

# The Veteran

Number 82

June 2024



*Dawn Donaldson (St Neots CC / East Anglia) speeds through East Anglia in bloom in the 30 championship*

# THE VETERAN

The quarterly magazine of the  
Veterans Time Trials Association

Number 82

June 2024

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

Vice Presidents

Eddie Green and Jim Burgin

Website : [vtta.org.uk](http://vtta.org.uk) and Facebook

## MIKE'S MUSINGS

Spring went past in a blink (and some very wet weather) and we are already into high summer. The 10 mile and 30 mile VTTA championships are now behind us and the full results follow. It is pleasing to see new names coming to the fore in these championships - Linda Dewhurst appeared as a newcomer last year and somehow has managed to become even more dominant in 2024. It's also great to see Mick Stevens win his first championship at age 74 and prove that you are never too old to be competitive in VTTA events. Not far behind Mick has been fellow East Midlander Jen Clegg, another newcomer to vets TT-ing at 70, and who is already picking up age records and may well earn a nice gold and navy champion's jersey soon.

Andrew Simpkins in this edition discusses the VTTA position on the formal roll-out of road bike competition. Machine type is now clearly listed on our results pages and it was interesting to see that top road bike on AAT in both the 10 and the 30 was won by women, so well done to Samantha Bissell and Helen Roby. That's two more new names to keep watching out for.

Take up of road bikes in VTTA championships is currently quite low, but possibly this is because we are catering primarily for riders who have been in the sport for some considerable time and who

have already invested in technology to improve their performance. It would be interesting to see the outcome of a championship exclusively for road bikes and held on a non-dragstrip course. Food for thought there, before group meetings to determine our 2025 calendar.

By the time you read this, we will have crowned our VTTA 12 hour champions and our two regional closed circuit 10s will be imminent - that is plenty of variety. Please support our remaining championships, we endeavour to spread them throughout the country so as to give local opportunities to previously unheralded riders. The NEC endeavour to support championship organisers in ensuring these events are to a memorably high standard.

Finally, this magazine relies on a large number of regular contributors, to whom I am very grateful. But a special thank you this time to my NEC colleagues Ian Pritchard, Andrew Simpkins, Tony Farrell and Rachael Elliott who all rallied around at very short notice to assist with proof reading when my regular proof reader (my wife Barbara) would have had difficulty assisting due to a very painful fall.

*Mike Penrice*

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

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**COPY DATE FOR THE NEXT EDITION OF 'THE VETERAN' IS TUESDAY 20TH AUGUST**

## PRESIDENT'S PIECE

**M**y opening lines this edition are more than tinged with sadness. Most members will know on reading this that Jim Ogden, Manchester & North West Group, died on 14th May. It is not out of place to say that Jim was a significant player in cycling over the years. He was the long serving Chair to the Manchester Group, 47 years, and scribe for the Veteran. This is my short reference to the death of a friend, a much fuller obituary will follow in the next edition.

So we are into another season of time trialling and already we have seen the National 30 mile championship done and dusted, thanks to John Golder and his team. Congratulations to Linda Dewhurst on her fine performance in topping the results and Mick Stevens leading the open event.

The 10 mile championship held a week later saw the welcome return of Richard Oakes, who had to settle for second on overall behind the in form Linda Dewhurst, winning her second championship of the season.

Results and reports in the magazine. Congratulations to the winners.

On a personal note, I did intend to make a return to competition in an early season event in a North Lancs promotion. Being very conscious of the weather in the weeks leading up to the event, very cold mornings, roughly 5 to 7 degrees and not much warmer later in the day, I did DNS(Apol). I felt a little better when riders in the event commented on the very cold conditions; gone are the days when I would ride whatever the weather. I am now planning my events for the remainder of the season.

The 20 mph advice does not appear to be having a wide effect on courses across the Groups, or maybe it is too early to have a comprehensive view of the situation.

This season many of our local events have been struggling for marshals resulting in some cases in the threat of cancellation. This, as we know, is a perennial problem for organisers, with no apparent answer. It may not be too long before a District looks to outside groups offering to take on the task of marshalling, after appropriate training, for a payment. Maybe with the development of programmes that take the hassle away from organisers, we are in a period of transition as time trialling organisation moves onto a level that matches the development of the bikes.

In the past few National Forums there has been mention of making our National Championship events a Blue Riband Standard. On the website is a guide to Best Practice with suggestions for all events but particularly the Championships. This was welcomed on its publication but apparently has not subsequently been taken to heart across the Groups. Andrew will have sent out a suggested template that organisers could use whether VTTA events or those that are "piggy backed". Together with the promotional flyer that has been sent to the Groups, I ask that we all endeavour to raise the profile of national events, to contribute to recruitment and retention and the growth of the VTTA.

I will close with a reminder that NEC are still seeking a person to take on the role of National Administrator. Not an onerous task but one that will have a positive impact on the actions of the NEC. Please do consider volunteering for this role and if you do so, contact Andrew Simpkins for a chat.

Hoping for good weather, personal bests and safe cycling.

*Tony Farrell*

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## CHAIRMAN'S PIECE

**C**TT is actively promoting the inclusion of road bikes in time trials. This is a commendable attempt to address the falling numbers taking part, and a way of encouraging cyclists to have a go at time trials without having to pay out for an expensive second machine. Initial evidence indicates that many of the new riders who entered time trials in the last 12-18 months have done so on road bikes. The VTTA is fully behind this effort to welcome new riders into our sport but as with any new initiative it is starting to raise some questions which need to be addressed in the light of practical experience. The following remarks are not intended as critical of this initiative but to flag up points which the national bodies and local clubs need to think about.

**The road bike category** – the CTT has modified its start and result sheet processes so that road bikes are clearly identified from TT bikes. But they do appear in a single list – road bikes may be mixed in with TT bikes on a start sheet and a result sheet shows both machines in order of actual time. If road bikes should be treated as a separate ‘race category’ to TT bikes should they not be given a separate result list? Should they be set off together as a block in the start sheet so the riders are less prone to the vagaries of weather conditions during the event? Similarly, when organisers provide a race report should there always be a specific section giving the road bike result?

**Road bike criteria** – almost inevitably a question is arising as to what the appropriate criteria should be to define a ‘road bike’. The initial criteria are fairly broad but as was seen in the CTT road bike championship, the winning bike was based on a TT frame but with drop (and very narrow) handlebars. Without passing judgment on whether this machine met the rules we had comments at our last National Forum that several members felt that such a machine was “not in the spirit” of the CTT’s intention i.e. to include cyclists on ‘normal’ road bikes (where of course the word ‘normal’ begs the question).

**Awards for road bikes** – for the VTTA there is a particular question as to what we should do about awards for road bikes in our national championships and season long competitions. The medals to be awarded are defined in our regulations (sections 3.4 and 3.5) and currently make no reference to type of machine, except for tandem winners in a national championship. Our last AGM discussion on road bikes revealed something of a dilemma – on the one hand we are not seeing a sufficient number of road bike entries in championships to really justify introducing additional awards. On the other hand, do we need to have road bike awards in order to encourage more such entries? Or should we, like CTT, focus on organising a new separate road bike championship? The NEC is asking organisers to at least provide a separate result list of road bikes in national championships.

**Standards/AAT for road bikes?** - the NEC investigated the idea of separate standards for road bikes last year but came to the conclusion that it was not a simple issue. Firstly, there is insufficient data at present on road bike performances in time trials on which to base a reliable statistical analysis across all ages and for both open and female categories. Secondly, as noted above, there is the issue of the variability of what may count as a road bike and the subsequent impact on performance. Applying a fixed percentage to allow road bikes to be compared with TT bikes (which we have found does work well for trikes) does not appear a sufficiently rigorous method and would lead to contentious results. But there is no reason why veteran road bike riders cannot compete on AAT against each other.

**Keeping separate categories** – if road bikes are to be treated as a separate category to TT bikes, why would we want to try to equalise them on standard/AAT anyway? It would raise the question of what would be the point of anyone then buying a TT bike? Is not the challenge rather to keep time trial bikes as a specific machine category but to make time trail events equally welcome to road bike riders who can compete against each other in their own category?

I am concerned that unless as a sport we make a conscious effort to welcome road bike riders to our events we risk giving them the impression they are ‘second class’ participants compared to the ‘real’ time triallists who ride ‘proper’ time trial bikes. We need to adapt and drawing such cyclists into time trialling in the interests of preserving the sport to the benefit of us all.

*Andrew Simpkins*

## THE I.T. MANAGER’S UPDATE

After every major development on the website I think: “Great – take a break – nothing to do for a while”. So I thought after the transgender project completed earlier this year. That illusion lasted for a few days until external forces such CTT developments, user requests or simply an idea about something members would like, came to my attention. These items get added to the wish list, which is stored in the Trello system provided by Xncreations. The major items on the wish list get put on the “IT road map”. At the last National Forum I gave a presentation on it and asked for views about the desirability and urgency of the items. It is a living list, and here is a summary of the current version.

- **Recurring membership payments.** Purpose: Allow members to pay their membership subscription automatically each year. Benefits: Membership retention, avoid “accidental lapsing”, with consequent administrative effort and inconvenience to members.
- **Email system upgrade.** Purpose: Enable officials to send emails using the membership database. Benefits: Easy email between officials and members – no need to create and maintain private distribution lists! Mailshots will be easy to do.
- **Machine enhancement.** Purpose: Use the machine type data in CTT results to differentiate results for TT bikes, road bikes and trikes. Benefits: Awards for road bikes and trikes on AAT; Members can attempt standards awards on multiple machines.
- **CTT-VTTA Club synchronisation.** Purpose: Improve accuracy of club competitions. Benefits: Club Competitions in National Championships and Season Long Competitions will be based upon consistent club data – officials often must correct results because of inconsistencies in club names.
- **New Middle Distance Competition.** Purpose: Add middle distance competition 10, 25, 50 miles. Benefits: Competition expected to attract 200 entrants.
- **New Zwift Competition.** Purpose: Add Zwift competition. Benefits: Attract new members and retain existing members and something to compete in out of season.
- **Standards Application Programming Interface.** Purpose: Enable the CTT, Resultsheet and other results producers to get age adjustments and standards from the VTTA website

instead of a file download. Benefits: With an API, they would always get the current standards for any distance or time.

- **Resiliency and Risk reduction.** Purpose: Increase resiliency to failure and reduce risk of failure. Benefits: Improve availability of the VTTA website.
- **Backlog.** Purpose: Fix defects on the website. Benefits: Improve reliability of the VTTA website.

If you have views on the desirability and priorities of these projects, or suggestions for new ones, please email at [itmanager@vtta.org.uk](mailto:itmanager@vtta.org.uk) with subject "Roadmap".

Lastly, I would like to reiterate my appeal for assistance in the IT Manager role. Part of my responsibility is first line IT support for the website handling queries coming into [info@vtta.org.uk](mailto:info@vtta.org.uk) and performing routine tasks such as sending renewal reminders. I would like to hand this over, not only to reduce my workload but also to spread the knowledge – I fear I have become a single point of failure. Elsewhere in this issue you will see an advertisement for a National Administrator role, and one of the areas of responsibility is first line IT support. So if you are comfortable with IT and like solving problems, please discuss with me or Andrew Simpkins.

*Jon Fairclough*

## WOULD YOU LIKE TO CONTRIBUTE TO THE RUNNING OF OUR SPORT?

Could you, or a fellow member you know, make a positive contribution to the running and development of the VTTA? Our National Secretary, Rachael Elliott, stepped down at the AGM to enable her to concentrate on her paralympic ambitions this year. This gives the opportunity to reconfigure some of the roles on the NEC and to invite new members to join us. Joy Payne has already agreed to join as our new Awards Secretary with Ian Greenstreet looking after all our road and track records. There are two areas where we need help at present:

- *Organising our NEC meetings (held on Zoom) and the National AGM – preparing agendas, minutes and helping with follow-up actions and correspondence.*
- *Managing information on our website/Facebook page – posting news items, updating membership, officials and competition information, and responding to enquiries from officials and members. This is not a technical role (Jon Fairclough will continue as IT Manager) but will look after the user administration facilities on the website and our Facebook page.*

All members of the NEC are involved in formulating policy proposals and development plans and have the opportunity to share their own experience and ideas. We need people who are good team players and communicators. The time commitment is flexible.

If you, or someone you know, might be interested, then please contact the Chairman. Andrew would be happy to contact any suggested nominations! You can contact him on 07767 835004 email him at [chairman@vtta.org.uk](mailto:chairman@vtta.org.uk).

**DO YOU KNOW ANYONE WHO  
COULD HELP THE VTTA?**



## NATIONAL FORUM

### Summary of Forum held on 29<sup>th</sup> April 2024

I opened this meeting with a plea for a person to volunteer as a scribe for the three or four meets a year. Obviously there were no takers!! Despite that initial setback the meeting was a very constructive and informative session, which included presentations from Andrew Simpkins and Jon Fairclough.

Jon addressed the proposal from Andrew Grant regarding Proportional Pluses (PP+). With input from David Wright and Andrew, Jon was able to carry out a full analysis as to the benefits for the VTТА if PP+ was to be introduced. A very clear and thorough piece of work from Jon that indicated that although the PP method has theoretical advantages over the present method of adjustment, there was little to be gained by switching to it because the courses we use do not vary in speed sufficiently to make it worthwhile. Together with necessary costs that would be involved it was agreed to retain the present system of standards.

Andrew Simpkins gave an update on Lapsed Members, with contributions from John Hoskins (JH), present, and supporting information from Robin Johnson and Carole Gandy. All three described the efforts that they, on behalf of their Group, had put into recruiting or retaining members. There was a consensus that the result did not warrant the time spent in communications. Russel Gent reported a more positive response in his Group but with also a great deal of time devoted to the exercise. More positive responses were achieved as a result of organisers contacting non-VTТА members prior to events and suggesting they join VTТА.

#### **FOLLOW UP OF AGM WORKSHOP**

**20 mph:** Little to report on the effect of this speed limit other than JH that 7/8 courses in London area were affected. Little response from other Groups.

**Road Bikes:** Further request that groups include a RB category in events including National Championships.

**Automated Renewals:** Mark Bradley is pursuing this with Xn creations. Once a quotation has been agreed NEC will present the proposal at a future Forum. The idea of offering free membership for first time members might devalue VTТА and possibly be resented by current members, so is not favoured.

**New competitions:** The Zwift series was very well received and it is intended to continue the programme. Thanks to Steve Jenks for his valuable input.

On the matter of another SLC, NEC decided that the cost involved would be better invested elsewhere in the VTТА.

**Publicity Flyer:** Now with Groups and hopefully on show!

**Roadmap of proposed items for website development (Jon Fairclough):** Another excellent presentation from Jon outlining the progress of the website development. Costings yet to be agreed.

Alastair Semple did ask that priority be given to provision of software to help event organisers.

With regard to Recruitment and Retention, Mark Vowells did suggest that National Championship HQ could have a table for VTТА information and possibly, VTТА kit.

Over the years I personally have found the Forum to be a very constructive meeting, very well attended and having a critical effect on the development of our VTТА.

Tony

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## WELCOME TO NEW MEMBERS WHO JOINED FEBRUARY/MARCH/APRIL 2024

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### East Anglian Group

Alan Spurden (Army CC), Jason Kierman (Born to Bike), Patrick Claridge (Chelmer CC), Jamie Bishop, Ruth Stapleton (both Newhall CC), Stuart Ballard, Simon Ginger, Paul Wyatt (all Shaftesbury CC), Sarah Kelman (St Ives CC), David Halliday (Team Bottrill).

### East Midlands

Wayne Hughes, Reed Partridge, Mike Lord, Mark Malin (all Ambion RT), Paul Wain (API - Anglia Sport), Robert Danson, Matthew Goodwin (both Barton Whs), Kate Kirkland (Born to Bike), Lynne Scofield (Rockingham Forest Whs), Mark Smith (Sharrow CC), Doug Tincello, Peter Bell, Paul White (all Welland Valley CC).

### Kent Group

Mark Wright (Ashford Wheelers), Anthony Westwood (Gravesend CC), Derek Leslie (K20 Cycling Club).

### London & Home Counties Group

Peter Wells (VTTA (London & HC)), David Wright Sr (Adobe CC), David Sullivan (Cardiff Ajax), Geoffrey Newman (Farnham RC), Brett Bishop (Kenton RC), Ashley Glass (North Road CC), Mike Debney (Verulam CC).

### Manchester & North West Group

Nicholas Bailey (Congleton CC), Richard Bowditch (Congleton CC), David Clayton (Macclesfield Whs), Paul Robinson (Stone Wheelers CC).

### Merseyside Group

David Norman (Birkenhead Victoria CC), Sarah Murray (Clwb Beico Egni Eryri), Michael Armstrong (Liverpool Century RC), Colin Hayes (Liverpool Century RC), Nicole Read (Liverpool Pheonix), Samantha Howard (Merseyside Tri Club), Philip Charman (Rhos on Sea CC), Mark Fenn (Shropshire CCA).

### Midlands Group

Jared Benney (ABR Cycle Team), John Tracey (Ambion RT), Jason Garratt (Apache Brace Racing), Kevin Satterthwaite (Gorilla Coffee CC), Joe Murray (Hinckley CRC), Tony Foster (Royal Leamington Spa CC), Gary Smith (Stourbridge Velo), Alan Buxcey (Team Enable MI Racing).

### North Group

Richard Maughan (VTTA (North Lancs & Lakes)), Andrew Donald (AIMS Cycling), Michael Jefferies (AIMS Cycling), Stephen Boxall (Houghton CC), Deborah Jefferies (Manilla Cycling), Teri Bayliss (Reifen Racing), Barry Holyoak (South Shields Velo CC), David Snowdon (South Shields Velo CC), Kris Whitelaw (Vector Racing).

### North Lancashire & Lakes

Paul Targett (VTTA (North Lancs & Lakes)), Deborah John (Barrow Central Whs).

### North Midlands

Simon Abdy (Barton Wheelers CC), Andrew Keenan (Rotherham Whs).

### Scotland Group

John Leal (Dundee Thistle CC), Gary Carnegie (Dundee Thistle CC), Catherine Logan (Fullarton Wheelers CC), Garry Quinn (Glasgow Wheelers), Ian Sim (GTR Return to Life), Tony Scott (GTR Return to Life), Chris Smart (GTR Return to Life), Carolanne Cappie (Team Andrew Allan Architecture), Gavin Church (Vanelli Project-Go).

### South Wales

Charlotte Mead, Caroline Sullivan (both Monmouthshire Whs).

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### Surrey/Sussex Group

Paul Tippett (Crawley Whs), Gavin & Sonia Goodland (both TVS).

### Wessex Group

Kevin Bull (Naut Cycling ), John Hargreaves (Swindon Whs), JoAnn Spencer (Swindon Whs).

### West Group

Kevin Wright (VTTA (West)), David English (Chippenham & District Whs), Alan Bennett (Mendip CC), Neil Hobbs (Oxonian CC), Paul Walshe (Plymouth Corinthians CC).

### Yorkshire Group

Suzanne Noon (Bramley Wheelers CC), Janice McWilliam (Sitwell CC).

Note - This list includes a small number of rejoiners who have missed a few years but whose return we welcome

## RACING IN 2024?

### CHECK THESE PREPARATIONS BEFORE YOU START!

- Have you linked your VTTA and CTT accounts? This ensures that CTT race organisers and various results IT systems know that you are a member and most importantly allows the VTTA website to process your results for Standards and Competitions. **IF YOU ARE AN EXISTING MEMBER WHO REJOINED AFTER 22ND MARCH YOUR EXISTING LINK WAS SEVERED, SO PLEASE CHECK IT AND RE-LINK IT IF NECESSARY.**
- Have you entered for Standards Awards for 2024? This gives you another goal for the season, allows you to track your improvements and gives you recognition through the awarding of plaques and medals.
- Have you ensured that you are entered for the various VTTA National Season Long Competitions, over distances varying from 10 miles to 12 hours? Many groups base their own local competitions upon these national results and you can monitor your progress as the list are continuously updated during the season.

## ADVERTISE IN 'THE VETERAN'

This magazine is delivered to 2500 VTTA 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@vtta.org.uk](mailto:editor@vtta.org.uk)

# VTTA NATIONAL 30 MILES CHAMPIONSHIP

## Saturday 11<sup>th</sup> May 2024

Report by NEC Representative Andrew Simpkins

This year's 30 championship was combined with the prestigious Leo 30 event and run by the East Anglian VTTA. Due to roadworks the event had been moved from the E2/30C to the E33/30 course east of Cambridge. With the HQ having been booked for the original course, riders were faced with a generous 6.5 mile ride to the start, although many drove off to the 'turbo alley' parking area nearer the start. The E33/30 is a triangular course with a mixture of flat and rolling sections on single carriageway roads with riders completing two laps. I felt it to be a very suitable course for a national championship although not one on which you were likely to set a personal best. After a slow start to entries additional publicity generated a good-sized field of 93 solos and 2 tandems (including the non-vets and non-Vets - Ed). The Saturday afternoon happened to occur on the first warm weather weekend of the season with temperatures touching 23 degrees, but a breeze helped to provide good conditions for racing.



Men's medallists Paul Pardoe (3<sup>rd</sup>),  
Mick Stevens (1<sup>st</sup>) and Matt Smith (2<sup>nd</sup>)

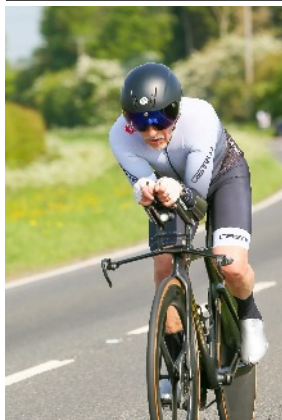
In the Open category championship, there was a first national title at age 74 for Mick Stevens (Melton Olympic, East Midlands). Mick rode a 1:15:19 giving him an AAT of 1:01:20 and putting him ahead of the younger guys, faster on actual time. Matt Smith (Drag2Zero, East Anglian) took a well-deserved silver medal and bronze went to Paul Pardoe (Peterborough CC, East Anglian) who

also recorded the fastest actual time of the day, a 1:02:58. This gave Paul the prestigious Leo 30 shield where he adds his name to many of the past greats of UK time trialling (Engers, Cammish, Pyne etc).



Women's medallists Deborah Moss (3<sup>rd</sup>),  
Linda Dewhurst (1<sup>st</sup>) and Jen Clegg (3<sup>rd</sup>)

In the Female category, Linda Dewhurst (Ride Revolution Coaching, LH&C) showed that if anything she is going even faster than last season and finished in a stunning 58:50 on AAT, and an actual of 1:14:26. I have ridden a couple of BMCR road races with Linda this season and she is no slouch at



*Mick Stevens storming to his first national championship win*

those either! (*Well she is a vets age group world road race champion, having beaten the legendary Jeannie Longo! - Ed*) The silver medal went to the ever-consistent Deborah Moss (Springfield Financial RT, North Lancs & Lakes) and the bronze to a delighted Jen Clegg (Team Bottrill, East Midlands).

Legato Racing Team continue to field a strong team at our national championship and Joe Costello, Simon Horsley, and Mark Hamer took the club team prize with all three riders in the top 10. With two riders on the podium, East Anglian unsurprisingly



*Overall winner Linda Dewhurst at speed*

took the Group team title with Matt Smith and Paul Pardoe accompanied by an excellent ride from the 76 year old Chris Dyason, who somehow fits his training in around event organisation!

The tandem pair of David Cheshire and Rob Boyle (Newmarket Cycling and Triathlon Club, East Anglian) joined the VTTA for this event and came away with the tandem medals. Helen Roby (Ride Revolution Coaching, LH&C) was the fastest of the four road bike finishers in 1:22:05 and an AAT of 1:11:30.

Our thanks to John Golder and his team of marshals and timekeepers, plus those who did a fine job of the results and of the refreshments, and all the other helpers who put on an excellent event.

30 mile championship  
photographs by  
WayForward Photography,  
images [here](#)



*Helen Roby was best road bike on AAT*



*Tandem champions on their local Newmarket roads, David Cheshire and Rob Boyle*

AWARD WINNERS - VTTA 2024 NATIONAL 30 MILES CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Open	Mick Stevens	Melton Olympic CC	East Midlands	1:01:20	Gold
2nd Open	Matthew Smith	Drag2Zero	East Anglian	1:02:17	Silver
3rd Open	Paul Pardoe	Peterborough CC	East Anglian	1:02:32	Bronze
1st Female	Linda Dewhurst	Ride Revolution Coaching	London & HC	0:58:50	Gold
2nd Female	Deborah Moss	Springfield Financial RT	North Lancs & L	1:04:58	Silver
3rd Female	Jen Clegg	Team Bottrill	East Midlands	1:05:49	Bronze
Club Team Champions	Joseph Costello	Legato Racing Team	Midlands	3:10:53	3 x Gold
	Simon Horsley		N Lancs & Lakes		
	Mark Hamer		Midlands		
Group Team Champions	Matthew Smith	Drag2Zero	East Anglian	3:08:23	3 x Gold
	Paul Pardoe	Peterborough CC			
	Chris Dyason	Cambridge CC			
Tandem Champions	David Cheshire	Newmarket Cycling & Triathlon Club	East Anglian	1:10:42	2 x Gold
	Rob Boyle				
First man and woman on Age Adjusted Time also each receive a champion's jersey and cap.					
Linda Dewhurst is also awarded the Fred Thorpe Trophy (for one year) as fastest overall on AA Time.					

SOLOS FINISHING ORDER - VTTA 2024 NATIONAL 30 MILES CHAMPIONSHIP								
<i>(Female in red italics)</i>								
AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos.	AA Time
1	<i>Linda Dewhurst</i>	<i>Ride Revolution Coaching</i>	<i>L&amp;HC</i>	65	TT	1:14:26	16	0:58:50
2	Mick Stevens	Melton Olympic CC	E Mids	74	TT	1:15:19	19	1:01:20
3	Matthew Smith	Drag2Zero	E Ang	46	TT	1:03:17	2	1:02:17
4	Paul Pardoe	Peterborough CC	E Ang	43	TT	1:02:58	1	1:02:32
5	Simon Smart	Drag2Zero	Mids	55	TT	1:06:18	4	1:02:42
6	Joseph Costello	Legato RT	Mids	65	TT	1:11:23	9	1:03:18
7	Simon Horsley	Legato RT	NL&L	59	TT	1:08:37	7	1:03:26
8	Chris Dyason	Cambridge CC	E Ang	76	TT	1:19:11	29	1:03:34
9	Keith Dorling	Team Bottrill	E Ang	65	TT	1:11:55	10	1:03:50
10	Mark Hamer	Legato RT	Mids	49	TT	1:05:53	3	1:04:09
11	<i>Deborah Moss</i>	<i>Springfield Financial RT</i>	<i>NL&amp;L</i>	54	TT	1:14:31	17	1:04:58
12	Darran Bennett	Ely & District CC	E Ang	54	TT	1:08:33	6	1:05:18
13	<i>Jen Clegg</i>	<i>Team Bottrill</i>	<i>E Mids</i>	70	TT	1:25:59	45	1:05:49
14	Myles Davidson	Bigfoot CC	L&HC	52	TT	1:08:30	5	1:05:55
15	Paul Turton	Team Vision Racing	E Ang	52	TT	1:09:18	8	1:06:43
16	Ian Cardy	Chelmer CC	E Ang	60	TT	1:12:37	13	1:07:00
17	Simon Dighton	Beacon Roads CC	Mids	60	TT	1:12:41	14	1:07:04
18	Stephen Murphy	Shaftesbury CC	E Ang	68	TT	1:17:06	26	1:07:16
19	John Lacey	Hemel Hempstead CC	L&HC	60	TT	1:13:17	15	1:07:40
20=	Patrick Ellerbeck	St Neots CC	E Ang	69	TT	1:18:56	28	1:08:29
20=	<i>Susan Semple</i>	<i>Legato RT</i>	<i>Mids</i>	58	TT	1:19:30	31	1:08:29

The Veteran : June 2024

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos.	AA Time
22	John Manlow	Ely & District CC	E Ang	55	TT	1:12:19	12	1:08:43
23	Andrew Simpkins	Team Echelon	Mids	70	TT	1:20:22	34	1:09:16
24	Paul Robinson	Stone Whs CC	M&NW	60	TT	1:14:59	18	1:09:22
25	Peter Tibbitts	Ford CC	E Ang	72	TT	1:22:04	37	1:09:35
26	Sean Quinn	Law Whs	Scot	51	TT	1:11:59	11	1:09:42
27	James Wood	West Suffolk Whs	E Ang	60	TT	1:16:15	23	1:10:38
28	Adrian Gower	Hitchin Nomads CC	E Ang	61	TT	1:16:51	24	1:10:47
29	Jez Willows	Sherwood CC	E Mids	58	TT	1:15:41	20	1:10:56
30	<i>Miriam Taylor-Carter</i>	<i>Bedfordshire Rd RT</i>	<i>E Ang</i>	<i>51</i>	<i>TT</i>	<i>1:20:19</i>	<i>33</i>	<i>1:11:29</i>
31	<i>Helen Roby</i>	<i>Ride Revolution Coaching</i>	<i>L&amp;HC</i>	<i>57</i>	<i>RB</i>	<i>1:22:05</i>	<i>38</i>	<i>1:11:30</i>
32	Paul Looke	Shaftesbury CC	E Ang	57	TT	1:16:06	21	1:11:45
33	Steve Cornish	St Ives CC	E Ang	68	TT	1:22:29	40	1:12:39
34	Tim Baggs	Sherwood CC	E Mids	54	TT	1:16:13	22	1:12:58
35	<i>Harriet Orridge</i>	<i>Bicester Millennium CC</i>	<i>L&amp;HC</i>	<i>51</i>	<i>TT</i>	<i>1:22:02</i>	<i>36</i>	<i>1:13:12</i>
36	<i>Theresa Taylor</i>	<i>Springfield Financial RT</i>	<i>NL&amp;L</i>	<i>64</i>	<i>TT</i>	<i>1:28:17</i>	<i>48</i>	<i>1:13:33</i>
37	<i>Susan Triplow</i>	<i>CC Sudbury</i>	<i>E Ang</i>	<i>57</i>	<i>TT</i>	<i>1:24:44</i>	<i>42</i>	<i>1:14:09</i>
38	Paul Wyatt	Shaftesbury CC	E Ang	51	RB	1:16:56	25	1:14:39
39	Tim Fowler	VTTA (L&HC)	L&HC	58	TT	1:19:32	32	1:14:47
40	Patrick Claridge	Chelmer CC	E Ang	60	RB	1:20:32	35	1:14:55
41	Matthew Cook	Bedfordshire Rd RT	E Ang	53	TT	1:17:57	27	1:15:02
42	David Webster	Velouse Flyers	E Ang	56	RB	1:19:27	30	1:15:29
43	<i>Sarah Kelman</i>	<i>St Ives CC</i>	<i>E Ang</i>	<i>53</i>	<i>TT</i>	<i>01:26:25</i>	<i>47</i>	<i>1:17:08</i>
44	Wolfgang Emmerich	Team Bottrill	L&HC	58	TT	01:22:09	39	1:17:24
45	Colin Ashcroft	West Kent RC	Kent	61	TT	01:24:46	43	1:18:42
46	Andrew Gibson	Gravesend CC	Kent	55	TT	01:24:13	41	1:20:37
47	Paul Wright	Army Cycling	E Ang	56	TT	01:25:31	44	1:21:33
48	Nick Hickman	Bedfordshire Rd CC	E Ang	57	TT	01:26:18	46	1:21:57
49	John J Murphy	Gloucester City CC	West	84	TT	01:46:57	53	1:23:12
50	<i>Sue Chittock</i>	<i>Ipswich BC</i>	<i>E Ang</i>	<i>55</i>	<i>TT</i>	<i>01:33:52</i>	<i>49</i>	<i>1:24:01</i>
51	Dawn Donaldson	St Neots CC	E Ang	50	TT	01:34:04	50	1:25:25
52	Robert Danson	Barton Whs CC	E Mids	66	TT	01:38:45	52	1:30:06
53	Wayne Hill	Bourne Whs	E Ang	57	TT	01:36:01	51	1:31:40
DNF	Bob Brabbins (VTTA (West), Philip Hodey (Shaftesbury CC), Philip Jones (Peterborough CC), Alastair Semple (Legato RT), Glenn Taylor (Shorter Rochford RT), Steven Cottington (Bath CC)							
DNS	Ian Pike (Lincoln Whs)							
DNS-A	Robert Speers (Newmarket Cycling & Tri), Robert Royston (Sydenham Whs), Robert Gilmour (Hounslow & Dist Whs), Debbie Bradley (Pedalamaniacs CC), Scott Beard (Shaftesbury CC), Robert Watson (Cambridge CC), Matt Donovan (Bedfordshire RCC)							

TANDEM FINISHING ORDER - VTTA 2024 NATIONAL 30 MILES CHAMPIONSHIP

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AA Time
1	David Cheshire	Newmarket Cycling & Triathlon Club	East Anglian	49	1:12:01	1	1:10:42
	Rob Boyle			46			

# VTTA NATIONAL 10 MILES CHAMPIONSHIP

## Saturday 18<sup>th</sup> May 2024

Report by NEC Representative Jon Fairclough

The VTTA National 10 Mile Championship was hosted by North Midlands group on course O10/1. The weather was dry and sunny with a light wind. There was a full field of 118 solos and 2 tandems.

First on AAT overall and winner of the Ken Matthews Cup: Linda Dewhurst/Ride Revolution Coaching/London & Home Counties/AAT 18:05. Linda said *"It was a deceptive course that didn't give you much in return for the effort used! Sunny hot day, little wind, grippy road surface with a cheeky oval roundabout at the turn. It was my first 10 of the season, and I'd forgotten how intense they are!! Delighted with the result, and very pleased to have good form so far this season with the 30 and 10 mile championships. And to go home with the Ken Matthews Cup was amazing. Lovely atmosphere, super marshals and very friendly organisation."*

1st in Open category on AAT: National Men's Champion title, Gold Medal and Championship Jersey: Richard Oakes/Team Ohten Aveas/East Midlands/AAT: 18:46; 2nd Open on AAT; Silver Medal: Andy Critchlow /Team Ohten Aveas/Surrey/Sussex/AAT: 18:55; 3rd Open on AAT; Bronze Medal: Julian Ramsbottom/Team Bottrill/East Midlands/AAT: 19:35. Richard says *"This was my first championship event since my serious crash breaking the hour record last September. So I was somewhat unsure as to how the legs and body would stand up to the championship test. Especially as my teammate Andy Critchlow, who is flying at the moment, was also riding. The organisers laid on a wonderfully organised event as ever and the weather gods offered us up a fantastic sunny day, although there was a fair old head wind all the way back from the turn. As I suspected I was a little behind my usual race form with power being down on last year's major events and Andy delivering a mid-19, which for the day and the course was outstanding. One of the brilliant things about VTTA races is that they are run on age adjusted time...giving everyone the opportunity to compete for the honours. So as I am 6 years older than Andy, I was still able to compete for the win. I had to manage my effort and not burn too many matches with the tailwind out...which I did pretty well and my legs felt ok.*

*I was then left with the tough headwind leg back home to the finish. I gave it everything in the last 2 miles just getting under 20 minutes with a 19.55, which was just enough to secure the win. There were two bonuses on the day in that Team Ohten Aveas with me, Andy and Martin Perret won the club team award and myself, Julian Ramsbottom and Ian Guilor secured the group team win for the East Midlands. Many thanks to everyone who came out to help and to support the event; it was a great success!"*



1st Female on AAT: National Women's Champion title, Gold Medal and Championship Jersey: Linda Dewhurst (Ride Revolution/London & Home Counties) 18:05; 2nd Female on AAT: Silver Medal: Deborah Moss (Springfield Financial Racing Team/North Lancashire & Lakes) 19:57; 3rd Female on AAT: Bronze Medal: Deb Hutson-Lumb (Wrekinsport CC/Merseyside)T 20:13

Club team winner on aggregate AAT: Team Ohten Aveas (Richard Oakes, Andy Critchlow, Martin Perrett) 58:14, followed by Legato Racing Team (Joseph Costello, Steven Loraine, Mark Hamer) 1:00:36, then Lindsey Roads Cycling Club ((Andy Thomas, Anthony Nash, Stuart Wells) 1:01:41

Group team winner on aggregate AAT: East Midlands (Richard Oakes, Julian Ramsbottom, Ian Guilor) 58:20, followed by Midlands (Joseph Costello, Ed Moss, Steven Loraine) 1:00:00, then Yorkshire (Graham Heaton, Neil Cleminshaw, Tim Garwell) 1:00:45

Tandem Champions: Ian Greenstreet & Rachael Elliott (Newbury Velo/London & Home Counties) 18:07 AAT

Fastest rider: Andy Critchlow (Team Ohten Aveas) 19:33 actual

Open Road Bike: Simon Warren (Norwood Paragon CC/North Midlands) 23:21 actual / 22:38 AAT

Female Road Bike: Samantha Bissell (City Road Club (Hull)/Yorkshire) 24:22 actual /21:51 AAT

Age Adjusted results can also be found on the VTTA website in Events/Results and About/Documents.

*Fastest actual at 30+mph was Andy Critchlow*



10 mile championship photographs by Kimroy Photography, images [here](#)



*New vet Samantha Bissell, from Hull, could be very satisfied with riding to fastest road bike on AAT*

*Scunthorpe rider Julian Ramsbottom earned an individual bronze in the opens and a group team medal on his local course*







*Ian Greenstreet and Rachael Elliott were pleased with their trip north to take the tandem win and another national age record*

### SOLOS FINISHING ORDER - VTTA 2024 NATIONAL 10 MILES CHAMPIONSHIP

*(Female in red italics)*

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
1	<i>Linda Dewhurst</i>	<i>Ride Revolution</i>	<i>L&amp;HC</i>	65	TT	23:06	39	18:05
2	Richard Oakes	Team Ohten Aveas	E Mids	55	TT	19:55	2	18:46
3	Andy Critchlow	Team Ohten Aveas	S/S	50	TT	19:33	1	18:55
4	Julian Ramsbottom	Team Bottrill	E Mids	52	TT	20:24	3	19:35
5	Joseph Costello	Legato RT	Mids	65	TT	22:20	22	19:46
6	Chris Dyason	Cambridge CC	E Ang	76	TT	24:46	59	19:50
7	Russ Richardson	Zurbaran Racing	North	66	TT	22:37	30	19:52
8	<i>Deborah Moss</i>	<i>Springfield Fin'c'l RT</i>	<i>NL&amp;L</i>	54	TT	23:03	36=	19:57
9=	Ed Moss	Beacon Roads CC	Mids	54	TT	21:01	5	19:59
9=	Ian Guilor	Mapperley CC	E Mids	56	TT	21:15	11	19:59
11	Andy Thomas	Lindsey Roads CC	N Mids	54	TT	21:06	7=	20:04
12=	Neil Cleminshaw	Addform Vive Le Velo	Yorks	54	TT	21:13	10	20:11
12=	Graham Heaton	City RC (Hull)	Yorks	57	TT	21:34	12=	20:11
14	<i>Deb Hutson-Lumb</i>	<i>Wrekinsport CC</i>	<i>M'side</i>	59	TT	23:56	45	20:13
15	Steven Loraine	Legato RT	Mids	67	TT	23:11	40	20:15
16	Matthew Uttley	Nottingham Clar CC	E Mids	49	TT	20:50	4	20:17
17	Tim Garwell	Otley CC	Yorks	71	TT	24:07	47	20:23
18	Martin Hailstone	Addform Vive Le Velo	Yorks	55	TT	21:34	12=	20:25
19	<i>Deborah Sheridan</i>	<i>...a3crg</i>	<i>Mids</i>	67	TT	26:06	72	20:26
20=	Daniel Barnett	Team Bottrill	E Mids	50	TT	21:06	7=	20:28
20=	Mick Flaherty	Seacroft Whs	Yorks	62	TT	22:33	27=	20:28
22	Martin Perrett	Team Ohten Aveas	E Mids	58	TT	22:04	19	20:33
23	Anthony Nash	Lindsey Roads CC	N Mids	58	TT	22:05	20	20:34
24	Mark Hamer	Legato RT	Mids	49	TT	21:08	9	20:35
25=	Kevin Wood	Sherwood CC	E Mids	62	TT	22:43	32	20:38
25=	<i>Susan Semple</i>	<i>Legato RT</i>	<i>Mids</i>	58	TT	24:12	49	20:38

## The Veteran : June 2024

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
27	Mark Wolstenholme	VTTA (Yorkshire)	Yorks	46	TT	21:02	6	20:43
28	Eddie Humphreys	Nottingham Clar CC	E Mids	60	TT	22:33	27=	20:46
29	Alan Cooke	Peak RC	N Mids	59	TT	22:36	29	20:57
30	Nick Cave	Team Lutterworth	E Mids	58	TT	22:31	25	21:00
31	Adrian Hughes	Seamons CC	M&NW	56	TT	22:17	21	21:01
32=	Stuart Wells	Lindsey Roads CC	N Mids	52	TT	21:52	14=	21:03
32=	<i>Alexa Forbes</i>	<i>London Dynamo</i>	<i>L&amp;HC</i>	<i>63</i>	<i>TT</i>	<i>25:33</i>	<i>67</i>	<i>21:03</i>
34=	Chris Yates	Otley CC	Yorks	67	TT	24:00	46	21:04
34=	<i>Gail Lowe</i>	<i>Congleton CC</i>	<i>M&amp;NW</i>	<i>55</i>	<i>TT</i>	<i>24:16</i>	<i>51</i>	<i>21:04</i>
36	Michael Allen	Team Enable	N Mids	77	TT	26:21	76	21:09
37	Paul Robinson	Stone Wheelers CC	M&NW	60	TT	23:01	34	21:14
38=	Robin Gillespie	Beacon Wheelers	NL&L	56	TT	22:32	26	21:16
38=	Trevor Mayne	Birdwell Wheelers	N Mids	60	TT	23:03	36=	21:16
40	David Hayward	Matlock CC	N Mids	79	TT	27:05	78	21:18
41=	Sean Quinn	Law Wheelers	Scot	51	TT	22:02	18	21:19
41=	John Eric Potter	VTTA (Yorkshire)	Yorks	69	TT	24:38	58	21:19
43=	Simon Abdy	Barton Wheelers CC	N Mids	55	TT	22:29	24	21:20
43=	David Taylor	Huddersfield RC	Yorks	68	TT	24:27	55	21:20
43=	<i>Angela Hannon-Flaherty</i>	<i>Seacroft Whs</i>	<i>Yorks</i>	<i>55</i>	<i>TT</i>	<i>24:32</i>	<i>56=</i>	<i>21:20</i>
46	Alistair Woodman	Legato RT	NL&L	54	TT	22:24	23	21:22
47=	Alastair Semple	Legato RT	Mids	56	TT	22:39	31	21:23
47=	Andrew Smith	VC Glasgow South	Scot	59	TT	23:02	35	21:23
49	William Hayes	VC Long Eaton	E Mids	47	TT	21:52	14=	21:29
50	<i>Theresa Taylor</i>	<i>Springfield Fin'c'l RT</i>	<i>NL&amp;L</i>	<i>64</i>	<i>TT</i>	<i>26:16</i>	<i>74</i>	<i>21:31</i>
51	<i>Elaine Simpson</i>	<i>Nottingham Clar CC</i>	<i>E Mids</i>	<i>53</i>	<i>TT</i>	<i>24:47</i>	<i>60</i>	<i>21:46</i>
52	Roy Oakes	Team Ohten Aveas	E Mids	79	TT	27:34	80	21:47
53	Andrew Simpkins	Team Echelon	Mids	70	TT	25:21	65=	21:50
54	<i>Samantha Bissell</i>	<i>City RC (Hull)</i>	<i>Yorks</i>	<i>40</i>	<i>RB</i>	<i>24:22</i>	<i>54</i>	<i>21:51</i>
55	Andrew Coulbeck	Addform Vive Le Velo	Yorks	58	TT	23:24	43	21:53
56=	Phillip Tyas	Barnsley RC	Yorks	42	TT	22:01	16=	21:56
56=	<i>Gretchen Zoeller</i>	<i>Born to Bike</i>	<i>Yorks</i>	<i>44</i>	<i>TT</i>	<i>24:32</i>	<i>56=</i>	<i>21:56</i>
58	Steven Hazeldine	Stone Wheelers CC	M&NW	57	TT	23:21	41=	21:58
59	Matthew Goodwin	Barton Wheelers CC	E Mids	40	TT	22:01	16=	22:01
60	Jon Fairclough	Kelso Wheelers CC	Scot	70	TT	25:37	69	22:06
61	John Martin	Elmsall RC	N Mids	62	TT	24:16	52=	22:11
62=	Rob Vessey	...a3crg	Wssx	61	TT	24:10	48	22:14
62=	<i>Harriet Orridge</i>	<i>Bicester Millennium CC</i>	<i>L&amp;HC</i>	<i>51</i>	<i>TT</i>	<i>25:07</i>	<i>63</i>	<i>22:14</i>
64	Miles Haslam	Buxton CC	N Mids	65	TT	24:58	61	22:24

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
65=	Shaun Robinson	Lindsey Roads CC	N Mids	48	TT	22:55	33	22:27
65=	Mike Cole	Huddersfield RC	Yorks	79	TT	28:14	82	22:27
67	Adrian Lauchlan	Southgate CC	L&HC	65	TT	25:03	62	22:29
68	Ed Watson	Ratae RC	E Mids	49	TT	23:03	36=	22:30
69	Simon Warren	Norwood Paragon CC	N Mids	51	RB	23:21	41=	22:38
70	<i>Karen Taylor</i>	<i>Springfield Fin'c'l RT</i>	<i>Yorks</i>	<i>57</i>	<i>TT</i>	<i>26:12</i>	<i>73</i>	<i>22:46</i>
71	Peter MacKlam	Yorkshire RC	Yorks	81	TT	29:17	86	22:53
72	Andy Delaney	Northumbria Police CC	North	55	TT	24:13	50	23:04
73	Julian Scutter	East Grinstead CC	S/S	66	TT	25:52	71	23:07
74	Jymmy Trevor	City RC (Hull)	Yorks	51	TT	23:52	44	23:09
75	Mark Symons	Hull Thursday RC	Yorks	63	TT	25:36	68	23:22
76	Alan Kaye	City RC (Hull)	Yorks	72	TT	27:33	79	23:36
77	Chris Dugher	Selby CC	Yorks	49	TT	24:16	52=	23:43
78	Allen Bell	Yorkshire RC	Yorks	78	TT	29:15	85	23:46
79	Mark Philipson	City RC (Hull)	Yorks	67	TT	26:47	77	23:51
80	Alan Busuttil	Matlock CC	Mids	57	TT	25:17	64	23:54
81	Simon Geraci	VTTA (Yorkshire)	Yorks	56	TT	25:21	65=	24:05
82	Andrew Vaughan	City RC (Hull)	Yorks	58	TT	25:45	70	24:14
83	Gary Kondor	Sherwood CC	E Mids	61	TT	26:20	75	24:24
84	Phil Wright	Hartlepool CC	North	69	TT	27:47	81	24:28
85	Michael Weaver	Rotherham Whs	N Mids	75	TT	29:32	88	24:52
86	<i>Anne Haslam</i>	<i>Buxton CC</i>	<i>N Mids</i>	<i>61</i>	<i>TT</i>	<i>29:09</i>	<i>84</i>	<i>25:05</i>
87	Eamonn Sheridan	Warwickshire RC	Mids	70	RB	30:42	89	27:11
88	Adrian Jackson	VTTA (North Midlands)	Mids	56	RB	28:55	83	27:39
89	Alistair Smith	Chesterfield Cour CC	E Mids	56	TT	29:19	87	28:03
DNS	<i>Issy Zimmerman (Regents Park Rouleurs)</i> , Alastair Ribbands (Congleton CC), Simon Horsley (Legato RT)							
DNS (A)	Daryl May (Sheffrec CC), Andrew Lambe (Ilkley CC), Alan Gay (Vive Le Velo), <i>Debbie Bradley (Peddlamaniacs CC)</i> , James Perkins (Team Ohten Aveas), <i>Alison Fox (Ely &amp; District CC)</i> , Len Best (Matlock CC)							

## TANDEM FINISHING ORDER - VTTA 2024 NATIONAL 10 MILES CHAMPIONSHIP

AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AA Time
1	Ian Greenstreet	Newbury Velo	London & HC	60	20:14	1	18:07
	<i>Rachael Elliott</i>			46			
2	Andy Whitehead	Rockingham CC	North Mids	58	22:47	2	20:42
	<i>Ala Whitehead</i>			50			



## EAST ANGLIAN

**Andrew Grant**

Our first, and, to date only, Group event this year has been the Leo 30, promoted by John Golder as the Alan Rochford and Val Hester Memorial in honour of those two stalwarts of the now defunct Leo Road Club.

The winner gets to take home – or rather take home a photograph of themselves being presented with – the mighty George Hicks Memorial Shield. They're probably secretly relieved not to have to try to get it in the boot alongside the bike, so prodigious a trophy it is. The event is therefore carrying quite a weight of memorialising, including some prodigious names and rides from the past, the Leo 30 being the home of almost every Competition Record at the distance since, it seems, time immemorial.

Not this year. The promised return to the E2/30 dragstrip that was home to all those records was again thwarted by lane closures on the A11/14 at Newmarket and with increasing restrictions on the fastest courses one has to wonder whether those records might be on the shelf for good. Not to mention 20 mph speed limits on the slower courses and the

threat of life sentences for “killer cyclists” riding “inconsiderately” (let's see an objective definition of that criterion to guide judges' sentencing).

This year, the Leo event was hosting the VTTA National 30 championship, and will have been reported on copiously elsewhere, not least in this magazine, which is why I am favouring my readers with a philosophical discourse rather than a full report.

So we adjourned again to the triangular E33/30 circuit course – no dragstrip, and no 20 mph zones either – but lots of undulations, bumps and potholes. If anything was inconsiderate, it was the wind. A special property of a triangular course is that it can deliver two cross winds and a head wind whilst never favouring you with a tailwind. The upside is that on a sunny day you get an even sun tan and, this being the warmest day of the year so far, and this being Britain, the unaccustomed warmth produced some predictable complaints from some riders who've forgotten that 22 degrees actually isn't all that hot.

In short, the E33 on a breezy day is no country for old men, but Melton Olympic's 74-year-old Mick Stevens clearly didn't get the memo. His 1:01:20 on AAT surpassed by over a minute anything achieved on actual and carried off the Open category of the VTTA National 30 championship, but even his ride didn't come near the 58:50 on AAT of Ride Revolution Coaching's Linda Dewhurst in the women's championship.

On actual times, it was the usual suspects that prevailed, Peterborough CC's Paul Pardoe upholding East Anglia Group honour as well as claiming the George Hicks Shield, taking bronze in the championship on AAT, just behind local lad Drag2Zero's Matt Smith and joining Matt and Cambridge's Chris Dyason in the Group Team award.

Newmarket Cycling and Triathlon Club took the tandem championship with David Cheshire and Rob Boyle making certain of victory by being the only VTTA pair to enter. Still, you've got to be in it to win



*Actual fastest in the Leo 30, Paul Pardoe, receiving the prestigious George Hicks Shield from event organiser John Golder*

it, and, in any case, they did beat the other tandem that wasn't in it.

By virtue of his superior AAT Matt Smith takes the Open category share of the Group's H.F. Nevill 30 mile Cup with Miriam Taylor-Carter of Bedfordshire Road RT getting her name on a Group Trophy for the first time with an excellent 1:11:29 on AAT in the women's category.

Other notable Group news so far this season, features Chris Dyason reprising his trick from last year's Cambridge CC 15 on the F2, (when it hosted the VTTA National Championship) of organising the event, starting No.1, getting round before the weather turns nasty and breaking the National Age record. The only unsatisfactory element was that he was miffed to have beaten last year's time and thereby wiped it from the record tables so his name appears only once instead of twice.

It may be that other Group members have been achieving heroic feats elsewhere, but if so, I don't know about them, so if you'd like your newsworthy achievements celebrated in this column, please do let me know in an email.

## EAST MIDLANDS

We held our annual lunch and prize presentation on 3<sup>rd</sup> March at a new venue in Melton Mowbray. It was also an opportunity to celebrate 80 years of the VTTA and 70 years of the East Midlands Group (formerly Nottingham and East Midlands). A big thank you to Mandy Stevens for stepping in to organise the event in what turned out to be a good venue with excellent food and service.

Guest of honour was local fast man and coach, Matt Bottrill, who had raced (and won) his first event of the season earlier in the day. Kevin Wood (Sherwood CC) and Jen Clegg (Team Bottrill) were the two main winners of their respective season long Best all Rounder competitions with Mick Stevens (Melton Olympic CC) taking the Senior (70+) BAR. Kevin Wood had an almost clean sweep of the other trophies: The Fred Smith 50, Hermes 100 and the season long Prestige Points Competition. Ian Guilor (Mapperley CC) was winner of the National 10-mile Championship, Mike Twelves (Team Ohten) won the Joe Baines 30; other winners were Julian Ramsbottom (Team Bottrill) and Richard Oakes



*Jen Clegg collecting the silverware from guest of honour (and her coach) Matt Bottrill*

(Team Ohten). There were plenty of National and Group records, Jen Clegg was the only rider in the country to break national records at three distances (some more than once). Matt, who coaches Jen said she was his favourite rider, who had taken to racing time trials during lockdown when other sports were not available. She is the perfect example that age is no barrier to starting and succeeding at time trial racing.

As a group we celebrated Richard Oakes' achievement in breaking the national '10' (twice) and '25' and a World Masters Hour record at 54 years. In addition there were Group records for Kevin Wood, Mike Twelves and Mick Stevens. Not to be outdone, East Midland's most decorated athlete Ron Hallam (South Pennine), recorded a respectable 35:44 - the first ever national '10' age record at 93 years.

In a brief speech to celebrate the VTTA's 80<sup>th</sup> birthday the Group Secretary noted that it was 70 years ago that this group formed as an offshoot of the Birmingham and Midlands Group. Ernest Stevens, who established the VTTA in 1943, was 73 years old at the time and held the '25' age record with a 1:25:04 ride – by comparison our own group record for a 73 year old was set last summer by Mick Stevens at 56:04. How times have changed!

Our VTTA Group open 10 was promoted by Dave Yarham on 20<sup>th</sup> April and attracted a strong field of 95 riders. The fastest time of 19:26 was achieved by

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Jack Levick but Richard Oakes turned in an excellent 19:51 for second place and fastest vet, closely followed by Matt Bottrill 4<sup>th</sup> (20:03) and Matthew Uttley 5<sup>th</sup> (20:04). On age adjusted time Mick Stevens took the honours (18:35) closely followed by Jen Clegg (18:54), Matthew Uttley (19:03), Julian Ramsbottom (19:36) and Andy Thomas (19:38). A dry but cool and breezy day saw 83 finishers with 23 of them inside 22 minutes. A big thanks to Dave for promoting this very successful event.

The season is now well under way and already some records are being set. Mick Stevens, who is going outstandingly well and at age 74 set new national and group figures for 15 miles (34:05) in the Cambridge CC event. Jen Clegg also set new national and group records in this event with her ride of 36:47, which also earned her first female on AAT.

Mick then set a group record of 22:06 in the VTTA London and Home Counties 10 mile event and he won the bronze medal on Age Adjusted time (17:41). In the same event Richard Oakes demonstrated that he is well on the road to recovery after his serious crash at the end of his world hour record ride last year. He produced an outstanding 18:17 ride for second place overall and victory on AAT of 17:08.

Mick also competed in the CTT National Road Bike championship on 28<sup>th</sup> April and won his Age Category award.

However, to top all this Mick took the VTTA National 30 Championship title in Cambridgeshire on 11<sup>th</sup> May on what was, in his terms, 'a lumpy course'. Mick produced a 1:15:41 ride to give him an AAT of 1:1:20 for the title. In the same event Jen Clegg took the bronze medal in the female category with AAT 1:5:49 (actual time 1:25:29). Congratulations to both of our national award winners. It was also very encouraging to see that Jez Willows (1:15:41 / 1:10:56) and Tim Baggs (1:16:13 / 1:12:58) also made the trip south for the event.

We hope that East Midland riders will be having a go for the season long Prestige Points Trophy based on the best five results from the following events:

Matlock CC 25 -	9th March
Coalville Wheelers 10 -	30th March
VTTA 10 -	20th April
Matlock CC 10 -	5th May
Melton Olympic 25 -	25th May

Melton Olympic 10 -	8th June
VTTA 25 -	15th June
Spalding CC 10 -	23rd June
Witham Wheelers 25 -	29th June
VTTA 25 -	17th August

Finally, this report has been put together by a couple of group officers but we are looking for someone to take over as group reporter for 'The Veteran' otherwise we will lose our East Midlands Group report in the future.

## **MIDLANDS** ***Alastair Sample***

2024 has got off to a strong start for the Midlands VTTA group. Membership has been increasing steadily now the racing season has got underway and we are currently just 7 members down on where we were at this time last year. I am also pleased to report that so far this year 52% of our membership have entered at least one open event, so great to see so many out there racing and representing the Midlands VTTA.

### Midlands VTTA Members on the National Stage

This trend has also been reflected in the number of entries we have seen from the Midlands in the two National Championship events that have recently taken place. In the 30 we had 8 members on the start sheet with best placed riders on AAT being Simon Smart (Drag2Zero) who came 5<sup>th</sup> overall and Susan Sample (Legato RT) who came 4<sup>th</sup> in the women's event. In the Club Team event Joe Costello and Mark Hamer (Legato RT) won gold with their teammate from the North Lancs and Lakes group.

We saw a similar pattern in the National 10 Mile Champs with our local riders just missing out on podium positions. Our best placed rider overall was Joe Costello (Legato RT) who came 5<sup>th</sup> overall and Deborah Sheridan (...a3crg) who came 4<sup>th</sup> of the women. Deborah's ride was impressive, setting a new group age record. The Midlands riders did well in the team and group competitions finishing second in both.

### Welland Trophy

Back on local roads sadly our Midland VTTA event scheduled for April had to be cancelled due to storm Kathleen and the Midlands Trophies that would have been awarded to the fastest Midlands Vet on AAT will

now be contested on the 11th August at the Coventry CC event on the K11/10T, so if it's not already, get the date in your events calendar.

#### Little Mountain Time Trial - 21st April

The Little Mountain Time Trial on the 21st April attracted a strong entry partly as a result of it being part of the CTT Classic Series. Conditions were good for this 39 mile course which sees a flat and fast first loop and a shorter but hilly finishing loop including three stiff climbs. The climbing element means the race (which was first run in 1948) is popular with road bikers. Robin Delves from Mid Devon CC bagged the honours on age adjusted time 44 seconds ahead of teammate Mark Sanders. Congratulations to overall men's and women's winners Ben Goodwin and Kelly Murphy, road bike winners James Pearce and Louise Hart, fastest vet Mark Lovatt, junior winners Sophie Heighton and Jacob Bradbury, and paracyclist winner Mark Valentine.

#### Fastest This Season on Actual

Looking at the times our riders have produced this season (up until mid May) Ed Moss (Beacon RC) has produced the fastest time at 10 miles (21:01) which he set at the National Champs and Mark Hamer (Legato RT) is the fastest so far this year at 25 miles with a time of 51:26 which he set in South Wales. With the weather finally picking up and our riders finding their racing legs once again I am sure we will see both these times bettered as the season progresses.

#### Midlands 2024 Points Series

We have seen a good start to the season in the Midlands with 22 members taking part in at least one open event in our region, despite the cancellation of our biggest event (Welland Trophy) which had 24 Midlands VTTA members on the start sheet.

There are still 12 more counting events in the Midlands this year so plenty of opportunities for our members to take part in at least four 'K course' open events to be in the running for a share in the £500 worth of prizes to be awarded to the top 10 best placed riders. Thanks once again to Echelon Cycles who sponsors this event each year.

## **KENT**

### ***Tim Carpenter***

Although still early in the season we have already awarded two trophies and had a couple of new records set.

David Mackey's '10' on Saturday 23rd March, was reduced to 8 miles due to roadworks and suffered very windy conditions, not unusual on the Isle of Grain. Matthew Smith (Gemini BC) was fastest Group member on AAT with 18:33 and wins the Mick Dansie Memorial 10 Mile Time Trial Trophy.

Andrew Meilak (VeloRefined Rule 5) was fastest on AAT with 1:0:36 and wins the Group 30 Championships held on 21st April 2024 and will receive the Charles Robson Trophy; he was also fastest on actual. Well done to all the riders who turned up and completed our first 30 in Kent for a few years with no road works.

I have started to pull together the new points competition. There have been 5 events cancelled this year, which is over 50% of the Q courses that would have qualified for the competition.

These are the current standings:

Open TT bike - Kevin Tye 6; Andrew Meilak 5; Matthew Smith 5; Gary Grayland 2; Huseyin Vardal 2; Simon Henderson 1; Mark Hill 1; Mathew Lister 1; Neill Keane 1

Open road bike - Mark Vowells 3; David Mackey 3; Mark Cain 3; Paul Burrows 3; Tim Kingston 2; Russ Cook 1

Female TT bike - Debbie Percival 3

It is incredibly close in the Road Bike category with, as you can see, 4 people on 3 points.

In other news, our social season continued on the last Sunday in April with the 80th Kent and Sussex Fellowship Annual Lunch, held at a new venue, The Moat, Wrotham. This was organised by Jenny Burton, under the Presidency of Robin Johnson. Paul Mepham continued where he left off at the Kent Group lunch by once again acting as toastmaster, and many other prominent local figures were present, including Geoff Wiles, winner of the Fellowship Trophy awarded for outstanding service to the sport, Lesley Donington, winner of the Jack Hurt Trophy for outstanding service to time trialling, past president Mick Kilby, John Longbottom, Chairman and Secretary of the South



## LONDON & HOME COUNTIES

### John Hoskins

Our first promotion has now happened, and what a wonderful event it turned out to be! The weather on the F11 was kind, with just the slightest of breezes, accompanied by temperatures well up into the warm zone, even for the early starters.

As is usual for this event there was a full field of 150 riders, plus reserves, and two tandems. Whether or not one approves of dual carriageway courses, there is certainly some satisfaction in providing an event that attracts that number of riders. It also ensures the financial security of the Group and enables us to continue to offset marshals' costs and compensate for their time with a small financial payment. The organiser, (Joy Payne, with much assistance from husband John) listed about 20 helpers that made the event possible. There were still some riders who managed to go off course, despite Joy receiving numerous congratulations on the excellent level of marshalling, and one younger rider did end up continuing for some miles along the A41 having missed the turnoff towards the first turn. After a little panic at the HQ he was found and returned to the HQ by car.

The event result showed that ten riders went under 19 minutes, led by Alex Pickering of the Elysium RT with 18:08, followed by Richard Oakes of Team Ohten Aveas with 18:17 and Ken Buckley of BPC Flowbio RT with 18:20. On Age Adjusted Times it was Richard Oakes who took the gold medal award with AAT of 17:08, Chris Dyason from Cambridge CC with AAT of 17:32 and Mick Stevens third with an AAT of 17:41.

Fastest lady on the day was Lisa Davis of Drag2Zero with 22:24, and the individual lady's medals on AAT went to Jen Clegg (Team Bottrill) with 18:28 AAT, Gill Reynolds (Willesden CC) with 19:07 AAT and Alexa Forbes (London Dynamo) third with 19:49 AAT.

The top club team (on AAT) was the Team Ohten Aveas with three members in the top six riders on AAT overall. Richard Oakes 17:08, Andy Critchlow 18:07, and Joel Stewart 18:11.

Particular congratulations go to the following London & Home Counties members who all appeared somewhere in the prize list : Joel Stewart; Gill Reynolds; Alexa Forbes and Jayne Paine (Willesden CC) who won the female road bike award on AAT with 21:06. The men's road bike award on AAT went to

East DC, Sandra Avis, daughter of founder member Toni Hodges, and VTTA members Mick Ballard, Terry Blake, Bob Giles, Mick Morris, Mark Vowells and Pete Wall. All present agreed it was a very memorable occasion.

Kevin Tye and Mark Vowells are continuing their run of record breaking. Kevin appears to have set new National and Group records for 62 year old at 15 miles with a 30:29 in the Cambridge CC event on the 27 April. Mark has set a new standard for 10 miles on his tricycle with a 24:21 in the London & Home Counties event on 5th May.

Tom Richardson (San Fairy Ann CC), who has a swimming background and who is quite new to cycling, is performing well in local time trials. He has now qualified for the Great Britain Age Group Team (65-69) Aqua Bike European Middle Distance Championship, to be held in Portugal, in June, and also the World Standard Distance Aqua Bike Championship, to be held in Spain in October. Tom acknowledges the help of his clubmate Dave Richards who has taken him under his wing and given him great encouragement. On the bike this has already enabled Tom to set a Kent Group 15 miles age record.

We have had two of our midweek '10@10s' so far. Mark Vowells won the first in April with 25:26 (actual time), Tom Richardson was second (26:31). Ian Pike won the May event with 25:03, after a three hour journey down from his home in Lincolnshire on the morning. Luckily there were no traffic hold-ups. All these results were on bicycles.





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Matt Steel of Pronto Bikes with 21:00 on AAT. Please download the result sheet from the CTT website if you wish for more details. One minor point that entries for this event has shown up is that when people re-join the VTTA after their membership has lapsed (for whatever reason) they forget that they have to make sure that they have linked their VTTA membership to their CTT registration on the CTT website. It's easy to do, just go onto the CTT site and follow the relevant instructions. If members have failed to link their two accounts, some of their rides may not automatically count towards various Championships within the VTTA and the London & Home Counties Group.

All of the medals awarded in London & Home Counties events are only awarded to current VTTA members, although we welcome riders of all ages who are not members if there is space on the start sheet. All VTTA members are given priority for entry if the event is oversubscribed. However, the committee has discussed the possibility of working with any clubs in our area (generally London West CTT and London North CTT) to jointly promote any event which may enable the club to continue a long-standing event, for example where currently the future of that event may be in danger due to lack of marshals, lack of funding or lack of entries. The London & Home Counties may be able to help with any or all of those three factors. We are very willing to work with any club to our mutual advantage to agree a working plan to help in the areas that the club may need assistance with. For example we have direct access to 200 local racing members. We have a lot of expertise with numerous members who have lengthy experience in event promotion and we may be in a position to underwrite the finances if we can agree on how best the event can benefit the L & HC VTTA as well as the promoting club. If your club has an event that is becoming unviable, get in touch with me to see if we can help.

It's certainly true that even within the Group's committee there is a huge well of experienced and knowledgeable promoting talent, quite apart from the fact that half of the committee are also actively competing within the VTTA at the highest level. And some manage to do both!

Our next event will be over by the time you read this, which is our first mid-week ten, on the A4 west of Newbury. The event will no doubt have its results published by now too. If you did miss the event you

have still got the opportunity to enter the second mid-week ten, on the same course on Wed August 14th. Before then Joy Payne will have promoted the second of our two events on the F11 – that event being on Sunday July 14th and it's just possible you may still be able to enter (entries close 25th June) about when you should receive this issue of the Veteran. If you miss the entry date there will be time to offer your help to Joy as a marshal or HQ helper of course. As with all of the L & HC events, the cakes and similar available will be worth volunteering for on their own.

Also in August, Rachael Elliott of the Newbury Velo is promoting on the Group's behalf the VTTA National Championship 15 mile event. With Rachael organising it's certain to be an outstanding event on a popular course that has produced a number of age records. And as I said above, there's always the cakes.....

Over the past two years the worries for our event promoters hasn't just been the national drop off in rider numbers, nor even the more and more frequent road works – many of which are a product of the totally unnecessary HS2 rail route – but the changes in courses that the relatively new 20mph zones in Oxfordshire, Berkshire and Buckinghamshire are making necessary. London West CTT, where three of our five events are held, is getting more and more such zones suddenly appearing, causing alterations or cancellation of numerous courses. I'm well aware that the CTT are doing what they can to deal with this new problem, but for the time being it's just another concern to add to the ever lengthening list of concerns for promoters and promoting clubs.

This is a list of the remaining promotions of the Group for 2024

Sunday 18th August  
15 miles VTTA National Championship H15/3 (west of Newbury) 8am  
Organiser : Rachael Elliott  
([rachael.elliott@gmail.com](mailto:rachael.elliott@gmail.com))

Sunday 14th July  
10 Miles F11/10 8am  
Organiser: Joy Payne ([joypayne27@gmail.com](mailto:joypayne27@gmail.com))

Wed 14th August  
10 Miles H10/3r 2pm  
Organiser: Claire Emons  
([fambafamba@yahoo.co.uk](mailto:fambafamba@yahoo.co.uk))

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Sunday 6th October  
25 Miles H25/2 7.30am  
Organiser: Wolfgang Emmerich ([we@acm.org](mailto:we@acm.org))

## **MANCHESTER & NORTH WEST**

### ***Barrie Whittaker***

This being my inaugural report I would firstly, on behalf of all our committee members, like to thank our retiring reporter, Ken Workman, for all the hard work and effort he has put in over the past few years. While he has retired from his position as the group's reporter he fortunately has agreed to continue as a member of our committee and still offer his wealth of knowledge and experience to the team.

It is with great sadness that we report the death of Mr Jim Ogden. Few people are able to influence our lives through a sporting element, Jim was one of those valued and highly respected people. He was to many a legend, in his family and in the cycling fraternity. Our thoughts are very much with his loving and very proud family. Jim was a member of the Veterans Time Trials Association for over 50 years and served a term as National President. He was chair to our Group for 47 years and those who worked with him remember him as an enthusiastic and diligent committee member.

Jim passed away on 14th May, shortly before this magazine was compiled. It is expected to include an obituary in the September edition.

Two Honorary Life Memberships (HLM) have been awarded to M&NW members, these go to Mike Cotgreave (Westmead Team 88) and Ian Ross (Nova CC). Congratulations gentlemen.

The racing season is of course now well under way with the race diary for our area scheduling eight events up to this point.

The season opener on 23<sup>rd</sup> March was a 10 mile event promoted by **Manchester & District TTA** and held on the J4/20 a single carriageway course. It was event number 1 of 20 of the season long Cheshire points series and also incorporated the Juvenile and Junior Championships.

This event attracted a large field for a relatively early outing, with some 79 entries for the combined open and female categories and which included 12 road bike entries.

The open event was won by John Archibald (HUUB Wattshop) posting a winning time of 19:08; David Williams (Velotik RT) finishing 2<sup>nd</sup> posting 21:07; and M&NW riders Alister Ribbands (Congleton CC-MyWindsock) in 3<sup>rd</sup> place posting a time of 21:30, followed by Stephen Dooley (Seamons CC) in 4<sup>th</sup> position with a time of 22:02.

The female event was won by Emma-Jane Bradfield (Total Tri Training) posting a time of 25:37; M&NW Gail Low (Congleton CC-MyWindsock) finishing in 2<sup>nd</sup> position and posting a time of 26:03;

The closely contested team event was won by the Seamons CC trio of Stephen Dooley, Matthew Siepen and Richard Shaw with a combined time of 1:08:02. Only 5 second behind with 1:08:07 were Congleton CC with Alastair Ribbands, Philip Gleave and Richard Bowditch.

The road bike event was won by Casper Von Folsach (HUUB Wattshop) posting a time of 21:52; followed by Steven Fidler (Velo6 Racing) with a time of 22:14; with the 3<sup>rd</sup> spot going to Daniel Stevens (Liverpool Century RC) posting a time of 23:15.

**Buxton/Sett Valley** promoted their 10 mile event on Good Friday 29<sup>th</sup> March held on the J8/3 course and being event No 2 as part of the CTT Classic Series. The event is three laps of an 11 mile circuit for the open category or two laps for all other categories.

The event has some challenging climbs and was not helped by the mixed weather conditions. The open event (3 laps) had 4 entries with only two finishers. Alex Hodgkinson (Ilkeston Cycle Club) posting a time of 1:43:19 with second place going to James Brayford (Congleton CC-MyWindsock) with a time of 1:51:15.

TT bikes – Females (2 x laps = 22 miles) had four rides with Hayley Simmonds finishing first in 1:02:04.

The majority of riders were in the road bike event with 42 finishers, which says something about the nature of the course. M&NW rider Paul Robinson completed the course in 1:10:19 for 29<sup>th</sup> place and also being placed 11<sup>th</sup> in the veterans on target time event.

Next up was the **Crewe Clarion Wheelers** CC 16.5 mile hilly event on Sunday 31<sup>st</sup> - a non-standard distance held on J8/2R course. However, due to the amount of rain that fell in the week prior the course was shortened by approximately 1 mile due to road flooding near the normal finish line. M&NW VTTA

were well represented in the event with ten riders from the 32 finishers. Alister Ribbands led the M&NW field finishing in 2nd place with 34:35; other finishers were Mike Walker (Congleton CC-MyWindsock) on 38:11; Alan Chell (Crewe Clarion Wheelers) 38:28; Patrick Healy (Buxton CC/Sett Valley Cycles) with 38:34; Lucy Rogers (Congleton CC-MyWindsock) posting 38:50; Steve Cartledge (Lyme Racing Club) posting 39:17; Paul Robinson (Stone Wheelers) posting 39:44; Steven Hazeldine (Stone Wheelers) posted a time of 39:46; Chris Wilcox (Stone Wheelers) posted 41:02; Barrie Whittaker (Lyme Racing Club) posting a time of 43:50.

**Manchester and Northwest VTTA** were due to hold their first event of the season on 6<sup>th</sup> April, a 10 mile event which was being incorporated within the M&DTTA promotion. This was to be run on J4/20 course but unfortunately the weather gods were not in agreement as the forecast of 40 mph plus winds forced the decision on safety grounds to postpone the event. This has now been re-arranged for 22<sup>nd</sup> June. The striking point was that of the 75 entrants there were 31 riders who were members of the VTTA.

**Manchester and District TTA** promoted a 25 mile event on 13<sup>th</sup> April on J4/8 Byley course. This event also incorporated the M&DTTA 25 Championship, round 1 of the M&DTTA Middle Distance Championship and round 3 of the Cheshire Course Points Competition. The event attracted 11 members of our group, notably M&NW Richard Shaw (Seamons CC) finishing 4<sup>th</sup> fastest vet posting 56:46 actual and 53:48 AAT, with Gail Lowe (Congleton CC) finishing fourth fastest female, posting an 1:04:18 actual and 56:09 AAT;

20<sup>th</sup> April saw **Macclesfield Wheelers** promoting their 25 mile event held on the J2/9 course. This event had some 13 M&NW group members riding with Gail Lowe again in the prizes as fastest ladies vet with 1:04:30. Best placed in the open event were Alister Ribbands coming in at 7<sup>th</sup> position posting 53:42 and Bradley Murphy (Chorlton Velo) finishing 8<sup>th</sup> posting a time of 54:15. In addition six other M&NW group riders all managed to break the hour mark.

**Manchester Wheelers** event held on 27<sup>th</sup> April thwas race number 5 of the Cheshire points series and run on the potentially fast J10/1 course Chapel-en-Frith by-pass. From a total of 51 starters 14 were members of M&NW. The first M&NW rider finishing 5<sup>th</sup> was Richard Shaw posting 21:27, followed by Richard

Bowditch in 11<sup>th</sup> position recording 21:59, and just 1 second behind in 12<sup>th</sup> position, Stephen Dooley recording 22:00.

36 M&NW members have so far registered for standards for this year. This is a great start to the season and underlines the level of enthusiasm in the Group for time trialling and drive for personal achievement. It highlights a great endorsement for competitive cycling for life and bodes well for the coming season.

## MERSEYSIDE

### *Brigid Night*

I am writing this report early in May and have only just felt it was warm enough to pack away my winter gear. We are definitely ready for some warmer weather and hopefully now that you are reading this we will be enjoying some warm, longer days.

### Update on our Group Events

At our first event, the **Mid Shropshire Wheelers 25** on the 14<sup>th</sup> April, Jonathan Mills-Keeling secured the Brooke Cup with the fastest time of 58:43. Arthur Winstanley won the Walvale Trophy with the fastest AAT of 56:34.

The results in full for this event are as follows, with actual time followed by age adjusted time: Jonathan Mills-Keeling (Aerologic), 58:43 / 56:50, Liam Ferris (Port Sunlight Whs) 1:2:23 / 59:43, Arthur Winstanley (Liverpool Century) 1:4:09 / 56:34, Mark Jones (Fibrax Wrexham RC) 1:8:56 / 1:5:40, Geoff Edgerton (North Shropshire Whs) 1:16:11 / 1:3:21, Geraint Cathedral



*Arthur Winstanley, having a great start to the season in his new club Liverpool Century*

(Anfield BC) 1:24:54 / 1:23:16 and Helen Tudor (Oswestry Paragon CC) 1:14:10 / 1:6:01.

On the 27th April, at the **Mersey Tri 10**, Stuart McCormick recorded the fastest time of 22:52 and won the Leo Madden Trophy. Arthur Winstanley won his second trophy of the season, the Ron Yates Trophy, with the best AAT of 20:44.

A full list of the results for this event is as follows, with actual time followed by age adjusted time: Stuart McCormick (Chester RC 22:52 / 21:36, Colin Hayes (Liverpool Century) 23:05 / 22:03, James Meldrum (Mersey Tri) 23:06 / 22:55, Arthur Winstanley 23:40 / 20:44, Samantha Howard (Merseyside Tri Club) 23:55 / 21:14, Wesley Iyanda (Liverpool Century) 24:42 / 24:04, Mark Jones (Fibrax Wrexham RC) 25:41 / 24:25, Hannah Fawcett (Liverpool Braveheart) 26:01 / 23:25, Geraint Catherall 30:24 / 29:46 and Moyna O'Neill (Mersey Tri) 30:36 / 27:18.

#### Our Remaining Group Events and Trophies

On 19<sup>th</sup> May, at the West Cheshire 30, the John Clucas Memorial Trophy (Best on AAT) and the George Hayes Trophy (Fastest).

On 2<sup>nd</sup> June, at the Chester Road Club 25, the Colin Rutter Cup (Best on AAT) and the WJ Smith Rose Bowl (Fastest).

On 9<sup>th</sup> of June at the West Cheshire 50, the Dick Corris Memorial Trophy (Best on AAT) and the Eddie Gradden Trophy (Fastest).

On 29<sup>th</sup> June, at the Port Sunlight Wheelers 10, the Oscar Dover Sheild (Best on AAT), the Hilda Dover Cup (Best Lady on AAT) and the Derek Ireland Cup (Fastest).

Finally on 8<sup>th</sup> September, at the VTTA National 25 Championship, the Joe Brooke Trophy (Best on AAT) and the Gomersal Cup (Fastest).

A very well done to everyone who has taken part in the season so far and the best of luck to all who take part in our remaining events.

## **NORTH**

**Gavin Russell**

#### Another Member Lost

We start this edition's report on a sad note with the news of the loss of one of our longtime group members and supporters, Albert Harrison. Albert was our group's

servicing president until his move to a care home in North Wales, where he could be close to one of his daughters. His family brought him "home" for cremation in Middlesbrough with the service attended by many of his local compatriots, although noticeable by their diminishing numbers. He is sadly missed. An obituary appears elsewhere in this edition of the Veteran.

#### North Group Results & Events

With the social season now over, the serious stuff starts now, with members riding, with some success, in various group events across the country. Results are all recorded on the Cycling Time Trial's and VTTA websites, so no need to repeat here.

With many North Group events (22 in 2024) now spread across the whole of the North East, from North Yorkshire up to the Scottish border, there is a steady trickle of new and returning members joining the group. By organizing so many events, as either group or affiliated events, it is hoped that the initiative will stimulate an uptake in membership as well as participation. A number of events, throughout the season, especially in the south of the group's geographic area, have discounted entry fees at £10. Look out for them on the CTT website. All the group's events feature in the group's season long competitions, albeit the handicap competition is only relevant to some events.

#### Hartlepool CC

With a conflict with a 50 mile time trial in the Tyneside area and a 10 mile time trial in North Yorkshire, the Hartlepool CC, after deliberation, have moved their 10 mile time trial on the fast Crathorne course to 8<sup>th</sup> September from 25<sup>th</sup> June. With no 50 in Teesside district, this provides the opportunity for these riders to achieve another age standard by riding a 50 in the adjoining North East district, whilst also hopefully boosting entries in both the 10 and 50. The CTT website event listing has been amended to reflect the change of date and the closing date. The T102 course, with its smooth surface (currently no potholes, except for around the turn) is a very fast dual carriageway course that has in the past produced some very quick times..

#### National VTTA 100

After the appearance of some extended roadworks on the M100/10 course north of Tyneside, following investigation and unless some further issues are

**ALBERT E. HARRISON**  
**Cleveland Coureurs and VTTA North Group**  
**1<sup>st</sup> November 1933 - 24<sup>th</sup> March 2024**

It is with great sadness that we have to report that Albert E. Harrison passed away suddenly in North Wales, where he had resided for several years.

Albert was a true club cyclist, being a member of only two clubs (Middlesbrough Co-op and Cleveland Coureurs) during his cycling career, which spanned 70+ years. By riding his bike he established many friendships, far beyond the boundaries of Teesside. During his many trips to Majorca he would meet up with regulars from across the country and especially those "good old Yorkshire folks". These friendships were often re-kindled during the many racing trips to the Yorkshire courses.

He loved touring, especially the many and varied youth hostels he stayed in, and attempted the Lands End to John O'Groats challenge in the company of the late Gordon Marshall. Faced with horrible wet weather and stiff headwinds, he found himself on his own after Gordon packed after a few days with serious bronchitis. Albert continued on, making the Lake District before also abandoning his effort, due to the continuing atrocious weather.

In tandem with his touring, Albert used to test his fitness by riding time trials. He rode everything from short 10 mile time trials through to 12 hour events. Travelling to many areas in the north of England, he also participated in a number of VTTA National Championships, the last being in 2011. Albert last rode in 2018 at the age of 85. He also attempted national VTTA age records as stoker on the back of a tandem trike with Colin Knapp as pilot - something he always indicated afterwards "never again".

Albert was extremely active in developing the sport of time trialling both locally and nationally. A member of the Teesside district committee for a number of years, he took up the mantle of district chair in the early 90s and continued through until the year of his 85<sup>th</sup> birthday, when he stepped aside for someone younger. During that time he oversaw the development of the sport and administration

within the district, whilst also contributing nationally. Being a very methodical person, Albert was a very respected timekeeper, handicapper and course measurer. He was one of the instigators in bringing RTTC national championships back to Teesside after many years of absence, acting as chief timekeeper at a number of these championships over the years.

Albert worked tirelessly for the sport of time trialling, whether it be for the district or the VTTA North Group. At his time of moving across the country in 2020, he was into his third year as president of the North Group VTTA, the organisation he had actively supported for many years and from which he achieved and received many age standard medals. Additionally, he was the Cleveland Coureurs chairman for over 30 years, a post he held until his passing.

In recognition and appreciation of his work for the sport of time trialling, Albert was presented with Cycling Time Trial's "Gold Badge of Honour" in 2013. He was extremely proud of being the recipient of this accolade, as he was only the second person in Teesside to receive such an honour, with still only four issued to date. Sadly, only one is still with us. Well respected, Albert was invited in the early 90s to sit on the most respected CA Rhodes Trust, which annually identifies and celebrates the best Yorkshire born rider, either professional or amateur.

The life of Albert was celebrated at Middlesbrough Crematorium. The service was attended by a good number of his compatriots, sadly diminishing in number, from both his club, the district and the North Group.

He will be sadly missed both personally and by the many people who had the privilege to come in contact with him. Our thoughts and thanks go out to all his family, for providing the opportunity to celebrate his life achievements, by bringing him "home".

*Gavin Russell*

encountered, it is likely the chosen course for the Tyneside Vagabonds NDCA promotion, to be organized by Nick Wild on 1<sup>st</sup> September, will be free of roadworks.

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

The group members are continuing to support the Croft 10 mile Time Trial Series, now in its 8th 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. We have seen a number of members bring their grandkids to experience what they have, with quite a number under 12 years taking part and probably enjoying it more than the adults.

Do not forget, that any times recorded in open events, on approved CTT measured closed-circuit course across the country, are eligible for age standard awards.

#### Outdoor Track Records

As in 2023, there are to be further attempts in 2024 at establishing both North Group and National records on the outdoor track at the Middlesbrough Sports Village velodrome. Distance range from 5km up to 25mile. With those with greater aspirations, there is also the hour records to tempt you. If you require accreditation to use the track, there is currently a big drive to get more users of the facility, so accreditation sessions can be arranged. Some funding may be available to assist in paying for the use of the velodrome for the record attempts.

If you require further information regarding the track record attempts or want to have a go, please do not hesitate to contact the writer either by email: [gavin\\_russell@hotmail.co.uk](mailto:gavin_russell@hotmail.co.uk) or by telephone on 01642 654419.

#### Plea for Help

Yet again, may we please remind all members that without the few souls who each year are prepared to organize and assist at events, we would not have a programme of events and competitions to compete in. We, as a VTTA group appear to be one of a few across the country, succeeding in promoting more events. If you can ride, please do, if not, please offer

to help or get your partner to help, by volunteering your services, as they will be much appreciated. Without such help, events cannot go ahead.

#### Further Information

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

### **NORTH LANCASHIRE & LAKES**

#### ***Richard Taylor***

As you read this, the racing season is well under way, and the first two events of the 2024 Group Championship have been completed, the Southport CC 15 and our own open 25 mile event.

The Southport event organised by group member Alan Stark attracted a dozen of our brethren on a cool Sunday morning to the Tarleton area near Southport. Our fastest rider was NLTTA Chairman Matt Stell with 34:25, just 5 seconds quicker than Paul Shallicker. Debbie Moss was 3rd fastest group member with 35:42, but with her AAT allowance she romped home by two minutes with an adjusted time of 31:09, with Paul 2nd and Matt 3rd.

Other riders were:-

Andy Horner (Springfield Financial)	38:18
Sue Cheetham (North Lancs RC)	42:21
Richard Belk (Kent Valley RC)	44:20
Sharon Clifford (Shehair RT)	48:05
Rob Rix (Southport CC)	48:45
John Leach (Rossendale RC)	49:06
Mike Cox (North Lancs RC)	49:22
Brian Moore (TA NW) - Trike	53:20
Derek Black (Wigan Whs)	53:21

Tom Rigby of Croston Velo won the event in 31:48.

Alas, despite being informed that several of these rides were local age records, they don't qualify as the event is run on a D course.

Many thanks to Alan and his team for promoting the race.

Due to temporary traffic lights, road works and issues virtually every year, an executive decision was made to move the open 25 from its usual Wednesday

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afternoon slot on the Fylde to a Sunday morning start on the popular Levens course, although how popular 5 degrees celsius at 7am in a bus stop cum layby on the A590 is a debatable point! Nevertheless, an encouraging 57 entries were received, a big increase on previous years.

Richard Bideau, group member and Pendle Forest stalwart, was a clear winner with what he termed a 'personal worst' for the L2524 course and what I would call a rapid 52:51, and also an age record. Second place was Rock to Roll's Davie Thompson with a creditable 53:27 whilst 18 year old John Bardsley from 360cycling was 3rd with a very fast 54:15.

Debbie Moss took the female award with 59:45 and Clayton Velo's Peter Greenwood was best on AAT with a net 50:08, also taking the Dobson trophy for group 25 winner.

Group results with AAT in brackets and placing:-

1. Richard Bideau (Pendle Forest CC) 52:51  
(AAT - 2. 50:27)
2. Andy Whiteside (Springfield Financial) 54:47  
(AAT - 5. 53:09)
3. Ian Cox (Fogarty's Insurance) 56:00  
(AAT - 6. 53:20)
4. Paul Braithwaite (Pendle Forest CC) 56:04  
(AAT - 9. 54:52)
5. Matt Stell (Springfield Financial) 56:24  
(AAT - 12. 55:45)
6. Paul Shallicker (Coveryourcar RT) 57:00  
(AAT - 9. 54:52)
7. Robin Gillespie (Beacon Whs) 57:27  
(AAT - 8. 54:11)
8. Debbie Moss (Springfield Financial) 59:45  
(AAT - 4. 52:04)
9. Peter Greenwood (Clayton Velo) 1:0:24  
(AAT - 1. 50:08)
10. David Rundall (Chorley CC) 1:2:58  
(AAT - 3. 51:28)
11. Paul Russell (Springfield Financial) 1:3:14  
(AAT - 17. 59:39)
12. Andy Horner (Springfield Financial) 1:4:35  
(AAT - 19. 1:0:19)
13. David Hilditch (Springfield Financial) 1:6:21  
(AAT - 14. 56:40)

14. Theresa Taylor (Springfield Financial) 1:8:39  
(AAT - 13. 56:21)
15. Sue Cheetham (North Lancs RC) 1:8:43  
(AAT - 16. 58:47)
16. Willie Armstrong (VC Cumbria) 1:9:32  
(AAT - 20. 1:0:24)
17. Richard Belk (Kent Valley RC) 1:13:29  
(AAT - 21. 1:2:37)
18. Cliff Degraff (VC Cumbria) 1:14:59  
(AAT - 22. 1:10:43)
19. Derek Black (Wigan Whs) 1:28:39  
(AAT - 23. 1:16:30)

So the tradition of recreation on a Wednesday afternoon as insurance agents, undergraduates and avid golfers are wont to enjoy, was ditched by the group in favour of a more traditional Sunday morning sojourn. The risk of cool weather is an obvious deterrent and 5.8 degrees on the start line underlined early season conditions. But at least it wasn't raining! Some fine rides were registered and would no doubt be more appreciated when said riders thawed out. That said, it was reported by one of the riders that there were indeed temporary lights on the traditional course so disruption was well and truly avoided!

Many thanks to all who were involved in the running of the event, notably Tracy Moore the principle timekeeper, husband Brian was co-opted into marshalling after his stint on 3 wheels, Richard Belk reduced my workload considerably by placing all the signs on course, then retrieving them all afterwards, a sterling effort. Gratitude also to Graham and Shirley Sheard, Steve and Karen Wilkinson, Gethin Butler and Paul Fleming. Not to mention Lindale resident John Wade, who with no connection to our group, manned the far roundabout in his home village, when after enjoying a pint with myself weeks earlier, volunteered his services. Many thanks to all.

After the 25 the group hosted a mini presentation at the Hare and Hounds in Levens village to honour the national award winners of the 2023 season, where sandwiches and hot beverages were enjoyed by riders and marshals alike. The medals were handed out to Paul Russell, Andy Whiteside, Theresa Taylor and Debbie Moss. Congratulations to all.

Next event, Open 50 at Keswick, Saturday 15th June 7am.



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## **NORTH MIDLANDS**

### ***Chris Lea***

Braving the almost unrelentingly cold, wet, and windy months of this Spring, relieved only by a brief fine spell for the early May bank holiday and the few days following, have been some twenty or so hardy riders from the VTTA North Midlands.

Tracy Gregory (Buxton CC) has been the most prolific thus far, riding 8 races, and starting in early March. She has been peppering the 30 minute mark in 10 mile time trials, with a best so far of 29:02 in Manchester Wheelers 10 on the J10/1 Chapel-en-le-Frith bypass, in an event where temperatures didn't rise above 6 Celsius despite it being late April. At 25 miles she has been rumbling over the rough Cheshire roads, recording a fastest time of 1:17:58, but surely with more to come. She also took to the hills in Matlock CC and Buxton CC's events, both run in tough conditions.

Trevor Mayne (Birdwell Whs) rode the same two hilly events as Tracy, with a good time of 1:07:39 in the Buxton race.

Sarah Harrison (Trek Sheffield) kicked off her season with the Buxton race – which is more mountainous than hilly – and promptly won her category of female veteran on a road bike, completing the two laps in 1:18:19.

Steve Gibson (Peak RC) prepped for the RTTC National Road Bike Championships with a 25 in Cheshire, recording 58:53 on his road bike – a very solid ride. In the Championships, again on his road bike, he averaged close to 26 mph, placing 28<sup>th</sup> overall and 11<sup>th</sup> Vet.

Riding Sheffrec CC's 25 which was reduced to a 10, were John Martin (Elmsall RC) in 26:12 and taking over a minute off each time at the distance this year, Andy Whitehead (Rockingham CC) in 23:42, Daryl May (Sheffrec CC) in 23:38, Shaun Robinson (Lindsey Roads Club) in 23:33, Martin Nelson (Out of the Saddle CC) in 22:49, Andy Thomas (Lindsey Roads CC) with a super 21:03, and Nick Latimer (Team Lifting Gear Products) with a very rapid 20:38 in the 2-up race.

Andy Newham (Lincoln Whs) raced his trike to a time of 24:50 on the A46-based A10/3 in the VTTA East Midlands event in late April, having fought a challenging headwind on the longer outward leg. Also

in this race, Andy Thomas recorded 20:40 for 9<sup>th</sup> place overall and 5<sup>th</sup> Vet against competition of the highest standard in the form of Matt Bottrill, Richard Oakes, Matt Uttley and Julian Ramsbottom.

Having ridden a couple of 2-up races, Simon Abdy (Barton Whs CC) raced to 23:34 in City Road Club (Hull)'s 10 on the V714. Partnering Simon in the 2-ups was clubmate John Gadie. Anthony Nash (Lindsey Roads CC) rode this event too, recording a season's opener of 22:57.

Tackling both of Matlock CC's open events thus far this season – the hilly 25 in early March (windy) and the 10 in early May on the Darley Dale to Bakewell road (cold) – David Hayward of the promoting club is surely right in thinking that he'll improve as the season progresses, with the 20 mph barrier ready to be broken at both distances.

Ady Dench (Team Sheffield) opened his season with 22:39 in Otley CC's 10 on the V212 on the lumpy road south of Boroughbridge.

Andy Whitehead placed 5<sup>th</sup> overall in Yorkshire Coast Clarion CC's hilly event in the Wolds to the west of Bridlington at the beginning of May. Is this event an homage to David Hockney?

Recording the Group's fastest solo 10 of the season thus far, Nick Latimer did one of only two sub-20 rides by North Mids members this season, having great conditions on L1015 (Levens), finishing in an impressive 19:23; the other sub-20 ride was by Mat Ivings (Buxton CC) – with 19:55 in the same event. Mat also rode 20:30 in East Lancs Road Club's 10 on a wet Levens; this after 21:05 in Manchester Whs 10. More recently, he rode an impressive 1:53:41 for 7<sup>th</sup> place overall in Dukinfield CC's 50 on Cheshire – held in rare fine weather. Chris Lea (Buxton CC) also rode this event, albeit 2 mph slower, in 2:04:08.

Here's to reports of float conditions in the next issue of The Veteran!

## **SCOTLAND**

### ***James Skinner***

Everyone in the Scottish group sends out a massive congratulations to Andy Bruce of Vannelli-Project Go who in the Sir Chris Hoy Velodrome on Sunday 17<sup>th</sup> March, broke the Scottish hour record, setting a new benchmark of 47.523km; the previous record of

46.65km was set by Jim Gladwell and had stood since 1996.

Royal Albert CC organised the SVTTA 10 championships on the Egkington course; 37 of the 63 riders were eligible for the Jim & Betty Train trophy. The winner on standard was Douglas Watson of GTR-Return to Life, his actual 18:58, gave him a +7:48 and an age adjusted time of 18:20.

The Scottish CTT 10 championships were held on a cold morning at the end of April. SVTTA members Douglas Watson and Chris Smart, both of GTR-Return to Life, took 2nd and 3rd overall with 19:24 and 19:26. The only other rider under 20 minutes was the event winner Jon Archibald of HUUB Wattshop who completed the Westferry course in an astounding 17:46 to set a new Scottish record.

The midweek time trial scene is up and running, with events in Fife and at Georgetown Road in Renfrewshire, both series have popular facebook pages for all the details you need to take part.

A few riders travelled to the Levens course south of Kendal for the West Pennine RC 10 mile TT where Douglas Watson claimed second overall and a new Scottish age record with a 18:26, also gaining an age record was Angus Wilson of Dundee Thistle with a 19:50, and another age record on the night went to Ian Elliot of Hawick Cycling Club riding a 23:20.

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

## **SOUTH WALES**

### ***Chris Gibbard***

As I write this report we are finally experiencing a few sunny days. This winter and spring has felt very long and unusually wet! I have spent the early season doing the same as I have the last few years, joking in some bunch racing. I feel that it's likely to be the first thing that age forces me to give up and I can attest that racing against the youngsters at my local Tuesday night circuit races at Pembrey Country Park is getting harder and harder! Part of it may be my advancing age but I am sure that the standard has increased over the last ten years. There are regularly riders taking the start line who hold national titles on the track or ride for World Tour Development Teams. After a few months of taking a regular kicking I now feel as though I've got that out of my system and I'm

ready to knuckle down and get stuck into some time trialling.

With most of the male veterans who regularly do battle in the South Wales district choosing to keep their powder dry it was left to the women to get stuck into the early season events. Bethan Ouseley (Pembrokeshire Velo) took third place on scratch at the Cardiff 100 Milers RCC 15, which has opened the season in South Wales for the last few years, as well as second at the Port Talbot Wheelers 10 in April. Emma Davies (Port Talbot Wheelers CC) was third on that occasion but she took the win at the Bynea CC 10 in March, the Port Talbot Wheelers sporting 13 and third in the second 15 mile event organised by Cardiff 100 Milers.

The first big event of the season was, as always, the Welsh Cycling Association 25 mile championship. Bethan and Emma finished third and 4th on AAT respectively with Andrea Parish (VeloSistas) finishing 1 second behind in fifth. Notable performances from the men were Anthony Jones (VMCC Powered by Y Beic), riding his first race of the season, finishing as fastest vet on scratch and third on AAT. I always look forward to this event and I've never won it, despite finishing second and third many times. This year I succumbed to the cold that usually accompanies the first signs of spring but at least Tom Ward put in a great ride to take the win with 47:11 and put my mind at rest as I would have had to settle for second again at the very best.

The first of the South Wales Group Championships was the 50, organised by Bob Jones on behalf of Cardiff 100 Milers RCC. The weather was very warm for mid-May and an afternoon start meant the temperature had built throughout the day and Saturday afternoon traffic greeted the riders. There were concerns that temporary traffic lights at the turn in Mitchell Troy would necessitate a change of course but thankfully, in the end, we were spared 3 laps of the 12 hour finishing circuit. In the men's competition, the top two was a repeat of last year's result. Anthony Jones took the win with an AAT of 1:40:58, I was second with 1:42:16 and Mike Hall (Port Talbot Wheelers) was third on a road bike in 2:06:54 (all times age adjusted). No women contested the women's title. Not a vet but worth mentioning is Jake Sargeant's stunning 1:38:29, breaking Kieron Davies' nine year old course record.

The rest of the championships are as follows

100 miles - WCA Sun 23rd June  
 10 miles - Ross-on-Wye & Dist CC Sat 20th July  
 25 miles - Virtual CC Sun 11th August  
 12 Hour - WCA Sun 1st September

Here's hoping for some good weather, considerate drivers and tailwinds in all directions!

Open:

1. Peter Younghusband	+35:10 (1:48:10)
2. Malcolm Cox	+34:35 (1:46:39)
3. Daniel Legg	+33:09 (1:46:14)
4. Peter Tomlin	+32:57 (1:57:30)
5. Christian Geldard	+23:21 (1:53:58)
6. John Hyde	+20:49 (1:58:34)
7. Stu Carver	+17:09 (2:05:27)
8. Gavin Draper	+10:56 (2:06:23)

## SURREY/SUSSEX

Apologies, but no report this time. Hopefully a bumper report in the September Veteran.

Congratulations to Chris, Peter and Peter for heading the 25 and 50 mile championship events for the Wessex group.

Our two remaining group championship events are:

4th August - 10 Mile Time Trial - Chichester City Riders (P901/10)

18th August - 15 Mile Time Trial - VTTA London & Home Counties (H15/3)

## WESSEX

### Malcolm Cox

#### Wessex Group Championship Results

25 Mile Time Trial - Charlotteville Cycling Club (H25/8), held 28th April:

The event was run on a Sunday afternoon and thankfully attracted a dry weather spell, travelling to the event there was rain and travelling home from the event there was rain but it was dry for its duration, although there was a nagging wind which made for a bit of a slog heading west but certainly helped on the return east.

#### New Wessex Records

11th May - Lucia Borradaile (66) 50 miles (2:15:57) during Cardiff 100 miles RCC event,

12th May - Sarah Matthews (64) 25 miles (1:00:00) during Newbury RC event,

18th May - Claire Emons (55) 50 miles (1:57:32) during ECCA event,

22nd May - Sarah Matthews (64) 10 miles (23:44) during ...a3rcg Goodwood Closed Circuit TT.

Female: 1. Chris Murray +12:35 (1:00:14)

Open:

1. Peter Tomlin	+13:40 (59:55)
2. Malcolm Cox	+13:38 (55:38)
3. Adrian Talley	+10:36 (57:17)
4. John Hyde	+7:31 (1:00:53)
5. Vernon Schutte	-2:42 (1:17:50)

Well done to Lucia, Sarah and Claire for their new Wessex records.

#### Spring Cup

50 Mile Time Trial - David Gaida Memorial 50 / Reading CC (H50/1C), held 19th May:

The event took place in glorious sunshine, the temperature was fresh to begin with but soon warmed up. The course was four laps between two roundabouts., the road surface was fabulous - a few sunken drain covers but a typically lovely smooth surface (the road has been recently re-surfaced). It also went past the HQ each lap. There were new course records on the day (open and female) and a few PB's including John Hyde who went under two hours for the first time.

After a break in 2023 the Road Bike early season competition "The Spring Cup" was back. This is a South DC competition using local Sporting Courses and is open to all. The series is run over seven events (six on P courses and one using an H course). The courses are superb and take in some of the quieter and more rural roads of Hampshire and span two National Parks (the New Forest and the South Downs). The courses lend themselves to a road bike but the events are typically open to time trial bikes (TT bikes are just not eligible for the Spring Cup). Points are awarded for position not time (the four best placings are used) and there are bonus points for team qualification, ladies and juniors.

The events were:

10th March ...a3crg Rogate Rumble ~ Extended Play Version (P889/17),

17th March National Classic Circuit Series Round 1 Sotonia CC. "The Leg Loosener" (P183b),

24th March Velo Club St Raphael "Pain on Portsdown" (P821),

14th April Wessex RC Hilly (P427),

21st April Bournemouth Jubilee Wheelers (Sporting 42km) West Lulworth (P454),

5th May New Forest CC "Tour of the New Forest" (P333),

11th May VC Venta "The Watercress Ten" (HCC283).

The series was due to start in February with the Pain on Portsdown event, unfortunately, heavy overnight rain saw flooding present on the course and the promoting club, VC St Raphael-Waite Contracts, had no choice but to cancel. Fortunately another date was secured and the event took place one month later.

This was the only hiccup as all the other events took place as planned - the majority in lovely sunshine. They all shared twisty lanes running through some lovely Hampshire villages, some steep sharp kickers and some longer hills, some fast twisty descents and some drags. A very nice way to start the racing season before the standard distance events take hold.

Rachel Waite was third in the series overall and leading female, Wessex Vets riding the minimum of four counting events on a road bike were: Malcolm Cox (Velo Club St Raphael) (overall 2nd), Rachel Waite (Andover Wheelers) (overall 3rd), Howard Bayley (...a3crg) (overall 5th), John Hyde (Velo Club St Raphael) (overall 6th), Stuart Peckham (Velo Club St Raphael) (overall 8th), Stuart Thompson (Velo Club St Raphael) (overall 9th).

Well done to all and thanks to DCB (...a3crg) for running the series - hopefully the previous series winner will have safely returned the actual 'Spring Cup' by the time this is published.

### Tandem Trike Tales

At 91 years of age and not yet ready to hang up his racing wheels, Norman Harvey piloted by Mary Corbett on Bonnie Bagheera (their tandem trike) have had an up and down season so far.

Top of their up's was a PB of 26:46 at the VTTA (L&HC) 10 where they were the fastest on AAT of both solos and tandems. Their second fastest 15 of 41:53 riding the Cambridge CC15 was another highlight.

In contrast, an early season 30 organised by the VTTA (Kent Group) produced a PW of 1:37:46 as the early morning temperature rose to a mere 3 degrees by their start time. Bundled up with every item of clothing available was not conducive to racing and wind gusts of up to 30mph almost brought Bonnie to a standstill at times.

They haven't had any luck with a 25 either thus far with another PW at the Charlotteville CC 25 of 1:21:32. An offside rear puncture meant a quick changeover to the training wheels for the Poole Wheelers 25 resulting in another disappointing time of 1:17:11. However, on the plus, that was the fastest the training wheels had ever spun.

### **WEST**

#### ***Paul Winchcombe***

Once again I find myself seconded to writing the West Group's input for the Veteran after Brian Griffiths rang me from hospital. Unfortunately I was in the middle of eating dinner so many of his suggestions for input were not recorded or were so inaccurate that when I consulted with other committee members it was suggested that in fact the people mentioned were very much hale and hearty, which of course is great news. So I will focus on what I know to be true and not speculate as seems to happen on the internet and social media every day.

Despite the weather at the start of the year and in the spring our events seem to have been blessed with relatively good weather and until recently a stable number of entries. Or at least that is my experience of the multiple races I have entered as I have attempted to maintain a good position in our WTTA Hardrider Series of events, which whilst they may be won by sprinters are an endurance competition, requiring commitment to the full series. Of course we have suffered the blight of road works, both planned and unplanned, but our organisers have usually overcome these by amending courses, so that at least there has usually been a race.

As the season has progressed our system of event date setting shows its creakiness as when you see

low numbers locally for an event you can see that West District riders have headed to Wales or London for a target race, thus reducing our pool of riders. It would be great if Districts could publish draft event date lists visible to District Secretaries so that as well as avoiding date clashes within Districts we could look wider afield to ensure that we work around the potential conflicts. As to the draw of fast courses, sadly at the moment in the West we have no club running events on our dual carriageway course, U47R which is our fastest 10 mile course on the A419, since the local police authority recommended additional signage on the dual carriageway in such an aggressive manner our organising club felt it had to withdraw. This challenge of working with local authorities is a very fine balance as despite being in the right it is not helpful when the cycling and motorist debate is more about perception than reality. Personally I feel safer on a dual carriageway course than I do on many "A" road courses and indeed much narrower "B" road courses.

West Vets members have continued to put in many great performances with many achieving podium and top 10 places within and outside the District. Our results systems make it difficult to track them down but the data is there, just not the built in filters. An upgrade for the future perhaps?

Within West Group we recently ran our annual 10 mile time trial and prize giving, ably run by Gordon and Gemma Scott and their many helpers. The course was the usual Chippenham & District Wheelers local 10 course which whilst almost traffic free has suffered the ravages of winter weather and a council who says the road surface does not fall below their acceptable standard! (I will keep on reporting it till they take some action.) Mark Bradley once again retained our trophy with an AAT of 22:37 which for the course and the weather conditions was a good performance. Prizes and standards certificates were awarded to all those who were there, including three for our 80 year + veterans who are still racing.

Our West Vets Journal continues to amuse and inform with Paul Freegard's sense of humour showing through. Our recent journal was clearly influenced by the advent of ChatGPT, which had been used to write one of our articles on training and generate a scurrilous image of yours truly. More seriously it also showed the variety of activities our members undertake and the output of our recorder, Bob

Hutchinson. I am sure like all Districts the editors would support a call for input from all members and not just the usual suspects so that the vibrancy of our sport can continue to be truly represented.

## **YORKSHIRE**

### **Chris Goode**

The season got off to an early start on 2<sup>nd</sup> March with Jimmy Trevor's VTTA Ice Breaker 10, which had an excellent entry of over 100 riders over multiple events. It was certainly a challenging day and in the women's event the fastest veteran was Angela Hannon-Flaherty (Seacroft Wheelers) 25:55, followed by Karen Taylor (Springfield Financial RT) 27:22, Gretchen Zoeller (Born to Bike/Bridgtown Cycles) 27:38, Rebecca Bland (Seacroft Wheelers) 28:57, Marjorie Davison (Ravensthorpe CC) 30:50 and Louise Watson (Bramley Wheelers) 31:15.

Charlie Tanfield took the headlines, with a scintillating 19:30 with youngster Joe Shillabeer (05/03) next fastest in 20:07. First veteran was Steve Smales (Harrogate Nova) with an impressive 21:53, closely followed by Stuart Henderson and Sean Sanders (both ADDFORM Vive Le Velo) 22:13 and 22:42 respectively. None of the two-up riders started: mudguards would have been needed. John Savage (Hull Thursday RC) was ahead of John Barnett (Otley CC) in the steel road frame section, recording 30:15. For the fixed wheel event the fast-spinning Chris Dugher (Selby CC) was the fastest with 26:47 in his battle with Richard Durham (Settle Wheelers) who recorded 32:31.

There were four riders on tricycles with Chris Goode (Yorkshire Coast Clarion) edging a narrow win from Wayne Baker (Team Echelon) by 20 seconds, in 30:45. As last year, this was a great event to start the season. Thanks Jimmy and family and his team of helpers and well done to all the riders.

Mike Penrice and Greystone Small (our Records Secretary) have now published the Yorkshire VTTA age records, including some back-dated records for Peter Yates (Otley CC) and post-humously for Brian Ward (Scarborough Paragon). You can find them all on the VTTA national website in the Yorkshire Group section. Please have a look and check your own performances against these achievements. This has been a considerable undertaking, as Yorkshire VTTA group have modestly not kept a historic record, until now.

The records research unearthed many outstanding Yorkshire rides and hidden within them was a previously un-credited national age record by Peter Yates (Otley CC), who rode 50 miles in 2:14:01; at that time in 2015 he was a sprightly 82 years old and the 24 hour national age record holder at 80.

Steve Jenks has sent details of the Zwift 5 mile series...Wayne Hill is leading for East Anglia and the leading Yorkshire group rider in 7<sup>th</sup> is Angela Hannon-Flaherty with her husband Mick Flaherty in 9<sup>th</sup>, 12<sup>th</sup> Andrew Lambe, 16<sup>th</sup> Richard Durham, 22<sup>nd</sup> for Dave Leckenby and Stuart Henderson who is currently in 25<sup>th</sup> place. The series started really well with seventeen VTTA riders, which dropped to thirteen by week eight and then further, as the outdoor races started up and better weather finally arrived. A few stalwarts still continue to turn out and vie for the overall which is the best eight positions from race 5 to the final race 24, based on age adjusted times.

In the VTTA National Ten, on the Hatfield Woodhouse course there were some excellent performances in both the open and women's categories. The North Midlands O10/1 course is just "over the border" from Yorkshire so we had a very large contingent of 27 group members on the start list. The full result is listed elsewhere in this publication, but whilst we failed to pick up any major awards the following are worthy of note:

- Mark Wolstenholme (VTTA Yorkshire) was fastest of our members in sixth place with 21:02 actual.. Mark has quietly delivered some excellent rides over many years.
- Neil Cleminshaw (Addform Vive le Velo) and Graham Heaton (City RC Hull) tied for 12th place on AAT with 20:11 (21:13 and 21:34 respectively on actual).
- Only fractionally slower on AAT was 71 year old Tim Garwell (Otley CC) with 20:23 AAT / 24:07 actual.
- The VTTA are encouraging road bike competitors so it was very pleasing to see our first year member at age 40 Samantha Bissell (City RC Hull) come out a convincing first in this category with 21:51 AAT. Well done Samantha, welcome to the group and we hope to see much more of you.
- Yorkshire finished third (from nine) in the group team standings with Cleminshaw, Heaton and Garwell. With our strength in depth could we pull higher up in future championships?

Neil Cleminshaw is having a great season for Addform Vive Le Velo. He won the Darlington 25 in April on a very windy day, clocking 54:15 when 40% of the entrants either did not start or finish. I managed a personal worst (PW) on a tricycle that day by around four minutes so Neil's ride was exceptional. He has also had open wins in the Bramley Wheelers 10 and Yorkshire Coast Clarion hilly 19.5 mile TT. He is grateful to Adam Duggleby for the detailed training plans and advice.

Many will have read on the VTTA website or facebook page about the success of Wasim Javed's VENTOUX heart study. He recently travelled to Athens to present



*Dr Wasim Javed with his professional accolade, for which he thanks those VTTA members who assisted in his research*

data at the European Society of Cardiology, winning the Young Investigator Award; this is a highly prestigious award and this research, based at Leeds General Infirmary, included many volunteers from the VTTA both locally and from much further afield. See feature elsewhere in this magazine.

Some sad news is the passing of Honorary Life Member Joe O'Doherty. He was a member of Pennine CC and was a former policeman; he attended our meetings at Collingham and was a regular at our annual lunch and prize presentation. He also served on the VTTA National Committee for a period.

In the next issue of The Veteran you will be able to read about the VTTA National Yorkshire Twelve, scheduled to take place on 9<sup>th</sup> June, and how well the riders tackled the course in the Vale of York, including the Col de Pocklington Canal. Get there early to claim the best spot. Thanks are due to Steve and Sandra Burrows for organising this superb event. Thanks also to all other organisers and volunteers that make our sport so special.

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## Time Trialling - A Female Perspective

By Deborah Sheridan

In the 1960s and for many years after the dominant force in UK time trialling was female! Many words have been written, films and dramas made and questions asked about Beryl Burton. In 2022 with the help of Aerocoach and UCI World Series Champion Jessica Rhodes-Jones, Cycling Weekly even attempted to answer the often asked question "How fast would Beryl have gone today?" Beryl was never a VTTA member - indeed, it's only in the last 50 years that women have been members but if you fast forward from Beryl Burton to recent years we can see that women are now a major force in VTTA events. Two names immediately come to mind - multiple VTTA champion and now UCI World Series Champion Angela Carpenter (...a3crg) and Linda Dewhurst. However there are many others who deserve a mention.

I came to time trialling whilst I was a triathlete. My long-time coach, Joe Beer, pointed me towards TT as a means to learn pacing, bike handling, feeding strategies and a raft of other skills. I have got a lot out of the sport - medals, podiums, friendship and had some great experiences; after all, in what other sport can you be in the start queue with world stars and Olympic medalists?

To try and gain a view on how women regard and feel about the sport and the challenges the sport faces I have asked some female racers to contribute.

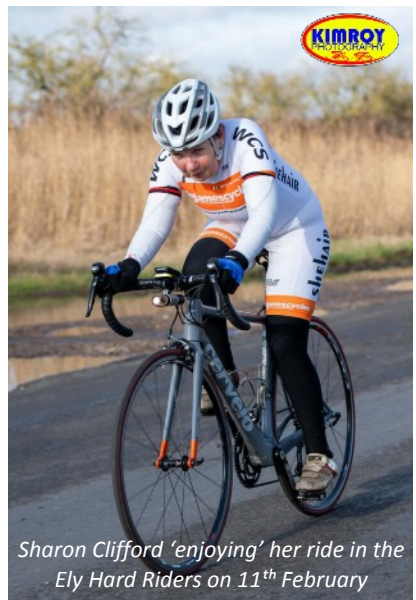
Sharon Clifford, is a life-long cyclist, admin on the Women's section of the Time Trial Forum as well as being a regular racer; she began this season at the 'not for the faint hearted' Ely Hard Riders event. She has concerns about the lack of courses, an issue that is common to us all.

"I started time trialling in the mid-80's from a cycle touring background. Some of my touring club mates also time trialled and encouraged me to 'have a go'. I already knew many of the time trial community and I had plenty of good examples around me, in particular the great lady riders of my own club - Edith Atkins and Sheila Gillett.

10 years ago I could ride many events within a couple of hours travel time. There were plenty of the longer distance events such as 50s and 100s to choose from. Many of these events have now gone."

I can certainly sympathise with that view. I'm lucky that I am retired and can travel, but there are both men and women who have to balance work and family and need to race locally. Someone who knows all about balancing work and family with racing is Debbie Bradley. As well as working for Cancer Research UK and having a family life she writes about TT on her blog 'Duathlon Girl', where she currently has 11000 followers. In her blog she emphasises the importance of the sport for mental health but also admits to being keen to improve.

"Once you've started you'll want to get faster so it's a good idea to keep a note of each time you ride, not forgetting to include a note about kit and conditions. There are so many factors that can affect how fast you



*Sharon Clifford 'enjoying' her ride in the Ely Hard Riders on 11<sup>th</sup> February*



*World Age Group TT Champions Angela Carpenter and Sarah Matthews enjoying their podium time together*

ride, so try and measure like-for-like courses because they vary so much. Also, don't forget the weather conditions and traffic have a massive impact so don't be hard on yourself if you don't improve every time.'

To add some more positive advice to those thoughts I contacted friend, teammate and UCI World Series Champion Sarah Matthews for some more sound advice.

"Competing as a woman is much better than it was when I started in 2015. There are more women time trialling and because every TT has a road bike category it's much easier to have a go at an open event.

Remember everyone was a beginner once, so never be afraid to ask for help or advice. Not everyone has a cycling mechanic partner, so learning basic maintenance and having the tools to do it is useful.

There are still clubs that have course descriptions littered with jargon like '3rd LP' (3rd lamp post) and aren't written in a way for anyone to easily look at a map and realise where the start is. Again don't be afraid to ask.

Understand that most of the evidence-based information about training and nutrition is based on studies on men. We aren't small men and our bodies behave in a very different way, so beware of following nutritional and training advice shared by people who don't understand the differences.

Being good at time planning and sticking to your plan is also crucial. We all love a natter when we arrive at HQ but don't let it compromise your race.

Understanding age adjusted time (AAT) is something which can help you appreciate your performance more. I find where I come on age adjusted time is a far better measure of my performance than my placing against other women. Awards and prize money is still a contentious issue but with apps like ResultsSheet I can easily analyse my results. Finally, never knowing how far this can take you, I rode my first club TT in 2014 on a borrowed TT bike aged 54, never thinking I'd become a World Champion when I won the UCI Gran Fondo Women's 60-64 Individual Time Trial World Championship in 2023."

I have made my usual slow start to this season but others are already adding to the trophy cabinet. Sarah Matthews won the Dave Jones Memorial trophy. Linda Dewhurst won the VTTA 30 on AAT with Deborah Moss and Jen Clegg completing the women's podium. Linda has gone on to win the VTTA 10, beating the mighty Richard Oakes on AAT. The Welsh 25 on the R25/7 was dominated by vets with Emma Wyatt winning in 57:13, narrowly beating VTTA member Claire Emons while another VTTA member Bethan Ousley finished third.

I had a chat with as many women as possible at the VTTA 10 and I was left with the feeling that time trialling and the VTTA offer a challenging and friendly competent sport.

Alexa Forbes of London Dynamo added "I love the atmosphere, the challenge and the friendliness that comes with racing".



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## TIME TRIALS: A TALE OF SUMMER OBSESSION

*By Mike Kirby*



Summer is for time-trials. Ideally a club event mid-week and a race at the weekends too. My week would be tailored around races. Preparation or recovery and a great deal of before and after race faffing dictated my week. Time trialists call themselves 'Testers'. This appealed to me enormously and I took my newfound love of a TT far more seriously than my meagre talent probably meant I should. I was a complete novice, but I brought to time trials the enthusiasm only the newly converted can bring.

I was somewhat advanced in years when I first started life as a tester, but pre-race anxiety still started about 5 days before the event. I would flick open the laptop, checking race day weather. With every forecast change, eager anticipation alternated with dashed hopes, that the next race day might be, just might, be that most elusive of days, when the conditions are perfect for a fast time. When everything comes together, when the weather gods give you a break, when the guy who sets off one minute ahead of you is catchable, when you achieve *flow*.

A lot of satisfaction comes with a fast ride. You get home hungry because you emptied the tank, and how much better your dinner tastes. And how much you can talk! Post race euphoria. You take your nearest and dearest through every pedal turn, long after they have finished paying attention.

Later, I would become impatient for the results, which provide another source of endless conversation, usually a bit one sided though, as your partner has stopped listening, long before you stop talking.

Scanning the results, the comparisons to be made can be endless and then the questions start, the inquisition and the self-doubts start to nag: Did I only go faster because everyone else did? Or maybe it was not a fast one, a day when for your own sanity, you *have* to ignore all those who did do a quick one. Then, looking through the results does not take so long, the action replays for your partner's benefit are cut short as you slip into an introspective silence. You verge on the inconsolable and it is not until you decide that the only solution is to do more training or even buy a new bike that you start to cheer up!

On race days, so many things are outside of your control. You know the weather is uncontrollable, but you cling to the illogical hope that the wind will die down, just when it's your turn as the time-keeper counts you down, sending you on your way.

But what about all the things you *can* control. There are so many variables, a true godsend to the obsessive. I have lists of all the things that might just, (*might, just*) make me a few seconds faster. As if somehow, these things will turn back the clock and make me ten years younger. When I started

doing time-trials I was so bad, that having set a few personal bests, pretty much anything I did to 'improve' worked. Things I did, made me genuinely faster. The club timekeeper said so. One evening, having emptied myself in pursuit of a faster time, I asked him why he had sent me off with the fast blokes, the later starters. He said, 'well, I thought you *looked* fast'. Was that a complement? At least I looked fast.

For a couple of years I thought I had cracked it, I had found the secret of youth. I was turning back the clock, going faster than I ever had before. Except, after a while I wasn't. More action was required. I trained harder, read up on time trial specific training sessions, I even did some of them. I entered races over longer distances and set marks which I then went on to beat as my experience grew. Yes! I was still improving. C'mon!

As I became more confident, as well as the club races, I entered more and more open events These involved riding some of the most famous courses in the land. Open races involved early starts, standing around in draughty car parks, shivering with the early morning chill and the nerves. You look around, stealing glances at the other riders' machines, at the skin suits that must have cost hundreds. You get a bad dose of bike envy and everyone else looks crazy fast.

And then to the start. The timekeeper sits hunched in many layers, no matter the month, he always has the coldest job. He counts you down for the off. And then away, trying to get quickly into position. I even have a 'mantra'. My three 'L's': LONG, LOW, LOOSE, comes into my mind as I try to keep my pedal stroke smooth and efficient, as I try to hunch low over my bars and relax, relax, relax. Let it flow, don't fight the bike. This lasts for about thirty seconds, a couple of minutes max, then on comes the first rush of lactic, and that breathless feeling when your body tries to adjust to the shock of the effort. A quote attributed to Chris Boardman, always comes to mind: "Ask



*Mike Kirby getting it all out on Sunrising Hill in the Banbury Star Hardriders 2024*

yourself this, can I keep this speed up for the whole distance? If the answer is no, you are going too fast, if the answer is yes, you are going too slow, if the answer is maybe, you have it about right”.

The desire to get quicker opened the Pandora's Box of choices in the search for just seconds of improvement. Hour upon endless hour of surfing the net for the latest innovations, the kit that *guaranteed* speed.

Dilemmas started to surface where there had been none. Expenditure always needs to be prioritised to give the biggest gains for each investment. Questions. Questions. What about disc wheels? Which one though? Will I get the most benefit from that or from a new carbon aerobar set up? And skin suits. Are the ones with ribs quicker? Does a £400 one really make you faster than a £200 one? Really? Which helmet has the best drag coefficient? Trip socks? Yes! I know - socks that can make you faster. It is easy to descend into absurdities.

All this is just fiddling around the edges though. What about major capital expenditure? Do I need a new bike? Can I get a more aero position and still see where I am going? What about nutrition, when and what should I eat. Will a litre of beetroot juice or a swig of bi-carb the day before a race, drive me to a PB or have me spending a few hours in the loo?

All this, of course, ignores the first, empirical rule of time trial, the faster and harder you kick the pedals round, the faster you are likely to go. That involves a modicum of training! But what is the best training plan to follow? Do I need a coach? Should I sign up to Trainer Road or another beastly training app that tells me what to do, when all I really want to do is just ride my bike?

Going fast is inextricably linked to the ability to tolerate pain. We utter glib phrases to ourselves about the need to ‘push through the pain barrier’, to ‘get it all out there’ or ‘empty the tank’. In the car park afterwards, there is a kind of ‘who is the most knackered’ competition, as if the ability to be physically sick at the end confers toughness. I have never perfected the art of pushing that hard, sometimes I think I have almost made it to the promised land, but not often

The common bond between those who turn out time and again, is that we are all in search of just the very slightest, fleeting glimpse, of that elusive feeling that, yes, I am getting quicker. Hoping that all the investment in training is paying off, that the money splashed on the latest tech will deliver the holy grail. Delighting in the thrill, chuffed to bits when it all comes together, but most of the time pledging to be better next time.

*(Mike Kirby is a cyclist, writer and entrepreneur. His new book Motion and Emotion. The Pains and Pleasures of My Cycling Life is now out on Amazon Books)*

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# THE VTTA VIRTUAL RACING LEAGUES

## By Steve Jenks (Joint organiser with Mark Bradley)

### 2024 Winter Zwift Ten Mile League

The final event and overall results of the Zwift VTTA 10 mile series came too late for inclusion in the March Veteran, so here is the report including what I wrote for the Facebook site.

Following the success of the Midlands 2023 Autumn Zwift ten mile league we put on the same series for the national VTTA membership on a fast Zwift course for eight weeks on a Tuesday evening. The idea was for the event to help enhance winter training, help individuals assess how their training was progressing and to help generate a community spirit when there is little going on time trial wise in the cold and wet winter months.

Race 8 – the finale of the series - again had 106 entrants, although the total of VTTA finishers fell below 60 for the second time, being down to 45. Fastest on actual time was Kev Fowler (West) on 21:14, with three other riders under 22 minutes who were Ian Greenstreet (London and Home Counties) on 21:42, then Chris Siepen (Manchester and North West) and Tim Hood (Midlands) both on 21:55.

On AAT the fastest three were led again by Kev Fowler on 19:29, followed by Liz Ball (Scotland) on 19:36 and Andrew Simpkins (Midlands) 19:52.

Overall 125 VTTA members rode at least one event, with 67 riding the four or more events necessary for a league position. Rachael Elliott (London and Home Counties) came out on top in 1:11:34 followed by Judy Brown (East Anglian) in 1:15:13 and Kev Fowler (West) in 1:17:17.

Special mentions to Liz Ball (Scotland), Mike Westmorland (North Lancashire & Lakes), Malcolm Cox (Wessex), Kevin Belton (Scotland), Chris Siepen (Manchester & North West) and Michael Flaherty (Yorkshire) for completing all eight events.

Many thanks to all who entered for making this such a successful series, which produced a field in excess of one hundred for all of the eight races.

Most of all thanks to Mark Bradley who spent many hours chasing up people who didn't complete their ZwiftPower names correctly so could not be identified and who did all the number crunching in an amazingly short time, and to the excellent James Bailey (Content Programming Specialist at Zwift) for facilitating the events.

### VTTA Zwift Five Mile Series

This series came about on the coat tails of the 10 mile series but is only half the distance so as not to interfere too much with training. To avoid staleness we alternate courses week on week, one fast and flat and the other the lumpy Yorkshire course. The series started really well with 17 VTTA riders, but dropped to 13 by week 8 and then dropped massively as the outdoor races started up and weather improved. A few stalwarts still continue to turn out and vie for the overall which is the best eight positions from race 5 to the final race 24 based on age adjusted times.

Currently after race 11 overall in the league standings are first Wayne Hill (East Anglian) on an impressive 556, second is Malcolm Cox (Wessex) on 496. Third is Michael Wills (East Midlands) with 493 closely followed by Kevin Bull (Wessex) on 490. Thirty members have so far completed at least one event. Riders get 100 points for first, decreasing by one with successive positions. Highest total from the best eight positions determines final positions.

The results and race accounts are posted by Mark on the main Veterans Time Trials Association Facebook page each week . I try to copy this to other area Facebook pages but some areas do not have one, some are member only and others don't allow me to post for some reason, so going to the national site is best and also has Mark's amazing spreadsheet which shows all individual events results and current standings in the league.

This is the up-to-date result after 7 events.

Name	Group	Round 5	Round 6	Round 7	Round 8	Round 9	Round 10	Round 11
Wayne Hill	E Ang		86	95	88	94	97	96
Malcolm Cox	Wssx	99	98	100		100	99	
Michael Wills	E Mids	97		99	99	98		100
Kevin Bull	Wssx	95	100		100	96		99
Gail Lowe	M&NW	89	92	96	94			
James Wood	E Ang	92				99	100	
Angela Hannon-Flaherty	Yorks	93	97	97				
Giles White	E Mids	94			96	97		
Mick Flaherty	Yorks	91	95	98				
Jon Howard	Mids	90	89		97			
Richard Watson	Mids		96				98	
Andrew Lambe	Yorks	98	94					
Chris Siepen	M&NW		93		93			
John Hyde	Wssx		91		92			
Anne Staley	E Mids				90	93		
Richard Durham	Yorks		87					95
Gary Jones	Mids	87			90			
Stuart Lloyd	M&NW	88	88					
Karl Norris	West	100						
Ian Greenstreet	L&HC		100					
Kym Harvey	Wssx				98			
David Leckenby	Yorks							98
Michael Lythgoe	Mids							97
Andrew Simpkins	Mids	96						
Stuart Henderson	Yorks				95			
Adrian Osborn	Mids					95		
Mark Bradley	West		91					
Andrew Gibson	Kent				91			
Joanna Legge-Knight	West	86						
Darren Fishpool	E Ang		85					

Here is a segment from the write up of race 4. "The competition between Wout Van Aert and Mathieu Van der Poel took a backseat to the 'unexpected star battle of the week' between family members Angela Hannon-Flaherty (Yorkshire) and her husband Mick Flaherty (Yorkshire). Mick started behind and caught her at exactly half way, with Angela putting up a spirited fight on her slightly slower set up. Mick took the win by just over half a minute, but Angela had the last laugh on age



# GRAN FONDO WORLD SERIES UPDATE

## VTTA members continue to shine on the World Stage!

*By Deb Sheridan, with contributions from  
Alexa Forbes, Matthew Smith and Simon Dighton*

**T**he qualifying events for 2024 World Series Finals in Denmark in late August have gathered pace into the New Year. Events with time trials have taken place in Jordan, Cyprus and Portugal. These events will be closely followed by events with time trials in France, Croatia, Austria, Slovenia, Switzerland, Ireland and the Isle of Man.

A little clarification of the rules is perhaps needed at this point. Riders who qualify in an event that does not have a TT will also be granted a qualifying place in the TT at the world finals. Consequently there are a number of GB listed qualifiers from Dubai, which did not have a TT, who will be offered places in the TT final.

For the purposes of this update I have concentrated on events with a separate TT as these are likely to contain the most VTTA members. The Isle of Man qualifier will be after this edition of the Veteran is published, but I suspect will have a significant influence on the number of GB qualifiers and VTTA members possibly heading to Denmark.

Cyprus turned out to be the main qualifier for British riders who continued to be successful. Alexa Forbes (London Dynamo and VTTA London & Home Counties), sent me this report following her win in the W60-64 category.

“The Gran Fondo time trial took place in the beautiful Troodos mountains, finishing and ending in a tiny village called Nikokleia, which was nestled just a short ride away from the centre of Paphos in Cyprus. The 26.8km course showcased a 14km undulating climb out of the blocks, a tight mid-road turn at the top near the village of Pratsio and a fast, undulating return to the village of Nikokleia. A total of 205 men and 27 women competed in the individual time trial event. Five UK women and six men qualified to compete in the 2024 UCI Gran Fondo World Championships in Aalborg, Northern Denmark on 29th August.

Temperatures soared to 26 degrees whilst riders negotiated the mountain top course. Highlights included dodging fallen oranges from the trees close to the road, speed humps in the villages on the route, that tight turn at the top, a gravel section near the top of the fast descent and, finally, speed-killing cobbles in the centre of Nikokleia village just before the final steep uphill push to the finish. Never a dull moment, but a gorgeous course.”

In Croatia, Matthew Smith (Drag2Zero and VTTA East Anglia) won the M45-49 category on a challenging course. “It was a well organised, closed roads TT of 21.6km. The road surfaces were a bit dubious in places and the course was quite technical with a climb for the first third, a flatter out and back in the middle section, then a tricky descent back down to the start/finish. It had a really good international entry and the standard was very high. I was in the 45-49 age group and won that with 29:52 by just 4 seconds from the second-place finisher, and my time was third fastest overall on the day.”

Still in Croatia Simon Dighton (Beacon RCC and VTTA Midlands) finished third in the M60-64 category and then had his result changed. “I must have upset the cycling gods in Croatia. I was off to the medal ceremony to pick up bronze but then got bumped off by a competitor who missed his time

slot and they then decided not to penalise him. I also got caught behind a slow moving car, which stopped on a blind bend and I had to inch round. Particularly annoying as this race was on a closed road." Following an appeal he has now been restored to his third place.

Below is the list of qualifiers to the best of my knowledge from the latest events.

### Cyprus

W 45-49: Naomi De Pennington (Drag2Zero) 2nd in 42min 08sec, Diane Egerton Warburton (Israel, MI Racing and VTTA Midlands) 3<sup>rd</sup> in 42min 48sec  
W 50-54: Helen Taylor-Carter (Bedfordshire RCC and VTTA East Anglia) 1st in 49min 25sec  
W 55-59: Gail Marie Lowe (Stone Wheelers and VTTA M&NW) 2nd in 51min, Jayne Dickens (Stone Wheelers) 3rd in 51min 24sec  
W 60-64: Alexa Forbes (London Dynamo) 1st in 51min 40sec  
M 45-49: Pete Norris (Pete's Pedals) 5th in 41min 5sec  
M 50-54: Richard Brook (VC Walcot) 1st in 38min 31sec  
M 55-59: Mark Coombe (Ex Machina) 3rd in 42min 54 sec  
M 60-64: David Gearing (Woolwich CC) 3rd in 48min 49sec  
M 70-74: Pat Ellerbeck (St Neots CC and VTTA East Anglia) 1st in 49min 1 sec  
M 75+: Ben Thomas (South Western Road Club and VTTA Surrey/Sussex) 1st in 55min 24sec

### GF Jordon

M 50-54: Patrick O'Driscoll, M 55-59: Robin McGowan, M 60-64: Fredrick Mayall

### GF Istria Croatia

M 45-49: Matthew Smith (Drag2Zero and VTTA East Anglia), M 60-64: Simon Dighton (Beacon RCC and VTTA Midlands)

### GF Portugal

W 45-49: Helen McKay, M50-54: Andrew Hay, W60-64: Patricia Baird (Ecosse Performance Cycling and VTTA Scotland)

## **NOW CHECK OUT THE COURSE IN DENMARK (VIRTUALLY)**

Anything from a sneak preview of the TT course in Denmark to a full distance timed workout is possible thanks to our friends at Fulgaz (the real video smart trainer app) and recent Yorkshire group member John Hallas, who has gone very 'indoorsy'. Their video, *2024 Gran Fondo ITT World Championships*, covers the full 33.05km from a rider's eye perspective and runs for just over one hour. It shows a mix of well surfaced flat main roads and smaller country lanes of somewhat dubious condition, all quite exposed with few hedgerows. This QR code will run the video:



For those wishing to go deeper you can sign up to Fulgaz (initially for a 14 day free trial), load the Fulgaz app, link your smart trainer and ride the TT under timed conditions, just like Zwift except with real video. You can claim your free trial here:



The actual TT takes place in Denmark on 29<sup>th</sup> August 2024. If you ride the course any time a few days either side of this date it will be on the Fulgaz Weekly Challenge List. You will be able to see times of other riders currently active and when you finish your time will be entered onto a finisher's list. You can compare your fictional ride with the lucky few who have qualified for the real thing and who we hope will return with medals and stripey jumpers

# RIDING AND RACING IN THE HEAT

Dr. Alan Chorley

As we get deeper into summer we're blessed with the occasional hot day here in the UK. Some people always appear to ride well on these days and achieve PBs and record times, whilst others (including me) fear racing in the heat and see their suffering increase and their performance drop. So, what's going on? Why do some riders excel, and others fail, and is there anything we can do about it?

## Speed

Firstly, increased air temperature means a decrease in air density. As all time triallists know pushing through the air is what we're fighting against. Whilst it is not the only factor, air temperature has the greatest effect on its density, and so the hotter it is the less air resistance there is, and consequently the faster we should go. Hour record attempts in velodromes, invariably have temperatures cranked up for this very reason, with Wiggins record set at a stifling 30°C.

## The Problem

Whilst environmental conditions mean faster speeds, there's a lot going on in the body that works against us as the temperature rises. Central to everything is that our bodies have evolved a series of mechanisms to maintain homeostasis and keep our body temperature at around 37°C. Severe hyperthermia that can lead to organ damage and death can occur at 40°C, so the hypothalamus in our brains controls a series of actions to regulate temperature and avert these critical temperatures.

When riding our bikes our efficiency is about 25%. As we metabolise fats and carbohydrates, 25% of the energy released is transferred through to the pedals. The other 75% is converted to heat energy. In other words, if you're producing 250 W, it's like having a 0.75 kW electric fire running inside your body! That heat is transferred out of the muscle via the blood, which flows to the vital organs and brain. Either our whole body gets cooked from the inside, or we have to dissipate that heat somehow.

## Heat Dissipation

We have a number of ways to dissipate that heat to our surrounding environment to maintain homeostasis, but these mechanisms can be compromised. Sweating is our primary response. The sweat itself is at body temperature and so doesn't cool, but the process of evaporation from the surface of the skin draws heat energy from the skin which does provide a cooling effect. The clothing we wear is very important. Wicking materials draw sweat from the skin, making us more comfortable, but in doing so means that evaporation from the skin surface isn't taking place. If humidity is too high then the air is saturated and so evaporation doesn't occur, and dripping sweat doesn't cool us.

## Limitations to Cooling

The fluid for sweat ultimately comes from blood plasma, meaning as you sweat you can become dehydrated, that makes it harder for blood to flow adding to cardiac strain. Furthermore, under normal conditions when we are hot, blood is diverted to the skin surface to facilitate its cooling. When racing we're demanding blood flow is prioritised to the working muscles, and this competing demand results in a less than optimal blood flow to the skin's surface, further limiting that precious cooling effect.

When body temperature starts to rise and the cooling mechanisms aren't sufficient to halt the rise, the brain has a trick left to protect the vital organs and brain against damage. It down regulates muscle activity. Whilst this simply feels like fatigue, the reduction in power output means a reduction in heat being generated within the muscle, allowing core temperature to be stabilised and



homeostasis maintained. This might not be the response you want during a time trial, but it's better than being taken to A&E with heat stroke.

### **Who Copes Well in Hot Conditions?**

As with most things within our sport, some capabilities are genetic, and others are trainable. Factors that help determine performance in the heat include body shape and size, fitness and heat acclimatisation.

Body shape and size is critical to heat dissipation. Firstly, as we know, a smaller, more aerodynamic rider, needs less power to ride at a given speed than a larger rider. Less power means less heat that needs to be dissipated, giving an instant advantage in hot conditions. Secondly being smaller usually means a greater body surface area in comparison to body mass. That body surface area is where sweating and convection cools the skin, thus there's a greater cooling capacity. Tall skinny riders will also benefit in comparison to short stocky riders. Subcutaneous fat beneath the skin also provides insulation which hinders the cooling effect of blood flow near the skin's surface.

Obviously, the fitter we are the better we are adapted to high intensity exercise. As that invariably involves heat dissipation it should come as no surprise that fitter athletes tend to cope well with the heat. Fitter athletes tend to have a faster sweat response, and higher sweat rates than those less trained meaning faster and better cooling mechanisms.

Heat acclimatisation provides the same benefits as simply being fitter, but specifically targets those responses and adaptations relevant to the heat. Training in the heat has been shown to produce a large increase in blood plasma volume. This allows for a higher cardiac output (maintaining blood flow to the muscle and to the skin), greater sweat rates, and a slower rate of dehydration. Other benefits include a decrease in sweat electrolyte content, which helps maintain muscle function. Put simply heat acclimatisation allows for a better maintenance of power in hot conditions.

### **Tips and Tricks**

It should be obvious that heat acclimatisation is the best training technique to prepare for racing on hot days. Studies have shown that 7-14 days of training in hot conditions can have large effects on physiological capacities such as blood plasma volume and performance itself. If jetting away isn't an option, then turning the fan off for your turbo training or wearing excessive layers can have the same effect. However, this may also limit the intensity of your training whilst acclimatising. Another option that has been trialled is (very) hot baths after training sessions.

Pre-cooling before a race has been shown to be effective. Ingesting ice slurries or placing ice packs inside clothing can help. Pro team riders have been seen wearing ice packs around their necks prior to racing. However, whilst this will offer some cooling to the blood, the technique is effective as it tricks the thermoreceptors into reporting cooler blood temperatures to the hypothalamus and so delaying the down regulation of power output. As the aim is to fool the body's protective system this type of technique should be viewed with caution.

During races hydration and external cooling can help. It goes without saying that in hot races, fluid intake is vital. This should match sweat rates and cold drinks or slurries will provide a genuine cooling effect on core temperature. If it can be arranged ice packs and cold-water sprays will help reduce skin temperature, although having a team spray ice cold water on a rider isn't a common sight at a weekend TT in the UK.



*As well as being a member of the Manchester & North West VTTA, Alan Chorley is a cycling coach and sports scientist with a number of published studies, and he recently completed his PhD in the modelling of cycling performance.*

## VTTA GAINS RECOGNITION IN THE INTERNATIONAL MEDICAL COMMUNITY

It has been 12 months since we were in touch with Dr Wasim Javed about the VENTOUX Study, designed to find out more about the structure of the heart and its performance amongst older athletes and specifically cyclists. To recap:

*The VENTOUX study is a new, exciting study which is being conducted at the University of Leeds, with funding from the British Heart Foundation. This research is the first of its kind and importantly aims to reduce cardiac events in those who exercise frequently. Sudden cardiac death is a tragic event and this research will provide valuable new knowledge in this important preventative area. It involves investigating the structure and function of the heart muscle in endurance veteran athletes and correlating this with abnormal heart rhythms, which can be dangerous.*

The study has now been completed, using a significant number of VTTA volunteers as participants, and the report was recently presented at a major international conference of cardiologists in Athens. Wasim now updates:

*"Some great news- we recently won the highly prestigious Young Investigator Award at ESC Preventative Cardiology 24 in Athens for the VENTOUX study. The study was said to be arguably one of the most impressive and most important for Sports Cardiology that has ever been conducted in veteran athletes and could revolutionise how cardiologists manage athletes for decades to come.*

*We are also in the final for the UK award in June and will be submitting it for the North American award in October.*

*I thought I would share the good news so you could thank all those involved. I also made special thanks to the VTTA during my presentation as I am very grateful for your support.*

*Every day for the last 2 years I have sat down most mornings to check your heart rhythm readings from the night before. We have picked up several abnormalities and have helped these athletes manage and deal with this to prevent them from going on to develop issues."*

Congratulations to Dr Javed and his colleagues in Leeds; we hope to be able to help in future research.

## Research opportunity: VENTOUX 2

VENTOUX is a Leeds-based project aiming to uncover the causes of life-threatening arrhythmia, sudden cardiac death and other cardiac abnormalities in trained athletes. So far, the participation of the time trial cycling community has proven invaluable in this research.

Following your help and the fantastic progress made by VENTOUX towards understanding the origin of life-threatening arrhythmia in trained athletes, we are delighted to announce we are now recruiting participants for its successor, VENTOUX 2.

This project is recruiting both men and women in an aim to broaden our cohort of participants and discover if the findings from VENTOUX are generalisable across all trained athletes, as we aim to improve the accuracy of current cardiac screening and exercise testing in trained athletes. The other main difference is we are not using implantable loop recorders and instead will lend you an ECG monitoring device which we will use to assess your heart rhythm over a seven-day period.

We are particularly interested if you can check your blood pressure at home during exercise, however this is not a necessity and instead can be performed in the lab during an exercise test.

If you are interested in participating, please contact our team via [ventoux@leeds.ac.uk](mailto:ventoux@leeds.ac.uk). Please spread the word.

# VENTOUX 2

VENTricular arrhythmia and cardiac  
fibrOsis in endUrance eXperienced  
athletes (VENTOUX) – Study 2

## WHO WE ARE LOOKING FOR

Endurance experienced  
athletes  
Aged 40 or over  
No history of heart disease  
or high blood pressure  
Trained at least 6 hours  
per week for at least 10  
years



## WHY GET INVOLVED

A proportion of athletes develop scarring of the heart  
that might be associated with potentially life  
threatening heart rhythms

Help us understand the relationship between blood  
pressure during exercise and heart scarring.

## WHO WE ARE

This study is  
organised by the CMR  
Clinical Research  
Group at the  
University of Leeds  
and is funded by the  
British Heart  
Foundation

## WHAT IT INVOLVES

A blood pressure reading after exercise - at home if  
possible but if not this can be done in the lab.  
One visit to hospital for a Cardiac MRI Scan, an  
exercise test, ECG monitoring and a simple blood  
test.  
Access the the Training Peaks Sports Coaching App.  
Annual telephone follow up.



## HOW DO I GET INVOLVED?

Use the QR code below, or contact via  
email at [ventoux@leeds.ac.uk](mailto:ventoux@leeds.ac.uk)



## A LAST LOOK BACK AT THE 30 MILE CHAMPIONSHIP



*East Anglia delivered a traditional time trial at its very best*



*Finish line action - Paul Pardoe flashes past in the quickest time of the day, whilst Wolfgang Emmerich covers the final yards on foot after suffering a late mechanical*