3rd Andrea Parish 28:11 (+1:43)

15 miles

Men - 1st Christopher Gibbard 29:20 (+10:04); 2nd Ian Gibson 35:39 (+6:53); 3rd Marco Marletta 36:27 (+4:50)

25 miles

Men - 1st Christopher Gibbard 48:28 (+17:43); 2nd Anthony Jones 50:17 (+17:39); 3rd Hugh Davies 1:02:37 (+16:25)

Women - 1st Bethan Ouseley 1:01:08 (+12:19); 2nd Emma Davies 1:04:48 (+10:37)

50 miles

Men - 1st Anthony Jones 1:44:13 (+34:27); 2nd Chris Gibbard 1:42:37 (+32:19); 3rd Hugh Davies 2:19:41 (+22:56)

100 miles

Men - 1st Anthony Jones 3:36:17 (+1:12:47); 2nd Chris Gibbard 3:34:44 (+1:05:54); 3rd Mike Hall 4:20:09 (+33:25)

12 Hour

Men - 1st Anthony Jones 304.22 (317.42AA); 2nd Paul Coleman 268.48 (301.59AA); 3rd Chris Gibbard 295.68 (296.64AA)

Congratulations to all the winners and record breakers and thanks to all the event organisers and to Bob Jones for organising the group championships. Well done to Anthony Jones for an outstanding season at a national level with another national age record in the 12 hour and backing up last year's VTTA BAR with second place in this year's competition. I look forward to seeing everyone at next year's events in South Wales.

SURREY/SUSSEX **By Keith Wilkinson**

Results for our members in Group events (showing actual/age adjusted times)

The Bec CC '25' on 8th August on the G25/93 Steyning course.

1. Paul Burton (Paceline RT) 51:49/51:38
2. Adrian Blacker (VTTA Surrey/Sussex) 58:03/54:07
3. Marek Siwicki (Addiscombe CC) 56:25/54:42
4. Peter Horsfield (Redmon CC) 1:15:27/1:05:32
5. Robin Johnson (Brighton Mitre CC) 1:16:38/1:05:34

Paul Burton wins the Aubrey Wenman Trophy plus a VTTA medal and it is worth noting that he was riding a road bike in the event. No team of 3 riders finished.

The VTTA Surrey/Sussex '25' on 17th September on the G25/89 Maresfield course.

1. Cris Coxon (Brighton Mitre CC) 50:59/49:52
2. Adrian Blacker (VTTA Surrey/Sussex) 55:37/51:23
3. Paul McDaid (Southborough & Dist. Wheelers) 57:03/54:11
4. Mark Jones (GS Stella) 59:52/54:21
5. Brian Molloy (Brighton Mitre CC) 59:50/56:27
6. Mike Hannay (Lewes Wanderers CC) 1:03:48/58:57
7. Julian Scutter (East Grinstead CC) 1:05:53/59:38
8. Robin Johnson (Brighton Mitre CC) 1:14:49/1:03:45

Cris Coxon wins the Robin Buchan Cup plus a VTTA medal and the 3 Brighton Mitre riders win the Pound Hill Trophy team award plus VTTA medals. Cris recorded a personal best 25 mile time in the event despite the undulating single carriageway course not being considered one of the fastest.

Other results

In my previous reports for The Veteran I have mentioned that our Group Secretary Andy Critchlow was having an incredible season and became a World Champion in his age group in the Gran Fondo held in Scotland on 7th August. Now that all of the calculations have been done for the end of season competitions Andy has won the 2023 VTTA BAR competition with rides of 46:47 for 25m, 1:35:36 for 50m, 3:37:11 for 100m and a 12 hour distance of 298.06 miles for an average of 30.115mph. All of these were at age 49. He also won the 3 Distance Competition with an average of 30.36mph and gained 2nd place (but best of the men, beaten only by Linda Dewhurst) in the Short Distance Competition including a 10 mile time of 18:08. All of these rides set new

Surrey/Sussex Group records with the 25 and 50 mile times also being new national records for age 49. The above performances also saw him become the RTTC/CTT BBAR Champion for 2023 and at the age of 49 he is the oldest ever winner of this prestigious award. This was achieved despite the 12 hour being his first attempt at the distance event and as he was disappointed not to get over the 300 miles mark he intends to try and improve in 2024!

Group age records set in 2023

As well as the age records set by Andy listed above many of our members have set new Group records and the following are those that had not been beaten by the end of the season:

Men

Paul Burton (Paceline RT), age 42 - 15 miles in 28:00
Brett Davis (Drag2Zero), age 50 - 10 miles in 19:27
Colin McDermott (Festival RC), age 55 - 50 miles in 1:47:05 and 100 miles in 3:47:52. Then age 52 - 15 miles in 30:23 and 25 miles in 50:30
Nick Wilson (Rye & Dist. Whs), age 60 - 15 miles in 30:51
Richard Gifford (trainsharp), age 60 - 10 miles in 19:31 and 50 miles in 1:47:59
Chris Lord (Brighton Excelsior CC), age 70 - 10 miles in 20:34, 15 miles in 34:12, 25 miles in 55:12 and 50 miles in 1:54:25
Alan Robinson (Central Sussex CC), age 82 - 15 miles in 50:44

Women

Sally Turner (HUUB Wattshop), age 43 - 10 miles in 20:24 and 25 miles in 53:13
Kate Thomas (Lewes Wanderers CC), age 44 - 10 miles in 21:18
Lisa Davis (Drag2Zero), age 48 - 10 miles in 21:21 and 25 miles in 58:55
Rebecca Wilson (Rye & Dist. Wheelers), age 58 - 15 miles in 38:56

Our Surrey/Sussex Committee and AGM

For last year's AGM we failed to get a quorum of members attending in Handcross and it had to be postponed, so we decided to hold this year's meeting via Zoom to see

whether it would encourage more interest. It was held on Tuesday 14th November and in the last magazine I asked our Group members to contact me for the log

Editor's Comment Note For Timekeepers

Sorry about all those decimal places. It seems that CTT have forgotten their own rules, which specify 3 decimal places. Instead we now get a result determined to an accuracy of 0.63 inches per hour!

To achieve a consistent level of accuracy in the timekeeping process it will in future be necessary to time to an accuracy of 0.002s (approximately).

in details, but none of you did so the meeting was just between our committee members. We agreed that a physical meeting is preferable so the 2024 AGM will be back at the Handcross Parish Hall in November and I hope that we will get a better attendance. I would be very pleased to hear from you if you would like to join our committee and help with the running of the Surrey/Sussex Group.

The Group's prize giving lunch

Our annual social event will be held at the usual venue of The Normandy Centre in Horsham on Sunday 4th February 2024. An excellent 3 course meal will be followed by the presentation of all the awards that our members have earned in events during 2023. In the past all of the national awards have been presented



*Wessex Group's prolific long distance record breaker
Christina Murray in action in the Anfield 100*

at the National AGM, but this year the decision has been taken that they should be presented at group events to cut down on the travelling involved for the recipients. This means that, among others, Andy Critchlow's achievements will be recognised at our lunch and he will say a few words about his record-breaking season. Our Social Secretary Eimear D'Arcy will be sending out a booking form shortly and we would like to see as many of our members there as possible, with partners also welcome.

WESSEX

By David Collard-Berry

Well, it's been a busy summer and autumn for Wessex riders, the highlight for the ...a3crg riders was Angela Carpenter and Sarah Matthews winning their World Grand Fondo TT Titles. The Wessex group had two other members at Dundee - Lucia Borradaile, who took 4th place, while Neil Mackley was 6th in his group. However, there has been a lot more than that going on south of Dundee.

Peter Younghusband has had an incredible year, winning the VTTA 100 title and winning the Wessex Short Distance BBAR by 27 seconds from Claire Emons. Peter was also 22nd man in the "new" CTT Short BBAR with an average speed of 28.31341 mph while Claire was in women's fifth place with an average speed of 25.25551, one behind Christina Murray, in fourth place with 25.48441 mph average speed.

The new CTT Competition has proved very popular but then the author is very biased, although it only mirrors some of the popular VTTA BAR's. One of the under reported items was that there was a road bike only table, though only a few riders in both Short and the Traditional BARs Malcolm Cox (VC St Raphael) won them both. It was not actually advertised and it will grow, but at least Malcolm can stake his claim on being first winner of them both. Malcolm was the age group winner in the National 12 plus best mileage on a road bike.

On the age record front Neil Mackley recorded 19:00 at age 59 to add to his wins at the Group's 25 mile championship and at the London & Home Counties 10 in August; he also won our Group's 15 mile Championship plus a bronze in the VTTA 15 mile Championship and then an age group win in the CTT Closed Circuit Champs at Croft, not bad for a professional yachtsman. Christina Murray set a new

women's mark of 465.38miles. Norman Harvey and Mary Corbett continue to add to their tally of records, this year seven distances including the 12 hour. Meanwhile at the 12 hour, Syd Highgate set a new group age record for an 85 year old while at the other end of distances 80 year old Dave England set a new record of the 10 mile. Sarah Matthews broke her group's 10 mile age record not once, not twice but four times, nothing like making a point!

Angela Carpenter has had a "quiet year", as earlier reported Angela earned those rainbow stripes, set a new age record for a 54 year old and took an age group medal in the CTT Road Bike Championship.

The biggest haul of "Standards" in the Wessex Group belongs to North Hampshire Road Club rider, Christian Geldard, eight in all with distances from 10 miles right up to the 24 hour event. Our Trophy Secretary Mike Boyce is trying to source a plaque big enough to get the total data on.

There is much more news in Claire Newman's excellent Recorders Report, so if there is a result missing it will be there. Claire is also hosting the Group's Lunch on Sunday 4th February at the Empress of Blandings (in the New Forest). Meanwhile we thank our group members for their support this year and best wishes for an exciting 2024 where we hope to be just as, if not more, competitive. As for our older members, please don't spend your heating allowance on a set of new tyres, I can't believe the prices either.

WEST

By guest writer Paul Winchcombe

At our recent Group AGM the Secretary asked if anyone would write our submission for the Veteran with Brian Griffiths currently out of action in hospital. So I find myself writing this on his behalf, hoping that he will be out of hospital before the submission date so that my editorial efforts can remain hidden. So, get well soon Brian.

The fact I stuck my hand up made me ponder the nature of volunteering, which is after all what our sport depends on. Is it just the usual suspects, is it the highly motivated, is it those with time on their hands, is it a power thing (after all you control things if you organise them) or were we just in the wrong place at the wrong time and can't find a way out? A lot of questions with no answers. However, I can say why

I volunteer – I enjoy the sport, I get satisfaction from running an event (especially when riders thank me), it keeps me out of the house where I might be asked to do housework, I like working with other people and it keeps my grey cells going. What I need to do though is pass my passion for the sport on to other people and convince them that actually organising an event is really not that hard. There is a lot of support and assistance available to people, clubs will help when approached and people will help when asked. This touches on one issue – communication. Communication has become increasingly passive in the modern world – it's on the web site or I sent an email are often the responses to why didn't I know about that - but posting something on the internet isn't great communication. Members don't necessarily use the internet, even if they enter events via the internet there is a difference. People scan the first few lines of an email and often miss the actions (or at least that is my experience from when I worked). So when we communicate it must be clear, succinct and properly targeted. The other method of course is to telephone people, this can bring amazing results! Whatever the problem and the answer, look after your volunteers – your District needs them!

I am in a fortunate position as CTT District Secretary for events and other tasks, club racing secretary, web site manager, event organiser and active racer; as I get to see most aspects of our sport and be amazed by the commitment people show, the dedication to training to produce some great results and encourage people to give back to the sport. Compiling the 2024 events lists is a fascinating, if at times frustrating, process. It makes you realise which clubs have a process, which rely upon key individuals and those that are affiliated to the CTT so that their members can compete in time trials. However, at the end of the process we again have a full calendar of events for 2024 including the return of our much loved 100 mile course at Minety, our Hardrider series has 14 events and our fast 10 course 3 events, so our riders have no need to head out of the District area to challenge themselves.

The District recently supported the National Road Bike Time Trial Championship on an 18 mile course from Marshfield. West District riders know this road well as one of our early season Hardrider courses and the road bike community really appreciated the technical challenges of the course and were blessed with good weather.

As I look back at the season we had the usual tribulations of road works and poor weather, but by being responsive with organisers new courses were designed; our great liaison with local police allowed for those courses to be approved and most importantly riders got a race. Our recorder reported high numbers of West District Vets riding in events across the country and some amazing results. Although not a CTT event Lee Williams (West Vet) set a new RRA "Side to Side" record, cycling from Pembroke to Great Yarmouth in a time of 14.00.40, taking 1 hr 39 mins off the previous record and an average speed of just under 25mph, a speed many of us would be happy with at much shorter distances.

I return to the topic of communication as I have noticed a worrying trend of attacking CTT in both conversations and online. CTT may not be perfect but it is our umbrella organisation without which VTTA and the clubs could not operate. I would ask that the people who feel CTT needs to change to get involved. Attendance at AGMs is consistently, low with many attended only by committee members, some nostalgic people who meet up with friends and sometimes the curious. If people do not engage with the governance of the sport they get what those of us who do, deem to be right.

People talk about the lack of events but I see a full calendar and am often having to make choices between events. I like to ride West District events to support the organisers but often head further afield for courses which better suit my "mashing" style. However, what I do see is fewer riders which I know is a problem across many sports. Covid seems to have broken the habit of participation and of course there is a lot of talk about costs. As an organiser I know the difficulty of running an event where I need at least 20 riders to cover costs and to persuade club members to come out and support. I see comments where the view is that organisers are making huge profits, I doubt this very much, although a full field (a rare thing) does allow for prizes and volunteers costs to be met. Recently a local council charged one of our clubs £700 for a closed road hill climb and then their contractor charged another £800 for the signage for the diversions, the club just broke even but I am sure that some riders felt the £15 entry fee was quite high. So remember event organisers need entries to ensure that they will run the event next year.

So my message for the New Year would be get involved, communicate and race safely.

YORKSHIRE By Chris Goode

AGM and Admin

Our AGM was held on 11th November and most members of the committee continue their roles; however Andy Vaughan replaces Blair Buss as Racing Secretary and Greystone Small starts a new position as Group Age Records Secretary. Thank you to all members of the committee, especially Karen Taylor for organising our zoom calls and live meetings.

For the first 78 years of our groups existence we have not recognised Yorkshire age records, but the introduction of the new website automated system for national and group records has caused the committee to reconsider. A partial list of records did exist, all of which were current or former national records; however this left some big gaps in the list of rides that would have been good enough to be Yorkshire records but not quite up there as national ones. Mike Penrice is currently researching potential records and has built up a spreadsheet with many more records than are yet showing on the website and of rides going back 30 years in places. He is beginning to run out of places to delve for records, but if you have any potential records to report please get in touch with Mike at mike@mrpenrice.plus.com or 01757 291196.

When the research is considered substantially complete Greystone Small will take over, loading all the records onto the website and ratifying and updating all future records.

All the indications are that Yorkshire records will be hard to achieve. The 2023 list is currently Neil Clemishaw (2), John Tiffany (1), Peter Macklam (1), Liz Ball (1), Jymmy Trevor (3) and Chris Goode (2). Certificates will in future be awarded to record breakers.

Racing

There have been some impressive performances on two and three wheels this year. Jymmy Trevor won 22 races on his tricycle, included the TA 10 and 25



Grant Whiteside (Harrogate Nova CC and Yorkshire Group) here riding the VTTA 25 champs on his home roads

miles championships. He also set club records for City RC (Hull) and VTTA Yorkshire group records. His best 10 miles TT was 24:22, best 15 miles TT was 37:49, 25 miles TT best of 1-02-01 and in the National VTTA 50 he did 2:21:35. Well done.

Another great performance was the tandem pairing of our group member Doug Hart (Ilkley CC) and Wessex's Christina Murray (Army CU) who attacked the RRA York to Edinburgh record with a schedule of 8 hours 30 minutes (1 hour 15 minutes above the standard). It was a damp day but that did little to affect their 22.5mph average over 186 miles, they achieved an excellent time of 8 hours 22 minutes and 56 seconds.

After 3 months of suspense the result of the VTTA 12 Hour Championship has now been confirmed so many congratulations to Richard Sharp; his age adjusted

distance of 299.36 miles gave him victory by less than one mile after his all day tussle with fellow 41 year old Tom Thornely. I am sure we will see a lot more of him in VTTA Championships in the years to come. (Back in April Richard was actual fastest in the VTTA 25 champs with 49:19.) Well done. Yorkshire was the second placed team in the 12 thanks to Sean Sanders and Andy Askwith.

Trophies

The following trophies are awarded on standard to Yorkshire VTTA members:

Stan Chadwick Memorial Cup (VTTA 10) - Graham Heaton (+5:39)

Oliver Shield (VTTA 25) - Richard Sharp (+16:41)

Yorkshire VTTA Shield (YCF 50) - Aiden Adams (+20:47)

Charlie Rice Cup (VTTA National 100) - Grant Whiteside (+52:10)

John Pickles Cup (Yorkshire 12) - Andrew Askwith (+59.15 miles)

Ken Hartley Cup (National 24) - Doug Hart (+111.18 miles)

Fred Bottomley Memorial Cup (National 100) - Grant Whiteside (3:55:52)

Ron Bailey Shield (Short Distance BAR Winner) - Neil Cleminshaw (AAS 31.20mph)

Len Dexter Memorial Cup (Short Distance BAR Highest Placed Lady) - Angela Hannon-Flaherty (AAS 28.7mph)

Harry McKechnie Trophy (Yorkshire Ladies BAR) - Sue McFarlane (AAS 26.729mph)

3 Distance BAR Winner - Grant Whiteside (AAS: 27.25mph)

3 Distance BAR Highest Placed Lady - Gretchen Zoeller (AAS 24.47mph)

Oliver Cup (4 Distance BAR Winner) - Andy Askwith (+51.56)

4 Distance BAR on actual speed - Sean Sanders 24.460mph

Competitions

Neil Cleminshaw takes the top position in the Yorkshire Short BAR, part of the Addform set up, with Stuart Henderson behind Neil in second place. Alan Chalmers was an impressive 3rd in the table, closely pipping Mark Wolstenholme by 0.03 mph. The best female in the Yorkshire Short BAR was Angela Hannon-Flaherty comfortably from Karen Taylor.

The 3 Distance Yorkshire BAR was a close fought affair with Grant Whiteside on top by 0.05mph from a consistent Sean Sanders. The highest ranked lady was Gretchen Zoeller.

The 4 distance BAR saw Andrew Askwith retain his 2022 title with Sean Sanders pushing him all the way and taking second spot.

As a group, nationally Yorkshire performed worse than in 2022, coming 14th from the 16 groups listed for the Short BAR. In the 3 distance BAR we managed 7th from the 16 groups. Again we did not have 6 riders to qualify for the 4 distance BAR. Hopefully as Steve Burrows organises the 2024 VTTA National '12' in East Yorkshire we will be able to present a full team for the competition listing in 2024, with our local '12'.

Prize Presentation Lunch

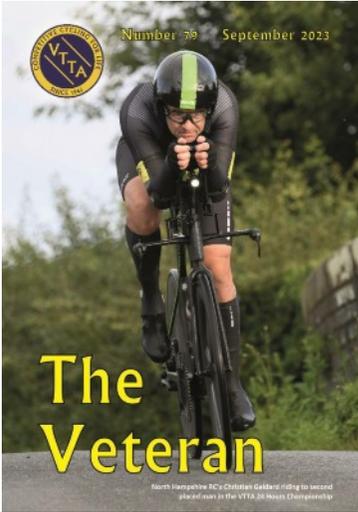
Mike Williams, our Social Secretary, is once again organising the lunch, which gives us the opportunity to applaud the trophy and standard winners. Our guest is Russ Richardson, the current VTTA National 25 Miles Champion. He secured his victory in April in our promotion on the V236/1 near Thirsk, North Yorkshire. Russ has been a consistent supporter (and winner) of our Yorkshire Group events in recent years. The lunch takes place on Sunday 28th January 2024, with tickets priced at £28 for three courses. Please give Mike a ring on 01482 849264 for further details. We look forward to seeing you at the Bridge Inn, Walshford.

In addition to all the trophies listed above VTTA national medals won by our group members will be presented. These will go to: Angela Hannon-Flaherty, Neil Cleminshaw, Gretchen Zoeller, Richard Sharp, Doug Hart, Andy Askwith and Greg Elwell.

Standards plaques are to be awarded at the lunch to: Andrew Askwith, Neil Cleminshaw, Chris Goode (tricycle) Martin Hailstone, Stuart Henderson, Danny Kelly, Sue McFarlane, Mark Philipson, David Taylor, Jymmy Trevor (tricycle), George Young and Gretchen Zoeller. Standards medals will be awarded to: Sandra Burrows, Alan Chalmers, John Ketley, Dave Nolan, Michael Shepherd and Karen Taylor.

Keep those wheels turning and have a good winter.

CORRESPONDENCE WITH THE EDITOR



Dear Mike

Thank you for the September issue of the Veteran. I would like to comment on the front cover picture of [Christian] Geldard riding in the VTTA 24 Championship. I can't believe that someone would ride through the day and night in those colours (or lack of them more like). I suppose he thinks he looks cool and you have confirmed it for him. It is almost 98% certain that he is a car driver and knows the problems of people in all black on a bike in shadows/darkness. Will we ever learn?

*Sincerely
Keith Williams
Oxford City RC*

Hi Keith

Thanks for your letter. It's always pleasing to get some reaction from members, even if not always complimentary!

Had you made your observation even 10 years ago I would have been inclined to agree with you, but things have moved on massively with regards to rider visibility in recent years, thanks in part to CTT regulations. Riders must now use front and rear lights at all times and I know from my timekeeping duties that a flashing front light is visible from far away even in bright sunlight. The latest generation of lights are really powerful and have good rechargeable battery life, unlike the glimmer from the old Ever Ready lamps. The rider instructions for the 24 stress lighting requirements, recommending two lamps both front and rear, and threaten a DQ for inadequate lighting; they also remind riders that the Highway Code now requires that pedal reflectors must be used at night.

So far as Christian's clothing is concerned it is possible (although I don't know) that it could incorporate some light reflective features, which are another recent innovation. In any case he would have a number on his back in CTT compliant hi-viz yellow and the back of his helmet was also hi-viz yellowy-green.

You make an assumption that Christian rode through the night attired thus, but in such atrocious conditions I am guessing he would have donned more clothing, but of what colour I don't know.

Putting all that to one side don't you think he did an excellent ride to take the silver medal with 478.69 miles (AAD 500.95 miles) in what appears to be his first 24 hour?

Regards
Mike (the editor)

The previous correspondence was sent to Christian and the following is his emailed response.

Hi Mike.

I totally understand where Keith is coming from and have up until the last couple of years echoed his opinion around people riding in black. However there have been a number of reasons I moved away from that argument in recent years, although I do personally still in the main avoid wearing black where ever I can.

The choices of colours for those speed suits is very limited and as my club kit is also mainly black with only a few coloured stripes I've have had to adapt to wearing black when TT-ing. I didn't wear my club one for the 24 hour because, as you said, the one I was wearing did have reflective features, which my club one doesn't.

As you have stated the addition of flashing lights has totally changed the argument around visibility and black clothing as this feature makes a rider far more visible than any bright coloured clothing would. This has given me the confidence to ride in black clothing, otherwise I definitely wouldn't. In fact, I was hit by a car and quite badly injured in 2019, which required me having seven operations to sort the injuries I sustained; in that instance I was wearing a fully high vis orange jacket. So high vis doesn't protect you from getting hit. But I do agree it can reduce the chances of it happening in the main.

Personally, I always ride with 2 rear lights. One flashing and one constantly on. This is because a driver (particularly at night) cannot judge the distance of an object with a flashing light, this can only be achieved with a constant light. I therefore ride with one of each. One to attract their attention and the other so they can judge the distance of me to them. Furthermore I also use (and won't ride without) a radar that tells me when cars are approaching me from behind. While this won't make me stand out to other road users it is a brilliant piece of technology to make me aware of approaching vehicles and it gave me the confidence I needed to start riding on the road again after my accident.

Like you have stated I did not ride through the night like that. Even with all the above factors I still wore a jacket that was high vis and I also had fitted my bike with reflective tape on the back too.

I actually like the fact that Keith has taken the time to write a letter to you highlighting his opinion. I'm all for debating rider safety at any given opportunity and also educating people about current standards, all of which his letter and your response will do.

Please feel free to use anything I've included here but I think you've pretty much covered it all.

*Best Regards
Christian*

Christian mentions the benefit of rear facing radar, a recent innovation which many of us older members have doubts about. The following pages contain an article by Paul Winchcombe about this technology, with thanks to the VTTA West Group magazine in which it was originally published.

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**OLD RACING CYCLES,
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TECHNOLOGY IN CYCLING

REAR FACING RADAR



Many people talk about technology in cycling and bemoan it as a barrier to entry for time trials. The first point to make is that you do not need technology to race a time trial and produce a good time but for many (myself included) it is a major aspect of my sport. I first owned a heart rate monitor and associated training watch (a Casio Sport 2000, so old there are no images on the internet) in 1985, when I ran!

My bicycle had a click counter to measure mileage



I also had a Garmin Forerunner 301, meant for running, which I used on my bike handlebars when I took up cycling in 2005. (Note: There are other devices out there other than Garmin.)

So it was inevitable that when I took up cycling I looked to technology. I began with a Garmin Edge 705 bought in 2008, as my first proper bike computer. If I hadn't crashed and broken the screen I would probably still have it but it did faithfully record the race and give me my numbers for one of my slower outings on U7b in March 2014. I upgraded to a Garmin 810 which is still going, although I upgraded again to a Garmin 1030 in January 2020 after the on/off switch became unreliable.

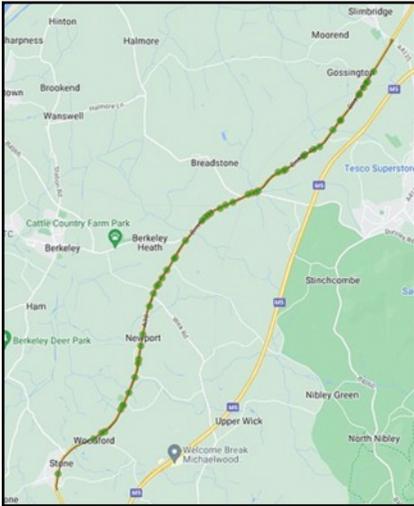
I think you will all be aware of the capability of modern bike computers to record rides, give directions with mapping and present in-ride data. There is many an obscure time trial course where I have used the mapping function to get to the start of the course and back to the HQ after the race. Of course combined with software applications on computers and phones they also allow that data to be uploaded for analysis. Some applications such as Velo Viewer even calculate your gear length so I can prove that when I change gear I get slower. However, this article is not a discussion of all of that technology (for another day perhaps) but is here to present something which you may not yet have encountered.

Garmin have for a while produced a rear facing radar, the Garmin Varia; there are several models - radar only, radar and light and radar/light/camera. If you want the full technical discussion these can be found on DC Rainmaker's excellent website – [RTL515](#) or [RCT715](#). I was sceptical about having a radar but a brief survey of my fellow Chippenham Wheelers clubmates revealed a surprising following for this gadget. So I took the plunge and after a few challenges in mounting the radar and my rear view video camera (a seat stem with a rear saddle bag just isn't that long) I went for my first ride. Was I impressed? Yes. The radar integrates with my Garmin 1030 head unit and alerts as vehicles approach and shows the vehicles on a side view on the screen with a red warning for



really fast approaching vehicles. It can detect cars through cyclists following you and seems to be able to show up to 4 cars at once. Why, you may ask – well for leisure rides (I do some you know) it alerts me to a car before I can see them in my rear view mirror, which just adds to my confidence on the road.

The game changer, to my mind though, is a website produced by a cyclist in the USA – MyBikeTraffic.com. This website uploads an application which integrates with your Garmin head



unit and inserts into the .fit data file the ride radar data. Post ride this allows you to upload your data file and see the traffic count on your ride, gives the approach speed for each vehicle or the aggregate for the entire ride. So now on a given time trial course you can know exactly what the traffic count was. Of course you may not want to!

This map shows the vehicle numbers on the time trial course U7X on Sunday 19 February at about 10 o'clock and by zooming in you can interrogate each vehicle.

The traffic count shows that in the 30 minutes of this ride there were 49 vehicles, so we can say that the vehicle count for the course is about 100 (not adding additional numbers for lorries), so well within traffic count limits.

Here (right) you can see in the detailed data that the driver did slow before overtaking me, whilst I was crawling up the hill.

Sun 2023-02-19 10:07:26 GMT			
Vehicles	Range(m)	VehicleSpeed(absolute)	RiderSpeed
1	128	43 mph	30 mph
1	121	50 mph	30 mph
1	115	50 mph	30 mph
1	109	50 mph	30 mph
1	103	50 mph	30 mph
1	93	50 mph	29 mph
1	87	50 mph	30 mph
1	78	50 mph	29 mph
2	65	50 mph	29 mph
2	56	49 mph	29 mph
2	46	49 mph	29 mph
2	40	49 mph	29 mph
2	31	49 mph	29 mph
2	21	49 mph	29 mph
2	15	49 mph	29 mph
2	9	49 mph	29 mph
2	3	49 mph	29 mph

Sun 2023-02-19 10:24:11 GMT			
Vehicles	Range(m)	VehicleSpeed(absolute)	RiderSpeed
1	121	51 mph	11 mph
1	106	51 mph	11 mph
1	90	51 mph	10 mph
1	75	44 mph	10 mph
1	56	44 mph	11 mph
1	43	44 mph	11 mph
1	31	38 mph	11 mph
1	18	38 mph	11 mph
1	9	38 mph	12 mph

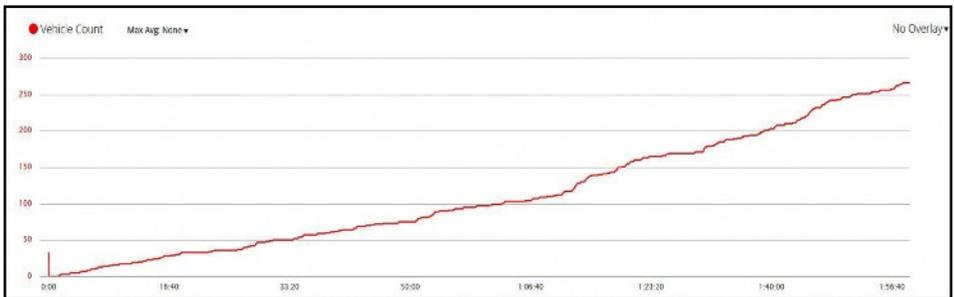
Although in this case (left) with a higher rider speed and a wider road the driver did not vary their speed.

VEHICLE COUNT STATS				OVERALL VEHICLE PASSING STATS			
How many vehicles passed you				<input checked="" type="radio"/> Absolute Speed <input type="radio"/> Relative Speed			
Total vehicles	per ride	per mile	per minute	Approach speed	Passing speed	Slowdown amount	Pass Length
49	49	4	1.6	49 mph	46 mph	2.9 mph	10.8 s

The summary data (bellow) for the ride gives a view of average speeds.

What use is this, do you think? Well, in the event of an incident this data, whilst not necessarily meeting evidential standards, might be useful in proving a driver to be in the wrong especially if combined with a camera video file.

I have also realised that the data gives me a view of the traffic count during an event. On a recent 50 mile time trial I am aware that the CTT static count methodology showed that the course was approaching the traffic count limit, based on a 10 minute count and multiplying it by 6. However, my traffic count for vehicles which overtook me was only 266 vehicles in the 2 hours of racing, so a count of 133 vehicles (not allowing for lorry units). This graph shows the traffic over the 2 hour time period and I can see that there were a 100 vehicles in the first hour, making the second hour nearly twice as busy – but still only 166 vehicles. Whilst the CTT methodology is consistent it may



produce results that do not marry with the riders experience of riding an event. As safety always remains an issue, when racing additional data may prove useful in reviewing course risk assessments.

Having now used the Garmin Varia Radar during several time trials I can report that I trust it totally to the extent that I was able to change lanes approaching the Slimbridge turn roundabout, for example with complete confidence (and a minimal check) and where the cycle lane was unsafe to use was able to move into the main carriageway, or not, using the visual data being provided. This saves you from hitting that rut or pothole or veering wildly into the carriageway whilst checking behind. I have also found that I can rely on it to tell me if I can safely take a drink, where one might veer slightly when reaching for a bottle.

SAY HELLO TO GARY

The year 2018, my 55th consecutive racing season, ended on a high with 38 events entered, started and finished including a personal best of 1:05:47 for 30 miles. Total mileage for the year was just over 12,000 - goodness knows how much was spent on tea/coffee, cakes and sausage rolls and I was looking forward to 2019. Funny how things turn out though and it seems a lifetime away now but the new year saw a change in priorities.

Just before Christmas 2018 I received my regular Bowel Screening Test kit, these are sent out automatically by the NHS every 2 years to gentlemen and ladies within a certain age band. I dealt with it and routinely returned it, only to receive an invitation for a colonoscopy at Boston Hospital. A very new and quite surreal experience was about to happen - forget energy drinks, protein mixes and gels, I was taken to a world of Moviprep (for those who do not know, these are two innocuous sachets of powder mixed with a litre of water and you should keep close to the loo!), glucose and saline drips and antibiotics.

Following the colonoscopy I was told I had a 5-6 cm tumor in the lower bowel, although I displayed absolutely no symptoms or any reason to suspect any problems. Forget Strava, power ratios and Shimano, my new, temporary, world became MRI scans, CT scans, anti-coagulant injections and support stockings (a racing use perhaps?) and on March 7th at 08.30 I was wheeled away from my wife, Pam, to the theatre. When Pam rang the hospital at 16.30 I had not returned from the operation, which caused her to start worrying. This is something that people often overlook, the patient knows nothing but for the relatives it is a nail biting time. I was taken to ICU at 20.00 and rang Pam at 21.00, the operation had taken eight hours mainly due to a problem with the breathing apparatus (water in a tube) and the surgeon went off to have a cup of tea whilst it was sorted! Another minor procedure two days later and Gary was born. It has become a bit of a ritual that people who have these operations give their new friend a name - mine was called Gary the Gurgle. This was the first noise it made as my digestive system began working again and Storm Gareth was blowing a gale outside. As I was going down my brother and family arrived from Hounslow so it was very short visit.

Post-operative recovery now would be the new challenge, the surgeon was very convinced (99%) that he had removed all the tumor and a biopsy and investigation of the scans revealed that no further treatment was necessary and nothing had spread. Relief for all, it had been a shock considering how fit I have been and with no warning signs. Since then we have heard several high profile TV personalities revealing publicly that they have been diagnosed with some form of cancer, most commonly bowel or prostate.

The main problems with recovery for the super fit, very active sportspeople (and me) are impatience and frustration, which have to be overcome before full fitness can be regained. The advice given was that I could not ride for three months and no lifting anything as hernias could be caused. Walking was advised and so three days after returning home I took an unsteady stroll for a few hundred yards, which increased to one mile three days later and then up to three walks a day (7 miles total). A visit to Urology on April 5th for removal of catheter but I failed the 'wee' test and it was reinserted (blast!). I did now have just a tap rather than a bag down my leg so on April 24th I took the bike out for a four mile, rather unsteady, ride at 11 mph average, rapidly improving to six

miles at 13 mph the next day. Two days later I awoke with a temperature and a visit to A&E for antibiotics after a bladder infection started. No exercise was allowed for a week but I did a two mile walk after six days and then back on the bike and increasing mileage gently so tea stops began. Eventually I rode the Wisbech club '10' on July 2nd doing 26-26 and next day a 72 mile birthday ride, celebrating with one mile for each year. Saturday July 6th was my first 'open' race of 2019 and on a good day I recorded 23:50 followed by a 35:15 for a 15 mile event. Next was a very wary '25' of 1:05:33 - I was back, albeit with a catheter still causing some issues, but doing what I enjoy.

'Number twos', excrement, faeces, stools, poo, s--t, whatever you call it, we all have to deal with it as a natural part of living but never talk about it. Getting an early diagnosis and treatment is imperative. Yes, we feel uneasy and the bowel testing is awkward but catching (no pun intended!) it early prevents the condition worsening. Forget dignity and awkwardness, none of the procedures are fun whether it is bowel, prostate, breast or cervical but for a few moments of discomfort lives can be saved. If anyone thinks, feels or sees that they have a problem then get an appointment immediately - don't delay. My brother had some symptoms and although he knew what had happened to me he delayed seeing a doctor. He was diagnosed with the same thing but it was a bit more advanced and he needed radiotherapy before his operation and a course of chemotherapy afterwards. This was extra suffering for him and his family.

I consider the stoma a minor inconvenience and generally it doesn't cause any problems when riding, although the tightness of skinsuits and getting down on tri-bars can be awkward sometimes. I tend to eat whatever I want although there are certain foods that cause Gary to go into overtime working so I don't have those a couple of days before a race. It hasn't (noticeably) slowed me down, that is just natural ageing but I tend not to do any fast tri-bar sessions and fewer early morning races as you can never predict when Gary wants to act.

It's an old saying, "prevention is better than cure", but it is so true. I was lucky but many people suffer the fatal consequences of cancer and it is no good having symptoms and trying to ignore them - get tested! If a bowel (or any testing) screening is made available - then do it!

Thanks to Roger Sewell (Wisbech Wheelers and VTTA East Anglian) for sharing his experience and this sound advice



Author Roger Sewell seen in monsoon conditions in the VTTA 15 Miles Championship

REVIEW OF SEASON LONG COMPETITIONS

By Jon Fairclough

With the move to Age Adjusted Times and Distances, the Season Long Competitions were now calculated on the basis of average age adjusted speed across the qualifying events. Overall, numbers qualifying increased over those in the previous three years, an encouraging sign especially with 55 women counting in the Short Distance.

Year	BAR (25,50, 100, and 12 hr)	3 Distance (25,50,100)	Short Distance (2*10, 2*25)	Total
2023	35	101	368	504
2022	21	91	371	483
2021	32	99	318	449
2020	11	37	107	155

The men's short distance was the most keenly contested with an incredibly close finish between Andy Critchlow (33.769 mph), Richard Oakes (33.732 mph) and Kevin Tye (33.673 mph). Andy then went on to achieve a remarkable triple by also winning the 3 Distance (with 31.543mph) from Douglas Watson and Keith Dorling and the BAR (with 30.112 mph) from Anthony Jones and Christopher Gibbard. The first time ever that a rider has won all three; he was also fastest on actual speed in all three. Congratulations Andy!

Linda Dewhurst won the women's Short Distance with outstanding rides that gave her an age adjusted speed of 34.415 mph. Kim Barfoot-Brace then won both the 3 Distance (29.499 mph) and the BAR (28.201 mph).



Andy Critchlow (Paceline RT)
Multiple winner of VTTA
competitions

The East Anglian team of Keith Dorling, Matthew Smith, Chris Dyason, Denise Hurren, Robert Watson and Peter Main won the Group Short Distance competition (32.293 mph), followed by East Midlands (31.897 mph) and Surrey/Sussex (31.691 mph). All groups qualified, so well done to them!

The West team of Karl Norris, Kim Barfoot-Brace, Mark Sanders, Tony Chapman, Roger Sheridan and Mark Bradley won the Group Three Distance competition (29.176 mph), followed by Wessex (28.816 mph) and East Anglian (28.012 mph). Nine groups qualified.

The Merseyside team of David Williams, Alan Broadbent, Barry Murphy, Arthur Winstanley, Ian Casson and Geraint Catherall won the Group BAR competition (24.413 mph). They were the only the second group to qualify in the previous seven years.

The Team Bottrill trio of Keith Dorling, Jen Clegg and Jason Bateman won the Club Short Distance competition (32.411 mph), followed by ...a3crg (32.297 mph) and Drag2Zero (31.562 mph). Thirty-one clubs qualified.

The VC St Raphael trio of Andrew Rivett, Malcolm Cox and William Sawyer won the Club Three Distance competition (27.390 mph), followed by Springfield Financial RT (26.948 mph) and North Hampshire Road Club (26.384 mph). Four clubs qualified.

The Springfield Financial RT trio of Andrew Whiteside, Paul Russell and Theresa Taylor won the Club BAR competition (25.839 mph). They were the only club to qualify.

The Season Long Competitions provide a wealth of data worthy of study. One statistic is the proportions of men and women entering. The women's proportions at short distance and three distance are 15%, which is the overall percentage of women in the Association, but the BAR proportion is only 6%, so women are somewhat under-represented in that competition.

Well done to all who took part in the Season Long Competitions. Members who completed the qualifying events will get a certificate. If you took part this year, your entries from this year will roll over to next season. When you renew, take a minute to review your competition entries. Maybe it is time for you to tick the box for the BAR next season, especially if you are a woman!

BEST ALL ROUNDER COMPETITION - MEN

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	12 dist	Age adj mph	Act mph	Pos on act mph
1	Andy Critchlow	Paceline RT	S/S	49	0:46:47	1:35:36	3:37:11	298.06	30.112	28.977	1
2	Anthony Jones	VMCC powered by Y Beic	S Wls	49-50	0:49:42	1:39:50	3:36:17	304.22	29.508	28.331	3
3	Chris Gibbard	Bynea CC	S Wls	41	0:47:50	1:39:58	3:25:58	295.68	28.899	28.785	2
4	Kevin Wood	Sherwood CC	E Mids	61-62	0:52:35	1:49:54	4:03:57	252.52	28.159	25.366	10
5	David Williams	Velotik RT	M'side	44	0:48:50	1:41:29	3:47:49	284.3	28.015	27.577	4
6	David Nichol	Ferryhill Whs	North	71	0:58:30	1:58:41	4:25:30	239.25	27.928	23.364	20
7	Tom Thornely	Fulfil The Potential RT	N Mids	40-41	0:54:46	1:41:17	3:36:43	303.37	27.520	27.494	5
8	David Glossy	Elysium Kalas RT	L&HC	50	0:54:14	1:45:26	3:54:00	262.97	27.000	25.917	7
9	Paul Colman	Port Talbot Whs CC	S Wls	62	0:57:20	2:03:04	4:07:47	268.48	26.905	24.282	15
10	Andrew Whiteside	Springfield Finan'l RT	NL&L	49	0:54:42	1:50:38	3:52:39	281.42	26.881	25.945	6
11	Mark Bradley	Bristol South CC	West	58	0:54:24	1:58:13	3:58:44	239.51	26.611	24.511	13
12	Christian Geldard	North Hampshire RC	Wssx	48	0:53:51	1:48:42	3:51:48	260.74	26.603	25.767	8
13	Alan Broadbent	Deeside Olympic	M'side	49	0:54:58	1:52:29	3:54:19	272.05	26.482	25.559	9

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	12 dist	Age adj mph	Act mph	Pos on act mph
14	Andrew Askwith	Vive Le Velo	Yorks	58-59	0:56:06	1:56:52	4:21:04	254.93	26.187	24.159	16
15	Ian Peacock	Leek CC	M&NW	71	1:00:08	2:09:39	4:43:35	220.4	26.040	21.902	28
16	Sean Sanders	Drighlington BC	Yorks	53	0:54:26	1:57:02	4:05:39	240.05	25.770	24.405	14
17	Jeز Willows	Sherwood CC	E Mids	57-58	0:55:41	1:53:44	4:31:57	230.58	25.595	23.648	19
18	Malcolm Cox	VC St Raphael	Wssx	56	0:57:38	1:59:18	4:14:10	250.2	25.587	23.907	17
19	Paul Russell	Springfield Finan'l RT	NL&L	56	0:56:19	1:58:22	4:20:29	245.94	25.563	23.877	18
20	Barry Murphy	Deeside Olympic	M'side	43-44	0:54:44	1:53:50	3:54:57	258.25	25.516	25.205	11
21	Adam Rogers	Eastbourne Rovers	S/S	48	0:54:38	1:53:42	4:08:10	250.81	25.515	24.73	12
22	Arthur Winstanley	Liverpool Ph'x CC (Aintree)	M'side	66-67	1:00:49	2:11:38	4:30:24	229.46	25.398	22.191	26
23	Philip Jones	Peterborough CC	E Ang	64-65	0:58:39	2:04:51	4:30:52	219.02	25.362	22.502	24
24	Paul Looke	Shaftesbury CC	E Ang	56-57	0:57:12	1:59:08	4:35:35	228.4	24.712	23.053	21
25	Sean McDougall	Icknield RC	L&HC	51	0:56:23	2:01:02	4:33:43	224.99	24.045	23.015	22
26	Robert Jones	Cardiff 100 Miles RCC	S Wls	71	1:06:32	2:26:05	5:03:46	213.94	23.732	20.165	31
27	David Greenwood	Rye & District Whs CC	Kent	58	1:00:57	2:07:16	4:44:12	222.97	23.723	21.969	27
28	Mike Hall	Port Talbot Whs CC	S Wls	54	0:59:22	2:00:47	4:20:09	191.27	23.649	22.277	25
29	Martin Gargett	Halifax Imperial Whs	Yorks	50	0:58:12	2:10:25	4:22:06	229.22	23.586	22.693	23
30	Ian Casson	Birkenhead Victoria CC	M'side	70-71	1:09:01	2:28:45	5:05:40	202.06	22.903	19.592	32
31	Clifford Degraff	Velo Club Cumbria	NL&L	58	1:05:31	2:18:37	4:55:38	203.63	22.049	20.450	29
32	Mark Brownless	Darlington CC	North	51	1:06:06	2:28:03	4:39:22	205.41	21.253	20.388	30
33	Geraint Catherall	Anfield BC	M'side	49	1:16:25	2:41:53	5:54:23	183.66	18.165	17.599	33

BEST ALL ROUNDER COMPETITION - WOMEN

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	12 dist	Age adj mph	Act mph	Pos on act mph
1	Kim Barfoot-Brace	Team Bottrill	West	42	0:55:37	1:52:58	4:04:33	263.13	28.201	24.997	1
2	Theresa Taylor	Springfield Finan'l RT	NL&L	63	1:03:27	2:31:02	4:57:06	206.71	25.074	20.231	2

BEST ALL ROUNDER COMPETITION - CLUB TEAM OF 3

Pos	Club	Team members	Team mph
1	Springfield Financial RT	Andrew Whiteside, Paul Russell, Theresa Taylor	25.839
No other club teams qualified			

BEST ALL ROUNDER COMPETITION - GROUP TEAM OF 6

Pos	Group	Team members	Team mph
1	Merseyside	David Williams, Alan Broadbent, Barry Murphy, Arthur Winstanley, Ian Casson, Geraint Catherall	24.413
No other group teams qualified			

THREE DISTANCE COMPETITION - MEN

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	Age adj mph	Act mph	Pos on act mph
1	Andy Critchlow	Paceline RT	S/S	49	0:46:47	1:35:36	3:37:11	31.543	30.357	1
2	Douglas Watson	GTR - Return to Life	Scot	50	0:47:59	1:40:05	3:34:57	31.001	29.716	3
3	Keith Dorling	Team Bottrill	E Ang	64	0:51:22	1:47:22	4:00:10	30.992	27.375	14
4	Anthony Jones	VMCC powered by Y Beic	S Wls	49-50	0:49:42	1:39:50	3:36:17	30.526	29.324	4
5	Christopher Gibbard	Bynea CC	S Wls	41	0:47:50	1:39:58	3:25:58	30.284	30.167	2
6	Peter Younghusband	Petersfield Tri Club	Wssx	58	0:50:19	1:48:58	3:54:04	30.020	27.659	12
7	Colin McDermott	Festival RC	S/S	55-56	0:50:30	1:47:05	3:47:52	29.963	28.017	9
8	Kevin Wood	Sherwood CC	E Mids	61-62	0:52:35	1:49:54	4:03:57	29.664	26.806	20
9	Karl Norris	360VRT	West	52	0:50:07	1:45:22	3:49:29	29.619	28.183	7
10	Mark Sanders	Mid Devon CC	West	64	0:55:24	1:53:46	3:59:50	29.445	26.154	31
11	Tony Chapman	Frome & District Whs	West	51	0:50:38	1:46:42	3:44:38	29.443	28.15	8
12	David Williams	Velotik Racing Team	M'side	44	0:48:50	1:41:29	3:47:49	29.315	28.872	5
13	Andrew Rivett	VC St Raphael	Wssx	51	0:52:16	1:45:14	3:47:33	29.124	27.858	11
14	David Nichol	Ferryhill Whs	North	71	0:58:30	1:58:41	4:25:30	29.121	24.506	51
15	Darran Bennett	Ely & District CC	E Ang	53	0:50:21	1:50:05	3:53:39	29.090	27.574	13
16	Roger Sheridan	North Devon Velo	West	62	0:54:54	1:50:22	4:11:57	28.942	26.106	32
17	Andrew Gallacher	Livingston CC	Scot	55	0:53:46	1:51:48	3:46:37	28.832	27.069	17
18	Jeff Roberts	High Wycombe CC	L&HC	58	0:53:24	1:49:54	4:09:31	28.633	26.478	27
19	Simon Butteriss	Ely & District CC	E Ang	44-45	0:50:24	1:44:55	3:56:05	28.375	27.924	10
20	Richard Shaw	Seamons CC	M&NW	54	0:53:47	1:51:20	3:55:07	28.357	26.785	21
21	David Glossy	Elysium Kalas RT	L&HC	50	0:54:14	1:45:26	3:54:00	28.329	27.251	15
22	Tom Thornely	Fulfil The Potential RT	N Mids	40	0:54:46	1:41:17	3:36:43	28.232	28.232	6
23	Mark Bradley	Bristol South CC	West	58	0:54:24	1:58:13	3:58:44	28.113	26.028	35
24	Jonathan Mills-Keeling	Bridgnorth CC	M'side	50	0:52:56	1:50:04	3:57:19	28.011	26.959	18
25	Peter Tomlin	North Hampshire RC	Wssx	66	0:58:37	2:00:16	4:16:29	27.970	24.643	48
26	Christian Geldard	North Hampshire RC	Wssx	48	0:53:51	1:48:42	3:51:48	27.939	27.113	16
27	Sean Quinn	Law Whs	Scot	50	0:54:08	1:51:36	3:55:30	27.722	26.690	23
28	Andrew Whiteside	Springfield Finan'l RT	NL&L	49	0:54:42	1:50:38	3:52:39	27.697	26.776	22



David Nichol (Ferryhill Wheelers)



Marcel Schubert
(Darlington CC)

The Veteran : December 2023

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	Age adj mph	Act mph	Pos on act mph
29	Paul Colman	Port Talbot Whs CC	S Wls	62	0:57:20	2:03:04	4:07:47	27.496	24.918	46
30	Alan Broadbent	Deeside Olympic	M'side	49	0:54:58	1:52:29	3:54:19	27.425	26.522	26
31	Colin Parkinson	South Western RC	E Mids	61	0:56:30	1:56:17	4:29:07	27.262	24.881	47
32	Grant Whiteside	Harrogate Nova CC	Yorks	48-49	0:55:33	1:52:14	3:55:52	27.250	26.390	29
33	Tom Cox	Saint Piran	Wssx	69	1:00:14	2:04:57	4:36:29	27.232	23.538	65
34	Paul Winchcombe	Chippenham & Dist Whs	West	63	0:56:36	1:59:16	4:32:36	27.228	24.555	50
35	Sean Sanders	Drighlington BC	Yorks	53	0:54:26	1:57:02	4:05:39	27.203	25.872	37
36	Victor Chetta	Mid Shropshire Whs	M'side	45	0:54:37	1:52:04	3:52:50	27.146	26.668	24
37	Ed Tarelli	Race Hub	E Mids	51	0:54:19	1:52:09	4:12:57	27.128	26.029	34
38	Ian Peacock	Leek CC	M&NW	71	1:00:08	2:09:39	4:43:35	27.126	23.081	72
39	Andrew Askwith	Vive Le Velo	Yorks	58-59	0:56:06	1:56:52	4:21:04	27.119	25.130	40
40	Neil Fearn	Harrogate Nova CC	Yorks	43	0:53:12	1:51:31	3:56:56	27.089	26.807	19
41	Daryl Stroud	Gloucester City CC	West	58	0:56:01	1:58:12	4:18:25	27.058	25.126	42
42	Jez Willows	Sherwood CC	E Mids	57-58	0:55:41	1:53:44	4:31:57	27.005	25.126	41
43	John Golder	Chelmer CC	E Ang	70	1:00:49	2:07:57	4:42:01	26.931	23.129	69
44	James Woodridge	Team Milton Keynes	L&HC	43	0:53:23	1:50:31	4:05:58	26.822	26.546	25
45	Adam Rogers	Eastbourne Rovers	S/S	48	0:54:38	1:53:42	4:08:10	26.764	26.006	36
46	Chris Lea	Buxton CC	N Mids	61	0:56:43	2:05:15	4:21:48	26.735	24.439	52
48	Philip Jones	Peterborough CC	E Ang	64-65	0:58:39	2:04:51	4:30:52	26.701	23.918	61
47	Barry Murphy	Deeside Olympic	M'side	43	0:54:44	1:53:50	3:54:57	26.707	26.432	28
49	Paul Russell	Springfield Finan'l RT	NL&L	56	0:56:19	1:58:22	4:20:29	26.631	25.005	44
50	Malcolm Cox	VC St Raphael	Wssx	56	0:57:38	1:59:18	4:14:10	26.544	24.927	45
51	Matt Stell	Springfield Finan'l RT	NL&L	45	0:54:13	1:56:04	4:03:11	26.518	26.062	33
52	William Sawyer	VC St Raphael	Wssx	58-59	0:57:33	2:04:38	4:13:37	26.503	24.598	49
53	Vincent Pickering	St Christophers CC	Scot	49-50	0:59:43	1:54:48	3:56:22	26.461	25.545	38
54	Roland Kitson	Horsham Cycling	S/S	64	0:59:22	2:04:36	4:35:42	26.366	23.702	63
55	David MacNeil	Team A Allan Architecture	Scot	40	0:58:57	1:52:59	3:43:26	26.284	26.284	30
56	Arthur Winstanley	Liverpool Ph'x CC (Aintree)	M'side	66-67	1:00:49	2:11:38	4:30:24	26.282	23.215	67
57	Paul Looke	Shaftesbury CC	E Ang	56-57	0:57:12	1:59:08	4:35:35	25.983	24.393	54
58	Mike Giles	Ythan CC	Scot	57-58	0:58:20	2:07:59	4:17:42	25.882	24.146	60



Geraint Cathrall
(Anfield BC)



Emma Bexson
(Stratford CC)

The Veteran : December 2023

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	Age adj mph	Act mph	Pos on act mph
59	Paul Tyler	Ferryhill Whs	North	65	0:59:23	2:10:09	4:45:56	25.800	23.098	71
60	Steve Cornish	St Ives CC	E Ang	67	1:01:32	2:09:37	4:51:10	25.697	22.710	74
61	Mike Hall	Port Talbot Whs CC	S Wls	54	0:59:22	2:00:47	4:20:09	25.686	24.389	55
62	James Harris	Cafford CC	L&HC	44	0:56:45	1:57:28	4:10:41	25.642	25.302	39
63	Christopher Riley	Paramount CRT	M'side	55	0:55:05	1:59:46	4:54:53	25.607	24.209	57
64	Gary Bratt	Fruin RC	Scot	46	0:56:44	2:02:48	4:06:31	25.584	25.070	43
65	Sean McDougall	Icknield RC	L&HC	51	0:56:23	2:01:02	4:33:43	25.404	24.437	53
66	David Gibson	Border City Whs CC	NL&L	63	1:00:49	2:13:19	4:41:03	25.136	22.839	73
67	Peter Baker	Lewes Wanderers CC	S/S	65	1:00:38	2:14:46	4:51:32	25.090	22.527	75
68	Stuart Thompson	VC St Raphael	Wssx	48	0:59:18	2:01:39	4:24:49	24.860	24.204	58
69	Miles Haslam	Buxton CC	N Mids	64	1:03:23	2:14:22	4:40:49	24.834	22.453	76
70	David Greenwood	Rye & District Whs CC	Kent	58	1:00:57	2:07:16	4:44:12	24.721	23.098	70
71	Martin Gargett	Halifax Imperial Whs	Yorks	50	0:58:12	2:10:25	4:22:06	24.714	23.889	62
72	Ben Love	Deeside Olympic	M'side	44	0:57:21	2:04:43	4:25:39	24.578	24.265	56
73	Gavin Hughes	Kingston Phoenix RC	S/S	56	0:59:19	2:12:23	4:39:15	24.532	23.145	68
75	James Meldrum	Liverpool Ph'x CC (Aintree)	M'side	43	0:57:20	2:06:54	4:23:39	24.416	24.187	59
74	James Robb	Deeside Thistle CC	Scot	66-67	1:05:07	2:24:49	4:37:44	24.418	21.785	78
76	Robert Jones	Cardiff 100 Miles RCC	S Wls	71	1:06:32	2:26:05	5:03:46	24.229	20.944	81
77	Allan Thurston	GS Avanti	Kent	48	1:02:35	2:03:28	4:26:53	24.205	23.583	64
78	Danny Kelly	Seacroft Whs	Yorks	49	0:59:22	2:10:25	4:38:45	23.955	23.265	66
79	Jon Fairclough	Kelso Whs CC	Scot	69	1:09:05	2:31:28	4:50:56	23.542	20.714	82
80	Martin Sturge	Deeside Olympic	M'side	56	1:03:39	2:15:21	4:45:50	23.519	22.241	77
81	Ian Casson	Birkenhead Victoria CC	M'side	70	1:09:01	2:28:45	5:05:40	23.453	20.510	83
82	Clifford Degraff	Velo Club Cumbria	NL&L	58	1:05:31	2:18:37	4:55:38	23.026	21.611	79
83	Mark Brownless	Darlington CC	North	51	1:06:06	2:28:03	4:39:22	22.225	21.478	80
84	Vernon Schutte	Farnboro' & Camberley CC	Wssx	69	1:18:30	2:21:09	5:25:31	22.111	19.598	84
85	Chris Parker	Hastings & St. Leonards CC	Kent	67	1:15:31	2:35:52	5:50:12	20.739	18.748	85
86	Geraint Catherall	Anfield BC	M'side	49	1:16:25	2:41:53	5:54:23	18.791	18.364	86

THREE DISTANCE COMPETITION - WOMEN

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	Age adj mph	Act mph	Pos on act mph
1	Kim Barfoot-Brace	Team Bottrill	West	42	0:55:37	1:52:58	4:04:33	29.499	26.021	1
2	Claire Emons	...a3crg	Wssx	54-55	0:56:44	2:00:16	4:28:02	29.393	24.59	3
3	Lucy Rogers	Congleton CC	M&NW	54	0:59:24	2:02:06	4:19:47	28.923	24.306	6
4	Christina Murray	Army CU	Wssx	46-47	0:56:30	2:00:01	4:24:19	28.449	24.748	2
5	Emma Bexson	Stratford CC	Mids	48	0:57:13	2:09:06	4:14:53	28.072	24.331	5
6	Lorna Breetzke	Vanelli Project-Go	Scot	44	0:58:06	2:08:49	4:10:54	27.587	24.340	4
7	Joanna Cebtrat	360cycling	M&NW	43-44	1:01:21	2:07:39	4:28:13	26.398	23.441	7
8	Theresa Taylor	Springfield Finan'l RT	NL&L	63	1:03:27	2:31:02	4:57:06	26.094	21.233	10
9	Judy Reid	Icknield RC	L&HC	63	1:05:10	2:21:19	5:19:57	25.727	21.000	11
10	Rachael Maxwell	Border City Whs CC	NL&L	53	1:03:17	2:16:46	4:57:27	25.503	21.937	8

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	Age adj mph	Act mph	Pos on act mph
11	Gretchen Zoeller	VTTA (Yorkshire)	Yorks	43-44	1:03:56	2:16:19	4:56:12	24.472	21.909	9
12	Miriam Rennet	Kinross CC	Scot	61	1:07:36	2:42:41	4:55:36	24.393	20.309	14
13	Helen Tudor	Oswestry Paragon CC	M'side	54	1:07:06	2:25:59	5:03:05	24.227	20.901	13
14	Rachel Waite	North Hampshire RC	Wssx	43	1:08:32	2:19:32	5:07:42	23.244	20.962	12
15	Nichola Rorke	Exeter Whlrs CC	West	53	1:14:24	2:28:13	4:58:31	23.146	20.167	15

THREE DISTANCE COMPETITION - CLUB TEAM OF 3

Pos	Club	Team members	Team mph
1	VC St Raphael	Andrew Rivett, Malcolm Cox, William Sawyer	27.390
2	Springfield Financial RT	Andrew Whiteside, Paul Russell, Matt Stell	26.948
3	North Hampshire RC	Peter Tomlin, Christian Geldard, Rachel Waite	26.384
4	Deeside Olympic	Alan Broadbent, Barry Murphy, Ben Love	26.236

THREE DISTANCE COMPETITION - GROUP TEAM OF 6

Pos	Group	Team members	Team mph
1	West	Karl Norris, Kim Barfoot-Brace, Mark Sanders, Tony Chapman, Roger Sheridan, Mark Bradley	29.176
2	Wessex	Peter Youngusband, Claire Emons, Andrew Rivett, Christina Murray, Peter Tomlin, Christian Geldard	28.816
3	East Anglian	Keith Dorling, Darran Bennett, Simon Butteriss, John Golder, Philip Jones, Paul Looke	28.012
4	Scotland	Douglas Watson, Andrew Gallacher, Sean Quinn, Lorna Breetzke, Vincent Pickering, David MacNeil	27.981
5	Merseyside	David Williams, Jonathan Mills-Keeling, Alan Broadbent, Victor Chetta, Barry Murphy, Arthur Winstanley	27.481
6	Surrey/Sussex	Andy Critchlow, Colin McDermott, Adam Rogers, Roland Kitson, Peter Baker, Gavin Hughes	27.377
7	London & Home Counties	Jeff Roberts, David Glossy, James Wooldridge, Judy Reid, James Harris, Sean McDougall	26.759
8	Yorkshire	Grant Whiteside, Sean Sanders, Andrew Askwith, Neil Fearn, Martin Gargett, Gretchen Zoeller	26.308
9	North Lancashire & Lakes	Andrew Whiteside, Paul Russell, Matt Stell, Theresa Taylor, Rachael Maxwell, David Gibson	26.263

SHORT DISTANCE COMPETITION - MEN

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
1	Andy Critchlow	Paceline RT	S/S	49	18:08	18:11	0:46:47	0:46:55	33.769	32.530	1
2	Richard Oakes	Team Ohten Aveas	E Mids	54	18:08	18:12	0:47:32	0:51:12	33.732	31.727	3
3	Kevin Tye	VeloRefined Rule 5	Kent	61	19:19	19:23	0:50:03	0:50:29	33.673	30.425	12
4	Keith Dorling	Team Bottrill	E Ang	64	19:58	20:14	0:51:22	0:51:54	33.217	29.452	31
5	Neil Mackley	...a3crg	Wssx	59-60	19:00	19:46	0:50:25	0:51:47	33.072	30.163	16

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
6	Chris Lord	Brighton Excelsior CC	S/S	70	20:34	21:27	0:55:12	0:56:17	32.711	27.743	95
7	Matthew Smith	Drag2Zero	E Ang	45	18:01	19:05	0:47:04	0:47:23	32.694	32.067	2
8	Steven Cottingham	Bath CC	West	60-61	19:34	19:36	0:51:36	0:53:34	32.602	29.587	29
9	Douglas Watson	GTR - Return to Life	Scot	49-50	19:04	19:23	0:47:59	0:48:20	32.429	31.180	5
10	Pete Younghusband	Petersfield Tri Club	Wssx	58	19:49	19:54	0:50:19	0:51:23	32.344	29.858	21
11	Michael Stevens	Melton Olympic CC	E Mids	73	22:29	22:32	0:56:04	0:56:15	32.255	26.684	139
12	Liam Maybank	Twickenham CC	L&HC	50-51	18:58	19:06	0:49:04	0:51:07	32.104	30.741	7
13	Peter Greenwood	Clayton Velo	NL&L	71	21:45	21:56	0:56:17	0:56:27	32.057	27.041	122
14	Chris Dyason	Cambridge CC	E Ang	75	22:22	22:57	0:58:09	0:59:07	32.055	26.035	162
15	Conrad Moss	Primera-Teamjobs	West	48	19:03	19:18	0:48:32	0:49:06	31.994	31.010	6
16	Russ Richardson	Zurbaran Racing	North	65-66	20:26	21:15	0:54:25	0:54:24	31.975	28.184	72
17	Karl Norris	360VRT	West	52	19:16	19:19	0:50:07	0:50:31	31.974	30.457	10
18	Joseph Costello	Legato RT	Mids	64	20:30	21:16	0:53:12	0:53:18	31.955	28.455	57
19	Robert Watson	Cambridge CC	E Ang	62-63	20:19	20:38	0:53:07	0:53:58	31.908	28.662	53
20	Peter Main	34 Nomads CC	E Ang	58	19:50	20:08	0:51:22	0:52:33	31.866	29.450	32
21	Chris Gibbard	Bynea CC	S Wls	41	18:17	19:02	0:47:50	0:48:08	31.833	31.716	4
22	Kevin Wood	Sherwood CC	E Mids	61-62	20:31	20:43	0:52:35	0:52:44	31.798	28.794	48
23	Colin McDermott	Festival RC	S/S	55-56	19:48	20:21	0:50:30	0:50:53	31.792	29.742	25
24	Jason Bateman	Team Bottrill	NL&L	51	19:10	19:13	0:50:29	0:51:12	31.751	30.384	13
25	Anthony Jones	VMCC powered by Y Beic	S Wls	49-50	19:20	19:53	0:49:42	0:49:50	31.556	30.373	14
26	Jon Howard	Team Echelon	Mids	54	19:25	20:44	0:50:26	0:50:50	31.531	29.773	24
27	Howard Bayley	...a3crg	Wssx	48-49	19:08	19:19	0:50:37	0:50:29	31.456	30.442	11
28	Darran Bennett	Ely & Dist CC	E Ang	53	19:42	19:42	0:50:21	0:52:33	31.423	29.812	23
29	Philip Kennell	GS Metro	North	55-56	20:10	20:11	0:51:21	0:52:12	31.352	29.357	37
30	Mike Westmorland	Border City Whs CC	NL&L	78	23:46	23:58	1:01:35	1:02:07	31.252	24.696	223
31	Neil Cleminshaw	Addform Vive Le Velo	Yorks	53	19:40	20:01	0:50:58	0:52:38	31.191	29.603	28
32	Tony Chapman	Frome & Dist Whs	West	51	19:32	20:05	0:50:38	0:51:22	31.173	29.855	22
33	Rob Young	Team Vision Racing	E Ang	49	19:40	19:41	0:50:18	0:50:37	31.170	30.112	17
34	Mark Woolford	ZeroBC RT	E Ang	57	20:22	20:24	0:52:31	0:52:34	31.143	28.992	42

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Contact editor@vttta.org.uk

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
35	David Williams	Velotik RT	M'side	44	18:44	19:20	0:48:50	0:51:50	31.139	30.680	9
36	Roger Sewell	Wisbech Whs	E Ang	76	23:32	23:46	1:00:07	1:00:24	31.093	25.132	211
37	Simon Smart	Drag2Zero	Mids	54	19:43	19:56	0:49:46	0:56:01	31.073	29.362	36
38	Andy Thomas	Lindsey Roads CC	N Mids	53-54	20:00	20:24	0:51:05	0:52:02	31.041	29.401	35
39	Mark Vowells	San Fairy Ann CC	Kent	70	24:33	24:47	1:02:01	1:03:10	31.035	24.146	242
40	Grant Orsborn	Bedfordshire Road RT	E Ang	62-63	21:12	21:29	0:53:51	0:54:20	30.998	27.923	87
41	Thomas Scorer	RNRMCA	West	42	19:16	19:37	0:48:03	0:50:12	30.928	30.707	8
42	Brett Davis	Drag2Zero	S/S	50	19:27	19:34	0:52:11	0:52:16	30.906	29.739	26
43	Michael Schofield	Verulam CC	E Ang	57-58	20:33	20:43	0:52:59	0:53:18	30.888	28.653	54
44	Nick Partridge	Sole Bay Cycle Sport	E Ang	45	19:09	19:15	0:50:51	0:51:11	30.885	30.326	15
45	Cris Coxon	Brighton Mitre CC	S/S	46	19:05	19:38	0:50:59	0:51:43	30.787	30.107	18
46	Simon Horsley	Legato RT	NL&L	58-59	20:40	20:40	0:53:56	0:54:23	30.737	28.365	62
47	Julian Ramsbottom	Team Bottrill	E Mids	51	19:53	20:42	0:50:59	0:51:30	30.708	29.427	34
48	Mark Hamer	Legato RT	Mids	48	19:57	20:09	0:50:48	0:50:49	30.627	29.724	27
49	Michael Wills	Team Lutterworth	E Mids	64	21:05	22:00	0:55:35	0:55:51	30.623	27.394	107
50	Ed Moss	Beacon Roads CC	Mids	52-53	19:54	20:05	0:52:46	0:53:33	30.617	29.116	39
51	Simon Dighton	Beacon Roads CC	Mids	60	20:44	21:13	0:53:52	0:55:09	30.617	28.066	79
52	Wolfgang Emmerich	London Ph'x CC	L&HC	57	20:44	21:14	0:52:39	0:52:54	30.589	28.510	56
53	Angus Wilson	Dundee Thistle CC	Scot	53-54	20:05	20:51	0:52:14	0:52:52	30.561	28.936	43
54	Tim Radley	Gloucester City CC	West	49	19:41	19:43	0:52:29	0:52:46	30.494	29.480	30
55	Mark Sanders	Mid Devon CC	West	64	20:48	21:38	0:55:24	0:59:03	30.465	27.265	113
56	Simon Butteriss	Ely & Dist CC	E Ang	44-45	19:52	19:55	0:50:24	0:50:46	30.425	29.909	20
57	Hugh Davies	Port Talbot Whs CC	S Wls	78	24:16	25:00	1:02:31	1:02:37	30.414	24.169	241
58	Jeremy Redford	Army Cycling Union	West	50	19:43	19:58	0:53:15	0:53:46	30.257	29.137	38
59	David Hargreaves	North Lancashire RC	NL&L	76	24:06	24:36	1:01:06	1:01:34	30.209	24.550	231
60	Adrian Blacker	VTTA (Surrey/Sussex)	S/S	59	20:58	21:41	0:54:04	0:54:47	30.183	27.853	90
61	Steven Loraine	Legato RT	Mids	67	22:03	22:42	0:56:54	0:57:48	30.177	26.489	146
62	Nik Allen	Team TMC	S/S	51-52	20:02	20:54	0:51:40	0:54:43	30.098	28.776	50
63	Larry Wiltshire	Chichester City Riders	L&HC	49-50	19:20	20:00	0:53:11	0:55:45	30.090	29.036	41
64	Paul Newman	Richmond CC	North	56	20:56	20:56	0:53:43	0:54:25	30.079	28.204	71



*Alasdair
Washington
(Caithness CC)*



*Miriam Rennet
(Kinross CC)*

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Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
65	Mark Hill	VeloRefined Rule 5	Kent	55-56	20:59	21:03	0:52:51	0:54:41	30.068	28.228	68
66	Jonathan Mills-Keeling	Bridgnorth CC	M'side	50-51	20:00	20:34	0:52:56	0:53:28	30.058	28.891	45
67	Marcel Schubert	Darlington CC	North	41	19:46	20:22	0:49:30	0:50:37	30.043	29.938	19
68	Tony Ball	Legato RT	L&HC	54	20:10	21:46	0:52:59	0:53:31	30.011	28.414	59
69	John Lacey	Hemel Hempstead CC	L&HC	59	20:42	21:00	0:55:40	0:57:18	29.970	27.670	101
70	Richard Shaw	Seamons CC	M&NW	54	19:44	21:25	0:53:47	0:55:21	29.943	28.353	63
71	Jason McGowan	Giant Helston	West	51	20:29	20:43	0:52:13	0:53:56	29.914	28.698	52
72	Paul Braithwaite	Pendle Forest CC	NL&L	47	20:02	20:10	0:52:46	0:52:57	29.858	29.114	40
73	Richard Llewellyn	Imperial RT	Wssx	49	19:48	20:12	0:53:47	0:54:43	29.797	28.827	47
74	Andrew Gallacher	Livingston CC	Scot	55	20:54	21:19	0:53:46	0:54:25	29.784	28.080	77
75	Nigel Pratt	VC St Raphael	Wssx	51	19:50	20:27	0:54:52	0:54:55	29.766	28.561	55
76	Michael Martin	CC Ashwell	E Ang	58	20:56	21:33	0:54:16	0:56:51	29.750	27.633	102
77	Alan Davidson	Dundee Thistle CC	Scot	62	21:38	22:01	0:56:26	0:56:35	29.747	27.019	124
78	Martin Lines	Team Echelon	Mids	54-55	20:32	21:39	0:53:01	0:55:18	29.682	28.088	76
79	Alasdair Washington	Caithness CC	Scot	86	27:56	28:35	1:09:31	1:10:35	29.648	21.325	298
80	Daniel Legg	North Hampshire RC	L&HC	52-53	20:37	20:55	0:53:16	0:55:43	29.626	28.218	70
81	Neil White	Ambion RT	E Mids	55	21:05	21:49	0:53:06	0:54:28	29.625	27.937	84
82	Alastair Semple	Legato RT	Mids	55-56	21:03	21:25	0:54:40	0:54:54	29.605	27.820	93
83	Colin Parkinson	South Western RC	E Mids	61	20:54	22:01	0:56:30	0:58:25	29.586	27.047	120
84	Philip Brown	Walsall Roads CC	Mids	71-72	22:55	24:07	0:58:22	1:02:20	29.584	25.206	205
85	John Manlow	Ely & Dist CC	E Ang	54-55	20:32	21:11	0:55:01	0:55:59	29.544	27.901	88
86	Jez Willows	Sherwood CC	E Mids	57-58	21:11	21:28	0:55:41	0:56:04	29.540	27.492	105
87	Lee Francis	VC Bristol	West	41	19:51	20:07	0:51:41	0:52:20	29.536	29.435	33
88	Stuart Henderson	Team Bottrill	Yorks	47-48	20:17	20:34	0:52:49	0:54:01	29.515	28.731	51
89	Stephen Clarke	TMG Horizon Cycling	E Ang	68-69	22:46	22:47	0:58:12	1:01:10	29.510	25.746	177
90	Adrian Talley	VC St Raphael	Wssx	50	20:10	20:41	0:54:28	0:54:41	29.498	28.433	58
91	Neil Gregory	Port Talbot Whs CC	S Wls	56	21:25	22:03	0:53:44	0:54:24	29.484	27.679	100
92	William Sawyer	VC St Raphael	Wssx	58-59	20:48	21:18	0:57:33	0:57:32	29.483	27.288	112
93	David Nichol	Ferryhill Whs	North	71	23:46	24:36	0:58:30	0:58:59	29.478	25.177	207
94	Lee Turner	Sigma Sports	E Ang	54	21:11	21:12	0:54:17	0:54:37	29.471	27.931	86
95	David Glossy	Elysium Kalas RT	L&HC	50	20:01	20:37	0:54:14	0:55:59	29.444	28.382	60
96	Daryl Stroud	Gloucester City CC	West	58-59	21:03	21:40	0:56:01	0:56:57	29.440	27.328	110
97	Dan Jenkins	Southend Whs	E Ang	55-56	20:22	21:31	0:54:38	0:57:40	29.433	27.703	98
98	Patrick Ellerbeck	St Neots CC	E Ang	68-69	22:13	22:42	0:58:06	1:05:20	29.399	25.554	184
99	Paul Grindley	Liverpool Century RC	M'side	60	21:02	21:45	0:55:52	0:59:38	29.390	27.029	123
100	John Calvert	Walden Velo	E Ang	67	22:36	23:07	0:58:28	0:59:35	29.329	25.834	173
101	Alan Chalmers	Valley Striders CC	Yorks	71	23:24	23:28	1:00:10	1:02:12	29.316	25.064	213
102	Paul Winchcombe	Chippenham & Dist Whs	West	63	22:05	22:34	0:56:36	0:58:08	29.315	26.516	144
103	Mark Wolstenholme	VTTA (Yorkshire)	Yorks	45	19:59	21:00	0:52:34	0:53:30	29.296	28.792	49
104	Niel Dunnage	PDQ Cycle Coaching	West	51	20:22	22:05	0:52:47	0:54:38	29.294	28.126	75
105	Darren Yarwood	Addform Vive Le Velo	Yorks	48-49	20:17	20:30	0:51:43	0:58:34	29.283	28.366	61
106	Vincent Douglas	Gloucester City CC	West	53	20:32	22:01	0:54:16	0:54:53	29.264	27.861	89
107	Tim Beardmore	Bridgnorth CC	M'side	51	21:14	21:20	0:53:19	0:54:03	29.229	28.067	78

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Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
108	James Lawler	VTTA (East Anglia)	E Ang	49	20:47	21:04	0:53:42	0:53:48	29.223	28.291	65
109	Alan Chorley	Seamons CC	M&NW	52	20:47	20:55	0:55:18	0:55:26	29.206	27.935	85
110	Simon Henderson	Thanet RC	Kent	60	21:40	22:01	0:57:00	0:57:16	29.191	26.863	131
111	Graham Heaton	City RC (Hull)	Yorks	56	21:20	21:45	0:55:09	0:56:06	29.180	27.412	106
112	Andrew Rivett	VC St Raphael	Wssx	51-52	21:36	22:14	0:52:16	0:52:56	29.165	27.950	83
113	Haydn Davied	Giant CC / Halo Films	West	68-69	22:41	23:06	0:58:09	1:03:15	29.159	25.484	188
114	Mark Halliday	North Bucks RC	L&HC	59-60	21:55	22:02	0:56:29	0:57:06	29.143	26.859	132
115	Randle Shenton	Legato RT	Scot	65	22:38	22:40	0:58:21	0:58:58	29.126	26.031	163
116	Sean Quinn	Law Whs	Scot	50	20:57	21:01	0:54:08	0:54:51	29.098	28.061	80
117	Robert Gilmour	Hounslow & Dist Whs	L&HC	71-72	22:51	23:29	0:59:28	1:07:43	29.096	24.796	221
118	Mick St Leger	Gillingham & Dist Whs	Wssx	59	22:21	22:45	0:55:03	0:55:15	29.074	26.904	129
119	Adrian Hughes	Seamons CC	M&NW	55-56	21:09	21:15	0:56:25	0:57:02	29.066	27.373	109
120	Barrie Whittaker	Lyme Racing Club	M&NW	66	22:32	23:18	0:58:58	0:58:59	29.064	25.812	175
121	Kevin Blades	Bury Clarion	M&NW	52	21:31	21:53	0:53:35	0:53:46	29.058	27.799	94
122	Alan Broadbent	Deeside Olympic	M'side	49	20:25	20:56	0:54:58	0:55:09	29.057	28.134	74
123	Adam Fisher	Cambridge CC	E Ang	40-41	19:50	20:06	0:52:23	0:55:47	28.954	28.907	44
124	Cliff Voller	Newbury RC	West	72	24:00	24:16	1:01:40	1:01:56	28.920	24.567	230
125	John Golder	Chelmer CC	E Ang	70	23:31	23:54	1:00:49	1:01:03	28.914	24.963	215
126	Colin Currie	Ely & Dist CC	E Ang	40	20:01	20:57	0:51:48	0:54:02	28.833	28.833	46
127	Christian Geldard	North Hampshire RC	Wssx	48	21:09	21:35	0:53:51	0:53:54	28.761	27.963	82
128	Mat Ivings	Buxton CC	N Mids	50	21:03	22:07	0:52:23	0:56:12	28.753	27.739	97
129	Andrew Miller	Addform Vive Le Velo	Yorks	44-45	20:02	20:06	0:55:16	0:57:19	28.739	28.278	66
130	Chris Lea	Buxton CC	N Mids	61	22:29	23:15	0:56:43	0:56:49	28.737	26.335	153
131	Paul Colman	Port Talbot Whs CC	S Wls	62	22:37	22:58	0:57:20	0:58:08	28.703	26.155	158
132	Mark Bradley	Bristol South CC	West	58	22:49	22:59	0:54:24	0:55:45	28.698	26.720	136
133	Richard Harrison	Drag2Zero	E Ang	45-46	21:01	21:15	0:52:42	0:54:35	28.692	28.182	73
134	Paul Sander	Stockton Whs CC	North	67	23:00	23:34	0:59:31	1:01:07	28.673	25.323	199
135	Bob Richardson	Bournemouth Jubilee Wh	Wssx	57-58	21:58	22:33	0:56:07	0:56:36	28.654	26.788	134
136	Mark White	Mark White Coaching RT	E Mids	53	21:52	22:33	0:53:56	0:54:50	28.649	27.304	111
137	Matthew Smith	Colourtech RT	Kent	43	20:16	21:10	0:52:59	0:55:25	28.624	28.333	64
138	Arthur Winstanley	Liverpool Phx CC (Aintree)	M'side	67	22:57	23:16	1:00:49	1:01:11	28.615	25.278	200
139	Tom Cox	Saint Piran	Wssx	69	23:56	24:04	1:00:14	1:00:36	28.594	24.914	220
140	Martin Fisher	Melton Olympic CC	E Mids	43-44	20:12	20:30	0:53:57	0:57:09	28.594	28.255	67
141	Tim Baggs	Sherwood CC	E Mids	53-54	21:33	21:58	0:55:40	0:56:16	28.590	27.190	116
142	Martin Hailstone	Addform Vive le Velo	Yorks	55	20:50	22:23	0:56:41	0:58:15	28.523	26.955	126
143	David Leckenby	VTTA (Yorkshire)	Yorks	59	21:56	22:47	0:56:43	0:58:42	28.511	26.423	149
144	Andrew Whiteside	Springfield Finan'l RT	NL&L	49	20:45	21:56	0:54:42	0:56:07	28.493	27.606	103
145	Martin Bullen	Peterborough CC	N Mids	71	24:18	25:32	1:00:34	1:00:43	28.440	24.415	233
146	Michael Flaherty	Seacroft Whs	Yorks	61	23:01	23:24	0:56:47	0:57:17	28.431	26.078	160
147	Sean Sanders	Drighlington BC	Yorks	52-53	21:57	22:42	0:54:26	0:54:54	28.429	27.161	119
148	Paul Russell	Springfield Finan'l RT	NL&L	56	21:57	22:11	0:56:19	0:57:59	28.399	26.722	135
149	Stuart Maccallum	Team A. Allan Architecture	Scot	49	21:19	22:44	0:53:02	0:55:07	28.392	27.510	104
150	Daniel Kingston	Rowe & King	S Wls	41-42	21:12	22:00	0:52:13	0:52:28	28.389	28.223	69

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
151	Matt Stell	Springfield Finan'l RT	NL&L	45-46	20:51	21:32	0:54:13	0:55:24	28.345	27.846	91
152	Alasdair Bruce	Yorkshire RC	Yorks	66	23:26	23:46	0:59:23	1:00:27	28.330	25.231	203
153	Ian Short	Team Salesengine.co.uk	E Ang	49-50	20:42	21:17	0:56:31	0:58:03	28.318	27.389	108
154	Steve Burrows	Vive Le Velo	Yorks	63-64	23:02	23:42	0:58:44	0:58:50	28.299	25.600	180
155	Ed Tarelli	Race Hub	E Mids	51	21:33	22:56	0:54:19	0:55:28	28.254	27.166	118
156	Paul Burrows	Thanet RC	Kent	46	20:56	21:13	0:55:19	0:56:16	28.253	27.679	99
157	James Muir	Glasgow Nightingale CC	Scot	60	22:57	23:19	0:57:19	0:57:33	28.208	26.028	164
158	Richard Tyson	Rock to Roll CC	NL&L	55-56	21:40	22:12	0:57:09	0:58:49	28.177	26.617	141
159	David Smith	Sleaford Whs CC	E Mids	71-72	25:00	25:29	1:00:58	1:01:42	28.175	24.115	245
160	Paul Looke	Shaftesbury CC	E Ang	56-57	22:22	22:29	0:57:12	0:57:45	28.169	26.427	148
161	Mark Welch	Oxted CC	S/S	60-61	22:50	22:52	0:58:36	0:58:45	28.152	25.911	168
162	Barry Murphy	Deeside Olympic	M'side	43	21:02	21:03	0:54:44	0:55:48	28.110	27.829	92
163	Stephen Dooley	Seamons CC	M&NW	41	20:26	20:28	0:52:29	1:00:28	28.109	28.017	81
164	Christopher Riley	Paramount CRT	M'side	55	22:35	22:47	0:55:05	0:57:15	28.108	26.584	142
165	Graham Jones	Edinburgh RC	Scot	58	22:33	22:40	0:57:57	0:58:48	28.001	26.118	159
166	Mick Hutchins	Congleton CC	M&NW	48	21:27	21:36	0:54:49	0:58:01	27.999	27.242	114
167	Steve Skinner	Southdown Velo	Wssx	68	23:20	23:29	1:03:20	1:03:37	27.996	24.632	225
168	Shay Giles	Thanet RC	Kent	78	26:24	26:31	1:05:48	1:07:15	27.993	22.614	279
169	Adrian Gower	Hitchin Nomads CC	E Ang	60	22:14	22:30	0:58:19	1:02:36	27.982	25.834	172
170	Andrew Halliday	Westerley CC	L&HC	51	21:15	22:11	0:56:44	0:58:07	27.947	26.883	130
171	Ian Peacock	Leek CC	M&NW	70-71	25:26	26:00	1:00:08	1:00:19	27.939	24.12	244
172	Adam Rogers	Eastbourne Rovers	S/S	48	22:00	22:27	0:54:38	0:55:00	27.935	27.182	117
173	David Taylor	Huddersfield RC	Yorks	67-68	23:28	24:02	1:02:21	1:01:57	27.929	24.701	222
174	Robert Wilcocks	Royal Air Force CA	L&HC	42	20:25	20:48	0:53:07	1:01:15	27.922	27.741	96
175	Andrew Coulbeck	Addform Vive Le Velo	Yorks	57	22:13	22:52	0:58:06	0:58:32	27.913	26.172	156
176	Roger Sheridan	North Devon Velo	West	62	22:20	22:40	0:54:54	1:10:42	27.902	25.469	190
177	Peter Tibbitts	Ford CC	E Ang	71	24:34	25:07	1:02:25	1:03:16	27.890	24.013	249
178	Huseyin Vardal	Gemini BC	Kent	49-50	21:48	22:33	0:55:15	0:56:49	27.847	26.920	128
179	Malcolm Cox	VC St Raphael	Wssx	55-56	21:54	22:46	0:57:38	0:59:25	27.842	26.256	155



Peter Macklam
(Yorkshire RC)



Helen Tudor
(Oswestry Paragon)

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Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
180	Andrew Askwith	Vive Le Velo	Yorks	58-59	22:48	23:51	0:56:06	0:58:46	27.833	25.934	167
181	Ian Wroblewski	Team Lutterworth	E Mids	49	21:54	22:12	0:55:30	0:56:54	27.798	26.953	127
182	Richard Mellor	Team Bottrill	E Ang	54	21:37	23:02	0:56:44	0:59:00	27.792	26.417	150
183	Richard Tully	Elite Cycling	E Ang	46	21:31	21:58	0:55:40	0:55:58	27.792	27.237	115
184	John Swanbury	VC Baracchi	E Ang	76	25:24	25:51	1:06:40	1:07:03	27.785	22.926	273
185	Brian Martin	Ciclos Uno	E Ang	74	24:56	25:36	1:04:57	1:06:12	27.732	23.314	262
186	Jymmy Trevor	City RC (Hull)	Yorks	50-51	21:20	22:10	0:57:54	0:58:20	27.725	26.703	137
187	Steve Cornish	St Ives CC	E Ang	67	23:47	24:15	1:01:32	1:02:37	27.718	24.576	228
188	Simon Phillips	Stockport Tri Club	M&NW	62	22:19	23:00	0:59:49	1:04:28	27.715	25.329	198
189	Stu Carver	North Hampshire RC	Wssx	57-58	21:57	22:11	1:00:48	1:00:33	27.701	25.957	166
190	Martin Nelson	Out of the Saddle	N Mids	51	22:14	22:23	0:55:57	0:57:41	27.697	26.651	140
191	Daniel Kempe	Bristol South CC	West	57	23:05	23:10	0:57:25	0:58:03	27.677	25.964	165
192	David Yarham	Peterborough CC	E Mids	70-71	24:12	24:35	1:04:12	1:04:24	27.645	23.964	250
193	Mark Burtonshaw	Harrogate Nova CC	Yorks	64-65	23:54	24:07	0:59:34	1:01:02	27.629	24.936	219
194	Bill Maxwell	Border City Whs CC	NL&L	75	25:03	25:24	1:05:58	1:08:51	27.613	23.025	272
195	William Hayes	VC Long Eaton	E Mids	46	22:06	22:09	0:54:54	0:56:21	27.592	27.045	121
196	David England	Crabwood CC	Wssx	80	27:37	27:46	1:06:47	1:09:15	27.575	21.864	294
197	Mark Thomas	Bigfoot CC	E Ang	60	22:17	23:04	1:00:25	1:02:05	27.568	25.482	189
198	James Hunt	Oxonian CC	L&HC	46-47	21:07	21:32	0:57:44	0:58:18	27.566	26.997	125
199	David Hayward	Matlock CC	N Mids	78	26:21	26:37	1:08:08	1:08:14	27.553	22.328	285
200	Martin Brown	7Oaks Tri Club	Kent	62	22:50	23:13	1:01:10	1:02:16	27.538	25.183	206
201	Andrew Simpkins	Team Echelon	Mids	69	24:34	25:00	1:02:19	1:02:55	27.506	24.084	246
202	Paul Thatcher	Brighton Mitre CC	S/S	59	21:48	25:14	0:55:08	1:03:27	27.494	25.537	186
203	Brian Molloy	Brighton Mitre CC	S/S	55-56	22:09	23:26	0:58:11	0:59:50	27.393	25.886	170
204	Mike Giles	Ythan CC	Scot	57-58	23:20	23:27	0:58:20	0:58:59	27.384	25.611	179
205	Paul Tyler	Ferryhill Whs	North	65	24:06	24:37	0:59:23	1:03:00	27.330	24.585	227
206	Graham Lawrenson	Hainault RC	E Ang	69	23:59	24:12	1:01:30	1:09:36	27.324	23.938	251
207	Garry Shuker	Walsall Roads CC	Mids	67-68	24:11	25:19	1:02:22	1:02:41	27.296	24.123	243
208	Andy Kennedy	Ipswich BC	E Ang	58	23:08	23:22	0:58:59	1:00:07	27.291	25.499	187
209	Richard Jones	Amersham RCC	L&HC	49	21:59	24:42	0:54:35	0:56:00	27.28	26.463	147
210	Lee Morley	Hartlepool CC	North	52	22:30	23:04	0:56:41	0:58:49	27.273	26.161	157
211	Paul Rogoll	PDQ Cycle Coaching	West	66-67	23:46	24:17	1:03:19	1:04:06	27.270	24.261	238
212	Peter Iffland	Chippenham & Dist Wh	West	58-59	23:07	23:21	0:59:28	1:00:41	27.249	25.398	193
213	Peter Macklam	Yorkshire RC	Yorks	80	27:11	27:17	1:10:27	1:10:41	27.217	21.644	296
214	Ian Swinscoe	Royal Air Force CA	Yorks	54	23:03	23:27	0:57:22	0:58:09	27.209	25.890	169
215	Peter Jackson	Macclesfield Whs	M&NW	66	25:01	25:05	0:58:47	1:03:03	27.171	24.303	236
216	Scott Taylor	Springfield Finan'I RT	NL&L	60	22:57	23:02	1:00:42	1:03:36	27.149	25.122	212
217	Ben Love	Deeside Olympic	M'side	44	21:40	22:04	0:57:21	0:57:22	27.146	26.796	133
218	Patrick Healy	Buxton CC	M&NW	56	22:35	23:53	0:58:06	1:00:24	27.120	25.586	182
219	Matt Plews	Welland Valley CC	E Mids	48	21:43	23:22	0:56:52	0:57:56	27.104	26.394	151
220	Mike Walker	Congleton CC	M&NW	44-45	21:52	22:28	0:56:06	0:57:57	27.081	26.692	138
221	Michael Wilkinson	South Normanton CC	E Mids	63	23:32	24:02	1:01:46	1:02:43	27.071	24.666	224
222	Edward Watson	Ratae RC	E Mids	47-48	22:24	23:10	0:56:23	0:57:37	27.011	26.331	154
223	Andrew Yule	Deeside Thistle CC	Scot	58-59	23:01	23:34	0:58:22	1:04:09	26.972	25.153	209

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Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
224	Dominic Whitehead	Cambridge CC	E Ang	64-65	24:11	24:31	1:02:06	1:02:44	26.938	24.337	234
225	Gavin Hughes	Kingston Ph'x RC	S/S	56	23:20	23:31	0:59:19	0:59:59	26.889	25.381	194
226	Alan Crane	Chronos RT	L&HC	54	23:05	23:44	0:58:21	0:59:04	26.882	25.594	181
227	David Gibson	Border City Whs CC	NL&L	63	23:54	24:15	1:00:49	1:03:50	26.875	24.502	232
228	Chris Bax	Thanet RC	Kent	71	24:57	25:07	1:06:31	1:06:43	26.855	23.243	265
229	Stewart Harrison	Kings Lynn CC	E Ang	56	23:17	23:30	0:59:48	1:00:09	26.833	25.331	197
230	James Meldrum	Liverpool Ph'x CC (Aintree)	M'side	43	22:03	22:10	0:57:20	0:58:30	26.775	26.521	143
231	Grant Whiteside	Harrogate Nova CC	Yorks	48-49	23:24	24:14	0:55:33	0:55:55	26.773	26.057	161
232	Jonathan Durnin	Welland Valley CC	E Mids	50-51	23:49	25:15	0:55:20	0:55:31	26.708	25.771	176
233	Shaun Wakes	Ferryhill Whs	North	54-55	21:37	22:54	0:57:01	1:10:59	26.706	25.349	196
234	Richard Durham	Settle Whs	Yorks	68-69	25:05	24:55	1:04:49	1:05:31	26.706	23.509	258
235	Christopher Spray	Ratae RC	E Mids	56-57	22:33	23:25	0:59:36	1:04:34	26.705	25.157	208
236	Michael Dalton	Stockton Whs CC	North	42	21:43	21:58	0:58:39	0:58:53	26.663	26.498	145
237	David Greenwood	Rye & Dist Whs CC	Kent	57-58	23:16	24:05	1:00:57	1:01:20	26.619	24.942	218
238	Andy Whitehead	Rockingham CC	N Mids	57	23:01	23:27	0:59:50	1:04:37	26.567	24.984	214
239	David Pritchard	Kennoway RC	Scot	66	24:29	24:41	1:01:50	1:07:49	26.539	23.798	253
240	Craig Lamb	Alford Whs	E Mids	54	22:44	23:32	0:58:31	1:03:48	26.513	25.258	201
241	Chris Yates	Otley CC	Yorks	66	23:43	25:33	1:04:00	1:05:55	26.471	23.744	254
242	Michael Cole	Huddersfield RC	Yorks	78	27:27	27:58	1:08:57	1:10:15	26.463	21.605	297
243	Adam Harrison	Barnesbury CC	North	41	21:36	22:01	0:59:14	0:59:41	26.453	26.372	152
244	Martin Gargett	Halifax Imperial Whs	Yorks	49-50	23:24	23:38	0:58:12	0:58:25	26.432	25.620	178
245	Marek Sasura	GS Avanti	Kent	47	22:58	23:45	0:57:22	0:58:06	26.423	25.838	171
246	Mike Hall	Port Talbot Whs CC	S Wls	54	22:54	24:38	0:59:22	1:00:34	26.391	25.148	210
247	Daryl May	Sheffrec CC	N Mids	49	23:05	23:07	0:59:22	1:00:03	26.306	25.548	185
248	Simon Geraci	Swift Racing	Yorks	55	23:49	24:04	0:59:55	1:00:56	26.28	24.944	217
249	Robert Harcourt	Salford CC	M&NW	59-60	24:29	25:03	0:59:47	1:03:12	26.182	24.321	235
250	John Murphy	Gloucester City CC	West	83	28:35	29:16	1:15:04	1:16:42	26.166	20.258	307
251	Steven Hazeldine	Stone Whs	M&NW	56-57	24:01	24:08	1:01:17	1:02:33	26.075	24.575	229
252	Gary Chiverton	Bournemouth Jubilee Wh	Wssx	61-62	24:02	24:09	1:04:18	1:05:11	26.063	24.038	248
253	Robert Jones	Cardiff 100 Miles RCC	S Wls	71	25:58	26:33	1:06:32	1:07:10	26.062	22.646	278
254	Dan Shipton	Eastbourne Rovers	S/S	46	23:24	23:27	0:58:17	0:59:14	26.061	25.572	183
255	Richard Belk	Kent Valley RC	NL&L	72	26:14	26:22	1:07:27	1:08:17	26.041	22.458	284
256	Philip Strongman	Oxonian CC	L&HC	59	23:23	23:56	1:04:09	1:05:08	26.039	24.285	237
257	Peter Perrin	Bournemouth Arrow CC	Wssx	56	23:30	23:31	1:03:09	1:03:35	26.012	24.597	226
258	John Potter	VTTA (Yorkshire)	Yorks	69	25:28	25:34	1:05:37	1:08:50	25.998	22.92	274
259	Pete Christensen	Hart Evolution RT	Wssx	42	21:56	24:42	0:55:24	1:00:57	25.99	25.833	174
260	Tim Marshall	Seamons CC	M&NW	46-47	22:18	23:52	0:59:15	1:01:17	25.984	25.460	191
261	Julian Fussell	Southborough & Dist Wh	Kent	49	23:17	23:33	1:00:10	1:00:35	25.973	25.234	202
262	Stuart Thompson	VC St Raphael	Wssx	48	23:34	23:35	0:59:18	1:00:43	25.872	25.225	204
263	Paul Cannon	Epsom CC	S/S	74	26:29	26:56	1:06:49	1:13:10	25.858	21.971	293
264	Peter Baker	Lewes Wanderers CC	S/S	65	25:11	26:24	1:00:38	1:07:32	25.848	23.376	261
265	Steve Aston	Wrexham RC	M'side	46	23:16	23:19	0:58:29	1:01:52	25.834	25.354	195
266	Ian Casson	Birkenhead Victoria CC	M'side	70-71	25:27	25:49	1:09:01	1:09:37	25.796	22.524	281
267	Kevin Humphreys	Sherwood CC	E Mids	63	23:28	23:32	1:09:23	1:10:23	25.682	23.499	259
268	Michael Boyce	...a3crg	Wssx	67	25:34	25:44	1:06:10	1:08:06	25.567	22.870	276

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Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
269	Nick Hickman	Team SalesEngine.co.uk	E Ang	56	23:45	23:46	1:01:02	1:09:17	25.553	24.184	240
270	Karl Moseley	Droitwich CC	Mids	59	24:08	25:03	1:00:57	1:08:10	25.55	23.857	252
271	Timothy Fowler	PSSA CC	L&HC	57	24:04	25:00	1:02:28	1:04:32	25.509	24.047	247
272	Gary Tuskin	Poole Whs	Wssx	55	24:56	25:44	0:59:17	1:01:58	25.483	24.222	239
273	Graham Hurrell	Basildon CC	E Ang	63-64	25:22	25:27	1:05:09	1:06:23	25.452	23.212	267
274	Christopher Beaty	Allen Valley Velo	North	40	23:15	23:31	0:58:06	1:00:58	25.435	25.435	192
275	Philip Wooldridge	VTTA (Midlands)	Mids	44	23:24	24:52	0:59:20	1:00:35	25.256	24.952	216
276	Les Boughey	North Shropshire Whs	M'side	60	25:13	25:15	1:05:02	1:05:17	25.146	23.40	260
277	Christopher Rosam	Epsom CC	S/S	62-63	25:10	25:17	1:06:27	1:07:46	25.129	23.070	270
278	Brian Carr	Great Yarmouth CC	E Ang	68-69	26:11	26:27	1:08:11	1:09:31	25.104	22.294	286
279	Paul Brierley	Huddersfield RC	Yorks	56	24:50	25:10	1:03:49	1:04:04	25.044	23.730	255
280	Clifford Degraff	VC Cumbria	NL&L	58	24:28	24:53	1:05:31	1:06:34	25.032	23.516	257
281	John Leach	Rossendale RC	NL&L	78	27:43	28:13	1:12:44	1:19:39	24.965	20.592	302
282	Jon Fairclough	Kelso Whs CC	Scot	69	26:17	26:20	1:09:05	1:11:32	24.915	22.074	291
283	Phil Wright	Hartlepool CC	North	68	26:19	26:23	1:07:21	1:11:50	24.863	22.174	289
284	Geoff Edgerton	North Shropshire Whs	M'side	75-76	27:37	29:25	1:09:25	1:14:48	24.808	20.946	300
285	Mark Philipson	City RC (Hull)	Yorks	66	25:46	27:14	1:08:11	1:09:00	24.643	22.264	287
286	Neil Bennett	North Devon Velo	West	57-58	25:02	25:35	1:06:26	1:06:36	24.534	23.131	268
287	Martin Sturge	Deeside Olympic	M'side	56	25:10	25:50	1:03:39	1:07:23	24.481	23.223	266
288	Duncan Smart	Scarborough Paragon	Yorks	54-55	25:22	25:53	1:03:57	1:05:43	24.389	23.279	263
289	Chris Lawson	Deeside Olympic	M'side	58	25:22	26:03	1:06:19	1:07:04	24.354	22.918	275
290	Mark Brownless	Darlington CC	North	51	23:26	25:54	1:06:06	1:06:17	24.335	23.523	256
291	Simon Hall	Crabwood CC	Wssx	53	24:40	25:28	1:05:53	1:06:48	24.247	23.277	264
292	Andrew Alcorn	Bath CC	West	54	24:58	26:33	1:03:06	1:08:24	24.127	23.083	269
293	Andrew Keightley	Melton Olympic CC	E Mids	60	25:10	26:59	1:06:41	1:10:32	24.066	22.459	283
294	Paul Edwards	Deeside Olympic	M'side	56	25:34	26:10	1:06:41	1:06:46	24.054	22.840	277
295	Harry Cowley	Chester RC	M'side	75	27:59	29:10	1:14:14	1:16:21	24.013	20.466	304
296	Alan Shuttleworth	Weaver Valley CC	M&NW	76	28:59	29:03	1:15:08	1:16:40	23.909	20.221	308
297	Robin Johnson	Brighton Mitre CC	S/S	75	28:48	28:53	1:14:49	1:16:38	23.793	20.307	306
298	Harry Moore	CC Hackney	E Ang	60-61	26:16	26:57	1:08:21	1:09:52	23.744	22.130	290
299	Chris Summers	Sotonia CC	Wssx	71	26:57	27:32	1:15:09	1:18:07	23.658	20.804	301
300	David Percival	City RC (Hull)	Yorks	46	25:34	25:40	1:05:50	1:06:21	23.456	23.059	271
301	Paul Dawson	VTTA (North Group)	North	62	26:20	27:07	1:11:20	1:12:33	23.372	21.654	295
302	Philip Gardner	Mid Shropshire Whs	Mids	55	24:58	33:23	1:02:35	1:05:00	23.338	22.263	288
303	Andrew Wilson	St Christopher's CC	Scot	73	27:48	31:14	1:13:41	1:18:06	23.098	20.089	309
304	Ed Stivala	Team Milton Keynes	L&HC	55	25:16	27:48	1:08:38	1:11:54	23.047	22.012	292
305	Garret Fay	Icknield RC	L&HC	47	26:19	26:28	1:06:51	1:07:13	23.000	22.556	280
306	Ian Damant	Becontree Whs CC	E Ang	63	27:04	27:36	1:12:23	1:13:59	22.984	21.226	299
307	Russ Cook	Southborough & Dist Wh	Kent	40	26:03	26:33	1:07:12	1:08:17	22.480	22.480	282
308	Vic Trigger	Crewe Clarion Whs	M&NW	77-78	32:46	32:48	1:26:23	1:32:14	22.375	17.558	313
309	David Griffiths	Crewe Clarion Whs	M&NW	80	30:34	31:24	1:23:40	1:29:09	22.246	18.373	312
310	David Steel	Hereford & Dist Whs	Mids	76	31:03	31:25	1:20:10	1:24:59	21.807	18.696	311
311	Chris Parker	Hastings & St Leonards CC	Kent	67-68	30:10	31:47	1:15:31	1:16:02	21.571	19.590	310
312	Wayne Hill	Bourne Whs	E Ang	56	28:35	28:49	1:10:13	1:19:13	21.505	20.528	303
313	Geraint Catherall	Anfield BC	M'side	49	28:11	28:26	1:16:25	1:16:32	20.886	20.405	305

SHORT DISTANCE COMPETITION - WOMEN

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
1	Linda Dewhurst	Team Milton Keynes	L&HC	64	21:41	21:45	0:58:14	0:58:27	34.415	26.670	4
2	Claire Emons	...a3crg	Wssx	54-55	21:55	22:02	0:56:44	0:57:00	32.363	26.841	2
3	Jen Clegg	Team Bottrill	E Mids	69	24:02	24:46	1:01:27	1:02:03	32.265	24.444	22
4	Denise Hurren	Sole Bay Cycle Sport	E Ang	58	21:57	22:51	0:57:18	1:00:23	32.016	26.153	7
5	Deborah Moss	Springfield Finan'I RT	NL&L	52-53	21:48	22:00	0:56:17	0:58:03	31.962	26.822	3
6	Louise Robinson	Essex Roads CC	E Ang	46-47	21:00	21:35	0:54:51	0:57:19	31.849	27.472	1
7	Susan Semple	Legato RT	Mids	57	22:39	22:43	0:58:35	0:59:07	31.534	25.970	10
8	Deborah Sheridan	Warwickshire RC	Mids	66	24:14	24:56	1:02:08	1:02:39	30.964	24.227	25
9	Deb Hutson-Lumb	Wrekinsport CC	M'side	58	23:12	23:25	0:59:52	1:00:16	30.827	25.357	15
10	Lucy Rogers	Congleton CC	M&NW	54	21:46	22:58	0:59:24	1:01:17	30.821	25.855	11
11	Theresa Taylor	Springfield Finan'I RT	NL&L	63	23:19	23:40	1:03:27	1:03:35	30.752	24.579	21
12	Susan Triplow	CC Sudbury	E Ang	56	22:43	23:04	1:00:17	1:01:26	30.560	25.431	14
13	Christina Murray	Army Cycling Union	Wssx	46-47	21:40	23:28	0:56:30	0:59:33	30.255	26.250	6
14	Julia Freeman	Easterley RC	E Ang	59	23:42	23:52	1:00:44	1:02:07	30.247	24.826	19
15	Lisa Davis	Drag2Zero	S/S	48	21:21	21:52	0:58:55	1:05:11	30.109	26.003	9
16	Diana Egerton-Warburton	Team Enable - M.I. Racing	Mids	46-47	22:08	22:52	0:58:30	0:59:23	29.970	26.062	8
17	Kim Barfoot-Brace	Team Bottrill	West	42	21:09	24:48	0:55:37	0:57:21	29.883	26.422	5
18	Sarah Matthews	...a3crg	Wssx	62-63	22:28	23:05	1:01:37	1:21:47	29.720	23.846	28
19	Gail Lowe	Congleton CC	M&NW	54	23:15	23:41	1:00:35	1:03:40	29.420	24.865	16
20	Helen Roby	Ride Revolution Coaching	L&HC	56	23:36	25:13	0:59:39	1:02:05	29.416	24.631	20
21	Sue Cheetham	North Lancashire RC	NL&L	60	24:35	24:59	1:03:20	1:04:16	29.014	23.862	27
22	Lorna Breetzke	Vanelli Project-Go	Scot	44	23:16	23:42	0:58:06	0:59:26	28.978	25.540	13
23	Judy Reid	Icknield RC	L&HC	63	24:20	25:55	1:05:10	1:06:21	28.865	23.358	37
24	Janet Fairclough	Liverpool Ph'x CC (Aintree)	M'side	62-63	25:32	25:51	1:01:35	1:06:12	28.826	23.431	36
25	Kirsty McSeveney	...a3crg	Wssx	42	22:35	22:41	1:00:32	1:01:32	28.755	25.544	12
26	Angela Hannon-Flaherty	Seacroft Whs	Yorks	54	24:56	25:28	1:00:04	1:00:32	28.696	24.344	23
27	Margaret McMillan	Deeside Thistle CC	Scot	58-59	24:26	24:30	1:00:47	1:10:12	28.683	23.773	30
28	Karen Taylor	Springfield Finan'I RT	Yorks	56-57	24:18	25:09	1:04:23	1:04:51	28.233	23.744	31
29	Caroline Ratcliff	Ferryhill Whs	North	58	24:54	25:06	1:04:50	1:05:12	28.176	23.536	34
30	Ann Shuttleworth	Cambridge CC	E Ang	56-57	24:28	24:46	1:03:34	1:07:24	28.108	23.650	32
31	Fay Barrington	Banbury Star CC	Mids	53	25:10	25:37	1:00:59	1:01:52	28.106	24.026	26
32	Denise Burrows	AeroCoach	Mids	44	23:53	24:02	1:00:11	1:01:35	28.082	24.842	18
33	Claire Harrison	Congleton CC	M&NW	49	24:10	24:34	1:02:05	1:02:42	27.998	24.334	24
34	Sue McFarlane	Army Cycling Union	Yorks	43	23:59	24:34	0:59:38	1:00:23	27.997	24.859	17
35	Sandra Burrows	Vive Le Velo	Yorks	57	24:29	25:33	1:06:03	1:07:36	27.577	23.222	39
36	Valerie Martin	Dooleys Cycles	Scot	56	24:42	25:05	1:06:24	1:07:05	27.522	23.291	38
37	Rachael Maxwell	Border City Whs CC	NL&L	53	24:40	25:24	1:03:17	1:07:01	27.398	23.508	35
38	Joanna Knight	Bristol South CC	West	63	26:32	26:52	1:07:30	1:07:40	27.311	22.334	44
39	Judy Brown	Newmarket Cycling & Tri	E Ang	62	25:22	26:16	1:10:11	1:14:20	26.667	22.012	45
40	Joanne Jago	Performance Cycles	West	42	25:35	25:51	1:01:23	1:01:55	26.602	23.832	29

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
41	Gretchen Zoeller	VTTA (Yorkshire)	Yorks	43-44	24:12	24:56	1:03:56	1:07:41	26.492	23.620	33
42	Carol Middleton	Ythan CC	Scot	63	27:18	27:46	1:08:48	1:09:45	26.405	21.724	47
43	Jenny Anderson	Great Yarmouth C C	E Ang	66-67	27:33	28:24	1:09:56	1:13:02	26.272	21.223	52
44	Miriam Rennet	Kinross CC	Scot	61	26:12	27:07	1:07:36	1:15:54	26.114	21.745	46
45	Helen Tudor	Oswestry Paragon CC	M'side	54	26:24	26:28	1:07:06	1:07:52	26.113	22.464	42
46	Kerry Brennand	Newmarket Cycling & Tri	E Ang	43-44	25:04	25:06	1:06:33	1:08:40	25.784	23.056	41
47	Sarah Foulds	Velo Culture	North	42	24:53	25:34	1:06:15	1:07:05	25.749	23.146	40
48	Rachel Green	Cheltenham & County CC	West	61	26:12	27:04	1:13:11	1:14:39	25.637	21.415	49
49	Mariane Carpenter	Bath CC	West	49	25:10	26:00	1:09:23	1:10:43	25.522	22.437	43
50	Lindsay Philp	Wadebridge Coasters	West	60	27:43	27:55	1:10:02	1:11:47	25.402	21.364	51
51	Kath Finn	Kendal Cycle Club	NL&L	59	27:05	28:25	1:10:33	1:11:33	25.274	21.374	50
52	Pamela Moore	Coalville Whs	E Mids	55-56	26:54	27:58	1:09:36	1:11:43	25.041	21.557	48
53	Gabriela MacKinnon	Coventry Triathletes	Mids	62	30:06	31:23	1:09:11	1:12:19	24.298	20.369	54
54	Tracy Gregory	Buxton CC	N Mids	58	27:48	29:20	1:15:08	1:15:54	23.855	20.441	53
55	Isobel Fletcher	VC Glasgow	Scot	62	28:30	29:40	1:17:18	1:18:03	23.725	19.975	55

SHORT DISTANCE COMPETITION - CLUB TEAMS OF 3

Pos	Club	Team members	Team mph
1	Team Bottrill	Keith Dorling, Jen Clegg, Jason Bateman	32.411
2	...a3crg	Neil Mackley, Claire Emons, Howard Bayley	32.297
3	Drag2Zero	Matthew Smith, Simon Smart, Brett Davis	31.562
4	Legato Racing Team	Joseph Costello, Susan Semple, Simon Horsley	31.409
5	Cambridge CC	Chris Dyason, Robert Watson, Adam Fisher	30.973
6	Ely & District CC	Darran Bennett, Simon Butteriss, John Manlow	30.464
7	Springfield Financ'l RT	Deborah Moss, Theresa Taylor, Andrew Whiteside	30.403
8	Sherwood CC	Kevin Wood, Jez Willows, Tim Baggs	29.976
9	Addform Vive Le Velo	Neil Cleminshaw, Darren Yarwood, Andrew Miller	29.738
10	Gloucester City CC	Tim Radley, Daryl Stroud, Vincent Douglas	29.733
11	VC St Raphael	Nigel Pratt, Adrian Talley, William Sawyer	29.582
12	Team Echelon	Jon Howard, Martin Lines, Andrew Simpkins	29.573
13	Port Talbot Whs CC	Hugh Davies, Neil Gregory, Paul Colman	29.533
14	Army Cycling Union	Jeremy Redford, Christina Murray, Sue McFarlane	29.503
15	Congleton CC	Lucy Rogers, Gail Lowe, Mick Hutchins	29.413
16	Seamons CC	Richard Shaw, Alan Chorley, Adrian Hughes	29.405
17	Border City Whs CC	Mike Westmorland, Bill Maxwell, Rachael Maxwell	28.754
18	North Hampshire RC	Daniel Legg, Christian Geldard, Stu Carver	28.696
19	Brighton Mitre CC	Cris Coxon, Paul Thatcher, Brian Molloy	28.558
20	Thanet RC	Simon Henderson, Paul Burrows, Shay Giles	28.479
21	Ferryhill Whs	David Nichol, Caroline Ratcliff, Paul Tyler	28.328
22	Melton Olympic CC	Michael Stevens, Martin Fisher, Andrew Keightley	28.305
23	Buxton CC	Mat Iving's, Chris Lea, Patrick Healy	28.203

Pos	Club	Team members	Team mph
24	Deeside Olympic	Alan Broadbent, Barry Murphy, Ben Love	28.104
25	VTTA (Yorkshire)	Mark Wolstenholme, David Leckenby, Gretchen Zoeller	28.100
26	Liverpool Phoenix (Aintree)	Janet Fairclough, Arthur Winstanley, James Meldrum	28.072
27	Vive Le Velo	Steve Burrows, Andrew Askwith, Sandra Burrows	27.903
28	Bristol South CC	Mark Bradley, Daniel Kempe, Joanna Knight	27.895
29	Bath Cycling Club	Steven Cottingham, Mariane Carpenter, Andrew Alcorn	27.417
30	City RC (Hull)	Graham Heaton, Jymmy Trevor, Mark Philipson	27.183
31	Huddersfield RC	David Taylor, Michael Cole, Paul Brierley	26.479

SHORT DISTANCE COMPETITION - GROUP TEAMS OF 6

Pos	Group	Team members	Team mph
1	East Anglian	Keith Dorling, Matthew Smith, Chris Dyason, Denise Hurren, Robert Watson, Peter Main	32.293
2	East Midlands	Richard Oakes, Jen Clegg, Michael Stevens, Kevin Wood, Julian Ramsbottom, Michael Wills	31.897
3	Surrey/Sussex	Andy Critchlow, Chris Lord, Colin McDermott, Brett Davis, Cris Coxon, Adrian Blacker	31.691
4	Wessex	Neil Mackley, Claire Emons, Peter Younghusband, Howard Bayley, Christina Murray, Richard Llewellyn	31.548
5	West	Steven Cottingham, Conrad Moss, Karl Norris, Tony Chapman, Thomas Scorer, Tim Radley	31.528
6	North Lancashire & Lakes	Peter Greenwood, Deborah Moss, Jason Bateman, Mike Westmorland, Theresa Taylor, Simon Horsley	31.418
7	Midlands	Joseph Costello, Susan Semple, Jon Howard, Simon Smart, Deborah Sheridan, Mark Hamer	31.281
8	London & Home Counties	Linda Dewhurst, Liam Maybank, Wolfgang Emmerich, Larry Wiltshire, Tony Ball, John Lacey	31.197
9	North	Russell Richardson, Philip Kennell, Paul Newman, Marcel Schubert, David Nichol, Paul Sander	30.267
10	Scotland	Douglas Watson, Angus Wilson, Andrew Gallacher, Alan Davidson, Alasdair Washington, Randle Shenton	30.216
11	Kent	Kevin Tye, Mark Vowells, Mark Hill, Simon Henderson, Matthew Smith, Paul Burrows	30.141
12	South Wales	Christopher Gibbard, Anthony Jones, Hugh Davies, Neil Gregory, Paul Colman, Daniel Kingston	30.063
13	Merseyside	David Williams, Deborah Hutson-Lumb, Jonathan Mills-Keeling, Paul Grindley, Tim Beardmore, Alan Broadbent	29.950
14	Yorkshire	Neil Cleminshaw, Stuart Henderson, Alan Chalmers, Mark Wolstenholme, Darren Yarwood, Graham Heaton	29.630
15	Manchester & North West	Lucy Rogers, Richard Shaw, Gail Lowe, Alan Chorley, Adrian Hughes, Barrie Whittaker	29.587
16	North Midlands	Andy Thomas, Mat Ivings, Chris Lea, Martin Bullen, Martin Nelson, David Hayward	28.703

NATIONAL AGE RECORDS ROUND UP

By Ian Greenstreet

2023 saw a total of 42 new National age records established from 10 miles to 24 hours, across individuals aged between 43 and 93 years. These records are summarized below.

	Bike	Trike	Tandem Bike	Tandem Trike	Grand Total
Men	11	0	5	0	16
Women	8	0	1	0	9
Mixed	n/a	n/a	9	8	17
Total	19	0	15	8	42

Despite the loss of fast courses in recent years (e.g. V718, P613 and the R25/3), new 10 mile age records continue to be set with the F11, E2 and F2 now proving to be the most fruitful in terms of records.

The standout event of the year was the VTTA National 15 on the F2/15 course promoted by Cambridge CC. The event proved to be a catalyst for setting records, leading to the establishment of four solo records and three tandem records.

Individual Highlights:

An age record is always a great achievement, although some riders manage to achieve more than one in a year. In 2023 these included Jen Clegg, with 3 records at 10, 25 and 50 miles, Linda Dewhurst with 2 records at 10 and 15 miles, Kevin Tye with 2 records at 10 and 15 miles and Andy Critchlow with 2 records at 25 and 50 miles.

Tandem Records

In the tandem world eight different pairings set a total 23 age records this year; these include a number which were subsequently beaten, often by the same crew.

Mary Corbett and Norman Harvey secured an amazing 8 records across distances from 10 miles to 12 hours. Other crews setting multiple records included Ian Greenstreet and Rachael Elliott with 7 records and David Stockley and Murray Kirton with 4 records.

A record of particular note was from the novice pairing of Hannah Fawcett and Brigid Night who covered a remarkable 245.38 miles in the National 12 Hour Championship on a far from easy day. As further evidence of their prowess, they were just four miles shy of the national competition record for a female tandem pair.

Track Records

This year saw a total of 5 new outdoor track age records. Details of these will follow in the next edition of The Veteran.

ROAD RECORDS SET DURING 2023 (Subsequently beaten records are not shown)

Name	Club	Grp	Age	Dist	Record	Course	Event	Date
Solo Bike - Men								
Matthew Smith	Drag2zero	E Ang	45	10	0:18:01	E2/10	ECCA	09/09/2023
Richard Oakes	Team Ohten Aveas	E Mids	54	10	0:18:08	F2A/10	Lea Valley CC	08/07/2023
Neil Mackley	...a3crg	Wssx	59	10	0:19:00	F11/10	Hemel Hempstead CC	17/06/2023
Kevin Tye	VeloRefined Rule 5	Kent	61	10	0:19:19	F11/10	Icknield RC	16/09/2023
Ron Hallam	South Pennine RC	E Mids	93	10	0:35:44	K48/10	Midlands VTTA	17/09/2023
Kevin Tye	VeloRefined Rule 5	Kent	61	15	0:29:45	F2/15	Cambridge CC	26/08/2023

Name	Club	Grp	Age	Dist	Record	Course	Event	Date
Joseph Costello	Legato Racing Team	Mids	64	15	0:30:50	F2/15	Cambridge CC	26/08/2023
Mick Stevens	Melton Olympic CC	E Mids	73	15	0:34:09	F2/15	Cambridge CC	26/08/2023
Chris Dyason	Cambridge CC	E Ang	75	15	0:34:39	F2/15	Cambridge CC	26/08/2023
Andy Critchlow	Paceline RT	S/S	49	25	0:46:47	R25/7	Royal Dean Forest CC	27/08/2023
Andy Critchlow	Paceline RT	S/S	49	50	1:35:36	F2/50	ECCA	27/05/2023
Anthony Jones	VMCC powered by Y Beic	S Wls	50	12hr	304.22	R12/16	Welsh CA	03/09/2023
Solo Bike - Women								
Angela Carpenter	...a3crg	Wssx	54	10	0:21:24	P881/10	...a3crg	09/07/2023
Linda Dewhurst	Team Milton Keynes	L&HC	64	10	0:21:41	F11/10	Hemel Hempstead CC	17/06/2023
Jen Clegg	Team Bottrill	E Mids	69	10	0:24:02	F11/10	VTTA L&HC	16/07/2023
Linda Dewhurst	Team Milton Keynes	L&HC	64	15	0:33:33	F2/15	Cambridge CC	26/08/2023
Deborah Sheridan	Warwickshire RC	Mids	66	15	0:36:27	F2/15	Cambridge CC	26/08/2023
Jen Clegg	Team Bottrill	E Mids	69	25	1:01:27	F2A/25	Cambridge CC	10/09/2023
Jen Clegg	Team Bottrill	E Mids	69	50	2:10:27	F2/50	ECCA	27/05/2023
Christina Murray	Army Cycling Union	Wssx	46	24hr	465.38	D24hr	Mersey Roads	22/07/2023
Tandem Bike - Men								
David Stockley & Murray Kirton	A5 Rangers CC	Mids	165	10	0:24:26	F11/10	Icknield RC	15/09/2023
John Swanbury & Alistair Banks	VC Bacchira	E Ang	144	15	0:34:34	F2/15	Cambridge CC	26/08/2023
David Stockley & Murray Kirton	A5 Rangers CC	Mids	165	15	0:37:49	F2/15	Cambridge CC	26/08/2023
David Stockley & Murray Kirton	A5 Rangers CC	Mids	164	30	1:35:24	E33/30	VTTA EA	13/05/2023
Tandem Bike - Women								
Hannah Fawcett & Brigid Night	Liverpool Braveheart CC & Frodsham Whs	M'side	101	12hr	245.38	D12/1	WCTTCA & LTTCa	13/08/2023
Tandem Bike - Mixed								
Ian Greenstreet & Rachael Elliott	Newbury Velo CC	L&HC	104	10	0:18:46	F11/10	VTTA L&HC	07/05/2023
Ian Greenstreet & Rachael Elliott	Newbury Velo CC	L&HC	104	15	0:28:22	F2/15	Cambridge CC	26/08/2023
Andrew & Catherine Hutchison	Ride Harder	E Ang	118	15	0:33:37	F2/15	Cambridge CC	26/08/2023
Ian Greenstreet & Rachael Elliott	Newbury Velo CC	L&HC	104	25	0:49:20	U46C	FTP	28/05/2023
Ian Greenstreet & Rachael Elliott	Newbury Velo CC	L&HC	104	50	1:42:43	F2/50	Finsbury Park CC	01/07/2023
John Swanbury & Kate Churchill	VC Bacchira	E Ang	140	50	2:02:59	F2/50	ECCA	27/05/2023
Tandem Trike - Mixed								
Mary Corbett & Norman Harvey	Sotonia CC	Wssx	155	10	0:26:56	P415	Poole Whs	18/06/2023
Mary Corbett & Norman Harvey	Sotonia CC	Wssx	156	15	0:40:55	F2/15	Cambridge CC	26/08/2023

Name	Club	Grp	Age	Dist	Record	Course	Event	Date
Mary Corbett & Norman Harvey	Sotonia CC	Wssx	155	25	1:09:31	F2A/25	Lea Valley CC	06/05/2023
Mary Corbett & Norman Harvey	Sotonia CC	Wssx	155	50	2:21:48	F2/50	ECCA	27/05/2023
Mary Corbett & Norman Harvey	Sotonia CC	Wssx	155	100	5:46:32	B100/8	CC Breckland	09/07/2023
Mary Corbett & Norman Harvey	Sotonia CC	Wssx	156	12hr	158.96	D12/1	WCTCA & LTCA	13/08/2023



Ron Hallam
10 mile
record at
age 93



Jen Clegg
10, 25 & 50 mile
records at age 69



Mick Stevens
15 mile
record at
age 73

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*VTTA Merseyside's Nick Giles (Pocomotion RC)
winning awards and setting records on a road bike*

Copy date for the next edition of 'The Veteran' is Tuesday 13th February 2024.

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