

Number 78

June 2023



The Veteran

Russ Richardson wins the 25 Championship

THE VETERAN

The quarterly magazine of the Veterans Time Trials Association

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

Number 78

June 2023

• NATIONAL EXECUTIVE 2023 •

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

Vice Presidents

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THE JUNE EDITORIAL

It's been a slow start to the year, without much early season activity in many groups, except here in beautiful and sunny Yorkshire, where we had an early 10 on the first weekend of March, thankfully in good weather, then the VTTA National 25 Championship in mid-April. With few other early events and no other championships this Veteran magazine was delayed slightly, so that there was more to report on. There, that's the editor's excuse for lateness out of the way.

As already mentioned the 25 Championship has been fought for and this is reported in full, with plenty of photos. It was good to see new names coming to the fore - namely Russ Richardson and Linda Dewhurst - so well done to both. They prove what our members already know, that reaching mid-60s offers more spare time, with reduced work and family commitments, and a chance to better organise training and competition. Yet again it's 'Competitive cycling for life'.

There is also a report on the Leo 30, which this year was held on East Anglia's most sporting course and included a trial SPOCO circuit championship for both TT bikes and these new fangled road bikes which we are all getting excited about. Andrew Grant also provides a case for this type of championship in his group report, so please read it. There is a decision to be made on where we go with this kind of event as a VTTA National Championship.

Whilst on the subject of road bikes, following the introduction of a specific category by CTT there

has been consideration of the associated competition issues by the NEC and again there are decisions to be made as our sport moves forward. See the article on page 8 and please make your views known.

The other main feature covered in this edition is World Championship Time Trialling, at a high as it all culminates in Glasgow and surrounding areas this August. Firstly a quick 'best of luck' to Chris Symonds, who hopes to ride the Elites again for Ghana, although he remains subject to that federation's selection process. Then plenty more best wishes to a much larger contingent than is normal of UK qualifiers (and VTTA members in particular) who will be riding the Gran Fondo TT at the Worlds. We have some defending vets World Champions in this event and thanks to Deborah Sheridan for keeping us fully informed with her article.

There is now lots of activity over the next few months, so good luck to all involved and may you all achieve your aspirations for 2023.

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Mike Penrice

PRESIDENT'S PIECE

There have been a few athletes whose exploits have had me sitting on the edge of my seat, but only two have gotten me so excited that I was shouting encouragement when watching on TV. One, Steve Ovett, would usually win comfortably without mishaps. The other is Mark Cavendish whose finishing sprint could be either brilliantly successful or disastrous. In this year's Giro he finished stage 3 crossing the line on his backside for fourth place.

If, as is commonly believed, Tour sprinters are a special breed, then Mark has been an exceptional rider across many disciplines. Announcing his retirement recently was inevitable and understandable. He will be missed, and he might just miss the comradery of the peloton. What little I know of him, it would not be a surprise to see him on "Strictly Come Dancing"!

Here in our neck of the woods we are well into evening club events, and I am pleased to report that on the four evenings of the week they are much better attended than last season. It has been good to read about and see many new names, some on TT bikes but a fair number on road bikes. In fact, in one evening event with 26 riders, 13 were on road bikes.

In our open events there have been some splendid performances by the younger element in our cycling community, with some riders recording 21 minutes for 10 miles on a sporting course. There is also a pleasing increase in the number of the older road bike riders; all in all, a positive response to the CTT initiative to increase participation in our section of the sport. Equally pleasing is to see the increase in the number of ladies amongst the new riders.

As I write this piece the first National Championship of the season, the 25 miles, is behind us. Comments have been very complimentary about the organisation prior to, and on the day. So congratulations and thanks to Blair Buss and the team from Yorkshire.

I notice that there is currently a request for helpers at the National Championship 50, which raises a concern that is felt here in Manchester. Recently a volunteer offered time and preparation to an organiser only to find on arrival at the event that his support was not required. The person has stated that he will not offer help to that organiser again, a sadness when finding and retaining support is frequently an issue.

On a more positive note, the use of Age Adjusted Times (AAT) has been welcomed and used by organisers in all local events so far this season. Comments from riders are positive and many believe that their use is far better than the previous plus or minus (+ or -).

I cannot miss the opportunity to refer to the work of the NEC. It is a group of people who are effectively addressing several situations that directly affect our sport. Amongst the issues are better communication between VTTA and CTT, improved functionality of our website, setting out a protocol for well organised events across all Groups. Working closely with the NEC are members from Groups, who are contributing to a wide range of initiatives that are shaping the future of the VTTA. Often such involvements go under the radar, so many thanks to all who put time into our organisation.

If the VTTA do no more than encourage and recognise achievements across our age range, it is making a great contribution to the physical and mental health of many people in our association.

Take care!

Tony Farrell

THE VIEW FROM THE CHAIR

I mentioned in my piece in the March Veteran that with the appointment of Andrea Parish as the new CTT chair we are developing a better dialogue between our two organisations. As part of this I was invited to give a presentation to the CTT Board at their meeting in April. I talked about the current state of vets' time trialling and some statistics that the CTT have shared with us.

Veteran age riders continue to dominate the UK time trialling scene with over 40s providing 70% of all open rides in 2022. Of the 5365 veteran riders who rode at least one open event in 2022, only 25% are VTTA members yet VTTA members rode more events between them than the non-members (VTTA members rode 52% of all rides by vets). That also means that VTTA members provided 36% of all open rides by all ages in 2022 – a significant percentage which the CTT Board recognised. So as the CTT Board thinks about the future, the VTTA is a substantial part of its 'customer base', and we are and need to remain a key contributor to the sport. For example, this year VTTA Groups are organising 43 events themselves and co-promoting 49 other events.

I also took the opportunity to explain to the Board our move to age adjustments and outlined the statistical basis on which we have developed the standard tables/age adjustments over the last 10 years. It's always helpful for people to understand the rigorous process involved in the development of the tables, which was originally led by the late Steve Lockwood and is now refined by Jon Fairclough. We then discussed the idea of providing the age adjustment on the start sheet, and the calculated age adjustment time on the result sheet, for all veteran riders not just VTTA members. The idea is that this would give all veteran riders a measure of their age-related performance, as well as their actual time. One may expect that this would be an encouragement to participation and inclusion across the age range and stimulate discussion between riders on relative performances.

There may be a concern that doing this would be giving CTT the VTTA's 'crown jewels.' But if done in the right way it would help publicise the VTTA to all those vets who are not members and may encourage them to join so that they can see their age adjusted times reflected in standards awards and participation in our group and national competitions. There was a positive interest in the idea from CTT board members so at this stage it is on the table for further discussion. There would of course be a need for the VTTA to maintain its 'intellectual property' rights over the methodology and the tables and this was understood. We will be discussing the idea with our National Forum and welcome any comments from members. Do you think this would be good for the sport and good for the VTTA?

Andrew Simpkins

THE MONEY COLUMN

Many thanks to all Group Treasurers in providing a prompt response and payments for the Q2 Returns.

The past few weeks we have had some fabulous weather and I have been trying to catch up with planting and sorting things in the garden, with my bike still in the garage. The thinking being, get the garden sorted and then back on the bike with a clear head, the flaw with is this - you never finish garden jobs. However it keeps me moving and out in the sunshine so must not complain too much.

We are waiting for the final invoices from Xncreations following the website upgrades. It's been good to hear positive feedback to AAT's being used at events. I will give an update on where we are with the Accounts next time.

The West Group are having our Tea and 10TT on Saturday 27th May followed by our prize presentation to last year's West Group winners so I have also been busy with cake baking.

Remember stay safe and let's be careful out there.

Ian Pritchard

I. T. MANAGER'S UPDATE

This year's AGM approved the change from use of plus and minus to age adjusted time and distance in our results on standard reporting. Although this is only a change in presentation, because the plus was used all over the website there have had to be changes to

- event results screens, to show results in AAT and AAD
- standards screens, to show age adjustments
- competitions screens, to show age adjusted average speeds
- standards awards screens, to show age adjusted time and distance

There have been numerous textual changes all over the site. If you want more detail there is a guide to the changes in the documents area.

In testing the age adjustments changes I found a 1 second error in 25% of the age adjustment values calculated by the Lockwood Formula and those published in the handbook and in the downloads area of the website. The download files have been corrected, but the handbook tables will have to wait until the next issue in 2024.

The automated age records claim system went live at the same time as the age adjustments changes in May. This system compares results with the records database as they are transferred from the CTT site and identifies new records. Notifications are sent to riders and officials about the new record. After a seven day period, needed to allow competing results to be uploaded to the CTT site, the official can ratify the record.

All these changes have required detailed specification and testing. While as much testing as possible was done in a test environment before release, some defects only appeared when we put production data, with all its variety, through the system. Allied with the release of the CTT modifications for the road bike machine time it has been a hectic time over the last few weeks dealing with all the issues. Hopefully, we are now through them and the system will be performing as expected by the time you read this.

I was checking the automated age record claims system yesterday and came across a great test case. At the Fife Century 50 octogenarians Stewart Mitchell and Iain Macleod were out to set Scottish age records. Stewart, 83, started at 08:04 and finished at 10:52:17 setting an 83 year old age record of 02:48:17. Iain, 85, started at 08:06 and finished at 10:52:39 setting an 85 year old age record of 02:46:39. Stewart set a record that lasted for 22 seconds! The system showed that it could discriminate between records to a precision of a second.

Standards awards notifications are flowing through. A frequently asked question is "Should I claim it now?" My advice is:

- If you claim now, you can only claim another performance if it is faster than what you claim now
- If you do not claim now, you can claim any performance faster than your current target

I advise riders to wait until they have done all the events at a distance and then pick the improvement they want to claim and set their target for next season.

If you spot any anything not working as expected please let me know at itmanager@vttta.org.uk.

Jon Fairclough

AGE ADJUSTMENT CHANGES NOW ACTIVE ON VTТА WEBSITE

Following the agreement at the 2023 AGM to adopt Age Adjustments from this season in place of the legacy system of plusses and minuses, the VTТА website has now been updated to include all the necessary changes.

This is an important change for the VTТА. The system of plusses and minuses has been in use almost since the formation of the VTТА in 1943, but was no longer considered the best method of displaying results due to increases in speeds and changes in competition format during those intervening 80 years.

In summary the website changes made are as follows:

1. There is now a new item in the main menu line 'Age Adjustments'. From here you can navigate to the Age Adjustment tables for Individuals and Tandems. Once on the adjustments page you can still choose to view the Standards tables should you so wish using the 'Display Mode'.
2. Under Events/Results – the Results screen for every VTТА event now includes the age adjusted time as well as the standard +/- for each VTТА member rider.
3. The Season Long Competitions for 2023 now show each member's position on 'Average Adjusted Speed' calculated from their age adjusted speed in each contributing event. The Club and Group competitions are also now based on Average Adjusted Speed.
4. In each members' Profile section, their My Standards screen now shows the Age Adjusted Time for their previous best performances. The Target Time/Distance is the Actual time/distance needed to beat your previous best AAT/AAD.
5. Overall, the website is now using 'Age Adjustments' in preference to 'Standards' for reporting performance according to age, gender and machine

Please read the website downloadable guide ([Age Adjustment Website Changes Guide](#)) to see the detail of these changes together with examples of the new screen layouts.

The 2023 National Handbook provides a comparison and explanation of both the former standards 'pluses and minuses' system and the new age adjustments system (pages 30/31); the standards tables as previously published in handbooks have also been replaced with age adjustments tables from 2023 onwards.

ADVERTISE IN 'THE VETERAN'

This magazine is delivered to 2500 VTТА members and is seen by many more cyclists and family. So if you or your business has a product or service of interest to our readership please contact the editor to enquire about our very reasonable rates.

Full or part pages are available in colour or mono and for 4 editions in the year.

Contact editor@vttta.org.uk

ROAD BIKES IN TIME TRIALS – A VIEW FROM THE NEC

As members will be aware, in April the CTT introduced greater provision for road bikes by making all open events inclusive of road bikes and enabling all entrants to specify if they are riding a TT bike or a road bike. CTT's aim is to attract new riders into the sport, who only have road bikes, and thus help to address the significant decline in time trial participation in recent years. The VTTA supports this move, and we too should benefit in time if there is an increase in new and returning riders to the sport. This increase in the profile of road bikes does, however, raise some questions for the VTTA which the NEC has discussed and is consulting on with the National Forum. This article gives a summary of our current views.

First of all, road bike riders should be welcome at all VTTA events whether members or not (subject to preference to members in the case of over-subscribed events). VTTA regulations currently make no distinction as to what type of bike a rider is using, except for trikes which have a long distinct history in the VTTA. So regardless of whether a member is on a TT bike or a road bike they can compete in events, championships and season long competitions and they will be given the same age adjustments as those on TT bikes. A member can also gain a standard award on a road bike if they choose to do so. To make any changes to the regulations regarding road bikes would require motions to be passed at the next AGM in January 2024.

One of the questions that may be raised is whether the VTTA should look to introduce a road bike category for awards in our championships and competitions. In the last year or so, we have introduced road bike category medals for men and women in our North and South Closed Circuit Championships, and for the 'pilot' run of a road circuit championship in May this year. But we do not have this category in the 'standard distance' National Championships from 10 to 100 miles and 12 to 24 hours. To do so would require regulation changes and there may be concerns as to whether the likely level of participation by road bikes would justify a separate category of awards in these championships.

Another question is whether we should introduce a 'scaling factor' for road bikes, as we have with trikes, to allow road bike and TT bike performances to be compared on age adjustment (or standard). This would effectively create separate age adjustment tables for road bikes, but it raises several issues. Should we try, as a matter of principle, to align performances on road bikes with TT bikes? Some may feel that age adjustments or standards are about providing a level playing field for age and gender only, not the rider's choice of machine (leaving trikes aside). There is also the current relative lack of data on specific road bike performances, compared to the 10 years' worth of data we have on TT performances. This would risk creating a scaling factor that would be seen as 'unreliable'. One other concern at this stage is the criteria for a road bike which the CTT have only just introduced. We have already seen road bikes that are very optimised for aerodynamics even with drop handlebars and have produced some very fast times. Then there is the question of clothing. Should a road bike rider be allowed an aero helmet, hi-tech skinsuit and aero socks?

It's because we are still at a very early stage of addressing these questions that the NEC does not believe we should rush into changes, or indeed make any changes until we have a clearer idea of the impact of road bikes on the time trialling scene. The NEC welcomes views from members and Group committees on road bikes and it will be on the agenda for discussions with the National Forum.

THE VENTOUX STUDY, AN UPDATE

By Dr Wasim Javed

Cardiology Registrar at Leeds General Infirmary



The VENTOUX Study recruited the final participants in September 2022 to complete the ultimate cohort of 106 participants. All participants underwent an ECG, Cardiac MRI, FTP test and loop recorder implantation. There were some cases of abnormalities detected on the initial screening to participate in the study. These participants were informed of these undiagnosed medical conditions, of which they would have been previously unaware, and were referred for the appropriate further medical treatment.

Of the 106 included participants, the vast majority were cyclists compared with a small number of triathletes and of those who were cyclists, time triallists comprised a significant proportion.

Since completion of the recruitment phase, we have been analysing the participant's MRI scans. This involves sitting in a dark room at a computer and measuring the size of the heart, the thickness of the walls, how well the heart pumps and whether there is any scar. We have found our cohort to be particularly well trained as evidenced by their heart's demonstrating features consistent with a phenomenon known as the "Athlete's Heart". This occurs when the heart becomes bigger and the walls are thicker than the average heart to achieve the necessary cardiac output required to perform sustained endurance training with high intensity. Athlete's heart is considered to be a physiological state rather than a disease. Our analysis of the cardiac MRI findings of the VENTOUX study has been accepted for presentation in Barcelona at a major international Cardiology research meeting.

Another key activity is monitoring the participant's heart rhythms. Every morning I sit down at my computer with a double espresso and analyse any abnormal heart rhythm tracings from the previous day. We have found a high number of fast heart rates, slow heart rates and irregular heart rhythms. Where necessary, we have contacted those where we are concerned and even referred a small number of athletes on for further evaluation. This has confirmed our belief that more research is needed focusing on those who engage in high levels of athletic training.

Going forwards, we have approximately one year remaining for follow-up of the loop recorder readings after which we will write up our findings. We are highly confident these findings will be published in a high ranking scientific journal which will be accessible to the scientific community to provide novel insight into the hearts of those who exercise frequently.

I am also delighted to announce we have been granted further funding for a sub-study which specifically involves athletes known to have atrial fibrillation (AF); this has emerged as a common condition amongst endurance athletes for reasons which are unclear. We are recruiting 25 athletes to have a Cardiac MRI at the University of Leeds. This will allow us to see whether athletes with AF develop more scarring of the left atrium (the top chamber of the heart where the condition originates from) than others. The hope is that future treatments may be able to target this scarring to help prevent and treat atrial fibrillation. If athletes are interested in taking part please email w.javed@leeds.ac.uk for further information.

WELCOME TO NEW MEMBERS WHO JOINED FEBRUARY - MAY 2023

East Anglian Group

Colin Currie (Ely & District CC), Michael Ratcliffe (VTTA East Anglia), Helen Taylor-Carter (Bedfordshire RCC), Neil Dyson (Cambridge CC), Simon Butteriss (Ely & District Cycling Club), Kerry Brennand, Robert Speers (both Newmarket Cycling & Triathlon Club), John Calvert (Walden Velo)

East Midlands Group

James Byatt (Sherwood CC), Simon Draper (no club), Chris Minto, Linda Whitelegg (both 1485 Triathlon Club), Paul Molyneux (Welland Valley CC), Gareth Pymm, Julian Ramsbottom (both Team Bottrill), Ian Scott (Boston Whs), Kim Shaw (Banbury Star CC), Robert Wild, William Hayes (both VC Long Eaton)

Kent Group

Charles Bruce (Medway Velo), Russ Cook, Natasha Jarman (both Southborough & District Whs), George Jenkins (Thanet RC), Debbie Percival (Kent Velo Girls), Matthew Smith (Colourtech RT)

London & Home Counties Group

Donald Barrell (Gregarios), Paul Callinan (London Dynamo), Russell Cook (no club), Gareth Daniels, Sean McDougall (both Icknield RC), David Glossy (Elysium Kalas RT), David Hanson (Oxonian CC), Stewart House (Arctic Aircon RT), James Hunt (Oxonian CC), Daniel Legg (North Hampshire RC), Martin Prior (Zero BC), John Saysell (North Road CC), Robert Willcocks (RAF CA), Larry Wiltshire (Chichester City Riders), Andrew Wright (Rapha CC), James Harris (Calford CC), Adrian Lauchlan (Southgate CC)

Manchester & North West Group

Bill Campbell (no club), Alexander Critcher (Team Wheelguru), Adrian Fox (Congleton CC), John King (Janus RC), Martin Lee (Bury Clarion), Alistair Rutherford (Manchester BC), John Swinnerton (Crewe Clarion Whs), Christopher Wilcox (Lyme RC), Alastair Ribbands (Congleton CC), Michael Summers (Team Wheelguru)

Merseyside Group

Ian Baskeyfield (Mid Wirral Whs), Paul Edwards (Graham Weigh Racing-Deeside Olympic), Malc Giles (Pocomotion RC), Simon Hughes (Graham Weigh Racing-Deesside Olympic), Christopher Riley (Paramount CRT), , Graham Williams (Anfield BC), Moyna O'Neill, Sarah-Louise Robson, Mark Robson (all three Liverpool Phoenix)

Midlands Group

Paul Duncan (Mid Shropshire Whs), Martin Lines (Team Echelon), Jonathan Wood (Wyre Forest CRC), Diana Egerton-Warburton (Team Enable - M.I. Racing - McCann)

North Group

Christopher Beaty (Allen Valley Velo), Christopher Calvert (Alnwick & District Tri Club), Tom Guy (Sunderland Clarion), Edward Kingsley, Malcolm Steer (both Darlington CC), Adam Harrison (Barnesbury CC)

North Lancashire & Lakes

Karen Bailey, Roy Nield (both East Lancs RC), Simon Diggins (360cycling), Dougi Hall (Border City Whs), Darren Harvey (Pendle Forest CC), Alistair Moffat (VC Cumbria)

North Midlands Group

Graham Neyt (Rapha CC)

Scotland Group

Mark Dryburgh, Richard Davison (both Ross-shire Roads), Douglas Macdonald (Fullarton Whs CC),
Derrick Macnish (no club), David MacNeil, Robert Marshall (both Andrew Allen Architecture),
Robert Smith (no club), Kevin Belton (Forres CC),
Kirsten Cameron, Stewart Burke (both Team Andrew Allan Architecture)

South Wales Group

Neil Gregory (Port Talbot Whs), Charles Ryder (National Clarion CC)

Surrey/Sussex

Jennifer George (Huub WattShop), Oliver Roberts (Kingfisher Triathletes),
Julian Scutter (East Grinstead CC), Dan Shipton (Eastbourne Rovers), Ryan West (VTTA Surrey/Sussex),
Karl Corpes (Charlotteville CC), Gareth Purves (Hastings & St Leonards Cycling Club)

Wessex Group

Malcolm Cox (VC St Raphael), Andrew Hoiles (no club), Rob Jefford (VTTA Wessex),
Nigel Pratt (VC St Raphael), Vernon Schutte, Ruth Jones (both Farnborough & Camberley CC),
Peter Tomlin (North Hampshire RC), Nigel Greenfield (a3crg), Alan Pearce (Ridgeway Riders)

West Group

Neil Bennett (North Devon Velo), Pete Bishop (Exeter Whs), Tim Butler (Gloucester City CC),
Andrew Dutton (VTTA West), Nicholas Hill (Bristol Mile Monkeys),
Dan Laasna Reuter (Virtual CC), Karl Norris (360VRT), Andrew Alcorn (Bath CC)

Yorkshire Group

Aidan Adams (Harrogate Nova CC), Carl Farrow (Calder Clarion), Andrew Lambe (Ilkley CC),
Barry Maskell (Leeds & Bradford Tri Club), Ben Norton (Orien.CC), Brian Parker (Seacroft Whs),
Winston Southwell, Marc Daigneault (both Sheffield Tri Club),
Andrew Penny, Andrew Vaughan (both City RC (Hull))



*Linda Dewhurst on her
women's winning ride in the
VTTA 25 Miles Championship*



VTTA NATIONAL 25 MILES CHAMPIONSHIP Sunday 16th April 2023

Report by NEC Representative Mike Penrice

Our first national championship of 2023 was organised very successfully by Yorkshire Group on the 2-lap Thirsk By-pass course. From a full field including all the top northern vets and a smattering of those from further afield new names topped the lists in Russ Richardson (men), Linda Dewhurst (women) and Andrew and Catherine Hutchison (tandems).

Mid-April is quite early for best speed potential but there was a field of 120 solos plus 5 reserves and two machines for the tandem championship. The V236/1 is one of the fastest courses in the area, being all dual carriageway trunk road, well surfaced and with only slight inclines. Conditions were dry but cool and dull for the early starters but as the morning wore on it brightened up and there was only a light wind to trouble the riders.

A large entry from Yorkshire Group was supplemented by 19 from North Group (not surprising since the turn on this course encroaches into Teesside CTT district by some yards) and there was also a strong raiding party of 17 from North Lancs & Lakes Group. Competition was fierce.

The field was grouped with 60 mainly local slower men off early, followed by the 15 women entrants, then the final 45 men which included all the potential award winners.

The battle for the women's title was between Linda Dewhurst (Team Milton Keynes/London & Home Counties), making her first racing foray in the north, and Deborah Moss (Springfield Financial RT/North Lancs & Lakes). Moss won both the 15 and 30 championships in 2022, whilst Dewhurst took a bronze in the 25, was 4th in the short distance competition and had been fastest qualifier (men and women) on age adjusted time. 52 year old Moss recorded 58:03, age adjusted to 49:10, but as the last woman starter Dewhurst used her additional 12 years age allowance to finish with 48:17 from an actual of 1:01:05.

Third placed in the women went to Angela Hannon-Flaherty (Seacroft Whs/Yorkshire) with 50:39 AAT. Angela is a very successful triathlete but new to vets' time trialling; had she been confident to accept a push start rather than a foot on ground start her 1:00:04 would have likely been a 59.

A fierce scrap took place for the men's title, with 6 men all within one minute on age adjusted times. However local knowledge paid off for Russ Richardson (Zurbaran Racing/North), a regular rider on this course, when his 54:24 gave him 48:09 on age adjusted to beat Richard Bideau (Pendle Forest CC/North



*Women's bronze medallist
Angela Hannon-Flaherty*

Lancs & Lakes) by 10 second, although 13 years younger Bideau's actual time was 4 minutes faster. The fact that Richardson has reached age 65 and is now retired will have paid a big part in his success. Only 2 seconds back on Bideau on AAT was Joe Costello (Legato RT/Midlands).

Fastest overall and the only rider to exceed 30mph was Richard Sharp (Addform Vive le Velo/Yorkshire) with 49:19. As a mere 40 year old this left him out of the running with ninth place on AAT but his consolation award was a glass crystal engraved with the championship logo; Deborah Moss also took one of these as fastest woman in 58:03.

It was a good day for North Lancs & Lakes, they took both the group team award, with Bideau, Peter Greenwood and Moss, and their Springfield Financial RT riders took the club team award, with Moss (again), Derek Parkinson and Theresa Taylor.

A small entry of only two tandems was scheduled to start after the solos and with one DNS it was a walkover for Andrew and Catherine Hutchison. Despite a very long journey from Lowestoft to take part they recorded 59:53 for an AAT of 52:36. Those of us who have taken an interest in tandem racing give them credit for finally winning national medals after very many years of just missing out.

So the seven individual medals (counting tandems as one) went to six different VTTA groups and we had three new names (counting tandems as one) at the top of each classification. Fastest either gender on AAT was Russ Richardson by a mere 8 seconds from Linda Dewhurst, winning him the Charlie Cole Cup.

Everyone agreed that it was a great event, well organised, and went home happy. Thanks to Blair Buss, organising his first national championship, and his large team of helpers. Thanks also to Scarborough's Elaine Ward, women's BBAR in 1990, who came along to present the medals, jerseys and other awards.



Men's bronze medallist Joe Costello



Fastest overall Richard Sharp



Elaine Ward with Springfield Financial team winners Theresa Taylor, Derek Parkinson & Deborah Moss

Photography by
Bernard Marsden.
Click on logo or scan QR
code to go to event
gallery.



AWARD WINNERS - VTТА 2023 NATIONAL 25 MILES CHAMPIONSHIP					
Award	Name	Club	Group	AA Time	Medal
1st Man on AAT	Russ Richardson	Zurbaran Racing	North	48:09	Gold
2nd Man on AAT	Richard Bideau	Pendle Forest CC	North Lancs & Lakes	48:19	Silver
3rd Man on AAT	Joseph Costello	Legato RT	Midlands	48:21	Bronze
1st Woman on AAT	Linda Dewhurst	Team Milton Keynes	London & Home Counties	48:17	Gold
2nd Woman on AAT	Deborah Moss	Springfield Finc'I RT	North Lancs & Lakes	49:10	Silver
3rd Woman on AAT	Angela Hannon-Flaherty	Seacroft Whs	Yorkshire	50:39	Bronze
Club Team Champions	Deborah Moss	Sp'field Finc'I RT	All North Lancs & Lakes	2:31:06	3 x Gold
	Derek Parkinson				
	Theresa Taylor				
Group Team Champions	Richard Bideau	Pendle Forest CC	North Lancs & Lakes	2:26:33	3 x Gold
	Peter Greenwood	Clayton Velo			
	Deborah Moss	Springfield Finc'I RT			
Tandem Champions	Andrew & Catherine Hutchison	Ride Harder	East Anglian	52:36	2 x Gold
First man and woman on Age Adjusted Time also each receive a champion's jerseys and cap.					
Russ Richardson is also awarded the Charlie Cole Cup (for one year) as 1st overall on AA Time.					



TANDEM FINISHING ORDER - VTТА 2023 NATIONAL 25 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act.	AAT Result
1	Andrew Hutchison	Ride Harder	E Ang	60	0:59:53	1	0:52:36
	Catherine Hutchison	Ride Harder	E Ang	58			
DNS-A	Brigid Night & Chris Hanson-Jones (Frodsham Whs)						

SOLO'S FINISHING ORDER - VTTA 2023 NATIONAL 25 MILES CHAMPIONSHIP (Women in red italics)							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Russ Richardson	Zurbaran Racing	North	65	0:54:24	17	0:48:09
2	<i>Linda Dewhurst</i>	<i>Team Milton Keynes</i>	<i>L&HC</i>	<i>64</i>	<i>1:01:05</i>	<i>66</i>	<i>0:48:17</i>
3	Richard Bideau	Pendle Forest CC	NL&L	52	0:50:42	3	0:48:19
4	Joseph Costello	Legato RT	Mids	64	0:54:14	15	0:48:21
5	Michael O'Keeffe	London Dynamo	L&HC	53	0:51:24	5	0:48:47
6	Peter Greenwood	Clayton Velo	NL&L	71	0:57:56	40	0:49:04
7	Kevin Wood	Sherwood CC	E Mids	61	0:53:59	13	0:49:08
8	<i>Deborah Moss</i>	<i>Springfield Finc'l RT</i>	<i>NL&L</i>	<i>52</i>	<i>0:58:03</i>	<i>42</i>	<i>0:49:10</i>
9	Richard Sharp	Addform Vive Le Velo	Yorks	40	0:49:19	1	0:49:19
10	Julian Ramsbottom	Team Bottrill	E Mids	51	0:51:30	6	0:49:20
11	Ray Hall	Adept Cycling	North	62	0:54:58	24	0:49:47
12	Philip Kennell	GS Metro	North	55	0:52:58	9	0:49:51
13	Tim Garwell	Otley CC	Yorks	70	0:58:30	45	0:50:07
14	Marcel Schubert	Darlington CC	North	41	0:50:37	2	0:50:26
15	David Nichol	Ferryhill Whs	North	70	0:58:55	50	0:50:32
16=	<i>Angela Hannon-Flaherty</i>	<i>Seacroft Whs</i>	<i>Yorks</i>	<i>54</i>	<i>1:00:04</i>	<i>57</i>	<i>0:50:39</i>
16=	Andrew Gallacher	SVTTA	Scot	55	0:53:46	11=	0:50:39
18	Derek Parkinson	Springfield Finc'l RT	NL&L	48	0:52:24	7	0:50:53
19	Paul Thatcher	Brighton Mitre CC	S/S	59	0:55:08	26	0:50:54
20	<i>Theresa Taylor</i>	<i>Springfield Finc'l RT</i>	<i>NL&L</i>	<i>63</i>	<i>1:03:27</i>	<i>77</i>	<i>0:51:03</i>
21	Chris Dyason	Cambridge CC	E Ang	75	1:02:18	75	0:51:14
22	<i>Susan Semple</i>	<i>Legato RT</i>	<i>Mids</i>	<i>57</i>	<i>1:01:35</i>	<i>72</i>	<i>0:51:17</i>
23	Jason Bateman	VTTA (NL&L)	NL&L	51	0:53:46	11=	0:51:36
24	Paul Newman	Richmond CC	North	56	0:55:02	25	0:51:39
25	Simon Dighton	Beacon Roads CC	Mids	59	0:55:55	30	0:51:41
26	Graham Heaton	City RC (Hull)	Yorks	56	0:55:09	27	0:51:46
27	Keith Murray	Vector Racing	North	48	0:53:29	10	0:51:58
28	Neil Cleminshaw	Addform Vive Le Velo	Yorks	53	0:54:40	18	0:52:03
29=	Simon Horsley	Legato RT	NL&L	58	0:56:22	32	0:52:26
29=	Mick Flaherty	Seacroft Whs	Yorks	61	0:57:17	39	0:52:26
31	Sean Sanders	Drighlington BC	Yorks	52	0:54:54	22	0:52:31
32	Alistair Rutherford	Manchester BC	M&NW	41	0:52:46	8	0:52:35
33	Steven Loraine	Legato RT	Mids	66	0:59:28	55	0:52:50
34	Sean Quinn	Law Whs	Scot	50	0:54:51	21	0:52:55
35	Andrew Whiteside	Springfield Finc'l RT	NL&L	49	0:54:42	19	0:52:59
36	Matthew Asquith	Otley CC	Yorks	49	0:54:46	20	0:53:03
37	Andrew Smith	VC Glasgow South	Scot	58	0:57:13	38	0:53:17
38	Mark Hamer	Legato RT	Mids	48	0:54:55	23	0:53:24

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
39	Aidan Adams	Harrogate Nova CC	Yorks	43	0:54:20	16	0:53:48
40	Stuart Henderson	Team Bottrill	Yorks	47	0:55:12	28	0:53:53
41=	Alastair Semple	Legato RT	Mids	55	0:57:12	37	0:54:05
41=	<i>Sarah Harrison</i>	<i>Trek Sheffield</i>	<i>N Mids</i>	<i>49</i>	<i>1:02:13</i>	<i>74</i>	<i>0:54:05</i>
43	<i>Janet Fairclough</i>	<i>Liverpool P'x CC (Aintree)</i>	<i>M'side</i>	<i>62</i>	<i>1:06:12</i>	<i>89</i>	<i>0:54:11</i>
44	<i>Caroline Ratcliff</i>	<i>Ferryhill Whs</i>	<i>North</i>	<i>58</i>	<i>1:04:50</i>	<i>86</i>	<i>0:54:13</i>
45	Grant Whiteside	Harrogate Nova CC	Yorks	48	0:55:55	29	0:54:24
46	<i>Joanna Cebnat</i>	<i>360cycling</i>	<i>M&NW</i>	<i>43</i>	<i>1:01:21</i>	<i>68</i>	<i>0:54:32</i>
47	Simon Phillips	Stockport Tri Club	M&NW	62	0:59:49	56	0:54:38
48	Doug Hart	Ilkley CC	Yorks	50	0:56:37	34	0:54:41
49	Andrew Coulbeck	Addform Vive Le Velo	Yorks	57	0:58:32	46	0:54:53
50	Jez Willows	Sherwood CC	E Mids	57	0:58:39	49	0:55:00
51	Mark Burtonshaw	Harrogate Nova CC	Yorks	64	1:01:02	65	0:55:09
52	Malcolm Steer	Darlington CC	North	58	0:59:08	51	0:55:12
53=	William Hayes	VC Long Eaton	E Mids	46	0:56:21	31	0:55:14
53=	Paul Braithwaite	Pendle Forest CC	NL&L	47	0:56:33	33	0:55:14
55	John Martin	Elmsall RC	N Mids	61	1:00:07	58	0:55:16
56	<i>Sue Cheetham</i>	<i>North Lancashire RC</i>	<i>NL&L</i>	<i>59</i>	<i>1:06:14</i>	<i>90</i>	<i>0:55:17</i>
57	Andrew Askwith	Vive Le Velo	Yorks	58	0:59:19	52	0:55:23
58	Drew Donaldson	Glasgow United CC	E Mids	63	1:01:17	67	0:55:46
59	Paul Russell	Springfield Finc'I RT	NL&L	56	0:59:24	54	0:56:01
60	Dougi Hall	Border City Whs CC	NL&L	59	1:00:18	59	0:56:04
61	David Hilditch	Springfield Finc'I RT	NL&L	70	1:04:36	84	0:56:13
62	Martin Nelson	Out of the Saddle CC	N Mids	51	0:58:35	47	0:56:25
63	Marc Daigneault	Sheffield Tri Club	Yorks	42	0:56:49	35	0:56:27
64	Phillip Tyas	Barnsley RC	Yorks	41	0:56:51	36	0:56:40
65	Martin Gargett	Halifax Imperial Whs	Yorks	49	0:58:25	44	0:56:42
66	Ian Hampton	Clifton CC York	Yorks	69	1:04:47	85	0:56:52
67	Patrick Healy	Buxton CC	M&NW	56	1:00:24	60	0:57:01
68	<i>Sue McFarlane</i>	<i>Army Cycling</i>	<i>Yorks</i>	<i>43</i>	<i>1:03:53</i>	<i>79</i>	<i>0:57:04</i>
69	Alex Critcher	Team Wheelguru	M&NW	47	0:58:37	48	0:57:18
70	Miles Haslam	Buxton CC	N Mids	64	1:03:23	76	0:57:30
71	Ian Swinscoe	Moonglu CC	Yorks	54	1:00:28	61=	0:57:36
72	Danny Kelly	Seacroft Whs	Yorks	49	0:59:22	53	0:57:39
73	<i>Sandra Burrows</i>	<i>Vive Le Velo</i>	<i>Yorks</i>	<i>57</i>	<i>1:08:01</i>	<i>95</i>	<i>0:57:43</i>
74	Carl Farrow	Calder Clarion	Yorks	57	1:01:27	70	0:57:48
75	Christopher Maffei	Bury Clarion CC	M&NW	67	1:04:55	87	0:57:52
76	Christopher Beaty	Allen Valley Velo	North	40	0:58:06	43	0:58:06
77	Paul Tyler	Ferryhill Whs	North	65	1:04:29	83	0:58:14

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
78=	Stephen Clark	Sherwood CC	E Mids	53	1:00:55	64	0:58:18
78=	Lee Morley	Hartlepool CC	North	51	1:00:28	61=	0:58:18
80	Peter MacKlam	Yorkshire RC	Yorks	80	1:12:59	101	0:58:28
81	Jymmy Trevor	City RC (Hull)	Yorks	50	1:00:47	63	0:58:51
82	George Young	Clifton CC York	Yorks	72	1:08:30	96	0:59:07
83	Scott Taylor	Springfield Finc'l RT	NL&L	60	1:04:04	81	0:59:32
84	<i>Sarah Foulds</i>	<i>Velo Culture</i>	<i>North</i>	<i>42</i>	<i>1:06:15</i>	<i>91</i>	<i>0:59:39</i>
85	Stephen Wilkinson	VTTA (NL&L)	NL&L	60	1:04:27	82	0:59:55
86	Winston Southwell	Sheffield Tri Club	Yorks	48	1:01:33	71	1:00:02
87	Brian Parker	Seacroft Whs	Yorks	50	1:02:12	73	1:00:16
88	Richard Belk	Kent Valley RC	NL&L	72	1:09:41	100	1:00:18
89	Paul Brierley	Huddersfield RC	Yorks	56	1:03:49	78	1:00:26
90	<i>Gretchen Zoeller</i>	<i>VTTA (Yorkshire)</i>	<i>Yorks</i>	<i>43</i>	<i>1:07:41</i>	<i>94</i>	<i>1:00:52</i>
91	Duncan Smart	Scarborough Paragon CC	Yorks	54	1:03:57	80	1:01:05
92	David Bower	Scarborough Paragon CC	Yorks	69	1:09:10	97	1:01:15
93	Peter Haigh	VTTA (NL&L)	NL&L	69	1:09:14	98	1:01:19
94	Steven Madeley	Darlington CC	North	61	1:06:12	88	1:01:21
95	John J Murphy	Gloucester City CC	West	83	1:19:19	107	1:02:12
96	Mike Cole	Huddersfield RC	Yorks	78	1:15:15	104	1:02:13
97	Mark Brownless	Darlington CC	North	51	1:06:17	92	1:04:07
98	Allen Bell	Yorkshire RC	Yorks	77	1:16:47	105	1:04:27
99	Phil Wright	Hartlepool CC	North	68	1:13:23	102	1:05:55
100	Michael Cox	North Lancashire RC	NL&L	77	1:18:38	106	1:06:18
101	Mark Casey	Seacroft Whs	Yorks	55	1:09:30	99	1:06:23
102	Alan Shuttleworth (Trike)	Weaver Valley CC	M&NW	76	1:26:25	109	1:08:48
103	Paul Dawson	VTTA (North)	North	62	1:14:34	103	1:09:23
104	Stephen Broadley	Otley CC	Yorks	69	1:24:16	108	1:16:21
	Alexander Royle	Manchester BC		29	0:51:17	4	
	Richard Peel	Addform Vive Le Velo		39	0:54:02	14	
	Will Trevor	City RC (Hull)		18	1:01:26	69	
	James Meadows	Cleveland Whs CC		34	0:58:02	41	
	Adrian Brain	Calder Clarion		64	1:06:32	93	
DNF	Jamie Berry (Vector Racing), Frank Anderson (SVTTA)						
DNS	Richie Grant (Hartlepool CC), Trevor Mayne (Birdwell Whs), Andrew Lambe (Ilkley CC), Blair Buss (Addform Vive Le Velo), Anne Haslam (Buxton CC), Paul Sander						
-A	(Stockton Whs CC), Steve Gibson (Peak RC), Darren Yarwood (Addform Vive Le Velo), Mike Westmorland (Border City Whs CC)						
DNS	Graham Pearce (Addform Vive Le Velo), Martin Hailstone (Addform Vive Le Velo), Martin Lee (Bury Clarion CC), Ben Pease (Moonglu CC), Randle Shenton (Legato RT)						

25 MILE CHAMPIONS Q&A

RUSS RICHARDSON AND LINDA DEWHURST

There are two new names to congratulate as championship winners in 2023, so we have tracked them both down and asked them a few questions around their recent success.

Russ Richardson has been racing for very many years on north eastern courses and has always finished high up, but his recent retirement has allowed him to go to a higher level. Linda Dewhurst on the other hand is fairly new to cycle racing (although the editor suspects she may have enjoyed some success in other sports). Regardless, she is a very talented rider and still finding her level in vets' racing, having recently reduced her work commitments and begun taking advice from a coach.



Q1: Did you target the 25 title specifically and how did you ensure that you were in peak form, especially since it was quite early in the season?

Russ - I raced on that course for the last two years in the VTTA Yorkshire 25 and won on standard both times, so I was targeting this one.

Linda - I wanted to support the VTTA National events, and was thrilled to have done quite well in the 25 last year (she took bronze - Ed), so thought I'd have another try. I had only managed one 10 mile TT before the event, so was very unsure on form, but thought most folk would be in the same boat.

Q2: When and how did you come into cycling and time trialling?

Russ - I came into time trialling around 30 years ago but just did a few club events. I took it more seriously after about 3 years, got my first TT bike and started training and entering opens after that.

Linda - I came into cycling via my daughter involving me in a charity Coast to Coast ride in 2015. I had been a runner when much younger, enjoyed the cycling, and thought I might be able to get fit again, but had no expectations of competing. At the end of 2017, I did a TT for charity on my road bike, and the following year took up the offer of one of our triathletes to use his bike, and so it began! Geoff Pery ran our club TTs on a Monday evening, so I went along to do them....



Q3: What have you done to become a championship winner?

Russ - I finished working in August last year; my work involved driving all over the country - 4, 5 and sometimes 6 hours in the van - then having to train and still get up at 5am the next day to get to wherever. Now I can do more on the bike and rest more. I retire officially on 25 May.

Linda - Just enjoyed cycling and trying to get fitter and faster (although I have not managing the latter so well, it's good job age counts!)

Q4: What are your best achievements in the sport?

Russ - I always remember riding a 19:57 on the V718 and my time went on the board as 23:30; I queried it and it was altered to 20:01 - not good, LOL!

Linda - Winning this VTTA 25m title, I am absolutely chuffed. I had the pleasure of meeting Andrew Simpkins at a road race last week, sporting his VTTA fleece, and was surprised when he congratulated me.

Q4: How do you train? Do you use a coach?

Russ - I don't use a coach and never have. I keep a diary of every session, recording power, heart rate etc, and try not to stagnate but to increase power over the weeks and months. I have a long and favourite hilly route over Teesdale with some long hills which I can get stuck into.

Linda - This winter I started to use a coach, and am hoping I will see improvements later on in the season. Up till this, I did social rides with a group, and some criterium and road racing, but nothing structured.

Q5: What sacrifices have you had to make to perform so well?

Russ - I stopped going out on Fridays then trying to compete in Saturday time trials. Also I don't go on holiday in the middle of the racing season now, we wait until after the season is over. I have a very understanding partner.

Linda - I'm lucky to only work part time now, so have a bit more free time to train, and have a very tolerant non-cycling husband!

Q6: Have you any other targets or ambitions in your time trialling?

Russ - I will have a shot at the VTTA 10 mile champs and hope that I can keep improving now that I'm retired.

Linda - To try and get to the UCI Gran Fondo World Championship, possibly both TT and road race, but generally to get faster (or at least to slow down as slowly as possible!). I do enjoy racing with others, so combine the two, which probably isn't what you should do...

Q7: Have you any other leisure interests? How do you relax?

Russ - I share an allotment with a friend and like growing all sorts of veg, although he is a better gardener than me. Also, we like going into Durham city, which is only 15 minutes on the bus.

Linda - Walking our dogs, socialising with friends, and I love watching cycling. We are off to watch some of TdF again this summer, sadly means I will miss the 15 mile champs.

ALL ROADS LEAD TO ... DUNDEE

FOR THE UCI GRAN FONDO TIME TRIAL WORLD SERIES FINAL

**UCI GRAN FONDO WORLD SERIES CYPRUS
AND THE TOUR OF CAMBRIDGESHIRE**

*By VTTA's International Reporter
Deborah Sheridan of Warwickshire Road Club.*



*Deborah Sheridan
on her winning ride
in Turkey*

A cold Sunday morning in April on the K11/10T near Rugby may seem a long way from the excitement of a UCI Gran Fondo World Championships, yet in the car park there was a glimpse of a rainbow jersey. Richard Oakes, gold medalist from the 2022 event in Trento Italy, was on the start sheet. Parked alongside was Beacon RCC's Simon Dighton, fresh from victory and Worlds qualification in Cyprus.

I grabbed a quick chat with Richard and Simon. Richard has great plans for the season, including defending his title in Scotland this summer. He put in outstanding performances in Cyprus in the TT and the road race to qualify in both for Scotland; he had this to say.

"The TT event consisted of a hilly time trial on the Friday of about 18 miles and 1,000 feet of climbing – pretty much a climb all the way out, but only needing to get out of TT position nearing the top, and a shoot back down again. The roads were

open, but I have seen more cars on closed roads in the UK than on the open roads in the Cypriot mountains. Road surfaces were excellent, such a pleasure riding on smooth tarmac, no potholes and warm weather in March. The race itself started in UCI fashion rolling down a ramp, clunking off it and away we go. It was rumoured there may be bike specification checks but none were carried out and never have been in Cyprus. I managed to get round in just over 43 minutes which gave me first place in my age category by about 40 seconds, and a new jersey at the prize giving in the evening."

Also qualifying in Cyprus alongside Simon was VTTA Wessex member Sarah Matthews. Sarah is part of the very strong ...a3crg women's team and she summed up her trip when I caught up with her at Goodwood.

"I didn't want to rely on the Tour of Cambridgeshire in June to ensure qualification for the World Championship in Dundee in August so entered the qualifier in Cyprus. Luck was not on my side in the run up as I crashed my TT bike in an early season sporting TT so had to take my road bike. The course was undulating and ran along the side of a valley. I overtook the two ladies ahead of me well before the turn, worked really hard on the ramp up to the turn then it was undulating back to the finish. I got across the finish in one piece so I had qualified. There were fabulous road surfaces, it was a great course and would have been amazing on my TT bike."

Prior to Cyprus other Gran Fondo qualifiers had taken place. Last November three intrepid VTTA members went to Antalya, Turkey, resulting in Gareth Williams (Twickenham CC) winning the men's 55-59 and yours truly not unexpectedly winning the women's 65-69; my husband Eamonn also rode but claims to have only ridden as it was a long way to go just to 'hold my coat'.

Following that round there was also some British interest in the Jordan qualifier with Aerocoach's World Champion Jessica Rhodes Jones and Xavier Disley both taking wins.

The Tour of Cambridgeshire has been a feature on the TT scene for a while and is the main route in the UK to qualify for the World Series final. This year's event was the last event at this venue (East of England Showground, Peterborough) and the last by the current organising team.

About 430 over 40s, of which almost 150 were VTTA members, were on the start list from a total entry of 550, although not all raced or troubled the time keeper. Amongst those who started were some very familiar names - World Champion Richard Oakes and prolific VTTA champion Angela Carpenter were perhaps the standout names.

VTTA winners celebrate: Sarah Matthews, Angela Carpenter, Jennifer George and a 3rd place for Deborah Sheridan



Eamonn Sheridan crosses the finish line in Antalya, Turkey

This year the event moved outside from its previous home in the Arena. It was blessed with good weather although there was a cool and brisk north easterly wind that provided a troublesome headwind for much of the course. As usual the atmosphere was full of anticipation and expectation as riders warmed up and friends and competitors chatted.

The first man off was George Fox, of recent road bike record fame, followed at 20 second intervals until VTTA member Brian Lewis of Bicester Millennium CC, who at 85 has the honour of being last man off. Brian qualified for the final and had his podium moment later and a Rainbow Jersey now beckons for him in August.

The results came quickly and the VTTA dominated the podium. There were wins for Michael O’Keeffe in 50-54, Richard Oakes in 55-59, Kevin Tye in 60-64, David Pollard in 65-69, David Pattern in 70-74, Michael Smallwood in 75-79 and of course Brian Lewis and too many others to mention took 2nd and 3rd as well as qualification spots.

VTTA also dominated the women’s event. There were wins for Jennifer George in 40-44, Naomi de Pennington in 45-49, Clare Read in 50-54, Angela Carpenter in 55-59, Sarah Matthews in 60-64, and Linda Dewhurst in 65-69 and like the men’s event VTTA members made up the podiums and the qualifiers.

The podium ceremony, being outside was well attended; supporters cheer, pizza was consumed along with, dare I say it, the odd ‘recovery’ drink from the bar. Music blasted out as each age group was brought forward and there was a real sense of achievement . I managed a quick word

with 70-74 medalists David Pattern (Bognor Regis CC), David Rundall (Chorley Cycling Club) and Ian Elliot (Hawick CC). They all enjoyed the moment and all hope to be in Dundee in August. Then it was off to the podium for me. I’m pleased with 3rd.

Sadly not all VTTA members have qualified for Scotland but all is not lost. Some are talking of going to Finland, which should be a great adventure, while others like Mike Ashurst RAFA are going to the Isle of Man. VTTA wish them good luck.

The Tour of Cambridgeshire has now reached its conclusion. Most are sad that this was the last one, there’s been nothing like it in the UK. With no UK qualifier Cyprus might turn out to be a popular holiday destination next year, although we can always hope that some enterprising organisation sees an opportunity to revive the UK round.

I hope to see you all in Scotland and if you have qualified why not consider the VTTA National 30. It is being promoted in Sterling, Scotland the week before the UCI Worlds so is a good warm up. The course is WM30/02 and entries close 22/07/23 via CTT web site.



Proud podium moment for Anne Loh, Angela Carpenter and Patricia Baird, women’s 55-59 and VTTA members all

CHRIS SYMONDS ELITE WORLDS TT UPDATE

We are all getting excited about the forthcoming UCI World Cycling Championships which will be based on Glasgow and the surrounding area of Scotland. The feature about Chris Symonds in the March Veteran was very well received, so the Editor got in touch for an update.

Members will recall that Chris is a VTTA member (of East Anglian Group), rides for North Road CC and has competed at the Elite Worlds and Commonwealth Games for his mother's country of birth, Ghana. He is proud of the opportunities which he is creating for younger African riders and particularly those from Ghana simply by taking part on the world stage.

"Hi Mike, thanks for getting in touch, not really much too write about to be honest.

It's interesting as I don't consider myself a TT rider at all, I really do it for enjoyment, fitness and I get to push myself. I am a national standard track runner who turned to triathlon in my 30s and have had more wins and county medals in those two sports than any success in time trialling. So you'll have to forgive me not considering myself a TT rider, so far my results have not been great this year for one reason or another.

It has been hard this year because despite training going better than ever the racing not. The Tuesday 7pm club North Road 10s at Brickenden F7/10 course has shown a little improvement for me. I would like to invite other VTTA members to come to some of our Tuesday nights, the cost is £5 for non-members and you will get a good welcome.

I have not eased off the training yet due to my coach, Tom Kirk, planning to peak for August. I am hoping I get selected in one of two spots for the World's, but I have not heard anything from the Ghana Cycling Federation yet although I have asked about trying to get one of the spots. I would like to ride the World's this year, although it has caused a problem as it's in the middle of August school holidays and I have a family, so it has made life extremely difficult. For me, it should have been either at the beginning or end

of August. and I thought of pulling out of racing it if chosen.

So although I still don't know whether I will be there in Glasgow, I have hope, and am training towards it.

I will be the oldest I am sure at Glasgow and I hope it inspires all the readers to keep training and racing, it's better than being lazy, driving everywhere, doing nothing, getting unhealthy and being unhappy with the cost of living crisis.

When I raced in the 2021 World Championship in Bruges I was publicly embarrassed by the person who announced and introduced the riders as he shouted out I was the oldest rider, saying my age and laughing; I tried to make light of it and stay focused on the race. If the announcer only knew how difficult it had been the day before just to get my race numbers, accreditation and then almost stopped from racing because of a doctor in charge of Covid results and then getting past Belgian police to get to the race briefing otherwise I couldn't be allowed to race.

Racing for Ghana gives my mum's country more exposure for cycling and it has opened doors for the young cyclists for sure. I even encouraged Mani Arthur of the Black Cyclist Network to race for Ghana when we met cycling home one day from work.

I couldn't be where I am today in TTs if not for the great system we have in the UK and the VTTA races with our fantastic clubs and volunteers. I feel we have the best TT racing programme in the world and I often wonder how do we get more British youth and adults into our sport.

My son who is 13 cycles with Lea Valley Youth CC and I am hoping to get him to race TTs next year."

Thanks Chris. Keep pushing and all of the VTTA hope you make it to Glasgow, but even if you don't you can draw satisfaction from opening the door for whoever Ghana's two riders are. Looking another 10 years down the road you may then be able to watch proudly as your son is able to follow your example in the Worlds.

VTTA NATIONAL CIRCUIT CHAMPIONSHIP

Saturday 13th May 2023

Saturday 13th May saw the first trial running of a VTTA road circuit championship in conjunction with the Leo 30 mile event organised by John Golder and the East Anglian VTTA. The Leo 30 has been a prestigious event for many years and there are lots of famous names of time trialling on the winner's shield (pictured above) such as Alf Engers (3 times) Eddie Adkins, Martin Pyne, John Pritchard, Dave Eldridge, Michael Hutchinson, Matt Illingworth, Paul Bennett, Alan Rochford, and Vic Gibbons. Every current National CTT 30 miles competition record has been set in the Leo 30 and it was in the 1991 event that Gary Empson and Eddie Adkins first broke the hour for 30 miles. For the past two years, the event has been a memorial event to Alan Rochford (Leo RC sponsor from 1990 to 2007) and Val Hester (Leo RC general secretary for many years) who both sadly died of cancer last year.

The Leo has traditionally used the fastest DC roads of the area but for 2023 was forced off by the ongoing roadworks which have caused havoc with the calendar in East Anglia. However this change and the strong tradition of the event made it an ideal candidate for a road circuit championship. The course on a 12.5 mile triangle from Six Mile Bottom had to be covered twice, then with the extra distance to Newmarket and return to Six Mile Bottom to make for a challenging yet safe 30 miles.

On the day there was a cold northerly wind, and the temperature didn't get much above 10 degrees. Among the starters was ex-World Tour pro Alex Dowsett, who kindly presented the awards afterwards.

Jack Levick won the George Hicks 'Leo 30' shield for the fastest ride. The VTTA championship results included both TT bikes and road bikes and the medal winners are shown below.

Despite there being a goodly proportion of non-VTTA vets and very few riders from outside East Anglia, John Golder reports this first road circuit championship a great success and hopes the VTTA will continue to run it in future years. Over the TT and road machine types there were 31 VTTA East Anglian finishers, but only 7 from other VTTA groups and 14 vets who are not members, plus 12 non-vets. Maybe this type of event will prove more attractive to the 14 non-members and especially to those without a TT bike and they can be encouraged to join. There was one tandem, with octogenarians Murray Kirton and David Stockley making their first appearance of the season.

VTTA individual medals were presented as follows (full details in the following results pages):

Men road bikes - 1 Karl Norris,(1:05:21) 2 Nick Giles (1:05:46), 3 Patrick Ellerbeck (1:07:09)

Women road bikes - Judy Brown (1:10:06), 2 Kerry Brennan (1:13:04)

Men TT bikes - Keith Dorling (1:01:08), 2 Antony Brown (1:03:39), 3 Darran Bennett (1:04:04)

Women TT bikes - Susan Triplow (1:06:48), 2 Miriam Taylor-Carter (1:08:23)

Tandem - Murray Kirton and David Stockley (1:15:26)

Club team medals were taken by the Ely & District trio of Simon Butteriss, John Manlow and Darran Bennett with an aggregate AAT of 3:21:24. Bennett rode a TT bike, the other two were on road bikes.

VTTA group team medals were taken by the East Anglian Group trio of Keith Dorling, Antony Brown and Darran Bennett with an aggregate AAT of 3:08:51. These three had already finished 1-2-3 in the TT bike individual medals.

Judy Brown
Women's road bike



Karl Norris
Men's road bike



**ROAD CIRCUIT
CHAMPIONSHIPS**

**ALL THE
WINNERS**



*Tandem winners
Murray Kirton &
David Stockley
share a few
words with Alex
Dowsett*

Keith Dorling
Men's TT bike



Sue Triplow
Women's TT bike



SOLO TT BIKES FINISHING ORDER - VTTA 2023 TRIAL NATIONAL CIRCUIT CHAMPIONSHIP

(Women in red italics)

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Keith Dorling	Team Bottrill	E Ang	64	1:08:17	11	1:01:08
2	Antony Brown	George Fox Cycling	E Ang	63	1:10:22	16	1:03:39
3	Darran Bennett	Ely & District CC	E Ang	53	1:07:15	4	1:04:04
4	Simon Smart	DRAG2ZERO	Mids	54	1:07:35	8	1:04:06
5	Myles Davidson	Bigfoot CC	L&HC	51	1:07:33	7	1:04:55
6	Chris Holmes	VC Norwich	E Ang	47	1:06:43	3	1:05:07
7	Nic Pillingier	St Neots CC	E Ang	45	1:07:36	9	1:06:29
8	<i>Susan Triplow</i>	<i>CC Sudbury</i>	<i>E Ang</i>	<i>56</i>	<i>1:18:53</i>	<i>29</i>	<i>1:06:48</i>
9	Adam Fisher	Cambridge CC	E Ang	40	1:07:22	6	1:07:22
10	Colin Lizieri	Cambridge CC	E Ang	67	1:16:18	23	1:07:44
11	Dan Jenkins	Hart Coaching	E Ang	55	1:11:46	17	1:07:58
12	Ian Cardy	Chelmer CC	E Ang	59	1:13:24	19	1:08:16
13	<i>Miriam Taylor-Carter</i>	<i>Bedfordshire Road RT</i>	<i>E Ang</i>	<i>50</i>	<i>1:18:30</i>	<i>28</i>	<i>1:08:23</i>
14	Matt Donovan	Bedfordshire Road RT	E Ang	40	1:09:56	15	1:09:56
15	James Wood	West Suffolk Whs	E Ang	59	1:15:28	22	1:10:20
16	Philip Jones	Peterborough CC	E Ang	64	1:19:32	30	1:12:23
17	Robert Gilmour	Hounslow & Dist Whs	L&HC	71	1:23:16	36	1:12:29
18	<i>Elspeth Knott</i>	<i>Colchester Rovers CC</i>	<i>E Ang</i>	<i>72</i>	<i>1:33:27</i>	<i>38</i>	<i>1:13:10</i>
19	Matthew Cook	Bedfordshire Road RT	E Ang	52	1:17:07	24	1:14:13
20	Robert Watson	Cambridge CC	E Ang	62	1:21:24	32	1:15:06
21	Neal Marrin	Finsbury Park CC	E Ang	53	1:18:20	27	1:15:09
22	Dominic Whitehead	Cambridge CC	E Ang	64	1:22:36	33	1:15:27
23	Adrian McHale	Peterborough CC	E Ang	47	1:17:22	25	1:15:46
24	Paul Wright	Army Cycling	E Ang	55	1:26:14	37	1:22:26
	Jack Levick	Rose Race Team		26	1:02:18	1	
	Paul Pardoe	Peterborough CC		42	1:04:25	2	
	Nicholas Knight	Hart Coaching		48	1:07:18	5	
	Peter Harding	Chelmer CC		42	1:08:03	10	
	David Harding	Chelmer CC		42	1:08:24	12	
	Chris Owen	Cambridge CC		37	1:08:57	13	
	Matthew Clements	Lee Valley Youth CC		25	1:09:36	14	
	Peter Shaw	Bedfordshire Road RT		37	1:12:28	18	
	Ian Braybrook	Basildon CC		48	1:13:32	20	
	James Wicks	Hart Coaching		17	1:15:13	21	
	Geoff Bores	Ford CC		68	1:17:34	26	
	Chris Smith	Essex Roads CC		50	1:21:05	31	
	David Young	West Suffolk Wheelers		38	1:22:38	34	
	Adrian Lauchlan	Southgate CC		64	1:22:42	35	

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
	Lee Sturman	West Suffolk Wheelers		53	1:35:34	39	
DNF	Mark Gidney (Southboro' & Dist Whs), <i>Jen Clegg (Team Bottrill)</i> , Sean O'Sullivan ()Hart Coaching						
DNS	Matthew Polaine (Cambridge CC)						
DNS(A)	Dean Lubin (Team Vision Racing)						
SOLO ROAD BIKES FINISHING ORDER - VTTA 2023 TRIAL NATIONAL CIRCUIT CHAMPIONSHIP <i>(Women in red italics)</i>							
1	Karl Norris	360VRT	West	52	1:08:15	5	1:05:21
2	Nick Giles	Pocomotion RC	M'side	64	1:12:55	8	1:05:46
3	Patrick Ellerbeck	St Neots CC	E Ang	68	1:16:14	12	1:07:09
4	Simon Butteriss	Ely & District CC	E Ang	44	1:08:50	6	1:07:57
5	John Manlow	Ely & District CC	E Ang	54	1:12:52	7	1:09:23
6	<i>Judy Brown</i>	<i>Newmarket C&TC</i>	<i>E Ang</i>	<i>62</i>	<i>1:24:38</i>	<i>21</i>	<i>1:10:06</i>
7	John Watson	Hitchin Nomads CC	E Ang	57	1:16:24	13	1:11:57
8	<i>Kerry Brennan</i>	<i>Newmarket C&TC</i>	<i>E Ang</i>	<i>43</i>	<i>1:21:17</i>	<i>18</i>	<i>1:13:04</i>
9	Jez Willows	Sherwood CC	E Mids	57	1:17:50	16	1:13:23
10	Robert Speers	Newmarket C&TC	E Ang	46	1:15:11	10	1:13:50
11	Kevin Humphreys	Sherwood CC	E Mids	63	1:22:51	19	1:16:08
12	Michael Ratcliffe	VTTA (East Anglia)	E Ang	62	1:24:33	20	1:18:15
13	Hedley Rhodes	North Hampshire RC	Wssx	59	1:27:44	22	1:22:36
14	Malcolm Giles	Pocomotion RC	M'side	69	1:37:17	24	1:27:39
	Alex Pritchard	HUUB WattShop		26	1:03:16	1	
	Alex Dowsett	Nopinz		34	1:05:07	2	
	Colin Ward	Essex Roads CC		45	1:06:49	3	
	Jonny Allen	6AM Cycling		37	1:07:42	4	
	Drew Sheffield	FTP Race Team		41	1:14:50	9	
	William Wilson	Newmarket C&TC		44	1:15:20	11	
	<i>Emily Robertson</i>	<i>Bedfordshire Road CC</i>		<i>37</i>	<i>1:16:42</i>	<i>14</i>	
	Adam Wells	Rockingham Forest Whs		32	1:17:26	15	
	Nick Boyle	Chelmer CC		48	1:18:11	17	
	Jodi Thomas	Colchester Rovers CC		22	1:32:56	23	
	<i>Caroline Wyke</i>	<i>CC Sudbury</i>		<i>67</i>	<i>1:49:57</i>	<i>25</i>	
DNS(A)	Paul Hart (Hart Coaching)						

TANDEM FINISHING ORDER - VTTA 2023 TRIAL NATIONAL CIRCUIT CHAMPIONSHIP

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AAT Result
1	Murray Kirton	A5 Rangers CC	Mids	82	1:35:24	1	1:15:26
	David Stockley	A5 Rangers CC	Mids	82			

WELLAND TROPHY - VTТА V BMRC – 1ST APRIL A WIN FOR THE VTТА!

1st April saw the annual running of the Welland Trophy event, which in addition to being a 'normal' 15 mile time trial includes a team competition between the vets of the VTТА and those of BMCR (British Master Cycle Racing – our 'sister' organisation for those vets who like road racing instead of, or as well as, time trialling).

On a fairly mild, if breezy, early April afternoon there were strong performances on this rolling rural course on the Gloucestershire/Worcestershire border. For the team competition seven solo riders counted plus one team from the 3-up team trial run alongside the solo event. (Combining solo results with a 3-up team result produced an interesting challenge for calculating the combined Welland trophy result!) The result was also presented using the new style Age Adjusted Times (AAT) in place of standard pluses. The winners of the trophy this year were (we are pleased to say) the VTТА team, members of which are pictured below – Jon Howard, Joe Costello, Tim Beardmore, Susan Semple, Deborah Sheridan, and Alastair Semple. In addition, the team also included Martin Lines and the 3 up team of Mike Logue, Graham Winstone and Peter Oliver.

With a generous spread of other prizes the top awards went to:

Jon Howard (Team Echelon) – fastest man

Kelly Murphy (AOL O'Shea Worx) – fastest woman

Joe Costello (Legato Racing Team) – fastest vet on AAT

Geoff Booker (Oxonian CC) – fastest trike

Eddie Humphreys (Nottingham Clarion) – fastest road bike on AAT

The winning 3-up team on AAT was the ZeroBC Race Team (Logue, Winstone and Oliver)

Our thanks to Mike Amery of BMRC as the event organiser supported by Steve Wood (Team Echelon) and our own chairman Andrew Simpkins and wife, Sara, on results.





MIDLANDS

Alastair Semple

Midland Riders' Report

2023 has got off to a cracking start in the Midlands with 41 of our riders participation in 155 open events up and down the country. Congratulations to Simon Adcock (Team Echelon) who set the fastest time so far this year when he rode a sub 20 min 10 on the F11/10 on 7th May finishing in a time of 19:18. Our best placed rider in the Short BAR nationally is Joe Costello (Legato RT) who is 4th overall and picked up a bronze medal in the National VTTA 25 mile Championships along the way. Mark Hamer (Legato RT) is our fastest rider currently on actual at 25 miles clocking up an impressive 50:55 in his first ride of the season.

Midlands Points Series

Back on local roads the Midlands Points Series is well under way with 31 riders competing on K courses. Joe Costello (Legato RT) is currently in the lead with Simon Dighton (Beacon RC) in second and Emma Bexson (Strafford Cycling Club) in third. It's early days though, and it's each riders best 6 events that count across the season on Midlands courses.

At the time I write this we still have 17 more open events in the district, so plenty of pb opportunities I am sure. This includes one new course near Tamworth (K15/10) which looks fast, and then of course the National 10 Mile Championships in September on the K48/10.

A Special Thank You

On behalf of the Midland committee and members I would like to express our thanks to Steelie who has recently stepped down from his role as editor for the Midland 'Standard Times' magazine. Steelie's style and wit shone out in the magazines, as did his writing and editing skills. It gives me great pleasure to welcome Simon Dighton into the editor's role. Simon will be well known to many of you as a very active

and accomplished TT rider, recently winning the 4th round of the Merlin Classic series on target times as well as winning his age categories in the UCI World TT qualifying event in Cyprus (full details in Eamonn Sheridan article).

Zwift Racing

On Monday 29th May Steve Jenks organised with the management team at Zwift to host an agreement from the NEC an inaugural National VTTA 10 miles TT on Zwift. 88 entries were signed up for the event and its hoped that there will be other National VTTA events later in the year at varying distances.

District Competitions

Only one of the eleven district trophies has been won so far this year and that went to Joseph Costello (Legato RT) for BOS in the Welland Trophy event, full report in this issue of the Vet. The next trophies will be awarded on the A50/2 on 10th June, K49/15 on the 22nd July, R25/7A on the 27th August and the K48/10 on the 17th September. So make sure these dates are in your calendar and entries are in on time.

We look forward to welcoming VTTA members from around the country in September when we host the National 10, but until then - Stay safe, stay fit, stay fast.



*Simon
Dighton*

EAST ANGLIAN

Andrew Grant

The 2023 season has been slow to crank itself into action in East Anglia. A combination of lost organisers and missing courses resulted in our calendar of events not opening until the Leo 30 on May 13th, even supposing anyone had any appetite for time trialling sooner than that on the potholed roads and in the relentless rain and howling winds of our East Anglian spring this year.

Traditionally, this event, rescued from oblivion on the demise of its parent club by East Anglian Group TT secretary and sometime Leo member John Golder, and subsequently adopted by the Group, has been a superfast season-closer on the E2, hosting the fastest 30 mile rides in history.

With the E2 unavailable, this year it became just about the reverse in every respect.

Now subtitled the Alan Rochford and Val Hester Memorial, in tribute to those two Leo stalwarts, this was the second year in which it has been held on the E33/30 circuit course, based at Six Mile Bottom and euphemistically described as "sporting".

Promoter John Golder had done his best, in pre-race publicity, to persuade the gullible that the course was really quite quick, citing the 48:50 recorded by John Archibald in winning the CTT National Circuit 25 championship on the 25 version of the course in 2020, but few – least of all those who live in the area – were fooled, recognising Archibald for a "watt monster" who put a minute into Chris Fennell that day.

And so it came to pass that John offered the event as a trial VTTA National Circuit Championship, with a trial Road Bike Championship Category (and tacitly a trial SPOCO category) thrown in on a day when the wind was blowing at 10 mph gusting to 25 and the temperature only just struggled into double figures.

When you take that into account and also learn that the course conveys you between the apex of a topographical feature called Nine Mile Hill and a hamlet called Six Mile Bottom – twice - by way of seven turns – and contains around 1000 feet of climbing, you could be forgiven for concluding "That is no country for old men" so some of the vets' times, on actual, and even more on Age Adjustment, were little short of miraculous.

If only East Anglia and Team Bottrill's Keith Dorling had been 40 instead of 64, he would have won the TT event outright with his 1:01:08 (adjusted for age from an excellent 1:08:17) and would have had the beating of the best youngster, Jack Levick, of Rose Race Team, a mere 26, who carried off the George Hicks Shield for the open Leo 30 with a fine 1:02:18.

Leading woman was CC Sudbury's Sue Triplow, with an age-adjusted 1:06:48, adjusted from a fine 1:18:53 that was within 30 seconds of being fastest woman on actual, her 6 year advantage over Bedfordshire Roads' Miriam Taylor-Carter giving her the edge in the Championship.

Keith and Sue share the East Anglian Group H F Nevill Cup for the Group 30 championship.

It was a different story in the Road Bike category, where the open event was a tale of two Alexes. Former World Hour Record Holder and Giro stage winner Alex Dowsett continued his rehabilitation as an amateur tester and his recovery from running a marathon with a 65-minute jaunt around the circuit on his training bike, waving at passing riders, but he had to concede first place to highly aero-optimised 26-year-old Alex Pritchard's truly awesome 1:03:16.

Against those times, Karl Norris (52) of 360VRT and West Group came closest with an adjusted 1:05:21 to edge the VTTA gold medal by 25 seconds from Pocomotion Road Club's Nick Giles (64) from Merseyside Group. They had both come a long way in pursuit of their suffering.

The women's event was a local Newmarket C&TC closed shop, Judy Brown and Kerry Brennand taking the honours with (AA) 1:10:06 and 1:13:04 respectively

The full results are recorded elsewhere in this magazine, where it will be noted that the team awards went, not unexpectedly, to the local Group and a local club, whilst the tandem of Murray Kirton and David Stockley of A5 Rangers CC, crewed with a combined age of 164, romped away to the Midlands with the VTTA tandem medals.

Alex Dowsett kindly stayed to present the prizes after the event, which contributed to an old-fashioned sense of occasion at a crowded race HQ.

The event demonstrated an appetite among vets for competition on road bikes and on courses other than drag strips though both factors raise questions about

the fairness of flat-rate age allowances, rather than proportionate ones, when conditions get tough and times - and margins across the age range get longer.

Nevertheless, we hope the initiative is one which the NEC will see fit to take forward and formalise.

Meanwhile, by the time this report reaches you, the continuing absence of the E2 will see the F2a/10 course pressed into service for the first two of our evening 10 series, followed by an excursion into Essex and the SPOCO delights of the E91/10 later in the month.

EAST MIDLANDS

David Herd

I start this new season report with Velo Club Long Eaton 10 held 9th April 2023 on the A10/19. Veteran Matthew Bagshawe (South Normanton CC) was fastest on 21:19, Joseph Costello (Legato RT and Midlands Group) came in 4th with 21:29 and William Hayes (VC Long Eaton and newly joined E Mids Group) was 6th with 22:09.

Colin Parkinson (South Western RC) was our next VTTA group member home on 23:18 with fellow members Michael Wills (Team Lutterworth) close behind with 23:24 and Michael Wilkinson (South Normanton CC) 24:37. Kevin Humphreys (Sherwood CC) came in on 27:14 and Pamela Moore (Coalville Whs) on 33:11.

Three East Midlands Group members rode the City Road Club (Hull) 10 on V714 on Good Friday 7th April with senior Jack Levick (Rose Race Team) taking first place with 20:00. Julian Ramsbottom (Team Bottrill) 4th on 20:56, Jez Willows (Sherwood CC) 23:52 and Tim Baggs (Sherwood CC) on 24:17.

On the following Saturday Jack Levick was again fastest in the Sleaford Wheelers CC Charity 10 held on the C10/10 with a fine 19:54. Sean Hunt (Lincoln Whs) was the fastest East Midlands Group rider home, coming in on 22:48 with club-mate Andy Newham on 22:52 with host club member Jim Boyle 22:53. Jez Willows, also competing on the previous day, came in on 23:18, Simon Inman (OVB) 24:00 and Mick Stevens (Melton Olympic CC) 24:40, and Michael Smalley (Witham Whs) 25:54. This event reversed the trend somewhat in terms of falling entries with a field of 71 in number, so well done Sleaford CC.

The Melton Olympic CC 10 was held on 15th April using the A10/3 course with a slightly disappointing level of entries but nevertheless a good day for this early event. Senior riders Oliver Peckover (trainSharp) 18:06 and Jack Levick 18:40 took the first and second with Richard Oakes (Team Ohten Aveas) coming in third with a fine 18:52. Group members from Team Ohten Aveas Mike Twelves 20:15 and Rob Muzio 21:20 set good early season times.

The following group members times: Martin Fisher (Melton Olympic) 20:40, Eddie Humphreys (Nottingham Clarion) 21:27, new group member James Byatt (Sherwood CC) 21:41, Michael Wills (Team Lutterworth) 22:00 and Colin Parkinson (South Western RC) 22:01.

The following list is the rest of the East Midlands Group finishers: Simon Inman (OVB) 22:56, Mick Stevens (Melton Olympic) 22:57, Kevin Humphreys (Sherwood CC) 23:28, Michael Wilkinson (South Normanton CC) 23:32, Martin Lister (Witham Whs) 24:35, David Yarnham (Peterborough CC) 24:35, Rod Weston (Melton Olympic) 25:08, Ben Turner (VC Long Eaton) 25:15, Roy Oakes (Team Ohten Aveas) 26:35, Russell Carter (South Pennine RC) 26:59, Matthew Finch (Leicester Forest CC) 28:01.

The VTTA East Midlands 10 mile TT event was held on the same course as the Melton Olympic CC the week before, using the A10/3 A46 Carr Colston – Elton Course. This is the first time this event has been run here as it has in the past taken place on the A1 Long Bennington – Gonerby Moor course. I must admit I was a little sad at the change of venue, as like myself many riders owe their PB's to this and many other A1 courses; nevertheless it was an excellent event. As with the Melton event the week previous there was a high level of veteran entries (60) with over 50 out of these finishing. It was the first time in my experience that Age Adjusted Time has been used instead of Standard times.

The award winners were:

Actual times	
1 - Alex Pritchard (HUUB WattShop)	18:26
2 - Ollie Hucks (Kalas Motip)	19:03
3 - Lucas Jowett (Saint Piran)	20:02
4 - Mark Greenwood (Lungs 2 Legs)	20:04
5 - Matthew Uttley (Nottingham Clarion)	20:07

On handicap

1 - Katherine Smith (Sleaford Whs)	17:16
2 - Mark Bottrill (Team Bottrill)	17:41
3 - Kevin Wood (Sherwood CC)	18:02
4 - Matthew Sewell (Beeston RC)	18:03
5 - David Hayward (Matlock CC)	18:04

On age adjusted time

1 - Richard Oakes (Team Ohten Aveas)	17:50
2 - Mike Twelves (Team Ohten Aveas)	18:40
3 - Joseph Costello (Legato RT)	19:00
4 - Andy Thomas (Lindsey Roads CC)	19:05
5 - Mark Jones (Drag2Zero)	19:43

Fastest lady on actual
Sarah Harrison (Trek Sheffield) 23:51

Team on actual time
Team Ohten Aveas (Richard Oakes, Mike Twelves & Robert West) 59:38

Team on age adjusted time
Team Ohten Aveas (Richard Oakes, Mike Twelves & Robert West) 56:19

By the time you read this the East Midlands Group will have promoted the VTTA 50 Mile Championships on Saturday 10th June. As I write this in early May I can only thank Colin Parkinson for taking on the organising task, thank everyone who has helped and hopefully be able to offer congratulations to award winners from our group.

Also, if any Group Member has any news of events, news of other members and in particular if they are riding events outside of the East Midlands area please let me know, my email is davidherd63@gmail.com. Thank you.

KENT

Tim Carpenter

We sadly reported in the last edition that Vic Williams, Medway Velo had passed away. David Mackey writes:

"Prior to the Velo's formation he [Vic] was a leading member of the Medway Road Club, and along with Geoff Wiles was a key force in the founding of the club. He took an active role in the governance, not only of the club, but also the discipline of time trialling, as he had served on the local district committee of what is now the CTT since the 1960s, retiring from his role of Hon Assistant Secretary in the last few

years. Vic took great pride in being elected to life membership of the Medway Velo and had served in a number of positions on the club committee. His support for time trialling was unwavering, being a Vice President of the Kent Cycling Association, a holder of the prestigious RTTC Gold Badge of Honour, a member of the CTT appeals panel, and often being a timekeeper at local events, including many years service at the Wigmore CC hill climb. Vic had also been an event organiser, and a supporter of members whenever they rode, including providing invaluable assistance to a number of Velo riders when they broke club records at a number of distances.

Club chair Rob Kennison reflected the views of all Velo members when he remarked "We will always remember and be grateful for the thousands of hours Vic put in so that others could enjoy the sport".

Can I add a belated thanks to Helen Longbottom for the pictures of Pat Hill's seat dedication in the last edition of the magazine.

We had 33 finishers in our first promotion of the year, a ten on the Isle of Grain course in March. Mark Vowells was third on age adjusted time and was fastest Kent Group member so won the Mick Dansie Memorial Trophy.

Unfortunately, the Group 30 on the 23 April had to be shortened to a ten. Thanks to Bob Giles and John Longbottom who sorted out this new course at very short notice. We had 15 finishers out of a field of 20. Mark Hill (VeloRefined Rule 5) was fastest Group member on AAT with a 21:22. This does mean that the Charles Robson trophy won't be awarded this year.

Here is a selection of other results: There were three Kent Group members riding the L&HC '10' on Sunday on the F11/10. as follows:

David Prom (San Fairy Ann CC) - 22:01 actual (75th), 21:00 AAT (60th)

Antony Bee (Wigmore CC) - 22:20 actual (51st0), 20:42 AAT (51st)

Mark Vowells (San Fairy Ann cc) on trike - 24:46 actual (109th), 19:20 AAT (20th)

Winner: Richard Oakes (Team Ohten Aveas) 18:12 actual time and was first on AAT with 17:06.



Mark Vowells at the TA Bill Finch Memorial '25' at Chilham

LONDON & HOME COUNTIES

John Hoskins

I realise that people will be reading this in late June/early July, but for me in front of the PC today it's still May and the London & Home Counties have only completed their first promotion of the season a few weeks ago. But what an event it was.

We had 123 solo riders, three tandems and eleven club teams ride and finish. The event was dominated by an outstanding ride from Richard Oakes (Team Ohten Aveas) who not only recorded the fastest actual time (18:12, nearly half a minute faster than second fastest) but also won the event on AAT (17:06) nearly a minute better than the next rider on AAT. His Team's riders were placed first, third and fourth on AAT and first, third and eleventh on actual times. L&HC member Joel Stewart was a strong member sharing these team awards.

For the London & Home Counties riders there were mixed fortunes. Linda Dewhurst of Team Milton Keynes won the ladies' event on AAT with 18:21 (23:21 riding time). In the ladies' results the L&HC were represented at first, fourth and sixth. In the tandem event L&HC riders produced the two best times, both on actual and on standard. Being at the finish I was treated to what was effectively a three-up tandem sprint with all three tandems finishing within 2 seconds. Both the sprint and the event were won by Rachael Elliott and Ian Greenstreet (Newbury Velo) with their 18:46 actual time (fastest by two minutes) also achieving the best on standard (best by three minutes).

But probably the L&HC's main contribution was the marshalling and other helpers who ensured that this was a classic event. We had 15 members and friends listed on the result sheet as helpers on the day, and although we did offer payment to offset expenses to them all, this was easily possible with 150 plus entrants. Joy Payne (High Wycombe) was at the helm for this event, closely helped by husband John. She did an outstanding job, as well as giving up the chance to ride the event as she usually does. Thank you, Joy.

It was also our first use of the Resultsheet app which produced results in real time, available to anyone with a smart phone seconds after a rider finished. This system is rapidly becoming the norm for time trials across the country, not only for large events such as

Kevin Tye has started the season well with a 52:32 on 15 April in the Farnborough and Camberley 25 at Bentley (H25/8) for 6th on actual time (2nd Std) then a 51:05 in the Shaftesbury '25' on the F2A/25 (Cambourne) 11th fastest, and 20:31 in the Newbury Velo '10' on 29 April on the H10/17 (Kingston Bagpuize) for 2nd fastest.

On 30 April, Mark Hill was 2nd in the Wigmore 25 at Chilham with 55:28 and 1st on std/AAT. Group member Huseyin Vardal (Gemini BC) was 4th with 57:00 and Paul Burrows (Thanet RC) 5th with 57:15, and first road bike.

Andrew Meilak was 2nd in the KCA 10 at Ham Street on 16 April with 21:29; this was another event reduced by road works as it should have been a 25.

Antony Bee was fastest in the Group's 2nd 10@10 held last Wednesday (3 May) with 24:05 (on actual time) and Mark Vowells was 2nd with 25:27 (on a bike!!!), and first on std (the old standards). We had six riders which is quite good.

Antony leads the series with two rides so far and the remaining dates are 7th June, 5th July, 2nd August, 6th September, 4th October and 20th December. All are Wednesdays and all on course Q10/33; the December event is for road bikes only.

this one, but also for smaller open and even many club events.

Personally I'm not a huge advocate of riding on dual carriageway courses, but there is no doubt that the F11/10 ten course (along with other "fast" courses across the country) attracts bigger fields than many other courses. We try to balance our two events on this course with two mid-week events on a very popular course based on a single carriageway part of the A4 just west of Newbury, and an event on the H25/2 in London West which has a mix of dual and single carriageway roads.

But the fact remains that it is our F11 promotions that ensure the financial security of the Group and it's certainly more rewarding in other ways for promoters to have a full field and we can promote with 150 riders on this course - plus reserves. The two mid-week events we promote are growing year on year; last year the second of them had over 60 riders on the start sheet, really impressive for a mid-week afternoon ten on a single carriageway course.

At its next committee meeting the Group will be discussing how much weight we will be putting behind the CTT's efforts to promote "road bike" events, or at the very least "road bike" categories in the prize lists of our existing events. I applaud the CTT for looking at this aspect of our sport to help new riders come into it without having to spend silly money to compete on a level playing field. As is no doubt the case for the majority of those reading this (you all being veterans), I started with what was virtually an off the peg "racing" bike and even now have never spent more than £1800 on a bike. But I am aware that there is pressure to have the best equipment, which translates into silly money for a new rider. At our recent lunch, Martyn Roach spoke at length on the subject with some force. He believes (as I do) that the cost of what many consider to be a "required" time trialling bike puts the sport out of the reach of many newcomers.

Perhaps it is not a priority for the VTTA to look at how to attract new riders into the sport, providing as we do more for experienced and senior time trialists. But time trialling may cease to exist unless some changes are made to the sport. So we (the VTTA) must use our considerable influence, knowledge and experience to promote across all types of events, not only our own, otherwise the supply of new members

will drain away if there are no new entrants into time trialling.

Talking of time trialling outside of the VTTA a new problem is starting to occur within the CTT London West area (a large part of the L&HC target area) that is affecting some courses. Many villages are putting in place 20mph limits which to all intents and purposes makes time trialling through those villages impossible. I wonder if this is a national problem or just restricted to South East England. London West has already disallowed two courses and others are up for consideration currently. This of course is in addition to traffic count figures creeping up – putting other popular courses into danger. Playing about with the times we allow events, both mid-week and weekends, only provides partial solutions. It may be that moving away from set distances would help, or at least lessening the problems created by the start and finish being within certain distances. But I see this as part of a long term problem, not a temporary blip. I would really hate to see this sport become limited to closed circuits and on-line only events. Both will feature in our future, but I hope not becoming the only time trialling to exist.

MANCHESTER & NORTH WEST

Ken Workman

I trust the new season has started well for those in competition, and that the summer will bring you continued improvements.

Until recently our Group committee included only the Chairman, Treasurer, Recorder and myself, but thanks to some chivvying by Tony Farrell, we four have become seven. I belatedly welcome Mike Cotgreave (Westmead Team 88), as Secretary, with Barrie Whittaker (Lyme RC), and Ian Peacock (Leek CC), serving on the committee.

Our Recorder, David Wright, reports that 33 members, including several new joiners, have now entered for their Standards. This is a welcome 32% increase since the last issue.

M&NW Group has attracted a goodly number of new members recently, but as they will be named elsewhere I'll welcome them anyway.

Manchester & District TTA organised the season's first 'J' course event; a '10' on J4/20 on 4th March; the first event of their Cheshire Points Series. 14 M&NW

members competed. Unsurprisingly, Charlie Tanfield (Saint Piran), a World and European Championship team pursuit medalist was fastest with 19:50. Richard Shaw and Stephen Dooley (both Seamons CC), were the best placed vets in 6th and 7th, with 22:31 and 22:38 respectively. Mat Stephenson and Mick Hutchins, both Congleton CC, came in at 11th and 12th with 23:18 and 23:24. Kevin Blades, (360cycling), took 23:34 to get round while our best placed lady was Lucy Rogers (Congleton CC), whose time was 24:53 for 2nd fastest lady. Eight other Group members competed, including Alan Shuttleworth (Weaver Valley CC), this time on two wheels instead of his usual three. 81 year old David Griffiths (Crewe Clarion Wh), took 33:50 for 51st, but certainly **not** last place.

11th March saw another M&DTTA '10' on J4/20; a chilly day when 18 'of ours' competed. Six M&NW men were in the fastest 10; the fastest being the 22:26 of Seamons CC's Stephen Dooley, earning him 4th place to the winner's 21:13, Stephen was also the fastest vet. Then came a group of five M&NW men within 45 seconds; Richard Shaw (Seamons CC) was 6th with 23:00, closely followed in 7th by Mick Hutchins (Congleton CC) with 23:06, Mat Stephenson (Congleton CC) claimed 8th place with 23:31, Michael Greaney (Stockport Clarion), took 9th with 23:37 and Mike Walker (Congleton CC), earned 10th place for his 23:45. Lucy Rogers 24:43 (Congleton CC) was fastest woman in 15th place. We had 11 other finishers including Crewe Clarion Wheelers' Vic Trigger, the event's only tricyclist who avoided being last by over five minutes with his 35:13!

18th March saw another good showing from 15 'of ours' in the combined M&NW Goup/M&DTTA '10' on J4/20. Charlie Tanfield (Saint Piran), again went round in the the fastest time with 19:07; again he was the only rider to dip below 20 minutes. Seamons CC's Stephen Dooley's 56 second improvement from two weeks earlier to 21:42, earned him equal 6th fastest plus fastest vet. Manchester BC's Alistair Rutherford with his 21:50 followed one place behind, while a further two places back in 10th was Kevin Blades (360cycling), with his time of 22:29.

Lucy Rogers (Congleton CC), was our fastest lady who recorded 23:58 to be 2nd placed woman.

Manchester Wheelers organised another of the M&DTTA Cheshire Points series on 22nd April on the

Whaley Bridge by-pass. From the M&NW Group, Michael Greaney (Stockport Clarion), was 9th fastest and best placed vet with 22:39. Mike Walker (Congleton CC), took 11th place with 22:44, and Mick Hutchins (also Congleton CC), whose 22:58 earned him 15th place. Lucy Rogers, also Congleton CC, was fastest lady in 23:39 for 20th place; another Congleton CC girl, Lynsey Astles timed in 26:20. Peter Jackson (Macclesfield Wh), took 25th place with his 25:26, while yet another Congleton CC rider, Gail Lowe, was one place behind him with her 25:53. Seven 'of ours' completed - just two riders were on road bikes.

29th April saw Macclesfield Wheelers promote their '25' on J2/9, where Charlie Tanfield's (St Piran), winning ride was 3 seconds outside 49 minutes. Seamons CC's Richard Shaw was fastest vet with his 53:47 for 4th fastest, outpacing his Seamons' club-mates Alan Chorley and Ade Hughes by over 2 minutes. Lucy Rogers' 59:24 was fastest female vet in 23rd place. John Verickas (Seamons CC) and Alan Shuttleworth (Weaver Valley CC), brought up the rear with 1:15:59 and 1:16:40 respectively.

It may still be early in the season, but is the old order changing within Seamons CC? Their 'usual suspects' Alan Chorley and Ade Hughes, don't seem to have made an impact thus far, and now it seems that Richard Shaw and their other newish vets are moving up the pecking order.

Dukinfield CC promoted their noted '50' on J4/9 on 6th May. Richard Shaw (Seamons CC) was 5th fastest with 1:51:20 and also fastest vet; again beating his Seamons CC club-mate, Ade Hughes, this time by over 3 minutes. Lucy Rogers (Congleton CC), was fastest female with 2:02:06, over five minutes ahead of Joanna Cebrat (360cycling). Other M&NW members who finished included Kevin Blades (360cycling), Phil Robinson (Janus RC), and Mike Walker (CCC), who shared 33rd place with 2:03:25.

On 13th May the M&D Ladies CA promoted a Womens '10' on the J4/20 (Byley). Once again Congleton CC demonstrated their strength in depth by taking the first three places, Lucy Rogers came out on top with 22:58, Gail Lowe's 24:34 shared equal 2nd with our former member Claire Harrison. Congleton girls also took 5th and 7th places through Lynsey Astles' 26:05 and Alison Stephenson's 27:36. Might it be of some concern that from 11 riders, only one was aged under 40?

M&D Ladies also promoted a mens' 'Invitation' 10 mile event starting after the ladies. M&NW man Alistair Rutherford (Manchester BC), was fastest vet in 5th place with his time of 21:32. Kevin Blades (360cycling) and Mat Stephenson (Congleton CC) were 11th and 12th with 22:49 and 23:03 respectively. Andy Cummings (Warrington Triathlon Club), was 14th in 23:53, while Ian Holbrook (Stone Wh) was a mere 2 seconds behind for 15th place. Robbie Harcourt (Salford CC), timed in at 24:29; Paul Basson (ABC Centreville) went round in 25:04 for 21st place and Chris Wilcox (Lyme RC), came next with his 25:08. Our new committee member from Lyme RC, Barrie Whittaker, followed up in 24th place with 25:19. Peter Jackson (Macclesfield Wh) was =25th with his 25:23, while his club-mate William Renard took 28:49 for 33rd place. John Verbickas (Seamons CC), took 36th place with his 29:23. Vic Trigger (Crewe Clarion Wh), apparently forsaking his trike, recorded 34:29 for 38th and last place. On the day seven entrants competed on road bikes.

I note that Congleton CC's soon-to-be 40 years old, Alistair Ribbands, won round 4 of the M&DTTA Points series which was a 'road bike 25' on Saturday 29th April. Alistair whizzed round J2/9 in 55:09, with a handsome winning margin of 4:07.

STOP PRESS: On the very day of the deadline for this text, I heard that Alistair had joined our ranks. I do hope it was something I said!

M&NW Group will also be promoting a 25 mile event on 1st July, for which the entry date may have already passed, even so, it might not be too late to offer your assistance.

Looking even further ahead in July, our Group is involved in promoting two events; these are the Seamons CC '25' on Saturday 15th, and Congleton CC's '50' on Sunday 30th, so I urge members to offer their help. Ironically, my own recent offer to perform two functions at a local event was flung back in my face after I had spent some hours in preparatory work. It's possible that other potential helpers 'will have some paint to watch dry' when that particular organiser next asks for assistance.

Do take advantage of the summer to improve your performances, the next couple of months usually provide the best conditions. But please be careful out there.

MERSEYSIDE

Brigid Night

We are delighted that our President, Phil Guy of North Shropshire Wheelers, was presented with a Certificate of Honour by CTT Board member Sue Bowler, at the SCCA prize presentation in recognition of his contribution to the sport. Chapeau to Phil, where would be without him?



Update on our group events

The first three of our group events have now taken place to. There was an excellent turnout for the Liverpool Braveheart 10 on 1st April. In the Road Bike category, the fastest Merseyside Veteran in 5th overall was Mark Robson (Liverpool Phoenix CC) with a time of 26:58 and an average speed of 22.25mph. Thirty-seven veterans finished on TT bikes. The fastest female Merseyside Veteran was Janet Fairclough (Liverpool Phoenix CC) with a time of exactly 27 minutes. The Graham Weigh Racing-Deeside Olympic club were placed first, second and third of the Veterans, all Merseyside Veterans, and there was only 10 seconds between the times they achieved. First of these was Matthew Welsh with a time of 21:58, second was Dr Barry Murphy in 22:06 and only two seconds more was Alan Broadbent. Jarod Garrington (Velotik RT) is the winner of the Ron Yates Trophy for a Best Age Adjusted Time of 21:20. Matthew Welsh (Graham Weigh Racing-Deeside Olympic) also won the Leo Madden Trophy for Fastest Time.

There were 43 Veteran entries for our second group event of the season, the Mid Shropshire 25, on 16th

April. Helen Tudor of Oswestry Paragon CC finished first of the Merseyside women veterans (5th overall) with a time of 1:13:15. The first four veteran men to finish were all Merseyside Vets. In first place was Tim Beardmore (Bridgnorth CC) in 56:34, 26.517mph, followed by Jarod Garrington in 56:50. In third place was Jonathon Mills-Keeling (Bridgnorth CC) in 57:09 and fourth Barry Murphy. It was wonderful that so many Merseyside Veterans took part in this event. The winner of the Walvale Trophy (Best Age Adjusted) is Tim Beardmore with an ATT of 54:24. Jarod Garrington wins the Brooke Cup (Fastest Time) and Helen Tudor with a plus nearest to +0.02sec wins the Fitzpatrick Shield.



Our third event group of the season was the West Cheshire 30, which took place on the 14th May. Deb Hutson-Lumb (Wrekinsport CC) won the John Clucas Memorial Trophy (Best Age Adjusted) with a AAT of 1:02:32. The George Hayes Trophy (Fastest Time) was won by Dave Williams (Velotik RT) with a time of 01:03:37.

The remaining group events are:

4th June - Chester RC 25

Colin Rutter Cup (Best AAT)
WJ Smith Rose Bowl (Fastest)

11th June - West Cheshire 50

Dick Corris Memorial Trophy (Best AAT)
Eddie Gradden Trophy (Fastest)

1st July - Port Sunlight Whs 10

Oscar Dover Cup (Best AAT)
Hilda Dover Cup (Best AAT(lady))
Derek Ireland Cup (Fastest)

27th Aug - North Shropshire Whs 25

Joe Brooke Trophy (Best AAT)
Gomersal Cup (Fastest)

All the Standards in a Season (Seven or Eight)

It was reported in the March Veteran that Chris Hanson-Jones, of Frodsham Wheelers, was awarded the "Most Meritorious Cup", together with his tandem partner Brigid Night, also of Frodsham Wheelers, for having achieved all eight Standards in the 2022 season; the editor did not recall this having been achieved before. Chris knew that his father-in-law, Don Hanson of Prescott Eagle (at the time), had achieved all seven standards in the 1991 season (the 15 mile TT didn't come until 2013 or 2014). But what Chris didn't know, until he was presented with the cup, was that Don's achievements had also been deemed worthy of the Merseyside Group's Most Meritorious Cup. Both Don and Chris were delighted to see two family members named on the same prestigious cup, having the "Most Meritorious" in the family.

We are keen to hear of others who have also achieved all 7 or 8 Standards in a season, if you know of others, please let us know, email brigidnight@gmail.com.

NORTH

Gavin Russell

National Recognition

What a start to the season, with the Yorkshire Group organizing the first VTTA Championship of the year. In April, the fast V236/1 course, based on the A168/A19 dual carriageway, played host to the 2023 National VTTA 25 mile Championship. Whilst the results are reported fully elsewhere, it is fantastic to report that the North Group's Russell Richardson (of Zurbaran Racing) came out on top and was awarded the men's championship jersey, cap and gold medal.

Russell has consistently appeared in results over a number of years across the North East, North West and Yorkshire. Now retired, he has achieved his first championship jersey and hopefully is looking to add to it. By winning this championship, he has become something of a local celebrity, with regional newspaper The Northern Echo, publishing under the banner "Meet Russ Richardson, Crook's only reigning national champion" committing a full page for an interview with Russell, together with a photo of him in his championship jersey.

Later in April, both Caroline Ratcliff and Paul Tyler, both of Ferryhill Wheelers CC, were successful in recording North Group outdoor track records at 5km, 10km, 5 mile & 10 mile. Using track fixed wheel machines, on a cold and windy morning they rode consistent lap times to reach their goals. In achieving the group records, Caroline also set women's national records for all distances up to 10 miles for a 58 year old, on an outdoor track. These have now been verified and will be entered into the national record listing. Caroline, who is experiencing a successful time trial season to date, is hoping to return to the track later in the year, in hopefully better conditions, to try and improve on her times. Paul, having not been well for some time, has decided to call a pause to his racing season. Our best wishes go to him for a speedy recovery.

With the up and coming Northern Closed Circuit "All Comers" championship on 21 June, being held at Croft in North Yorkshire, hopefully our North Group members can add to these accolades.

Time Trial Season

With the season underway, at the time of writing three North Group events, (2 in Teesside and 1 in Tyneside) organized by supporting clubs, have now been completed. Thanks go to those officials who have organized the events on behalf of the group, and especially to Sharon Dyson for co-ordinating the events in the north of the region and also for keeping the group's points co-ordinator apprised of the results of the group's participating riders in the Tyneside event(s).

Updates on the members positions in the various group's competitions will be publicized via Facebook posts and websites, as the season progresses.

Croft Closed Circuit 10mile Time Trial Series & CTT National Closed-Circuit Championship

The group members are continuing to support the Croft 10 Mile Time Trial Series, now in its seventh year. Held on the Croft Motor Racing Circuit in North Yorkshire, this is a series of 10 mile time trials. open to all ages from 6 to 90+. They are based on the "Come & Try It" club event principal. All are Wednesday nights, with signing on starting at 5.30pm, with riders starting at 30 second intervals, commencing at 6.30pm.

Outstanding dates agreed are: 19th July & 9th August.

Why not try one, as the Teesside district, officiated by many of the group's officials, are organizing the 2023 CTT National Closed-Circuit Championship on Croft on Sunday 8th October 2023. This will provide members an opportunity to win CTT national age group awards.

Do not forget, that a time recorded in an open event on a closed-circuit is also eligible for standard awards.

Plea for Help

With the recent passing of Charlie Burton, the widower of the late great Beryl Burton, who dedicated his life to providing support and backup to his wife, it is pertinent, on reflection, that throughout our sport of time trialling, that we need to recognize that supporting every club/association official, event organizer/official and competitor, there is always someone, whether family or friends, who in turn provide everyday support. As current officials slowly age or are no longer with us, it is important that, as some find that they can no longer commit or fulfil the activities they have previously enjoyed, that the younger members of our association step up and offer their services in whatever capacity they feel they can assist.

May we please remind all members that without the few souls who each year are prepared to organize and assist at events, then we would not have a programme of events and competitions to compete in. If you can ride, please do, if not, please offer to help and volunteer your services, as they will be much appreciated, as without such help, events cannot go ahead.

Further Information

If you require further information regarding the track record attempts or want to have a go, please do not hesitate to contact the writer. Finally, should any group members require information regarding the group's activities or wish for anything to be included in future "Veteran" magazines, please do not hesitate to contact the writer either by email on gavin_russell@hotmail.co.uk or by telephone on 01642 654419.

NORTH LANCASHIRE & LAKES

Richard Taylor

The North Lancs and Lakes Group Championship for 2023 came to a grinding halt with the cancellation of the mid-week 25 mile event based, scheduled for 12th April on Winmarleigh. As many concerned with our promotions have observed, the emergence of roadworks and their subsequent temporary traffic lights have blighted this event virtually every year, with reduction of length or amendments to the course being de riguer. This year alas, two sets had emerged at opposite ends of the course to deem the event dead in the water. It wasn't helped by the persistent rain and 5° temperature which had seen a third of the meagre field tender their apologies.

The VTTA Group 25 championships will now be up for grabs in the Preston Whs 25 on 4th June along with the NLTTA champs.

One event that was successfully run was the Southport RC 15 mile time trial which incorporated the Vets 15 and was organised by group member Alan Stark. Based on a new course centred on Tarleton south of the Ribble, the fastest VTTA NL&L rider on the day was Matt Stell with 34:49 followed by recent acquisition from Manchester and North West, Paul Shallicker who timed 35:14. Exactly a minute behind was the evergreen Paul Fleming on 36:14 with another Paul, Mr Russell on 36:50.

Fastest lady on the day was Debbie Moss, 37:20, followed by Secretary Sue Cheetham 42:01 and Theresa Taylor 42:30. Howard Leach powered his road bike to 44:32 with dad John timing 47:09. Rob

Rix recorded 48:46 and Brian Moore steered his barrow to 52:31.

On AAT the winner was Debbie Moss with 32:05 with Paul Shallicker's 33:58 just 8 seconds too good for Paul Fleming, to claim the runners up spot.

David Parkin of the Velotik RT was fastest on the day with 31:50. Many thanks to Alan for organising the event.

Our members enjoyed an 'away-day' when they turned out in force for the Yorkshire Group 25 near Thirsk, which this year was the VTTA National Championship. Although missing out on the top spots by slim margins it was still a successful trip with us returning with 8 of the 14 VTTA medals on offer. Full result elsewhere in this magazine. No doubt the group charabanc stopped so our riders could celebrate victory over the old rivals with a few beers, as it wended westwards back over the Pennines.

Several group age records have been updated in two 10 mile events held on the Levens course in southern Cumbria. Firstly, in the East Lancs RC 10, Mike Westmorland updated the age 78 mark by over 2 minutes with 23:58, Theresa Taylor marked her 63rd year with 25:01 and Brian Moore's 30:35 was a record for a 68 years old on a trike.

The following Saturday, West Pennine RC organised their annual 10. Debbie Moss set a new mark for a 53 year old lady with a speedy 21:8, Peter Greenwood broke the previous record with 21:56 at 71 years of age, and Mike Westmorland and Brian Moore updated



Elaine Ward with NL&L National 25 Group Team Champions Richard Bideau, Deborah Moss and Peter Greenwood

their previous weeks rides with 23:46 and 30:18 respectively.

Dates for your diary:-

Sunday 11th June Open 50 Keswick 7am

Sunday 23rd July LTTA 100 Keswick 7am

Tuesday 15th Aug Open 10 Milnthorpe 1pm

Sunday 17th Sept NLTTA 50 Keswick 7am

All help would be gratefully received.

NORTH MIDLANDS

Chris Lea

An early announcement! The North Midlands' Annual Luncheon and Prize Presentation will again be at the Holiday Inn, Rotherham, on Sunday 18th February 2024. Thank you to Ala Whitehead (Rockingham CC) for making all the arrangements.

Now a reminder that there is a new competition for 2023: best on standard/age adjusted time over combined distances of 10 and 25 miles. We hope for plenty of qualifiers and expect a close finish.

This issue we focus on the season thus far for three members of the North Midlands: Nick Latimer (Team Lifting Gear Products), Sarah Harrison (Trek Sheffield), and Andy Whitehead (Rockingham CC).

Nick has been concentrating his efforts on the RTTC and Merlin Cycles Classic Series. The six races that make up the series are on tough sporting, if not mountainous, courses. Points are awarded for each event, and your best four events count for the series overall. In the Vets scratch competition Nick has placed 4th, 2nd, 1st and most recently 3rd, after five of six events. With one event to go, currently Nick leads the scratch competition and is also well-placed on target time. Fingers-crossed for that last event!

Sarah has ridden events at 10 and 25 miles. With a new bike for this season she has been posting some good times and placing well-up in the women's field. 6th on both scratch and AAT in the VTTA National 25, with 1:02:13. 1st in the VTTA East Mids 10, in 23:51; hats'off! And 2nd with 1:00:32 in Melton Olympic CC's 25. It is looking promising for the rest of the season.

Andy has already ridden seven 10s this season, beginning with the Yorkshire VTTA event on 4th

March, in which he recorded (for him) a modest 25:27. After posting 25 minutes in his next two events in March, he picked-up the pace in April; only just outside a 25 mph ride at the beginning of the month, with 24:10 in the City Road Club (Hull) event. He then improved rapidly as the month progressed to finish only just outside 22 minutes in Birdwell Whs 10 on the familiar O10/1 course at Hatfield, with 23:01. He continues to post 23 minute rides and has also gone under the hour for the first time this season. Again, this bodes well for future rides.

On other matters.....we still need a volunteer for Trophy and Medals Secretary.....to collect-in trophies at the end of the 2023 racing season and to arrange for them to be engraved with the names of our winners, and to also arrange for engraving of standards medals. The other members of the committee help out, so it's not too onerous a job, but which needs doing. Please contact Chris Lea (01298 256432 / 07731 653019) to find out more. Your help is needed and will be very much appreciated.

We again close with recollections from our Chair, Peter McNally (Rutland CC), of an evening 10 in Lincolnshire.

"The Sturton-By-Stow School Cycling Club is a name to remember. With a good entry of 13 tandems (!) and 89 Solos, the course veered sharp left after only six yards, then down a short steep hill onto a straight flat road to the turn, before retracing to the finish at the bottom of the hill. Riding for the school that evening was the son of one of my regular competitors. Still only about sixteen or seventeen he was a big strong lad and had been doing some decent rides. Before the start he told me he was going to beat me and I would never hear the last of it. With my time only average, but in the first half of the field, I was able to look closely at the result board. Was he faster than me? No. Slower by one second. Close, but not good enough. Deeply satisfying and long remembered."

SCOTLAND

James Skinner

News

Following the sad news of the passing of Peggy Munro, Alex has sent the following correspondence:

"I would like to thank everyone at the SVTTA, who sent condolences in respect of Peggy, and to George

and Jon who made a 500 mile return journey on the day, it has lifted my spirits, and inspired me at 90 years of age, to ride this season in commemoration to Peggy and our late J.J. Harris".

Having been so inspired to ride this season Alex got his first standard of the year at the North Wirral Velo 10 by riding a 31:18 on his 90th birthday, soon thereafter he rode the Wigan Wheelers 10 on the Levens course, finishing in a low 29.

Racing

As we go to press, the regular midweek time trials are well underway at both Fife and Georgetown Road with good numbers of participants showing in all events.

It is good to see committee member Iain McLeod back racing after a few years off, a couple of early season 10 miles gaining Iain a 28:34 and a 29:53.

I'm sure most of you are looking forward to the upcoming UCI World Championships, held in the Scottish central belt in the first 2 weeks of August. For those wishing to witness the events, both the men's and women's time trials are being held on roads that are familiar to many of us.

The start line is almost at our Cambusbarron 30 mile TT start, with both routes heading along towards Gargunnoch before turning along Packers Lane to Blairdrummond, the ladies then take a shorter route back to Kippen roundabout, with the men riding up to Thornhill and taking the technical descent to Kippen, a loop through Gargunnoch village and a stiff climb up Touch Road and through Cambusbarron village should empty the legs before a drop into Stirling and a climb to finish at the castle. There have been reports of international riders entering local time trials. as when they arrive in Scotland, they still need to taper their fitness for the world championships, it might be worth a look over some preceding start sheets for some well travelled riders.

(Talking of the Cambusbarron 30 TT, just a reminder that the VTTA National 30 Miles Championship is on that course on 30th July. Due to its proximity immediately before the Worlds there are expected to be a goodly sprinkling of Sassenachs. Editor)

The men's road race starts in Edinburgh, crosses the New Queensferry crossing, back over the Kincardine bridge, into Carron Valley and over the Crow Road

riding to Glasgow via Bearsden to complete circuits of the city centre and west end.

The woman's and under 23s road races start at Loch Lomond, and head over the Crow Road via Gartocham and Balfron - it would be good to see these roads being resurfaced for future use.

Para cycling will take place mainly in Dumfries, mountain bike cross country at Glentress in Peebles, and downhill at Fort William, BMX racing will be at the purpose-built Glasgow BMX Centre in Knightswood, with BMX Freestyle and trials at Glasgow Green. Track racing will, of course, be at the Sir Chris Hoy Velodrome.

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

YORKSHIRE **Chris Goode**

It was sad to hear recently that both Bob Tate and Charlie Burton had passed away. Their presence, good humour and warmth will be missed. You can read about Bob in Mike's obituary and as many of you will already know he was a great contributor to Yorkshire cycling in the VTTA, latterly as Chair of the Yorkshire VTTA group, as an organiser and through his enthusiasm for the sport. Mike and Barbara Penrice, Cheryl and Ron Trueman, Mike Williams and George Young were present at the funeral to pay their respects. There were over seventy people that attended Charlie's service, near Thirsk. It was very much a celebration of the life of this remarkable man. Denise Burton-Cole, her husband Clayton and extended family paid homage to his constant support for Beryl, his family and club mates. He was an ace mechanic, husband, father and soigneur. Have a read of Jeremy Wilson's recent biography of Beryl. It was not just Beryl who was the greatest.

Early in the spring, our recorder, Jymmy Trevor organised the Icebreaker Ten mile TT on the Red Wall, not of China but Boroughbridge. Richard Sharp (ADDFORM Vive Le Velo) was second with 20:36, one second behind Marcel Schubert, the current BBAR champion. Fastest woman veteran was our group secretary Karen Taylor (Springfield Financial Race Team) recording 27:39. It was a cool event, as you would expect for 4th March but dry and with little wind.

Jymmy had worked hard to attract a good field and was rewarded with a superb entry of 109 riders including 9 tricycle entrants. The latter was won by Geoff Booker in 31:28, (Geoff is renowned in tricycle circles for his engineering skills, notably the Tri-kit conversion). It is great to watch Jymmy Trevor's development on a racing tricycle, having acquired his first machine only last August. He has lowered the City RC (Hull) ten mile record twice already this year. Jymmy has also competed recently on his 72" fixed wheel bike against Goole Vermuyden C.C.'s, Chris Dugher. You might like to thank Cornelius Vermuyden, a Dutch drainage engineer, who introduced land reclamation methods to England in the seventeenth century. He helped create some flat courses, south-west of the River Humber. Keep up the good work and thanks for organising this successful event.

Many thanks are due to Blair Buss and his team of helpers for organising the successful National 25 in April, on the V236/1, near Thirsk. Please see Mike Penrice's report. The Yorkshire Group star performer was undoubtedly women's bronze medallist Angela Hannon-Flaherty (Seacroft Whs) but with such a large entry from our own members there was a set of non-championship awards for them to compete for. Angela took her Yorkshire award as Actual fastest female group member; the corresponding male award was taken by new member Aidan Adams (Harrogate Nova) under the one rider one prize rule after our Richard Sharp (Addform Vive le Velo) had been actual fastest in the entire event with 49:19. Sue MacFarlane (Army Cycling) also benefitted from the one rider one

prize rule, taking the fastest woman on AAT award with 57:04 behind Angela, and the men's equivalent was won fairly by Otley CC's Tim Garwell with AAT 50:07. There was also a Yorkshire group club team award, which as expected went to the Addform Vive le Velo trio of Richard Sharp, Neil Cleminshaw and Andrew Coulbeck.

Special mention needs to go to those unheralded riders who miss out on the award but prop everyone else up - Stephen Broadley (Otley CC), Allen Bell (Yorkshire RC), Mike Cole (Huddersfield RC) and George Young (Clifton CC). Well done to all Yorkshire riders who made up a quarter of those entered.

It was also a first outing as a member of Yorkshire Group for Gretchen Zoeller, newly transferred from East Midland Group. Members do move around and our former star lady Liz Ball (Valley Striders) has now relocated to Edinburgh for retirement and is intending transferring to Scotland Group when settled in; we wish her well.

Our membership benefitted from new members and rejoiners in the run up to the 25 as any non-member entrant was encouraged to join (either Yorkshire or their local group). All are welcomed on the 'new members' page; we hope you enjoyed your participation in the event and will welcome your ongoing support to our other events and competitions.

It is long overdue for Mike Williams and his wife, Julie (a skilled trampoline coach of youngsters and the coaches), to be invited to a royal event. I was expecting it to be at Buckingham Palace (built in 1703 but called Buckingham House initially), but Windsor Castle has more history behind it (built in 1070). In Mike's words, "I went to the Coronation Concert at Windsor Castle with my wife who was awarded a Coronation Champions Award. The invite was part of the award for the 500 people out of 6000 who were nominated to receive the award. I was only there to carry her bag".

Another coronation story involves a hilly event of 19.6 miles that Yorkshire Coast Clarion organised, on Coronation Day, 6th May. Out of a small entry of predominantly veteran riders Ellen Messingham was the fastest woman, in 58:42, and Andy Askwith was the fastest male veteran, recording 50:53. Ellen and Steve Guymer were the fastest up the first hill and won a tin of King Charles III's biscuits each. Security was tight but there was no trouble with the booking



*Addform team (L-R) Andrew Coulbeck,
Neil Cleminshaw and Richard Sharp
with Elaine Ward*

being made through the Kaleshnikovs. Fortunately the booking for the hall had been made before the announcement of the date of the Coronation so our cyclists were well catered for, by Ruth Crossley (VTTA North). Our apologies are due to the locals.

Yorkshire group members have been performing well in various events recently. Our treasurer, Sue McFarlane (Army Cycling) won the Vive le Velo 25 mile TT at the end of April with a time of 1:03:31; the men's winner was Richard Sharp (Addform Vive le Velo) in a rapid 50:38. Three weeks later, Mark Wolstenholme (VTTA Yorkshire) was fastest in the Ravensthorpe 10 Mile TT in 21:30. Well done and please let me know any results by writing to me on cgoode@yorkshire.net

Enjoy the Tour when it comes round and remember our next event on Sunday 16th July, a fast ten mile time trial on V210 (on the Thirsk by-pass). Please get in touch with the organiser, Blair Buss, with offers of help.

Keep those wheels turning and have a good summer.

SOUTH WALES

Chris Gibbard

I am writing this report on the sunniest weekend so far this year. I spent this morning out riding in the hills around Port Talbot and for the first time in 2023 thought I'd better apply a precautionary dollop of sun cream.

This season has been a little stop-start personally. A holiday followed by a bout of illness and lately a crash have left me feeling like I have not really got going yet. It is always worth remembering that May is still very early and luckily there are lots of great events in South Wales to come, with most of the WCA and VTTA group championships still to come.

The season kicked off with the now usual 15 mile event at the end of February run by Cardiff 100 milers and then Bynea CC's 10 mile event in Resolven. The latter attracted a start list of some 78 riders, a rather encouraging departure from the recent trend of declining entries. It was in this event that South Wales' superstar vet Anthony Jones of VMCC Powered by Y Beic got his season off to a solid start with a 20:14, being good enough for 3rd overall in a strong field. I was at that event in a supporting category and there were a good number of triathletes riding their first CTT event. It was satisfying to hear

the gasps of amazement as some of the times were read out for the older age categories, John Williams of Bynea CC's 25:19 beating some riders over half his age.

The first VTTA group championship was a new distance for this season, 15 miles, on 1st April on the fast R15/5 course in Abergavenny. The course sees riders start at the Hardwick pub on the old Abergavenny to Raglan road before dashing down to the Hardwick interchange, onto the A40 and then completing the R10/17 10 course plus a bit extra. Conditions were good for the time of year with pleasant temperatures, dry and not much wind. A certain Chris Gibbard of Bynea CC took the win, both on scratch and age adjusted time, holding off a rising star of Welsh timetrialling Ben Jones (Port Talbot Wheelers) by 22 seconds. This is a battle that we may see repeated across the season (spoiler alert, we won't have to wait long). This was my first group championship title after finishing on the podium behind VTTA BAR Anthony Jones and national record breaker Hugh Davies (Port Talbot Wheelers) several times last season. Ian Gibson (Abercynon RC) was second and Jon Vickery (Cwmcam Paragon) completed the group podium. Unfortunately no women from the group entered although Joy Payne (High Wycombe) took the title of first woman on scratch and on age adjusted time.

During April events came thick and fast with Neil Gregory (Port Talbot Wheelers) the standout performer with age adjusted wins in both Port Talbot Wheelers' 10 mile event on the 8th and Bynea CC's 25 on the 9th. The 30th April was the date for the Welsh Cycling Association's 25 mile championship event with many of the region's top time triallists on show. This was held on the super fast R25/7 course, the scene of Conrad Moss' multiple national record rides last year. Marc Cox (Guernsey Velo) was rewarded for his long journey with the win on scratch in 47:02 with Ben Jones second 48:03 and myself 3rd in 48:08. Anna Morris (WardPerformanceUK.com) took the woman's title with a course record 50:20, Claire Emons (...a3crg) and Emma Wyatt (Hereford and District Wheelers) making up the rest of the podium. On age adjusted time Emons and Wyatt moved up a place with Bethan Ouseley (Pembs Velo) taking third. For the men I took first place, followed by Jon Howard (Team Echelon) and Anthony Jones.

The top three men's age adjusted times were separated by just 10 seconds!

The final event held prior to this article being penned was the Bike-Pace 50 which last year doubled up as the VTTA national championship. Anthony Jones stormed to victory at both scratch and age adjusted time with the age adjusted podium being completed by Mark Sanders (Mid Devon CC) and Tony Chapman (Froome and District Wheelers). A rare open win by Jones and surely the first mark on this year's BBAR assault. Fastest of the women vets was Emma Bexson (Stratford CC) with regular rider of South Wales events Joanna Knight (Bristol South CC) and Nicola Rorke (Exeter Whs CC) taking second and third respectively.

Now that the season has well and truly got under way, July has three group championships. The 2nd July is the WCA 100 championship which doubles up as the VTTA group event. The R100/9 is becoming recognised as a very fast course as Anthony Jones' 3:31:04 from last year's event demonstrates. The 15th July is the group 10 mile event which is hosted by Ross-on-Wye & District CC as part of their weekend double header with the 25 on the Sunday, one of my personal highlights of the season. Finally the 29th is Cardiff 100 Milers RC 50 mile event, so plenty to look forward to!

SURREY/SUSSEX

Keith Wilkinson

Our first event of the 2023 season

The Group's 10 mile championship was organised by Dave Pollard on 15th April on the G10/87 course in East Sussex. There were unfortunately only 26 entries and 20 finishers with the top 10 on scratch/age adjusted times being:

1. Simon McNamara (Sigma Sports) 20:55/20:20
2. Matthew Woods (Eastbourne Rovers CC) 21:19/20:29
3. Cris Coxon (Brighton Mitre CC) 21:27/21:01
4. Marek Siwicki (Addiscombe CC) 22:07/21:32
5. David Clark (Eastbourne Rovers CC) 22:25/21:19
6. Richard Gifford (trainSharp) 22:37/20:52
7. Sally Turner (HUUB WattShop) 23:01/20:20
8. Adam Rogers (Eastbourne Rovers CC) 23:09/22:34

9. Richard Burchett (Crawley Wheelers) 23:14/22:19
10. Paul McDaid (Southborough & Dist.Whs.) 23:16/22:10

Simon McNamara wins the Stan Harvey Memorial Cup and the Wilf How Trophy for the first team of 3 riders on standard goes to the Eastbourne Rovers trio.

Low entries for open events

It was to be hoped that after the devastating effect of the pandemic on events we would now be seeing increasing numbers of riders getting back into racing. Unfortunately, this doesn't seem to be the case and in CTT London South District there were only 496 entries up to the end of April compared to 635 in the same period in 2022. There was one event cancelled due to some serious potholes and another due to heavy rain, but these don't fully explain the large drop in entries. There seems to be the same trend in other CTT Districts as well, unless they still have events available on fast DC courses. However, Robin Johnson tells me that in his events the post-race atmosphere in the HQ seems to be better than ever, so perhaps there needs to be more emphasis on the benefits of tea and cake!

The Harry Featherstone Cup

A reminder that this award is presented to the Group member who does best in the VTTA Short Distance Competition, over two 10 and two 25 mile events. An additional requirement is that the winner must also have ridden in either our 10 mile or 25 mile



championship events, so if you didn't enter the '10' make sure that you enter the '25' on 17th September – we have to do something to encourage entries.

Other results

Our Group Secretary Andy Critchlow (Paceline RT) has had an outstanding start to his 2023 racing season. On 15th April he won the Farnborough & Camberley '25' at Bentley in a personal best time of 49:17 at age 49, beating pre-race favourite Liam Maybank by almost two minutes. Then on 6th May he won the Sussex CA '10' at Steyning with a time of 19:34, with other S/S members Simon McNamara (Sigma Sports) 2nd in 19:48 and Cris Coxon (Brighton Mitre CC) 4th in 20:09. Sally Turner (trainSharp) won the ladies' prize with 22:08. The following day in the Sussex CA '25', also at Steyning, Andy won again with a time of 49:30 and Cris Coxon was 3rd with 52:42. Andy's time was a new course record for G25/93 by just 1 second, the previous record having been set by Michael Hutchinson in May 2013. I understand that Michael had almost perfect conditions for his ride 10 years ago but Andy had to contend with an overcast morning and some drizzle with the temperature a rather cool 12°C, although there was very little wind. The following Saturday, 13th May, Andy was winning again when he recorded 19:46 in the Southern Counties '10' on the Holmwood course, which included a delay when he unshipped his chain. Wow!

Our Surrey/Sussex Committee

You have probably noticed that for the last year or so I have been pleading with you in these articles for more of our members to come forward to join our Committee and help with the running of the Group. I am pleased to say that Cris Coxon has now joined us and will be taking over from James Rix as Group Recorder later this year. My thanks to Cris and also to James for the work that he has put in over recent years. As this will be a replacement we do still need others to come forward to join the Committee, you can email me for details at keithwilkinson@talktalk.net

The Group's prize giving lunch

At our recent committee meeting we discussed what can be done to increase the support for our annual lunch. When I started attending these functions they were held at the Surrey Hills Restaurant in Capel and were a major social event on the local cycling

calendar, with around 120 members and friends attending. There were also probably up to 100 bikes parked outside. This year we struggled to sell a total of 25 places and only two members cycled there, Steve Dennis and Peter Horsfield. What's not to like about an excellent 3 course meal with several menu choices and the chance to enjoy the friendship of your fellow VTTA members? We organize the event for you, our Surrey/Sussex members, and whether you are just due to receive a single medal for a standard that you have claimed or you are to be presented with one of our many trophies we would like you to be there to have your achievement recognised. Before we book our usual venue of the Normandy Centre in Horsham for the next event on Sunday, 4th February 2024 we have decided to ask for your views as to whether the format of the lunch should be changed, perhaps to a less formal buffet in an evening? Our Social Secretary Eimear D'Arcy will be contacting you shortly to ask for your opinions so please send her a reply.

The VTTA Surrey/Sussex Strava group

Jon Fairclough set up a Strava group (<https://www.strava.com/clubs/vttasurreysussex>) to create interest for our members and we have perhaps neglected this since Jon moved to Scotland. Responsibility for the operation of the group has now been transferred from Jon to Dave Pollard with Cris Coxon as an additional administrator. If you would like to be added to the list of 25 members currently sharing details of their rides please contact Dave – davepollard294@gmail.com. Peter Baker (Lewes Wanderers CC) consistently tops the weekly charts for mileage and climbing but perhaps you can challenge him?

Michael Gowan

The Festival Road Club lost one of their top veteran riders when John Froud was tragically killed whilst competing in the Epsom '25' last September (obituary in the December 2022 magazine) and now they have also lost Michael Gowan, who died of cancer on 11th March. He was an outstanding athlete in his younger years and his obituary appears later in this issue.

WESSEX

David Collard-Berry

Well after a slow start to the season or is it a slow start to the summer, time trialling has at last begun in the Wessex region with quite a few of the regular riders brushing the cobwebs off their machines and wondering why their skinsuits have shrunk! Entries have been on the low side for quite a few events but there are chinks of light shining through the cracks of doom. At a recent Goodwood Circuit event on a Wednesday evening out of the 116 riders who had signed up for the Open Ten and of these 91 were over 40 years of age. Though we are unsure who are VTTA members it is interesting to note that what we thought would be initially of interest to the “younger rider” it is now the 45 to 60 year olds who make up the bulk of the entries. We include in the result sheet the full “Vets Results” and include with the standard times the “new” “adjusted age times” or “in my dreams” time!!! Little things like this will get riders asking about how these results are calculated.

Anyway, what else has been going on. Well we have just had our first Group Championship, the 25 mile event was held on the A3 course in Hampshire (P881/25) between Liss and Liphook. The overall winner was Chris McNamara for the men with a 49:05 (it was a slow day) and the women’s event was won by Jennifer George with a 55:13. The vets winner was Chris Lord from Brighton Excelsior with +19:11 and “in his dreams time” 46:49, in fact that is just 9 seconds slower than Paul Burtons course record. As for the Group Championship, this was won by Neil Mackley on actual time with a 52:43 and with +17:31 (48:29 AAT). Claire Emons was the fastest Wessex woman with a 59:29, but on standard time Sarah Mathews took the honors with +16:47 plus a definite “in my dreams time” of 49:13. Christain Geldard (North Hampshire RC) was second in the Wessex Champs with an overall of 53:54 and Andrian Talley (Velo Club St Raphael) third with 54:41. In the womens event behind Claire Emons was Sarah Matthews (...a3crg) with a 1:01:37 and Kirsty McSeveney (...a3crg) 1:04:00, the three women also taking the women’s team prize. The event was very well supported by complete teams from VC St. Raphael, North Hampshire Road Club, Hart Evolution Race Team, Sotonia CC, trainSharp and of course the promoting team ...a3crg.

Missing from the event was Wessex Champion Andrew Rivett who missed the entry date, but he has his entry in for the next Wessex Championship, the 50-mile on the 11th June hosted by the Wessex Road Club who will then be hosting the National (CTT) Championship in 2024. This is also a subtle reminder to all riders, the closing date isn’t “the date to start thinking about entering an event.”

WEST

Brian Griffiths and Ian Pritchard

The WestVet 10 followed by our Tea Social and Prize Presentation to 2022 award winners was held on 27th May. The HQ was at the Goss Croft Hall, which is a super hall set in the idyllic village of Upper Seagry, near Chippenham.

Our secretary Gordon and wife Jemma have organised this popular social occasion for several years now and it is something we all look forward to. Blessed with brilliant sunshine and a slight breeze it was a super day, an early afternoon start with the time trial on the local UC861 course. The route around the local villages does not include many straights and has a variable road surface, the last few miles are narrow lanes with many tight bends. Following the event we all gathered in the hall for the magnificent buffet served by a group of our cheerful good ladies followed by the prize presentation.

Our Recorder Rob Hutchinson did his usual well organised and excellent job of announcing the winners and having the prize winners’ certificates and medals at hand to be presented by our President Ted King MBE.

Rob provided information on WestVets in 2022:

- The short distance events proved popular with 39 members qualifying for the West Group Short Distance competition compared with 29 in 2021.
- Of the 169 West Group members, 84 rode at least one open event in 2022.
- Four people over 80 raced and a further 8 who were over 70.
- Nine members rode over 20 events in the season with the most being 27.

- The highest number of miles a single person raced was 730. Forty members paid the fee for 'standards' (38 in 2021).

Some of the standout performances for 2022:

- Conrad Moss lowered his PB for 25 miles three times in 2022, with his best being 46:12 which is a new national age 47 record. (Was not able to attend)
- Arja Scarsbrook set new national age records at age 74 for three distances: 10 miles (24:46), 15 miles (39:30) and 25 miles (1:03:15).
- Peter Wilson, Brian Lewis, and John Murphy, each of them over 80 years old, set multiple West Group records. (Peter and Brian both in attendance).

It was great to see Arja Scarsbrook and Brian Newton in attendance and a battered and bruised Paul Winchcombe. Paul is recovering from a fall caused by a fractured bike stem a few days earlier. Luckily he was freewheeling at about 18mph and not at full gas when he ended up on the tarmac. Paul can manage the turbo to keep him ticking over whilst he recovers. Paul Arayan did the time keeping and I must mention catching up with Dave Galley (WestVet Auditor for many years) whose poor eyesight prevents him from riding, he very proudly showed me his speaking wristwatch that enables him to hear the time - an amazing bit of kit. It was also good to catch up with Ray Retter and Grace, Ray was in good spirits but is suffering with his health and has to take each day as it comes.

It was a small but select field for the 10, with results on AAT:

1st Mark Bradley (Bristol South) doing a great ride and winning the Harry Marsh Memorial Cup = 22:14

2nd Kevin Fowler (VTTA West Group) = 24:00

3rd Mariane Carpenter (Bath CC) = 24:11

Previous winner Steve Cottingham (Bath CC) suffered a slow puncture and was DNF.

There seems to be a decided lack of local time trials this year. We have a struggle to find anything except short courses here in the West at the moment, none of which is very desirable. I get the impression that there is a noticeable lack of organisers too. Did it all

come about as a result of the Covid shutdown as many would have us believe?

However, I am pleased to note that our National Committee are working hard to try to find a solution and in particular showing much more consideration to road bike riders.

The prestigious Leo 30 held in May promoted by the East Anglian Group saw the first trial running of the road circuit championship with results included for both TT bikes and road bikes. A big shout out to new West Group rider Karl Norris winning the road bike category with 1:05:21. (See full report for all the information and a pic of Karl on what looks a super road bike).

It is so important to give everyone a chance to compete on level terms just as we always have done and do not feel we are obliged to purchase expensive machines, go for wind tunnel tests and goodness knows what other tests to fine tune our performance. Surely time trialling is a test of athletic ability and not really a test of mechanical refinements.

A mention must be given to Brian Kilgannon who put an article in our recent WestVet magazine 'Road to Recovery'. Brian, a retired Royal Marine and MOD worker has overcome many injuries to keep going on the bike. His early injuries prevented him from running and to keep himself motivated he invested in a bike. Once on the bike, what a story from cycling 1070 miles in 60 hours to raise money for in-house charity HMS Raleigh, cycling Lands End to JOG – then JOG to Chatham. Being knocked off his bike numerous times, surviving prostate cancer and then having a knee replacement. The story continues as he is planning to ride the Mersey 24 this July. A truly inspirational guy. (Note to editor Mike, I believe it would be worth publishing the full story in a future Veteran).

Has anyone noticed how popular gravel bikes are becoming and are they or will they be taking away many of our time trial competitors, as seems to be the case to me? "Gravel Bikes" yet another American cycling term that we have readily accepted along with cadence, drafting wired ons etc.

Calling all WestVet members, we cover a large geographical area, from Cheltenham down to Lands End and across to Swindon. Please keep me posted on what's going on with cycling news, events and any WestVet information.



OBITUARIES



MICHAEL GOWAN

**Festival Road Club and VTТА Surrey/Sussex Group
13th July 1943 - 11th March 2023**

Mick Gowan was born in Newcastle upon Tyne, but while still young his family soon moved south to London, where he attended Clapham College. Although he modestly said that he was not academically gifted he excelled at all forms of sport before concentrating on athletics. Whilst many VTТА members will have known him from his success in time trials, he was also one of the outstanding club athletes of the 1960s, having joined Herne Hill Harriers in 1959.

He was primarily a middle-distance runner but also ran longer distances on the track, road and cross-country. He gained international honours for England on the track and cross-country, finishing 4th in a 3 mile track home international in Grangemouth in 1967. In July 1965 he won a mile race in a time of 4min. 01.0sec. on the Motspur Park cinder track in South London and would certainly have broken the magic 4 minute barrier had he been running on a modern track, something he always regretted. This time placed him in the top 5 of the fastest British middle-distance runners and it was a Herne Hill Harriers senior men's club record which stood until January 2023! He also finished 16th in the English National Cross-Country Championship in 1967. He won a one hour race on the Tooting Bec track covering a distance of 12 miles 212 yards, which placed him 10th in the World at the time, an achievement which is still a Harriers men's club record to this day.



His day job was as Assistant Head Cashier at The Sunday Times and he left after Rupert Murdoch took over. It was when he retired from running that Mick joined the Festival Road Club and turned his attention to competing in various time trials. He was a member of the VTТА through the Surrey/Sussex Group since 1989. He recorded personal best times of 21m 50s at 10 miles and 56m 19s at 25 miles.

He was racing regularly until the end of the 2019 season and only stopped due to the Covid pandemic arriving in 2020. Although no longer competing he was still riding around 150 miles a week in his late 70s and in September 2020 he completed a 100 mile charity ride in aid of the Woking Hospice. This was to commemorate the 10th anniversary of the death from cancer of his wife Brenda who died in October 2010. They had been married for 44 years.

Mick's spare time was also taken up with sport as he was a football coach at Woking

Football Club and an athletics coach for juniors hoping to emulate his achievements. When he was young, he and an adventurous friend hitchhiked all the way to the south of Italy and back again, an experience he had never forgotten.

Michael Gowan sadly died from cancer on the 11th March, 2023 in the same Woking Hospice where his wife had died. His funeral was held at Woking Crematorium on 18th April.

By Keith Wilkinson

ROBERT EDWARD (BOB) TATE

Leeds Westfield CC and VTTA Yorkshire Group

3rd November 1942 - 11th April 2023

Robert lived an incredibly full life; he was bike obsessed, cycling was his lifelong passion. His dad, Charles Edward Tate (Ted) had also been a cyclist as had his uncles Donald and Ben Eastwood. All were part of the Leeds Westfield CC, one of the oldest clubs in Leeds, formed in 1907. He passed away at the age of 80 in a nursing home but he had been active since his teen years as a club rider and time triallist and through his many years he had served in numerous official capacities locally.

He was born in Leeds, living and attending grammar school on the northern outskirts of the city, and was the eldest of three children, with a brother Colin and sister Christine. His love of cycling was in his DNA and he grew up close to what was, and remains still, the escape route for many West Yorkshire cyclists to Otley and beyond into the Yorkshire Dales. Great cycling country! In these early years Robert and Colin went on a cycling tour to the Alps and also in the 1960s rode to France again to see the Tour de France.

During this time, Robert met and married Janet, who was also a keen cyclist. They first met in a pub, the "Drunken Duck", and Janet used to tell the story of how Robert was sat on the floor with no shoelaces and a tea towel for a scarf! He was renowned for being forgetful, and Janet would call him the "Absent Minded Professor"; an example of this was when he and Janet went on holiday to Austria with their friends, Jean and Ken. Robert had booked the tickets home, but when they got ready to board the train, they realised that they should have travelled the day before, which led to tense moments whenever the ticket inspector came along!

Robert and Janet spent their first year of marriage living in Salford whilst he completed a degree in chemistry. After this he took a job at Rowntrees in York, moving to and remaining in that area for life. In time, Robert left Rowntrees, and spent a period working as a sales rep, selling electrical and scientific equipment; then, after various entrepreneurial

schemes he decided, at the age of 38, to train as a teacher. He completed his PGCE, and began teaching science, especially physics, at St Aidan's School in Harrogate, up until his retirement at the age of 63. He was well liked by colleagues and pupils.

Time trialling was Robert's main cycling interest; he rarely missed taking part in any of the open events in the Yorkshire area and he loved the post race chat around result boards, enjoying tea and cake, and where his voice could often be heard above the general hubbub. He only rarely 'packed' and in one memorable incident he was riding a 50 on the A1 when a major downpour caused the event to be halted and a car sent up the course to stop riders - Robert was found still heading outbound to the turn and stoically ploughing through floodwater almost up to his bottom bracket! Robert's last race was only in 2020, shortly after the pandemic lockdown.

Robert's knowledge and love of time trialling led to him serving on the CTT Yorkshire committee as club events secretary for many years, in addition to organising his own

Leeds Westfield club events and a period coordinating the noted Tadcaster TT League. He also joined the Yorkshire Cycling Federation committee, where he instigated their very successful Yorkshire Points Series as a move away from the obsession with 'fastest time competitions'. On his 40th birthday he joined VTTA Yorkshire Group and served as Recorder, then later as Chairman, and as a race organiser. In 2009 he promoted the VTTA National 25 so it was fitting that when this championship was next held in Yorkshire, only five days after his death, a one minute silence was observed at the presentation ceremony.

Sadly Robert's wife Janet passed away in 2017, but they had a daughter, Karen, and were proud and loving grandparents to Alex and Connor, all of whom will treasure their memories.

By Mike Penrice



DOROTHY MARGARET SEPHTON "PEGGY" MUNRO (NEE SPENCER)

16th June 1936 - 8th March 2023

Peggy, after a prolonged spell of failing health fell asleep peacefully for the final time on the 8th of March.

It was during 1957 at the age of 21, Peggy married John Sephton, and five years later daughter Kay made an appearance and brother John was to follow three years later.

Having moved to Old Berry House Farm they soon set up a partnership and ran the farm business for many years and eventually employed a staff of twenty. It was during their time at the farm that she had the children and her niece Anne, picking blackberries on the Mere for her blackberry pies and the prelude to teaching the youngsters the skill of cooking and baking.

While life was good at this period until Peggy was diagnosed with breast cancer at the age of 37. Being a practical minded person, she dealt with this devastating news and continued to lead her life in a positive manner and fortunately, overcame the cancer.

However, by 1985 and now finished with business life and having left the farm, she moved to Smithy Lane, Holmeswood, where she was to remain but, during this time and twenty years after her initial breast cancer, it once again afflicted Peggy. As resolute as ever and with the same fortitude, she was fortunate to overcome it once more and continued to lead a full and active life.

It was not until 1992 when Peggy met Alexander Munro (Alex), a member of the Lancashire Road Club, that she became involved with cycling and, being a 'Lancashire Lass', she soon became

embroiled in the sport, and likewise, became a Life Member of the club.

Such was her activity with the club that she was no stranger to marshalling, so much so, that the roundabout on the A57 at Tarleton, a short distance from the "Doll's House", is best known in the cycling fraternity as 'Peggy's Roundabout' due to her constant presence marshalling there during events.

A further highlight for Peggy, a former life member of the North Lancashire VTTA Group, was being presented with a certificate from the VTTA at the promotion of the National VTTA 25TT that was promoted by Bill Lloyd of the Southport Road Club at Tarleton. On this occasion, this was in recognition of her catering and provision of refreshments for the event.

Although having spent most of her cycling activities within the Lancashire and Southport areas, Peggy, and Alex spent a great deal of time abroad cycling, as well as visiting friends and family. In her later years they would travel to Scotland where she was to become a familiar face at many of the Scottish events and would be seen out on the course supporting hubby Alex in his attempts to set new Scottish age records, at which he was very successful. When not out supporting Alex at the events due to her failing health, she would be found discussing cycling aspects with the late Jim (J.J.) Harris and others. As such, Peggy became a familiar face at events throughout Scotland.

Peggy's presence will be greatly missed by many, and the SVTTA committee who, like others, send their sincere condolences to Alex and families at this sad time.

Copy date for the next edition of 'The Veteran' is Wednesday 16th August

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

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We ran our first dedicated VTTA time trial event on Zwift on May 29th. We know that many members use Zwift as part of their training and we hoped it would be an opportunity that members would welcome. Of course, there are well known issues on Zwift with regard to the accuracy of race results and it is not practical for us to go through the elaborate processes of trying to calibrate different member's turbos or carry out weight checks as is done for elite Zwift championships. We relied on member's honesty and an acceptance that this event is more for fun and the result should not be taken too seriously. We have not awarded medals!

This was a private event, so we provided the link for entry to the event on the national website and facebook page. The link took you to a dedicated Zwift events page where you simply ticked to enter the event. We used the popular Tick Tock course in Wtopia which measures an exact 10 miles (16.1 km). We discovered that there are people around the world who somehow visit our facebook page and we got 92 entries including riders showing the flags of the USA, Canada, Turkey, Zimbabwe and Ireland! We used Zwiftpower to provide the results and to identify those whose names are on the VTTA national membership list – but if riders used a name on Zwiftpower that was unidentifiable then we treated them as non-members. We also calculated the 'age adjustments' independently as the Zwiftpower times in their 'VTTA/VHR' column do not match how we determine them.

On the night itself there were 35 riders, most of them VTTA members, and an indication that on Zwift you can get even more 'DNS' than in the real world! Results are provisional on the basis that we have correctly identified the right VTTA members from their Zwiftpower names. The fastest time, 20:55, was set by Paul Duncan, a new Midlands member this year. Judy Brown (East Anglian) was the fastest woman with 23:05. The top 3 men and women on age adjustment were:

Men on AAT - Kev Fowler (West) 19.54; James Wood (East Anglian) 20.26; Adrian Hughes (Manchester & NW) 20.27

Women on AAT - Judy Brown (East Anglian) 18.24; Linda Hones (East Anglian) 19.48; Sue Semple (Midlands) 20.42

If you have a Zwift account you can see the full Zwiftpower result on <https://zwiftpower.com/events.php?id=3684899> but ignore their VTTA/VHR calculation.

As we said in announcing the event, this was more for fun and we are not issuing medals or including the results in standards improvements! However, the watts per kilo numbers on Zwiftpower were typically within the expected range of mid 3 to mid 4 watts per kilogram and there were no 'superhuman' power outputs to worry about.

We had a couple of appreciative comments via facebook after the event and would be interested in further feedback from the riders and other members as we consider arranging further events on the Zwift platform. Finally massive thanks to Steve Jenks, Recorder at Midlands Group, and the excellent James Bailey at Zwift for facilitating this event for us.

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