



Number  
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# The Veteran



*East Midlands' Jez Willows (Sherwood CC) enjoying the East Yorkshire scenery and hospitality in the RTTC 12 Hours Championship*



*Bernard Marsden*



# THE VETERAN

The quarterly magazine of the  
Veterans Time Trials Association

Number 87

September 2025

## • NATIONAL EXECUTIVE COMMITTEE 2025 •

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

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# The Editorial

The June edition of The Veteran is, as always, the “Championships Edition”. So in the following pages you will find reports of four of our national championships and the two regional closed circuit ones. You will also find plenty of references to Legato Racing Team, a group of 8 riders who have focused on all the shorter distance VTTA championships (so not a mention of Legato in the 24 hour report). Legato riders have dominated these championships, winning individual and team medals. Andrew Simpkins tracked down their founder and leading light, Steve Loraine, as the subject of a revealing Q&A feature. It’s notable that they have achieved so much success without the need for sponsorship, it’s all down to enthusiasm and commitment.

For the bike geeks amongst us Peter Wilson has provided a really interesting article on the difficulties of sourcing components and building a modern pro-standard super-bike. It’s a great story - even the police got involved.

There are often a few interesting stories hidden within the “Around the Groups” reports and these can often be missed by those who don’t read cover-to-cover. Don’t miss the piece about new East Midlands member Paul Watts. Never having ridden a time trial before, he was attracted to the most daunting event of all, the 24 hour, and surprised himself and all those around him by finishing in third place! There is also an interesting piece about Wessex Group’s Andy Langdown, an accomplished rider but also a consultant orthopaedic surgeon, so well used to dealing with the consequences of road accidents. Unfortunately he was on the receiving end of one such accident whilst cycle commuting before Christmas 2021. He shares his experiences of surviving, his long road to recovery and his subsequent return to racing, albeit with a more cautious view on safety whilst doing what he enjoys.

It has been a very difficult few months for my wife Barbara and me, due to both having health issues, so opportunities to get out to races have been restricted. Time has been at a premium and deadlines necessarily adjusted. So thanks to all the contributors who have pulled out all the stops and delivered early. Enjoy the read.

*Mike Penrice*

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**. WHEN RESPONDING TO ADVERTISERS  
PLEASE MENTION ‘THE VETERAN’  
AND THE VTTA**

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# President's Piece

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*Tony Farrell - National President*

Settling down to write this piece in early August I read that there is to be a fourth heat wave in the UK with temperatures reaching 34\*. In Spain (where I am currently) we are into a second heat wave with temperatures exceeding 37\* and reaching in some places 40\*. It is the third month with temperatures in excess of 30\* most days. Surprisingly the heat has not deterred riders from taking to the roads, although there are several early starters - 5am!

Our National Championships are all but completed and I offer my congratulations to the individual and team winners. Thanks to the organisers, their back-up teams and the NEC representatives whose reports are elsewhere in this magazine.

It was interesting to receive communications from a couple of members inquiring about two issues. One from Simon Reed raised the possibility of using club events to enable riders to claim Standard Awards. As some might remember, SVTTA have been doing so for their midweek series of events and with success. Mhairi Laffoley reports that 36 SVTTA members have taken part this season although it is not known how many will claim for standards as the season has some time to run. Following Simon's contact, it is likely that NEC will ask if other Groups would be willing to use their local club events for standard claims, we in Manchester are quite enthusiastic about doing so.

Some changes to our Regulations and administrative processes would need to be considered for wider adoption of club events for standards. However the moves by CTT to improve their oversight of club events (by website listing, entry process, courses and their new integrated timing app) puts us on a common trajectory. Senior VTTA officials are in contact with their CTT opposite numbers to discuss our common goals, aimed at making the transition from club events to opens more transparent and thus increasing participation.

James Willoughby also made contact regarding the idea of VTTA introducing a rolling 12- month membership, or a prorated subscription payment if members joined after our traditional January start date. Not sure this suggestion will gain momentum involving as it does costly changes to the website once more.

Our new National Appreciation Award is attracting nominations from the Groups, with currently four in the pipeline. After a few thwarted attempts, Mary Corbett, the first recipient, will be receiving her badge after the VTTA National 12 Hour event in Wales on August 31st. Hopefully she will not be too exhausted after she and Norman have completed their 12 -hour ride!

Please look at your Group membership and identify deserving colleagues in keeping with our Vision and Values statement. There are so many fellow members who put in time and commitment on behalf of the Association with scant reward or recognition.

And finally, please take care out there.

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FRAMES & COMPONENTS**

**1920-1990 VINTAGE**

Can collect from most areas if  
required

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# Chairman's Piece

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*Andrew Simpkins - National Chairman*

I have now been a VTTA member for 29 years and one of the main reasons for my own membership has been the opportunity to achieve standards medals each year at 10, 15, 25, 30, 50, and 100 miles. (There are also 12 and 24 hours but I never managed those!) Looking back at my racing history, I found I have won in total 74 standard medals and in 9 years I achieved four or more in the season and so gained the coveted plaque which showed all four. Achieving standards medals has been a really valuable motivator to keep me training and racing consistently over the years, with all the health benefits that has brought with it. In a recent survey of new members, however, we found that a large percentage of them had not applied for standard awards. The main reason given was that they did not understand them. We do provide an explanation of standard awards on both the website and in the annual handbook but that seems not getting the message across to many new members.

Part of the problem I feel is the language and maths involved. Prior to 2023, in order to achieve a standards medal you had to improve on your best 'plus' i.e. you had to improve on the amount of time you had previously beaten the 'standard' time for your age. So if a man at age 59 had ridden a 27:00 '10' he would have beaten the 59 year old standard time of 27:44 by 44 seconds. In the next year aged 60 to gain a standards medal he would have to beat the 60 year old standard of 27:51 by 45 seconds or more, an actual time of 27:06. This was the beauty of the VTTA system – it allowed you to demonstrate ongoing improvement adjusted for your increase in age. But the 'plus' was not a self-evident concept. So we changed in 2023 to using 'age adjustments' which is more like 'what it says on the tin' – you get an increasing adjustment at each age which you take off your actual time – it's like a simple handicap adjustment. So in 2025 a 59 year old female has an age adjustment for a '10' of 3:33 so if she rides 26:33 her age adjusted time will be 23:00. Next year at age 60 her age adjustment will be 3:42. She will therefore need to ride 26:41 (or better) in order to set an improved age adjusted time of 22:59. If you are still confused by the maths the good news is that all these targets and calculations plus all qualifying rides are shown for you in your Membership account under My Profile and My Standards so you can see exactly what you need to achieve at each of the distances plus any rides that have achieved the target this season and for which you can claim a standards medal.

For those of you who have followed me so far, one question will have occurred. Why if the VTTA has moved from the standards 'plus' to 'age adjustments' do we still refer to 'standards medals' or 'awards'? Should they not be called 'age adjustment' awards or perhaps some more felicitous or appealing name. That is a very fair point. Long-standing members like myself are of course aware of the history and heritage around 'standard awards', but the terminology is now inconsistent and not a help to a new member wondering whether his 'age adjusted time' counts for a 'standards award'. So should we change the name? Any suggestions to the NEC will be gratefully received.

# IT Manager's Update

By Jon Fairclough

We have largely completed the integration of the new CTT website with the VTTA website. Our events, competitions, age records and standards awards are now being updated with CTT results data for events at 10, 25 50, 100 miles, and 12 and 24 hours. Results for 15 and 30 mile events will start to flow from the CTT site before the end of the season in time for processing standards awards.

We have modified the standards awards screen to use the new method for calculating targets for standards awards. The targets are now calculated by adding your last claimed result to the change in age adjustment since you claimed. If you have not claimed a result, we use your standard at the time your baseline was created.

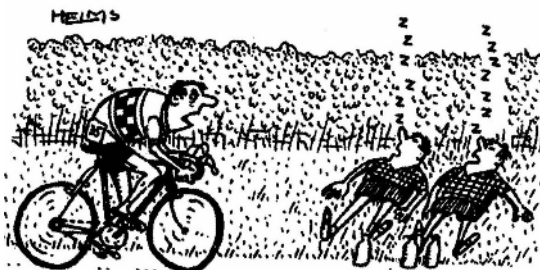
On the weekend 26/27th July a problem developed with the age records system such that every result was reported as a record. The cause was quickly identified and fixed by our IT development company, Xncreations. There were 415 notifications of records, some valid but most invalid. Each one had to be checked and deleted or ratified. This was done as fast as possible and the system resumed operation on 1<sup>st</sup> August. We apologise to members who received these false notifications and for any disappointment they caused.

Last issue I reported that I was preparing to ride the Mersey Roads 24 hour time trial again by doing shorter time trials and longer audax rides - and that I had promised my wife it will be the very last time. I am happy to report I have made good on both the plan and promise. *(Jon fails to mention that in doing so he set a national age record for age 71 of 364.11 miles for 24 hours. Congratulations! - Editor)*

In November I am going to Patagonia in Chile to take part in the Across the Andes gravel bike event: 800 km in 5 days with lots of mountains and volcanoes in the way. What could go wrong? I will report on that in the next issue.



Jon looking good in the recent Mersey Roads 24 Hour



"It's always like this at the end of a '24.'"



# Introducing Paul Wynne

## Our New National Membership Secretary

The NEC are very pleased to welcome Paul Wynne as our new National Membership Secretary, following the sad passing of long-serving Merv Player. Paul has been a member of the VTTA since late 2017, initially as a member of West Group and racing for Exeter Wheelers. In a relocation designed with imminent retirement in mind he now lives in Fife to be nearer family, is a member of Scotland Group, and races for Kinross CC. Those with a photographic memory may recall that Paul graced the cover of The Veteran in March 2021.

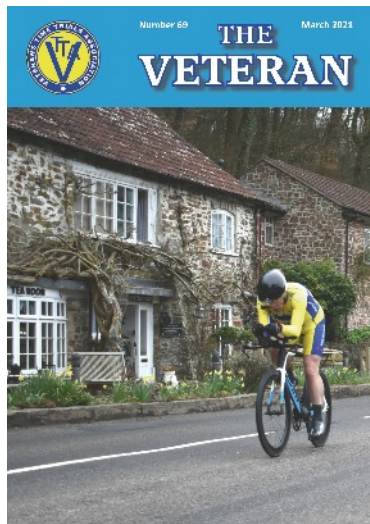
*"Why is everyone completing two laps of the pool to my one and why do I feel like I am drowning? These are the thoughts that were going through my brain as I swam my first ever triathlon in 2010 at the tender age of 50. So I got to the transition and I was the last one away on the bike; but wow did I enjoy this bit, on a borrowed bike I whizzed past so many people, that left me for dead in the pool, getting back to the transition in an excellent time. A Chronoman was born!"*

*"Since then I have competed in over 100 TTs at club, open, national and international levels, just failing (twice) to qualify for the Gran Fondo Worlds. My campaign for 2027 starts this winter, but in the meantime in 2025 I have beaten all my previous bests on every course I have competed on. I just love this sport, apart from the end of the first 10 minutes of every race where I think "what am I doing this for?". Actually the answer is easy, selfishness. I am never going to win a major competition. I don't train enough and eat all the wrong things, but what I do enjoy in every race is trying to beat... ME."*

*"Over the next few years as National Membership Secretary, I hope to be able to contribute to making your membership of the VTTA a rewarding experience. It's not just about getting the annual subs in, it is about making sure that you can understand what you can get from being a member."*

*"If you have any questions about membership or the web site, the 'extras' that you may, or may not, sign up to please drop me a line at [membership@vtta.org.uk](mailto:membership@vtta.org.uk)."*

Paul Wynne  
Aged 65½



## WELCOME TO NEW MEMBERS WHO JOINED MAY, JUNE AND JULY 2025

### East Anglian Group

Graham Laws (Stowmarket & District CC), Paulina Matthews (Chelmer CC),  
Simon Murphy (St Neots CC), Simon Reed (Cambridge CC), Andrew Wenham (Shaftesbury CC)

### East Midlands Group

David Cooper (Melton Olympic CC), Paul Watts (George Fox Cycling Solutions )

### Kent Group

Mark Amon (Rye & District Wheelers CC), Richard Stead (VTTA (Kent)),  
Vernon Thomas (Greenwich Tritons Tri Club)

### London & Home Counties Group

Mark Billyard (Shaftesbury CC), Emma Dixon (Verulam CC), Brian Dorans (Team Milton Keynes), James Engledow (Mickey Cranks Cycling Club), Phillip Jenkins (Bedfordshire Road CC), Peter Woodburn (London Dynamo), Edward Upton-James (VTTA (London & Home Counties))

### Manchester & North West Group

Paul Fisher (Wigan Whs CC), Nick Hewitt (East Lancashire RC),  
Damien O'Dowd (Audax UK), Nina Pilkington (Wigan Whs CC)

### Merseyside Group

Elaine Beckett (North Shropshire Wheelers), Terry Price (North Shropshire Wheelers),  
Doug Pickering (Graham Weigh Racing-Deeside Olympic)

### Midlands Group

Mike Allen (Horsepower Coaching), Gary Ashwell (Welland Valley Cycling Club ),  
Christopher Cork (Droitwich Cycling Club), Carl Rose and Kelly Rose (both Hereford Tri Club)

### North Group

Ray Bell (Derwentside CC), David Hird (AIMS Cycling), Christopher Isats (Berwick Wheelers CC)

### North Lancashire & Lakes Group

Kevin Crawley (Border City Whs CC)

### North Midlands Group

Chris Dyke (Team Lifting Gear Products)

### Scotland Group

Warren Crombie (Vanelli-Project GO ), John Dargie (Pro Endurance Coaching),  
Anna Fairweather (RT 23), Diana Farrell (Hervelo Cycling Club), Zoe Newsam (SVTTA)

### Surrey/Sussex Group

Stuart Bettis (One Resourcing RT), Paul Golding (Brighton Excelsior CC), Verity-Jane Lacey (Worthing Excelsior CC), Denise Stuart (Zephyr Cycling Club ), Paul Wallis (South Western RC)

### Wessex Group

Hamish Walker (...a3crg)

### West Group

Nick Briffitt (Weston Athletics Club), Jo Gundle (Plymouth Triathlon Club), Edric Hobbs (Somer Valley CC),  
Nathan Monk (Gloucester City CC), Maria Weymouth (Mid Devon CC)

### Yorkshire Group

Peter Beverley (Swift Racing), Joanna Brewis (ADDFORM Vive Le Velo ), Stephen Brown (Ravensthorpe CC),  
Alistair Cole (Clifton CC York), Mike Potter (Scarborough Paragon CC),  
Jez Walmsley (Clifton CC York), Jimmy Willoughby (Selby CC)



# **VTTA National 50 Miles Championship**

## **Sunday 8<sup>th</sup> June 2025**

*Report by NEC Representative Andrew Simpkins*

**D**eb Hutson-Lumb and Cris Coxon were quickest at this year's VTTA National 50 Mile Championship – winning both on actual time and age-adjusted time.

The championship was organised by Surrey/Sussex group to coincide with the 50th anniversary of the Sussex Cyclists' Association. The course was the G50/10, described on the CTT website as 'rolling', which somewhat understated the 1775 feet of ascent, most of which came in the second half. After some heavy overnight rain, the morning was dry and bright but chilly for a 6.30am start.

In the Open classification, Surrey/Sussex swept the medals thanks to the formidable trio of Cris Coxon and the McNamara twins Chris and Simon, who took the Individual medals and the VTTA Group team medals for Surrey/Sussex – it's not often that the top three in a championship all ride for the same Group. Cris' time of 1:44:02 (1:41:37 on AAT) was outstanding for the course and Chris and Simon were not far behind with AATs of 1:42:26 and 1:43:27. While AATs often produce a spread of ages in medal winners this was a championship where the top three open riders were aged 48,50 and 50.

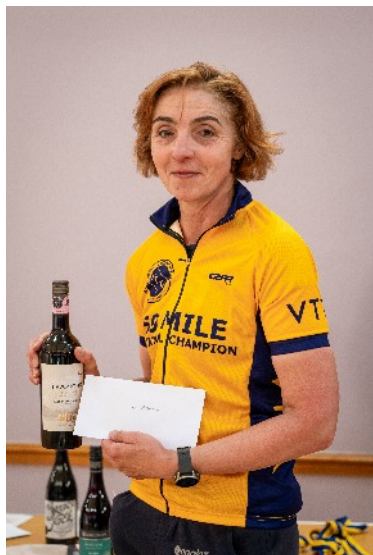
"I was really pleased to get the win and take a national veterans title," said Coxon. "It's a course I enjoy, quite challenging with a mixture of roads and some hilly sections and I'd wanted to do well with a big event being local to me. I finished feeling strong and happy with my ride, but I hadn't expected to win, so it was really nice to come home with a national jersey, and to take the Group Team award with the McNamara brothers, Chris and Simon."

Keith Dorling missed out on a medal by just 28 seconds and competition behind was tight with positions 5th to 11th separated by less than 4 minutes. Legato Racing Team placed 3 riders in the top dozen, Steve Loraine, Simon Horsley and Mark Hamer, and they took the Club Team medals for the second time this season.

In the Female classification there were only two finishers but Deb Hutson-Lumb was a worthy winner with a time of 2:11:15 and an AAT of 1:51:21, adding the 50 title to her 10 mile championship win earlier in the season. Claire Hall took the silver medal.

"I started well," explained Hutson-Lumb. "I was feeling strong but got a bit carried away considering the tougher climbs come in the second half of the course. Consequently I had a really tough last 10 miles, struggling to keep power, with two stops to sort out a dropped, jammed chain. But I'm pleased to take the women's win and also to see Legato RT take the team win. An excellent event."

Our thanks to Robin Johnson, the Surrey/Sussex Group Chairman and Secretary, for his organisation of the event, supported by Bob Giles on results, and an army of marshals to cover all the roundabouts on the course, plus all the other helpers. Robin in appreciation of the various award winners and helpers distributed the largest selection of wine bottles I have ever seen at a championship! He also made a strong plea for riders to have lights which actually make them visible to drivers rather than some of the minimalist options which may meet the letter but not the spirit of the regulation. A point well worth noting.



*Top left - Female champion Deb Hutson-Lumb with her spoils of victory*

*Top right - Male silver medallist Chris McNamara*

*Centre right - Male bronze medallist Simon McNamara*

*Bottom right - Female silver medallist Claire Hall*

*Bottom left - Event organiser Robin Johnson with male champion and overall winner Cris Coxon*



Photos by David Hayward can be viewed [here](#)



SOLOS FINISHING ORDER - VTTA 2025 NATIONAL 50 MILES CHAMPIONSHIP								
<i>(Female in bold italics)</i>								
AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
1	Cris Coxon	Brighton Mitre CC	S/S	48	TT	1:44:02	1	1:41:37
	Wins the Cecil Paget Memorial Award for first overall on AAT., Also gold medal & champion's jersey for first open and gold medal for group team							
2	Christopher McNamara	Sigma Sports RT	S/S	50	TT	1:45:46	2	1:42:26
	Awarded silver medal for second open and gold medal for group team							
3	Simon McNamara	Sigma Sports RT	S/S	50	TT	1:46:47	3	1:43:27
	Awarded bronze medal for third open and gold medal for group team							
4	Keith Dorling	Team Bottrill	E Ang	66	TT	1:58:53	10	1:43:55
5	Howard Bayley	...a3crg	Wssx	50	TT	1:48:28	4	1:45:08
6	Mark Sanders	Mid Devon CC	West	66	TT	2:01:58	11	1:47:00
7	Simon Dighton	Beacon Roads CC	Mids	62	TT	1:58:41	9	1:47:25
8	Paul Burton	Paceline RT	S/S	43	TT	1:48:28	4	1:47:48
9	Steven Loraine	Legato RT	Mids	69	TT	2:06:08	15	1:47:58
	Awarded gold medal for club team							
10	Simon Horsley	Legato RT	NL&L	60	TT	1:58:04	8	1:48:27
	Awarded gold medal for club team							
11	David Pollard	GS Stella	S/S	68	TT	2:06:00	14	1:48:57
12	Mark Hamer	Legato RT	Mids	50	TT	1:53:30	6	1:50:10
	Awarded gold medal for club team							
<b>13</b>	<b>Deb Hutson-Lumb</b>	<b>Legato RT</b>	<b>Mer</b>	<b>60</b>	<b>TT</b>	<b>2:11:15</b>	<b>17</b>	<b>1:51:21</b>
	Awarded gold medal & champion's jersey for first female							
14	Karl Robertson	Worthing Excelsior CC	S/S	50	TT	1:57:34	7	1:54:14
15	Donald Parker	Brighton Mitre CC	S/S	76	TT	2:23:45	25	1:56:23
16	Ian Cheesman	Worthing Excelsior CC	S/S	56	TT	2:03:48	12	1:57:03
17	Roland Kitson	Horsham Cycling	S/S	65	TT	2:12:26	19	1:58:27
<b>18</b>	<b>Claire Hall</b>	<b>TotalVelo Cycling</b>	<b>E Ang</b>	<b>51</b>	<b>TT</b>	<b>2:15:08</b>	<b>21</b>	<b>2:00:16</b>
	Awarded silver medal for second female							
19	Andrew Simpkins	Team Echelon	Mids	71	TT	2:21:56	24	2:01:24
20	Peter Baker	Lewes Wanderers CC	S/S	67	TT	2:17:48	22	2:01:49
21	Mark Amon	Rye & Dist Whs CC	Kent	60	RB	2:11:59	18	2:02:22
22	Rob Vessey	...a3crg	Wssx	62	TT	2:13:48	20	2:02:32
23	Julian Scutter	East Grinstead CC	S/S	67	TT	2:20:14	23	2:04:15
24	Richard Tully	Elite Cycling	E Ang	48	TT	2:07:31	16	2:05:06
25	Stuart Bettis	One Resourcing RT	S/S	40	RB	2:05:15	13	2:05:15
26	Peter Horsfield	Redmon CC	S/S	75	TT	2:47:05	26	2:21:12
27	Robin Johnson	Brighton Mitre CC	S/S	77	TT	2:53:39	27	2:24:43
DNF	Jacqui Lane (Eastbourne Rovers CC / S/S), Liam Maybank (Twickenham CC / L&HC), Kevin Plummer (Strada Wheels RT / S/S), John Marinko (Brighton Mitre CC / S/S)							
DNS	Henrik Persson (FTP Race Team / S/S), Paul Jones (Primera-Teamjobs / Wssx), Tony Ball (Legato RT / Mids), Peter Main (34 Nomads CC / E Ang), Roger Sheridan (Nopinz / West), Chris Lord (Brighton Excelsior CC / S/S)							
	As there were only two female finishers the third place bronze medal was not awarded. There were no tandem entrants so those gold medals were not awarded.							

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# Time Trial Tribulations in Cheshire

## VTTA National 15 Miles Championship

### Saturday 21st June 2025

*Report by NEC Representative Tony Farrell*

**T**he National 15 Mile Championship returned to the Manchester area once again ... and once again it was affected by road works. Nothing minor up north, the event had to be shortened to 13.6 miles. Fortunately, David Clayton, results processor, and Andrew Simpkins were able to adjust the age adjustments to match the distance.

The event itself was run in muggy conditions but the threat of rain for the afternoon never materialised.



*Jen Clegg, female winner and best on AAT*

She did threaten to wear her jersey on stage!

As in the female event, there was an expected close race, between Richard Oakes and Dave Williams (Velotik RT) but with an unexpected result. Dave ended up fastest on Actual Time with 27:20 from Mick Twelves (Team Ohten Aveas) on 28:01 and with Lancashire RC rider Tony Greenhalgh in third with 28:32.

As a result of DQs, Mick Twelves was presented with the overall Open jersey with an AAT of 25:27. Chris Lord (Brighton Excelsior) was in second with 26:02 and with 26:21, Eddie Humphreys (Nottingham Clarion CC) was third.

Best overall on AAT for the day was Jen Clegg, well done.

In the female category the predicted battle between Jen Clegg (Team Bottrill), Deb Hutson-Lumb (Legato RT) and Debbie Moss (Springfield Financial RT) was just that. Deb and Debbie were separated by one second on actual time, the latter recording 31:28 to Deb's 31:29. In third place on actual time 33:29, was Congleton rider Gail Lowe, continuing her good form this season.

However, achieving her second podium of the season was Jen Clegg, who led the way on AAT from Deb in second and Debbie, third.

In a move away from the usual post-race presentation, the female awards were presented while the open event continued, to enable Jen to travel back to Leicester to join up with her choir.



*Local rider Nev Ashman was the oldest competitor, as a sprightly 86*



Despite lots of publicity there were few road bikes on the start sheet, with only three finishing. Tim Marshall and Daniel Chesters provided close competition, Tim winning with 33:26 to Daniel's 33:40.

In the Group competition there were six teams, East Midlands, represented by Jen Clegg, Mike Twelves and Eddie Humphreys, coming out on top with a combined time of 1:17:05. North Lancs & Lakes, Simon Horsley, Debbie Moss, and Jason Bateman, were second, only one second ahead of the Midlands team of Michael Lythgoe, Ed Moss and Steve Loraine.

The club award went to Legato Racing Team, not for



*Mike Lythgoe collected another club team gold for Legato RT*



*Chris Lord (silver), Mike Twelves (gold) and Eddie Humphreys (bronze), all the open category podium*

Thanks must go to Robbie Harcourt who never flagged once with all the problems he had to deal with. Gratitude to the marshals and backup team who all made for a highly successful day of competition.

All proceeds from the event are to be presented to Martin Harney's family. Martin suffered severe injuries in February when a car which was travelling the wrong way round an island crashed into him. He is awaiting transfer to a rehabilitation unit, and we all hope the progress he has made so far will continue.

Images by Kimroy Photography can be viewed [here](#)



*Simon Horsley collected another club team gold for Legato RT*

SOLOS FINISHING ORDER - VTTA 2025 NATIONAL 15 MILES CHAMPIONSHIP (Reduced to 13.6 miles due to roadworks)								
<i>(Female in bold italics)</i>								
AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
1	<b><i>Jen Clegg</i></b>	<b><i>Team Bottrill</i></b>	<b><i>E Mids</i></b>	<b><i>71</i></b>	<b><i>TT</i></b>	<b><i>34:30</i></b>	<b><i>31</i></b>	<b><i>25:17</i></b>
	Awarded gold medal & champion's jersey for first female and gold medal for group team							
2	Mike Twelves	Team Ohten Aveas	E Mids	61	TT	28:01	2	25:27
	Awarded gold medal & champion's jersey for first open and gold medal for group team							
3	Chris Lord	Brighton Excelsior CC	S/S	72	TT	31:20	15	26:02
	Awarded silver medal for second open							
4	Eddie Humphreys	Nottingham Clarion CC	E Mids	61	TT	28:55	7	26:21
	Awarded bronze medal for third open and gold medal for group team							
5	<b><i>Deb Hutson-Lumb</i></b>	<b><i>Legato RT</i></b>	<b><i>M'side</i></b>	<b><i>60</i></b>	<b><i>TT</i></b>	<b><i>31:29</i></b>	<b><i>17</i></b>	<b><i>26:25</i></b>
	Awarded silver medal for second female and gold medal for club team							
6	Mike Lythgoe	Legato RT	Mids	75	TT	32:44	24	26:28
	Awarded gold medal for club team							
7	Simon Horsley	Legato RT	NL&L	61	TT	29:16	8	26:42
	Awarded gold medal for club team							
8	Steve Gibson	Peak RC	N Mids	58	TT	28:53	5	26:53
9	David James Williams	Velotik RT	M'side	46	TT	27:20	1	26:56
10	Ed Moss	Beacon Roads CC	Mids	55	TT	28:39	3	27:09
11	<b><i>Deborah Moss</i></b>	<b><i>Springfield Financial RT</i></b>	<b><i>NL&amp;L</i></b>	<b><i>55</i></b>	<b><i>TT</i></b>	<b><i>31:28</i></b>	<b><i>16</i></b>	<b><i>27:15</i></b>
	Awarded bronze medal for third female							
12	Jason Bateman	Pendle Forest CC	NL&L	53	TT	28:39	3	27:26
13	Steven Loraine	Legato RT	Mids	69	TT	32:23	22	27:57
14	Mark Hamer	Legato RT	Mids	50	TT	28:54	6	28:05
15	<b><i>Sally Cunliffe</i></b>	<b><i>Velotik RT</i></b>	<b><i>M'side</i></b>	<b><i>68</i></b>	<b><i>TT</i></b>	<b><i>36:04</i></b>	<b><i>38</i></b>	<b><i>28:15</i></b>
16	Alan Chorley	Seamons CC	M&NW	53	TT	29:38	9	28:25
17	David Prince	Crewe Clarion Whs	M&NW	78	TT	36:01	37	28:39
18	Jarod Garrington	Velotik RT	M'side	54	TT	30:13	10	28:52
19	Denis Thompson	West Pennine RC	NL&L	75	TT	35:17	34	29:01
20	Alastair Semple	Legato RT	Mids	57	TT	30:56	12	29:06
21	<b><i>Gail Lowe</i></b>	<b><i>Congleton CC</i></b>	<b><i>M&amp;NW</i></b>	<b><i>56</i></b>	<b><i>TT</i></b>	<b><i>33:29</i></b>	<b><i>26</i></b>	<b><i>29:08</i></b>
22	Ian Peacock	Leek CC	M&NW	73	TT	34:49	33	29:13
23	Paul Robinson	Stone Whs CC	M&NW	61	TT	31:59	18	29:25
24	Matt Stell	Springfield Financial RT	NL&L	47	TT	30:35	11	30:05



AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
25	Mick Hutchins	Congleton CC	M&NW	50	TT	30:56	12	30:07
26	Mike Cole	Huddersfield RC	Yorks	80	TT	38:19	40	30:09
27	Dave Nolan	trainSharp Roman RT	Yorks	52	TT	31:19	14	30:15
28	Paul Russell	Springfield Financial RT	NL&L	58	TT	32:20	21	30:20
29	Peter Jackson	Macclesfield Whs	M&NW	68	TT	34:32	32	30:22
<b>30</b>	<b>Harriet Orridge</b>	<b>Bicester Millennium CC</b>	<b>L&amp;HC</b>	<b>52</b>	<b>TT</b>	<b>34:20</b>	<b>30</b>	<b>30:25</b>
31	Lucy Rogers	Congleton CC	M&NW	56	TT	32:10	20	30:30
32	Simon Price	Ruthin CC	M'side	63	TT	33:34	27	30:36
33	Barrie Whittaker	Lyme Racing Club	M&NW	68	TT	35:22	35	31:12
34	Alexander Munro	SVTTA	Scot	92	TT	46:46	49	31:46
35	Paul Blackburn	Liverpool Century RC	NL&L	45	TT	32:08	19	31:49
36	Wayne Baker	Team Echelon	Mids	68	Trk	39:13	41	32:07
37	Mike Walker	Congleton CC	M&NW	46	TT	32:32	23	32:08
38	Peter Macklam	Yorkshire RC	Yorks	82	TT	41:29	44	32:26
39	Adrian Fox	Congleton CC	M&NW	54	TT	33:53	28	32:32
40	John Orridge	Bicester Millennium CC	L&HC	54	TT	33:56	29	32:35
41	Tim Marshall	Seamons CC	M&NW	49	RB	33:26	25	32:44
42	Vic Trigger	Crewe Clarion Whs	M&NW	79	TT	41:06	43	33:20
43	Nick Bailey	Congleton CC	M&NW	57	TT	35:46	36	33:56
44	Cliff Degraff	Velo Club Cumbria	NL&L	60	TT	36:33	39	34:11
45	John Leach	Rossendale CC	NL&L	80	RB	42:54	45	34:44
46	Nev Ashman	VTTA (M&NW)	M&NW	86	TT	46:11	48	35:06
<b>47</b>	<b>Jacky Taylor</b>	<b>Manchester Tri Club</b>	<b>M&amp;NW</b>	<b>58</b>	<b>TT</b>	<b>40:25</b>	<b>42</b>	<b>35:45</b>
48	Derek Black	Wigan Whs CC	NL&L	76	TT	44:07	46	37:30
<b>49</b>	<b>Elaine Beckett</b>	<b>North Shropshire Whs</b>	<b>M'side</b>	<b>54</b>	<b>TT</b>	<b>45:00</b>	<b>47</b>	<b>40:54</b>
50	David Griffiths	Crewe Clarion Whs	M&NW	82	TT	55:59	50	46:56
<b>DNF</b>	<b>Vicky Hinstridge (Ruthin CC / M'side)</b>							
<b>DNS</b>	Chris Dyason (Cambridge CC / E Ang), John Tracey (Ambion RT / E Mids), Mick Stevens (Melton Olympic CC / E Mids), <b>Lynsey Astles (G&amp;B Cycle Team / M&amp;NW)</b> , Christopher Maffei (360cycling / M&NW), William Renard (Macclesfield Whs / M&NW), Harry Cowley (Chester RC / M'side), Phil Guy (North Shropshire Whs / M'side), <b>Susan Semple (Legato RT / Mids)</b> , Tony Ball (Legato RT / Mids), Simon Davis (VTTA (Midlands) / Mids), Phil Wright (Hartlepool CC / North), Stuart Day (Crewe Clarion Whs / N Mids), Paul Wynne (Kinross CC / Scot), Daryl Stroud (Gloucester City CC / West), David Meakin (Addform Vive Le Velo / Yorks)							
<b>DQ</b>	Richard Oakes (Team Ohten Aveas / E Mids), Alan Broadbent (Deeside Olympic / M'side), Andrew Simpkins (Team Echelon / Mids)							
	There were no tandem entrants so those gold medals were also not awarded.							

# **VTTA National 25 Miles Championship**

## **Sunday 6<sup>th</sup> July 2025**

*Report by NEC Representative Mark Bradley*

It is many years since a VTTA championship ventured onto an "S course", which covers the far south-west of the country - Devon and Cornwall - and hopes were that a good field would be attracted to the 25, our Blue Ribband championship. The out and back S25/4 course, based at Buckfastleigh in south Devon, uses the A38 dual carriageway, with a mix of draggy climbs and fast downhill making race pacing quite difficult; one rider described the course euphemistically as "decent if very rolling". Unusually for UK roads the surface is also quite good and there is the benefit of some sheltered stretches from the prevailing winds.

Sadly only 24 VTTA members (including one tandem pairing) could be attracted and they were joined by 17 non-members and those not yet vets, but the field still retained some good quality and included many of our best riders and regular championship supporters. On the plus side, and as is usual when a championship is held in a nether region, it gave some of the local riders an opportunity to grab some VTTA glory.

The weather in the preceding week looked consistently downbeat, with a 60% chance of rain. However the weather gods relented - it turned out nice for the 7am start, with all the riders getting round in the sunshine before the earlier drizzle returned later in the morning.

25 mile champion in both 2023 and 2024 Linda Dewhurst made the long journey from Milton Keynes to complete her hat trick at this distance with a very convincing overall win, her 59:46 actual providing an AAT of 46:46, thanks to her age 66 allowance. Linda is no stranger to the top step of the podium, as you could tell from her response when asked how many championship jerseys she has: "A few!"

There is no shame in being beaten by over two minutes by UCI Vets World Champion Dewhurst, and so it was for the winner of the open category, Steve Cottington of Bath CC and the local West Group. Steve's 55:12 at age 63 resulted in 49:33 AAT and gave this holder of multiple West Group records his first national championship. Steve has been TT-ing for about 10 years and has a preference for the shorter distances, confessing to finding the previous week's CTT National 50 a painful experience.

About this ride he said "The cross tail wind going out on the DC was very fast and hairy at times; I was caught by gusts that threw me about enough to sit up. The return leg was just about concentrating and doing my best to keep power down, even on some very long drags.

"I was hoping I'd do well but surprised to win and chuffed to bits to pull on a National Champion's jersey."

The Legato Racing Team storm troopers were out in force again at this championship and continued their clean sweep of all the shorter distances (10, 30, 50, 15 and now 25). Their winning roster this time consisted of Deb Hutson-Lumb - female champion at 10 and 50 miles, silver medallist in the 15 and this 25, "the boss" Steve Loraine and Simon Horsley.

The hosting West Group had a good day by also winning the group team championship. Open winner Steve Cottington was backed up by second placed Mark Sanders - the 50 mile champion last year and a member of the promoting club, and by Jon Tune (CCC RT, Plymouth).

Another success for West Group was achieved by group secretary Gordon Scott pairing up with CC Weymouth clubmate Lucia Borradaile (but a Wessex member) to become tandem champions with 1:7:00 actual (57:27 AAT).

Despite the low entry numbers with competing events in adjacent areas, some challenging terrain and an inexplicable number of DNSs the event was a success and with good organisation. Thanks to event organiser Pete Loader and his team from Mid Devon CC for providing a worthy championship 25.



*Open champion Steve Cottington*



*Tandem champions Gordon Scott & Lucia Borradaile*



*Female silver medallist Deb Hutson-Lumb*

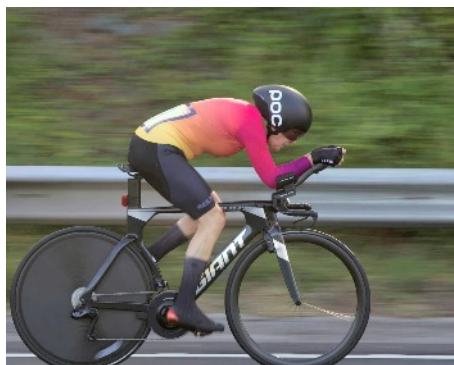
See South  
Devon Snaps on  
Facebook  
104 images by  
Mark Lamerton  
[here](#)  
83 images by  
Gareth Williams  
[here](#)



*Front row (L to R) - Mark Bradley, Jon Tune, Steve Loraine, Joanna Grundle, Linda Dewhurst, Lucia Borradaile, Gordon Scott, Deb Hutson-Lumb. Back row (L to R) - Steve Cottington, Mark Sanders, Simon Dighton, Simon Horsley*



*Open bronze medallist Simon Dighton*



*Female champion and best AAT Linda Dewhurst*

**SOLOS FINISHING ORDER - VTTA 2025 NATIONAL 25 MILES CHAMPIONSHIP***(Female in bold italics)*

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
<b>1</b>	<b>Linda Dewhurst</b>	<b>Ride Revolution Coaching</b>	<b>L&amp;HC</b>	<b>66</b>	<b>TT</b>	<b>0:59:46</b>	<b>11</b>	<b>0:46:46</b>
	Wins the Charlie Cole Memorial Award for first overall on AAT. Awarded gold medal & champion's jersey for first female							
<b>2</b>	Steven Cottington	Bath Cycling Club	West	63	TT	0:55:12	5	0:49:33
	Awarded gold medal & champion's jersey for first open and gold medal for group team							
<b>3</b>	Mark Sanders	Mid Devon Cycling Club	West	66	TT	0:56:56	8	0:49:58
	Awarded silver medal for second open and gold medal for group team							
<b>4</b>	Simon Dighton	Beacon Roads CC	Mids	62	TT	0:55:19	6	0:50:04
	Awarded bronze medal for third open							
<b>5</b>	Steven Loraine	Legato RT	Mids	69	TT	0:58:36	9	0:50:10
	Awarded gold medal for club team							
<b>6</b>	Simon Horsley	Legato RT	NL&L	61	TT	0:55:05	4	0:50:13
	Awarded gold medal for club team							
<b>7</b>	Jon Tune	CCC RT	West	49	TT	0:52:10	1	0:50:50
	Awarded gold medal for group team							
<b>8</b>	Jason McGowan	Kernow Racing Team	West	53	TT	0:53:39	3	0:51:21
<b>8</b>	<b>Deb Hutson-Lumb</b>	<b>Legato RT</b>	<b>M'side</b>	<b>60</b>	<b>TT</b>	<b>1:00:51</b>	<b>12</b>	<b>0:51:21</b>
	Awarded silver medal for second female and gold medal for club team							
<b>10</b>	Mark Hamer	Legato RT	Mids	50	TT	0:53:29	2	0:51:55
<b>11</b>	Mark Bradley	Bristol South CC	West	60	TT	0:59:30	10	0:55:01
<b>12</b>	Andrew Simpkins	Team Echelon	Mids	71	TT	1:04:47	13	0:55:16
<b>13</b>	Clive Vallance	Mid Devon Cycling Club	West	43	TT	0:55:57	7	0:55:38
<b>14</b>	<b>Joanna Gundle</b>	<b>Plymouth Triathlon Club</b>	<b>West</b>	<b>61</b>	<b>TT</b>	<b>1:05:46</b>	<b>14</b>	<b>0:55:49</b>
	Awarded bronze medal for third female							
<b>15</b>	Ian Lakey	Okehampton CC	West	64	RB	1:12:30	15	1:06:26
DNF	James Kelly (Elysium Kalas Race Team / Wssx), Mike Lythgoe (Legato RT / Mids)							
DNS	Tom Scorer (Royal Navy Cycling / West), Andrew Parnowski (Plymouth Corinthian CC / West), Edric Hobbs (Somer Valley CC / West), Rob Lee (Plymouth Corinthian CC / West), Maria Weymouth (Mid Devon CC / West)							

**TANDEM FINISHING ORDER - VTTA 2025 NATIONAL 25 MILES CHAMPIONSHIP**

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
1	Gordon Scott	CC Weymouth	West	64	Tan	1:07:00	1	0:57:27
	<i>Lucia Borradaile</i>		<i>Wssx</i>	<i>67</i>				
	Awarded gold medals as tandem champions							

# VTTA 24 Hour National Championship

## Saturday/Sunday 26<sup>th</sup>/27<sup>th</sup> July 2025

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**NEC Representative (and Participant): Jon Fairclough**

**G**oogle AI has a quite a good summary of the event *“The Mersey Roads 24-hour time trial is a challenging event where cyclists ride non-stop against the clock for 24 hours, with the winner being the rider who completes the furthest distance. The event is organised by the Mersey Roads Cycling Club and has a long history, dating back to 1937. It is a significant event in UK cycling, with a mythic status within the sport.”* Not bad for a machine, but it does not know that only the outstanding riders out to win will ride non-stop. Mere mortals, like me, stop for a drink and something to eat every few hours while they gird themselves up to go again.

This year's event was organised and promoted by the Manchester DC on behalf of CTT Liverpool District. Tim Smith led the team that made the event possible. Many thanks to them, and particularly to the timekeepers, who produced the provisional results within an hour of the last rider finishing, which in my experience is a record for a time event.

The weather forecast was cool, dry, and light winds and so it proved, excellent conditions for riding long distances. The 55 solo riders and 1 tandem set off from 1pm to 2pm on Saturday from the HQ in Farndon on the initial 17 mile leg to Prees Heath. The roundabout there is the hub of the event with supporters and officials watching the riders go by, shouting encouragement, ringing bells, and handing out food and drink.

There was a last minute change to the course because of emergency road works in the Wem section of the course, so that was cut, leaving two main loops: the sporty 28 mile Prees Heath to Battlefield and back section along the A49 and the quieter and flatter 13 mile Prees Heath to Quina Brook circuit to the west. The road surfaces were quite good, with only a few painted potholes to avoid. You needed good lights to see them in the dark, though. The riders first did the Battlefield section, then the Quina Brook circuit, then Battlefield during the night and then back to the Quina Brook circuit just after dawn. The Quina Brook circuit is too bendy to ride safely at speed in the dark.

Late morning, the riders were directed to ride to Wrexham, 13 miles, to cycle the 8 mile finishing circuit. There is a pub quiz question “Which famous cycling event finishes in an industrial estate in Wrexham?” Now you know the answer. The supporters and officials migrated to the sides of the road around the industrial estate where the riders continued until their time ran out. The road has a mix of surfaces, from very good to very poor, making it hard to keep a steady speed. Riders are very tired at this point and struggle to accelerate after having to slow down.

Forty solo riders and the one tandem completed the event - they all deserve a medal. In first place was Lee Williams (Wessex Group) with an age adjusted distance of 536.37 miles. He is the VTТА Open Champion and winner of the C W Cooke Award for the overall winner on AAD. In second and third places were Doug Hart (Yorkshire Group), 519.71 miles and Paul Watts (East Midlands Group), 518.43 miles. In fourth place was Brian Hygate (Wessex Group), aged 87, 492.58 miles. I do not usually mention 5<sup>th</sup> place in my reports but this time I will make an exception: it was me from Scotland Group with an AAD of 492.11 miles!

*Lee Williams nails it to become VTTA overall and open champion (and RTTC open champion)*



Here is Lee Williams' story of the event

*"Having come second twice in the national 24, it was my dream to take the win. Also this being my first season as a VTTA member I thought I might have challenged for the VTTA win, but thought that would have been unlikely as I wouldn't have any age adjustment, being only 40! When the start sheet came out and I saw Alex Royle was racing I knew I was going to have to be on top form. Spindata predicted Alex to win and myself second 18 miles in arrears.*

*"When Jon Schubert, a previous 24hr champion, offered to give up his weekend to be part of my support crew I bit his hand off. The rest of my team was my mother sorting nutrition and*

*helping with hand ups, my uncle who would help with mechanics plus hand-ups and last but not least my gorgeous 13 year old daughter who has got hand-ups down to a fine art and even made me protein bars for the race.*

*"I was hoping I could match last year's ride of 521 miles and tried to execute a similar ride. This had been discussed with my coach, Billy from FTP Coaching, who got me to the start line feeling the best I have been for a long time! Although I knew not to go out too hard I also knew I had to push from the off as Alex was going to challenge me all the way. I wasn't wrong. Although I kept the lead from the off there was a time mid-race where there were just two minutes between us. I had one patch through the night where I felt I was fading, I pulled into my support team, sat down for 2-3 minutes and reset myself. By the time the sun came up in the morning I was on comp record pace but I wasn't sure if I could sustain it. I had also put time into Alex and was*

*Doug Hart riding to a silver medal*



*Female champion Naomi de Pennington*



*about 12 miles up on the road. My team were giving me stats but I still didn't take any of it for granted. Anything can happen at*

*A fantastic ride by Brian Hygate, pushing the age boundary out*





any time in the 24 and there was still around 8 hours of racing left!

*"When we got to the finishing circuit, I didn't have much left in the tank but kept pushing as hard as I could. I finished on 536 miles, which was 19 miles ahead of second. My actual downtime was just 12 minutes. The only thing that didn't go to plan was my rear mech battery came up with low battery after about 18hrs and 15,894 gear changes, but Jon changed that in seconds. I really was pushed all the way. I can't thank the Manchester organisers and all the marshals enough for giving up their time, and all the shout outs on course. The 24 hour community really is special, not like any other event on the calendar."*

New L&HC member  
Emma Dixon was  
second female



4<sup>th</sup> placed Jon Fairclough in his role as NEC rep congratulates the Wessex team of Chris Hopkinson, Lee Williams and Brian Hygate

In the Female competition Naomi de Pennington (Midlands group), 471.07 miles, was in first place and is the Female Champion. In second place was Emma Dixon (London & Home Counties) 381.81 miles.

The Group team winners were Wessex with the trio of Lee Williams, Brian Hygate and Chris Hopkinson having a combined age adjusted distance of 1518.60 miles. There was no club team.

Three national age records were set by Doug Hart, Brian Hygate and myself. Late last year I had looked at my age adjusted target in my VTТА profile and compared it with the National Record for my age. My target, which was age adjusted from a past performance, showed I should be able to beat the national record. All I had to do was to ride another 24 hour six years after saying I would never do it again! Commiserations to North Midlands

trike rider Stuart Day who missed his age 54 national record by .05 mile after 24 hours - that is 88 yards or 10 seconds riding time!

*(There are many remarkable stories emerge from the 24, so Jon can be forgiven for overlooking that of third placed Paul Watts. Read the East Midlands group report for his story. - Editor)*

The full gallery of images by  
Cheshirecyclingsnaps can be viewed  
[here](#)



Time runs out  
for Stuart Day

SOLOS FINISHING ORDER - VTTA 2025 NATIONAL 24 HOURS CHAMPIONSHIP								
(Female in bold italics)								
AAT Pos	Name	Club	Group	Age	Mc	Act. Dist	Act. Pos	AA Dist
1	Lee Williams	FTP Race Team	Wssx	40	TT	536.37	1	536.37
	Wins the C W Cooke Memorial Award for first overall on AAD. Awarded gold medal & champion's jersey for first open and gold medal for group team							
2	Doug Hart	Ilkley CC	Yorks	52	TT	487.11	5	519.71
	Awarded silver medal for second open							
3	Paul Watts	George Fox Cycling	E Mids	47	TT	502.89	3	518.43
	Awarded bronze medal for third open							
4	Brian Hygate	Fareham Wheelers CC	Wssx	87	TT	258.61	40	492.58
	Awarded gold medal for group team							
5	Jon Fairclough	Kelso Wheelers CC	Scot	71	TT	364.11	25	492.11
6	Chris Hopkinson	API/Anglia Sport	Wssx	57	TT	436.09	9	489.65
	Awarded gold medal for group team							
7	Stuart Day	Crewe Clarion Whs	N Mids	54	Trk	417.25	11	487.84
8	Andrew Walsh	Audax UK	E Mids	46	TT	467.2	6	479.87
9	Miles Haslam	Buxton CC	N Mids	66	TT	378.67	21	477.78
10	Nigel Briggs	South Pennine RC	E Mids	64	TT	388.81	16	477.03
11	Gary Simpson	Yorkshire RC	Yorks	57	TT	418.54	10	472.1
12	<b>Naomi de Pennington</b>	<b>Drag2Zero</b>	<b>Mids</b>	<b>48</b>	<b>TT</b>	<b>414.29</b>	<b>13</b>	<b>471.07</b>
Awarded gold medal & champion's jersey for first female								
13	Christian Geldard	FTP Race Team	Wssx	50	TT	437.97	8	463.24
14	Rob Powell	Team Bottrill	S Wls	47	TT	440.73	7	456.27
15	Peter Tomlin	North Hampshire RC	Wssx	68	TT	342.83	30	453.22
16	Jez Willows	Sherwood CC	E Mids	60	TT	377.78	22	445.5
17	Dean Lubin	Team Vision Racing	E Ang	55	TT	397.79	15	442.54
18	Paul Mettam	VTTA (E.Mids)	E Mids	60	TT	372.13	23	439.85
19	Roger Squire	Wrexham CC	M'side	56	TT	370.99	24	420.08
20	Edric Hobbs	Somer Valley CC	West	61	TT	341.1	32	413.78
21	Paul Golding	Brighton Excelsior CC	S/S	57	TT	330.03	34	383.59
22	<b>Emma Dixon</b>	<b>Verulam CC</b>	<b>L&amp;HC</b>	<b>48</b>	<b>RB</b>	<b>325.03</b>		<b>381.81</b>
Awarded silver medal for second female								
23	Charles Kitson	Banbury Star CC	Mids	63	RB	291.24	38	374.17
24	Damien O'Dowd	Audax UK	M&NW	51	RB	343.4		372.25
25	Geraint Catherall	Anfield BC	M'side	51	TT	301.06	36	329.91
DNF	Doug Pickering (Deeside Olympic / M'side), Cliff Degraff (Velo Club Cumbria / NL&L), Rob Rix (Southport CC / NL&L), Sean Sanders (Addform Vive Le Velo / Yorks), Laurence Hewetson (Magspeed Racing / West), Neil Barford (George Fox Cycling / E Ang)							
Club team award medals not awarded as no qualifying team of 3.								
TANDEM FINISHING ORDER - VTTA 2025 NATIONAL 24HOURS CHAMPIONSHIP								
DNS	Phillip Jurczyk (West Lothian Clar / Scot), George Berwick (Audax UK / Scot)							
NQ	Hannah Fawcett (Liverpool Braveheart / M'side) completed 404.34 miles with Ede Harrison, who remains too young for VTTA membership, although they did achieve competition record by 40 miles!							

# VETS NORTHERN ALL COMERS 10 MILE CLOSED CIRCUIT CHAMPIONSHIP



**CROFT MOTOR CIRCUIT - WEDNESDAY 18TH JUNE 2025**

*NEC Representative Mike Penrice*

**D**espite the apparent low numbers for the fifth VTTA Northern "All Comers" Closed Circuit 10 Championships, time trialling is thriving on the Croft Motor Racing Circuit. Although only 47 names appeared on the start list this was entirely due to a mix-up with the listing on the CTT website, with another 104 riders entering the associated "Come and Try It" events, which appeared much higher up the list of 46 (type A and B) events scheduled nationally for the same evening. Had the vets in the "Come and Try It" all entered the championship the 47 would have been a very healthy 94. Lesson learnt for next year!

Luckily most of the regulars got their entry correct, and the Northern Champion's jerseys in each of the four categories went to Joanna Brewis, Gemma Mitchell, Russ Richardson and John Davidson, with gold, silver and bronze medals also to the corresponding top three.

These regional championships are intended as a showroom for vets age adjusted competition, and so it is that the medals are not restricted to VTTA members only. The Croft events are run by Teesside stalwart Gavin Russell and a great team of volunteers from several local clubs; they are always a big success with slick organisation, a great atmosphere, good facilities and excellent refreshments.

Sadly this NEC representative and reporter was unable to attend this year, due to personal circumstances, hence this is a short report. So I'm looking forward to next year already.

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
<b>FEMALE CATEGORY TIME TRIAL BIKE CHAMPIONSHIP</b>							
1	Joanna Brewis	Addform Vive Le Velo	Yorks	42	22:43	1	20:05
2	Deborah Moss	Springfield Financial RT	NL&L	55	23:58	2	20:53
3	Paula Fisher	Born to Bike	Yorks	67	27:23	6	22:01
4	Angela Hannon-Flaherty	Seacroft Whs	Yorks	56	25:23	3	22:12
5	Louise Hamilton	Zurbaran Racing	North	55	25:36	4	22:31
6	Caroline Ratcliff	Ferryhill Whs		60	26:28	5	22:46
7	Jo Scott	Darlington CC	North	61	27:55	7	24:03
<b>FEMALE CATEGORY ROAD BIKE CHAMPIONSHIP</b>							
1	Gemma Mitchell	Fulfil The Potential RT	NL&L	45	25:24	1	22:45
2	Deborah Jefferies	Manilla Cycling	North	44	28:44	2	26:05
DNS	Teri Bayliss (Fulfil The Potential RT / North)						

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
OPEN CATEGORY TIME TRIAL BIKE CHAMPIONSHIP							
1	Russ Richardson	Zurbaran Racing	North	68	22:39	4	19:37
2	Simon Horsley	Legato Racing Team	NL&L	61	21:45	2	19:53
3	Marcel Schubert	Zurbaran Racing	North	43	20:13	1	20:05
4	Adrian Dent	Team Ohten Aveas	North	64	22:41	4=	20:21
5	Jonathan Robinson	Army Cycling		55	21:54	3	20:48
6	Mick Flaherty	Seacroft Whs	Yorks	63	23:17	7=	21:07
7	Malcolm Steer	Zurbaran Racing	North	60	23:27	10=	21:43
8	Simon Emsley	Team VC		53	22:41	4=	21:48
9	Shaun Wakes	Darlington CC	North	57	23:18	9	21:58
10=	Pat Howdle	City RC (Hull)	Yorks	65	24:35	14	22:05
10=	Graeme Carter	Stockton Wheelers CC	North	51	22:47	6	22:05
12	Bryan Harding	Durham Triathlon Club		66	25:07	16	22:27
13	Paul Tyler	VTTA (North)	North	67	25:21	19	22:30
14	Peter Gunn	Cleveland Wheelers CC		51	23:17	7=	22:35
15	Paul Wynne	Kinross CC	Scot	65	25:12	17	22:42
16	David Hird	Hambleton RC		49	23:27	10=	22:56
17	Alex Ingham	AIMS Cycling		51	24:19	13	23:37
18	Mike Jefferies	Cleveland Wheelers CC	North	43	23:47	12	23:39
19	Richard Napper	Sitwell Cycling Club	N Mids	57	25:04	15	23:44
20	Andy Delaney	Northumbria Police CC	North	56	25:14	18	24:01
21	Terry Parvin	Ferryhill Whs	North	65	27:12	20	24:42
22	Paul Dawson	VTTA (North)	North	64	28:32	21	26:12
DNS	Adam Duggleby (Addform Vive Le Velo / Yorks), George Young (Clifton CC York / Yorks)						
OPEN CATEGORY ROAD BIKE CHAMPIONSHIP							
1	John Davidson	Reifen Racing		62	23:45	2	21:44
2	Lee Ridden	Reifen Racing	North	57	23:29	1	22:09
3	Mark Fayers	South Shields Velo CC		63	25:06	7	22:56
4	Dave King	VC Briganti		78	28:59	12	23:38
5	Ian Gaskins	Zurbaran Racing	North	50	24:27	4	23:51
6	Dean Bowmer	Barnsley Road Club	Yorks	40	23:59	3	23:59
7	Paul Felce	AIMS Cycling		53	24:52	5	23:59
8	Adrian Lauchlan	Southgate CC	L&HC	67	27:08	9	24:17
9	Mark Bailie	Tyneside Vagabonds CC		46	24:58	6	24:40
10	Andrew Donald	AIMS Cycling	North	54	25:59	8	25:00
11	Phil Wright	Hartlepool CC	North	70	28:39	11	25:13
12	Carl Taylor	Cleveland Wheelers CC		60	27:19	10	25:35
13	Howard Heighton	Ferryhill Whs		52	30:00	13	29:13



*John Davidson - open road  
bike category winner*



*Russ Richardson - open time  
trial bike category winner*

All images courtesy of  
James Murray Photography  
can be viewed on Facebook  
[here](#)

*Gemma Mitchell - female road  
road bike category winner*

*Joanna Brewis - female time  
trial bike category winner*



# **VETS SOUTHERN ALL COMERS 10 MILE CLOSED CIRCUIT CHAMPIONSHIP**

## **GOODWOOD MOTOR CIRCUIT**

### **WEDNESDAY 25TH JUNE 2025**



*Report by NEC Representative Ian Greenstreet*

**T**he Southern Circuit Championship took place on a perfect summer's evening, with warm temperatures and only a light wind, providing ideal conditions for competitors. A good event entry saw a field of 150 riders taking advantage of riding on the smooth traffic free tarmac of the Goodwood Motor Circuit, and as always David Collard-Berry and his ...a3crg team delivered impeccable organisation.

In the open TT bike category Chris Lord of Brighton Excelsior took his third consecutive win with another outstanding performance, recording an actual time of 22:42 at the age of 72, translating to an adjusted age time (AAT) of 18:51. The promoting club's Andy Langdown repeated his second place with an AAT of 19:04, with Cris Coxon (Brighton Mitre) close behind in third place with an AAT of 19:09, and several more southern big-hitters mere seconds further in arrears.

The pre-race favourite, Sarah Matthews of ...a3crg, won the female TT bike category with a course best of 23:43 and an AAT of 18:57. Gemma Dobson (also ...a3crg) secured second place with an AAT of 21:14, with Kim Harvey making it a clean sweep for ...a3crg by taking third place, with an AAT 22:32.

Sarah said on her win: "As last year's winner of the women's competition I was determined not only win again but narrow the gap overall on age adjusted time between Chris Lord and me, which meant a course PB.

"The first lap felt good but when my normalised power showed on the screen the 'I've gone out too hard' thought popped into my head.

"I pressed on then shortly into the second lap I felt a sharp stinging above my right knee and a wasp was clinging on and stung me. I brushed it off and quickly decided to focus on the pain associated with leaving it all out on the circuit rather than the wasp sting!

"The fourth lap was hard and my ambition of beating my course PB of 23:44 seemed to be slipping away and I crossed the line thinking the wasp sting was the perfect excuse rather than admitting my pacing wasn't great.

"By the time I'd ridden from the finish to the signing on area the results were already live on ResultSheet and I was delighted to see I'd not only won but shaved a second off my course personal best. I still didn't beat Chris Lord on Age Adjusted Time but will keep working at it."

The open road bike category was won by Larry Wiltshire (Racing Club Ravenna) with an AAT of 21:13. He was closely followed by Kevin Plummer (Strada Wheels RT) in second place with an AAT only 3 seconds slower, with third place going to Chris Davis (Giant Halo Films) with an AAT of 21:53.

Ruth Whiddett continued the strong showing by ...a3crg riders to take the jersey in the female road bike category with an AAT 22:12. Denise Stuart of GS Mossa secured second place with a time of 23:09, whilst. Rachel Clay (GS Vecchi) took third place with an AAT of 23:14.

Congratulations to all the winners and participants for making the event a success. Special thanks to DCB and his team from ...a3crg for organizing this well-run event, enjoyed by all competitors.



AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
<b>FEMALE CATEGORY TIME TRIAL BIKE CHAMPIONSHIP</b>							
1	Sarah Matthews	...a3crg	Wssx	65	23:43	1	18:57
2	Gemma Dobson	...a3crg	Wssx	40	23:51	2	21:14
3	Lucy Mitchell	...a3crg		47	25:03	3	22:22
4	Kym Harvey	...a3crg	Wssx	60	26:14	4	22:32
5	Elizabeth Dunlop	Wight Tri		68	28:15	6	22:33
6	Verity-Jane Lacey	Worthing Excelsior CC	S/S	45	26:45	5	24:06
7	Kim King	Petersfield Tri Club		60	29:34	7	25:52
<b>FEMALE CATEGORY ROAD BIKE CHAMPIONSHIP</b>							
1	Ruth Whiddett	...a3crg	S/S	52	25:05	1	22:12
2	Denise Stuart	Zephyr CC	S/S	54	26:09	4	23:09
3	Rachel Clay	GS Vecchi		48	25:57	2	23:14
4	Hannah Lucas	Farnboro' & Camberley CC		44	26:04	3	23:25
5	Rose Beddington	Petersfield Tri Club		74	32:20	6	24:50
6	Helen Meigh	Sotonia CC		43	27:59	5	25:21
7	Rosslyn Young	Serpentine Running & Tri	L&HC	81	35:24	9	25:42
8	Linda Robbins	Petersfield Tri Club		69	33:44	8	27:39
9	Kathryn Pillar	Petersfield Tri Club		57	32:28	7	29:10
10	Kate Dighton	Beacon Roads CC		61	42:27	10	38:35
DNS	Lorraine Wilson (Angmering CC), Rebecca Booth (...a3crg)						



*Ian Greenstreet and female 2-1-3:  
Denise Stuart, Ruth Whiddett, and  
Rachel Clay*

*Ian Greenstreet and female TT bike 3-1-2:  
Lucy Mitchell, Sarah Matthews and Gemma  
Dobson (and the next generation)*



Images by David Clifford are [here](#) and [here](#)

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
<b>OPEN CATEGORY TIME TRIAL BIKE CHAMPIONSHIP</b>							
1	Chris Lord	Brighton Excelsior CC	S/S	72	22:42	18	18:51
2	Andy Langdown	...a3crg	Wssx	56	20:17	5	19:04
3	Cris Coxon	Brighton Mitre CC	S/S	48	19:36	1	19:09
4	Neil Mackley	...a3crg	Wssx	61	21:02	7	19:10
5	Christopher Mcnamara	Sigma Sports RT	S/S	50	19:48	3	19:12
6	Simon Dighton	Beacon Roads CC	Mids	62	21:19	8	19:18
7	Paul Burton	Paceline RT	S/S	44	19:37	2	19:26
8	Howard Bayley	...a3crg	Wssx	50	20:10	4	19:34
9	Bryce Dyer	Bournemouth Cycleworks		50	20:33	6	19:57
10	William Sawyer	Velo Club St Raphael	Wssx	60	21:57	10	20:13
11	Mark Lisk	3C Cycle Club		52	21:27	9	20:40
12	Gary Ferrett	GS Stella		62	22:55	20	20:54
13	Mike Anderson	CC Moncontour		67	23:56	25	21:05
14=	Martin Piper	NAUT Cycling		54	22:11	12	21:12
14=	Paul Jones	Portsmouth NE CC		57	22:32	15	21:12
16	Sean Williams	Wight Tri		54	22:15	13	21:16
17	Ian Greenstreet	Newbury Velo	L&HC	61	23:09	21	21:17
18	Adrian Talley	Velo Club St Raphael	Wssx	52	22:07	11	21:20
19	Graham Harman	Sotonia CC	Wssx	54	22:20	14	21:21
20	John McDonald	Sussex Nomads CC	S/S	60	23:28	23	21:44
21	Paul Martin	NAUT Cycling		54	22:46	19	21:47
22	Rob Vessey	...a3crg	Wssx	62	23:50	24	21:49
23	Dan Shipton	Eastbourne Rovers CC	S/S	48	22:41	17	22:14
24	Derek Dowden	Hampshire RC		67	25:10	33	22:19
25	Mike Cooper	Chichester Tri Club		59	24:00	26=	22:24
26	Peter Madarasz	Strada Wheels RT		44	22:38	16	22:27
27	Richard Keevil	GS Stella	S/S	56	24:02	30	22:49
28	Mathieu Davy	Zephyr CC		43	23:21	22	23:13
29	Tim Peters	Horsham Cycling		52	24:01	29	23:14
30	Mike Marchant	Southdown Velo		68	28:32	44	23:21
31	Christian Maltby	Chichester Tri Club		49	24:00	26=	23:29
32	Ben Thomas	South Western RC	S/S	76	27:45	42	23:54
33=	Gary Chiverton	Bournemouth Jubilee Whs	Wssx	63	26:08	37	23:58
33=	David Crawford	Total Tri Training		41	24:00	26=	23:58
35=	Matt Doe	...a3crg	Wssx	52	24:49	32	24:02
35=	Adrian Lauchlan	Southgate CC	L&HC	67	26:53	40	24:02
37	Robert Watson	Hampshire RC		65	26:34	38=	24:04
38	Steve Legg	...a3crg		51	24:48	31	24:06
39	Keith Jarrett	GS Vecchi		64	26:34	38=	24:14

AAT Pos.	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
40	Simon Craig-McFeely	...a3crg	Wssx	66	26:55	41	24:15
41	John Mottershead	Portsmouth NE CC		56	25:42	35	24:29
42	Andrew Frogley	Hampshire RC		52	25:17	34	24:30
43	Mike Boyce	...a3crg	Wssx	69	27:51	43	24:37
44	Simon Hall	Crabwood CC	Wssx	55	26:03	36	24:57
45	Stephen Dines	Wight Tri		69	29:24	46	26:10
46	Graham White	Fareham Whs CC	Wssx	66	29:20	45	26:40
47	Ken Rayson	...a3crg	Wssx	78	42:07	47	36:46
DNS	Geoff Newman (Farnham RC / L&HC), Robert Jolliffe (New Forest CC / Wssx)						
OPEN CATEGORY ROAD BIKE CHAMPIONSHIP							
1	Larry Wiltshire	Racing Club Ravenna		52	22:00	1	21:13
2	Kevin Plummer	Strada Wheels RT	S/S	60	23:00	2	21:16
3	Christopher Davis	Giant CC Halo Films	West	70	25:19	13	21:53
4	Darryl Emery-Rice	Racing Club Ravenna		60	23:41	3	21:57
5	Simon Lamb	Zephyr CC		56	24:13	8	23:00
6	Dominic Maxwell	Worthing Excelsior CC		52	24:00	7	23:13
7	Alan Davies	Hampshire RC		72	27:07	22	23:16
8	David Robbins	Petersfield Tri Club	Wssx	63	25:28	14	23:18
9	Adam Jones	Woking CC	S/S	47	23:44	4	23:22
10	Clinton More	Strada Wheels RT		47	23:50	5	23:28
11	Simon Rowe	Strada Wheels RT		42	23:58	6	23:53
12	Hamish Walker	...a3crg	Wssx	53	25:06	11=	24:13
13	Guy Painter	Chichester City Riders		52	25:06	11=	24:19
14	Stu Nisbett	Destination Bike RT		51	25:04	10	24:22
15	Matt Holden	Liss CC		47	24:51	9	24:29
16	Stephen Summers	Worthing Excelsior CC	S/S	57	25:53	16	24:33
17	Steve Wilson	Angmering CC		58	26:17	18	24:49
18	Benjamin Toovey	Worthing Excelsior CC	S/S	56	26:05	17	24:52
19	Rob Luff	GS Stella	S/S	68	28:08	24	25:06
20	Vernon Schutte	...a3crg	Wssx	71	28:48	26	25:10
21	Kris Watson	Portsmouth NE CC		47	25:34	15	25:12
22	Steve Willcocks	Portsmouth NE CC		48	26:25	19	25:58
23	Nolan Rogers	Chichester City Riders		52	26:50	20	26:03
24	Neil Hancock	Petersfield Tri Club		51	26:59	21	26:17
25	Paul Taylor	Wight Tri		58	27:49	23	26:21
26	Martin Balk	3C Cycle Club	Wssx	65	30:00	28	27:30
27	Brad Rees	Angmering CC		51	28:16	25	27:34
28	Karl Corpez	Charlottesville CC	S/S	59	29:54	27	28:18
29	Gordon Richardson	Portsmouth Triathletes		61	31:45	29	29:53
30	Eamonn Sheridan	...a3crg	Mids	71	35:26	30	31:48
31	Nigel Bicknell	...a3crg		79	38:54	31	33:15



*Ian Greenstreet and open TT bikes 2-1-3:  
Andy Langdown, Chris Lord and Cris Coxon*

*Larry Wiltshire  
Open road bike champion*



*Chris Lord  
Open TT bike champion*



*Sarah Matthews  
Female TT bike champion*



*Ruth Whiddett  
female road bike champion*





## **EAST ANGLIAN**

***Dominic Whitehead***

Now that we have settled the issue of the missing £2.17, here in East Anglia we only have to worry about the issue of interminable road closures. Major disruption on both the A1 at Black Cat and the A428 at Caxton Gibbet has robbed us of the faster courses

which were the envy of many a region and have guaranteed full fields for years. So we have had to make do with slightly slimmer pickings and what have been referred to as “old-fashioned” times on results boards through the summer months.

As promised in the last issue, Keith Dorling has been training harder than anyone else and it has resulted

## **OBITUARY - MICK PEPPER**

### **Wolsey Road Club and VTТА (East Anglian Group)**

Michael (Mick) Pepper passed away on Sunday 27<sup>th</sup> July aged 92 years

In the early 1950's Mick was a member of the Ipswich Bicycle Club, before relocating to London, where he had success with the Upton Manor CC. Returning to Suffolk he and his wife Pat joined the Colchester Rovers CC, where they became one of the power couples of cycling in East Anglia and further afield. The Rovers were one of the top East Anglian Clubs at the time, but in 1972 both Mick and Pat joined the Wolsey Road Club and with the addition of a few other local fast men brought the club up to an even higher standard and promoted top events. At this time they also enjoyed being members of CTC Suffolk.

Mick's great love was time trialling, particularly the longer distances such as 50 miles, 100 miles and 12 hour events. One of his best performances was to lead the Wolsey RC team with Colin Kindred and Morrie Bachelor to the Team Award in the National 12 Hour Championship Time Trial in 1981.

Mick not only enjoyed racing but was involved in the club committee, serving as Chairman from 1975 to 2008, then becoming President, and also organising the Club Annual Dinner and Prize Presentation. He also maintained the club archive with care for many years.

Always meticulous with checking times and rules and keeping the committee in order, he kept his cycling mileage his whole life and passed the 500,000 miles point before he had to give up riding.

Mick was a member of the VTТА since his 40th birthday and was awarded Honorary Life Membership on reaching the age of 80.

He was always ready with support for new riders and particularly helpful with lady members with advice and encouragement. A master of not saying too much about his achievements, his cycling record will be hard to match.

He also loved collecting (some would say hoarding) all types of vintage bikes, and cycling collectables. His garage, not used for his car, was packed to the roof with his collections.

I first came across Mick and Pat in the 1960's. He would power by me in the local time trial on the A140 (known as the goat course), never to be seen again.

I would like to say thanks Mick for your dry wit and correcting me when I got a rule or time wrong. You will be missed in the cycling community.

*By Ken Nichols*

in an excellent (though some would say frustrating) fourth place on AAT in the Vets National 50 with 1:43:55. Well he did warn us!

Elsewhere in the area we have been watching the Paul Pardoe Show. In recent weeks he has placed at distances ranging from 10 to 100 miles. In the Lea Valley 10 on the E2, the one remaining genuinely fast course available to us, he stormed round in 19:06 to win, and on a longer version of the E2, recorded a fourth place 3:31:45. He has also been the scourge of all in the N&DCA events, winning the 15 miler in 30:32 and placed second in the 12 miler in 29:16.

David Halliday rode round the less than fashionable E9/50 to add his name to the venerable list of winners of the legendary Shaftesbury 50 Trophy in 1:50:16. Hopefully the Highways Agency will crack on through the winter and let us back on the smoother tarmac in 2026.

On one of the days when we did get to ride the E2/10 it wasn't roadworks but the weather that created havoc in the field. Lewis Carroll would have been proud of the Caucus Race that befell Andy Bright, Caroline Harding, Paul Wright and yours truly. Riding into a block headwind that kept many of the field below 20mph on the outward leg, Andy went first and I could see him all the way to the turn but couldn't close the gap. Paul could see me for the whole outward leg and occasionally caught a glimpse of Andy's rear light in the distance and couldn't close a gap on either of us, then Caroline followed on in the same manner. It took timekeeper Wally Groves just 3 minutes to fire us off and timekeeper Tim Groves just three minutes to clock us in, with just 20 seconds between our times at the end. As one wag said at the end, we should have just rolled a dice for the placings. When will we ever learn?

Talking of gluttons for punishment, chapeau to Dean Lubin for attempting and surviving the National 24 Hour. By my calculations he easily surpassed the London to Edinburgh distance so if anybody sees a bemused and bedraggled guy in a Ciclos Uno kit anywhere near Inverness, please give him a tattie scone and send him home to us. It is more than 40

years since I rode a 24 myself and I still shudder at the thought, so as I say, chapeau, Dean.

Hopefully the editor will have found some room elsewhere in the Veteran to include an obituary to Wolsey RC stalwart Mick Pepper, who has sadly passed away at the ripe old age of 92.

## **EAST MIDLANDS**

***Jennifer Clegg***

Ivan Mahon 25: 31st May on A25/33

This was held on the revised course again, which avoids the 2-year roadworks at the Farndon roundabout. The headwind that A46 riders know well made itself felt, so times were a little down on the first run of this course reported in the June Veteran. There were 43 finishers.

On AAT, Jen Clegg (Team Bottrill) took the overall win and the Ivan Mahon trophy in 48:19, closely followed by Adam Duggleby (Addform Vive Le Velo) in 48:40, with Michael Stevens (Melton Olympic CC) 3rd in 50:19. The team prize went to Sherwood CC (Kevin Wood 53:31, Tim Baggs 58:54, Gary Kondor 1:5:10)

On actual, Gary Kondor was first in the Open road bike on 1:10:25. Best actual times for Open riders on time trial bikes were Adam Duggleby (48:40), Matt Uttley (52:42) and Stuart Henderson (54:11). Best actual times for Females on time trial bikes were Jen Clegg (1:05:42), Pamela Moore (1:11:11) and Kathryn Smith (1:12:12).

Colin Parkinson continued to receive and sell riders' cycling books at this event in aid of the 'Together Against Cancer' charity, a project initiated in memory of Sean Vincent. Together the group raised an impressive final total of £1568.

VTTA and RTTC National Championships – last quarter results for East Midlands riders

*VTTA 100 mile National Championship, 26th May:*  
This was a good day for East Midlands riders, with Mick Stevens 1st Open with 3:30:58 AAT (4:32:00 actual), 2nd Open Matthew Uttley with 3:36:52



(3:44:28) and Kath Smith third Female with 3:52:25 (5:14:59) actual. Together these three won the group team award.

*RTTC National 12-hour Championship 8th June:* Jez Willows, Mick Stevens, Steven Clark, Nigel Briggs, Kath Smith and Kevin Wood all finished, with Jez, Mick and Kath collecting age group awards.

*VTTA 15 mile National Championship 21st June* (shortened to 13.6m due to unexpected road works): Another good showing by our riders. Jen Clegg was the overall and Female winner with 25:17 AAT (34:30 actual), but Mike Twelves was only 10 seconds behind as Open winner - 25:27 AAT (28:01 actual); Eddie Humphreys was third Open with 26:21 AAT (28:55 actual). These three collected another group team award for East Midlands.

*RTTC National 100 Mile Championship, 13th July:* Matthew Uttley came 7th in an actual time of 3:51:00 for his age group award and Nigel Briggs rode a more sedate 5:07:35.

*VTTA/RTTC 24 hour National Championship 26th/27th July:* New member Paul Watts (George Fox Cycling Solutions) was the surprise revelation in this most challenging of championships. In the VTTA Open he was third with 518.43 miles AAD and in the RTTC Open he was also third with 502.89 miles actual. He came first in his age group at the event, and established a new East Midlands age record. More about Paul below.

Just the VTTA 12-hour to come, on 31st August in Wales on R12/16. This will be history by the time you read this!

All to play for on the VTTA's season-long competitions

Six East Midlands riders are currently in the running for these, Mick Stevens featuring in all of them.

*Short distance (best 2x10 and 2x25)*

Open: Mick Stevens lying 6th with average AAT 31.4mph

Female: Jen Clegg lying 1st with average AAT 32.309; Kath Smith lying 6th with average AAT 30.067. However, 2024's Female champion across

the board Linda Dewhurst has yet to complete the last of the 4 races required, and is predicted to leap up the ranking when she does.

East Midlands top 6 riders are currently lying in the team competition, their aggregate time of 31.221 mph being a relatively comfortable 0.5mph ahead.

*3 distance (best 25, 50, 100)*

Open: Mick Stevens, Matt Uttley, Kevin Wood are all lying in top 10 each with average AATs 29+mph

Female: Kath Smith lying 3rd average AAT 27.5

East Midlands top 6 riders are lying 3rd on the group competition on an aggregate time of 28.224 mph: less than 0.1 mph behind the 2nd-placed team and 0.3 mph behind the 1st.

*BAR (best 25, 50, 100, 12hr)*

Open: Mick Stevens lying 1st average AAT 28.8; Kevin Wood lying 5th average AAT 26.6

Female: Kath Smith lying 2nd average AAT 26.7

East Midlands top 6 riders are lying 2nd on the group competition with an aggregate time of 24.447 mph – just 0.3mph behind the leaders!

On the East Midlands cumulative *Prestige points competition*, Matt Uttley is already unbeatable.

Do consider checking the criteria for these events. You can enter any of them next year by ticking the relevant box(es) in your profile when you renew your VTTA membership.

New Age Records

National: Mick Stevens (12 hour), Jen Clegg (10, 30, 50), Kath Smith (12 hour).

Group: Jen Clegg (25), Kath Smith (100), Richard Oakes (10), Mike Twelves (10), Kevin Wood (10, 100), Paul Watts (24 hour), Nigel Briggs (24 hour).

A great deal of behind-the-scenes work has gone into harmonising the new CTT website with VTTA's slightly different structures. However, it remains a work in progress, since the CTT 'official' results does not report the AATs that determine prize-winners in



*Paul Watts - 24 hour novice*

VTTA events, although these are visible in the corresponding result on the VTTA website.

They are currently working to dissolve the barrier that prevents data from 15 and 30 mile events being recognised as records. Keep checking the record tables on the VTTA site, and contact our Recorder Graham Green ([grahamgreen42@btinternet.com](mailto:grahamgreen42@btinternet.com)) if your record is not showing.

#### ResultSheet trial on A25/33. 16th August

The Committee will be trialling ResultSheet at this final East Midlands event of the season, running it alongside the data-processing system that has served us well for years. We look forward to your comments.



*Mick Stevens - 12 hour old hand*

#### **Introducing Paul Watts: Third in his first TT (which was the 24-hour)!**

"I started riding at the age of 40 during covid and quickly became addicted. I joined my local cycling club (Higham Ferrers), soon progressing onto my first 100-mile route and then longer endurance rides. The 24-hour Mersey Roads race came up on my Facebook feed so I entered it on a whim. I didn't have a TT bike at the time so had a clear out, managed to get some cash together and ordered the bike. It came 3 weeks before the event, so I didn't have much time to get used to it and nearly withdrew my application. Tom Scott-Collins at VeloElite CC convinced me to give it a go for the experience alone. So I booked an aero bike fit with George at George Fox Cycling Solutions, which was amazing. He also loaned me his VeloElite disc wheel for the event which for sure made a massive difference to my bike speed and the result.

"I managed to talk my wife into being my support for the ride, which took a bit of doing, but she came round to the idea. She was amazing during the event, having food, drinks and equipment ready when I needed it. By the end of the ride I was even grabbing bottles from her whilst moving - so thanks, Michelle Watts.

"The event was tough going at times and during the night I was questioning why I was doing it at all. I didn't realise my position in the race or that live results were a thing - so I didn't know I was sitting in the top five, which would have given me more motivation for sure.

"I was amazed by how well the event was organised. Everyone involved was so supportive. After the event Michelle went up to the HQ for a look at the leader board. I couldn't believe it when she came back and told me I was in third place overall. I got first place in my age group as well which was awesome.

"It was inspiring to see Lee Williams (1st place) and Alexander Royle (2nd place) during the ride. Massive congratulations to them and their teams.

"I recovered well from the race and learned a lot about strategies, nutrition, equipment and the importance of communication during the event. I would highly recommend the race to anyone thinking about it and I will for sure be back at some point."

## KENT

### *Tim Carpenter*

Sadly, Beryl Holdstock, an HLM, passed away on July 25. Beryl and Nobby were very active within the Group and KCA, and marshalled in local events for many years, including the 12 hour. Beryl's funeral is at 11am Tuesday 26 August at Bobbing Crematorium. Shay Giles was in hospital in July, but we believe he is back home and hopefully recovering.

No longer Group members but we have also heard the sad news that Jim Hollands (Rye Wheelers) passed away in July and that Ivor Hickman had a serious fall at home recently, but we understand is now back home and we hope making a good recovery.

For those of you who have read your Veteran and did not see the subsequent edition of the Kent Vet News you might have been surprised by the points competition table (as well as a lot of the rest of the report). I made a mistake with compiling the points tables – I can only claim advancing years. I have now corrected the tables. The latest update is later in the report.

We have had a few records broken this year, although later than in 2024. 63 years old Kevin Tye broke the 10 mile record in the East Anglian Group 10 on 18th June with a 19:37 and a week later with 19:24 in their next promotion.

Mark Vowells has also broken the group tricycle 10 record several times, reducing it to 24:23 in the Group 10 on 15th June. He has also broken the 25 mile tricycle record with a 1:3:54 in the KCA event on 29th June.

On 9th August Mark stepped up to break the National 15 mile 72 years record in Robin Johnson's Sussex CA event at Washington with 40:51, a few seconds inside the previous record by Bernard Lamb from 2015. It was a good morning and Mark had hoped to go a bit faster, but he was pleased to beat Bernard's time and so receive a bottle of wine from Robin.

## Trophy Winners

Anthony Westwood Gravesend CC has won the Dave Wright Cup (fastest on AAT in June Group 10) with an AAT 19:16.

Colin Ashcroft (West Kent RC) has won the Group 100 Trophy with an AAT of 4:22:47 in the Southern Counties Cycling Union. He has been the only group member to ride a 100 in the last two years.

Regretfully the Group 50 had to be cancelled. There were roadworks on Jury's Gap Road between Camber and Lydd, with temporary traffic lights. Although the event was run last year under similar circumstances, that was due to the lights only being identified on the day of the event.

As this was the only qualifying 50 mile event for the "85" competition, the committee have decided that for this year any 50 mile event will count for the "85" competition.

## Points Competition

This is the current position for the various points competitions:

### *Open TT Bike Points*

Anthony Westwood 16, Simon Henderson 9, Andrew Meilak 8, Gary Grayland 7, Mark Hill 6, Stephen Wilkinson 5, Martin Brown 4, Kevin Tye 3, Paul Smith 2, Huseyin Vardal 2, Mike Perry 1, Mark Vowells 1, Keith Walker 1, Tom Richardson 1

### *Open Road Bike Points*

Tim Kingston 10, Alex Pearson 6, Mark Cain 5, Chris Parker 2

### *Female TT Bike Points*

Tracy Wilkinson-Begg 3, Debbie Percival 3

### *Club Team Points*

VeloRefined Rule 5 19, Gravesend CC 16, Thanet RC 10, GS Invicta 10, Vanelli Project GO RT 8, CC Bexley 7, Woolwich CC 6, Lungs2Legs 5, 7Oaks Tri Club 4, Medway Velo Club 3, Gemini BC 2, San Fairy Ann CC 2, Hastings & St. Leonards CC 2, Wigmore CC 1

### And in other news:

Bob has said that his charity event on 27th July at Hamstreet went well, raising around £300 for the Air Ambulance. Kevin Tye was 2nd with 20:38, Andrew Meilak 3rd with 20:46, and Paul Burrows 1st road bike with 21:03. Kevin and Andrew were 1st and 3rd on AAT and team winners, and Tracy Wilkinson-Begg was fastest female with 26:08 (AAT 22:26).

The August 10@10 had 5 riders. Unfortunately Tom Richardson crashed due to a mechanical problem and suffered grazes and damage to his helmet, so was DNF – he appears to be fine. Keith Walker was fastest with 23:27, Mark Vowells was third (on a tricycle) with 26:41, and Chris Parker was 4th with a 31.

We would like to welcome the following new members to the Group: Mark Amon and Vernon Thomas.

Finally, the Group lunch is planned for the 7th March 2026 at the Weald of Kent Golf Club.

## **LONDON & HOME COUNTIES**

### ***John Hoskins***

For the first time for some years, the Group had to cancel an event on the day due to unexpected roadworks. On the 12th June many marshals and riders had already started their journeys to the event when it was cancelled, requiring many frantic phone calls by the organiser (Rachael Elliott) to those that were contactable and we apologise to you all! The event has now been re-arranged for September 11th meaning that the Group will be promoting two events within a few days of each other. Both of those events will be done and dusted by the time you read this of course. Claire Emons has taken over the event as Rachael was not available for the re-arranged date, in addition to the 10 that is just about to happen (result in the next Veteran). The roadworks themselves, although being a real problem and causing the postponement of the event, have actually long-term benefitted the course as it now has an immaculately smooth and pothole-free surface

Many of you may be interested to know that as my afternoon was then suddenly vacant I made the effort

to go to see Jim Burgin, currently our Group President and formerly the official around whom the whole Group revolved (probably for about two decades!). He was of course National Chairman for five years prior to retiring from his many cycling admin roles in 2016. Jim was 95 a few weeks ago but is still in good health, as is his wife Dot. He asked for his best wishes to be passed on to all that knew him.

What you can now read is the full result of the 10 ably promoted by Joy Payne on the F11/10. This was the second of her two events this year on the course, and was (of course!) promoted to Joy's normal high standards. As with our first promotion this year we had just over 150 riders on the start sheet. One improvement over the earlier F11/10 event was that we had very few non-starters, keeping the timekeepers busy throughout the event. Although the event happened very smoothly, there was one motorist who took exception to us time trialling on the A41, which he considered somewhat foolhardy (NOT his exact words). He stopped to tell one of the marshals what he thought, whilst in the middle of the single lane exit onto the A41 from a roundabout. This was only prevented from causing what would have been the only accident in the event by some miracle braking by two other motorists who were fortunately taking a little more care than the complainant!

Event Results: London & Home Counties 10 mile  
Open on F11 13th July.

#### Open result on AAT

- |     |                                |
|-----|--------------------------------|
| 1st | Kevin Tye (Velo Refined Rule5) |
|     | 17:06 (19:16 actual)           |
| 2nd | Richard Gifford (TrainSharp)   |
|     | 17:43 (19:44 actual)           |
| 3rd | Mike Lythgoe (Legato Racing)   |
|     | 17:45 (22:19 actual)           |

#### Female riders result on AAT

- |     |                                 |
|-----|---------------------------------|
| 1st | Jen Clegg (Team Bottrill)       |
|     | 17:54 (24:38 actual)            |
| 2nd | Gillian Reynolds (Willesden CC) |
|     | 19:35 (27:39 actual)            |
| 3rd | Chantal Dyble (London Dynamo)   |
|     | 20:53 (24:11 actual)            |

Fastest open rider

Howard Bayley (...a3crg) 18:50

Fastest female rider

Chantal Dyble (London Dynamo) 24:11

Fastest Club Team (VTTA only)

Gloucester City CC

(Tim Radley, Tim Butler & Daryl Stroud)

Total AAT 57:56

Open Result AAT (on road bike)

Jamie Bishop (Newhall CC)

21:03 (21:50 actual)

Female Result AAT (road bike)

Ruth Stapleton (Newhall CC)

22:46 (25:24 actual)

Fastest Tandem

Gwen Kinsey & Ian Greenstreet (Newbury Velo)

17:39 (19:53 actual)

The result has prompted some discussion as to how and when VTTA medals are awarded in the L & HC events. The Group decided in 2023 that in all cases, medals would only be awarded in any category provided that there were a minimum of three entries in that category. In this event, for example, Gwen & Ian of the Newbury Velo, the only tandem pair on the start sheet, weren't awarded a medal despite being unbeaten on the day. This was despite the ride resulting in an age record both for the Group and nationally. But one comment could be, would you want a medal in an event for coming last in your category? Opinions are divided.

Opinions within the Group are also a little divided as to how we can (and should?) organise our committee. Some believe that no-one should be expected to carry out a particular official job for more than 3 or 4 years, but many others don't believe that to be practical – or even possible. When searching for new input onto the committee, we don't find that general requests for help work very well, at least not very often. If officials hadn't been doing work for the group for more than a few years, perhaps after a break, they may be willing to come back to contribute – possibly in a slightly different job. It would be gratifying if the general Group

membership were more willing to offer their services to the Group, but it so rarely happens. Direct approaches may work better, but because we don't actually meet many members anywhere except briefly at events, the opportunity doesn't happen very often. What I find is that no-one is likely to offer themselves up to do a job until the previous occupant of the position has stood down and the post is vacant. But we manage, as do all of the Groups.

## MANCHESTER & NORTH WEST

### *Barrie Whittaker*

#### Records

I would like to open this report by congratulating four of our members who have recorded Group age records so far this season and, in some cases, then breaking them, these being:

Vic Trigger (Crewe Clarion Wheelers), who on a trike has set a 10-mile record which he has beaten three times so far this season.

Gail Lowe (Congleton CC) has set a new 50-mile record which she has beaten once.

Mark Parsons (Lancashire Road Club) has set 2 x 10-mile records, one being at 55 years of age and one at 56 years during this season.

Joanna Cebat (360cycling) has set a new 10-mile record.

#### Buxton CC 10

This season the Manchester & Northwest Group have promoted five events in total for its members to contest the group's championship series. The second of these was an evening 10-mile event held on Thursday 12th June and run on the J10/1 course. This is a dual carriageway course and run on a section of the A6 near Whaley Bridge; although the course incorporates three roundabout turns it is generally considered a fast course.

Our event was kindly incorporated within the Buxton CC event, which attracted 33 riders to the start line, but unfortunately even though most riders completed the course the event was effectively abandoned due

## OBITUARY - JOHN MILTON DAWSON

### 6th December 1934 - 5th June 2025

#### Manchester Wheelers and VTTA (Manchester & North West)

M&NW Group is sad to report the passing of John Dawson; he joined our group in 1976 and became a Group Honorary Life Member after attaining his 80th birthday.

Ironically, John's early cycling career didn't include time trialling, he was a 'League' after joining the South Lancashire Racing Club in 1952. They were affiliated to the British League of Racing Cyclists, who promoted massed start races on the open road. Cycling's governing bodies had outlawed the League, meaning John and his club-mates couldn't ride the track, or even time trials. When his club disbanded, John joined the Lucifer, another 'League' club, which itself folded in the early 1960s. After this, John's cycling endeavours remain unknown until he joined the Manchester Wheelers' in 1971.

By the end of that decade the Wheelers' was in serious decline, but after being elected as club president, John set about ensuring its survival. He put in many hours to make the Wheelers' more attractive, including overseeing the club's sponsorship by Trumanns Steel. These words of high commendation appear in the 1983 book *A History of Manchester Wheelers' Club*: 'There is no doubt that the club will forever owe a debt of gratitude to President John Dawson.' John's presidency changed the club from one facing disbandment, to one that achieved unparalleled cycle racing successes. He was justly proud of these and published copious notes of them.

After winning a scholarship to William Hulme's Grammar School in Manchester, John played lacrosse and rugby. Later, athletics, football and horse racing were added to his sporting favourites .... and cycling, of course. On leaving school John worked in the insurance trade, later he helped out

at his friend Paul's bookmakers shop at weekends. Due to his love of horse racing, when one of Paul's shops came available, John took it on, although it meant a major change. He ran the business for around five years until the financial climate meant he felt unable to continue. He returned to his old, more regular insurance job where he remained until he retired.

In the early 1970s, John met Judith Wood, a young lady from Heaton Moor, they were married in April 1977 and went on to have three sons; Chris, James

and Steve. Chris later got into cycling and followed Dad into Wheelers' membership; they travelled to watch the Tour de France, riding up Alpe d'Huez.

John was also an athlete; an enthusiastic Salford Harriers member for over 50 years who completed around 40 marathons. The help and support he gave the club earned him life membership. In his late 80s, John was still fit enough to attend gym sessions!



Sadly, John's final years were marred by health issues. He underwent a heart operation in 2022, and later began to suffer the effects of dementia and was eventually taken into a care home.

John's funeral service was held at Manchester Crematorium on Wednesday, 2nd July followed by cremation. Along with his family and numerous friends, many cycling people paid their last respects to a popular and respected man who could get on with anyone, and who was completely dedicated to his family. There are many who were fortunate to encounter John on his journey through life who will miss him greatly. M&NW Group send their condolences to John's family.

*Ken Workman*



to an incident occurring at the finish line which occupied the timekeepers, so very few riders' times were able to be recorded.

#### VTTA National 15 mile Championship

Saturday 21st June saw the group promote a 15-mile event which also ran as the VTTA National 15 mile Championship. A total of 92 riders entered the event, which was very encouraging particularly as the group committee decided that all monetary proceeds were to be donated to charity. 64 of the entrants made it to the start line for what was forced to be a shortened course. The saying "These things are sent to try us" was very apt on this occasion as just two days prior to the event while carrying out a pre-race inspection the organiser and committee member, Robbie Harcourt, found an unscheduled road works operation had appeared just yards from the finish line. However, after some frantic deliberation Robbie decided to run the event on the main body of the course but moving the finish to just before the road works section, effectively reducing the course distance but affording the event to still run. The event was run on the J4/32E reduced to 13.6 miles, which is a single carriageway circuit course with the eventual winner of the open event being David James Williams (Velotik Racing) posting a time of 27:20 (actual). The highest placed M&NW VTTA group members being Alan Chorley, placed 12th with a time of 29:38 (actual), Mick Hutchins (Congleton CC) placed 18th with a time of 30:56 (actual) and in 25th position Paul Robinson (Stone Wheelers) posting a time of 31:59 (actual). In the Female event Gail Lowe (Congleton CC) finished in 3rd position posting a time of 33:29 (actual) and in the Road Bike category Tim Marshall (Seamons CC) in 1st Place with a time of 33:26 (actual). The full report with age adjusted times is elsewhere in this publication.

#### Seamons CC 25

Saturday 12th July was a 25-mile event run on the familiar J2/9 course, promoted by Seamons CC and including our group's fourth event of the season. Again, this is a single carriageway with two laps of a circuit course. The event attracted 72 entries with only 51 riders getting to the start line for this event. The

highest placed group member in the Open event was Alastair Ribbands (Congleton CC) making a podium finish in 3rd place, posting a time of 53:50 (actual), followed by Alan Chorley (Seamons CC) finishing in 6th position with a time of 57:21 (actual); also under the hour was Paul Robinson (Stone Wheelers) posting a time of 59:37 (actual), Just missing the hour mark was Phil Robinson (Janus Road Club) with a time of 1:00:44.

In the Female event and finishing in second place was Gillian Shaw (Seamons CC) recording a time of 1:04:07 (actual) closely followed by Claire Harrison (Congleton CC) in 3rd place with a time of 1:04:55 (actual) with Jacky Taylor (Manchester Tri-Club) finishing in 5th position with a credible time of 1:21:52.

In the road Bike category was Richard Shaw (Seamons CC) finishing the ride in 5th position with a time of 1:03:04.

#### Congleton CC 50

The 5th and Final event in our championship series was held in conjunction with the Congleton CC promotion held on Sunday 3rd August and was contested over a 50-mile course on the J4/9 Byley circuit. However, at the point of going to press the official results had not been published, so one for the next edition.

Although the time trial racing season can extend over some eight months from early events in February to the latter events in September it seems to me that once you have got the first race under your belt the season goes by in the blink of an eye. At the time of going to press we are now in the final stages of the season, with effectively just August and September left. So, there are still a few events left to perhaps achieve your seasons goals, therefore good luck and safe racing.

### **MERSEYSIDE**

#### ***Brigid Night***

Apologies for lack of report in this edition, with a promise to resume normal service in December.

## MIDLANDS

### ***Alastair Semple***

#### Outstanding Participation and Performance

We are delighted to report exceptional participation from our members this year, with 50% (49 individuals) actively competing in open events throughout 2025, and delivering outstanding results across all distances.

A particular highlight has been the remarkable achievements of Naomi de Pennington (Drag2Zero) in long-distance events. Her exceptional performances across 50-mile, 100-mile, 12-hour and 24-hour disciplines culminated in her being crowned VTTA National Women's 24-hour Champion with an extraordinary distance of 471.07 miles – a truly phenomenal achievement.

#### Midlands Points Competition

The regional competition remains fiercely contested, with 40 riders having competed on Midlands K courses. Following 14 events (as of 8th August 2025), the leaderboard shows:

- 1st place - Denise Burrows (AeroCoach)
- 2nd place - Joe Murray (Team M.I. Racing  
Townsend Vehicle Hire)
- 3rd place - Ed Moss (Beacon Roads CC)

With eight counting events remaining and only the best six results per rider contributing to final standings, the competition remains wide open for all participants.

#### Midlands Trophy Winners 2025

##### *Birks Cup (15 miles)*

Winner: Michael Lythgoe (Legato RT)

A sensational performance delivering an Age Adjusted Time (AAT) of 30:12

##### *Wells Cup (Men's 50 miles)*

Winner: Andrew Simpkins (Team Echelon)

Hosted on the challenging R50/1B course in May, Andrew achieved an impressive AAT of 1:48:09

##### *Victory Cup (Women's 50 miles) & Stoke Cup (Fastest 50 miles)*

Winner: Naomi de Pennington (Drag2Zero)

Competing on the R50/1B in May, Naomi secured both trophies with an outstanding AAT of 1:36:36 and scratch time of 1:51:12 – an exceptional performance on this demanding Welsh course.

##### *Age Category Winners - Wyre Forest 10-mile TT (13th July), Course: K46/10*

Massie Plate (Fastest over 65 years):

Gary Smith (Stourbridge CC)

AAT: 22:46 | Actual: 25:48

Jones Cup (Fastest 50-64 years):

Simon Dighton (Beacon CC)

AAT: 19:23 | Actual: 21:24

Nomads Cup (Fastest under 50 years):

Simon Davis (VTTA Midlands)

AAT: 28:35 | Actual: 29:02

#### National Championship Excellence

2025 has proven to be one of our most successful years on the national stage, with Midland's riders excelling across multiple disciplines:

##### *VTTA National Individual Championships*

10-mile National Champion:

GOLD - Michael Lythgoe (Legato RT)

Women's National 24-hour Champion:

GOLD - Naomi de Pennington (Drag2Zero)

VTTA 25-mile Champion:

BRONZE - Simon Dighton (Beacon CC)

##### *VTTA National Club Team Prizes*

Our Legato RT riders have also dominated team competitions:

National 10-mile: Michael Lythgoe & Steven Loraine

National 15-mile: Michael Lythgoe

National 25-mile: Steven Loraine

National 30-mile: Mark Hamer & Steven Loraine

National 50-mile: Mark Hamer & Steven Loraine

##### *RTTC Championships*

Naomi de Pennington (Drag2Zero) became

National RTTC 24hr Champion

Simon Dighton (Beacon CC) claimed victory in the 60-64 age category at the National RTTC Circuit Championship, remarkably overcoming a puncture within the first five minutes

Mark Hamer (Legato RT) earned bronze in the 50-54 age category at the National RTTC 25-mile Championship

The exceptional performances by our members continue to showcase the strength and depth of talent within Midland VTTA. We congratulate all participants and look forward to the remaining events of 2025.

## **NORTH**

### **Gavin Russell**

Achievements: With the season well and truly now in full flow, it is interesting to witness and read about the achievements of the group's members across the north of England (and in Scotland). There have been placings for a number of the group's members that stand out, with special mention of the Zurbaran Racing team that have recently (at time of writing) had a 1, 2 & 3 in an event on Tyneside.

To keep up to date with the exploits of our North Group VTTA riders, all open event results, including VTTA National Championships, check out the result section in the drop-down menu on the Cycling Time Trials and VTTA website. VTTA Championships are also reported on throughout the year, in the relevant quarterly Veteran magazines.

Events: The group once again hosted, on a pleasant and warm Wednesday evening in June, the Northern "All Comers" 10 mile closed circuit VTTA Championship on the Croft Motor Racing Circuit. It appears that year on year the entries to this event continue to fall, with just 47 riders entering, which was down from the high of 90 in 2023 and 69 in 2024, although the events listing on the CTT website did cause some confusion.. The accompanying "Come and Try It" event saw 114 entries, which offset what would have been a quite big loss on the event. Repeating, as last year, the North Group paid for and presented the Northern VTTA Closed Circuit Championship Jerseys for both the open

and women's event. It was extremely pleasing to see Russ Richardson presented with his third championship jersey, being the winner on Age Adjusted time, whilst previous CTT National BBAR winner, Marcel Schubert, now riding for Zurbaran Racing, was fastest on the night.

All the results from this event together with other championship results, including the road bike category awards (Open & women) winners are reported on, elsewhere in this edition of the magazine.

The awards were to be presented on the night by the national VTTA representative, Mike Penrice, however due to a health matter, he was unable to attend. In his absence, Paul Dawson the North Group Chairman/Treasurer did the honours. The group's thoughts are with Mike and his wife in the hope their current health issues improve.

I was recently informed a VTTA stalwart for many years, Ted Scurr, in his early 80's has been moved into a care home. Ted rode extensively across Tyneside, Teesside and Yorkshire, starting his career when I met him in the early 1960s'. On a happier note, I recently attended the Jack Taylor Cycles reunion ride and was met by a gentleman in a wheelchair, our ex-president and currently one of our two surviving vice presidents, Jack Athey. Although limited in mobility, he was in good spirit and was happy to be amongst fellow cyclists, many of whom were old timers from yesteryear, whilst not competing still ride their bikes.

*APPEAL: There are currently concerns being expressed across the group at the drop in the number of entries being received for both open and club events. Various initiatives to try and address this decline in entries are being considered. These include: reduced entry fees, shorter closing dates for events, enhanced refreshments and social gatherings at headquarters, move away from dual carriageway courses, separate categories for time trial and road bike, etc. IF ANYONE HAS FURTHER IDEAS OR INITIATIVES THAT CAN BE CONSIDERED, PLEASE DO NOT HESITATE TO CONTACT THE WRITER. (CONTACT DETAILS BELOW)*

Website - VTTA Records: With the tremendous performances that are taking place across all distances at present, there has been another flurry of age records reported by the VTTA. Phil Wright, our group recorder, who, amongst others, receives the notifications, maintains good old paper records, and is currently verifying these. All current age group records are listed on the VTTA website.

The North Group Hill Climb Championship: In 2025, the Group's hill climb Championship is once again being incorporated into the Cleveland Wheelers CC hill climb on Ingleby Bank, just south of Stokesley in North Yorkshire. Held on 29th September 2025, it is hoped that some of our members from up north will make the journey to compete for this championship.

Annual Group Competitions: All the result information from our group events to date is being collated, with the remaining events added as they happen, all in preparation for the awards to be prepared for presentation at the annual luncheon. The 2024 presented awards will need to be returned to Phil Wright in time for the engraving to be completed for their 2025 recipients. Phil will be in touch to agree their return.

Annual Awards Luncheon: After much discussion and in an effort to encourage an increase in attendance, the annual luncheon has been re-located to a new venue, at a later date and at a cheaper cost. The new venue is to be the Ferryhill Masonic Hall in Ferryhill, Co., Durham on Sunday 15th February 2026. Full details are to be circulated to members later in the year by the group's social secretary, Ruth Crossley

VTTA North Group Annual General Meeting: The meeting will be held on Saturday 8th November 2025. A formal notice together with an agenda will be emailed to all group members approximately 4 weeks before the meeting date. The venue will be notified when attendance numbers have been confirmed. Please attend if you can, as all support is readily welcomed.

#### Further Information

If you require further information regarding any information contained in this report or anything CTT or VTTA, please do not hesitate to contact the writer

either by email: [gavin\\_russell@hotmail.co.uk](mailto:gavin_russell@hotmail.co.uk) or by telephone on 01642 654419.

## **NORTH LANCASHIRE & LAKES**

***Richard Taylor***

### Open 50

For weeks leading up to the open 50, roadworks blighted the A66 in the Braithwaite area. The road being the course in question, the Highways Agency promised that the road would be clear for the event, and it was. So, to be informed by the marshal that there were temporary lights being set up 10 miles up the course was a blow to say the least. Nevertheless, we're made of sterner stuff up north, so the race continued regardless, with some excellent times posted. The winner was Ben Pease of Moonglu CC with a rapid 1:43:46, second was Chris Isats from Berwick Whs, 1:47:57, and third our very own Richard Bideau with a 1:49:07 which was also good enough to win on AAT.

Our other riders were, Paul Braithwaite, Richard's Pendle Forest team mate, 1:55:43, evergreen Matt Stell 1:56:57. Springfield colleague and our erstwhile Secretary Debbie Moss took the female award with 2:6:07, with David Hilditch being the team's third counter with 2:21:36. Others were:- Stuart Phillipson (VC Cumbria) 2:12:58

Mike Westmorland set a new age record, amongst several others this season, with a very creditable 2:19:24, especially at 80 years young, and Sue Cheetham was second female with 2:21:23.

Many thanks to all the marshals and timekeeper Tracy Moore, for their amazing dedication.

### NLTTA 100

The dreaded roadworks appeared once more a few weeks later to disrupt the NLTTA 100, which was postponed until 31st August, a report will appear in the next issue of the Veteran.

### Southport 15

Member Alan Stark organised the Southport CC 15 which includes our VTTA group championships. Only

four members faced the timekeeper: Matt Stell timed 34:29, Derek Schofield of Rossendale RC 41:02, Mick Black of Springfield Financial 41:33 and the promoting club's Rob Rix 46:30.

### Open 10

The August 10 attracted 21 riders, the exact same as last year, but unlike 2024 the weather this time was far kinder with a very light breeze and a warm 26 degrees. The only non-starter was tricyclist Brian Moore, who was knocked off his machine the previous week on Levens and was still nursing the bruises. He did however perform duties as starting steward, with wife Tracy timekeeping - true stalwarts of the time trialling scene in the north west area.

Of the 20 finishers, Keith Murray (Darlington CC) was fastest with an impressive 20:50, joint second with 21:19 were Darren Howarth (Kent Valley RC) and Simon Horsley (Legato RT).

Quickest on AAT was Russ Richardson (Zurbaran Racing, repeating last year's victory with a net 19:07, followed by 80 years old Mike Westmorland clocking an adjusted 19:26.

North Lancs and Lakes riders were, with AAT and placing in brackets:-

Simon Horsley (Legato RT)	21:19
(19:27) (3)	
Matt Stell (Springfield)	22:28
(22:01) (9)	
Debbie Moss (Springfield)	22:52
(19:41) (4)	
Robin Gillespie (Rock to Roll)	23:02
(21:42) (7)	
Peter Greenwood (Clayton Velo)	24:14
(20:09) (5)	
Paul Targett (VTTA NL&L)	24:38
(22:54) (11)	
Mike Westmorland (Border City Whs)	25:23
(19:26) (2)	
Derek Schofield (Rossendale RC)	25:53
(22:02) (10)	
Sue Cheetham (North Lancs RC)	25:59
(21:55) (8)	

William Armstrong (VC Cumbria)	27:49
(24:11) (13)	
Richard Belk (Kent Valley RC)	28:13
(23:34) (12)	
John Leach (Rossendale RC)	32:42
(26:45) (15)	

The indefatigable Richard Belk once more set out and retrieved the signage, Peter Haigh and David Hilditch manned the turn, and Derek Black spotted at the finish. Refreshments were enjoyed al fresco courtesy of John and Andrea Nixon, and they're not even members. Many thanks to one and all in making this a very friendly and successful event.

### Dates for your diary.

#### *Annual General Meeting*

Wednesday 12th November 7pm Winmarleigh Village Hall.

#### *Annual Luncheon and Prize Presentation*

Sunday 4th January 2026 Garstang Golf Club. 12 noon for 1pm. Price to be confirmed.

Tickets will be available from the AGM, from myself and Debbie Moss.

## **NORTH MIDLANDS**

### **Chris Lea**

As June's edition of The Veteran went to press, the fastest ride of the season was Steve Gibson's (Peak RC) 19:57, and only just outside the 30mph mark was Andy Thomas (Lindsey Roads CC) in a similarly quick 20:08. Just a few months later, and both of those times have been bettered. In mid-June, during Hemel Hempstead CC's 10 on the renowned (for being quick) F11/10, Thomas did a cracking 19:20, whilst clubmate Stuart Wells did a similarly impressive time, of 19:46. In addition, new member, Chris Dyke (Team Lifting Gear Products), who recently won Lindsey Roads CC's 10 on the C10/4 near Grimsby, in 20:14, has just dipped under too, with 19:47 on the revised V718. Chapeau!

As the season has progressed, the longer distances have seen action from North Mids vets, with the RTTC National 24 Hour Championships being the most

arduous. Stuart Day (Crewe Clarion Whs) and Miles Haslam (Buxton CC) both started and, more importantly, finished.....Stuart riding his trike (the only one of the event) to 11th place overall with 417.25 miles, just 88 yards short of a new National Age Record, but setting the first such record for the North Midlands Group. Miles finished in 21st place and winning his 65 to 69 age group, with 378.67 miles. Well done both. Stuart reported that weather conditions were near perfect, and that his ride went well, with the exception of an unplanned 30 minute time-out to recoup after bonking at 19 hours. He also tells us that his trike suffered a broken spoken on the horrendous surface of the A525 Whitchurch to finishing circuit. Miles was also content with the weather conditions, although he too lost a similar amount of time - due to a feeding blip in the early hours of the morning, from which he fortunately recovered.

Sarah Harrison (Team Sheffield) currently holds the fastest times of the season for North Midlands' females, with 22:49 in Addform Vive le Velo's 10 held on a lovely midsummer evening; 1:01:38 at 25 miles in the VTTA (Yorkshire) event; and 2:10:45 in the 30C heat of Yorkshire Cycling Federation's 50 on the gnarly V151 at Boroughbridge, ridden in brisk crosswinds - akin to racing in the blast of a giant hairdryer.

Andy Thomas (Lindsey Roads CC) has the season's fastest 25 time in the Open category, of 52:33, achieved in Melton Olympic CC's race on a revised version of the A25/34: the lumpier A25/33 which climbs to the turn at Kinoulton on the A46; an event in which Simon Warren (Norwood Paragon CC) did 57:53 on his road bike, winning that category, and currently the fastest member on a road bike over that distance.

On the potholed and crumbling roads of Cheshire, Mat Ivings (Buxton CC) was 5th overall in 1:54:14 in the drizzle in Congleton CC's event on the J4/9, on the first Sunday in August, and currently holding the fastest time for that distance. Chris Lea (Buxton CC)

has the season's fastest 100 for a North Mids rider thus far this season, of 4:09:09 in the ECCA 100 – in which a 5am start slot surely qualifies as a night time event....

Stuart Day has set a series of Group Age Records on his trike this season. In addition to his 24 hour distance, he now holds a 100 record of 5:15:20 at age 53, set in the classic Anfield BC event, as well as a 50 record of 2:30:01 on a roadworks-affected and long version of the J4/9. Not content with a wider than average machine, he opted to ride a longer than average mount – tandem – in the West Cheshire TTCA 12 hour, with his visually impaired stoker, Steve Bateman, recording 230.85 miles.

In something a bit different, on Spring Bank Holiday Monday, Trevor Mayne (Birdwell Whs), Tracy Gregory (Buxton CC), and Yvonne Twelvetree (Sheffield Tri Club), visited Darley Moor Sports circuit near Ashbourne to do the Crazy Legs Events 10 mile time trial on the old aerodrome site, in which riders complete 7 laps of an almost flat course (A10/C) without other traffic and on excellent tarmac. Mayne rode his road bike to record 25:15 on actual. Tracy did 30:09 on her time trial machine and Yvonne 33:25 on her road bike. It was a fun event. There are no more opens on the course this year, but keep a lookout for events in 2026.

The Crazy Legs event saw Yvonne Twelvetree set a 10 mile Group Age Record of 33:25 at age 74. To more records: Tracy Gregory set a 50 record of 2:49:49 at age 60.

The next meeting of the VTTA North Midlands is Monday 22nd September 2025, at The University Arms, 197 Brook Hill, Sheffield, S3 7HG, 7-30pm, to which all members are invited.

Finally, a note for your 2026 diary: The North Midlands Annual Luncheon and Prize Presentation will take place on Sunday 22nd February 2026 at the Holiday Inn, Rotherham, kindly organised by our Social Secretary, Ala Whitehead (Rockingham CC).



## **SCOTLAND**

### ***James Skinner***

Best wishes go out to George Berwick, riding for Audax UK, who recently had an accident at home which resulted in quite a bad burn. George being as tough and resilient as ever is back on the bike, but missed out on riding the 24 hour Championship. If any old friends are in the vicinity I'm sure George would welcome a visit.

#### Track Day

On 15th June CTT Scotland and the SVTTA held their first Track Day at Caird Park, Dundee. The aim of this event was to promote track cycling in Scotland. Previously there were only two veteran's age records recorded at 5km in Scotland, and upon completion this event resulted in 2 x ladies age records, 2 mixed tandem age records, and 7 new open age records over the 5km distance. All of the age related records that were set are listed as group and National age records.

Many thanks go out to Jon Fairclough for organising this successful event

#### Time Trials

Thanks also go to Fife Century RC for organising the Alistair Speed Memorial 50, which incorporated the CTT Scotland Championship and the SVTTA 50 Mile championships.

45 hardy souls completed the event, into a heavy headwind on the outward leg, with some standing water from the recent poor weather adding to the challenging conditions.

First on Age Adjusted Time was Chris Smart of GTR Return to Life p/b Streamline with 1:44:53 AAT, followed by Liz Ball of Edinburgh Road Club 1:48:22 AAT, and Angus Wilson of Dundee Thistle with a 1:50:2 AAT.

Chris Smart led the open results on actual time with a 1:45.51 and won the event overall ahead of GTR teammates Rob Graham and Mark Anderson.

It was good to see Christina Mackenzie of Stirling Bike Club back on form after her recent setbacks, securing

a win in the closely fought Female category with an actual time of 2:08.08, just 14 seconds ahead of Lorna Breetzke of Elgin CC.

Many SVTTA riders have been posting good results south of the border this summer, with many fast times being recorded on the North Lancashire courses. The most noteworthy ride is that of Liz Ball riding for Edinburgh Road Club who was top of the board in the VTTA Yorkshire 25 mile TT with her age adjusted time of 49:52.

Our group recorder and National IT manager Jon Fairclough of Kelso Wheelers Cycling Club is showing good form this season with his 5th place on age adjusted distance in the National 24 hour championships with an AAD of 492.11 miles, earning him a cherished national age record.

For those looking to gain some late season results the SVTTA 15 mile championship is being held on the 21st September at Cambusbarron for the Speed Family Trophy, followed on the 5th October by the Tour-de-Trossachs organised by Vanelli-Project GO, there you'll be competing for the Bill Lennon Trophy.

If readers have any information, news, or gossip, please get in touch at [jamesmskinner@hotmail.com](mailto:jamesmskinner@hotmail.com)

## **SOUTH WALES**

### ***Chris Gibbard***

Since my last report the racing season has got into full swing. My bunch racing season came to a successful end with a win in the 40-49 category at the Welsh Road Race Championships. Of course it was solo as, I'm sure many of you will recognise, us timetrailists don't make the best sprinters. I've also travelled to a few events in other districts and have been impressed with the welcome and organisation of the ECCA at their 100 event and ...a3crg at a 50 mile TT in the South district. I've been racing the same courses in South Wales for over 10 years and, while I don't look forward to the travel and super early starts in England, I always value the experience of a different course in an unfamiliar part of the country.

After the group 15 mile championship in March the next group event was the 10 mile championship on

the 5th July hosted by Ross-on-Wye & Dist CC. In the open category the title was taken by Andrew Butcher (Cwmcam Paragon CC) with an Age Adjusted Time (AAT) of 19:16, Neil Gregory (Port Talbot Whs) was second in 19:26 and Owen Burgess (UF Rowe & King) took third in 19:33. For the women Bethan Ouseley (Pembrokeshire Velo) was the winner in 19:31, Emma Wyatt (Hereford & Dist Whs) 20:28 was second and Emma Davies (Port Talbot Whs) 21:21 was third. The best team of 2 from the group members was Dan and Emma Wyatt (Hereford & Dist Whs) with a combined time of 40:12.

Two championship events took place in July. The first was the Welsh Cycling Association 100 mile Championship on Sunday 20th.. This is always a personal target and I have been lucky enough to be champion on 4 occasions since 2019. This race will live long in the memory due to the incredible downpours. Never in ten years have I considered ditching my visor but I got close on a couple of occasions. There was also the surreal feeling of one minute being soaked on the A40 and then half a mile down the road the A449 was bone dry. Well done to all the competitors who got round and I was glad of a super bright rear light when the rain really started coming down on the last leg down to the Monmouth tunnels. With no women racing for the group championship it was Anthony Jones (VMCC powered by Y Beic) with an AAT of 3:26:23 who took gold, myself riding for FTP Racing with silver in 3:28:25 and Owen Burgess with bronze in 3:39:53. Dan Kingston and I took the team prize for FTP Racing with a combined AAT of 7 hours 15 minutes 34 seconds.

*(Chris modestly fails to mention that he won this event on actual with 3:29:57, second was Merseyside's Dave Williams (Velotik) in 3:35:39 and Anthony Jones was third in 3:36:19. - Ed)*

The latest championship was the 50 on the 26th hosted by Cardiff 100 Milers RCC. The wind was really up for this event and I have never felt it so strong on the Raglan to Hardwick section of the R50/1b. The excellent conditions that blessed the CTT National 50 were forgotten, I for one was nearly 4 minutes slower! In the women's event Emma Davies

added to her accolades with gold in 2:06:32 while, in the open category, Anthony Jones picked up another gold medal in 1:41:35. Completing the open podium was Neil Gregory in 1:44:04 and myself in 1:44:32. Neil and Emma's times were also enough for Port Talbot Whs to take the group team prize.

Full results for the three group championships are below

#### 10 Miles R10/17 Sat 05/07

Women

Gold - Bethan Ouseley 19:31 AAT (22:14 Actual)

Silver - Emma Wyatt 20:28 (23:11)

Bronze - Emma Davies 21:21 (24:32)

Open

Gold - Andrew Butcher 19:16 (19:52)

Silver - Neil Gregory 19:26 (20:54)

Bronze - Owen Burgess 19:33 (19:35)

Team

Dan Wyatt & Emma Wyatt - Hereford & Dist Whs CC

#### 100 Miles R100/9 Sun 20/07

Open

Gold - Anthony Jones 3:26:23 (3:36:19)

Silver - Chris Gibbard 3:28:25 (3:29:57)

Bronze - Owen Burgess 3:39:53 (3:40:19)

Team

Chris Gibbard & Dan Kingston - FTP Racing

#### 50 Miles R50/1b Sat 26/07

Women

Gold - Emma Davies 2:06:32 (2:23:30)

Open

Gold - Anthony Jones 1:41:35 (1:45:56)

Silver - Neil Gregory 1:44:04 (1:52:55)

Bronze - Chris Gibbard 1:44:32 (1:45:12)

Team

Neil Gregory & Emma Davies - Port Talbot Whs

Finishing the day after the Group 50 Championship was the CTT National 24 hour. This was won by Welshman Lee Williams but group member Rob Powell (Team Bottrill) also put in an astounding ride to set a new open 47 group record of 440.73 miles. Having suffered through a few 12 hour races I can't quite imagine the effort required to keep going for that length of time. Well done Rob!

In June Anthony Jones set a national age record with 3:30:32 at the age of 51 at the ECCA 100. I also raced this event and regulars to the course told me that the conditions were not particularly fast.

Congratulations are also in order to all the members who have set new group age records this season:

Chris Gibbard, Open 43 group record 3:28:56 in the ECCA 100

Anthony Jones, Open 51 group record 19:54 in the PTW 10

Anthony Jones, Open 52 group record 1:42:57 in the RTTC 50 champs

Neil Gregory, Open 58 group record 20:54 in the Ross on Wye 10

Anthony Jones, Open 52 group record 3:36:19 in the WCA 100

The last two group championships are the 25 and 12 hour. The 25 is hosted by Virtual CC in their 'Late-Season 25 mile TT' and marks the return of the (in)famous R25/3H, scene of Marcin Bialobloki's 42 minute national record. The 12 Hour in its traditional end of August/start of September position doubles up as the VTТА National Championship and I will be on the start line keen to finally crack this distance after 3 previous attempts have been marred by problems with my bike and/or legs.

## **SURREY/SUSSEX**

### **Chris Lord**

As we edge towards the end of a season where increased traffic volume and poor road surfaces have again affected numbers in both club and open events, there are still many good things to report. In fact, there have been so many excellent rides by group members, that it's hard to know where to start.

Since the key event for the group was the VTТА National 50 Championships on June 8th, that's perhaps the best starting point.

Held on the G10/50 and promoted by group chair Robin Johnson, the winner was Cris Coxon (Brighton Mitre CC), with an outstanding ride in 1:41:37 on age adjusted time (1:44:02 actual), in less-than-ideal

conditions. This was good enough to give him the win by nearly a minute from Chris McNamara (Sigma Sport RT) with 1:42:26 AAT (1:45:46 actual), and brother Simon McNamara Sigma Sport RT 1:43:27 AAT (1:46:47 actual) in third.

A week later Cris Coxon also won the VTТА (Surrey/Sussex) 10 mile event on the G10/87 course in 19:34 AAT (20:01 actual), with Paul Tippet taking 3<sup>rd</sup> on AAT with 21:26 (22:08 actual).

On June 21<sup>st</sup>, Chris Lord (Brighton Excelsior CC) took second in the VTТА National 15 Championship, with 26:02 AAT (31:20 actual), on the J4/32E course in Cheshire, shortened by roadworks.

The following week, he narrowly retained the VTТА Southern Closed Circuit Championships title at Goodwood, with 18:51 AAT (22.42 actual), with Cris Coxon 3<sup>rd</sup> in 19:09 AAT, though his actual time of 19:36 was fastest on the night. Kevin Plummer (Strada Wheels RT – LucentSYS) was 2<sup>nd</sup> in the road bike event: 21:16 AAT (23.00 actual), missing out on the win by just 3 seconds.

Cris Coxon comfortably won the Sussex CA 30 on July 20<sup>th</sup> in 1:00:20 AAT (1:01:43 actual), a new course record for the G30/91, this despite the prevailing wet and windy conditions.

Southern Counties CU 100, Chris McNamara romped to the win by over 10 minutes, with a superb ride on the undulating and predominantly single carriageway G100/61A course, in 3:21:03 AAT. His actual time of 3:28:39 took an astonishing 16 minutes off the existing course record, setting a new National record for age 50 (TBC). Cris Coxon was 2<sup>nd</sup>: 3:32:39 AAT (3:38:11 actual), Henrik Persson (FTP RT) 4<sup>th</sup>: 3:44:40 AAT (3<sup>rd</sup> on actual 3:45:06).

In addition to Chris McNamara's National record, and the group age records of Cris Coxon and Henrik Persson, there have been several other new group age records set.

10 miles: age 52 Ruth Whiddett (...a3crg) 25:01, age 56 Tracey Williams (Brighton Mitre CC) 25:39, age 62 Richard Gifford (Train Sharp) 19:44, age 72 Chris Lord (Brighton Excelsior CC) 22:03



25 miles: age 72 Chris Lord 56:57

30 miles: age 77 Robin Johnson (Brighton Mitre CC) 1:38:37

50 miles: age 72 Chris Lord 1:54:52

There are still quite a few events in the region before the season ends. August 9<sup>th</sup>: The Sussex Cyclist's Association 15 mile (G15/92), August 17<sup>th</sup>: East Sussex CA 25 (G25/89) and August 23<sup>rd</sup> and 25<sup>th</sup>: Sussex CA 10 (G10/43) and 25 (G25/42). These events will all have taken place by the time you're reading this, but there's still the VTTA (Surrey/Sussex) 25 (G25/89) on September 14<sup>th</sup>.

Starting later in September, for those who aren't paid up members of the Flat Earth Society, there's the Le Col South Downs Hill Climb series. Nine events over three weeks, finishing with the iconic climb of Ditchling Beacon.

Finally, there's the season closing Brighton Mitre CC 25 on October 26<sup>th</sup> using the G25/42.

With many group members in such good form, there ought still to be some great rides to come before everyone gets their mudguards and winter tights out.

Whatever you're riding, good luck to all for the season finale.

## WESSEX

### Sarah Matthews

#### Wessex 10 mile Championship – revised date

The Wessex 10 mile Championship on the P612/10 on Sunday 20<sup>th</sup> July was abandoned due to heavy rain and is re-scheduled for Sunday 21<sup>st</sup> September. Entries via CTT.

Riders who entered this event will automatically be re-entered, but for those of you that didn't there's another chance to ride what is probably the fastest 10 mile TT course in the south.

#### Old enough to know better, but young enough to still do it – AND set a National Record

That's Brian Hygate. At 87 he's become the oldest rider ever to complete a 24 hour time trial. Brian had ridden a number of 24 hour time trials in his youth but doing one in his 80s was on his bucket list. He tried 3 years ago but the terrible weather got the better of him, then a year ago he rode himself into the ground and pulled up, so it was unfinished business. When he decided to give it another go this year his daughter, an ultra runner who knows a thing or two about endurance, gave him strict instructions on how he should ride, which basically amounted to acting his age and not trying to set a pace more suited to someone in his forties.

In his younger days Brian had ridden the whole 24 hours without getting off his bike and told me to 'use my imagination.' This year he did have 4 hours off in the middle of the night for a sleep and a few other breaks so was on the bike for a total of 17<sup>3</sup>/<sub>4</sub> hours.

Brian finished, having ridden a total of 258.61 miles and set a VTTA Age Record. He also went off course for 5 miles, which wasn't included in the total. Brian describes himself as just a bloke who rides a bike and said he got the record as no one of his age is daft enough to do it, not even Norman Harvey!

Prior to Brian's record the previous oldest rider was Peter Yates who in 2013 aged 80 rode 343.04 miles.

Brian tells me he wants to do a 100 at 100, but was careful to say he didn't know what the 100 would be!

### **Brain Impact**

**Andy Langdown (...a3crg)** is still managing the after effects of a horrific cycling accident, I asked him how life has changed as a result:

"As a Consultant Orthopaedic Surgeon for the last 20 years and an avid time triallist since (I think) 2008, I've become used to both working hard and playing hard. Oh, I also have a wife and two grown up children!

"I'd had my share of success on the bike - two Duo Normand triumphs and an age group national championship stand out - but 2 days before Christmas 2021 whilst cycling home from work, I was hit by a car that was turning right, cutting the corner and obviously not paying attention. I spent that Christmas in intensive care at the hospital I work at with a traumatic brain injury, 3 vertebral fractures and a cheekbone fracture as a result of the accident.

"To this day, I have no memory of the event and there is a period of retrograde and prograde amnesia that covers about 3 weeks. Apparently I had ridden down the hill from work with a friend who is an ODP (anaesthetic assistant) - when he heard the crash he rushed to see what had happened and found me unconscious with an obstructed airway. This is not a survivable injury, unless of course there is an expert at airway management on scene! He kept me alive until the ambulance arrived and I was taken about 1/4 mile into the hospital. I'm told that I'm lucky to still be alive...

"It's now over 3½ years since the accident and I have been forced to accept that I am now Andy v2.0. Fatigue and constant back pain have limited my ability to work but a major focus in my recovery was to get back on the bike. There was a forced leave of absence of 6 months (if I'd had another head injury in that time I was told that I wouldn't survive) but I was brilliantly supported by my ...a3crg teammates, my mates who I ride with, and of course my wife and kids who have always been my motivation. The question is: what can Andy v2.0 achieve? How good can I get?"

During 2023 Andy rode the Stelvio, Mortirolo, Gavia and Cancano and this summer competed the Tuscany Trail. Time trialling is now limited to closed circuit events to avoid uncontrolled variables, namely potholes and motorists.

"Managing to come full circle and win the age group closed circuit champs last year was a massive achievement, though strangely, as an amateur, I've come to accept that none of my 'wins' on a bike have changed my life one iota. Surviving the accident and being able to watch my kids develop and begin to succeed in their lives has given me much more pleasure."

During the earlier stages of his recovery I discovered Andy was baking regularly and his cinnamon buns and Chelsea buns are excellent. Fingers crossed he's an inspiration for more of the open riders making post TT treats!

### **If you want something doing ....**

... find someone who rides, races, organises, holds down a demanding job, is a mum, a wife, and oh yes, she's a veteran too! Rachel Waite of Andover Wheelers CC is one of the younger veterans and it's good to see someone at the younger end of the age spectrum contributing so positively to our sport. Rachel took on the role of Andover Wheelers Racing Secretary for the 2025 season and is making her mark. She's full of ideas, is a great networker and has found out what riders want and don't want in terms of time trials.

"Drawing on the things I particularly liked and thought worked well, my first move was switching the entry

and payment system to be online with a deadline of the night before the race. This gave me the opportunity to set out the start sheet and send it out with all the relevant information about the race (HQ location, course details etc) the night before and to publicise it to many local clubs.

"The next thing I looked at was the type of courses we were using, and gauging their popularity – really asking whether the courses were offering what riders actually wanted. Getting that balance between fast and flat main road type courses, some more sporting courses, and some closed circuit opportunities. I was thrilled to negotiate the use of Thruxton Race Circuit this season,

which has proved so popular. I think there is such a demand for time trialling on closed circuits, and I will be hoping to offer this again next year.

I really want to make my races feel inclusive and worthwhile – I want to encourage the seasoned racers, those who are wanting to ride really competitively on a good course, all the way through to beginners who have never time trialled before and need that bit of encouragement and help to make that leap and join in. I understand what it is like to be new

to the sport, and I have had so much friendly support and welcome from everyone when I started, I really feel passionate about repaying this. The VTТА is excellent at representing riders already in the sport, but I really believe that growing the popularity of time trialling will come from drawing in riders from different backgrounds such as triathlon, sportives, and encouraging youngsters to participate – this is what is going to contribute to the longevity and vibrancy of time trialling and cycling as a whole.

## OBITUARY - MIKE GARNER

23<sup>rd</sup> November 1953 - 11<sup>th</sup> May 2025  
...a3crg and VTТА (Wessex)

Mike died as a result of injuries sustained in a cycling accident on 11<sup>th</sup> May. From Liss, he leaves behind wife Carla, children Alex and Dani and stepdaughter Alexa; four grand children and a fifth on the way.

Family was everything to Mike, but he was also a successful businessman. He set up the Garner Group which at its height ran 8 filling stations in Hampshire. His brother Tim, son Alex and daughter

Dani all worked for the company. They were hugely successful and twice won Forecourt Trader of the Year. The business was sold in 2023 and since then Mike focused his time on a house renovation project with son Alex and a larger-scale building project with Tim, while also spending as much time as possible with his grandchildren, whom he shared an incredibly close bond with.

Aside from family and work, physical health and fitness played a huge role in Mike's life. He has been a part of Petersfield Rugby Club since 1970 and during this time captained the 2nd XV team on numerous occasions and even played alongside son Alex in a veteran's game. Mike trained hard in a gym for over 22 years and on

his 70th birthday he did 70 full chin ups in one hour, totally unaided. He joined ...a3crg around 2015 and after being beaten by a couple of the women who he regularly did Sunday rides with he declared that his goal for the following year was 'to be the fastest woman.'

Mike was quietly spoken, highly intelligent, humble, incredibly kind, and had the most terrific, dry sense of humour.



As with many busy people Mike managed to find time to help others and if he wasn't riding an event organised by ...a3crg he was the first to offer to help. He regularly put out the signage at silly o'clock in the morning, returned home to have breakfast with his family then reappeared later to take the signs down.

His funeral on 18<sup>th</sup> June was packed. Havant Crematorium probably hadn't experienced quite so many people wanting to say a final farewell to very special friend. It was a remarkable celebration of a remarkable life – all the more so as his wife Carla, son Alex and daughter Dani all spoke at length. Mike may no longer be with us but his legacy lives on in the family he has left behind.



## **YORKSHIRE**

**Chris Goode**

Between the deadline for the last edition of The Veteran and when it landed on your doorstep (or onto your screen), the Yorkshire 12 hour took place. An enormous amount of effort goes into the organisation of this prestigious event; we are very grateful to Sandra and Steve Burrows and their team for delivering an outstanding event. Steve states: "On behalf of Yorkshire Cycling I would like to thank everyone involved: Melbourne and district as a community for supporting us, the Playing Fields Association, Melbourne Scouts, marshals (more National champions present than any event I've been part of), our caterer, time keepers, signage team, Vive Le Velo neutral feed, those who have given advice and especially to Stewart Smith, the National Competition Secretary. Within the Championship we were running our Yorkshire Cycling Federation event and trophy winners were Selby CC, Marjorie Davison and Greg Elwell. Jymmy Trevor's performance on a trike was eye-catching and remarked upon by the locals. Finally, the performance of every rider meeting personal challenges, Team Bottrill setting a new Team Competition Record (913.64 miles), every age group medal winner, Naomi de Pennington who was the first female, Jake Sargent who was the first male leading the team of Benjamin Williams and David Halliday".

The season is in full swing and there have been some outstanding rides done by Adam Duggleby (Addform Vive Le Velo) in the National 25, Doug Hart (Ilkley CC) setting a National Age record (for 52 year olds) in the 24 hour championship with 487.11 miles and also placing second on age adjusted time; Gary Simpson (Yorkshire RC) was tenth overall with 418:54 miles. Gary rode the 12 hour in early June and has been putting in some very good training, so he decided to enter the 24 hour, at the last minute. He was helped by his two brothers who provided amazing support: "Robin had to get back to his family who were on holiday but said [expletive deleted] that, I'm not leaving until you've got 400 miles ... the other great moments were shouts from Chris Hopkinson every lap and pass (I was in front of him until the last 2

hours) and from Sean Sanders, Lee Williams and his Mum, plus support from Johnny Schubert. It was a brilliant weekend and I'm glad I did it". Well done Gary and Doug.

Huge congratulations to Adam on winning the RTTC National 25 in 49:20 in his first year as a Yorkshire veteran. He has been close to victory in this Blue Ribband event on a number of occasions, notably last year being only 13 seconds behind George Peden. The course was beside the A1 at Sawtry, in Cambridgeshire and has a large number of roundabouts so it was very technical. Remarkably Leon Atkins, aged 16, was second by six seconds. Adam has a good record on this course winning the GHS Ten championship in 2002, with a time of 21:46, when riding for Team Velo Ecosse. Steve Smales (Harrogate Nova) achieved 55:35 and James Poulson (City RC Hull) 1:03:04.

Both Sam Bissell (City RC Hull) and Angela Hannon-Flaherty (Seacroft Wheelers) are having a good season, with Sam winning the YCF 50 plus being 13th in the National 25 with 1:03:04. Angela has claimed a Yorkshire age record with 23:17 in early August on the course near Market Weighton. They were also in the top ten (on AAT) in the V718 revival event, on 10th August: Angela Hannon Flaherty 23.46 (7th AAT) and Sam Bissell 23:14 actual time (9th AAT). Adam Duggleby was second fastest on the day with a Waterloo ride 18:15, with Stuart Henderson (Addform) second with 19:41 AAT, Steve Smales (Harrogate Nova) third with 19:18 AAT. Tom Lee (Team Bottrill) did the day's quickest ride in 18:03. He is aiming to be a professional rider in the near future and is in the senior category.

Mike Penrice is the instigator of the VTTA Yorkshire Age Adjusted Points Competition and he comments: "Memories linger long of the speed potential of the former version of this course, not available since 2018, so expectations were unreasonably high. It was a 07.00 start and from the total field there were thirteen personal bests in the last three seasons but only three of these were amongst the twenty-seven VTTA Yorkshire riders. However, vets racing is all about age adjusted times, so although Adam

Duggleby still won, it was only by one minute to Steve Smales and with Andy Wond and John Quimby also both with Age Adjusted Times inside 20 minutes. The overall win in the VTТА Points Competition is still to play for, with both Adam and Steve being late joiners; many riders have now ridden six or more times so can only make incremental improvements in the remaining three events. Sixty-six VTТА Yorkshire members have now completed a total of 244 rides". Sean Sanders (Addform Vive Le Velo) currently has a six point lead.

Prior to that in the Tickhill Velo 10 miles TT, on 2nd August, Mark Wolstenholme won the road bike section with a sizzling 22:07. Alan Gay (Vive Le Velo) and Mike Cole (Huddersfield RC) won their age sections and Chris Goode was second of the tricycles, behind Wayne Baker (Team Echelon).

Jymmy Trevor (City RC Hull) is having a sensational season, breaking records on a monthly basis. He was the fastest trike in the RTTC National 25, clocking 1:07:12 and recorded 23:44 in the V718 event on 10 August. Jymmy's PB ten time on a trike is now below 22:55 and City RC (Hull) have had to make a new contract with Navigator Office Paper Solutions to re-write the club records (over four distances). Jymmy has ridden to 4:27:47 at 100 miles TT and 222.15 miles at 12 hours.

The Yorkshire VTТА promote two more events this season - a 25 mile TT on V236/1 and a 10 mile TT on 13th September on the V714. A big thank you to all promoters of events, time keepers, marshals and helpers that make the events possible. Keep those wheels turning.

### Dates For Your Diary

YCF Awards Lunch - Sunday 23<sup>rd</sup> November,  
12.30pm - King Court Hotel, Pontefract, £25

VTТА Yorkshire AGM - Saturday 8<sup>th</sup> November,  
9.00am - Collingham Village Hall

VTТА Yorkshire Awards Lunch - Sunday 25<sup>th</sup>  
January - Bridge Inn, Walshford, price TBA. (We hope to have newly turned vet Ed Clancy OBE as our guest of honour)

## **WEST**

### ***Paul Winchcombe***

Since I last wrote on behalf of West Vets for "The Veteran" a lot has happened and I apologise now if I have failed to include someone's outstanding performance. There have been several major events organised in the West including the VTТА National 25 Mile Championship organised by Mid Devon CC for which our thanks. Congratulations to West group member Steve Cottington for becoming the VTТА Open Category National Champion for 25 miles for 2025. There is a full write up in this edition, including comments by Steve about his ride..

Another major event was CTT West District running the RTTC National 100 mile time trial on a new course, U43 around Cirencester and Tetbury. Although not a West Group event the organising team were all West Group veterans and the majority of entries were veterans. The event was run on the hottest day of the year (at that time) and many riders suffered in the heat with a lot of abandonments (myself included, when at 3 hours I had covered 50 miles - not my finest ride - and my legs definitely did not have it). Within the event we had a trophy for the fastest West Vet on AAT to commemorate the late Tom Cox, who died unexpectedly earlier this year. Karl Norris won the Tom Cox Memorial Trophy with an AAT of 3:43:25. Sadly there is no picture of him receiving his award as he had to head off to work immediately after completing the race!

I have discovered that as we get older we do not always bounce as we used to. During a moments inattention during a club evening 50 mile time trial I rode into the verge and came off. Fortunately only a lot of grazing, the bike survived and I raced the remaining 39 miles, so knew I was biomechanically alright. However, of course my long haired Sergeant Major is now even more sceptical about me going out on my own. This lack of steering would of course not have happened if my new upgrade had been fitted. After a bike fit where I refused to change my crank lengths or cut my saddle post down, I did go for a cockpit upgrade. I now have a set of FastTT bars which have changed the whole feel of how my bike



*Paul Winchcombe suffering on R50/1b  
but locked into place on those new bars*

rides and may have actually made me a bit faster (calculation is £40 a second, so be warned it isn't a cheap journey).

Like many I am sure, I have watched the Tour De France with interest and amazement at performances.

Also like many I am sad that this is the last free-to-air coverage and although I could afford to pay TNT Sports I am not going to as I cannot justify it. Hopefully it will be available in other countries and there will be a means to watch it.

I have to admit to having watched the Lionesses and been enthralled by their matches and pluckiness. The commentators say they won due to some good luck, I think they won because they never let their heads drop and put in the hard yards. Well done to them.

As to hard yards the National 24 hour has just taken place and it was great to see Edric Hobbs, a member of Somer Valley CC and of West Group, achieve 341.10 miles. Having completed a 24 hour myself I know that anyone who finishes is a winner. So well done Edric.

## GRAN FONDO WORLD SERIES UPDATE

*By Deborah Sheridan (...a3crg)*

The Gran Fondo World Series final will take place this year in Lorne in the Australian state of Victoria, from 16th to 19th October. The distances and cost of travel have obviously reduced interest from VTTA members. Enquires via VTTA Facebook and the Time Trial Forum have discovered a small group of VTTA members who will be travelling to Australia. Foremost amongst these is current 65-69 World Champion and also VTTA Champion Linda Dewhurst. Linda had this to say about the challenge ahead.

*"I'm combining it with a trip with some of the family. The course looks rather lumpy for a TT and the road race has some challenging climbs but it's on the Great Ocean Road, so the views should be good."*

Definitely going to Australia is Judith Brown who qualified in Antalya, Turkey, and David Lynes who qualified in Cyprus. We also believe that Jeff Roberts, who was successful in the Villars-Suisse UCI ITT qualifier, winning his age group, is intending to participate in Australia. VTTA member and bronze medalist from Denmark, Lucia Borradaile, also qualified in Antalya so may be considering taking part. There may be others that our enquires have failed to reveal so apologies to anyone we have missed.

VTTA wish everyone the best of luck.

## Legato Racing Team Championships Domination

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### *Team founder Steve Loraine answers the questions*

**T**his season Legato Racing Team has won the club team prize in all five VTTA championships between 10 miles and 50 miles. In addition, they had a number of individual medallists such as both winners of the 10 championship, Mike Lythgoe and Deb Hutson-Lumb. It follows a number of club team awards in previous seasons but this is the first time a team has won five championship club team medals in a season for as long as any of us can remember! Andrew Simpkins put some questions to the team's founder, Steve Loraine, to find out more about the team and the reasons for their success.

#### **1. How long have you been racing time trials?**

Personally, I have been racing in Open time trials for seventeen consecutive seasons. Some members of our team have over thirty years of competitive experience, whilst others are relative newcomers to the wonders of racing 'contre la montre.'

#### **2. What are your best times at the standard distances and when did you set them?**

Advances in sports nutrition, training, racing science and cycling technology mean that all my team mates are still regularly setting course, season, personal and VTTA regional age best times. Thankfully, despite a couple of long-term health challenges, I am still achieving best times well into my sixties (I turned 69 this year). I set my 10-mile PB of 21:04 in 2016. My 25-mile PB of 54:47 was set in August 2025. My 50-mile PB of 1:56:53 was set in 2024. Additionally, I now consider 15 and 30 miles to be 'standard' distances (we race VTTA championships at them) and I set PBs of 33:50 and 1:10:51 in those in 2024 and 2022 respectively. We also recognise that PBs are not the be-all and end-all in time trialling. Final position on age adjusted time and comparison to Spindata prediction and so on, offer a means of extracting additional positives from a day's racing. If you travel, as many time triallists do, a round trip of four and more hours for twenty plus minutes of racing on a variety of courses in all weathers, finding additional pleasure and positivity through data analysis and team companionship on the day is important. The data is often a way to rationalise the emotional and physical challenges that time trialling offers and so richly delivers.

#### **3. Why did you decide to set up the Legato team?**

I was a member of Team Swift for the final five seasons of its existence. With the untimely death of the great Peter Read, the founder and co-leader of the team with Mike Williams, I lost a fabulous coach, mentor and guide. Mike followed Pete's wishes that the team would continue for one final season past Pete's death before closing its doors at the end of 2020. There was an option to join a follow-on team at the time, but I decided to strike out and start something fresh and new, based on my learnings from Pete. This led to Legato Racing Team being formed in early 2021. With two former teammates from Team Swift and a rider I was coaching at the time, and still do, we began to enter races and particularly support VTTA shorter distance championships. We finished second team in our very first VTTA championship, the 15 miler in Newbury in April 2021. Since that race, Legato Racing Team has fielded full teams (and sometimes two full teams) in twenty-two of the succeeding twenty-four VTTA 10 to 50 mile championship races. We are proud of that record, which

is not easy to sustain for a relatively small team (we currently number eight active racing members) and the geographic spread of VTTA championships. Take this season as an example: VTTA championship races in Scotland, south-east Kent, west Sussex, Cheshire and Devon. We were first team in each of those, also winning some individual medals, and I can assure you, our riders who rode in most or all those championship races needed a break by the middle of July!

**4. *Where does the Legato name come from?***

Legato is a musical term indicating that “musical notes are played or sung smoothly, such that the transition from note to note is made with no intervening silence.” We thought that this term perfectly encapsulated both the transition of the team members from Peter Read’s mentorship to a new team, coupled with the output or ‘flow’ of power we all desire to achieve when time trialling. The word seemed to fit our circumstances well.

**5. *Can anyone join or do you have a ‘selection’ process?***

Yes, of course, we encourage riders to approach us and will invite them to join provided they can make a commitment to race in the VTTA championships I’ve mentioned, wherever they are held geographically, and support other aspects of team life such as open time trial promotion. We encapsulate team membership in a brief rider agreement. As an example, aside from the founding members of the team, we first grew through inviting riders who we knew shared our love of ‘testing’, who were in the VTTA and were prepared to commit to racing in the 10m to 50m VTTA championships. It hasn’t always turned out that riders have managed all five but as mentioned earlier, we have nearly always had a team on the start line. Once we started to appear in races regularly as a team, both championship race and others, riders started to notice us and approached us to join the team. Cyclists are in the main incredibly loyal individuals, who sometimes spend their whole cycling ‘careers’ in the same club or team. We are very happy to see that and always suggest that our riders remain second claim and continue an association with their local club. That way, we all benefit from racing for a successful, friendly, collaborative team and remain grounded in our local club scenes. So, anyone can approach to join us and I would encourage any rider who is thinking of doing so, to get in touch and explore what we offer, knowing up front the commitment we expect.

**6. *How do you go about coaching people in the team if they want you to?***

We have two coaches in the team. Several of our riders are coached within the team. Others have coaches outside of the team, and some are self-coached. Being coached from within the team is certainly not a mandatory requirement. I coach riders within and out-with the team, so does my colleague coach. We can encompass all arrangements.

**7. *What do you think are the main factors behind the team’s success?***

My teammates can answer this question first. “The team has fantastic leadership, and we have a very clear vision of what we are about as a team and what we are collectively and individually looking to achieve. We have a team of like-minded individuals who don’t just race for themselves but race for the team. We actively collaborate, motivate and inspire each other to achieve more. We are committed to travelling all over the country to participate in VTTA Championship events which are a team priority. We have a strong sense of team identity.”

I would add that having talented and committed riders is hugely important to our success. We have those at all ages from their fifties to seventies. It goes much deeper than that though. We really do believe in 'racing hard, winning medals and having fun', as our team motto says. We race hard because that's what 'testers' do. We win medals, a good number of individual and team medals in 2025, which is in part why this interview has taken place. And we have fun; we enjoy meeting up in the HQ car parks on race days, seeing familiar faces, spotting our kit on the road and enjoying a camaraderie that some of our riders had found missing in much larger clubs. We openly and frequently communicate support, acknowledge teammates' successes and commiserate with misfortune. We set a few additional goals at the start of any season, other than to field teams in the five VTTA championship distances mentioned and marshal in our team's open race promotions. The team is therefore the 'canvas' on which our riders can go on and 'paint' their own seasons.

**8. *Do you organise events as a club?***

Yes, this is essential for the future of the time trial branch of our sport. Promoting and marshalling at least one LRT open race a season is part of our rider agreement. It's non-negotiable. Our 'home' region in terms of team registration has lost 50% of its open races in four years. We don't think our sport is dead yet, but it faces existential threats from things like traffic volumes, National Highways resistance to using certain roads, loss of courses due to infrastructure changes and perhaps a reluctance in some racing teams to put on races (whilst they're happy to participate in them). We don't have answers to these questions, but this season we are promoting the first open 25m time trial in our region for seven years and we have put on at least one open per season for the past three seasons. We are trying to give back from within a limited resource base, i.e. we have no team or sponsorship funds and a relatively small rider base.

**9. *What do you see as the main benefits of the VTTA to the UK time trialling scene?***

We appreciate the focus on veterans racing and on providing a relatively level playing field on which to compete, with age adjusted times; this helps maintain and encourage engagement. Within a multi-disciplinary sport, the VTTA is a focal point for veteran-age riders, encouraging life-long active participation in racing. The VTTA represents veterans' interests more broadly and reaches out to other cycling bodies. It is, in a philosophical sense, 'the keeper of the veteran racing ethos'. Practically, veteran-specific races or races with allocations secured for vets also promote the veteran racing ethos.

**10. *What do you think the VTTA could do better?***

For this question our riders suggested "the VTTA could more actively promote and market its National Championship events; continue to assess and reevaluate the age time adjustments considering latest performance data, ensuring this method continues to be fair and motivating for all and is widely publicised. Also, it's good that the VTTA will be including a Road Bike National Championship event from next year for even greater inclusivity and to help attract more veterans to the VTTA. Encouraging more closed-circuit time trial races beyond the current two regional championships would help newer riders gain confidence in a safer environment. Plus, these types of events help remove the lottery of dealing with traffic challenges i.e. slow tractors, roundabouts and so on. If it was at all possible to add a road bike closed road TT championship event that would be fantastic.

Thanks so much for this opportunity to share a bit about who we are, where we came from and what we offer to the veteran and wider time trialling scene.

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# The Rise of the Closed Circuit Time Trial

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*By Eamonn Sheridan*

There are those who would have you believe that the great days of time trialling are long past or that "It's not like it used to be" or, "We've had the best of it" or that it's now an "Arms race". These opinions ignore the evolution of our sport.

I'm at Goodwood Motor Racing Circuit tonight, under a cloudless blue sky. A Rolls Royce Merlin engine splutters into life and a Spitfire rises above the stand; the children next to me wave as it heads towards the English Channel. Thankfully, this Spitfire will return in about 30 minutes to more waving and cheers. However I'm not here for the Spitfire tonight but rather, for round 7 of the...a3crg Goodwood TT league.

The first rider is a 10 year old girl. Her bike is slightly too big for her but not as big as the look of determination on her face. She will ride 7.6 miles full of excitement and will finish in time to watch the Spitfire land and be rewarded by her time and some chocolate when she hands her number back. There are 20 under 18's and another 119 seniors and vets including young World tour rider Izzy Sharpe, from Lidl Trek, who will break her own course record and para world champion, Felix Barrow. Dame Sarah Storey is also a regular.

Goodwood has over a 100 riders for each event and is well promoted on social media by ...a3crg. I asked organiser David Collard-Berry for his thoughts,

"We are trying to challenge the norm in time trialling. This Wednesday we have 139 riders in total. 2 on trikes, including para world champion Felix Barrow, 64 on TT bikes and 72 on road bikes. The age range is from 8 to 78! We have averaged 124 riders over the series so far. I run them as open events so that they count for LTS and we have quite a few riders who have set their PB here."

Challenging the norm includes blasting out Black Sabbath at the start, on the day of Ozzy Osbourne's funeral, motor cycle marshals, and pro photographer Lee Campbell who for about £8 will sell you a digital image that will make you look like a pro. More importantly, the TT League that gives riders target times and bonus points for beating them - something that keeps you engaged. Five races will count for the final rankings.

The use of motor racing circuits for time trials is a growing success. Earlier this year I raced at Thruxton. My first experience of Thruxton was the National Closed Circuit Championships but this is one of a number of evenings promoted by Andover Wheelers. Thruxton is a challenging circuit, especially on a windy evening. That event had a maximum of 90 riders and attracted a full field.

Last year ...a3crg promoted the National Closed Circuit Championships at Goodwood but this year it moves to Croft Circuit, near Richmond in Yorkshire. Events at Croft have gone from strength to strength thanks to the work of Gavin Russell. Croft played host to the VTTA Closed Circuit Championships North, an all comers event for veterans that was open to non-VTTA members . A highly successful event with jerseys and medals awarded in both road bike and TT bike classes. The VTTA Southern championships were hosted at Goodwood and both are an example of VTTA trying to challenge the norms.

In West Wales, Pembrokeshire Velo ran weekly road TTs but the turn-out was only 2 or 3 riders, so they abandoned them. Then in 2021 Chairman Richard Coomer secured the use of RAF Brawdy. This year has been a great success with as many as 50 riders racing. When I enquired Richard sent me this message.

"Where the closed airfield circuit has been a big success is in encouraging women and children, something that would have been unthinkable previously, and many people have come back, having quietly given up on open road TTs. It is such a fantastic safe venue and the 14 Signal Regiment have been very supportive in recognising the positive effect these events have on the local sporting community"

DB Max in conjunction with Pronto Bikes run 10 and 25 mile TT's at Castle Coombe. This year there have been 5 events including a winter TT in January. They continue to be popular with chip timing and the flexibility to choose your own start window.

There are other circuits in use. I have raced at Mallory Park, and I know Bicester Millennium hold club events at RAF Weston on the Green. Westerley CC run events at Hillingdon Cycle Circuit with electronic timing. Kent CA have an open event at Fowlmead Country park on the 24th August. There may be others I haven't found whilst writing this article.

The attractions of closed circuits are many. The obvious one is that they are traffic free, this may not be an attraction to those hunting PBs on traffic assisted dual carriageways but for most it's the perfect environment. The course record at Goodwood Circuit is 18:25 in the open class TT bike and 20:09 by Izzy Sharpe in the female TT class, so not exactly a slow circuit. Another advantage is that closed circuits are inclusive. The most inclusive aspect is that families can race together. At Goodwood and Croft the youngest riders are 8, and there are whole families that compete. Having families racing changes the whole dynamic and atmosphere of the evening. Families race at the same event as World Tour pros, Para World Champions, Grand Fondo World Series amateur world champions and some of the quickest UK time triallists. Parents and supporters can watch from the stand at Goodwood and cheer with enthusiasm. It's an atmosphere that is simply impossible to replicate on the open road and racing from the solitary experience it can often be.

There are advantages for the organiser. Fewer marshals, if any, are needed and signage is not an issue. Parking is also easier than a village hall and toilet facilities are available. Time keepers are not stuck in a lay-by on a dual carriage way or a grass verge opposite a telegraph pole adjacent to a field gate!

Closed circuits are not for everyone and we certainly don't want to lose racing on the open road, but they are a growing part of time trialling and the VTTA with its two regional championship have shown they are committed to offering something different and challenging the norms.

For next season probably ...Pembrokeshire Velo events at Brawdy, Westerley CC at Hillingdon and Bicester Millennium at Weston on the Green can be found on CTT under club events.

...a3crg at Goodwood and events at Croft can be found under Open events

The CTT National Closed Circuit Championships is at Croft on Sunday 12th October. Entry via CTT website.

# Building an N+1 Super-Bike (Despite the Modern Bike Industry)

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*By Peter Wilson (Bath CC)*

**T**his is a cautionary tale of building an age-related n+1 ('Rule 12' - the correct number of bikes to own is n+1 where n is the current number owned). It has been vetted by Age Concern and the Wiltshire Constabulary.

## Bikes Evolution

I built my absolute zero n when I was probably 15. I had saved up the money from a Saturday job and bought an all-chrome Hill Special frame with flam red lugs, which had been hanging in Harry Quinn's window. Their staff also sold me all the components for this fixed wheel bike, and I caught a bus home proudly clutching my purchase. I can't remember how long the build took me, but for this bike with standard components, it would not have taken me very long. This bike was my first seduction!

For a machine touted for its simplicity the development of the bicycle has, as you know, been phenomenal. One of the most revered brands, Colnago, has a museum housing its bikes over the ages, each one thought to be the ultimate n+1. Each development has been debated by riders. Some changes have been accepted enthusiastically, others resisted, and some (L shaped cranks) abandoned. Sean Kelly famously resisted clipless pedals, Pogacar carried on with rim brakes long after discs were generally standard in the peloton.

Many riders had their own red lines as to which change they would accept, and I have my own red lines. Nonetheless there is always an n+1 in rider's minds. The lure for this n+1 was the clean lines and aerodynamics of the peloton super bikes. Don't they look simple! The problems were my red lines of no disc brakes, no tubeless wheels, and also my need for a low range of gears, and a perfect (ok higher) bike fit.

## My Ambition

So, although I have long had an ambition for another n+1, I had not found a way of acquiring one, which might be surprising. I had explored many options, but until now, each time failed.

There have always been three options. Buy a ready built bike. Go to a bike builder. And build your own bike from a range of components. "In the day" most riders built their own, starting with a specialist frame builder. As bikes



*Janet's special Colnago (see next page)*

more and more required specialist tools, bike builders came into their own.

You can certainly buy a ready built super bike. It will likely have been built in Girona. It will have disc brakes, tubeless wheels, and a range of gears only suitable for a pro rider. The chance of a perfect bike fit is random. With the steerer cut and the internal cabling in place, the chance of changing the bike is slim. The chance of finding a bike shop to maintain this bike may also be limited. (Cautionary tale. If you buy directly from Canyon, no bike shop in Mallorca will be prepared to help you.) So, buying a ready built n+1 was never a starter for me.

I discussed the problems of buying a modern bike with a rider in Mallorca. He was a Colnago enthusiast, and recommended that I tried a builder in Scotland, who built C68s. This would mean disc brake wheels, but I decided to abandon one of my red lines and sent a text. A quick reply came, asking me to send him a specification. I sent this with details of all the components and all the bike fit measurements. I genuinely thought that this would be particularly welcomed by a bike builder – here is a customer who knows exactly what he wants. He didn't reply!

### **Janet's Special Colnago (Photo previous page)**

Many years ago, I wanted Janet to have a special Colnago n+1, and I contacted Maestro Mike. Mike is a well respected figure in the bike game. His son raced in Europe as a pro and Maestro sponsored a pro team. Janet and I went to Bournemouth, she selected a carbon Colnago decorated with sun flowers. We quickly agreed on components, and we later revisited Mike when he made the final build adjustments, and we brought the bike home. Janet never made her feelings on such matters known, but I knew she was "tickled pink" when all "the lads" admired her n+1.

### **The Research**

So, I reconnected with Mike, told him what I was looking for, and asked if he could help with a C68 build. Mike said that he understood why I needed my specification. He would order me a C68 tomorrow, but he would only build me a bike with a Campagnolo group set. He said that he had stopped dealing with SRAM (who offer a better range of gears) because they failed to step up to the plate when some of his customers encountered SRAM problems. He has written an article on the problems bike builders now face. He knew that what he would offer wouldn't suit me, but we parted friends.

I then researched the YouTube videos on building these bikes. One builder looked quite depressed by the problems he faced (and I chose that word carefully). Tredz build bikes so I texted them to ask that, if I bought all the equipment from them, could I attend the bike build to have the correct bike fit? The answer was, no you can't, but you will be able to modify our standard bike build! So, I gave up on that.

Although by now I had given up on finding this n+1, I was still interested, ok obsessed, by today's modern bike industry and continued investigating. Some years ago, I modernised my summer Peugeot, adding Etap 11 speed gears. I was mightily impressed with these electronic gears. I was also impressed with SRAM's range of smaller chainring chain sets, including a considerable choice of crank arm lengths. To my dismay, I found that SRAM no longer made their 11 speed Etap products! The only source that I could find, should mine go wrong, was the second hand market. (In recent weeks these components have reappeared.) You can't just change to 12 speed Etap because these levers only have a disc brake option.

So I looked into the second hand market. Browsing through Ebay, to my amazement, I saw a used, boxed, 11speed Etap set for sale. This was described as nearly new. Wow!!! I had found a possible solution to building my n+1. All I needed was to find a super bike frame with a rim brake option. I could only find one such frame manufacturer that made a rim brake option – Trek. But you only need one.

As I understand the Ebay market. you bid for the sale item, although there is a guide price. But this 11 speed Etap was gold dust, and I just bought it at the guide price £750. Well, I thought that I had bought it. The next morning a (genuine) bank fraud official phoned me. “Mr Wilson, this purchase is outside your normal financial purchases, we suspect someone is defrauding you, so we have stopped this transaction!” After discussion I was told that if you buy it again, the transaction will go through.

After some feverish keyboard work, I bought this box set again. I also bought a 54 size Trek Madone from Sigma Sports, for which I had to set up an internet banking arrangement with Sigma Sports. Home and dry! Well not quite.

### **Beware of Fraudsters!**

Two days later I had a phone call from someone claiming to be a Nationwide fraud investigator telling me that my account was being attacked. We know to be suspicious about such calls, but this was only three days after I had been phoned by a genuine bank fraud investigator. This guy knew a lot about me. He told me the last four digits of my bank code. He wanted me to confirm the other twelve digits so that he could stop these transactions. I said that I wasn't convinced that he was genuine. He told me some more personal details. I said that I still wasn't convinced, but he knew a lot about me. Ok, I said, I will log on to my internet bank account and see if what you are telling me is true. Smart move? – definitely not. When I logged on, he told me all my previous months transactions. He suggested that I kept re-loading my bank transactions; each time I did this, my balance had reduced. Crucially, later, I realised that all the money had been transferred to someone I had paid before. Trying to analyse what was happening was not easy. Eventually, when my account had been reduced by several thousands, I put the phone down and used the house phone to call my bank. Amazingly, I got through to a human quickly. My account was blocked, and I was now in the hands of the bank fraud team. The fraudster obviously heard this call, spitefully transferred another £5000 to Sigma Sports and hung up.

The fraud team came back very quickly. They told me that an iPhone had accessed my internet bank account and that this couldn't have been possible unless I had given him my passcode, (which I hadn't) so they wouldn't be refunding any of the money. By now I was confident that all the organisations to which my money had been transferred, except one of £100, would return my money, so £100 would be the extent of my loss. My bank eventually accepted my account of events. They couldn't explain how the fraudster could have accessed my account without my having given him the passcode, but they refunded all the money. As all the money, bar the £100, had been paid back to me, for a short time, I was in profit by some £8000.

### **Then the Police Made a “Duty of Care” Visit**

Sigma Sports had an unwelcome extra job. They agreed to repay the money but wanted a cast iron guarantee that this money would go to the right account. I agreed to send a bank statement and a

photo of my passport. For the first time Sigma Sports knew the age of the guy buying a Trek Madone frame.

Several days later a police officer knocked on my door. “Can I come in for a chat?” “What it is sir, is that because of your age, a sports firm is concerned that someone is coercing you into buying them some very expensive bicycle equipment”. We had a nice chat, and I took him to my garage and showed him my time trial bike and turbo!

### **Parts Collection Starts**

Everything was now sorted out for n+1; well not quite. The Madone frame that I had bought from Sigma Sports was shipped to me from the Netherlands! The box was damaged, which possibly explained why the brakes were missing. There was a box of unidentified parts, some obvious, some not, no parts list and no build instructions. Despite the sale picture showing a seat post, no seat post.

In support of Trek (which is not easy) they have made a modern frame with a variety of build options for rim brakes or disc brakes. The frame parts and the build instructions that Sigma provided, were complex for the retailer as well as for me. I bought the frame on 2nd December. The final piece of this complicated jigsaw, before which the build couldn't be started, arrived in April! I had probably in excess of a hundred texts with two suppliers to get to this stage. No wonder bike builders are a dying breed!

The steerer on the Madone is not the normal round shape. It is semi-rectangular and demands Trek parts and components. These are, as far as I can tell, only available from Trek via an accredited dealer and can take weeks because they are part of a supply line starting in China or perhaps some other distant country. It is simply not feasible for any shop or even an accredited agent, to stock such parts, such is their vast range.

Take the seat post, which demanded a separate order. Which degree of throw back do you require? And which colour? For the clamps, sorry ears, does your saddle have round or oval rails? Are they steel rails or carbon rails?

Which stem and bars are compatible with my Madone? (Please send Trek your frame number). Which headset parts will match my stem/bars and frame number? What is your frame number so we can send you compatible brakes? (These will not fit any other bike and no other brakes will fit your Madone.)

Wheels are an essential part of a modern super bike and there is considerable competition to produce the most aerodynamic wheels shod with the best rolling performance tyre. My research showed that all but one of these wheel manufacturers had conformed to the new “industry standard” for such wheels. and were disc only and tubeless only. That's two of my red lines compromised. The only major manufacturer that matched my red lines was Mavic and I was happy with my purchase from them. The tyres that I bought turned out to be tubeless only and it was obvious that if I got these on the Mavics the chance of removing them on puncturing was zero. There was a story on the internet of someone who had had to saw these tyres off. Fortunately, Sigma exchanged them.

As I expect you remember, I thought that SRAM chainsets would solve my gearing needs. What I found was that although SRAM produced a huge variety of options, no UK supplier stocked the range. The cost of doing so would be enormous. So, I used the internet and found a shop in Berlin that had what

I was looking for. I transferred the money, some £1000,, and the chain set was posted: it didn't arrive. The shop simply put this money back in my bank account, no explanation, no questions.

Then I found that Swinnerton Bikes could supply the SRAM chain set, and I bought one. This led to a very helpful link with this bike shop; they offered good advice without which I would probably still be struggling. Sometime after this chainset arrived, and in an idle moment, I thought I would just try to fit the chain set into my Madone. It didn't fit! SRAM had increased the width of their axle, and my new Madone was not compatible with the SRAM. Swinnerton's were very helpful with this and several other purchases/problems. We even became "friends" (you need a sense of humour with such frustrating endeavours, and this always helps).

### **Finally ... the Build**

Once I had everything, or hoped I had everything, the build could start. Fortunately, my son Mike had offered to help, without him I couldn't have managed.

During "communications" with Sigma Sports they decided that I would not be able to successfully build this bike and they tried to persuade me to parcel up the bits and pieces, take it to a Trek shop, and ask them to build it! Swinnerton Cycles gave me the contact details of one of their staff who was skilled with Treks, should I run into problems which was helpful but not needed, though Mike and I were both challenged!

It took the two of us over two hours to get an outer cable through the top tube. It turned out that the Jagwire cable was slightly wider than standard and it was almost impossible to get this through

the internal Trek frame slots! The brakes had to be built from parts, which was not easy. I don't know how long the build took me but after about six hours with Mike, it went on for days. Someone with a knowledge of the Trek parts would have been much quicker of course.

Against the odds I now have my n+1 without any red lines having been abandoned. I hope this article hasn't put you off your n+1!

*Peter and his son  
Mike displaying the  
ultimate bike build*





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