



Veterans Time Trials Association



2025 HANDBOOK

THE VTTA - A SHORT CHRONICLE



E H Strevens September 1945

E H Strevens (initials were *de rigueur* in the past) established in the North London area in 1939 an organisation (indeed he was that organisation), by the name of Nor-O-Lon for the promotion of Veteran Time Trials and these he both ran, financed and developed until by his inspiration and enterprise there was formed, in the spring of 1943, the Veterans Time Trials Association with Mr Strevens as its first Secretary. The inaugural meeting was held at The Old Sal, Barnet, on Monday 7th March 1943 to which prominent veteran riders of the day were invited to attend and forty-five of whom did.

The VTTA, at its inception, visualised “a nation-wide organisation offering congenial membership and road competition for all over-40 cyclists, no matter where they may reside”.

It remained an all male organisation until 1971 when London Group finally managed to effect a change of rules which allowed applications from women to be accepted.

An early edition of the magazine contained the following proclamation:

“As we ‘grow up’ we discover that life is a series of revelations, each more attractive than the last. We call ourselves ‘Veterans’, but only the under 40s regard the word as meaning ‘has beens’. We know that the most

satisfying feature in life’s continuous approach to maturity is the stuff called experience and the wiser expertness that solidly emphasises the worthiness of achievement. Only the misguided folk who stop natural bodily exercise unwind from early middle age to decrepitude. The fit man blossoms as he takes on years.

One thing only we lose as we grow older – whip cord fleetness. But there still remains the competition, the club companionship and rivalry, the grand enjoyment of cycling and – The Game”.

By September 1944, membership was 157.

In June 1947 a ‘Special Luncheon’ was held which was attended by thirty people and the whole affair was paid for by the President, E H Strevens.

Much has changed since then. Membership rose rapidly in the post-war boom, and has steadied at around 2500 today.



VETERANS TIME TRIALS ASSOCIATION

HANDBOOK 2025

Containing details of National and Group Officers

Rules and Regulations

Event Programme for 2025

Results of 2024 Championships

Current National Age Records

Past Champions

Guide to Standard Awards

Age Adjustments Tables

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VETERANS TIME TRIALS ASSOCIATION

*Competitive Cycling for Life
Since 1943*

NATIONAL EXECUTIVE COMMITTEE 2025

President		Tony Farrell (Manchester & North West) Lealtad, Brookledge Lane, Adlington, Cheshire, SK10 4JU 01625 820210 / 07901 528646: f.t.a.1@icloud.com
Chairman		Andrew Simpkins (Midlands) 13 Lupin Drive, Walton Cardiff, Tewksbury, GL20 7FT 07767 835004 : chairman@vtta.org.uk
Vice Chairman		Mark Bradley (West) Address withheld 07890 583253 : vicechairman@vtta.org.uk
National Secretary		Position unfilled secretary@vtta.org.uk
Treasurer		Ian Pritchard (West) Doverscourt, 21 Channel Road, Portishead, Bristol, BS20 6LZ 01275 845779 : i.pritchard@sky.com
Membership Secretary		Merv Player (East Anglian) 18 New Close, Knebworth, Herts, SG3 6NU 01438 814154 : mervplayer33@gmail.com
Age Records Secretary		Ian Greenstreet (London & Home Counties) Davandy, Long Lane, Shaw, Newbury, RG14 2TH 07980 301321 : iangreenstreet@gmail.com
Editor & Advertising Secretary		Mike Penrice (Yorkshire) Tawnylands, South Duffield Road, Osgodby, Selby, YO8 5HP 01757 291196 / 07598 168709 : editor@vtta.org.uk
Awards Secretary		Joy Payne (London & Home Counties) 01494 817658 : joypayne27@gmail.com
IT Manager		Jon Fairclough (Scotland) Address withheld 01573 963125 / 07976 558616 : itmanager@vtta.org.uk
Committee Member		Rachael Elliott (London & Home Counties) 6 Pindar Place, Newbury, RG14 2RR 07931 722817 : rachael.elliott@gmail.com

**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, Jim Burgin

Website : vtta.org.uk and Facebook

PAST AND CURRENT NATIONAL OFFICIALS

President	E H Strevens	1945 - 1952	Mrs D Mahar	2000 - 2004
	H G Gibbs	1953 - 1956	J P Ogden	2005 - 2009
	E H Bricknell	1957 - 1970	A Colburn	2010 - 2014
	R H Clarke	1971 - 1994	Carole Gandy	2015 -2020
	Mrs E Brambleby	1995 - 1999	A. Farrell	2021 -
Chairman	C W Cooke	1943	I Jones	1985
	L F Dixon	1944 -1948	Mrs E Brambleby	1986 - 1994
	A E Lang	1949 - 1959	E A Green	1995 - 2004
	M C Rees	1960 -1962	G Nowland	2005 - 2010
	W G Knight	1963 - 1980	J Burgin	2011 - 2016
	S Harvey	1980 -1984	A Simpkins	2017 -
Secretary	E H Strevens	1943	S E Hayward	1965 - 1995
	G Hibbs	1944	M J Ellis BEM	1996
	H Webb	1945	W G Pickering	1997 - 2007
	C W Cooke	1946 - 1948	Ann Butterworth	2007 - 2013
	J C Ballard	1949	Rachael Elliott	2014 - 2024
	H L Lincoln	1950 - 1964		
Treasurer	E H Strevens	1943	T N Anderson	1996 - 2000
	C A Sturt	1944 - 1945	G Smart	2001 - 2005
	E W Harman	1946 - 1948	J D Gresty	2006 - 2010
	L S Davis	1949 - 1952	C Grant	2011 - 2014
	A E Tester	1953 - 1956	W J Gladwin	2014 - 2016
	H L Lincoln	1957 - 1964	Mary Corbett	2017 - 2019
	S E Hayward	1965 - 1995	I Pritchard	2021 -
Editor	R H Gayter	1945 - 1946	Miss I Leget	1985
	J C Ballard	1947 - 1949	S E Hayward	1986
	C A Sturt	1950 - 1951	H Dixon	1987 - 1991
	J C Ballard	1952 - 1953	B Rosen	1992 - 1997
	H L Lincoln	1956 - 1963	D Humphreys	1998 - 2003
	W S Lewis	1965 - 1975	J Burgin	2004 - 2016
	F Wells	1976 - 1981	M Penrice	2017 -
	F Cowling	1982 - 1984		

DISTINGUISHED LIFE MEMBERS OF THE ASSOCIATION 2025

Norman Harvey (Wessex)	Peter Horsnell (East Anglian)
George McLaughlan (Scotland)	Merv Player (East Anglian)
Audrey Hughes (London & Home Counties)	Mavis Ross (Manchester & North West)
Jim Burgin (London & Home Counties)	Ian Ross (Manchester & North West)
Sylvia Armstrong (London & Home Counties)	Ann Butterworth (Manchester & North West)
Roy May (London & Home Counties)	Gavin Russell (North)

GROUP OFFICIALS FOR 2025

EAST ANGLIAN GROUP OFFICIALS

Chairman	Paul Wright	Address withheld	07870 848132 chairman@vttaea.co.uk
General Secretary	Christine Golder	19 Old Silk Mill, Glemsford, Sudbury, Suffolk, CO10 7FX	07850 468341 gen.sec@vttaea.co.uk
Membership Secretary	Merv Player	18 New Close, Knebworth, Herts, SG3 6NU	01438 814154 mem.sec@vttaea.co.uk
Treasurer	Keith Dorling	Address withheld	07714 937777 treasurer@vttaea.co.uk
Recorder	Anthony Whale	Address withheld	07762 592736
Records & Standards Sec.	Ken Platts	Address withheld	01223 870963 records@vttaea.co.uk
Awards Secretary	Denese Hallahan	Address withheld	01945 583852 denese.hallahan@btinternet.com
Time Trial Secretary	John Golder	19 Old Silk Mill, Glemsford, Sudbury, Suffolk, CO10 7FX	07709 328113 tt.sec@vttaea.co.uk
'Veteran' Reporter	Dominic Whitehead	Address withheld	07504 439362
Webmaster & Group Admin.	Noel Toone	Address withheld	01832 274369 webmaster@vttaea.co.uk
Committee Member	Andrew Grant	Address withheld	01638 741433

EAST MIDLANDS GROUP OFFICIALS

President	David Herd	2 Meadows Close, Long Bennington, Newark, Notts, NG23 5EQ	01400 281116 davidherd63@gmail.com
Vice President	Jim Goodwin	7 John Street, Eckington, Sheffield, S Yorks, S31 9DU	01246 434595
Chairman	Sue Bowler	14 Sunnyside Ave, Littleover, Derbys, DE23 1JP	07541 141645 suejbowler@gmail.com
Secretary	Russell Gent	14 Westfield Road, Leicester, LE3 6HR	07802 541082 gentrussell@gmail.com
Treasurer	Kath Smith	14 Main Street, Wilsford, Grantham, Lincs, NG32 3NP	01400 230512 davidandkathsmith@btinternet.com
Recorder	Graham Green	6 Rumsey Close, Thringston, Coalville, Leics, LE6 7NY	01530 224385 / 07517 672029 grahamgreen42@btinternet.com
Trophies Secretary	Colin Parkinson	12 Collingham Road, Leicester, LE3 2BA	01162 091371 cdp@lineone.net
'Veteran' Reporter	Jen Clegg	29 East Avenue, Leicester, LE2 1TE	01162 705181 / 07957 984901 jencycle@outlook.com

KENT GROUP OFFICIALS

President & Vice Chairman	John Hawkrige	12 Regent Drive, Loose, Maidstone, Kent ME15 6DG	01622 762837 john.hawklaw@googlegmail.com
Chairman	Mark Vowells	Penny Green, Round Street, Cobham, Kent DA13 9BA	01474 393402 markvowells@hotmail.co.uk
General Secretary	Carole Gandy	12 Regent Drive, Loose, Maidstone, Kent ME15 6DG	01622 762837 carole.gandy12@gmail.com
Acting Treasurer	Dave Mackey	24 Forest Drive, Chatham, Kent ME5 9PD	01634 684026 d.mackey1971@outlook.com
Social Secretary	Post vacant		
Group Recorder & Grp Reporter	Tim Carpenter	8 Breer Street, Fulham, London SW6 3HD	07802 754231 timcarpentervtta@gmail.com
Time Trial Secretary	Robert Giles	91 Park Way, Coxheath, Maidstone, Kent ME17 4EX	07905 086613 robertggiles@icloud.com
Kent Vet News Production	Neil Quarmby	Hatton House, Perry Street, Chislehurst BR7 6PU	0203 0153626 neil@islimited.co.uk
Committee Members	Antony Bee, Chris Parker, Malcolm Adams, Alan Rowe		

LONDON & HOME COUNTIES GROUP OFFICIALS

President	Jim Burgin	33 Pinelands Park, Welshman's Road, Padworth Common, Reading, RG7 4QB	0118 970 1147 jim.burgin1@btinternet.com
Chairperson	Peter Tasker	38 Wellhead Road, Totternhoe, Dunstable, LU6 1QS	peter.tasker916@btinternet.com
Secretary & Treasurer	John Hoskins	8 Ryvers Road, Langley, Slough, Berks, SL3 8SB	07717 086689 secretarylahc@btinternet.com
Recorder/ Records Sec.	Joy Payne	149 Penn Road, High Wycombe, Bucks, HP15 7NA	01494 817658 joypayne27@gmail.com
Social / Trophies Sec.	Simon Bowller	1 Lye Green Road, Chesham, HP5 3LN	07973 666702 : sjbcontractors@btinternet.com
Time Trials Secretary	Post vacant		
IT Secretary	Wolfgang Emmerich	20 Glenloch Road, London, NW3 4DN	07887 930345 we@acm.org

MANCHESTER & NORTH WEST GROUP OFFICIALS

Chairman	Tony Farrell	Lealtad, Brookledge Lane, Adlington, Cheshire, SK10 4JU	01625 820210 f.t.a.1@icloud.com
Secretary	Mike Cotgreave	8 Longham Close, Bramhall, Stockport, SK7 3NL	0161 485 7629 mike.cotgreave@gmail.com
Treasurer	Jon Lloyd	Charnwood, Combs Road, Combs, High Peak, Derbyshire, SK23 9UW	07702 612178 chrishoyisagod@gmail.com
Recorder	David Wright	46 Coppice Green, Kingswood, Warrington, Cheshire, WA5 7WA	01925 710653 davidwright1000@btinternet.com
News Editor	Barrie Whittaker	6 Pastoral Close, Madeley, Crewe, CW3 9PU	01782 750886 jandbwhit1@outlook.com
Events Co-ordinator	Robbie Harcourt	68 Bradford Road, Eccles, Manchester, M30 9FT	0161 787 9085 robh@talktalk.net
Assisting News Editor	Ken Workman	30 Cemetery Road, Denton, Manchester. M34 6ER	0161 336 4204 kenworkman66@gmail.com

MERSEYSIDE GROUP OFFICIALS

President & Treasurer	Phil Guy	6 Old Farm Road, Hadnall, Shrewsbury, SY4 4BH	07970 047734 grandadguy@gmail.com
Chairman	Alan Broadbent	8 Farrier's Walk, Gresford, Wrexham, LL12 8PH	07393 022121 ajbroad1973@aol.com
Secretary, Web Admin & Social Media	Susan Aldridge	33 Curzon Road, Prenton, Birkenhead, CH42 8PD	07708 361250 : susanaldridge@hotmail.com
Recorder & Records Sec.	Janet Fairclough	Boundary Cottage, Long Lane, Bickerstaffe, Liverpool, L39 9EE	07877 291055 janet.fairclough1@outlook.com
Social Sec. & News Editor	Brigid Night	17 Church Street, Caernarfon, Gwynedd, Cymru, LL55 1SW	07979 184232 brigidnight@gmail.com
Trophies Sec.	David Williams	27 Queensway, Hope, LL12 9PE	07834 288345 boonenbeagle79@yahoo.co.uk

MIDLANDS GROUP OFFICIALS

President	Alan Colburn	The Willows, Jury Lane, Martley, Worcester, WR6 6PE	01886 888575 alan.colburn@martley.org
Chairman/ Press/Comms.	Alastair Semple	76 Ascot Road, Stafford, ST17 0AQ	07955 032010 ascoaching@outlook.com
Secretary	Scott Westwood	4 Woodpecker Way, Heath Hayes, Cannock, WS11 7WJ	07764 952024 scott.westwood41@icloud.com
Treasurer / Membership Secretary	Margaret Colburn	The Willows, Jury Lane, Martley, Worcester, WR6 6PE	01886 888575 margaret.colburn@martley.org

Recorder	Steve Jenks	43 Kimberley Road, Olton, Solihull, B92 8PX	07388 049768 stevejmo7@hotmail.com
Social Sec.	Position vacant		
Trophies Sec.	Position vacant		
Editor	Simon Dighton		sgdighton@hotmail.com

NORTH GROUP OFFICIALS

President	David Oliver	Ryhill, Kirk Merrington, Spennymoor, Co Durham, DL16 7DJ	doliver.sen@icloud.com
Vice Presidents	Ray Luckett & Jack.Athey		
Chairman & Treasurer	Paul Dawson	45 Yearby Close, Acklam, Middlesbrough, TS5 8LY	01642 850435 andrew.dawson9@btinternet.com
Secretary & Press Sec.	Gavin Russell	2 Antrim Avenue, Fairfield, Stockton-on-Tees, TS19 7JF	01642 654419 gavin_russell@hotmail.co.uk
Recorder & Points Comp.	Phil Wright	22 Hampstead Gardens, Hartlepool, TS26 0LX	07702 244922 jagryk@aol.com
Social Secretary	Ruth Crossley	Merle Cottage, 66 Cooper Lane, Potto, Northallerton, DL6 3HA	01642 701264
Delegates	VTTA Forum - P Dawson; VTТА AGM - P Dawson & P Wright; CTT - P Dawson & R Crossley		

NORTH LANCASHIRE & LAKES GROUP OFFICIALS

Chairman, Recorder & Press Sec.	Richard Taylor	15 Tame Barn Close, Milnrow, Rochdale, OL16 3XA	07533 679101 rtaylor023@aol.com
Vice Chairman	Paul Fleming	21 Holland Avenue, Walton-le- Dale, Preston, PR5 4RJ	01772 316366 paul3665@tiscali.co.uk
Secretary	Debbie Moss	Boar's Den Farm, Robin Hood Lane, Wrightlington, Lancs, WN6 9PZ	07764 225778 <a href="mailto:soupsnapdragon.moss@btope
nworld.com">soupsnapdragon.moss@btope nworld.com
Treasurers	John Ward	6 Hill View Road, Garstang, Preston, PR3 1JU	07776 086000 johnward@btinternet.com
Lunch Secretary	John Leach	16 Rushbed Drive, Reedsholme, Rossendale, Lancs, BB4 8NQ	07922 013016 jleach45@gmail.com
Committee	Geoff Duteson, Richard Belk, Graham Sheard, Sue Cheetham, Brian Moore, Tracy Moore		

NORTH MIDLANDS GROUP OFFICIALS

Chairman	Position vacant		
Secretary	Miles Haslam	The Mount, Wormhill, High Peak, Derbyshire, SK17 8SL	07801 357410 mileshaslam14@gmail.com
Recorder, Membership, Web & Press Secretary	Chris Lea	12 Sheraton Way, Buxton, SK17 6FA	01298 25642 chris.leacycling@btinternet.com
Treasurer	Anne Haslam	The Mount, Wormhill, High Peak, Derbyshire, SK17 8SL	annehaslam17@gmail.com
Social Secretary	Ala Whitehead	42 Stables Way, Wath-on-Deerne, Rotherham, S63 6DJ	07887 409239 alaj2005@gmail.com
Awards Sec.	Position vacant		
Committee Members	John Clarke, Geoff Hague, Phil Ragsdale, Alan Sides, Gordon Wordsworth		

SCOTLAND GROUP OFFICIALS

President & Chairman	Mrs. Mhairi Laffoley	22 Frankfield Place, Dalgety Bay, Fife KY11 9LR	01383 822349 mhairilaffoley@gmail.com
Secretary	George McLaughlan	151 Netherton Road, Wishaw, Lanarkshire ML2 0AR	01698 374201 gmclaughlan41@gmail.com
Treasurer	Iain McLeod	3 Rose Street, Bonnybridge, Stirlingshire FK4 1PG	07799 271892 iaintmcleod@btinternet.com
Recorder & Records Sec.	Jon Fairclough	Edenwater House, Ednam, Kelso, Borders TD5 7QL	01573 963125 / 07976 558616 jon.fairclough54@gmail.com
Social Secretary	George Skinner	14 Lember Drive, Clarkston, Glasgow G76 7NQ	0141 638 5634 georgeskinner22@yahoo.co.uk
Track Secretary	Gordon Johnston	Address withheld	01387 263248 gordon@reigmor.co.uk
Press Secretary	James Skinner	84 Kirkwall Avenue, Blantyre, South Lanarkshire G72 9NX	01698 325902 jamesmskinner@hotmail.com
Committee members	Alex Munro, Tommy Glendinning, John Campbell		

SOUTH WALES GROUP OFFICIALS

Secretary & Group Recorder	Robert Jones	2 Little Orchard, Dinas Powys, Glamorgan, CF64 4NH	07873 353207 robert.jones33@virgin.net
Treasurer	Barry Williams	34 Millbrook Road, Dinas Powys, Glamorgan, CF64 4DA	02920 514751 / 07833 786132 bazspeed@gmail.com
'Veteran' Reporter	Christopher Gibbard	128 Garrod Avenue, Dunvant, Swansea, SA2 7XQ	07740 165286 cgibbard81@gmail.com

SURREY/SUSSEX GROUP OFFICIALS

Chairman & Secretary	Robin Johnson	7 Gorselands, Billingshurst, West Sussex, RH14 9TT	01403 783368 mr_rjohnson@outlook.com
Treasurer, Membership & TT Sec	David Pollard	2 Harison Road, Seaford, East Sussex, BN25 3PN	01323 893455 davepollard294@gmail.com
Recorder	Cris Coxon	11 Mimmack Close, Steyning, BN44 3SH	07950 747094 crisconsin@gmail.com
Social Secretary	Paul Thatcher	25 Hayling Rise, Worthing, West Sussex, BN13 3AL	07827 274513 hottyhotston@yahoo.co.uk
Press Secretary	Chris Lord	6 Clifton Street, Brighton, BN1 3PH	07736 345807 chris@graphicdetail.co.uk

WESSEX GROUP OFFICIALS

Chairman	Position vacant		
General Secretary	Malcolm Cox	5 Whitebeam Road, Hedge End, Southampton SO30 0PY	07387 224910 malcolm.cox1@icloud.com
Treasurer	Mary Corbett	Address withheld	07837 551768 treasurer@wessexvttta.org.uk
Group Champs Co-ordinator	Peter Tomlin	30 Winchester Street, Overton, Basingstoke, RG25 3HS	07887 684033 p.tomlin@btinternet.com
Recorder	Claire Newman	31 Main Road, Totton, Southampton SO40 7EP	recorder@wessexvttta.org.uk
Membership Sec. & Trophy Sec.	Mike Boyce	12 The Leys, Fernhurst, Haslemere GU27 3JY	07817 793282 membership@wessexvttta.org.uk
Social Sec.	Matt Doe	17 Redshank Road, Horndean, Hants, PO8 9EG	07765 885041 matt.doe135@gmail.com
Committee	Norman Harvey	Yonne, Beaulieu Road, Marchwood, Southampton SO40 4UQ	02380 863048
Journal Correspondent	Sarah Matthews	Hawksfold Stable, Hawksfold Lane, West Fernhurst, West Sussex, GU27 3NT	07718 584811 sfmatthewshome@mac.com

WEST GROUP OFFICIALS

President	Ted King MBE	48 Friary Grange Park, Winterbourne, Bristol, BS36 1NA	01454 778483 rosemary.tedk@me.com
Chairman	Mary-Jane Hutchinson	Mill Lodge, 1 Kingsmill, Stoke Bishop, Bristol, BS9 1BZ	01179 681105 : mary_jane.hutchinson@btinternet.com
Vice Chair	Paul Winchcombe	4 Farmhouse Court, Melksham, SN12 6FG	07792 372309 paul@winchcombe.net
Secretary	Gordon Scott	Rosemarie, West Stafford, Dorchester, DT2 8AB	01305 573527 westvetsec@gmail.com
Treasurer	Ian Pritchard	21 Channel View Road, Portishead, Bristol, BS20 6LZ	01275 845779 i.pritchard@sky.com
Recorder	Rob Hutchinson	Mill Lodge, 1 Kingsmill, Stoke Bishop, Bristol, BS9 1BZ	01179 681105 rob.hutchinson8@btinternet.com
‘Westvet’ Editor	Paul Freegard	Kembrough, Foxley Road, Malmesbury, Wilts, SN16 0JE	01666 823249 pfreegard@mac.com
‘Veteran’ Contact	Paul Winchcombe	4 Farmhouse Court, Melksham, SN12 6FG	07792 372309 paul@winchcombe.net

YORKSHIRE GROUP OFFICIALS

Chairman & Press Sec.	Chris Goode	56 Raleigh Street, Scarborough, North Yorkshire, YO12 7LQ	01723 341050 / 07795 629724 cgoode@yorkshire.net
Secretary & Social Media	Karen Taylor	5 Thompson Lane, Baildon, West Yorkshire, BD17 7LZ	07812 144508 mrs_karen_taylor@hotmail.com
Treasurer & Awards Sec.	Tony Stott	6 Damson Garth, Lund, Driffield, E Yorkshire, YO25 9TH	01377 790554 stotta09@gmail.com
Recorder & Racing Sec.	Jim Trevor	34 Cavendish Park, Welton Road, Brough, HU15 1AU	07970 966458 yorks.group.recorder@outlook.com
Age Records Scretary	Greystone Small	31 Hilderthorpe Road Bridlington YO15 3AZ	07881 685067 greystonesmall@gmail.com
Race Organiser & Committee Member	Andrew Vaughan	20 Hotham Road, Cranswick, Driffield, YO25 9QW	07764 185847 andrewvaughan@ymail.com
Social Secretary	Mike Williams	10 Manor Garth, Skidby, Cottingham, Hull HU16 5UF	01482 849264 mikettbike@hotmail.com
Website Admin.	Mike Penrice	Tawnylands, South Duffield Road, Osgodby, Selby, YO8 5HP	01757 291196 / 07598 168709 mike@mrpenrice.plus.com

VTTA NATIONAL CHAMPIONSHIPS FOR 2025

Event Date	Distance	Course	Organising Club	Organiser & Contact Details	NEC Rep.
Sunday 20 th April	10 Miles	WW10/03	Royal Albert CC & VTTA Scotland	Alan Wilson 07789 378604 alanwilson1976@hotmail.com	Jon Fairclough
Sunday 27 th April	30 Miles	Q30/3	VTTA Kent	Simon Henderson 07813 085640 simonhenderson44@btinternet.com	Ian Greenstreet
Monday 26 th May	100 Miles	D100/8	West Cheshire TTA (Anfield event)	Peter Catherall 07773 587793	Tony Farrell
Sunday 8 th June	50 Miles	G50/10	VTTA Surrey/Sussex	Robin Johnson 07733 132043 mr_rjohnson@outlook.com	Andrew Simpkins
Saturday 21 st June	15 Miles	J4/32	VTTA Manchester & North West	Robbie Harcourt 0161 787 9085 robh@talktalk.net	Tony Farrell
Sunday 6 th July	25 Miles	S4/25	Mid Devon CC & VTTA West	Peter Loader 07856 246614	Mark Bradley
Sat/Sunday 26 th /27 th July	24 Hours	D24HR	Manchester DC (CTT Champs)	Tim Smith 01925 755080 mail@timsmith.uk	Jon Fairclough
Sunday 31 st August	12 Hours	R12/16	Welsh CA	Simon Kinsey 07491 900923 virtualcyclingclub@gmail.com	TBA

ALL NATIONAL CHAMPIONSHIPS INCLUDE A TANDEM CHAMPIONSHIP.

VTTA REGIONAL CLOSED CIRCUIT CHAMPIONSHIPS FOR 2025

Event Date	Distance	Course	Organising Club	Organiser & Contact Details	NEC Rep.
Wednesday 18 th June (evening)	Northern Closed Circuit 10 Miles	T10C Croft	VTTA North	Gavin Russell 01642 654419 gavin_russell@hotmail.co.uk	Mike Penrice
Wednesday 25 th June (evening)	Southern Closed Circuit 10 Miles	P917/10 Goodwood	...a3crg	David Collard-Berry 07770 885428 dcb@a3crg.co.uk	Ian Greenstreet

OPEN TO ALL VETERANS, NOT JUST VTTA MEMBERS. INCLUDES ROAD BIKE CATEGORIES.

GROUP EVENTS FOR 2025

EAST ANGLIAN GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 10 th May	Leo 30 (inc Group 30 championships)	30	E33/30	14.00	#T #3	John Golder : 07709 328113 : jgolder66@outlook.com
Wed 4 th June	Group 10 (70 riders)	10	F2E/10	19.30	#P	Keith Dorling : 07714 937777 : krd51@icloud.com
Wed 11 th June	Group 10 (70 riders)	10	F2E/10	19.30	#P	Keith Dorling : 07714 937777 : krd51@icloud.com
Wed 18 th June	Group 10 (70 riders)	10	E2/10	19.30	#P	Harry Moore : 07885 736383 : harry_louise@btinternet.com
Sun 22 nd June	ECCA	100	E2/100c	4.45		Len Gordon : 07807 839204 : lengordon55@gmail.com
Wed 25 th June	Group 10 (70 riders)	10	E2/10	19.30	#P	Michael Martin : 07873 707826 : mwmartin_actuary@hotmail.co.uk
Sun 29 th June	Southend Whs 50	50	E9/50	7.00		Barry Simpson : bazsimpson57@gmail.com
Wed 2 nd July	Group 10 (70 riders)	10	E2/10	19.30	#P	Michael Martin : 07873 707826 : mwmartin_actuary@hotmail.co.uk
Sat 30 th Aug	Group 10	10	E2/10	14.00	#P40	Dominic Whitehead : 07504 439362 : berylodom@yahoo.co.uk
Sat 20 th Sept	Group 25	25	E2/25	6.00	#P #T	Michael Martin : 07873 707826 : mwmartin_actuary@hotmail.co.uk
Sun 28 th Sept	ECCA (inc Group circuit champs)	25	E33/25D	9.00	#T #3	Len Gordon : 07807 839204 : lengordon55@gmail.com
#P = Preference to VTTA members, #P40 - Preference to 40 VTTA members #T - Includes tandem event., #3 - Includes 3-up TTT The 10 league is for VTTA East Anglian members only and consists of the above 6 events with best 4 to count.						

EAST MIDLANDS GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 26 th April	VTTA E Mids	10	A10/3	15.00	#P	Colin Parkinson : 07971 090461 cdp@lineone.net
Sat 17 th May	Melton Olympic (VTTA E Mids Jack Watts Memorial)	25	A25/34	15.00		Russell Gent : 07802 541082 gentrussell@gmail.com
Sat 31 st May	VTTA E Mids	25	A25/34	15.00	#P, #T	Russell Gent : 07802 541082 gentrussell@gmail.com
Sat 16 th Aug	VTTA E Mids (with Team Ohten Aveas)	25	A25/34	15.00	#P	Rob Muzio : 07747 798533 robmuzio@gmail.com
#P = Preference VTTA members. #T = Includes tandem event.						

KENT GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 22 nd March	VTTA Kent	10	Q10/24	15.00		Robert Giles : 07905 086613 robertggiles@icloud.com
Sun 27 th April	VTTA National Championship	30	Q30/3	7.00		Simon Henderson : 07813 085640 simonhenderson44@btinternet.com
Sun 15 th June	VTTA Kent	10	Q10/30	6.30		Paul Burrows : 07973 666443 paulburrows604@gmail.com
Sun 22 nd June	VTTA Kent	25	Q25/8	7.00		Robert Giles : 07905 086613 robertggiles@icloud.com
Sun 6 th July	VTTA Kent	50	Q50/11	6.30		Robert Giles : 07905 086613 robertggiles@icloud.com
Sun 27 th July	VTTA Kent	10	Q10/1	6.30		Robert Giles : 07905 086613 robertggiles@icloud.com
Sun 7 th Sept	VTTA Kent	25	Q25/3	7.00		Robert Giles : 07905 086613 robertggiles@icloud.com
Sun 5 th Oct	VTTA Kent	15	Q15/1	8.00		David Mackey : 07913 658336 d.mackey1971@outlook.com
All events include tandem section						

VTTA KENT CLUB 10@10 SERIES

Wed 2nd April, Wed 7th May, Wed 4th June, Wed 2nd July, All events are 10 miles, on course Q10/33
Wed 6th Aug, Wed 3rd Sept, Wed 1st Oct, Thur 18th Dec and start at 10.00. £5 entry at the event.
(road bikes only)

LONDON & HOME COUNTIES GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 4 th May	VTTA L&HC (Don Byham)	10	F11/10	8.00		Joy Payne : 07979 083227 joypayne27@gmail.com
Thur 12 th June	VTTA L&HC	10	H10/3r	14.00		Rachael Elliott : 07931 722817 rachael.elliott@gmail.com
Sun 13 th July	VTTA L&HC	10	F11/10	8.00		Joy Payne : 07979 083227 joypayne27@gmail.com
Thur 14 th Aug	VTTA L&HC	10	H10/3r	14.00		Claire Emons : 07733 272826 fambafamba@yahoo.co.uk
Sun 7 th Sept	VTTA L&HC (Rocco 25)	25	H25/2	7.30		Wolfgang Emmerich : 07887 930345 we@acm.org

TIME TRIALLING NEEDS VOLUNTEERS

All organisers welcome assistance in the form of marshals, HQ staff, start/finish assistance etc.
Please phone the organiser with an offer of help and make their job a little bit easier.

MANCHESTER & NORTH WEST GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 5 th April	M&DTTA / VTTA M&NW	10	J4/20	14.00	#T	David Clayton : 07879 602821 : davidcl1964@gmail.com
Thur 12 th June	Buxton CC / VTTA M&NW	10	J10/1	19.00		Mat Ivings : 07967 621448 : mat@ivings.co.uk
Sat 21 st June	VTTA M&NW VTTA National Championship	15	J4/32	14.00	#T	Robbie Harcourt : 0161 787 9085 robh@talktalk.net
Sat 12 ^h July	Seamons CC / VTTA M&NW	25	J2/9	14.00		Charles Carraz : 07789 747116 seamonsstsec@hotmail.co.uk
Sun 3 rd August	Congleton CC / VTTA M&NW	50	J4/9	7.30	#T	Ben Norbury : 07435 963994 ben@mywindsock.com
#T = Includes tandem event						

MERSEYSIDE GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 29 th March	Liverpool Braveheart BC	10	D10/1	14.00	#2	Richard Warren
Sun 13 th April	Mid Shropshire Whs	25	D25/20	8.00	#T, #2	Simon Evans : 01743 353671 ruralwales@gmail.com
Sun 18 th May	West Cheshire TTCA	30	D30/11	8.00		Paul Modern : 07932 509409 p.modern@yahoo.co.uk
Sun 1 st June	Chester RC	25	D25/6A	7.00		Tim Williams
Sun 8 th June	West Cheshire TTCA	50	D350/1	7.00		Roger Squire : 07525 055435 rogersquire7@gmail.com
Sat 12 th July	Port Sunlight Whs	10	D10/25	14.00	#T	Kevin Larmer : 07711 448609 larmer.kevin@gmail.com
Sun 24 th August	North Shropshire Whs	25	D25/23T	8.00		Elaine Beckett
#T = Includes tandem event, #2 = includes 2-up TT						

MIDLANDS GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 5 th April	VTTA Midlands (Welland Trophy)	15	K47/15	14.00	#3	Mike Amery : 07494 587464 mikeamery58@gmail.com
Solo and 3-up. Joint competition between VTTA and BMCR						
Sun 6 th Sept	VTTA Midlands	10	K48/10	14.00	#P #T	Scott Westwood : 07983 587440 scott.westwood41@icloud.com
#3 = Includes 3-up TTT, #P = Preference 30 VTTA members. #T = Includes tandem event.						

NORTH GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 6 th April	Vector Racing	25	M2510	7.30		Kris Whitelaw : 07896 666060 kriswhitelaw@gmail.com
Sun 27 th April	North Tyneside Riders	10	M101	7.30		Ian Gallon : 07828 900383 galnufc@msn.com
Sun 25 th May	Sunderland Clarion	25	M254	7.30		Allan Smith : 07976 668101 allansmith@live.co.uk
Wed 18 th June	VTTA Northern Closed Circuit Championship	10	T10C	19.00		Gavin Russell : 01642 654419 gavin_russell@hotmail.co.uk
Sun 22 nd June	VTTA (North) / Cleveland Coureurs (Jubilee Cup)	10	T102	9.00	#T	Gavin Russell : 01642 654419 gavin_russell@hotmail.co.uk
Sun 29 th June	Darlington CC./ VTTA (North)	25	T254/1R	9.00	#T	Geoff Watson
	Houghton CC (Nouveau Shield)	25	M254	7.30		Stephen Boxall : 07746 949362 sboxall80@gmail.com
Sun 3 rd Aug	Cleveland Coureurs / VTTA (North)	50	T502/1	8.00	#T	Gavin Russell : 01642 654419 gavin_russell@hotmail.co.uk
Sun 10 th Aug	Barnesbury CC	50	M5010	7.30		Gareth Davies : 07903 434683 gareth.cramlington@gmail.com
Sun 24 th Aug	Cleveland Coureurs / VTTA (North)	25	T252/3	9.00	#T	Gavin Russell : 01642 654419 gavin_russell@hotmail.co.uk
Sun 31 st Aug	Tyneside Vagabonds (NDCA Championship)	100	M100/10	7.00		Nick Wild : 01670 519122 drnickw@gmail.com
Sun 14 th Sept	Darlington CC / VTTA (North)	10	T104/1	8.00	#2	Stephen Earle
Sun 28 th Sept	Cleveland Wheelers CC (incl VTTA North H/c Champs)	1	THC33	10.00		Steven Tilly : 07982 255809 secretary@clevelandwheelers.com
All events listed include road bikes						
#T = includes tandem event, #2 = includes 2-up TTT						

NORTH LANCASHIRE & LAKES GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 27 th April	VTTA NL&L	25	L2524	7.00		Richard Taylor : 07533 679101: rtaylor023@aol.com
Sun 11 th May	Southport CC	15	D33/15	8.30		Alan Stark : 07904 385683 : alstark@blueyonder.co.uk
Sat 8 th June	VTTA NL&L	50	L5012	7.00		Richard Taylor : 07533 679101: rtaylor023@aol.com
Tues 12 th August	VTTA NL&L	10	L1023	14.00		Richard Taylor : 07533 679101: rtaylor023@aol.com
Sun 14 th Sept	VTTA NL&L	25	L2529	7.00		Richard Taylor : 07533 679101: rtaylor023@aol.com

NORTH MIDLANDS GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Event Secretary
Sat 17 th May	VTTA North Midlands	10	O10/1	14.00	Miles Haslam : 07801 357410 mileshaslam14@gmail.com
Also includes tandem event					

SCOTLAND GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 20 th April	Royal Albert CC (SVTTA J & B.Train Trophy) VTTA National Championship	10	WW10/03	9.00		Alan Wilson 07789 378604 alanwilson1976@hotmail.com
Sun 25 th May	Fife Century RC Alastair Speed Memorial (SVTTA H Roberts Trophy)	50	WE50/01	8.00	#T	Mrs. M. Laffoley 01383 822349 mhairilaffoley@gmail.com
Sun 13 th July	North Lancashire TTA (SVTTA Reilly & J Sharp Trophies)	100	L10010	7.00	#T	Nigel Clementson nigelnc@hotmail.co.uk
Sun 20 th July	St Christopher's CC / SVTTA (J Cramb Hcp & B Smith Trophies)	25	WM25/01	8.00	#T	Vincent Pickering 01355 232832 vonviniga@hotmail.com
Sun 17 th Aug	SVTTA (Pinky Williams Trophy)	30	WM30/2	8.00	#T	George McLaughlan 01698 374201 gmclaughlan41@gmail.com
Sun 7 th Sept	Kennoway RC GP de Gents (SVTTA Boomerang Trophy)	15 (2up TTT)	WE13/01	9.00		Dave Bean 07811 463640 dave_bean@btinternet.com
Sun 21 st Sept	SVTTA (SVTTA Speed Family Trophy)	15	WM15/01	8.00	#T	Mrs. M. Laffoley 01383 822349 mhairilaffoley@gmail.com
Sun 5 th Oct	Tour de Trossachs Vanelli-Project Go (SVTTA Bill Lennon Trophy)	26.4	WW28/02	10.00		Jason Roberts 07717747645 jrdc@doctors.org.uk
All events enter via CTT, #T = Includes tandem event						

TIME TRIALLING NEEDS VOLUNTEERS

All organisers welcome assistance in the form of marshals, HQ staff, start/finish assistance etc.
Please phone the organiser with an offer of help and make their job a little bit easier.

SOUTH WALES GROUP CHAMPIONSHIP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 29 th March	The Milers 15	15	R15/5	14.00	#T #2	Robert Jones : 07873 353207 robert.jones33@virgin.net
Sat 5 ^h July	Ross-On-Wye & Dist CC	10	R10/17	14.00	#T #4	Will Bevan : 07591 559275 will_bevan@hotmail.com
Sun 20 th July	Welsh CA Championship	100	R100/9	6.00		Martyn Heritage-Owen : 07786 067819 realteamcycling@gmail.com
Sat 26 th July	The Milers 50	50	R50/1b	14.00	#T	Robert Jones : 07873 353207 robert.jones33@virgin.net
Sun 10 th Aug	Virtual CC	25	R25/3H	8.00		Simon Kinsey : 07491 900923 virtualcyclingclub@gmail.com
Sun 31 st Aug	Welsh CA VTTA National Championship	12 hrs	R12/16	6.00	#T	Simon Kinsey : 07491 900923 virtualcyclingclub@gmail.com

#T = Includes tandem event, #2 = includes 2-up TTT, #4 = includes 4-up TTT

SURREY/SUSSEX GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 12 th April	VTTA Surrey/Sussex	10	G10/87	7.30	#T	David Pollard : 07973 420003 davepollard294@gmail.com
Sun 8 th June	Sussex CA VTTA National Championship	50	G50/10	6.30	#T	Robin Johnson : 07733 132043 mr_rjohnson@outlook.com
Sun 27 th July	Southern Counties CU	100	G100/61A	6.00		Lisa Colombo : 07534 672224 sccu100@lcolombo.me.uk
Sat 9 th Aug	Sussex CA	15	G15/92	7.00	#T	Robin Johnson : 07733 132043 mr_rjohnson@outlook.com
Sun 14 th Sept.	VTTA Surrey/Sussex	25	G25/89	7.30		David Clark : 07855 746616 daveron@wishhill.co.uk

#T = Includes tandem event

WESSEX GROUP CHAMPIONSHIP EVENTS

Date	Event Name	Dist.	Course	Start	Note	Event Secretary
Sun 11 th May	Poole Whs CC (Harold Cribb 25)	25	P413/25	7.00	#T	Tim Flynn
Sun 1 st June	Wessex Road Club	50	P417	7.00		Harry Lodge
Sun 20 th July	Sotonia CC	10	P612/10	7.00	#T	Graham Harman : 07769 347843 grahamharman@ymail.com
Sun 24 th Aug	Newbury Velo	15	H15/3	8.00	#T	Rachael Elliott : 07931 722817 rachael.elliott@gmail.com

#T = includes tandem event

WEST GROUP EVENTS

West Group 10 mile Championship, for the Harry Marsh Cup, will be incorporated within the Bristol South CC 10 mile on Saturday 12th April; the course is U7 The annual prize presentation will follow at the HQ.

West Group 25 mile Championship, the Jack Gray Memorial, 1st open on AAT and the Rook Shield awarded to the 1st female rider on AAT. To be incorporated into the VTTA National 25 Mile Championship to be held on Sunday 6th July, promoted by Mid Devon CC on course S4/50.

Group 50 mile Championship The Arthur Wilcockson Trophy – as with previous seasons it was agreed that any 50 mile event held within CTT districts that represent the vast majority of VTTA West Group members, i.e. West DC (U courses) or South West DC (S courses) would count as qualifiers for the Championship.

YORKSHIRE GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 1 st March	VTTA Yorkshire (Ice Breaker 10)	10	V212	13.30	#!!	Jymmy Trevor : 07970 966458 jymmy.trevor@gmail.com
Sat 28 th June	VTTA Yorkshire	25	V236/1	18.00	#T	Jymmy Trevor : 07970 966458 jymmy.trevor@gmail.com
Sat 19 th July	VTTA Yorkshire	10	V210	18.00	#T	Andrew Vaughan : 07764 185847 andrewvaughan@ymail.com
Sat 13 th Sept	VTTA Yorkshire (Last Chance Saloon 10)	10	V714	13.00	#T #2	Jymmy Trevor : 07970 966458 jymmy.trevor@gmail.com

#!! = Includes tandems, 2-up TTT, trikes, steel bikes & fixed wheel bikes; #T = Includes tandem event

YORKSHIRE GROUP TROPHY EVENTS

Trophies will be awarded in the following events. All are on Age Adjusted Result and for Yorkshire Group members only except where noted.

Stan Chadwick Memorial Cup -	VTTA Yorkshire 10 - 19 th July
Oliver Shield -	VTTA Yorkshire 25 - 28 th June
Bernard Wood Memorial Shield (Best on AAT from any group) -	VTTA Yorkshire 25 - 28 th June
Yorkshire VTTA Shield -	Yorkshire CF 50 - 12 th July
Charlie Rice Cup -	Yorkshire DC 100 - 11 th May
Fred Bottomley Memorial Cup (Actual fastest group member) -	Yorkshire DC 100 - 11 th May
John Pickles Cup -	Vive le Velo (CTT Nat'l Champs) - 8 th June
Ken Hartley Cup -	RTTC/VTTA National I Champs) - 26 th /27 th July

TIME TRIALLING NEEDS VOLUNTEERS

All organisers welcome assistance in the form of marshals, HQ staff, start/finish assistance etc.
Please phone the organiser with an offer of help and make their job a little bit easier.

VTTA CONSTITUTION, RULES AND REGULATIONS

(As updated 18th January 2025)

- 1.1 The VTТА is the National Authority promoting Time Trialling for cyclists who are 40 years of age and older.
- 1.2 All VTТА events are open to any cyclist of 40 years of age and older and shall be conducted in accordance with Cycling Time Trials (CTT) or the Scottish Cyclists' Union (SC) Regulations.

2 RULES

2.1 The Association

- 2.1.1 The name of the Association shall be the VETERANS TIME TRIALS ASSOCIATION. Membership shall be open to all cyclists who are 40 years of age and older.

2.2 Management of the Association

- 2.2.1 The management of the Association shall be vested in an elected National Executive Committee (NEC) consisting of a President, Chairman, Treasurer and such other officials as are necessary to conduct the work of the Association. The NEC will be supported by a National Forum comprising a representative from each of the groups. The National Forum will be consulted on, and may advise on and assist with, significant changes to the Association.

2.3 National Executive Committee Meetings

- 2.3.1 The NEC shall meet quarterly, or as required, to transact the affairs of the VTТА. Meetings may be held face-to-face or using electronic media (e.g. Zoom). Five members shall form a quorum. In the absence of the Chairman, an officer of the Committee shall be elected to take his/her place on the day. Any member of the Committee who is absent from three consecutive meetings without prior arrangement shall be deemed to have resigned from the committee who shall have the power to fill the vacancy.
- 2.3.2 Any VTТА member may attend and speak at NEC meetings, but may not vote. (The Chairman may decide that agenda items are not appropriate for open discussion and these

items will be taken in private session with only NEC members in attendance.)

2.4 Powers of the National Executive Committee

- 2.4.1 The NEC shall have the power to appoint one or more administrative officers to assist with the running of the Association in accordance with the instructions of the NEC. The NEC may also determine a remuneration for such posts and whether the post should entail full co-opted membership of the NEC. Such office holders are expected to be members of the Association unless they are under 40 years of age.
- 2.4.2 The NEC shall have the power to co-opt additional members in order to carry out tasks necessary for the smooth running of the Association. These members will have the same voting rights as other NEC members.
- 2.4.3 The NEC shall have the power to appoint sub-committees that shall prepare minutes of their proceedings. Minutes of NEC and sub-committee meetings will be copied to all NEC members.
- 2.4.4 The NEC shall have the power to take such steps as may be deemed necessary to carry out the programme of events for the current or following season.

2.5 NEC Expenses

- 2.5.1 NEC members may claim reasonable expenses (as agreed by the Committee) for attending meetings, for attending national championships as the NEC representative and for reimbursement of administrative expenses. Expenses claims must be approved by 3 members of the NEC.

2.6 Duties of National Officers

- 2.6.1 Job descriptions will be provided for all members of the NEC and may be amended as necessary by the NEC.
- 2.6.2 The National Treasurer shall keep proper accounts of the monies of the VTТА and manage the VTТА's bank accounts. All

expenditure must be approved by the Treasurer and at least two other officers with written authorisation (by email) obtained by the Treasurer from two of the following: Chairman, Vice-Chairman, Editor or IT Manager. Cheques must be signed by the Treasurer and one other approved signatory.

2.7 Financial Year

2.7.1 The VTТА's financial year shall commence on 1st November and end on 31st October, after which date the National Treasurer shall prepare a Balance Sheet and Accounts for the year. An Auditor elected at the previous AGM will audit these. The Balance Sheet and Accounts shall be submitted to the NEC for approval and subsequent presentation to the AGM for ratification.

2.8 Formation of Regional Groups

2.8.1 The VTТА shall be divided into Groups as may be necessary.

2.8.2 The minimum number of members to form a Group shall be ten. The NEC shall have the authority to sanction the formation of a Group with fewer than ten members if they consider the circumstances are justified.

2.8.3 A member shall have the right to choose the Group to which he/she wishes to be attached. A member wishing to change from one Group to another may only do so between 1st December and 28th February. They should notify the National Membership Secretary (NMS) of their request prior to renewal. Once the transfer is confirmed by the NMS with the relevant Group Secretaries, the NMS will advise the member that a membership invoice has been set up for their new group and they may now renew.

2.8.4 All Groups shall affiliate to their local District Council of CTT.

2.8.5 Each Group shall elect its own officials for the purpose of local administration and the observance of the National Rules and Regulations.

2.8.6 All Group officials shall act in accordance with the instructions of the NEC.

2.8.7 Where Groups are not self-supporting the NEC may, when it is deemed necessary, afford financial support.

2.8.8 Each Group shall be run as a club, hold an AGM and make such extra rules and arrangements for the running of the Group as may be considered necessary, provided they do not conflict with the National Rules and Regulations of the VTТА.

2.8.9 In the event of the dissolution of a Group, monies and assets held by that Group should be distributed to such cycling organisations or charities as the Group's membership think fit.

2.8.10 Each Group Committee shall have the authority to suspend and/or expel a member for conduct considered detrimental to the VTТА. Such suspension/expulsion to be confirmed or reversed by a subsequent general meeting of the Group Membership.

2.8.11 Copies of the Minutes of all meetings (signed by the Group Chairman and Secretary) shall be available for submission to the NEC.

2.8.12 Each Group shall consider the Agenda of the National AGM, as issued by the National Secretary, in order to mandate its delegates on proposals on the Agenda.

2.9 Subscriptions

2.9.1 The annual subscription shall consist of two parts, payable together.

(a) A National subscription which shall include the cost of *The Veteran* and will be determined by the NEC and advised to Groups by 31st August for the coming year. Subscriptions will be ratified at the National AGM.

(b) A Group subscription which will be advised to the NEC by Group Committees by 30th September for the coming year.

2.9.2 The combined subscription for any member is payable on application and on 1st January of each year thereafter. New members applying after 30th September in any year will be entitled to membership until 31st December of the following year. Similarly, members renewing after 30th September will be entitled to membership until 31st December of the following year.

- 2.9.3 An applicant for membership must complete the prescribed form and submit it with the appropriate subscription to the Secretary of his/her chosen Group or join using the VTТА website. If the applicant is declined, the subscription will be returned.
- 2.9.4 Where one member of a household is a member, a second member resident at the same address may join at a reduced rate to be determined annually at the National and Group AGMs as appropriate. The second member will have the same rights and privileges as the primary member but will not receive personal copies of VTТА publications. They will be referred to as 'primary' and 'secondary' members in a 'joint membership'.
- 2.9.5 A member who has not paid his/her subscription by 28th February in any year shall forfeit all rights and privileges of membership.
- 2.9.6 At the end of each quarter the National Treasurer shall send to Group Treasurers a statement of all national subscriptions due from their group according to the National Online Membership System during the last quarter. Group Treasurers should then make the required payment within four weeks of receiving the statements. For the purposes of this rule, quarters shall consist of the three month periods ending 31st March, 30th June, 30th September and 31st December.

2.10 Categories of Life Membership

There are three types of life membership: Life Membership, Honorary Life Membership, and Distinguished Life Membership.

2.10.1 Life Membership

Note - This category of membership is discontinued with effect from 27th January 2018. Existing Life Members retain their benefits and must continue to pay for the Veteran at a rate to be determined by the NEC that reflects current production and postage costs.

2.10.2 Honorary Life Membership

Honorary Life membership will be granted to any member of 80 years of age (or over) who, in the opinion of their group committee, has made a significant contribution to the VTТА. HLM Membership will include receiving copies

of *The Veteran* and the VTТА Handbook free of charge.

A Service Award demonstrates a significant contribution.

Where a joint member becomes an Honorary Life Member, Group committees will have the discretion to allow the other partner to remain a member in his/her own right without paying an annual individual subscription. They will not receive an additional copy of *The Veteran*. In the event of the death of the Honorary Life Member, Group committees will have the discretion to continue the partner's membership (if they so wish) and to send them VTТА publications as appropriate, with no subscription payable (in effect continuing the Honorary Life Membership).

2.10.3 Distinguished Life Membership

Distinguished Life Membership may be awarded to members who, in the opinion of the NEC, have rendered singular and meritorious services to the VTТА. Distinguished Life Members will receive copies of *The Veteran* and the VTТА handbook free of charge.

Where a joint member becomes a Distinguished Life Member, Group committees will have the discretion to allow the other partner to remain a member in his/her own right without paying an annual individual subscription. They will not receive an additional copy of *The Veteran*. In the event of the death of the Distinguished Life Member, Group committees will have the discretion to continue the partner's membership and to send them VTТА publications as appropriate, with no subscription payable (in effect continuing the Distinguished Membership).

2.10.4 Service Recognition Award

A Group or the NEC may present a 'VTТА Service Award', to a member who they wish to recognise for outstanding services to a Group or the Association, regardless of age or length of membership. The award comprises a certificate and a pin badge or medal and will be reported in *The Veteran* and in a 'Roll of Honour' on the website.

2.11 National Annual General Meeting

2.11.1 All VTТА members are entitled to attend the National AGM where they may speak, but they are not entitled to vote unless they are delegates for their Groups.

2.11.2 Those entitled to vote at the National AGM shall be:

Two delegates representing each Group plus a further delegate for every 100, or part of 100, members in excess of 200; and two delegates representing the NEC. Membership numbers will be taken as at the previous 30th September on the membership system.

2.11.3 Voting at an AGM shall be by a show of hands unless the meeting demands that a ballot is taken. The Chairman shall have only a casting vote.

2.11.4 When a Group is not represented, any proposal tabled by that Group on the Agenda can be taken up by any Group who would have supported the motion if they so wish.

2.11.5 The National AGM shall elect a President, who may hold office for five years and may be elected for no more than two terms. Nominations for President must be submitted to the National Secretary not later than 21st November for inclusion in the Agenda and publication in *The Veteran*. The AGM shall also elect the NEC for the ensuing year.

2.11.6 Not less than 14 days' notice of the AGM shall be given in *The Veteran*, on the website and sent to Group Secretaries who shall furnish the names of their delegates to the National Secretary as soon as they have been appointed. A copy of the agenda of the meeting shall be published in the current issue of *The Veteran* and also sent to Group Secretaries and delegates. Fifteen delegates and/or ex-officio members shall form a quorum.

2.11.7 Motions for the National Annual General Meeting can be submitted only by:

(a) the NEC

(b) Groups – providing the motion has been agreed by a majority at the Group AGM or if the Group AGM falls after 21st November by the Group Committee if they so agree.

(c) the National Forum

Such motions must reach the National Secretary not later than 21st November of the respective year.

2.11.8 Any matter not on the National AGM Agenda may be brought forward without notice provided that it does not involve the alteration of any rule or regulation and subject to the consent of two-thirds of those present and voting.

2.11.9 A special meeting may be called by the NEC or, alternatively, by the National Secretary on receiving a request signed by 25 members. All members entitled to attend shall receive 14 days' notice of the special meeting with a copy of the agenda stating the special business to be transacted.

2.12 Alterations to Rules and Regulations

2.12.1 No alteration or addition to these Rules shall be made except with the consent of not less than two-thirds of the members present and voting at the AGM or at any special meeting for this purpose. Alterations or additions to Regulations at such meetings will be decided by a simple majority.

3 REGULATIONS

3.1 Time Trials Regulations

3.1.1 All VTТА time trials shall be run in accordance with the rules and regulations of CTT or SC. VTТА time trials will be Type A events: either 'Open', 'Semi-open' or 'Association', as defined in the CTT regulations.

3.1.2 Any member wishing to enter a time trial shall submit to the Event Secretary a standard CTT entry form, properly completed, or enter via the Cycling Time Trials Entry System. Any member wishing to enter a time trial held in Scotland shall enter via the Cycling Time Trials or Scottish Cycling entry system as appropriate.

3.1.3 In all VTТА events, only VTТА members will be eligible for any of the awards made on Age Adjustment (or on Standard).

3.1.4 Only first-claim members of a club are eligible for team awards in events promoted by the VTТА.

3.1.5 Overall prizes in all VTTA events shall be decided on the basis of the official VTTA Age Adjusted Tables (or Standard Tables). Other prizes may be awarded at the discretion of the organiser.

3.1.6 12 hours and 24 hours distances should be calculated in miles to two decimal places.

3.2 Regulations for Standard Awards

3.2.1 Standard Medals will be awarded for rides at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours based on the VTTA Age Adjusted Tables. Riders' improvements on the website will be shown on both age adjusted time (or distance) and also on plus (or minus) using the Standard Tables. Groups may allow standard medals to be engraved with actual times, age adjusted times, or plus.

3.2.2 Any VTTA member may attempt to gain VTTA standard medals in any Open, Semi-Open or Association event authorised by CTT or the SC. Events that are eligible for Standards shall also be eligible for Records, Best All Rounder Competition (BAR), Three Distance Competition, Short Distance Competition and Trophies.

Scotland Group may allow its members to claim standard awards in Scottish Cycling club events and CTT 'B' type events. Such events must be run on type 'A' classified courses and with due timekeeping and recording requirements. Results from such events will not be recognised for VTTA Season Long Competitions or Records.

Note to above: Scotland members would need to submit a documented result to the Group Recorder, eg an image of club facebook/website page or an image/copy of the paper result. The Group Recorder would verify the result as adequately documented and manually upload claimed results onto the national website for the purpose of standards claims only.

3.2.3 Applications for standards may be made as follows:

Any number of attempts per season at all distances or times on one type of machine.

3.2.4 Members competing for Standards must have linked their CTT and VTTA accounts, so their improvements can be notified on the website. (Members without IT access may approach their Group Secretary or Recorder for assistance.) The Standards automation system will show baselines and improvements for all members with linked accounts.

3.2.5 Members' applications and payments for Standards must be made online or by post prior to any event for which they subsequently claim a standard.

3.2.6 Each Group shall be allowed to determine its own standard ride entry fees. Payment of one fee covers only one type of machine.

3.2.7 Only one award for a ride at each distance will be made during any one year, but there is no limit to the number of attempts that may be made.

3.2.8 Claims for Standards must be submitted via the website at the end of the racing season or not later than 31st October. (Members without IT access may approach their Group Secretary or Recorder for assistance to process their claim.) Successful claims will be rewarded with medals or plaques as determined by each Group.

3.2.9 Each VTTA Group may elect to have either Standard or Actual times engraved on Standard Medals/Plaques.

3.2.10 Once a rider has won a Standard Award, the rider must improve on their previous best Age Adjustment (or Standard plus/minus) in order to obtain another award in a later age group. However, if a rider has not claimed in the three calendar years since their last award they may request their group recorder to change their baseline from their last award to their current Age Adjustment/ Standard.

3.2.11 Standard awards do not discriminate as to whether a rider competes on a time trial bike or a road bike. If a member who has previously competed for standards decides to change from a time trial bike to a road bike their Group Recorder should reset their baselines.

3.3 Regulations for Age Records

- 3.3.1 Road record rides will be recognised only when achieved in events authorised by CTT or the SC, timed on watches complying with the requirements of those bodies and run in conformity with their regulations.
- 3.3.2 Record Certificates are awarded for rides at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours to riders of solo bicycle, solo tricycle, tandem bicycle or tandem tricycle (Open, Women and Mixed) in any Open, Semi-Open or Association event authorised by CTT.
- 3.3.3 The VTTA also recognises Indoor and Outdoor Track records on solo bicycle and tandem bicycle at the following distances: 5, 10 and 25 miles; 1 hour; 5, 10, 20, 50 and 100 km. Records in the VTTA Handbook are as at 31st October of the previous year. Indoor track records must be set on a track (fixed wheel) bike. Outdoor track records may be set on a track (fixed wheel) bike or on a road/time trial bike.
- 3.3.4 A claimant for any records must be a paid-up member of the VTTA at the time of the ride.
- 3.3.5 No record will be considered if a better time or distance has already been achieved by a record holder of a greater age.
- 3.3.6 Provisional road time trial record claims from 2023 are automatically identified from CTT results once they have been loaded to the CTT website and transferred to the VTTA system. Provisional claims are notified to both the provisional record holder and to the relevant Group Recorder for a group age record and to the National Road Records Secretary for a national record. Once ratified by the Group and/or National Recorder, the holder is notified automatically and the record is marked as ratified.

Note on records claimed in Scottish Cycling events – a group or national record claimed in a Scottish Cycling event must continue to be submitted manually on a claim form to the Group Recorder and National Road Records Secretary if applicable.

- 3.3.7 Claims for national track records must be made manually using the form available on the

website. Track record attempts should be notified in advance to the National Track Records Secretary. The National Track Records Secretary will ratify a record claim, and if approved, will enter it onto the Age Records system. Track records claims must be made not later than 31st October of the current year giving full details of the record together with a detailed hard copy or electronic version of the lap timings.

3.4 Regulations for National Championships

- 3.4.1 National Championships will be promoted on behalf of the NEC at 10, 15, 25, 50 and 100 miles, 12 hours and 24 hours, subject to the national availability of events. There will also be a national road bike championship to be held on a suitable course and distance between 20 and 40 miles. The dates of all National Championships will be published in the VTTA Handbook.
- 3.4.2 To be eligible for Championship awards, riders must be paid-up VTTA members at the closing date for entries and have linked online VTTA and CTT accounts (so their membership can be automatically verified). Riders who are aged 39, but who will be aged 40 by the day of the Championship, may apply to the Championship organiser to be included on condition that they will have completed an online membership application prior to the day of the championship which the organiser can check.
- 3.4.3 Each of the Championships will incorporate open and female classifications, and include bicycles and tricycles. Where the event is run by a VTTA Group and it is oversubscribed, acceptance of entries shall be in order of fastest Age Adjusted performance at the time or distance, or on best on Standard with preference given to VTTA members.
- 3.4.4 The open and female classification riders with the fastest Age Adjusted Time (or Age Adjusted Distance for 12/24 hours) will be declared National Champions and will each receive a championship jersey.
- 3.4.5 Medals will be awarded to the first three open classification and to the first three female classification riders overall on fastest Age

Adjusted Time (or distance). The first will receive a gold medal. The second will receive a silver medal. The third will receive a bronze medal.

3.4.6 Club teams shall consist of three first-claim members of the same club. Group teams shall consist of three members of the same Group. In each case, the team with the fastest aggregate of its three fastest Age Adjusted Times (or Distances) shall be the Championship Team and a medal will be awarded to each member of the team.

3.4.7 Tandem Championships will be run in conjunction with the solo Championships and the pair with the fastest Age Adjusted Time (or distance) will be the Tandem Champions and will receive VTТА gold medals.

3.4.8 All VTТА awards will be made regardless of the number of entries and irrespective of any prizes given by the promoting Group.

3.4.9 The NEC may endorse other events to further the development of veterans' time trialling. These may use the term 'championship' but are not covered by the 'National Championship' regulations as stated above (paragraphs 3.4.1. to 3.4.8) and therefore have flexibility in what awards are provided by the organiser (e.g. closed circuit championships).

3.5 Regulations for the BAR Competition

Qualifying events must be Type A events approved by CTT or approved SC events.

3.5.1 A Best All Rounder competition is promoted annually by the VTТА and is open to all its members. Riders must be paid up members at the date of all their eligible rides. They must also, prior to any eligible ride, have linked online VTТА and CTT accounts and registered in their website Member Profile the competitions they wish to enter. Eligible rides must be done in events authorised by CTT or SC and shall be over 25, 50 and 100 miles and 12 hours.

3.5.2 The closing date for eligible events to count will be 31st October.

3.5.3 The BAR competition will be based on the rider's average 'Age Adjusted' speed across 25, 50, 100 miles and 12 hours.

For 25, 50 and 100 miles the average speed is the distance divided by the 'age adjusted' time.

For the 12 hour the average speed is the 'age adjusted' distance divided by 12.

The four average speeds are added together and divided by 4, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the BAR Competition.

Age adjusted times and distances will be calculated using the Age Adjustment Tables for classification and type of machine.

3.5.4 The status of the competition is reported on the website throughout the season. At the end of the season members should check their reported performances. In the event of any query or omitted result they should report the amended or additional performance, appropriately evidenced, to their Group Recorder. If the Group Recorder accepts an amended or additional result, they should update the website results, and also notify the IT Manager of the change. Any amendments must be notified by 31st October of the current year.

3.5.5 BAR Certificates shall be presented to all riders completing the four distances. Tandem riders who complete all distances with the same partner are eligible for certificates, but not for any other awards. Medals will be awarded to the first three open classification riders and to the first three female classification riders on age adjusted average speed. The first will receive a gold medal. The second will receive a silver medal. The third will receive a bronze medal.

3.5.6 For the BAR club teams shall consist of three first claim members of the same club on age adjusted speed. Group teams shall consist of four members of the same Group on age adjusted speed. Medals will be awarded to each member of the winning teams.

3.6 Regulations for the Three Distance Competition

3.6.1 A Three Distance Competition will be promoted annually over 25, 50 and 100 miles.

- 3.6.2 The Three Distance competition will be based on the rider's average 'Age Adjusted' speed across the three events comprising 25, 50 and 100 miles. The rider's average speed will be calculated by adding together the 'age adjusted' speed for their best performance at each of the three events and dividing by 3.

The three average speeds are added together and divided by 3, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the Three Distance Competition.

- 3.6.3 All other conditions of qualification to this competition shall be those of the BAR Competition. Individual awards shall be the same as for the BAR competition. Club teams shall consist of three members and Group teams of four members. Medals will be awarded to each member of the winning teams.

3.7 Regulations for the Short Distance Competition

- 3.7.1 The Short Distance competition will be based on the rider's average 'Age Adjusted' speed across the four events comprising two 10 mile and two 25 mile events. The rider's average speed will be calculated by adding together the 'age adjusted' miles per hour for their best and second best performances at 10 miles and at 25 miles and dividing by 4.

The four average speeds are added together and divided by 4, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the Short Distance Competition

- 3.7.2 All other conditions of qualification to this competition shall be those of the BAR Competition. Individual awards shall be the same as for the BAR Competition. Club teams shall consist of three members and Group teams of six members. Medals will be awarded to each member of the winning teams.

3.8 Entry to, and Claims for, the BAR, Three Distance and Short Distance Competitions

- 3.8.1 There are no entry fees for the BAR, the Three Distance and the Short Distance Competitions. Members will be automatically included in the Competitions if they have linked VTТА and

CTT accounts and are registered for one or more of the Competitions.

- 3.8.2 In the three season long competitions riders can only make one solo claim and/or one tandem claim.

3.9 Meritorious Award

- 3.9.1 The C. W. Cooke trophy is awarded annually to the rider whose performances are considered by the NEC to be the most meritorious during the season. Nominations from Groups should be received by the National Secretary no later than 21st November.

3.10 Bricknell Memorial Award

- 3.10.1 This award was created to perpetuate the memory of former President Ted Bricknell and provides for the presentation of an annual prize, new each year, in recognition of outstanding services to the VTТА. Nominations from Groups should be received by the National Secretary no later than 21st November each, following which the NEC shall decide the name of the recipient.

3.11 Return of Trophies

- 3.11.1 Should there be a time when a trophy or trophies is/are no longer required for presentation (e.g. the demise of the VTТА or abandonment of events at specific distances) then all reasonable measures will be taken to return them to the original donors or their heirs. In the event that they cannot be traced they shall be offered to such cycling organisations as the NEC think fit.

AGE ADJUSTMENTS - A SHORT EXPLANATION

In keeping with the VTTA ethos of 'Competitive Cycling for Life', when you ride a VTTA time trial your actual finishing time is adjusted to compensate for age and classification (open or female), and whether riding a bike or trike. The Age Adjusted Time (or Distance for 12/24 hours) identifies the best overall vet's performances allowing for these differences. Age adjustments work in principle like the 'standard plusses' used by the VTTA until 2022, but they provide a more intelligible and comparable adjusted actual time.

The Age Adjustment system takes an age adjustment off the time you actually ride, giving you an Age Adjusted Time (AAT). This lets you compare your performance more easily with younger and older riders, and with yourself as you age. For example: female rider age 45 on a solo bike: Actual time: 59:50; Age Adjustment: 06:39; Result = AAT of 53:11 (59:50 minus 06:39).

The Age Adjustment tables are kept under periodic review to take account of the latest performances and the impact of up-to-date equipment and training methods. They are based on a sophisticated statistical analysis of over 100,000 rides in CTT events in recent years.

The Age Adjustments are listed in tables in this handbook and on the VTTA website. The website also provides a calculator to provide Age Adjustments for non-standard distances.

For solo bikes and trikes this is all you need to know:

- For **fixed distance events** (10 to 100 miles)
Age Adjusted Time EQUALS Actual Time MINUS Age Adjustment
- For **fixed time events** (12 and 24 hours)
Age Adjusted Distance EQUALS Actual Distance PLUS Age Adjustment

For tandem bikes and trikes this is all you need to know:

- **Combined Age Adjustment EQUALS Rider 1 Age Adjustment PLUS Rider 2 Age Adjustment**
- For **fixed distance** events
Age Adjusted Time EQUALS Actual Time MINUS Combined Age Adjustment
- For **fixed time events**
Age Distance EQUALS Actual Distance PLUS Combined Age Adjustment

The traditional standards times and distances are still available on the VTTA website, but can also be derived from the handbook tables by adding the age adjustment time for the age/gender/machine to the following baseline standard for a 40 year old open solo bike rider for the distances from 10 to 100 miles, or subtracting the age adjusted distance for the times of 12 and 24 hours:

10 Miles 26:04	15 Miles 39:16	25 Miles 1:06:00	30 Miles 1:19:32
50 Miles 2:14:48	100 Miles 4:41:14	12 Hours 217.95	24 Hours 375.60

The standard times and distances are minimum values, targets most riders in a VTTA event should achieve.

VTTA STANDARDS AWARDS

WHAT THEY ARE AND HOW TO CLAIM

For many years the VTTA has had a system of annual Standard Awards which are popular with many of our members. A standard award can be claimed for improving on one's previous best age adjusted time or distance at 10, 15, 25, 30, 50, 100 miles and 12 and 24 hours.

All the relevant information for a member is available in their membership account on the website (www.vtta.org.uk) under 'My profile' and 'My Standards'. This shows your target times and your current season improvements in terms of both age adjustment and for historical continuity 'plus'. We still use the term 'Standard Awards' because the Standard in the title refers to the standard distances and times - 10, 15, 25, 30, 50 and 100 miles and 12, 24 hours.

How to Enter for and Achieve a Standard Award

First, you have to **make a payment for Standards** to your Group before the start of your season in order to take part in Standard Awards. Most members make this payment at the same time as their annual membership subscription to their Group. You can make this payment on the website – see under Membership Extras on your 'My profile' page.

Second, you must have **linked your CTT and VTTA accounts** – if you have not done this already then follow the simple instructions in the 'Guidance Note for Linking VTTA and CTT Accounts' which you can find on the website in the Document section at <https://www.vtta.org.uk/library>

To gain your Standard Award you have to achieve the 'Target Time/Distance' shown in the 'My Standards' section of your membership profile. These targets are set on the basis of the previous best performance for which you claimed an award, adjusted for your age. If you have not previously claimed an award at a particular distance then your target is the 'base' time for your age and gender.

For each target you achieve you will receive an engraved medal. If you achieve multiple targets (typically 3 but depending on your Group) you will receive a plaque showing all your achievements.

Resetting your standards

Members whose standards results are more than 3 calendar years old, or who are changing their racing machine from tt bike to road bike or bike to trike may request their group recorder to reset their standard. A Reset will change the baseline result to the standard for their age, and the target will be to beat the baseline. This reset may be appropriate, for example, if you are returning to the sport after taking a break from racing. If a members wishes to change from any kind of bike to trike or vice-versa then the machine specified in their profile should be updated.

How to Claim your Standards Awards

You use the 'My Standards' section of your profile to make your claim for Standard Awards. This makes it quick and easy to claim your awards. The website system knows if you have already made a standards payment.

The My Standards page has two sections:

My Baselines: This shows your target for all distances to win an award in the current season.

Improvements on Baseline: This section will be populated with your results for the current season taken from the CTT website, which achieve or exceed your targets.

The Claim button: You will see a 'Claim' button after each improvement if you have purchased standards. If you have improved in more than one event at a distance (or 12/24 hours) then all improvements will be shown and you can select which one to claim for. You can claim at any point in the season but members usually wait to the end of the season when they can see all their improvements. Most members claim their best improvements, others may claim a lesser improvement as this will make their target easier the following year! If you are aiming for standards awards on a particular kind of bike, then you need to identify which machine you used for the claim. The system will not tell you the machine you used (yet).

Once you have clicked on a claimed improvement, you will see that your baseline is updated with the new performance. Your Group recorder will be informed of your claim and arrange for you to be presented with your medal or a plaque.

As you age, your targets change with the adjustment for being a year older. This makes them challenging but achievable.

If you need further guidance, you can read the full regulations as set out in Section 3.2 of the Constitution included in this handbook or the 'About' section of the website or you can contact your Group Recorder. If you have any problems viewing baselines, claiming improvements and/or ordering medals, please contact the itmanager@vttta.org.uk.

NATIONAL COMPETITIONS EXPLAINED

There are three National Competitions held each season. During the season you have to complete the necessary qualifying rides for each competition. You can have as many attempts as you wish at any distance (or time for 12 hours) but they must be in open events (those listed on the CTT website or a Scottish Cycling event).

Entry to competitions is free. To enter you should go to your membership profile on the website and link your CTT and VTTA accounts and also register for each competition you wish to participate in. Your CTT results will then get transferred to the VTTA website, where the competition results are displayed and updated automatically throughout the season. At the end of the season the final results are shown for the riders who have completed all the qualifying rides for the competition.

For more information on linking your accounts, see the website download 'Guidance Note for Linking VTTA and CTT Accounts'. To register for competitions you should log in to the VTTA website, go to 'My profile' then click the 'Competitions' tab. You will be then presented with a screen with three tick boxes for the current season's competitions and you should tick these according to distances which you expect to ride.

The full details for these national season long competitions are in sections 3.5 to 3.8 of the Regulations.

Best All Rounder (BAR) Competition

The BAR Competition is an annual season long competition in which competitors have to complete events at 25 miles, 50 miles, 100 miles and 12 hours. Rider's performances are taken as their Age Adjusted performance at each of these distances.

For each of the Age Adjusted Times and Distance the average speed is calculated. For 25, 50 and 100 miles the average speed is the distance divided by the 'age adjusted' time. For the 12 hour the average speed is the 'age adjusted' distance divided by 12. The four average speeds are then added together, divided by 4, then rounded down to 3 decimal places.

All qualifying riders are then listed in order of their average of Age Adjusted Speeds with the Champions (both open and female) having the highest speeds. It sounds complicated but basically all you have to

do is ride as fast as you can! The competition calculations just allow riders of different ages and classification to compete on a level playing field.

All qualifiers receive a Certificate of Achievement and VTТА medals are awarded to first, second and third open and female, to the best club team of 3 and the best VTТА Group team of 4.

A similar calculation occurs using actual times, so you can see how fast you have gone in real terms, and an 'actual fastest' award is made to both best open and best female.

Three Distance Competition

This works the same way as the BAR competition. Riders have to complete rides at 25 miles, 50 miles and 100 miles. Rider's performances are again taken as their Age Adjusted performance at each of these distances. All qualifying riders are then listed in order of their average of Age Adjusted speeds with the Champions (both open and female) having the highest speeds.

Awards are the same as for the Best All Rounder Competition.

Short Distance Competition

Again the same principles apply as for the BAR and 3 Distance. For the Short Distance Competition competitors must complete two rides at 10 miles and two rides at 25 miles. Rider's performances are again taken as their Age Adjusted performance at each of these distances. All qualifying riders are then listed in order of their average of Age Adjusted speeds with the Champions (both open and female) having the highest speeds.

Awards are the same as for the other two competitions except the VTТА Group team is for 6 riders.

NOTE TO THE AGE ADJUSTMENTS TABLES

Whilst the Age Adjustments Tables are not included within the regulations their basis and inter-relationships along with their review and modification process is noted here in order that it is formally documented.

The Tables are issued after review and approval by the NEC; if there is to be a change, it is implemented before the start of the season. Changes are not made during the season, unless it is correct an error.

The Tables provided in this handbook are introduced for all VTТА competition from the 2025 season and should be used in all VTТА events until further notice. The current tables are also available on the VTТА website. The website also has the facility to produce tables for age adjustments for any distance or time.

For 2025 we have used results data from the period 2015 to 2024. The Open class solo bike tables are based on a formula derived from this large database of results. The Female class tables are also determined from this database so as to produce a modification to the open class solo bike adjustments. The open trike adjustments are based on comparative results for those riders who use both bike and trike so as to produce a modification to the open solo bike adjustments. Tandem adjustments are calculated as a modification to the two combined individual adjustments. These modification factors are currently as follows:

- a) Female class solo bike speeds are age variable between 0.89% and 0.91% of the speed for open solo bike class at the same age.
- b) Trike speeds are set at 91.28% of open solo bike speed at the same age.
- c) Tandem age adjustments of a rider are set at 96% of half the age adjustment of the solo rider of the same age; the total tandem age adjustment is obtained by adding the age adjustments of the two riders.

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NATIONAL TROPHIES & 2024 RECIPIENTS

Best All Rounder (25, 50, 100 and 12)	PETRONELLA TROPHY	1st overall on age adjusted	Peter Tomlin (North Hampshire RC), 28.668mph
	H LIONEL LINCOLN SHIELD*	1st man on actual speed	Kris Whitelaw (Vector Racing), 26.995mph
	SOUTHCOTT BOWL *	1st woman on actual speed	Christina Murray (Army Cycling Union), 25.257mph
	RALEIGH SHIELD	Best group team (6 riders) on age adj.	No qualifying team
	JOHNSON SHIELD	Best club team (3 riders) on age adj.	No qualifying team
3 Distance Competition (25, 50 and 100)	DICK CLARKE CUP	1st overall on age adjusted	Michael Stevens (Melton Olympic CC), 31.731mph
	DON HACKING TROPHY*	1st man on actual speed	Anthony Jones (VMCC powered by Y Beic), 29.571mph
	BRAMBLEBY CUP*	1st woman on actual speed	Christina Murray (Army Cycling Union), 26.059mph
	LONDON GROUP SHIELD	Best group team (6 riders) on age adj.	West (Mark Sanders, Karl Norris, Roger Sheridan, Kim Barfoot-Brace, Tony Chapman, Simon Brace) 29.281mph
	DOREEN HUGILL MEMORIAL SHIELD	Best club team (3 riders) on age adj.	Team Bottrill (Kim Barfoot-Brace, Matthew Uttley, Wolfgang Emmerich) 29.046mph
Short Distance Competition (2 x 10, 2 x 25)	L DE CAMELLIS BOWL	1st overall on age adjusted	Linda Dewhurst (Team Milton Keynes) 34.501mph
	STREVEN'S MEMORIAL TROPHY*	1st man on actual speed	Liam Maybank (Twickenham CC), 32.005mph
	PETT CUP*	1st woman on actual speed	Louise Robinson (Essex Roads CC) 26.977mph
	MIDLANDS SHIELD*	Best group team (6 riders) on age adj.	East Anglian (Chris Dyason, Keith Dorling, Peter Main, Roger Sewell, Darran Bennett, Louise Robinson) 31.915mph
	BRAFMAN CUP*	Best club team (3 riders) on age adj.	...a3crg (Sarah Matthews, Neil Mackley, Howard Bayley) 32.142mph
National Championships	KEN MATTHEWS CUP	1st on age adj. in 10 Mile	Linda Dewhurst (Ride Revolution) 18:05
	CHARLIE COLE CUP	1st on age adj. in 25 Mile	Keith Dorling (Teal Bottrill) 50:28
	FRED THORPE TROPHY	1st on age adj. in 30 Mile	Linda Dewhurst (Ride Revolution) 58:50
	CECIL PAGET CUP	1st on age adj. in 50 Mile	Mark Sanders (Mid Devon CC) 1:37:12
	DOUG BRUNWIN MEMORIAL SALVER	1st on age adj. in 100 Mile	Chris Smart (GTR - Return to Life) 3:42:01
	JIM PAINTER CUP	1st on age adj. in 12 Hour	Malcolm Cox (VC St Raphael) 313.59 miles
	C W COOKE CUP	1st on age adj. in 24 Hour	Christian Geldard (Fulfill the Potential RT) 489.02 miles
Merit Awards	C W COOKE TROPHY	Most meritorious racing performance of the season, nominated by Groups	Linda Dewhurst (Ride Revolution Coaching) for her domination in all the shorter Championships, the Short Distance Competition, age records and UCI Gran Fondo World Championships
	TED BRICKNELL MEMORIAL AWARD	An annual award for outstanding services to the Association.	Andrew Simpkins (VTTA National Chairman) for leadership of change and modernisation of the VTTA over 8 years in office.
Trophies marked * were re-assigned commencing with 2021 competitions			

SEASON LONG COMPETITIONS AWARD WINNERS 2024

2024 NATIONAL BEST ALL ROUNDER (25, 50, 100 AND 12)

1 st overall age adj.	Peter Tomlin	North Hampshire RC	Wssx	28.668mph	Petronella Trophy
1 st man age adj.	Peter Tomlin	North Hampshire RC	Wssx	28.668mph	Gold medal
2 nd man age adj.	Malcolm Cox	VC St Raphael	Wssx	28.537mph	Silver medal
3 rd man age adj.	Karl Norris	360VRT	West	28.348mph	Bronze medal
1 st woman age adj.	Christina Murray	Army Cycling Union	Wssx	28.631mph	Gold medal
2 nd woman age adj.	Kim Barfoot-Brace	Team Bottrill	West	27.944mph	Silver medal
3 rd woman age adj.	Kathryn Smith	Sleaford Wheelers CC	EMids	27.752mph	Bronze medal
1 st man on actual	Kris Whitelaw	Vector Racing	North	26.995mph	H Lionel Lincoln Shield
1 st woman on actual	Christina Murray	Army Cycling Union	Wssx	25.257mph	Southcott Bowl
Best group team (6 riders) age adj.	No team qualified				Raleigh Shield & gold medals (6)
Best club team (3 riders) age adj.	No team qualified				Johnson Shield & gold medals (3)

2024 NATIONAL THREE DISTANCE COMPETITION (25, 50 AND 100)

1 st overall age adj.	Michael Stevens	Melton Olympic CC	EMids	31.731mph	Dick Clarke Cup
1 st man age adj.	Michael Stevens	Melton Olympic CC	EMids	31.731mph	Gold medal
2 nd man age adj.	Anthony Jones	VMCC powered by Y Beic	S Wls	30.745mph	Silver medal
3 rd man age adj.	Mark Sanders	Mid Devon CC	West	30.677mph	Bronze medal
1 st woman age adj.	Christina Murray	Army Cycling Union	Wssx	29.708mph	Gold medal
2 nd woman age adj.	Claire Emons	...a3crg	Wssx	29.702mph	Silver medal
3 rd woman age adj.	Kim Barfoot-Brace	Team Bottrill	West	29.132mph	Bronze medal
1 st man on actual	Anthony Jones	VMCC powered by Y Beic	S Wls	29.571mph	Don Hacking Trophy
1 st woman on actual	Christina Murray	Army Cycling Union	Wssx	26.059mph	Brambleby Cup
Best group team (6 riders) age adj.	Mark Sanders, Karl Norris, Roger Sheridan, Kim Barfoot-Brace, Tony Chapman, Simon Brace		West	29.281mph	London Group Shield & gold medals (6)
Best club team (3 riders) age adj.	Team Bottrill	Kim Barfoot-Brace, Matthew Uttley, Wolfgang Emmerich	West, EMids, L&HC	29.046mph	Doreen Hugill Meml. Shield & gold medals (3)

2024 NATIONAL SHORT DISTANCE COMPETITION (2 X 10, 2 X 25)

1 st overall age adj.	Linda Dewhurst	Ride Revolution	L&HC	34.501mph	L De Camellis Bowl
1 st man age adj.	Kevin Tye	VeloRefined Rule 5	Kent	34.024mph	Gold medal
2 nd man age adj.	Chris Lord	Brighton Excelsior CC	S/S	33.578mph	Silver medal
3 rd man age adj.	Liam Maybank	Twickenham CC	L&HC	33.499mph	Bronze medal
1 st woman age adj.	Linda Dewhurst	Ride Revolution	L&HC	34.501mph	Gold medal
2 nd woman age adj.	Sarah Matthews	...a3crg	Wssx	33.138mph	Silver medal
3 rd woman age adj.	Jennifer Clegg	Team Bottrill	EMids	32.121mph	Bronze medal
1 st man on actual	Liam Maybank	Twickenham CC	L&HC	32.005mph	Stevens Meml. Trophy
1 st woman on actual	Louise Robinson	Essex Roads CC	E Ang	26.977mph	Pett Cup
Best group team (6 riders) age adj.	Chris Dyason, Keith Dorling, Peter Main, Roger Sewell, Darran Bennett, Louise Robinson		East Anglian	31.915mph	Midlands Shield & gold medals (6)
Best club team (3 riders) age adj.	...a3crg	Sarah Matthews, Neil Mackley, Howard Bayley	Wssx	32.142mph	Brafman Cup and gold medals (3)

CHAMPIONSHIP AWARDS 2024

(NB - Times and distances shown are all age adjusted)

10 MILES NATIONAL CHAMPIONSHIP

Saturday 18th May 2024 - North Midlands Group - Course O10/1 (Hatfield Woodhouse, S Yorkshire)

Open Champion	Richard Oakes	Team Ohten Aveas	East Midlands	18:46
2nd Open	Andy Critchlow	Team Ohten Aveas	Surrey/Sussex	18:55
3rd Open	Julian Ramsbottom	Team Bottrill	East Midlands	19:35
Female Champion	Linda Dewhurst	Ride Revolution Coaching	London & Home C	18:05
2nd Female	Deborah Moss	Springfield Financial RT	North Lancs & Lakes	19:57
3rd Female	Deb Hutson-Lumb	Wrekinsport CC	Merseyside CC	20:13
Club Team Champions	Richard Oakes Andy Critchlow Martin Perrett	Team Ohten Aveas	East Midlands Surrey/Sussex East Midlands	58:14
Group Team Champions	Richard Oakes Julian Ramsbottom Ian Guilor	Team Ohten Aveas Team Bottrill Mapperley CC	East Midlands	58:20
Tandem Champions	Ian Greenstreet Rachael Elliott	Newbury Velo	London & Home C	18:07

15 MILES NATIONAL CHAMPIONSHIP

Sunday 18th August 2024 - VTТА (London & HC) / Newbury Velo - H15/3 (A4 west of Newbury))

Open Champion	Richard Oakes	Team Ohten Aveas	East Midlands	27:15
2nd Open	Mike Twelves	Team Ohten Aveas	East Midlands	27:41
3rd Open	Michael Lythgoe	Kenilworth Wheelers	Midlands	
Female Champion	Linda Dewhurst	Ride Revolution Coaching	London & Home C	26:50
2nd Female	Sarah Matthews	...a3crg	Wessex	27:29
3rd Female	Lucia Borradaile	CC Weymouth	Wessex	29:17
Club Team Champions	Richard Oakes Mike Twelves Andy Critchlow	Team Ohten Aveas	East Midlands East Midlands Surrey/Sussex	1:23:01
Group Team Champions	Linda Dewhurst Gareth Williams Anthony Turner	Ride Revolution Coaching Twickenham CC Mickey Cranks CC	London & Home C	1:23:21
Tandem Champions	Norman Harvey Mary Corbett	Sotonia CC	Wessex	26:20

25 MILES NATIONAL CHAMPIONSHIP

Sunday 8th September 2024 - Merseyside Group - Course D25/20 (Prees, Shropshire)

Open Champion	Keith Dorling	Team Bottrill	East Anglian	50:58
2nd Open	Joseph Costello	Legato Racing Team	Midlands	51:26
3rd Open	Matt Hill	Zurbaran Racing	North	51:35
Female Champion	Linda Dewhurst	Ride Revolution Racing	London & Home C	51:01
2nd Female	Jen Clegg	Team Bottrill	East Midlands	53:54
3rd Female	Helen Tudor	Oswestry Paragon CC	Merseyside	1:05:18
Club Team Champions	Joseph Costello Simon Horsley Mark Hamer	Legato Racing Team	Midlands N Lancs & Lakes Midlands	2:37:54
Group Team Champions	David James Williams James Griffiths Jarod Garrington	Velotik Racing Team	Merseyside	2:41:19
Tandem Champions	No tandem entrants			

30 MILES NATIONAL CHAMPIONSHIP

Saturday 11th May 2024 - East Anglian Group - Course E2/30C (Newmarket)

Open Champion	Mick Stevens	Melton Olympic CC	East Midlands	1:01:20
2nd Open	Matthew Smith	Drag2Zero	East Anglian	1:02:17
3rd Open	Paul Pardoe	Peterborough CC	East Anglian	1:02:32
Female Champion	Linda Dewhurst	Ride Revolution Coaching	London & Home C	0:58:50
2nd Female	Deborah Moss	Springfield Financ'I RT	N Lancs & Lakes	1:04:58
3rd Female	Jen Clegg	Team Bottrill	East Midlands	1:05:49
Club Team Champions	Joseph Costello Simon Horsley Mark Hamer	Legato Racing Team	Midlands N Lancs & Lakes Midlands	3:10:53
Group Team Champions	Matthew Smith Paul Pardoe Chris Dyason	Drag2Zero Peterborough CC Cambridge CC	East Anglian	3:08:23
Tandem Champions	David Cheshire Rob Boyle	Newmarket Cycling & Triathlon Club	East Anglian	1:10:42

50 MILES NATIONAL CHAMPIONSHIP**Saturday 13th July 2024 - VTТА South Wales and Bike Pace - Course R50/1B (Raglan, Monmouthshire)**

Open Champion	Mark Sanders	Mid Devon CC	West	1:37:12
2nd Open	Keith Dorling	Team Bottrill	E Anglian	1:38:35
3rd Open	Anthony Jones	VMCC powered by Y Beic	S Wales	1:38:43
Female Champion	Deborah Moss	Springfield Financial RT	N Lancs & Lakes	1:42:35
2nd Female	Emma Wyatt	Hereford & Dist Whs CC	S Wales	1:44:00
3rd Female	Deborah Sheridan	...a3crg	Midlands	1:44:22
Club Team Champions	Joseph Costello Simon Horsley Steven Loraine	Legato Racing Team	Midlands N Lancs & Lakes Midlands	5:00:51
Group Team Champions	Joseph Costello Simon Dighton Steven Loraine	Legato Racing Team Beacon Roads CC Legato Racing Team	Midlands	5:03:40
Tandem Champions	No tandem entrants			

100 MILES NATIONAL CHAMPIONSHIP**Sunday 1st September 2024 - Tyneside Vagabonds CC - Course M100/10 (Morpeth area)**

Open Champion	Chris Smart	GTR - Return To Life	Scotland	3:42:01
2nd Open	David Nichol	Ferryhill Wheelers	North	3:43:21
3rd Open	Philip Kennell	GS Metro	North	3:50:48
Female Champion	Joanna Cebat	360cycling	Manchester & NW	3:59:34
2nd Female	Kathryn Smith	Sleaford Wheelers CC	East Midlands	4:03:05
3rd Female	Angela Hannon-Flaherty	Seacroft Wheelers	Yorkshire	4:11:11
Club Team Champions	No club team finished			
Group Team Champions	David Nichol Philip Kennell Stephen Boxall	Ferryhill Wheelers GS Metro Houghton CC	North	11:35:18
Tandem Champions	No tandem entrants			

12 HOUR NATIONAL CHAMPIONSHIP**9th June 2024 - Vive le Velo (on behalf of Yorkshire DC) - V381 (Melbourne, East Yorkshire)**

Open Champion	Malcolm Cox	Velo Club St Raphael	Wessex	313.59
2nd Open	Peter Tomlin	North Hampshire RC	Wessex	299.12
3rd Open	Greg Elwell	VTТА (Yorkshire)	Yorkshire	281.86
Female Champion	Kathryn Smith	Sleaford Wheelers CC	East Midlands	292.65
2nd Female	Joanna Cebat	360cycling	Manchester & NW	279.78
3rd Female	Gretchen Zoeller	Born to Bike	Yorkshire	247.05
Club Team Champions	No club team entered			
Group Team Champions	Malcolm Cox Peter Tomlin Christian Geldard	Velo Club St Raphael North Hampshire RC North Hampshire RC	Wessex	889.83
Tandem Champions	Brigid Night Hannah Fawcett	Frodsham Wheelers Liverpool Braveheart BC	Merseyside	291.70

24 HOUR NATIONAL CHAMPIONSHIP				
Sat/Sun 27th/28th July 2024 - Mersey Roads Club - Course D24hr (West Cheshire & Shropshire)				
Open Champion	Christian Geldard	Fulfil The Potential RT	Wessex	489.02
2nd Open	Chris Shaw	Fenland Clarion CC	East Anglian	459.73
3rd Open	Chris Hopkinson	API/Anglia Sport	Wessex	458.09
Female Champion	Kathryn Smith	Sleaford Wheelers	East Midlands	481.45
2nd Female	Michelle Lindley	Poole Wheelers	Wessex	478.22
3rd Female		Only 2 women entrants		
Group Team Champions	Christian Geldard Michelle Lindley Chris Hopkinson	Fulfil The Potential RT Poole Wheelers API/Anglia Sport	Wessex	1425.33
Club Team Champions	No club teams of three entered			
Tandem Champions	Donald McLean Mark Leadbetter	Flying Kippers	Scotland	438.15

SOUTHERN CLOSED CIRCUIT CHAMPIONSHIP			
Wednesday 26th June 2024 - ...a3crg - P917/10 (Goodwood)			
1 st Open - TT Bike	Chris Lord	Brighton Eccelsior CC / Surrey/Sussex	18:38
2 nd Open - TT Bike	Andy Langdown	...a3crg / Wessex	19:18
3 rd Open - TT Bike	Malcolm Cox	Velo Club St Raphael / Wessex	19:46
1 st Female - TT Bike	Sarah Matthews	...a3crg / Wessex	19:04
2 nd Female - TT Bike	Alexa Forbes	London Dynamo / London & Home C	20:52
3 rd Female - TT Bike	Deborah Sheridan	...a3crg / Midlands	21:02
1 st Open - Road Bike	Chris Coxon	Brighton Mitre CC / Surrey/Sussex	20:36
2 nd Open - Road Bike	Graeme Stirzaker	...a3crg	22:36
3 rd Open - Road Bike	David Robbins	Petersfield Triathlon Club	22:47
1 st Female - Rd Bike	Ruth Whiddett	...a3crg / Surrey/Sussex	21:52
2 nd Female - Rd Bike	Denise Stuart	GS Mossa	23:05
3 rd Female - Rd Bike	Rachel Tomkins	Farnborough & Camberley CC	23:52
NORTHERN CLOSED CIRCUIT CHAMPIONSHIP			
Wednesday 19th June 2024 - VTТА North - T10C (Croft)			
1 st Open - TT Bike	Russ Richardson	Zurbara Racing / North	19:48
2 nd Open - TT Bike	Adrian Dent	Team Ohten Aveas / North	19:52
3 rd Open - TT Bike	Philip Kennell	GS Metro / North	19:55
1 st Female - TT Bike	Angela Hannon-Flaherty	Seacroft Whs / Yorkshire	22:02
2 nd Female - TT Bike	Louise Hamilton	Zurbaran Racing / North	23:16
3 rd Female - TT Bike	Karen Taylor	Springfield Financial RT / Yorkshire	23:53
1 st Open - Road Bike	Lee Ridden	Reifen Racing / North	22:20
2 nd Open - Road Bike	John Davidson	Reifen Racing	22:23
3 rd Open - Road Bike	Michael Vaiksaar	Valley Striders CC	23:05
1 st Female - Rd Bike	Gemma Mitchell	Team Boompods	22:54
2 nd Female - Rd Bike	Deborah Capewell	Team Ohten Aveas / Midlands	25:06
3 rd Female - Rd Bike	Helen Chalton	Manilla Cycling	26:43

PAST COMPETITION WINNERS

(All on plus or Age Adjusted Result except where noted)

BEST ALL ROUNDER

1943 Ernest H Strevens
 1944 No winner
 1945 Jock Austin
 1946 E W Miles
 1947 Jock Austin
 1948 Charlie Cole
 1949 Charlie Cole
 1950 C G Baxter
 1951 to 1955
 Charlie Cole
 1956 T H Henderson
 1957 Harry Aspden
 1958 to 1964
 Arch Harding
 1965 R B Smith
 1966 R Waters
 1967 Arch Harding
 1968 R G H Deering
 1969 Arch Harding
 1970 K J Brooker
 1971 Harry G Shawyer
 1972 Harry H Hill
 1973 Harry H Hill
 1974 Charles Holland
 1975 Charles Holland
 1976 Harry G Shawyer
 1977 Harry H Hill
 1978 Harry H Hill
 1979 John Woodburn
 1980 John Woodburn
 1981 D Kellaway
 1982 Arthur C Boutell
 1983 Harry H Hill
 1984 D Kellaway
 1985 John Woodburn
 1986 Gerry Poole
 1987 John Woodburn
 1988 Paul Bennett
 1989 John Woodburn
 1990 Harry Featherstone
 1991 Harry Featherstone
 1992 Don Hacking
 1993 Peter Crofts
 1994 Len Benton
 1995 Jim Bailey
 1996 Jim Bailey
 1997 Jim Goodwin
 1998 Owen Blower

1999 Brian Haskell
 2000 Ken Platts
 2001 T W Coging
 2002 Brian Sunter
 2003 Brian Sunter
 2004 Ian Cammish
 2005 Mike Shacklock
 2006 Mike Shacklock
 2007 Ken Platts
 2008 Ken Platts
 2009 Jim Gresty
 2010 Ken Platts
 2011 Ken Platts
 2012 Nick Bowdler
 2013 Ken Platts
 2014 Adam Topham
 2015 Peter Horsnell
 2016 Richard Bideau
 2017 Richard Bideau
 2018 Jackie Field

BEST ALL ROUNDER - MEN

2019 to 2021
 David Shepherd
 2022 Anthony Jones
 2023 Andy Critchlow
 2024 Peter Tomlin

BEST ALL ROUNDER - WOMEN

1971 Mary Horsnell
 1972 Wyn Maddock
 1973 Irene Southart
 1974 L Campbell
 1975 to 1978
 Ethel Brambleby
 1979 to 1982
 Mary Dawson
 1983 I Campbell
 1984 to 1994
 Mary Dawson
 1995 Janet Wilson
 1996 Janet Wilson
 1997 L Creese
 1998 Christine Gasgoigne
 1999 Janet Wilson
 2000 Gil Henshaw
 2001 Christine Roberts
 2002 Janet Wilson
 2001 Christine Roberts
 2002 Janet Wilson

2003 C Smerdon
 2004 K M Smith
 2005 A Bath
 2006 C Colquhoun
 2007 Kath Smith
 2008 to 2012
 Christine McLean
 2013 Ann Shuttleworth
 2014 Sharon Clifford
 2015 Lynne Biddulph
 2016 Katja Rietdorf
 2017 Katja Rietdorf
 2018 Jackie Field
 2019 Christina Murray
 2020 Lisa Davis
 2021 Patricia Baird
 2022 Christina Murray
 2023 Kim Barfoot-Brace
 2024 Christina Murray

BEST ALL ROUNDER (ACTUAL MPH)

1956 to 1962
 Arch Harding
 1963 Ron Murgatroyd
 1964 Arch Harding
 1965 J C Park
 1966 R Waters
 1967 Eric Grocock
 1968 Nim Carline
 1969 Nim Carline
 1970 W H Griffiths
 1971 to 1973
 Nim Carline
 1974 Robin W Buchan
 1975 Mike McNamara
 1976 Mike McNamara
 1977 John Byers
 1978 John Byers
 1979 John Woodburn
 1980 John Woodburn
 1981 E C Holloway
 1982 J Dixon
 1983 Peter Spowage
 1984 Roger Iddles
 1985 John Woodburn
 1986 Shay Giles
 1987 Shay Giles
 1988 Paul Bennett

1989 Eddie Adkins
 1990 Shay Giles
 1991 John Woodburn
 1992 Derek Hutton
 1993 Terry Icke
 1994 George Nowland
 1995 George Nowland
 1996 John Blacker
 1997 Glen Longland
 1998 Geoffrey Platts
 1999 P Smith
 2000 Ian Cammish
 2001 N Portess
 2002 Ian Cammish
 2003 G Robinson
 2004 Ian Cammish
 2005 N Skellern
 2006 N Skellern
 2007 Ken Platts
 2008 Ian Cammish
 2009 Nick Bowdler
 2010 Julian Jenkinson
 2011 Nick Bowdler
 2012 Nick Bowdler
 2013 J Dewhirst
 2014 Adam Topham
 2015 Adam Topham
 2016 Richard Bideau
 2017 Richard Bideau
 2018 Matt Ivings
 2019 Andy Jackson
 2020 Mark Smith

BAR ACTUAL MPH - MEN

2021 Darren Yarwood
 2022 Anthony Jones
 2023 Andy Critchlow
 2024 Kris Whitelaw

BAR ACTUAL MPH - WOMEN

2021 Joanna Cebrat
 2022 Christina Murray
 2023 Kim Barfoot-Brace
 2024 Christina Murray

BAR GROUP TEAMS

1959 to 1972
 London & Home Counties
 1973 to 1975
 Manchester & North West
 1976 London & Home Counties
 1977 London & Home Counties
 1978 Manchester & North West

1979 London & Home Counties
 1980 London & Home Counties
 1981 Yorkshire
 1982 Manchester & North West
 1983 Manchester & North West
 1984 West
 1985 London & Home Counties
 1986 Yorkshire
 1987 London & Home Counties
 1988 London & Home Counties
 1989 to 1991
 Surrey & Sussex
 1992 East Anglian
 1993 Surrey & Sussex
 1994 Yorkshire
 1995 North Lancashire
 1996 London & Home Counties
 1997 North Lancashire
 1998 Yorkshire
 1999 Yorkshire
 2000 East Anglian
 2001 to 2005
 Yorkshire
 2006 Manchester & North West
 2007 North Lancashire
 2008 East Anglia
 2009 Manchester & North West
 2010 to 2012
 East Anglian
 2013 Yorkshire
 2014 No team qualified
 2015 East Anglian
 2016 East Anglian
 2017 No team qualified
 2018 No team qualified
 2019 Yorkshire
 2020 to 2022
 No team qualified
 2023 Merseyside
 2024 No team qualified

BAR CLUB TEAMS

1959 Lancashire RC
 1960 Leicester Forest CC
 1961 Addiscombe CC
 1962 to 1964
 Middlesex RC
 1965 Glasgow Regent
 1966 West Scotland Clarion
 1967 Middlesex RC
 1968 Leicester Forest CC
 1969 Middlesex RC

1970 Luton Wheelers
 1971 Verulam CC
 1972 Luton Wheelers
 1973 Oldham Century RC
 1974 Norwood Paragon CC
 1975 Addiscombe CC
 1976 Rockingham CC
 1977 Addiscombe CC
 1978 Derby Mercury RC
 1979 East Midlands CC
 1980 East Midlands CC
 1981 Birkenhead North End CC
 1982 Altrincham Ravens CC
 1983 Farnboro' & Camberley CC
 1984 Farnboro' & Camberley CC
 1985 Teesside RC
 1986 Otley CC
 1987 Farnboro' & Camberley CC
 1988 Farnboro' & Camberley CC
 1989 to 1991
 Norwood Paragon CC
 1992 Farnboro' & Camberley CC
 1993 Tees-side RC
 1994 Long Eaton Paragon CC
 1995 Rockingham CC
 1996 Rockingham CC
 1997 Otley CC
 1998 San Fairy Ann CC
 1999 San Fairy Ann CC
 2000 East Anglian CC
 2001 East Anglian CC
 2002 to 2004
 Yorkshire RC
 2005 Otley CC
 2006 Congleton CC
 2007 Congleton CC
 2008 Chelmer CC
 2009 Team Swift
 2010 Yorkshire RC
 2011 to 2013
 Chelmer CC
 2014 No team qualified
 2015 No team qualified
 2016 Hounslow & District Wh
 2017 Born to Bike
 2018 Born to Bike
 2019 Vive le Velo
 2020 to 2022
 No team qualified
 2023 Springfield Financial RT
 2024 No team qualified

BAR CLUB TEAM - WOMEN

1998 Airedale Olympic CC
 1999 Airedale Olympic CC
 2000-2005 No team finished
 2006 to 20028
 Kingston Phoenix RC
 2009 to 2011
 No team qualified
 Discontinued

3 DISTANCE COMPETITION

1995 Jim Bailey
 1996 Jim Bailey
 1997 Brian Haskell
 1998 Eric Marsh
 1999 George Steers
 2000 Eric Marsh (T)
 2001 Derek Hodgins
 2002 G Les Dawson (T)
 2003 G Les Dawson (T)
 2004 Jim Goodwin
 2005 Jim Goodwin
 2006 Ron Hallam
 2007 Derek Hodgins
 2008 to 2010
 Frank Kerry
 2011 Ron Hallam
 2012 P Greenwood
 2013 Ken Platts
 2014 to 2018
 Peter Horsnell

3 DISTANCE COMP. - MEN

2019 David Hargreaves
 2020 David Hargreaves
 2021 David Shepherd
 2022 Anthony Jones
 2023 Andy Critchlow
 2024 Michael Stevens

3 DISTANCE COMP. - WOMEN

1995 Mary Dawson
 1996 to 2002
 Carole Gandy
 2003 Mary Dawson
 2004 Carole Gandy
 2005 Carole Gandy
 2006 to 2008
 Arja Scarsbrook
 2009 Carole Gandy
 2010 Carole Gandy
 2011 Christine McLean
 2012 Competition Discontinued

2019 Angela Carpenter
 2020 Jackie Field
 2021 Jackie Field
 2022 Angela Carpenter
 2023 Kim Barfoot-Brace
 2024 Christina Murray

3 DISTANCE (ACTUAL MPH)

1995 George Nowland
 1996 Shay Giles
 1997 Glen Longland
 1998 Geoffrey Platts
 1999 P Smith
 2000 to 2006
 Ian Cammish
 2007 Paul Holdsworth
 2008 Barry Charlton
 2009 Nick Bowdler
 2010 Julian Jenkinson
 2011 Nick Bowdler
 2012 Nick Bowdler
 2013 John Dewhirst
 2014 Adam Topham
 2015 Adam Topham
 2016 Richard Bideau
 2017 Richard Bideau
 2018 Andy Jackson
 2019 Andy Jackson
 2020 Mark Smith

3 DIST. ACTUAL MPH - MEN

2021 Darren Yarwood
 2022 Anthony Jones
 2023 Andy Critchlow
 2024 Anthony Jones

3 DIST. ACTUAL MPH - WOMEN

2021 Jackie Field
 2022 Angela Carpenter
 2023 Kim Barfoot-Brace
 2024 Christina Murray

THREE DISTANCE - GROUP

1995 to 1997
 North Lancashire
 1998 to 2002
 Nottingham & East Mids
 2003 Yorkshire RC
 2004 Nottingham & East Mids
 2005 Nottingham & East Mids
 2006 to 2010
 North Lancashire
 2011 to 2015

East Anglian
 2016 North Lincs & Lakes
 2017 East Anglian
 2018 East Anglian
 2019 Wessex
 2020 Nottingham & East Mids
 2021 East Anglian
 2022 Wessex
 2023 West
 2024 West

THREE DISTANCE - CLUB

1995 to 1999
 Altrincham Ravens CC
 2000 Rutland CC
 2001 to 2003
 Tees-side RC
 2004 Yorkshire RC
 2005 Yorkshire RC
 2006 Lancashire RC
 2007 Yorkshire RC
 2008 Yorkshire RC
 2009 North Shropshire Wheelers
 2010 Yorkshire RC
 2011 Yorkshire RC
 2012 to 2016
 Chelmer CC
 2017 Born to Bike
 2018 Born to Bike
 2019 ...a3crg
 2020 No team qualified
 2021 Chapeau! Vive le Velo
 2022 ...a3crg
 2023 VC St Raphael
 2024 Team Bottrill

THREE DISTANCE - CLUB TEAMS - WOMEN

1995 Wolsey RC
 1996 to 2000
 San Fairy Ann CC
 2001 Lancaster CC
 2002 San Fairy Ann CC
 2003 Wolsey RC
 2004 No team qualified
 2005 No team qualified
 2006 to 2008
 Kingston Phoenix RC
 2009 Nil
 2010 Born to Bike
 2011 Nil
 2012 Competition discontinued

SHORT DISTANCE COMP.

2013 Terry Icke
2014 Terry Icke
2015 Ron Hallam
2016 to 2018
Ron Hallam

SHORT DIST. COMP. - MEN

2019 Ron Hallam
2020 Keith Ainsworth
2021 Andrew Grant
2022 Kevin Tye
2023 Andy Critchlow
2024 Kevin Tye

SHORT DIST. COMP. - WOMEN

2019 to 2022
Angela Carpenter
2023 Linda Dewhurst

2024 Linda Dewhurst

SHORT DIST. ACT. MPH - MEN

2021 Matthew Smith
2022 Conrad Moss
2023 Andy Critchlow
2024 Liam Maybank

SHORT DIST. ACT. MPH - WOMEN

2021 Angela Carpenter
2022 Angela Carpenter
2023 Louise Robinson
2024 Louise Robinson

SHORT DISTANCE COMPETITION CLUB TEAM

2013 to 2015
South Pennine RC

2016 Cambridge CC
2017 North Lancs RC
2018 Cambridge CC
2019 to 2022
...a3crg
2023 Team Bottrill
2024 ...a3crg

SHORT DISTANCE COMPETITION GROUP TEAM

2013 to 2015
Notts & East Midlands
2016 North Lancs & Lakes
2017 Notts & East Midlands
2018 to 2024
East Anglian

PAST NATIONAL CHAMPIONS

(All on plus or Age Adjusted Result)

10 MILES CHAMPIONS

1977 Arthur C Boutell
1978 Arthur C Boutell
1979 A L Wilkins
1980 Harry H Hill
1981 Arthur C Boutell
1982 Arthur C Boutell
1983 A Dwyer
1984 Arthur C Boutell
1985 J E Sibun
1986 Harry H Hill
1987 Harry H Hill
1988 J E Sibun
1989 D McKellow
1990 Dave Longbottom
1991 D McKetlow
1992 J R McKellow
1993 George Steers
1994 Eric Marsh (T)
1995 L King
1996 Eric Marsh
1997 K Biddulph
1998 G Les Dawson (T)
1999 Brian Haskell
2000 to 2002
G Les Dawson (T)
2004 Eric Marsh

2005 to 2009
Dennis Milsom
2010 Ron Hallam
2011 Ron Hallam & Dennis Milsom (tie)
2012 Rob Pears
2013 Rob Pears
2014 Rob Pears & Derek Stewart (tie)
2015 Derek Stewart
2016 to 2018
Ron Hallam
2019 Keith Ainsworth (M)
Angela Carpenter (W)
2020 to 2022
Richard Oakes (M)
Angela Carpenter (W)
2023 Ian Guilor (M)
Linda Dewhurst (W)
2024 Richard Oakes (O)
Linda Dewhurst (F)

10 MILES TEAM CHAMPIONS (CLUB)

1977 VC Slough
1978 VC Slough
1979 Calder Clarion CC
1980 Birkenhead N E CC
1981 Altrincham Ravens CC

1982 VC Slough
1983 San Fairy Ann CC
1984 VC Slough
1985 VC Slough
1986 Otley CC
1987 North Lancs Clarion
1988 Polytechnic CC
1989 Farnboro' & Camberley CC
1990 Altrincham Ravens CC
1991 Tees-side RC
1992 Birkenhead N E CC
1993 Sheffield Phoenix CC
1994 San Fairy Ann CC
1995 Altrincham Ravens CC
1996 Stevenage RC
1997 Altrincham Ravens CC
1998 Altrincham Ravens CC
1999 San Fairy Ann CC
2000 Altrincham Ravens CC
2001 Rockingham CC
2002 PCA Ciclos Uno
2003 Huddersfield RC
2004 PCA Ciclos Uno
2005 Stourbridge CC
2006 Stourbridge CC
2007 Icknield RC
2008 South Pennine RC

2009 PCA Ciclos Uno
 2010 South Pennine RC
 2011 Team Swift
 2012 Westmead Team 88
 2013 Cambridge CC
 2014 Cambridge CC
 2015 Team Swift
 2017 Vision Racing
 2018 Team Botrill
 2019 ...a3crg
 2020 ...a3crg
 2021 Team Ohton Aveas
 2022 Team Ohten Aveas
 2023 Legato RT
 2024 Team Ohten Aveas

10 MILES TEAM CHAMPIONS (GROUPS)

2016 to 2018
 Notts & East Midlands
 2019 Wessex
 2020 Wessex
 2021 Notts & E Midlands
 2022 Wessex
 2023 Midlands
 2024 East Midlands

15 MILES CHAMPIONS

2017 Ron Hallam
 2018 Ron Hallam
 2019 Ron Hallam (M)
 Fiona Sharp (W)
 2020 Keith Ainsworth (M)
 Deb Hutson-Lumb (W)
 2021 Mark Ellis (M)
 Angela Carpenter (W)
 2022 Richard Oakes (M)
 Deborah Moss (W)
 2023 Kevin Tye (M)
 Linda Dewhurst (W)
 2024 Richard Oakes (O)
 Linda Dewhurst (F)

15 MILES TEAM CHAMPIONS (CLUB)

2017 Cambridge CC
 2018 Drag2Zero
 2019 GS Metro
 2020 Pirate Juice CC
 2021 ...a3crg
 2022 Team Ohten Aveas
 2023 VeloRefined Rule 5
 2024 Team Ohten Aveas

15 MILES TEAM CHAMPIONS (GROUP)

2017 North Lancs & Lakes
 2018 London & Home Counties
 2019 North
 2020 Merseyside
 2021 Wessex
 2022 East Midlands
 2023 Kent
 2024 London & Home Counties

25 MILES CHAMPIONS

1959 Charlie Cole
 1960 A L Wilkins
 1961 J E Brownhill
 1962 J E Brownhill
 1963 H A Wenman
 1964 J E Brownhill
 1965 A L Wilkins
 1966 to 1969
 Charlie Cole
 1970 Harry H Hill
 1971 A L Wilkins
 1972 R Goodman
 1973 B W Bentley
 1974 Harry H Hill
 1975 Harry H Hill
 1976 Charles Holland
 1977 Harry H Hill
 1978 R Webber
 1979 to 1982
 Harry H Hill
 1983 Arthur C Boutell
 1984 Len Dexter
 1985 J E Sibun
 1986 Gerry Poole
 1987 J E Sibun
 1988 P G Smith
 1989 E G Smith
 1990 P G Smith
 1991 D McKellow
 1992 Eric Marsh
 1993 J Brownhill
 1994 W B Chapman
 1995 V H Palk
 1996 V H Palk
 1997 R H Little
 1998 Brian Haskell
 1999 Jim Goodwin
 2000 G Les Dawson (T)
 2001 Eric Marsh
 2002 to 2004
 Jim Goodwin

2005 John Woodburn
 2006 to 2008
 Dennis Milsom
 2009 Ron Hallam
 2010 Ron Hallam
 2011 Derek Stewart
 2012 Kevin Tye
 2013 Rob Pears
 2014 Eric Marsh
 2015 Derek Stewart
 2016 Brian Sunter
 2017 Peter Horsnell
 2018 Simon Beldon
 2019 Kevin Tye (M)
 Angela Carpenter (W)
 2020 Ron Hallam (M)
 Angela Carpenter (W)
 2021 Richard Oakes (M)
 Angela Carpenter (W)
 2022 Keith Ainsworth (M)
 Angela Carpenter (W)
 2023 Russ Richardson (M)
 Linda Dewhurst (W)
 2024 Keith Dorling (O)
 Linda Dewhurst (F)

25 MILES TEAM CHAMPIONS (CLUB)

1959 Middlesex RC
 1960 Viking RC
 1961 Glasgow Regent
 1962 Southport RC
 1963 Merseyside VTAA
 1964 Sheffield Phoenix CC
 1965 No team finished
 1966 Luton Wheelers CC
 1967 Luton Wheelers CC
 1968 Stretford Wheelers CC
 1969 Luton Wheelers CC
 1970 Law Wheelers
 1971 Verulam CC
 1972 Luton Wheelers CC
 1973 Luton Wheelers CC
 1974 Walton C & A C
 1975 Verulam CC
 1976 Cwmcam Paragon Wheelers
 1978 Cheshire Roads Club
 1978 Glasgow Wheelers
 1979 Luton Wheelers CC
 1980 Oldham Century RC
 1982 Calder Clarion C & A C
 1982 Derby Mercury RC

1983 V CSlough
 1984 Vegetarian C & A C
 1985 Hillingdon CC
 1986 Mapperley CC
 1987 Famboro' & Camberley CC
 1988 Tees-side RC,
 1989 Tees-side RC
 1990 Tees-side RC
 1991 Altrincham Ravens CC
 1992 Norwood Paragon CC
 1993 Birkenhead N E CC
 1994 Altrincham Ravens CC
 1995 Altrincham Ravens CC
 1996 Lindsey Roads CC
 1997 to 2000
 Altrincham Ravens CC
 2001 Ciclos Uno
 2002 PCA Ciclos Uno
 2003 Team Clean
 2004 Huddersfield RC
 2005 Huddersfield RC
 2006 Stourbridge CC
 2007 M I Racing
 2008 M I Racing
 2009 South Pennine RC
 2010 South Pennine RC
 2011 PCA Ciclos Uno
 2012 Datateam Allstars
 2013 Kingston Wheelers CC
 2014 Chelmer CC
 2015 Bynea CC
 2017 Cambridge CC
 2018 Team Bottrill
 2019 Cambridge CC
 2020 Lincoln Wheelers CC
 2021 Team Ohten Aves
 2022 Cambridge CC
 2023 Springfield Financial RT
 2024 Legato RT

25 MILES TEAM CHAMPIONS (GROUP)

2016 Yorkshire
 2017 East Anglian
 2018 Yorkshire
 2019 East Anglian
 2020 Notts & E Midlands
 2021 Notts & E Midlands
 2022 East Anglian
 2023 N Lancs & Lakes
 2024 Merseyside

30 MILES CHAMPIONS

1967 T McGuiness
 1968 J E Brownhill
 1969 A L Wilkins
 1970 Charlie Cole
 1971 A L Wilkins
 1972 C W Hill
 1973 B W Bentley
 1974 B W Bentley
 1975 Harry H Hill
 1976 E Davie
 1977 Charles Holland
 1978 A L Wilkins
 1979 John Baines
 1980 A L Wilkins
 1981 A L Wilkins
 1982 Harry H Hill
 1983 Len Dexter
 1984 Gerry Ashley
 1985 Len Dexter
 1986 J E Sibun
 1987 John Baines
 1988 P G Smith
 1989 J Brownhill
 1990 J Brownhill
 1991 Dave Longbottom
 1992 A Smith
 1993 V H Palk
 1994 Don Hacking
 1995 Brian Haskell
 1996 K Biddulph
 1997 R Longstaff
 1998 Jim Goodwin
 1999 George Steers
 2000 G Les Dawson (T)
 2001 Derek Hodgins
 2002 G Les Dawson (T)
 2003 Brian Haskell
 2004 G Les Dawson (T)
 2005 Eric Marsh
 2006 Jim Goodwin
 2007 Ron Hallam
 2008 Eric Marsh
 2009 John Woodburn
 2010 Derek Hodgins
 2011 Peter Crofts
 2012 Rob Pears
 2013 Rob Pears
 2014 M Woods
 2015 Brian Sunter
 2016 Kevin Tye
 2017 Terry Icke

2018 Andrew Grant
 2019 Gavin Hinxman (T) (M)
 Patricia Baird (W)
 2020 Event cancelled
 2021 Peter Greenwood (M)
 Angela Carpenter (W)
 2022 Keith Ainsworth (M)
 Deborah Moss (W)
 2023 Doug Watson (M)
 Deborah Moss (W)
 2044 Mick Stevens (O)
 Linda Dewhurst (F)

30 MILES TEAM CHAMPIONS (CLUB)

1967 Regent CC
 1968 Yorkshire RC
 1969 Luton Wheelers CC
 1970 Luton Wheelers CC
 1971 Calder Clarion C & AC
 1972 Verulam CC
 1973 Merseyside VTTA
 1974 Verulam CC
 1975 Clayton Velo
 1976 Regent CC
 1977 Luton Wheelers CC
 1978 Hounslow & Dist Wheelers
 1979 Leicestershire Road Club
 1980 Norwich ABC
 1981 Altrincham Ravens CC
 1982 Altrincham Ravens CC
 1983 Bramley Wheelers
 1984 Chelmer RC
 1985 N Lancashire Clarion
 1986 Willesden CC
 1987 Mapperley CC
 1988 Norwich ABC
 1989 Birkenhead NE CC
 1990 Birkenhead CC
 1991 to 1993
 Altrincham Ravens CC
 1994 Sheffield Phoenix CC
 1995 to 1999
 Altrincham Ravens CC
 2000 Glasgow Wheelers
 2001 Birkenhead NE CC
 2002 Otley CC
 2003 to 2005
 Huddersfield RC
 2006 Sheffield Phoenix
 2007 South Pennine RC
 2008 M I Racing

2009 Icknield RC
 2010 North Shropshire Wheelers
 2011 Icknield RC
 2012 Seamons CC
 2013 Team Swift
 2014 Lewes Wanderers
 2015 Hounslow & District Whs
 2017 Cambridge CC
 2018 Cambridge CC
 2019 SVTTA
 2020 Event cancelled
 2021 Harrogate Nova CC
 2022 Springfield Financial RT
 2023 Legato RT
 2024 Legato RT

30 MILES TEAM CHAMPIONS (GROUP)

2016 Kent
 2017 East Anglian
 2018 Kent
 2019 Scotland
 2020 Event cancelled
 2021 Yorkshire
 2022 N Lancs & Lakes
 2023 Scotland
 2024 East Anglian

50 MILES CHAMPIONS

1959 J E Brownhill
 1960 T Crowther
 1961 S Parker
 1962 Charlie Cole
 1963 J E Brownhill
 1964 J W Brooke
 1965 A Williams
 1966 A L Wilkins
 1967 to 1970
 Charlie Cole
 1971 A L Wilkins
 1972 Harry H Hill
 1973 B W Bentley
 1974 B W Bentley
 1975 Harry H Hill
 1976 S E Harvey
 1977 Harry H Hill
 1978 Harry H Hill
 1979 A L Wilkins
 1980 C W Hill
 1981 Eric Grocock
 1982 Harry H Hill
 1983 D Kellaway
 1984 Arthur C Boutell

1985 Eric Grocock
 1986 Gerry Poole
 1987 J E Sibun
 1988 J Brownhill
 1989 Mary Dawson
 1990 Mary Dawson
 1991 Don Hacking
 1992 A J Smith
 1993 P G Smith
 1994 Jim Bailey
 1995 Jim Bailey
 1996 Jim Goodwin
 1997 Jim Goodwin
 1998 G Les Dawson (T)
 1999 Jim Goodwin
 2000 G Les Dawson (T)
 2001 Jim Bailey
 2002 Eric March
 2003 Brian Sunter
 2004 Jim Goodwin
 2005 John Woodburn
 2006 B Fittes
 2007 Derek Hodgins
 2008 Brian Sunter
 2009 Derek Hodgins
 2010 Dennis Milsom
 2011 Dennis Milsom
 2012 to 2015

 Brian Sunter
 2016 Kevin Tye
 2017 Brian Sunter
 2018 Brian Sunter
 2019 Andy Jackson (M)
 Karen Ledger (W)
 2020 Keith Ainsworth (M)
 Sue Cheetham (W)
 2021 Andrew Grant (M)
 Angela Carpenter (W)
 2022 Christopher McNamara (M)
 Angela Carpenter (W)
 2023 Andrew Gallacher (M)
 Deborah Moss (W)
 2024 Mark Sanders (O)
 Deborah Moss (F)

50 MILES TEAM CHAMPIONS (CLUB)

1959 Sheffield Phoenix CC
 1960 Salisbury R C
 1961 Cheshire Roads Club
 1962 Luton Wheelers CC
 1963 Glasgow Wheelers

1964 Merseyside VTTA
 1965 Houghton CC
 1966 to 1971
 Luton Wheelers CC
 1972 Addiscombe CC
 1973 Luton Wheelers CC
 1974 Walton C & A C
 1975 Walton C & A C
 1976 Bournemouth Jubilee
 1977 Coalville Wheelers
 1978 Walton C & A C
 1979 Altrincham Ravens CC
 1980 Calder Clarion C & A C
 1981 Altrincham Ravens CC
 1982 Bramley Wheelers
 1983 Farnboro' & Camberley CC
 1984 Hillingdon CC
 1985 Derby Mercury R C
 1986 Otley CC
 1987 Farnboro' & Camberley CC
 1988 Birkenhead NE CC
 1989 Tees-Side RC
 1990 Tees-Side RC
 1991 Sheffield Phoenix CC
 1992 Altrincham Ravens CC
 1993 Norwich ABC
 1994 Birkenhead NE CC
 1995 to 1999
 Altrincham Ravens CC
 2000 Icknield CC
 2001 Rockingham CC
 2002 PCA Ciclos Uno
 2003 to 2005
 Huddersfield RC
 2006 to 2008
 Lancashire RC
 2009 Otley CC
 2010 South Pennine RC
 2011 North Lancashire RC
 2012 Bynea CC
 2013 North Lancashire RC
 2014 North Shropshire Wheelers
 2015 GS Stella
 2017 Bath CC
 2018 North Lancashire RC
 2019 Team Swift
 2020 Team Swift
 2021 ...a3crg
 2022 ...a3crg
 2023 No team finished
 2024 Legato RT

50 MILES TEAM CHAMPIONS (GROUP)

2016 Wessex
2017 West (group)
2018 N Lancs & Lakes
2019 Yorkshire
2020 Notts & E Mids
2021 East Anglian
2022 Wessex
2023 Midlands
2024 Midlands

100 MILES CHAMPIONS

1959 J E Brownhill
1960 S E Armstrong (T)
1961 George Pooley (T)
1962 C W Hill
1963 W Harrison
1964 H A Wenman
1965 A L Wilkins
1966 J E Brownhill
1967 H A Wenman
1968 A L Wilkins
1969 A L Wilkins
1970 K Brooker
1971 H A Wenman
1972 R Narris
1973 R Webber
1974 B W Bentley
1975 R Webber
1976 Len Dexter
1977 J Hatfield
1978 A L Wilkins
1979 F H Dale
1980 F H Dale
1981 Harry H Hill
1982 Len Dexter
1983 B W Bentley
1984 No event
1985 F H Dale
1986 H Wilkinson
1987 H Wilkinson
1988 Mary Dawson
1989 J E Sibun
1990 Mary Dawson
1991 Harry Featherstone
1992 Don Hacking
1993 Don Hacking
1994 A J Smith
1995 Brian Haskell
1996 D Wright
1997 Derek Hodgins

1998 to 2000
Jim Goodwin
2001 G Les Dawson (T)
2002 G Les Dawson (T)
2003 Jim Goodwin
2004 Jim Goodwin
2005 Frank Kerry
2006 Brian Sunter
2007 Shay Giles
2008 Derek Hodgins
2009 Peter Wilson
2010 Brian Sunter
2011 No Event
2012 Brian Camfield
2013 Jim Gresty
2014 Shay Giles
2015 Steve Irwin
2016 David Hargreaves
2017 Richard Bideau
2018 Richard Bideau
2019 Gavin Hinxman (T) (M)
Katja Rietdorf (W)
2020 Darren Yarwood (M)
Joanna Cebrat (W)
2021 Andrew Meilak (M)
Jackie Field (W)
2022 David Shepherd (M)
Angela Carpenter (W)
2023 Peter Younghusband (M)
Joanna Cebrat (W)
2024 Chris Smart (O)
Joanna Cebrat (F)

100 MILES TEAM CHAMPIONS (CLUB)

1959 Sheffield Phoenix CC
1960 Addiscombe CC
1961 North Road Club
1962 Leicester Forest CC
1963 Stretford Wheelers
1964 Sheffield Phoenix CC
1965 Solihull CC
1966 Leicester Forest CC
1967 Bec CC
1968 Tyne RC
1969 Notts Castle BC
1970 Sotonia CC
1971 Verulam CC
1972 Farnham RC
1973 West of Scotland Clarion
1974 N Lancashire Clarion
1975 London Clarion

1976 Bramley Wheelers
1977 Chippenham & Dist Whs
1978 London Clarion
1979 Bournemouth Jubilee
1980 Derby Mercury RC
1981 Tees-side RC
1982 Altrincham Ravens CC
1983 Birkenhead NE CC
1984 No event
1985 Hounslow & Dist Wheelers
1986 Chelmer CC
1987 Lewes Wanderers CC
1988 Tees-side R C
1989 Hounslow & Dist Wheelers
1990 Tees-side RC
1991 Farnboro' & Camberley CC
1992 Birkenhead NE CC
1993 Tees-side RC
1994 Yorkshire RC
1995 Altrincham Ravens CC
1996 Medway Velo
1997 Altrincham Ravens CC
1998 Altrincham Ravens CC
1999 Bath CC
2000 Seamons CC
2001 Tees-side RC
2002 Tees-side RC
2003 Lancashire RC
2004 Southport CC
2005 Lancashire RC
2006 Icknield RC
2007 Rye & District Wheelers
2008 Congleton CC
2009 Bath CC
2010 Congleton CC
2011 No Event
2012 Lewes Wanderers
2013 Stone Wheelers CC
2014 Hemel Hempstead CC
2015 North Lancs RC
2017 Born to Bike
2018 Born to Bike
2019 Springfield Financial RT
2020 to 2024
No team finished

100 MILES TEAM CHAMPIONS (GROUP)

2016 Manchester & North West
2017 North Lancs & Lakes
2018 North Lancs & Lakes
2019 North Lancs & Lakes

2020 Yorkshire
2021 East Anglian
2022 Wessex
2023 Merseyside
2024 North

12 HOUR CHAMPIONS

1959 J E Brownhill
1960 Harry Aspden
1961 J E Brownhill
1962 A L Wilkins
1963 H A Wenman
1964 J E Brownhill
1965 L Jones
1966 H Wilkinson
1967 W Griffiths
1968 C W Alexander
1969 A L Wilkins
1970 Not Held
1971 C W Hill
1972 R Goodman
1973 R Goodman
1974 J Welsh
1975 G E Jones
1976 Harry H Hill
1977 D H Smith
1978 G Thompson
1979 G Thompson
1980 Mary Dawson
1981 C G Robson
1982 D Jennings
1983 C Smith
1984 Don Woodman
1985 Bob Maitland
1986 Shay Giles
1987 John Woodburn
1988 H Wilkinson
1989 Gerry Poole
1990 Shay Giles
1991 Jim Bailey
1992 M W Winter
1993 E A Green
1994 P D Saynor
1995 Jim Bailey
1996 B Wood
1997 Derek Hodgins
1998 Brian Haskell
1999 Brian Haskell
2000 T W Cogging
2001 M Evans
2002 Ian Cammish
2003 Ray Retter

2004 Steve Woodrup
2005 Mike Shacklock
2006 Jim Gresty
2007 Ken Platts
2008 Ken Platts
2009 David Shepherd
2010 Ken Platts
2011 Brian Camfield
2012 Nick Bowdler
2013 Ken Platts
2014 Ray Retter
2015 David Shepherd
2016 Chris Scawn
2017 Richard Bideau
2018 Steve Williamson
2019 David Shepherd (M)
Christina Murray (W)
2020 Andrew Whiteside (M)
Christina MacKenzie (W)
2021 David Shepherd (M)
Kim Barfoot-Brace (W)
2022 Anthony Jones (M)
Christina McKenzie (W)
2023 Richard Sharp (M)
Kim Barfoot-Brace (W)
2024 Malcolm Cox (O)
Kath Smith (F)

12 HOUR TEAM CHAMPIONS (CLUB)

1959 No team finished
1960 Phoenix CC (Aintree)
1961 No team finished
1962 London Clarion
1963 Middlesex RC
1964 Bec CC
1965 No team finished
1966 Stretford Wheelers
1967 Middlesex RC
1968 London Clarion
1969 Walton C & A C
1970 Not held
1971 Verulam CC
1972 Luton Wheelers CC
1973 Luton Wheelers CC
1974 Long Eaton CC
1975 Birkenhead NE CC
1976 No team finished
1977 Bramley Wheelers
1978 Norwich ABC
1979 Birkenhead NE CC
1980 Tees-side RC

1981 Tees-side RC
1982 Norwich RC
1983 Leicester Forest CC
1984 Cardiff Ajax CC
1985 Tees-side RC
1986 San Fairy Ann CC
1987 Verulam CC
1988 Oldham Century RC
1989 Tees-side RC
1990 Leo RC
1991 Cleveland & Dist RC
1992 No team finished
1993 Farnboro' & Camberley CC
1994 Thanet CC
1995 Otley CC
1996 Preston Wheelers
1997 No team finished
1998 Bath CC
1999 Otley CC
2000 San Fairy Ann CC
2001 Southborough & Dist Whs
2002 Icknield CC
2003 No team finished
2004 Lancashire RC
2005 Otley CC
2006 North Shropshire Wheelers
2007 Kingston Phoenix RC
2008 to 2010
Chelmer CC
2011 Seamons CC
2012 No team finished
2013 Chelmer CC
2014 Chelmer CC
2015 No team finished
2017 Born to Bike
2018 Born to Bike
2019 Vive le Velo
2020 to 2022
No team finished
2023 Springfield Financial RT
2024 No team finished

12 HOUR TEAM CHAMPIONS (GROUP)

2016 West
2017 London & Home Counties
2018 Wessex
2019 Wessex
2020 Yorkshire
2021 Yorkshire
2022 Scotland
2023 Merseyside
2024 Wessex

24 HOUR CHAMPIONS

1960 H Stan Spelling
 1961 C Smith
 1962 C W Alexandra
 1963 C W Alexandra
 1964 C Smith
 1965 C Smith
 1966 A J Cropper
 1967 C W Alexandra
 1968 C Smith
 1969 C Smith
 1970 L W Mills
 1971 R Griffiths
 1972 C Smith
 1973 S J King
 1974 P E A Carter
 1975 S J King
 1976 Leslie Lowe
 1977 R W O'Dell
 1978 J McAllister
 1979 C Smith
 1980 J Brownhill
 1981 C Smith
 1982 C G Robson
 1983 D Spraggett
 1984 C G Robson
 1985 K Usher
 1986 E Millington
 1987 K Usher
 1988 RC Newport
 1989 J R Crosby
 1990 R Sant (T)
 1991 John Baines
 1992 to 1994
 Tony Fouldes
 1995 George Hugill
 1996 Jim Hopper (T)
 1997 Dave Brabbin
 1998 Jim Hopper (T)
 1999 K Usher
 2000 Jim Hopper (T)
 2001 Jim Hopper (T)
 2002 David Shepherd
 2003 G Jones
 2004 to 2007
 Graham Barker
 2008 Jim Gresty
 2009 B Fielden
 2010 Graham Barker
 2011 Andy Wilkinson
 2012 P Moon

2013 Peter Yates
 2014 Edgar Reynolds
 2015 Paul Jackson
 2016 Edgar Reynolds
 2017 J McKenzie
 2018 Andy Jackson
 2019 Paul Jackson (M)
 Christina Murray (W)
 2020 Event cancelled
 2021 Andrew Rivett (M)
 Christina Murray (W)
 2022 Nick Tarmey (M)
 Joanna Cebrat (W)
 2023 Robbie Mitchell (M)
 Christina Murray (W)
 2024 Christian Geldard (O)
 Kath Smith (F)

24 HOUR TEAM CHAMPIONS (CLUB)

1960 No team finished
 1961 Wren Wheelers
 1962 to 1964
 No team finished
 1965 Wren Wheelers
 1966 No team finished
 1967 Balham CC
 1968 Balham CC
 1969 No team finished
 1970 Mersey Roads
 1971 Lea Valley CC
 1972 Farnboro & Camberley CC
 1973 Colchester Rovers CC
 1974 South Lancashire RC
 1975 Bournemouth Jubilee
 1976 Cheshire Roads Club
 1977 No team finished
 1978 Cheshire Roads Club
 1979 No team finished
 1980 Abbotsford Park RC
 1981 Spalding CC
 1982 No team finished
 1983 No team finished
 1984 Spalding CC
 1985 Houghton CC
 1986 Edinburgh RC
 1987 to 1989
 No team finished
 1990 Weaver Valley CC
 1991 No team finished
 1992 Cardiff Ajax CC

1993 No team finished
 1994 No team finished
 1995 Medway Velo
 1996 Prescott Eagle RC
 1997 Medway Velo
 1998 No team finished
 1999 No team finished
 2000 Coventry CC
 2001 to 2003
 No team finished
 2004 Johnstone Wheelers CC
 2005 Seamons CC
 2006 Congleton CC
 2007 Congleton CC
 2008 No team finished
 2009 Edinburgh RC
 2010 Edinburgh RC
 2011 Team Stella
 2012 No team finished
 2013 RN & RM CA
 2014 Lewes Wanderers CC
 2015 RN & RM CA
 2017 Born to Bike
 2018 Born to Bike
 2019 Dulwich Paragon CC
 2020 Event cancelled
 2021 Dulwich Paragon CC
 2022 to 2024
 No team finished

24 HOUR TEAM CHAMPIONS (GROUP)

2016 Manchester & North West
 2017 Midlands
 2018 Yorkshire
 2019 Kent (group)
 2020 Event cancelled
 2021 to 2023
 Yorkshire
 2024 Wessex

Past Winners of the Ted Bricknell Memorial Award

1973	A Burnet	1991	A Williams	2009	Gordon & Barbara Scott
1974	W S Lewis	1992	G W Morgan		
1975	S E Hayward	1993	Doreen Mahar	2010	R May
1976	R H Clark	1994	K S Waterhouse	2011	S Lockwood
1977	H A G Keates	1995	F H Dale	2012	J Burgin
1978	F Wells	1996	R Blythe	2013	Ann Butterworth
1979	W Massie	1997	H F Nevill	2014	J Burgin
1980	J Walton	1998	J P Ogden	2015	J Golder
1981	R Webber	1999	Ethel Brambleby	2016	J Burgin
1982	B Hall	2000	K J Matthews	2017	G L Dawson
1983	H F Nevill	2001	I Morgan	2018	Rachael Elliott
1984	H A G Keates	2002	G Keeble	2019	S Lockwood
1985	S Eccles	2003	K A Blowe	2020	Carole Gandy
1986	F Howell	2004	G Jones	2021	Jon Fairclough
1987	J L Armstrong	2005	D Humphreys	2022	Mike Penrice
1988	J Reaney	2006	G Newsome	2023	Keith Wilkinson
1989	J L Armstrong	2007	L E Lowe	2024	Andrew Simpkins
1990	R Yates	2008	T Kay		

Past Winners of the C W Cooke Trophy

1943	W C S Harris	1971	F B Wood	1999	J Pugh
1944	C Cole	1972	R Smith	2000	G L Dawson
1945	C W Cooke	1973	D Haldane	2001	D J Hodgins
1946	E H Strevens	1974	J Hurley	2002	W Davidson
1947	F C Bause	1975	Ethel Brambleby	2003	P Holden
1948	W J Pett	1976	I Jones	2004	Carole Gandy
1949	J E Ackland	1977	R Packer	2005	D Keene
1950	W J Pett	1978	S J King	2006	G Steers
1951	A H Wenman	1979	A Boutell	2007	E Deanne
1952	W H Steer	1980	J H Trenowden	2008	D Milsom
1953	W W Brown	1981	H Marsh	2009	G Steers
1954	G E Saunders	1982	J E Sibun	2010	Peter Horsnell
1955	R H Harris	1983	P Reilly	2011	Aandy Wilkinson
1956	E Potter	1984	J Read	2012	Ken Platts
1957	E F Butt	1985	G A Goat	2013	Peter Yates
1958	C A Lovegrove	1986	R O'Dell	2014	Mike Cotgreave
1959	C W Alexander	1987	T E Forbes	2015	Derek Stewart
1960	C E Green	1988	J E Sibun	2016	Lynne Biddulph
1961	J Brinkins	1989	H Wilkinson	2017	Ron Hallam
1962	J W Brooke	1990	W H Swann	2018	Kevin Tye
1963	J Spencer	1991	D E Cotterell	2019	Ian Greenstreet & Rachael Elliott
1964	R H Clarke	1992	C Richards		
1965	W Gallagher	1993	W Clayton	2020	Dave Shepherd
1966	No claims received	1994	G Foulds	2021	Christina Murray
1967	J A Shuter	1995	G Steers	2022	John Lee
1968	J C Park	1996	G Steers	2023	Andy Critchlow
1969	J McRae	1997	E P Marsh	2024	Linda Dewhurst
1970	L W Miles	1998	J Brownhill		

NATIONAL AGE RECORDS - ROAD TIME TRIAL

(As at 31st October 2024)

Men Solo Bicycle - 10 Miles			
52	Liam Maybank	2024	17:24
62	Kevin Tye	2024	18:07
65	Roger Iddles	2009	19:51
66	Andrew Grant	2019	20:08
68	Andrew Grant	2021	20:15
73	Terry Icke	2017	20:21
74	Brian Sunter	2017	21:08
76	Chris Dyason	2024	22:16
77	Frank Kerry	2012	22:31
78	Derek Stewart	2015	22:35
79	Ron Hallam	2009	22:42
80	Dennis Milsom	2008	22:56
82	Dennis Milsom	2010	23:20
85	Ron Hallam	2015	23:46
86	Ron Hallam	2016	24:24
88	Ron Hallam	2019	26:12
89	Peter Horsnell	2019	27:25
91	Peter Horsnell	2021	27:49
92	Peter Horsnell	2022	30:18
93	Ron Hallam	2023	35:44

Men Solo Bicycle - 15 Miles			
43	Matthew Smith	2021	27:44
52	Liam Maybank	2024	28:19
55	Michael Ellerton	2016	28:27
56	Kevin Tye	2018	29:08
57	Kevin Tye	2019	29:14
61	Kevin Tye	2023	29:45
62	Kevin Tye	2024	30:29
64	Joseph Costello	2023	30:50
66	Andrew Grant	2019	31:07
68	Andrew Grant	2021	31:36
69	Michael Allen	2016	32:03
71	Chris Lord	2024	32:51
74	Mick Stevens	2024	34:05
76	Chris Dyason	2024	34:27
77	Hugh Davies	2022	35:47
78	John Smith	2016	36:23
79	Vincent Jenkins	2019	38:12
80	Ron Back	2019	39:09
82	Peter Baumber	2013	39:38
86	Ron Hallam	2017	41:15
87	Ron Hallam	2018	42:01
89	Ron Hallam	2019	43:45
92	Peter Horsnell	2022	46:38

Men Solo Bicycle - 25 Miles			
43	Matthew Smith	2021	45:59
47	Conrad Moss	2022	46:12
49	Andy Critchlow	2023	46:47

52	David Langlands	2018	47:01
55	Kevin Tye	2017	47:08
57	Kevin Tye	2019	47:51
59	Keith Ainsworth	2018	48:00
60	Keith Ainsworth	2019	49:34
62	Keith Ainsworth	2021	50:00
66	Peter Greenwood	2018	50:36
68	Andrew Grant	2021	52:06
69	Terry Icke	2013	52:38
70	Terry Icke	2014	53:11
73	Terry Icke	2017	53:13
74	Terry Icke	2018	54:45
75	John Woodburn	2012	56:08
77	Ron Hallam	2008	57:48
78	Ron Hallam	2009	57:58
81	Dennis Milsom	2009	59:13
82	Dennis Milsom	2010	1:00:38
83	Dennis Milsom	2011	1:00:52
85	Eric Marsh	2015	1:03:06
86	Ron Hallam	2016	1:04:03
87	Ron Hallam	2017	1:06:54
88	Ron Hallam	2019	1:07:19
89	Ron Hallam	2019	1:09:47
90	Ron Hallam	2020	1:11:42
91	Peter Horsnell	2021	1:13:16
92	Peter Horsnell	2022	1:18:54

Men Solo Bicycle - 30 Miles			
42	James Rix	2018	55:35
47	Stephen Irwin	2018	56:17
55	Kevin Tye	2017	58:19
57	Kevin Tye	2019	58:39
59	Keith Dorling	2018	59:36
60	Keith Ainsworth	2019	59:53
62	Keith Ainsworth	2021	1:01:36
63	Ken Platts	2015	1:02:21
65	John Woodburn	2002	1:02:53
66	Ken Platts	2018	1:02:59
68	Andrew Grant	2021	1:03:01
70	Chris Dyason	2018	1:04:02
72	David Hargreaves	2018	1:04:39
73	Terry Icke	2017	1:07:45
74	Peter Crofts	2012	1:08:37
77	Leonard Benton	2015	1:10:06
78	Ron Hallam	2009	1:11:42
79	Ron Hallam	2010	1:13:18
83	Eric Marsh	2013	1:13:51
85	Eric Marsh	2015	1:16:05
88	Peter Horsnell	2018	1:24:28
89	Peter Horsnell	2019	1:28:37
91	Peter Horsnell	2021	1:37:26

Men Solo Bicycle - 50 Miles			
47	Christopher McNamara	2022	1:34:07
49	Andy Critchlow	2023	1:35:36
52	Liam Maybank	2024	1:37:53
54	Dave Green	2018	1:39:14
56	Kevin Tye	2018	1:40:39
59	Keith Ainsworth	2018	1:42:05
62	Keith Ainsworth	2021	1:42:56
65	Andrew Grant	2018	1:43:35
67	Andrew Grant	2020	1:45:56
68	Andrew Grant	2021	1:47:54
69	Andrew Grant	2022	1:48:39
70	Terry Icke	2014	1:50:56
72	Brian Sunter	2015	1:50:57
73	David Hargreaves	2020	1:52:24
74	Mick Stevens	2024	1:57:09
75	Jim Goodwin	2007	2:01:43
76	Ron Hallam	2006	2:02:13
78	Ron Hallam	2009	2:04:02
80	Ron Hallam	2011	2:05:24
82	Peter Yates	2015	2:14:01
83	Ron Hallam	2014	2:15:12
86	Ron Hallam	2017	2:15:45
88	Ron Hallam	2019	2:18:57
91	Peter Horsnell	2021	2:37:32
92	Peter Horsnell	2022	2:57:15
Men Solo Bicycle - 100 Miles			
46	Richard Bideau	2017	3:18:54
47	Adam Topham	2015	3:22:40
53	Dave Green	2017	3:30:34
54	Rob Pears	2017	3:32:58
60	David Shepherd	2021	3:34:21
65	Peter Greenwood	2017	3:43:16
66	Andrew Grant	2019	3:49:03
68	Chris Nudds	2017	3:57:54
73	David Hargreaves	2019	3:58:46
74	David Hargreaves	2020	4:03:52
75	Derek Hodgins	2009	4:14:11
76	Derek Hodgins	2010	4:28:36
77	Ron Hallam	2008	4:29:03
78	Ron Hallam	2009	4:32:39
80	Ron Hallam	2011	4:33:53
81	Peter Horsnell	2011	4:55:07
84	Peter Horsnell	2014	4:55:36
85	Peter Horsnell	2015	5:09:55
87	Peter Horsnell	2017	5:11:47
89	Peter Horsnell	2019	5:19:45
Men Solo Bicycle - 12 Hours			
43	Tim McEvoy	2021	313.91
47	Adam Topham	2015	313.87
50	Anthony Jones	2023	304.22
60	David Shepherd	2021	300.26

61	Derek McMillan	2021	280.21
65	John Golder	2018	265.00
67	Peter Tomlin	2024	262.09
71	Michael Stevens	2021	254.39
72	Ray Retter	2018	243.61
74	Brian Haskell	2003	227.84
75	Jim Goodwin	2007	227.22
76	Peter Wilson	2010	218.30
77	Peter Horsnell	2007	217.82
81	Peter Horsnell	2011	212.96
85	Peter Horsnell	2015	207.37
86	Brian Hygate	2024	192.88
Men Solo Bicycle - 24 Hours			
47	Andy Wilkinson	2011	541.17
48	Eamonn Deane	2007	501.04
50	Mick Potts	1991	486.65
53	Paul Jackson	2019	485.21
56	Graham Barker	2006	465.25
57	Robert Newell	1993	457.77
60	Cliff Smith	1981	450.60
68	Ray Retter	2014	440.62
70	Tony Fouldes	1996	393.25
73	Graham Mann	2022	348.07
75	Bill Swann	1985	347.82
80	Peter Yates	2013	343.04
Women Solo Bicycle - 10 Miles			
53	Angela Carpenter	2022	20:24
54	Angela Carpenter	2023	21:24
64	Sarah Matthews	2024	21:25
65	Linda Dewhurst	2024	22:01
66	Carole Gandy	2010	22:21
67	Carole Gandy	2011	22:28
68	Carole Gandy	2012	23:51
69	Jen Clegg	2023	24:02
70	Arja Scarsbrook	2018	24:18
71	Arja Scarsbrook	2019	24:42
74	Arja Scarsbrook	2022	24:46
79	Gill Henshaw	2013	26:02
80	Gill Henshaw	2014	26:35
82	Gill Henshaw	2016	27:05
83	Gill Henshaw	2017	27:30
84	Mary Dawson	2012	29:39
85	Connie Tapper	2014	30:09
86	Mary Dawson	2014	30:26
Women Solo Bicycle - 15 Miles			
43	Karen Ledger	2016	31:47
53	Angela Carpenter	2022	32:19
56	Jackie Field	2021	33:21
64	Linda Dewhurst	2023	33:33
65	Linda Dewhurst	2024	34:26
66	Deborah Sheridan	2023	36:27
70	Jen Clegg	2024	36:47

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71	Cheryl Trueman	2016	39:25	54	Jackie Field	2019	3:53:46
79	Gill Henshaw	2013	41:28	55	Jackie Field	2020	3:59:37
80	Gill Henshaw	2014	42:10	56	Jackie Field	2021	4:05:39
81	Gill Henshaw	2015	42:58	57	Carole Gandy	2002	4:13:52
85	Mary Dawson	2014	46:26	60	Carole Gandy	2004	4:15:03
Women Solo Bicycle - 25 Miles				61	Mary Dawson	1990	4:15:25
52	Angela Carpenter	2021	51:12	66	Carole Gandy	2010	4:20:26
53	Angela Carpenter	2022	52:28	67	Mary Dawson	1995	4:45:15
54	Jackie Field	2019	54:32	68	Liz Ball	2022	4:51:24
56	Jackie Field	2021	54:42	69	Isobel Campbell	1983	4:56:46
58	Sarah Matthews	2018	55:24	75	Mary Dawson	2003	4:58:31
65	Linda Dewhurst	2024	55:34	77	Brenda Littlefair	2013	6:01:59
68	Carole Gandy	2012	57:09	Women Solo Bicycle - 12 Hours			
69	Jen Clegg	2023	1:01:27	40	Kimberley Barfoot-Brace	2021	277.90
74	Arja Scarsbrook	2022	1:03:15	47	Christina Murray	2024	274.20
78	Gill Henshaw	2012	1:07:54	53	Jackie Field	2018	273.38
79	Gill Henshaw	2013	1:10:11	56	Patricia Baird	2021	246.03
82	Gill Henshaw	2016	1:12:40	59	Mary Dawson	1988	241.11
83	Gill Henshaw	2017	1:13:49	65	Mary Dawson	1994	232.53
84	Mary Dawson	2012	1:20:02	70	Kath Smith	2024	217.77
86	Mary Dawson	2014	1:25:05	71	Brenda Littlefair	2007	203.60
Women Solo Bicycle - 30 Miles				73	Brenda Littlefair	2009	195.29
49	Angela Carpenter	2018	1:03:23	77	Brenda Littlefair	2013	179.66
50	Angela Carpenter	2019	1:05:31	Women Solo Bicycle - 24 Hours			
52	Angela Carpenter	2021	1:05:57	44	Christina Murray	2021	490.28
56	Jackie Field	2021	1:06:46	46	Christina Murray	2023	465.38
67	Carole Gandy	2011	1:10:51	50	Michelle Lindley	2024	426.19
68	Jen Clegg	2022	1:16:21	52	Mary Horsnell	1983	394.15
70	Connie Tapper	1998	1:18:18	54	Rebecca Wilson	2019	392.21
72	Connie Tapper	2001	1:19:57	59	Janet Wilson	1993	386.04
73	Connie Tapper	2002	1:21:40	63	Ann Bath	2012	327.36
74	Connie Tapper	2003	1:25:18	70	Janet Tebbutt	2006	313.46
80	Gill Henshaw	2014	1:26:01	70	Kath Smith	2024	349.63
82	Mary Dawson	2010	1:35:56	Men Solo Tricycle - 10 Miles			
Women Solo Bicycle - 50 Miles				49	Gavin Hinxman	2017	20:49
52	Angela Carpenter	2021	1:46:34	50	Gavin Hinxman	2018	21:10
53	Angela Carpenter	2022	1:47:20	59	Eric Marsh	1989	22:23
55	Jackie Field	2020	1:51:27	60	Eric Marsh	1990	22:27
56	Jackie Field	2021	1:53:54	68	Eric Marsh	1998	22:56
57	Jackie Field	2022	1:55:38	69	Mark Vowells	2022	23:09
58	Carole Gandy	2002	1:56:42	71	Eric Marsh	2001	23:18
64	Sarah Matthews	2024	1:58:37	73	Les Dawson	1999	23:31
68	Carole Gandy	2012	2:01:39	74	Les Dawson	2000	24:37
69	Jen Clegg	2023	2:10:27	77	Les Dawson	2003	25:20
70	Kath Smith	2024	2:10:58	80	Eric Marsh	2010	25:35
75	Mary Dawson	2003	2:20:39	81	Les Dawson	2008	26:55
76	Mary Dawson	2005	2:30:02	82	Les Dawson	2008	27:23
77	Mary Dawson	2005	2:30:09	83	Les Dawson	2009	28:04
78	Mary Dawson	2007	2:31:53	84	Les Dawson	2010	29:03
Women Solo Bicycle - 100 Miles				85	Eric Marsh	2015	29:14
46	Michelle Lee	2019	3:48:23	86	Les Dawson	2012	30:05
53	Angela Carpenter	2022	3:53:00	88	Les Dawson	2014	30:22

Men Solo Tricycle - 15 Miles			
50	Gavin Hinxman	2018	32:41
51	Gavin Hinxman	2019	33:13
65	Mark Vowells	2018	37:18
66	Mark Vowells	2019	37:38
71	Mark Vowells	2024	37:43
72	Bernard Lamb	2015	41:15
74	Geoffrey Booker	2022	41:26
88	Les Dawson	2014	47:22

Men Solo Tricycle - 25 Miles			
49	Gavin Hinxman	2017	53:17
50	Gavin Hinxman	2018	54:33
51	Gavin Hinxman	2019	55:38
53	Nick Wood	2008	58:06
59	Eric Marsh	1989	58:08
66	Mark Vowells	2019	58:24
68	Eric Marsh	1998	1:00:00
69	Mark Vowells	2022	1:00:47
71	Eric Marsh	2001	1:01:03
74	Eric Marsh	2004	1:02:48
75	Les Dawson	2001	1:03:48
77	Les Dawson	2003	1:05:55
80	Eric Marsh	2010	1:06:24
81	Les Dawson	2007	1:09:22
82	Eric Marsh	2012	1:11:48
85	Les Dawson	2011	1:15:14
86	Les Dawson	2012	1:20:02
87	Les Dawson	2013	1:25:13

Men Solo Tricycle - 30 Miles			
45	Carl Saint	2010	1:06:22
51	Gavin Hinxman	2019	1:07:21
53	Ian Pike	2021	1:09:31
62	Eric Marsh	1992	1:11:14
66	Mark Vowells	2019	1:13:28
71	Eric Marsh	2001	1:13:40
72	Bernard Lamb	2015	1:17:16
75	Eric Marsh	2005	1:19:26
77	Les Dawson	2004	1:23:52
81	Les Dawson	2007	1:25:09
82	Les Dawson	2008	1:31:03
84	Les Dawson	2010	1:32:35

Men Solo Tricycle - 50 Miles			
49	Gavin Hinxman	2017	1:49:08
50	Gavin Hinxman	2018	1:50:30
51	Gavin Hinxman	2019	1:54:04
53	Pete Etheridge	1982	2:03:48
54	Pete Etheridge	1983	2:04:43
62	Eric Marsh	1992	2:05:09
65	Mark Vowells	2018	2:05:41
66	Mark Vowells	2019	2:06:35
68	Eric Marsh	1998	2:07:51
70	Eric Marsh	2000	2:09:53

73	Eric Marsh	2003	2:10:18
76	Les Dawson	2002	2:12:14
77	Les Dawson	2003	2:15:51
79	Les Dawson	2005	2:22:34
80	Les Dawson	2006	2:26:27
81	Les Dawson	2007	2:26:38
82	Les Dawson	2008	2:31:53

Men Solo Tricycle - 100 Miles			
50	Gavin Hinxman	2018	3:56:33
51	Gavin Hinxman	2019	4:11:39
55	Pete Etheridge	1984	4:16:34
58	Eric Marsh	1988	4:28:34
61	Cliff Tremaine	1996	4:37:36
62	Ken Usher	1997	4:38:13
64	Cliff Tremaine	1999	4:39:38
67	Cliff Tremaine	2002	4:40:49
68	Eric Marsh	1998	4:40:53
69	Cliff Tremaine	2004	4:49:17
77	Les Dawson	2003	4:49:47

Men Solo Tricycle - 12 Hours			
48	Howard Waller	2012	255.71
65	Ken Usher	1999	239.23
67	Cliff Tremaine	2002	223.30
69	David Wright	1999	191.35
70	Ellis Smith	1993	189.96
71	Jack Smith	1985	182.61
75	Ellis Smith	1998	172.33
76	Vernon Lilley	1988	171.19

Men Solo Tricycle - 24 Hours			
41	Eric Tremaine	1983	447.02
54	Jim Hopper	1996	417.30
59	Jim Hopper	2001	408.56
64	Jim Hopper	2006	393.24
65	Ken Usher	1999	381.77
68	Jack Smith	1982	345.56

Women Solo Tricycle - 10 Miles			
48	Pauline Graystock	1989	26:48
59	Christine Minto	2000	27:09
61	Christine Minto	2002	27:58
64	Mary Corbett	2022	30:22
65	Mary Corbett	2022	30:29
71	Jacqueline Davey	2005	36:46
80	Greta Spiers	2017	53:41

Women Solo Tricycle - 25 Miles			
61	Christine Minto	2002	1:12:21
62	Christine Minto	2003	1:20:08

Women Solo Tricycle - 30 Miles			
60	Christine Minto	2002	1:28:48
62	Christine Minto	2004	1:35:31

Women Solo Tricycle - 50 Miles			
58	Christine Minto	1999	2:26:28
61	Christine Minto	2002	2:34:16

Women Solo Tricycle - 100 Miles			
59	Christine Minto	2000	5:30:28
61	Sian Charlton	1994	6:56:39

Women Solo Tricycle - 12 Hours			
46	Jane Swain	2013	188.12
54	Sian Charlton	1987	171.58
55	Sian Charlton	1988	162.06
59	Sian Charlton	1992	157.18
61	Sian Charlton	1994	144.46

Women Solo Tricycle - 24 Hours			
45	Jane Swain	2012	333.63
54	Sian Charlton	1987	316.27
55	Sian Charlton	1988	309.60
56	Sian Charlton	1989	297.65
61	Sian Charlton	1994	282.99

Men Tandem Bicycle - 10 Miles			
87	Mark Arnold & Glenn Taylor	2015	17:36
89	Mark Arnold & Glenn Taylor	2016	17:42
93	Mark Arnold & Glenn Taylor	2018	18:06
103	Neil Dowie & Glenn Taylor	2019	18:24
107	Martyn Winter & Eddie Green	1987	19:07
109	Martyn Winter & Eddie Green	1988	19:08
118	Simon Beldon & Cliff Beldon	2017	19:28
129	Shaun Walsh & Dave Driver	2010	19:45
131	Jeff Bowler & Dave Bates	2012	20:39
135	Jeff Bowler & Dave Bates	2014	20:42
137	Martyn Winter & Ray Dare	1998	21:09
139	Jeff Bowler & Dave Bates	2016	21:20
141	Terry Anderson & Joe O'Herlihy	2008	21:23
150	George Steers & Alan Steward	2009	21:56
154	Murray Kirton & David Stockley	2018	22:39
161	Murray Kirton & David Stockley	2021	23:23
165	Murray Kirton & David Stockley	2023	24:26
166	Murray Kirton & David Stockley	2024	24:50
167	Murray Kirton & David Stockley	2024	25:32

Men Tandem Bicycle - 15 Miles			
90	Mark Arnold & Glenn Taylor	2016	26:53
101	Ian Marshall & Kevin Stokes	2016	29:37
105	Kevin Stokes & Geoff Perry	2014	30:13
111	Kevin Stokes & Geoff Perry	2017	32:23
134	Alistair Banks & John Swanbury	2018	33:13
141	Jeff Bowler & Dave Bates	2017	34:09
144	John Swanbury & Alistair Banks	2023	34:34
157	Murray Kirton & David Stockley	2019	36:21
165	Murray Kirton & David Stockley	2023	37:49
166	Murray Kirton & David Stockley	2024	39:33

Men Tandem Bicycle - 25 Miles			
92	Mark Arnold & Glenn Taylor	2017	44:50
94	Mark Arnold & Glenn Taylor	2018	48:22
109	Tim Humphries & Richard Dixon	2018	48:54
123	Jeff Bowler & Dave Bates	2008	50:16
127	Jeff Bowler & Dave Bates	2010	51:00

131	Jeff Bowler & Dave Bates	2012	53:12
135	Jeff Bowler & Dave Bates	2014	53:17
139	Jeff Bowler & Dave Bates	2016	54:07
140	John Swanbury & Alistair Banks	2021	54:58
141	Jeff Bowler & Dave Bates	2017	56:03
154	Murray Kirton & Michael Ives	2017	1:00:16
156	Murray Kirton & David Stockley	2019	1:01:57
161	Murray Kirton & David Stockley	2021	1:02:12
163	Murray Kirton & David Stockley	2022	1:02:53

Men Tandem Bicycle - 30 Miles			
108	Dean Lubin & John Iszatt	2018	57:50
113	Roy Manser & Laurie Broad	1991	58:48
126	Kevin Gill & Vic Haines	2011	1:02:50
131	Jim Bailey & Geoff Hick	1997	1:03:17
134	Alistair Banks & John Swanbury	2018	1:04:36
137	Martyn Winter & Ray Dare	1998	1:06:53
141	Terry Anderson & Joe O'Herlihy	2008	1:10:22
152	Arthur Thackray & Brian Musson	2007	1:20:20
160	Murray Kirton & David Stockley	2021	1:20:53
164	Murray Kirton & David Stockley	2023	1:35:24

Men Tandem Bicycle - 50 Miles			
92	Mark Arnold & Glenn Taylor	2017	1:35:02
115	Jeff Bowler & Dave Bates	2004	1:44:23
127	Jeff Bowler & Dave Bates	2010	1:45:50
128	Alistair Banks & John Swanbury	2015	1:54:28
139	Jeff Bowler & Dave Bates	2016	1:54:35
140	John Swanbury & Alistair Banks	2021	1:57:26
143	Ken Hartley & Ronnie Bailey	1990	2:08:51
144	Joe Summerlin & Russ Elliott	2003	2:16:56
156	Murray Kirton & David Stockley	2019	2:19:48

Men Tandem Bicycle - 100 Miles			
88	Tim Bayley & Adam Broyad	2019	3:29:35
95	Roy Manser & G Hodgson	1986	3:37:40
105	R W Smith & Gordon Irons	1986	3:49:57
127	Jeff Bowler & Dave Bates	2010	3:50:04
130	Ron Murgatroyd & Robert Newell	1994	4:04:02
141	Ken Hartley & Ronnie Bailey	1989	4:22:14

Men Tandem Bicycle - 12 Hours			
90	Adam Broyad & Tim Bayley	2020	300.11
104	R W Smith & Gordon Irons	1985	263.96
118	Ken Hartley & Maurice Jones	1990	251.20

Men Tandem Bicycle - 24 Hours			
94	Les Lowe & Pat Kenny	1982	430.51
109	Mark Leadbetter & Donald McLean	2018	427.97
119	Mark Leadbetter & Donald McLean	2024	374.45
132	Philip Jurczyk & George Berwick	2009	371.31
138	Philip Jurczyk & George Berwick	2012	362.61
142	Philip Jurczyk & George Berwick	2014	340.25
146	Philip Jurczyk & George Berwick	2016	332.23
152	Philip Jurczyk & George Berwick	2019	312.28

Women Tandem Bicycle - 10 Miles			
82	Gwen Cook & Lea Marshall	2010	20:33

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84	Gwen Cook & Lea Marshall	2011	21:43
119	Sarah Matthews & Mary Corbett	2018	22:54
Women Tandem Bicycle - 25 Miles			
82	Gwen Cook & Lea Marshall	2010	51:33
84	Gwen Cook & Lea Marshall	2011	57:08
Women Tandem Bicycle - 30 Miles			
84	Gwen Cook & Lea Marshall	2011	1:06:26
Women Tandem Bicycle - 50 Miles			
82	Gwen Cook & Lea Marshall	2010	1:53:06
84	Gwen Cook & Lea Marshall	2011	1:56:09
90	Lindsay Clayton & Jane Swain	2013	2:32:11
Women Tandem Bicycle - 100 Miles			
84	Gwen Cook & Lea Marshall	2011	4:04:15
Women Tandem Bicycle - 12 Hours			
103	Hannah Fawcett & Brigid Night	2024	252.82
Women Tandem Bicycle - 24 Hours			
103	Sarah Murray & Brigid Night	2024	356.90
Mixed Tandem Bicycle - 10 Miles			
100	Ian Greenstreet & Rachael Elliott	2021	18:20
106	Ian Greenstreet & Rachael Elliott	2024	18:20
116	Paul Bennett & Nikki Hunt	2000	20:24
119	Jeff Bowler & Ann Staley	2007	20:45
121	Phil Barnes & Sharon Clifford	2018	21:14
127	Terry Anderson & Connie Tapper	1998	21:28
132	Bev Chapman & Wynne Clarke	1987	21:46
140	Les & Mary Dawson	1997	21:54
144	Les & Mary Dawson	1999	22:10
146	Peter & Janet Wilson	2007	23:00
150	Les & Mary Dawson	2003	23:03
152	Les & Mary Dawson	2003	23:12
156	Les & Mary Dawson	2005	23:55
158	Vin Fitzgerald & Wynne Clarke	2002	26:44
161	Bob Loader & Maryse Chapman	2018	31:58
Mixed Tandem Bicycle - 15 Miles			
96	Ian Greenstreet & Rachael Elliott	2019	27:55
104	Ian Greenstreet & Rachael Elliott	2023	28:22
106	Ian Greenstreet & Rachael Elliott	2024	28:49
114	Andrew & Catherine Hutchison	2021	33:02
118	Andrew & Catherine Hutchison	2023	33:37
136	John Swanbury & Kate Churchill	2021	35:34
142	John Swanbury & Kate Churchill	2024	36:32
150	Mike & Barbara Penrice	2016	38:17
152	Mike & Barbara Penrice	2017	41:54
Mixed Tandem Bicycle - 25 Miles			
96	Ian Greenstreet & Rachael Elliott	2019	47:09
100	Ian Greenstreet & Rachael Elliott	2021	47:39
102	Ian Greenstreet & Rachael Elliott	2022	48:45
104	Ian Greenstreet & Rachael Elliott	2023	49:20
106	Ian Greenstreet & Rachael Elliott	2024	50:20
113	Paul Bennett & Nikki Hunt	1999	51:50
115	Maurice Jones & Christine Minto	1997	53:09
119	Jeff Bowler & Ann Staley	2007	53:11
138	Terry Anderson & Connie Tapper	2004	55:29
139	Les & Mary Dawson	1997	1:00:15

149	Les & Mary Dawson	2002	1:00:31
152	Les & Mary Dawson	2003	1:05:32
156	Les & Mary Dawson	2005	1:07:57
Mixed Tandem Bicycle - 30 Miles			
96	Ian Greenstreet & Rachael Elliott	2019	56:54
100	Ian Greenstreet & Rachael Elliott	2021	57:02
115	Maurice Jones & Christine Minto	1997	1:03:13
117	Maurice Jones & Christine Minto	1998	1:05:27
122	Brian Foran & Nikki Hunt	2015	1:05:46
130	Terry Anderson & Connie Tapper	2000	1:06:34
132	Terry Anderson & Connie Tapper	2001	1:09:24
138	Terry Anderson & Connie Tapper	2004	1:10:23
139	Les & Mary Dawson	1997	1:13 40
149	Mike & Barbara Penrice	2015	1:15:45
150	Les & Mary Dawson	2003	1:19:05
Mixed Tandem Bicycle - 50 Miles			
98	Ian Greenstreet & Rachael Elliott	2020	1:37:47
100	Ian Greenstreet & Rachael Elliott	2021	1:38:54
102	Ian Greenstreet & Rachael Elliott	2022	1:39:57
106	Ian Greenstreet & Rachael Elliott	2024	1:41:12
113	Paul Bennett & Nikki Hunt	1999	1:47:03
115	Maurice Jones & Christine Minto	1997	1:55:53
116	Mike & Barbara Penrice	1999	1:56:15
120	Norman & Sylvia Powell	1999	1:59:04
138	Peter & Janet Wilson	2003	2:01:01
140	John Swanbury & Kate Churchill	2023	2:02:59
142	John Swanbury & Kate Churchill	2024	2:06:36
146	Peter & Janet Wilson	2007	2:09:06
148	Peter & Janet Wilson	2008	2:15:54
149	Mike & Barbara Penrice	2015	2:22:25
Mixed Tandem Bicycle - 100 Miles			
102	Ian Greenstreet & Rachael Elliott	2022	3:40:26
114	Robert & Noreen Newell	1992	3:59:40
116	Robert & Noreen Newell	1993	4:05:23
118	Norman & Sylvia Powell	1998	4:22:16
120	Norman & Sylvia Powell	1999	4:23:10
128	Norman & Sylvia Powell	2003	4:23:21
138	Peter & Janet Wilson	2003	4:29:12
142	Peter & Janet Wilson	2005	4:39:09
146	Peter & Janet Wilson	2007	4:41:55
Mixed Tandem Bicycle - 12 Hours			
90	Dave & Eileen Brabbin	2002	263.91
116	Robert & Noreen Newell	1993	257.94
122	Norman & Sylvia Powell	2000	241.93
125	Mike & Barbara Penrice	2003	225.34
137	Mike & Barbara Penrice	2009	219.93
Mixed Tandem Bicycle - 24 Hours			
90	Dave & Eileen Brabbin	2002	464.92
95	Colin Knapp & Ruth Crossley	2009	403.52
99	Simon Hall & Mary Corbett	2013	369.47
116	Norman Harvey & Mary Corbett	2003	366.92
Men Tandem Tricycle - 10 Miles			
87	Dave Keene & Barry Charlton	2006	20:00
89	Ralph Dadswell & David Johnson	2006	20:32

90	Ralph Dadswell & David Johnson	2006	21:05
98	T Heron & Tom Graystock	1989	21:14
111	Bernard Lamb & Leo Colella	1991	22:22
119	Bernard Lamb & Leo Colella	1995	22:36
134	Peter Hopkins & Colin Bunnett	2011	23:31
145	John Nicholson & Vin Fitzgerald	2005	25:29
146	John Nicholson & Vin Fitzgerald	2005	25:55
149	Les Dawson & Peter Hopkins	2010	26:39
157	Ellis Smith & Vin Fitzgerald	2003	32:15
Men Tandem Tricycle - 15 Miles			
121	Ian Pike & Mark Vowells	2021	33:32
Men Tandem Tricycle - 25 Miles			
87	Dave Keene & Barry Charlton	2006	50:13
90	Ralph Dadswell & David Johnson	2006	51:29
100	Ian Pike & David Mason	2021	53:02
104	Alan Jones & Graham Jenkins	1998	57:57
123	Mark Vowells & Ian Pike	2022	58:02
136	Peter Hopkins & Colin Bunnett	2012	1:04:12
137	Ellis Smith & John Nicholson	1999	1:07:46
138	Ellis Smith & John Nicholson	2000	1:09:01
139	Ellis Smith & John Nicholson	2000	1:09:40
140	Ellis Smith & John Nicholson	2001	1:10:05
144	Ellis Smith & John Nicholson	2003	1:11:18
148	Ellis Smith & Wilf Fullwood	1993	1:19:24
Men Tandem Tricycle - 30 Miles			
87	Dave Keene & Barry Charlton	2006	1:02:42
103	Alan Jones & Graham Jenkins	1998	1:11:34
109	Bernard Lamb & Leo Colella	1990	1:11:44
123	Ian Pike & Mark Vowells	2022	1:12:42
134	Peter Hopkins & Colin Bunnett	2011	1:13:39
138	Ellis Smith & John Nicholson	2000	1:23:18
144	Ellis Smith & John Nicholson	2003	1:28:08
Men Tandem Tricycle - 50 Miles			
90	Dave Keene & Barry Charlton	2007	1:43:46
94	Colin Knapp & John Carr	2003	1:57:42
103	Alan Jones & Graham Jenkins	1998	2:02:10
136	Peter Hopkins & Colin Bunnett	2012	2:05:25
142	Ellis Smith & John Nicholson	2002	2:30:10
Men Tandem Tricycle - 100 Miles			
83	Ralph & Tim Dadswell	2008	4:22:01
99	Les Lowe & William Ithell	1985	4:25:13
105	Les Lowe & William Ithell	1988	4:32:25
130	Ellis Smith & John Nicholson	1995	4:56:53
131	Ellis Smith & John Nicholson	1996	5:01:13
136	Ellis Smith & John Nicholson	1999	5:05:03
Men Tandem Tricycle - 12 Hours			
99	Les Lowe & William Ithell	1985	237.71
133	Ellis Smith & John Nicholson	1997	205.32
Men Tandem Tricycle - 24 Hours			
87	Ralph Dadswell & David Johnson	2005	466.72
97	Les Lowe & Jim Hopper	1985	419.15
109	Pete Holland & Brian Richards	1998	390.84
Women Tandem Tricycle - 10 Miles			
134	Greta Spiers & Gwyneth Holland	2006	39:22

Women Tandem Tricycle - 50 Miles			
90	Lindsay Clayton & Jane Swain	2013	2:32:11
Women Tandem Tricycle - 24 Hours			
91	Arabella Maude & Jane Swain	2013	349.60
Mixed Tandem Tricycle - 10 Miles			
92	Carl Saint & Ruth Crossley	2010	20:10
93	Colin Knapp & Ruth Shorter	2008	21:41
94	Colin Knapp & Ruth Shorter	2009	21:42
118	Dave & Eileen Keene	2009	21:52
119	Dave & Eileen Keene	2009	22:29
122	Malcolm Cox & Mary Corbett	2023	25:44
157	Norman Harvey & Mary Corbett	2024	26:46
158	Norman Harvey & Mary Corbett	2024	28:31
Mixed Tandem Tricycle - 15 Miles			
96	Colin Knapp & Ruth Crossley	2019	39:05
156	Norman Harvey & Mary Corbett	2023	40:55
157	Norman Harvey & Mary Corbett	2024	41:53
158	Norman Harvey & Mary Corbett	2024	42:04
Mixed Tandem Tricycle - 25 Miles			
92	Carl Saint & Ruth Crossley	2010	53:36
94	Colin Knapp & Ruth Crossley	2009	55:45
95	Colin Knapp & Ruth Crossley	2009	56:34
118	Dave & Eileen Keene	2009	58:34
155	Norman Harvey & Mary Corbett	2023	1:09:31
157	Norman Harvey & Mary Corbett	2024	1:12:25
Mixed Tandem Tricycle - 30 Miles			
92	Carl Saint & Ruth Crossley	2010	1:07:00
95	Colin Knapp & Ruth Crossley	2009	1:07:33
96	Colin Knapp & Ruth Crossley	2010	1:13:53
105	Charles & Christine Willmets	2007	1:17:24
132	Peter Hopkins & Nikki Hunt	2011	1:25:18
154	Norman Harvey & Mary Corbett	2022	1:34:57
157	Norman Harvey & Mary Corbett	2024	1:37:46
Mixed Tandem Tricycle - 50 Miles			
94	Colin Knapp & Ruth Shorter	2009	1:59:09
96	Colin Knapp & Ruth Crossley	2010	2:09:47
97	Charles & Christine Willmets	2003	2:16:57
103	Charles & Christine Willmets	2006	2:19:28
105	Charles & Christine Willmets	2007	2:21:41
155	Norman Harvey & Mary Corbett	2023	2:21:48
157	Norman Harvey & Mary Corbett	2024	2:27:13
Mixed Tandem Tricycle - 100 Miles			
89	Colin Knapp & Ursula Betterton	2003	4:27:48
99	Tom & Pauline Graystock	1986	4:31:22
120	Simon Hall & Mary Corbett	2024	5:12:28
153	Norman Harvey & Mary Corbett	2022	5:29:08
155	Norman Harvey & Mary Corbett	2023	5:46:32
Mixed Tandem Tricycle - 12 Hours			
103	Mark Brooking & Jane Moore	2016	215.22
104	Jim & Vera Staines	1996	209.94
152	Norman Harvey & Mary Corbett	2021	182.67
158	Norman Harvey & Mary Corbett	2024	179.38
Mixed Tandem Tricycle - 24 Hours			
103	Mark Brooking & Jane Moore	2015	347.95

NATIONAL AGE RECORDS - TRACK

(As at 31st December 2024)

Men Indoor Solo Bicycle - 5 Miles			
54	Richard Oakes	2023	9:42.80
55	Ian Greenstreet	2019	10:25.83
64	Robert Gilmour	2015	10:44.498
65	Robert Gilmour	2016	10:48.780
68	Brian Newton	2007	11:26.82
70	Mike Cotgreave	2014	11:47.00
72	Ray Retter	2017	12:02.239
73	Ray Retter	2018	12:18.035
75	Trevor Fenwick	2005	12:32.45
80	Harry H Hill	1996	12:43.758
85	Walter Fowler	2019	13:24.40

Men Indoor Solo Bicycle - 10 Miles			
54	Richard Oakes	2023	19:19.77
64	Robert Gilmour	2015	21:34.618
65	Robert Gilmour	2016	21:39.728
68	Brian Newton	2007	22:43.58
70	Mike Cotgreave	2014	23:30.23
72	Ray Retter	2017	24:22.141
75	Trevor Fenwick	2005	24:56.45
80	Harry H Hill	1996	25:25.808
85	Walter Fowler	2019	27:37.70

Men Indoor Solo Bicycle - 25 Miles			
54	Richard Oakes	2023	48:29.56
64	Robert Gilmour	2015	54:24.553
65	Robert Gilmour	2016	54:26.671
68	Brian Newton	2007	57:36.78
70	Mike Cotgreave	2014	58:35.36
75	Trevor Fenwick	2005	1:02:09.84
80	Harry H Hill	1996	1:04:15.378

Men Indoor Solo Bicycle - 1 Hour			
54	Richard Oakes	2023	30.882 mi
64	Robert Gilmour	2015	27.556 mi
65	Robert Gilmour	2016	27.509 mi
68	Brian Newton	2007	26.012 mi
70	Mike Cotgreave	2014	25.645 mi
72	Ray Retter	2017	24.352 mi
75	Trevor Fenwick	2005	24.129 mi
80	Harry H Hill	1996	23.352 mi
85	Walter Fowler	2019	21.500 mi

Men Indoor Solo Bicycle - 5 Km			
54	Richard Oakes	2023	6:05.92
55	Ian Greenstreet	2019	6:20.80
64	Christopher Davis	2019	6:27.94
65	Robert Gilmour	2016	6:44.13
68	Brian Newton	2007	7:14.00
70	Mike Cotgreave	2014	7:21.41
72	Ray Retter	2017	7:26.938
73	Ray Retter	2018	7:37.268
75	Trevor Fenwick	2005	7:52.13
80	Harry H Hill	1996	7:55.613
85	Walter Fowler	2019	8:18.61

Men Indoor Solo Bicycle - 10 Km			
54	Richard Oakes	2023	12:06.96
55	Ian Greenstreet	2019	12:55.34

64	Robert Gilmour	2015	13:20.92
65	Robert Gilmour	2016	13:27.430
68	Brian Newton	2007	14:10.28
70	Mike Cotgreave	2014	14:37.64
72	Ray Retter	2017	15:01.526
73	Ray Retter	2018	15:20.751
75	Trevor Fenwick	2005	15:34.01
80	Harry H Hill	1996	15:48.155
85	Walter Fowler	2019	16:50.85

Men Indoor Solo Bicycle - 20 Km			
54	Richard Oakes	2023	24:06.36
64	Robert Gilmour	2015	26:54.27
65	Robert Gilmour	2016	26:56.084
68	Brian Newton	2007	28:16.89
70	Mike Cotgreave	2014	29:10.43
72	Ray Retter	2017	30:24.388
75	Trevor Fenwick	2005	30:57.27
80	Harry H Hill	1996	31:40.138
85	Walter Fowler	2019	34:26.80

Men Indoor Solo Bicycle - 50 Km			
54	Peter Horton	2021	1:11:17

Men Outdoor Solo Bicycle - 5 Miles			
44	J A French	1997	10:59.680
48	Steve McCaw	2011	11:06.37
60	Paul Bennett	1999	11:15.
61	Derek Hodgins	1995	11:24.890
63	Robert Gilmour	2014	11:46.400
68	Leslie King	1995	12:02.500
69	Leslie King	1996	12:24.000
70	Leslie King	1997	12:41.900
72	Leslie King	1999	13:25.99
77	John M Lee	2006	13:40.2
79	John M Lee	2008	13:51.9
80	John M Lee	2009	14:01.9
84	John M Lee	2013	14:32.010
87	John M Lee	2016	15:34.5
90	John M Lee	2019	16:28.4
93	John M Lee	2022	18:56.3

Men Outdoor Solo Bicycle - 10 Miles			
48	Steve McCaw	2011	22:14.78
60	Paul Bennett	1999	22:36.3
61	Derek Hodgins	1995	23:07.240
63	Robert Gilmour	2014	23:25.380
64	Mike Skillings	2022	24:05.9
65	Paul Tyler	2023	24:38.60
68	Leslie King	1995	24:38.700
69	J P A Howell	2000	24:45.15
70	R Venis	1998	26:38.230
75	Trevor Fenwick	2005	27:14.05
77	John M Lee	2006	27:27.2
80	John M Lee	2009	27:52.8
84	John M Lee	2013	28:55.345
87	John M Lee	2016	31:04.8
90	John M Lee	2019	32:52.9
93	John M Lee	2022	37:49.0

Men Outdoor Solo Bicycle - 25 Miles			
44	J A French	1997	56:11.380
55	Jon Howard	2024	56:14
63	Robert Gilmour	2014	58:33.670
67	Leslie King	1994	1:02:50.100
68	Leslie King	1995	1:04:00.000
79	John M Lee	2008	1:11:28.9

Men Outdoor Solo Bicycle - 1 Hour			
44	J A French	1997	26.694 mi
48	Steve McCaw	2011	26.608 mi
55	Jon Howard	2024	26.43 mi
63	Robert Gilmour	2014	25.612 mi
64	Mike Skillings	2022	24.58 mi
67	Leslie King	1994	23.920 mi
68	Leslie King	1995	23.330 mi
75	Trevor Fenwick	2005	22.380 mi
80	John M Lee	2009	21.381 mi
84	John M Lee	2013	20.433 mi
87	John M Lee	2016	18.819 mi
90	John M Lee	2019	18.060 mi
93	John M Lee	2022	15.70 mi

Men Outdoor Solo Bicycle - 5 Km			
44	J A French	1997	6:47.580
48	Steve McCaw	2011	6:55.58
60	Paul Bennett	1999	7:04.160
61	Derek Hodgins	1995	7:04.670
63	Robert Gilmour	2014	7:22.710
64	Mike Skillings	2022	7:32.3
69	Leslie King	1996	7:41.500
70	Leslie King	1997	7:52.200
72	Leslie King	1999	8:17.37
73	Leslie King	2000	8:19.700
74	Leslie King	2001	8:28.180
77	John M Lee	2006	8:33.6
79	John M Lee	2008	8:37.8
80	John M Lee	2009	8:43.4
84	John M Lee	2013	9:03.700
87	John M Lee	2016	9:39.4
90	John M Lee	2019	10:13.8
93	John M Lee	2022	11:46.9

Men Outdoor Solo Bicycle - 10 Km			
44	J A French	1997	13:42.830
48	Steve McCaw	2011	13:48.800
60	Paul Bennett	1999	14:04.3
61	Derek Hodgins	1995	14:14.400
63	Robert Gilmour	2014	14:34.770
64	Mike Skillings	2022	14:58.3
68	Leslie King	1995	15:06.500
70	R Venis	1998	16:36.400
72	Leslie King	1999	16:49.560
77	John M Lee	2006	17:02.4
79	John M Lee	2008	17:17.8
80	John M Lee	2009	17:25.3
84	John M Lee	2013	18:01.640
87	John M Lee	2016	19:23.6
90	John M Lee	2019	20:27.05
93	John M Lee	2022	23:24.5

Men Outdoor Solo Bicycle - 20 Km			
48	Steve McCaw	2011	27:41.99
55	Jon Howard	2024	28:22
61	Derek Hodgins	1995	28:48.930
63	Robert Gilmour	2014	29:08.970
64	Mike Skillings	2022	29:59.8
68	Leslie King	1995	31:00.000
75	Trevor Fenwick	2005	33:40.73
77	John M Lee	2006	34:31.7
80	John M Lee	2009	34:51.4
84	John M Lee	2013	36:27.350
87	John M Lee	2016	39:26.235
93	John M Lee	2022	47:14.7

Men Outdoor Solo Bicycle - 50 Km			
53	Peter Horton	2020	1:11:45.28

Men Outdoor Solo Bicycle - 100 Km			
53	Peter Horton	2020	2:29:10.51

Women Indoor Solo Bicycle - 5 Miles			
43	Melanie Sneddon	2019	10:56.980

Women Indoor Solo Bicycle - 10 Miles			
40	Auriel Forrester	1998	23:53.412

Women Indoor Solo Bicycle - 25 Miles			
40	Auriel Forrester	1998	59:20.589

Women Indoor Solo Bicycle - 1 Hour			
40	Auriel Forrester	1998	25.297 mi
63	Carole Gandy	2007	24.373 mi

Women Indoor Solo Bicycle - 5 Km			
43	Melanie Sneddon	2019	6:49.938

Women Indoor Solo Bicycle - 10 Km			
43	Melanie Sneddon	2019	13:40.392

Women Indoor Solo Bicycle - 20 Km			
40	Auriel Forrester	1998	29:41.124

Women Outdoor Solo Bicycle - 5 Miles			
54	Nikki Hunt	1999	13:16.
58	Caroline Ratcliff	2023	13:16.70

Women Outdoor Solo Bicycle - 10 Miles			
58	Caroline Ratcliff	2023	26:38.95

Women Outdoor Solo Bicycle - 25 Miles			
52	Karen Taylor	2018	1:07:34.14

Women Outdoor Solo Bicycle - 1 Hour			
52	Karen Taylor	2018	22.229 mi

Women Outdoor Solo Bicycle - 5 Km			
54	Nikki Hunt	1999	8:13.
58	Caroline Ratcliff	2023	8:16.29

Women Outdoor Solo Bicycle - 10 Km			
58	Caroline Ratcliff	2023	16:34.24

Women Outdoor Solo Bicycle - 20 Km			
52	Karen Taylor	2018	33:26.88

Women Outdoor Solo Bicycle - 50 Km			
52	Karen Taylor	2018	1:24:16.17

Women Outdoor Solo Bicycle - 100 Km			
52	Karen Taylor	2018	2:49:50.40

Men Outdoor Tandem Bicycle - 5 Km			
132	Paul Bennett & Leslie King	1999	6:52.69
144	G H Edmonds & Leslie King	2000	8:13.1

VETERAN'S AGE ADJUSTMENTS - OPEN SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
41	0:02	0:03	0:05	0:07	0:12	0:26	0:68	1:52
42	0:05	0:07	0:12	0:14	0:25	0:57	1:47	3:28
43	0:08	0:11	0:19	0:23	0:40	1:32	2:36	5:30
44	0:11	0:16	0:27	0:33	0:58	2:12	3:37	7:54
45	0:14	0:21	0:36	0:44	1:17	2:56	4:47	10:00
46	0:18	0:27	0:46	0:56	1:38	3:43	5:66	12:67
47	0:22	0:33	0:57	1:09	2:01	4:35	6:95	15:54
48	0:27	0:40	1:08	1:23	2:25	5:32	8:33	18:60
49	0:31	0:47	1:20	1:38	2:52	6:32	9:79	21:85
50	0:36	0:55	1:34	1:54	3:20	7:36	11:33	25:27
51	0:42	1:03	1:48	2:11	3:50	8:44	12:95	28:85
52	0:47	1:12	2:02	2:29	4:21	9:56	14:65	32:60
53	0:53	1:21	2:18	2:47	4:54	11:13	16:42	36:51
54	0:59	1:30	2:34	3:07	5:29	12:33	18:26	40:56
55	1:06	1:40	2:51	3:28	6:06	13:58	20:17	44:75
56	1:13	1:51	3:09	3:50	6:45	15:27	22:15	49:09
57	1:20	2:02	3:28	4:13	7:25	17:01	24:19	53:56
58	1:28	2:13	3:48	4:37	8:07	18:39	26:30	58:16
59	1:36	2:25	4:08	5:02	8:51	20:21	28:47	62:88
60	1:44	2:38	4:29	5:28	9:37	22:09	30:71	67:72
61	1:52	2:50	4:52	5:55	10:25	24:01	33:00	72:68
62	2:01	3:04	5:15	6:23	11:16	25:58	35:35	77:75
63	2:10	3:18	5:39	6:53	12:08	28:01	37:76	82:93
64	2:20	3:33	6:04	7:23	13:02	30:09	40:23	88:22
65	2:30	3:48	6:30	7:55	13:59	32:22	42:76	93:62
66	2:40	4:04	6:58	8:28	14:58	34:42	45:34	99:11
67	2:51	4:20	7:26	9:03	15:59	37:08	47:97	104:70

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	3:02	4:37	7:55	9:39	17:03	39:40	50:67	110:39
69	3:14	4:55	8:26	10:16	18:10	42:20	53:41	116:17
70	3:26	5:13	8:58	10:55	19:19	45:06	56:21	122:04
71	3:38	5:32	9:31	11:35	20:32	48:00	59:06	128:00
72	3:51	5:52	10:05	12:17	21:47	51:02	61:97	134:04
73	4:05	6:13	10:41	13:01	23:06	54:13	64:93	140:17
74	4:19	6:35	11:18	13:46	24:28	57:33	67:94	146:38
75	4:34	6:57	11:57	14:34	25:53	1:01:02	71:01	152:67
76	4:49	7:20	12:37	15:23	27:22	1:04:42	74:13	159:05
77	5:05	7:45	13:19	16:15	28:56	1:08:33	77:30	165:50
78	5:21	8:10	14:03	17:09	30:33	1:12:36	80:53	172:02
79	5:39	8:36	14:49	18:05	32:15	1:16:52	83:81	178:62
80	5:57	9:04	15:37	19:04	34:02	1:21:21	87:15	185:30
81	6:15	9:33	16:27	20:05	35:54	1:26:06	90:54	192:04
82	6:35	10:03	17:20	21:09	37:52	1:31:07	93:99	198:86
83	6:55	10:34	18:14	22:17	39:55	1:36:25	97:49	205:75
84	7:17	11:07	19:12	23:27	42:05	1:42:03	101:05	212:70
85	7:39	11:41	20:12	24:42	44:22	1:48:03	104:67	219:72
86	8:03	12:18	21:16	26:00	46:47	1:54:25	108:35	226:81
87	8:28	12:56	22:22	27:22	49:19	2:01:14	112:08	233:97
88	8:54	13:36	23:33	28:49	52:01	2:08:32	115:88	241:19
89	9:21	14:18	24:47	30:20	54:52	2:16:22	119:75	248:48
90	9:50	15:02	26:05	31:57	57:54	2:24:48	123:67	255:82
91	10:20	15:49	27:28	33:40	1:01:08	2:33:55	127:67	263:24
92	10:52	16:39	28:56	35:29	1:04:35	2:43:49	131:73	270:71
93	11:26	17:32	30:30	37:25	1:08:16	2:54:37	135:86	278:24
94	12:03	18:28	32:10	39:29	1:12:14	3:06:26	140:06	285:84
95	12:41	19:27	33:57	41:42	1:16:30	3:19:27	144:34	293:50

VETERAN'S AGE ADJUSTMENTS - WOMEN SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	2:37	3:56	6:36	7:57	13:29	28:09	28:46	46:90
41	2:37	3:57	6:37	7:59	13:32	28:17	28:73	47:65
42	2:38	3:57	6:38	8:00	13:35	28:26	29:03	48:53
43	2:38	3:58	6:40	8:02	13:38	28:36	29:38	49:54
44	2:39	3:59	6:41	8:04	13:43	28:49	29:78	50:68
45	2:39	4:00	6:44	8:07	13:48	29:04	30:24	51:96
46	2:40	4:01	6:46	8:10	13:54	29:21	30:77	53:40
47	2:41	4:03	6:49	8:14	14:02	29:42	31:36	55:00
48	2:43	4:05	6:53	8:19	14:11	30:07	32:03	56:78
49	2:45	4:08	6:58	8:25	14:22	30:37	32:79	58:73
50	2:47	4:12	7:04	8:32	14:36	31:11	33:63	60:87
51	2:49	4:16	7:11	8:41	14:52	31:51	34:57	63:21
52	2:53	4:20	7:20	8:51	15:11	32:37	35:62	65:76
53	2:56	4:26	7:29	9:03	15:32	33:30	36:77	68:52
54	3:00	4:33	7:41	9:17	15:57	34:30	38:04	71:49
55	3:05	4:40	7:54	9:33	16:26	35:38	39:43	74:70
56	3:11	4:49	8:09	9:51	16:58	36:55	40:95	78:14
57	3:18	4:59	8:26	10:12	17:35	38:22	42:60	81:81
58	3:25	5:10	8:45	10:35	18:16	39:59	44:38	85:72
59	3:33	5:22	9:06	11:01	19:02	41:47	46:31	89:88
60	3:42	5:36	9:30	11:30	19:54	43:47	48:38	94:28
61	3:52	5:52	9:57	12:03	20:52	46:00	50:60	98:93
62	4:04	6:09	10:27	12:39	21:55	48:27	52:97	103:82
63	4:17	6:28	11:00	13:19	23:06	51:10	55:49	108:97
64	4:31	6:50	11:36	14:04	24:24	54:08	58:18	114:36
65	4:46	7:13	12:16	14:52	25:50	57:25	61:03	119:99
66	5:03	7:39	13:00	15:46	27:24	1:01:01	64:04	125:87
67	5:22	8:07	13:49	16:45	29:08	1:04:58	67:21	131:99

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	5:42	8:39	14:42	17:50	31:01	1:09:18	70:55	138:34
69	6:05	9:13	15:41	19:01	33:06	1:14:03	74:06	144:92
70	6:30	9:51	16:45	20:19	35:23	1:19:15	77:73	151:73
71	6:44	10:13	17:23	21:06	36:46	1:22:34	80:26	156:94
72	6:59	10:35	18:02	21:53	38:12	1:26:01	82:82	162:21
73	7:14	10:59	18:43	22:43	39:41	1:29:37	85:42	167:56
74	7:30	11:23	19:25	23:35	41:14	1:33:24	88:07	172:98
75	7:47	11:49	20:09	24:29	42:50	1:37:22	90:77	178:49
76	8:04	12:15	20:55	25:25	44:32	1:41:31	93:52	184:07
77	8:22	12:43	21:43	26:23	46:18	1:45:53	96:31	189:73
78	8:41	13:11	22:33	27:24	48:08	1:50:28	99:15	195:47
79	9:01	13:41	23:25	28:28	50:04	1:55:18	102:05	201:28
80	9:21	14:12	24:19	29:34	52:05	2:00:24	104:99	207:16
81	9:42	14:45	25:16	30:44	54:12	2:05:47	107:98	213:12
82	10:04	15:19	26:15	31:57	56:25	2:11:28	111:02	219:15
83	10:28	15:55	27:17	33:13	58:46	2:17:29	114:12	225:26
84	10:52	16:32	28:22	34:34	1:01:13	2:23:52	117:26	231:43
85	11:17	17:11	29:31	35:58	1:03:48	2:30:40	120:46	237:68
86	11:44	17:52	30:43	37:26	1:06:32	2:37:54	123:71	244:00
87	12:12	18:35	31:58	39:00	1:09:25	2:45:38	127:02	250:39
88	12:42	19:21	33:18	40:38	1:12:28	2:53:54	130:38	256:85
89	13:13	20:08	34:42	42:22	1:15:43	3:02:47	133:81	263:38
90	13:45	20:59	36:11	44:12	1:19:09	3:12:21	137:29	269:98
91	14:20	21:52	37:45	46:08	1:22:49	3:22:41	140:83	276:66
92	14:56	22:48	39:25	48:12	1:26:43	3:33:55	144:43	283:4
93	15:35	23:48	41:12	50:23	1:30:55	3:46:09	148:10	290:22
94	16:16	24:52	43:05	52:44	1:35:24	3:59:33	151:84	297:11
95	16:59	26:00	45:06	55:14	1:40:15	4:14:19	155:65	304:07

VETERAN'S AGE ADJUSTMENTS - OPEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	1:52	2:48	4:42	5:40	9:36	20:03	20:88	34:49
41	1:54	2:52	4:48	5:47	9:49	20:32	21:49	35:84
42	1:57	2:56	4:55	5:56	10:04	21:05	22:21	37:41
43	2:00	3:00	5:03	6:05	10:21	21:44	23:02	39:19
44	2:03	3:06	5:12	6:16	10:40	22:27	23:93	41:18
45	2:07	3:11	5:22	6:28	11:01	23:15	24:93	43:37
46	2:11	3:18	5:33	6:41	11:24	24:07	26:02	45:74
47	2:16	3:24	5:44	6:56	11:49	25:04	27:19	48:30
48	2:21	3:32	5:57	7:11	12:16	26:06	28:44	51:02
49	2:26	3:40	6:10	7:27	12:45	27:12	29:76	53:91
50	2:31	3:48	6:25	7:45	13:15	28:22	31:16	56:95
51	2:37	3:57	6:40	8:03	13:48	29:37	32:64	60:15
52	2:43	4:06	6:56	8:23	14:22	30:56	34:18	63:49
53	2:50	4:16	7:13	8:44	14:59	32:20	35:78	66:97
54	2:57	4:27	7:31	9:05	15:37	33:48	37:46	70:59
55	3:04	4:38	7:50	9:28	16:17	35:21	39:19	74:33
56	3:11	4:49	8:09	9:52	17:00	36:58	40:99	78:20
57	3:19	5:01	8:30	10:17	17:44	38:41	42:85	82:20
58	3:28	5:14	8:52	10:43	18:30	40:28	44:77	86:31
59	3:36	5:27	9:14	11:11	19:19	42:21	46:74	90:54
60	3:45	5:40	9:37	11:39	20:09	44:18	48:77	94:87
61	3:54	5:55	10:02	12:09	21:02	46:21	50:86	99:32
62	4:04	6:09	10:27	12:40	21:57	48:30	53:00	103:87
63	4:14	6:25	10:54	13:12	22:54	50:44	55:19	108:52
64	4:25	6:41	11:21	13:46	23:53	53:04	57:43	113:27
65	4:36	6:58	11:50	14:21	24:55	55:30	59:73	118:12
66	4:47	7:15	12:20	14:57	26:00	58:03	62:08	123:06
67	4:59	7:33	12:51	15:35	27:07	1:00:43	64:48	128:09

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	5:11	7:51	13:23	16:14	28:18	1:03:30	66:93	133:22
69	5:24	8:11	13:56	16:55	29:31	1:06:25	69:43	138:43
70	5:37	8:31	14:31	17:37	30:47	1:09:27	71:98	143:73
71	5:51	8:52	15:07	18:22	32:06	1:12:38	74:57	149:12
72	6:05	9:14	15:45	19:08	33:28	1:15:57	77:22	154:59
73	6:20	9:37	16:24	19:56	34:54	1:19:26	79:92	160:14
74	6:35	10:00	17:05	20:45	36:24	1:23:05	82:66	165:77
75	6:51	10:25	17:48	21:37	37:58	1:26:55	85:46	171:48
76	7:08	10:50	18:32	22:32	39:36	1:30:56	88:30	177:27
77	7:25	11:17	19:18	23:28	41:18	1:35:09	91:20	183:13
78	7:44	11:45	20:06	24:27	43:05	1:39:35	94:14	189:08
79	8:02	12:13	20:56	25:29	44:56	1:44:15	97:14	195:09
80	8:22	12:44	21:49	26:33	46:54	1:49:10	100:18	201:19
81	8:43	13:15	22:44	27:40	48:56	1:54:22	103:28	207:35
82	9:04	13:48	23:41	28:51	51:05	1:59:51	106:43	213:59
83	9:27	14:22	24:41	30:05	53:20	2:05:40	109:63	219:90
84	9:50	14:59	25:44	31:22	55:43	2:11:51	112:88	226:28
85	10:15	15:36	26:50	32:43	58:13	2:18:24	116:19	232:73
86	10:40	16:16	28:00	34:09	1:00:51	2:25:24	119:56	239:26
87	11:07	16:58	29:13	35:39	1:03:38	2:32:51	122:98	245:85
88	11:36	17:41	30:30	37:14	1:06:35	2:40:51	126:46	252:52
89	12:06	18:28	31:51	38:54	1:09:43	2:49:26	130:00	259:25
90	12:37	19:16	33:17	40:40	1:13:02	2:58:40	133:59	266:05
91	13:11	20:08	34:48	42:33	1:16:35	3:08:40	137:26	272:92
92	13:46	21:02	36:24	44:32	1:20:21	3:19:30	140:98	279:87
93	14:23	22:00	38:07	46:39	1:24:24	3:31:20	144:77	286:88
94	15:03	23:01	39:56	48:55	1:28:45	3:44:16	148:63	293:96
95	15:45	24:07	41:53	51:21	1:33:25	3:58:32	152:56	301:11

VETERAN'S AGE ADJUSTMENTS - WOMEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	4:43	7:06	11:56	14:23	24:23	50:52	47:59	78.03
41	4:44	7:07	11:57	14:25	24:26	51:01	47:82	78.68
42	4:44	7:08	11:59	14:26	24:29	51:11	48:09	79.44
43	4:45	7:09	12:00	14:28	24:33	51:23	48:39	80.32
44	4:45	7:09	12:02	14:30	24:38	51:37	48:75	81.31
45	4:46	7:11	12:04	14:33	24:43	51:53	49:15	82.42
46	4:47	7:12	12:07	14:37	24:50	52:12	49:61	83.68
47	4:48	7:14	12:11	14:41	24:59	52:35	50:13	85.08
48	4:50	7:17	12:15	14:47	25:09	53:02	50:72	86.63
49	4:52	7:20	12:20	14:53	25:21	53:35	51:39	88.34
50	4:54	7:23	12:27	15:01	25:36	54:12	52:14	90.22
51	4:57	7:28	12:35	15:11	25:53	54:56	52:98	92.29
52	5:00	7:33	12:44	15:22	26:14	55:46	53:92	94.53
53	5:04	7:39	12:55	15:35	26:38	56:44	54:95	96.98
54	5:09	7:46	13:07	15:50	27:05	57:50	56:09	99.62
55	5:15	7:55	13:21	16:08	27:36	59:05	57:35	102.47
56	5:21	8:04	13:38	16:28	28:12	1:00:29	58:72	105.53
57	5:28	8:15	13:56	16:50	28:52	1:02:04	60:21	108.81
58	5:36	8:27	14:17	17:16	29:37	1:03:50	61:83	112.32
59	5:45	8:41	14:41	17:44	30:28	1:05:49	63:58	116.05
60	5:55	8:56	15:07	18:16	31:25	1:08:00	65:46	120.01
61	6:06	9:13	15:36	18:52	32:28	1:10:26	67:49	124.20
62	6:19	9:32	16:09	19:32	33:38	1:13:07	69:65	128.62
63	6:33	9:53	16:45	20:16	34:55	1:16:05	71:97	133.28
64	6:48	10:17	17:25	21:04	36:20	1:19:21	74:43	138.17
65	7:05	10:42	18:09	21:58	37:54	1:22:57	77:04	143.29
66	7:23	11:11	18:57	22:57	39:37	1:26:53	79:80	148.65
67	7:44	11:42	19:50	24:01	41:31	1:31:13	82:72	154.23

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	8:07	12:16	20:49	25:12	43:36	1:35:57	85.80	160.05
69	8:31	12:54	21:53	26:30	45:52	1:41:09	89.03	166.08
70	8:58	13:35	23:04	27:56	48:22	1:46:51	92.42	172.34
71	9:14	13:59	23:45	28:47	49:53	1:50:30	94.73	177.07
72	9:30	14:24	24:28	29:39	51:27	1:54:16	97.06	181.84
73	9:47	14:50	25:12	30:33	53:04	1:58:13	99.43	186.70
74	10:05	15:16	25:59	31:30	54:46	2:02:22	101.85	191.62
75	10:23	15:44	26:47	32:29	56:32	2:06:42	104.31	196.63
76	10:42	16:13	27:37	33:30	58:23	2:11:15	106.81	201.71
77	11:02	16:43	28:29	34:34	1:00:19	2:16:02	109.36	206.86
78	11:22	17:15	29:24	35:41	1:02:20	2:21:04	111.96	212.08
79	11:44	17:47	30:21	36:51	1:04:27	2:26:21	114.60	217.38
80	12:06	18:22	31:20	38:04	1:06:40	2:31:56	117.28	222.76
81	12:29	18:57	32:23	39:20	1:08:59	2:37:50	120.01	228.20
82	12:54	19:35	33:28	40:40	1:11:25	2:44:04	122.79	233.72
83	13:19	20:14	34:36	42:04	1:13:59	2:50:39	125.62	239.30
84	13:46	20:55	35:47	43:32	1:16:40	2:57:39	128.49	244.96
85	14:14	21:37	37:02	45:04	1:19:30	3:05:06	131.42	250.70
86	14:43	22:22	38:21	46:41	1:22:30	3:13:01	134.39	256.50
87	15:13	23:10	39:44	48:23	1:25:39	3:21:29	137.42	262.38
88	15:46	23:59	41:11	50:11	1:29:00	3:30:33	140.49	268.33
89	16:20	24:52	42:43	52:04	1:32:33	3:40:16	143.63	274.35
90	16:55	25:47	44:21	54:05	1:36:19	3:50:45	146.81	280.45
91	17:33	26:45	46:04	56:12	1:40:20	4:02:05	150.06	286.62
92	18:13	27:47	47:53	58:28	1:44:37	4:14:23	153.36	292.86
93	18:56	28:53	49:50	1:00:52	1:49:12	4:27:47	156.73	299.18
94	19:40	30:02	51:54	1:03:26	1:54:07	4:42:28	160.16	305.58
95	20:28	31:16	54:06	1:06:11	1:59:26	4:58:39	163.65	312.05

VETERAN'S AGE ADJUSTMENTS (PER RIDER) - MEN TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00
41	0:01	0:02	0:03	0:04	0:06	0:13	0:35	0:79
42	0:03	0:04	0:06	0:07	0:12	0:28	0:76	1:71
43	0:04	0:06	0:10	0:12	0:20	0:45	1:23	2:76
44	0:06	0:08	0:13	0:16	0:28	1:04	1:75	3:92
45	0:07	0:11	0:18	0:22	0:37	1:25	2:32	5:20
46	0:09	0:13	0:23	0:27	0:48	1:48	2:94	6:59
47	0:11	0:16	0:28	0:34	0:59	2:12	3:61	8:08
48	0:13	0:20	0:33	0:40	1:10	2:40	4:33	9:67
49	0:15	0:23	0:39	0:48	1:23	3:09	5:09	11:36
50	0:18	0:27	0:46	0:55	1:36	3:39	5:89	13:14
51	0:21	0:31	0:52	1:03	1:51	4:12	6:73	15:00
52	0:23	0:35	0:59	1:12	2:06	4:47	7:62	16:95
53	0:26	0:39	1:07	1:21	2:22	5:24	8:54	18:99
54	0:29	0:44	1:14	1:30	2:38	6:02	9:50	21:09
55	0:32	0:49	1:23	1:40	2:56	6:43	10:49	23:27
56	0:36	0:54	1:31	1:51	3:15	7:25	11:52	25:53
57	0:39	0:59	1:40	2:02	3:34	8:11	12:58	27:85
58	0:43	1:04	1:50	2:13	3:54	8:58	13:68	30:24
59	0:47	1:10	2:00	2:25	4:15	9:47	14:80	32:70
60	0:50	1:16	2:10	2:38	4:37	10:38	15:97	35:21
61	0:54	1:22	2:21	2:51	5:00	11:32	17:16	37:79
62	0:59	1:29	2:32	3:04	5:25	12:28	18:38	40:43
63	1:03	1:36	2:43	3:19	5:50	13:27	19:64	43:12
64	1:08	1:43	2:55	3:33	6:16	14:29	20:92	45:87
65	1:12	1:50	3:08	3:48	6:43	15:33	22:24	48:68
66	1:17	1:58	3:21	4:04	7:12	16:40	23:58	51:54
67	1:23	2:05	3:35	4:21	7:41	17:50	24:94	54:44

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	1:28	2:13	3:48	4:38	8:12	19:03	26:35	57:40
69	1:34	2:22	4:03	4:56	8:44	20:20	27:77	60:41
70	1:39	2:31	4:19	5:15	9:17	21:39	29:23	63:46
71	1:45	2:40	4:35	5:34	9:52	23:03	30:71	66:56
72	1:51	2:49	4:51	5:54	10:28	24:30	32:22	69:70
73	1:58	3:00	5:08	6:15	11:06	26:02	33:76	72:89
74	2:05	3:10	5:26	6:37	11:45	27:38	35:33	76:12
75	2:12	3:21	5:45	7:00	12:26	29:18	36:93	79:39
76	2:19	3:32	6:04	7:24	13:09	31:04	38:55	82:71
77	2:27	3:44	6:24	7:48	13:54	32:55	40:20	86:06
78	2:35	3:56	6:45	8:14	14:40	34:51	41:88	89:45
79	2:43	4:08	7:07	8:41	15:29	36:54	43:58	92:88
80	2:52	4:22	7:30	9:10	16:21	39:03	45:32	96:36
81	3:00	4:36	7:54	9:39	17:14	41:20	47:08	99:86
82	3:10	4:50	8:20	10:10	18:11	43:45	48:87	103:41
83	3:20	5:05	8:46	10:42	19:10	46:17	50:69	106:99
84	3:30	5:21	9:13	11:16	20:12	49:00	52:55	110:60
85	3:41	5:37	9:42	11:52	21:18	51:52	54:43	114:25
86	3:52	5:55	10:13	12:29	22:28	54:56	56:34	117:94
87	4:04	6:13	10:45	13:09	23:41	58:12	58:28	121:66
88	4:17	6:32	11:19	13:50	24:59	1:01:42	60:26	125:42
89	4:30	6:52	11:54	14:34	26:21	1:05:28	62:27	129:21
90	4:44	7:13	12:32	15:21	27:48	1:09:31	64:31	133:03
91	4:58	7:36	13:12	16:10	29:21	1:13:53	66:39	136:88
92	5:13	8:00	13:54	17:02	31:00	1:18:38	68:50	140:77
93	5:30	8:25	14:39	17:58	32:47	1:23:49	70:65	144:68
94	5:48	8:52	15:27	18:58	34:41	1:29:30	72:83	148:64
95	6:06	9:21	16:18	20:01	36:44	1:35:45	75:06	152:62

VETERAN'S AGE ADJUSTMENTS (PER RIDER) - WOMEN TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	1:16	1:54	3:11	3:49	6:29	13:31	14:80	24:39
41	1:16	1:54	3:11	3:50	6:30	13:35	14:94	24:78
42	1:16	1:54	3:12	3:51	6:32	13:39	15:10	25:24
43	1:16	1:55	3:12	3:52	6:33	13:44	15:28	25:76
44	1:17	1:55	3:13	3:53	6:36	13:50	15:49	26:35
45	1:17	1:56	3:14	3:54	6:38	13:58	15:72	27:02
46	1:17	1:56	3:15	3:56	6:41	14:06	16:00	27:77
47	1:18	1:57	3:17	3:58	6:45	14:16	16:31	28:60
48	1:19	1:58	3:19	4:00	6:49	14:28	16:66	29:53
49	1:20	2:00	3:21	4:03	6:54	14:42	17:05	30:54
50	1:21	2:01	3:24	4:06	7:01	14:59	17:49	31:65
51	1:22	2:03	3:27	4:11	7:09	15:18	17:98	32:87
52	1:24	2:05	3:32	4:15	7:18	15:40	18:52	34:20
53	1:25	2:08	3:36	4:21	7:28	16:05	19:12	35:63
54	1:27	2:12	3:42	4:28	7:40	16:34	19:78	37:17
55	1:29	2:15	3:48	4:36	7:54	17:07	20:50	38:84
56	1:32	2:19	3:55	4:44	8:09	17:44	21:29	40:63
57	1:36	2:24	4:03	4:54	8:27	18:25	22:15	42:54
58	1:39	2:29	4:12	5:05	8:47	19:12	23:08	44:57
59	1:43	2:35	4:23	5:18	9:09	20:04	24:08	46:74
60	1:47	2:42	4:34	5:32	9:34	21:01	25:16	49:03
61	1:52	2:49	4:47	5:48	10:01	22:05	26:31	51:44
62	1:58	2:58	5:01	6:05	10:32	23:16	27:54	53:99
63	2:04	3:07	5:17	6:24	11:06	24:34	28:85	56:66
64	2:11	3:17	5:35	6:46	11:43	26:00	30:25	59:47
65	2:18	3:28	5:54	7:09	12:24	27:34	31:74	62:39
66	2:26	3:41	6:15	7:35	13:10	29:18	33:30	65:45
67	2:35	3:54	6:38	8:03	14:00	31:12	34:95	68:63

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	2:45	4:10	7:04	8:34	14:54	33:16	36:69	71:94
69	2:56	4:26	7:32	9:08	15:54	35:33	38:51	75:36
70	3:08	4:44	8:03	9:46	17:00	38:03	40:42	78:90
71	3:14	4:55	8:21	10:08	17:39	39:38	41:74	81:61
72	3:22	5:05	8:40	10:31	18:21	41:18	43:07	84:35
73	3:29	5:17	9:00	10:55	19:03	43:01	44:42	87:13
74	3:36	5:28	9:20	11:20	19:48	44:50	45:80	89:95
75	3:45	5:41	9:41	11:46	20:34	46:45	47:20	92:81
76	3:53	5:53	10:03	12:12	21:23	48:44	48:63	95:72
77	4:01	6:07	10:26	12:40	22:14	50:50	50:08	98:66
78	4:11	6:20	10:50	13:10	23:07	53:02	51:56	101:64
79	4:20	6:35	11:15	13:40	24:02	55:21	53:07	104:67
80	4:30	6:49	11:41	14:12	25:00	57:48	54:59	107:72
81	4:40	7:05	12:08	14:46	26:01	1:00:23	56:15	110:82
82	4:50	7:22	12:36	15:21	27:05	1:03:07	57:73	113:96
83	5:02	7:39	13:06	15:57	28:13	1:06:00	59:34	117:14
84	5:13	7:57	13:37	16:36	29:24	1:09:04	60:98	120:34
85	5:25	8:15	14:11	17:16	30:38	1:12:20	62:64	123:59
86	5:38	8:35	14:45	17:59	31:57	1:15:48	64:33	126:88
87	5:52	8:56	15:21	18:44	33:20	1:19:31	66:05	130:20
88	6:06	9:18	16:00	19:31	34:48	1:23:29	67:80	133:56
89	6:21	9:40	16:40	20:21	36:21	1:27:45	69:58	136:96
90	6:36	10:05	17:23	21:13	38:00	1:32:20	71:39	140:39
91	6:53	10:30	18:08	22:09	39:46	1:37:18	73:23	143:86
92	7:11	10:57	18:56	23:09	41:38	1:42:41	75:10	147:37
93	7:29	11:26	19:47	24:12	43:39	1:48:34	77:01	150:91
94	7:49	11:57	20:41	25:19	45:48	1:55:00	78:96	154:50
95	8:10	12:29	21:39	26:31	48:08	2:02:05	80:94	158:12

VETERAN'S AGE ADJUSTMENTS (PER RIDER) - MEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	0:54	1:21	2:16	2:44	4:37	9:38	10:86	17:93
41	0:55	1:23	2:19	2:47	4:43	9:52	11:17	18:64
42	0:57	1:25	2:22	2:51	4:50	10:08	11:55	19:45
43	0:58	1:27	2:26	2:56	4:59	10:26	11:97	20:38
44	1:00	1:30	2:30	3:01	5:08	10:47	12:44	21:41
45	1:01	1:32	2:35	3:07	5:18	11:10	12:96	22:55
46	1:03	1:36	2:40	3:13	5:29	11:35	13:53	23:78
47	1:06	1:38	2:46	3:20	5:41	12:02	14:14	25:12
48	1:08	1:42	2:52	3:27	5:54	12:32	14:79	26:53
49	1:11	1:46	2:58	3:35	6:08	13:04	15:48	28:03
50	1:13	1:50	3:05	3:44	6:22	13:37	16:20	29:61
51	1:16	1:54	3:12	3:52	6:38	14:13	16:97	31:28
52	1:19	1:59	3:20	4:02	6:54	14:51	17:77	33:01
53	1:22	2:03	3:28	4:12	7:12	15:32	18:61	34:82
54	1:25	2:09	3:37	4:22	7:30	16:14	19:48	36:71
55	1:29	2:14	3:46	4:33	7:49	16:59	20:38	38:65
56	1:32	2:19	3:55	4:45	8:10	17:45	21:31	40:66
57	1:36	2:25	4:05	4:57	8:31	18:35	22:28	42:74
58	1:40	2:31	4:16	5:09	8:53	19:26	23:28	44:88
59	1:44	2:37	4:26	5:23	9:17	20:20	24:30	47:08
60	1:48	2:44	4:37	5:36	9:41	21:16	25:36	49:33
61	1:53	2:51	4:49	5:50	10:06	22:15	26:45	51:65
62	1:58	2:58	5:01	6:05	10:33	23:17	27:56	54:01
63	2:02	3:05	5:14	6:21	11:00	24:22	28:70	56:43
64	2:08	3:13	5:27	6:37	11:28	25:29	29:86	58:90
65	2:13	3:21	5:41	6:54	11:58	26:39	31:06	61:42
66	2:18	3:29	5:56	7:11	12:29	27:52	32:28	63:99
67	2:24	3:38	6:11	7:29	13:01	29:09	33:53	66:61

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	2:30	3:47	6:26	7:48	13:36	30:29	34:80	69:27
69	2:36	3:56	6:42	8:08	14:11	31:53	36:10	71:98
70	2:42	4:06	6:59	8:28	14:47	33:21	37:43	74:74
71	2:49	4:16	7:16	8:49	15:25	34:52	38:78	77:54
72	2:56	4:26	7:34	9:12	16:04	36:28	40:15	80:39
73	3:03	4:37	7:53	9:35	16:46	38:08	41:56	83:27
74	3:10	4:48	8:12	9:58	17:29	39:53	42:98	86:20
75	3:18	5:00	8:33	10:23	18:14	41:44	44:44	89:17
76	3:26	5:12	8:54	10:49	19:01	43:39	45:92	92:18
77	3:34	5:25	9:16	11:16	19:50	45:41	47:42	95:23
78	3:43	5:39	9:39	11:45	20:41	47:48	48:95	98:32
79	3:52	5:52	10:03	12:14	21:35	50:03	50:51	101:45
80	4:01	6:07	10:29	12:45	22:31	52:24	52:09	104:62
81	4:12	6:22	10:55	13:17	23:30	54:54	53:71	107:82
82	4:22	6:38	11:23	13:51	24:32	57:32	55:34	111:07
83	4:33	6:54	11:51	14:27	25:36	1:00:20	57:01	114:35
84	4:44	7:12	12:22	15:04	26:45	1:03:18	58:70	117:67
85	4:56	7:30	12:53	15:43	27:57	1:06:26	60:42	121:02
86	5:08	7:49	13:27	16:24	29:13	1:09:48	62:17	124:42
87	5:21	8:09	14:02	17:07	30:33	1:13:23	63:95	127:84
88	5:35	8:30	14:39	17:53	31:58	1:17:13	65:76	131:31
89	5:49	8:52	15:18	18:41	33:28	1:21:20	67:60	134:81
90	6:04	9:15	15:59	19:32	35:04	1:25:46	69:47	138:35
91	6:20	9:40	16:43	20:26	36:46	1:30:34	71:38	141:92
92	6:37	10:06	17:29	21:23	38:35	1:35:46	73:31	145:53
93	6:55	10:34	18:18	22:24	40:31	1:41:27	75:28	149:18
94	7:14	11:03	19:11	23:29	42:36	1:47:39	77:29	152:86
95	7:34	11:35	20:07	24:39	44:51	1:54:30	79:33	156:58

VETERAN'S AGE ADJUSTMENTS (PER RIDER) - WOMEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	2:16	3:25	5:44	6:55	11:43	24:25	24.75	40.58
41	2:17	3:25	5:45	6:56	11:44	24:30	24.87	40.91
42	2:17	3:26	5:46	6:56	11:46	24:35	25.01	41.31
43	2:17	3:26	5:46	6:57	11:48	24:40	25.16	41.77
44	2:17	3:26	5:47	6:58	11:50	24:47	25.35	42.28
45	2:18	3:27	5:48	7:00	11:52	24:55	25.56	42.86
46	2:18	3:28	5:49	7:01	11:56	25:04	25.80	43.51
47	2:19	3:29	5:51	7:03	12:00	25:15	26.07	44.24
48	2:20	3:30	5:53	7:06	12:05	25:28	26.37	45.05
49	2:21	3:32	5:56	7:09	12:11	25:44	26.72	45.94
50	2:22	3:33	5:59	7:13	12:18	26:01	27.11	46.91
51	2:23	3:36	6:03	7:18	12:26	26:23	27.55	47.99
52	2:24	3:38	6:07	7:23	12:36	26:47	28.04	49.16
53	2:26	3:41	6:12	7:29	12:48	27:14	28.57	50.43
54	2:29	3:44	6:18	7:36	13:00	27:46	29.17	51.80
55	2:32	3:48	6:25	7:45	13:15	28:22	29.82	53.28
56	2:35	3:53	6:33	7:55	13:33	29:02	30.53	54.88
57	2:38	3:58	6:42	8:05	13:52	29:48	31.31	56.58
58	2:42	4:04	6:52	8:18	14:13	30:39	32.15	58.41
59	2:46	4:11	7:03	8:31	14:38	31:36	33.06	60.35
60	2:51	4:18	7:16	8:47	15:05	32:39	34.04	62.41
61	2:56	4:26	7:30	9:04	15:36	33:49	35.09	64.58
62	3:02	4:35	7:46	9:23	16:09	35:06	36.22	66.88
63	3:09	4:45	8:03	9:44	16:46	36:32	37.42	69.31
64	3:16	4:57	8:22	10:07	17:27	38:06	38.70	71.85
65	3:24	5:09	8:43	10:33	18:12	39:49	40.06	74.51
66	3:33	5:23	9:06	11:01	19:01	41:43	41.50	77.30
67	3:43	5:37	9:32	11:32	19:56	43:48	43.01	80.20

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	3:54	5:54	10:00	12:06	20:56	46:04	44.62	83.23
69	4:06	6:12	10:31	12:44	22:01	48:34	46.30	86.36
70	4:19	6:32	11:05	13:25	23:13	51:18	48.06	89.62
71	4:26	6:43	11:24	13:49	23:57	53:03	49.26	92.08
72	4:34	6:55	11:45	14:14	24:42	54:51	50.47	94.56
73	4:42	7:08	12:06	14:40	25:29	56:45	51.70	97.08
74	4:51	7:20	12:29	15:08	26:18	58:45	52.96	99.64
75	5:00	7:34	12:52	15:36	27:09	1:00:49	54.24	102.25
76	5:09	7:48	13:16	16:05	28:02	1:03:00	55.54	104.89
77	5:18	8:02	13:41	16:36	28:58	1:05:18	56.87	107.57
78	5:28	8:17	14:07	17:08	29:56	1:07:43	58.22	110.28
79	5:38	8:33	14:35	17:42	30:57	1:10:15	59.59	113.04
80	5:49	8:49	15:03	18:17	32:00	1:12:56	60.99	115.84
81	6:00	9:06	15:33	18:53	33:07	1:15:46	62.41	118.66
82	6:12	9:24	16:04	19:32	34:17	1:18:46	63.85	121.53
83	6:24	9:43	16:37	20:12	35:31	1:21:55	65.32	124.44
84	6:37	10:03	17:11	20:54	36:48	1:25:17	66.81	127.38
85	6:50	10:23	17:47	21:38	38:10	1:28:51	68.34	130.36
86	7:04	10:45	18:25	22:25	39:36	1:32:39	69.88	133.38
87	7:19	11:08	19:05	23:14	41:07	1:36:43	71.46	136.44
88	7:35	11:31	19:47	24:06	42:44	1:41:04	73.05	139.53
89	7:51	11:57	20:31	25:00	44:26	1:45:44	74.69	142.66
90	8:08	12:23	21:18	25:58	46:14	1:50:46	76.34	145.83
91	8:26	12:51	22:07	26:59	48:10	1:56:12	78.03	149.04
92	8:45	13:21	23:00	28:04	50:13	2:02:07	79.75	152.29
93	9:06	13:52	23:56	29:13	52:25	2:08:33	81.50	155.57
94	9:27	14:25	24:55	30:27	54:47	2:15:36	83.28	158.90
95	9:50	15:01	25:59	31:47	57:20	2:23:22	85.10	162.27



Front cover photo

Kath Smith (Sleaford Wheelers & East Midlands Group)
loves getting the miles in.
Here she is winning the 2024 VTTA 12 Hour Championship;
she also won the 24 hour and was second in the 100.
(Credit Kimroy Photography)

Back cover photo

Mike Anderson (CC Moncontour & Wessex Group)
gets under way in the 2024 VTTA South Closed Circuit
Championship at Goodwood.
(Credit - Sheena Booker)



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