



Veterans Time Trials Association



© My Event Pix

Brian Hygate (Fareham Wheelers and VTTA Wessex) rode the classic Monsal Head hill climb in the Derbyshire Peak District. His age is prominently displayed on his race number!

The Veteran

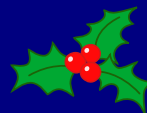
Number 84 December 2024





THE VETERAN

The quarterly magazine of the
Veterans Time Trials Association



Number 84

December 2024

• NATIONAL EXECUTIVE COMMITTEE 2024 •

President



Tony Farrell (Manchester & North West)
01625 820210 : f.t.a.1@icloud.com

Chairman



Andrew Simpkins (Midlands)
07767 835004 : chairman@vtta.org.uk

Vice Chairman



Mark Bradley (West)
07890 583253 : vicechairman@vtta.org.uk

National Secretary

secretary@vtta.org.uk

Treasurer



Ian Pritchard (West)
01275 845779 : i.pritchard@sky.com

**Membership
Secretary**



Merv Player (East Anglian)
01438 814154 : mervplayer33@gmail.com

**Age Records
Secretary**



Ian Greenstreet (London & Home Counties)
07980 301321 : iangreenstreet@gmail.com

Awards Secretary



Joy Payne (London & Home Counties)
01494 817658 : joypayne27@gmail.com

IT Manager



Jon Fairclough (Scotland)
01573 963125 / 07976 558616 : itmanager@vtta.org.uk

**Editor & Advertising
Secretary**



Mike Penrice (Yorkshire)
Tawnylands, South Duffield Road, Osgodby, Selby, YO8 5HP
01757 291196 / 07598 168709 : editor@vtta.org.uk

Committee Member

Rachael Elliott (London & Home Counties)
07931 722817 : rachael.elliott@gmail.com

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

Vice Presidents

Eddie Green and Jim Burgin

Website : vtta.org.uk and Facebook



Merry Christmas and a Happy New Year



Editorial

Welcome to the year end edition of your magazine, which as always reports on our late season national championships and includes national age records set during the year and full lists of all qualifiers in our competitions. Below these national performances there are of course a host of group competitions and most groups now appear to have enthusiastically adopted their own group age records. Competition is as keen as ever both locally and nationally, and there have been some outstanding performances, particularly from the older age groups, who embrace the ethos “Competitive Cycling For Life”.

The Gran Fondo World Championships have become an important event for some of our members and are reported on in these pages. The mainland Europe venue in Denmark attracted even more riders than did Dundee in 2023, but our riders excelled again, bringing more stripey jerseys and shiny metal discs back to these shores. Well done to our winners, and in fact everyone who represented us and demonstrated how healthy veteran’s time trialling is in the UK.

A major feature in this edition of The Veteran is a reprint of an article from 1999, which I’m sure will be remembered by our longer term members and who will welcome an opportunity to read it again. Written by the late Paul Wildsmith, he was a hill climber of note in his young days and matured into an outstanding veteran time triallist, until he sadly contracted motor neurone disease in his 50s. He recorded the frustrations of his increasingly debilitated condition with remarkable humour It’s a cruel disease and as we enter the Christmas season, please spare a thought for those no longer able to enjoy their cycling due to age or illness and especially those taken from us before their time.

Enjoy your Christmas and the New Year, but please don’t over indulge!

Mike Penrice

CONTENTS

3 - 10	Officials Reports & Notices
11	Welcome to New Members
12	Age 80+ Members Racing
13 - 17	Living in the Dead Zone
19 - 20	Zwift Racing
21 - 24	National 25 miles Championship
25 - 27	National 100 Miles Championship
28 - 57	Around the Groups (Alphabetically)
37	Obituary - Jack Armstrong
52	Obituary - Ian Rogers
58 - 61	VTTA Time Trialists Take On the World
62	News From Other Worlds
63	No Californian Gold For VTTA Raiders
64 - 65	LEJOG Women’s Tandem record
66	Norman Gives Malcolm a Lesson!
67 - 69	National Age Records Round Up & Tables
70 - 83	Season Long Competitions Review & Tables

**COPY DATE FOR THE NEXT EDITION
OF ‘THE VETERAN’ IS
TUESDAY 11TH FEBRUARY 2025**

President's Piece

It is with great satisfaction that I reflect on the progress the Association and the National Forum have made in 2024. I have posted an article in this edition expressing my opinion on the effectiveness of the Forum and the continuing support from the Group representatives. During the year they have presented, with their contributions, challenges and support to the NEC on a number of issues and I thank them on behalf of the NEC.

The Association remains a beacon of light in our threatened sport. Yes, our membership is in decline but not as seriously as feared post Covid.

NEC and the Forum are regularly looking at ways of attracting more riders, and non-riders, to join the VTTA. Our *raison d'être* is time trialling and groups work hard to ensure that promoted events are effective and attractive to all riders. I am aware of the lack of promoters in some groups, and of the work many members who do by offering their time and effort. The use of piggy backing on the events of local clubs has increased in the past few years, as has the issues with the loss of courses due to a number of factors.

We have agreed that the VTTA National 100 Mile Championship will be hosted in the Anfield event now that this iconic event has an assured future, thanks to the support of the West Cheshire TTA in taking it over due to dwindling Anfield BC membership. The location is more central than some of our recent 100 mile events and that alone might well encourage a large field.

It is suggested in one of the motions for the AGM that we omit the 30 mile championship from the schedule and replace with a Road Bike Championship, a move that could recognise and encourage those riders who wish to remove themselves from what has become an expensive pursuit in terms of improved aerodynamics. A new challenge on a sporting course over a non-standard distance, what could be more appealing?

There will not be many members who are unaware of the successes achieved by VTTA riders not only in our championships but in the prestigious UCI Gran Fondo Championships events in Aalborg, Denmark.

There were many representatives across the age groups and different events and whilst there is a full report in this edition I will mention a couple of notable performers: Linda Dewhurst continued her very impressive domestic form in championship events and went on to gain top place in her age group. Matthew Smith and Kevin Tye both attained the top spot in their age groups with Kevin maintaining a very impressive run of world titles.

Take a close look at the front and back of this magazine. At 87, both age and number, Brian Hygate competing in the Monsal Head Hill climb and a somewhat younger Martin Sturge competing in the National 25 mile championship despite the most awful conditions. Both are displaying the ethos of the VTTA motto "Competitive Cycling for Life" and we look forward to seeing you both competing in 2025.

Well, it is that time of the year again; have a safe and happy festive season and into 2025.

Tony Farrell

The Chairman Reflects

Another season has finished and again we have seen some terrific and motivational performances from our members. One of the most interesting Veteran articles of the year was back in the March edition with Richard Oakes' account of his UCI World Masters hour record in Switzerland. This was a truly courageous ride and shows that veteran performances can be more inspiring than those by the young professionals. Other impressive achievements included Kath Smith winning the women's 12 and 24 hour titles at age 70. Kath rode over 349 miles in the 24 giving her an Age Adjusted Distance of 481.45 miles. Very few people of any age could do a 24 hour ride and to do so at 70 shows just what a veteran cyclist can achieve with the commitment and courage to keep setting themselves new targets. There are so many other commendable performances worthy of mention but I must also include Linda Dewhurst who won the VTTA 10, 15, 25 and 30 championships, plus 2 UCI World Titles in the road race and time trial, and then achieved a remarkable silver medal in only her second gravel race at the UCI Gravel World Championships in Belgium. Truly world class results! I even found myself up against Linda in a BMRC road race this season and was grateful for her time trialling ability as she helped a small group of us sustain a breakaway to the finish!

Group annual lunches provide a great opportunity to share in each other's achievements as well as receiving one's own recognition if you have achieved standards, age records, and awards in season long competitions. There are not many opportunities for group members to get together socially but without the groups we would not have a VTTA. We are a very 'solo' sporting discipline (plus tandems!) but I do encourage you to attend your Group lunch and to enjoy the opportunity to share in what our sport gives to us all. We can all benefit from conversations with each other, and one of my learning points from the season came from talking to top riders, Mark Sanders and Sarah Matthews, who shared with me that one of the reasons for their success was including gym work in their training, particularly with weights. We all know that as we get older our strength

declines and our FTP with it. I therefore made the decision to join my local gym in October and have been going twice a week. I have quite enjoyed using the different equipment and slowly building up what I can do. It's still early days but I could already feel the benefit on a very hilly club run on Saturday. Hopefully improvements will carry through into next year's time trials!

My best wishes to all members for the Christmas season and for a happy 2025. Keep on riding!

Andrew Simpkins

WANTED BY COLLECTOR

**OLD RACING CYCLES,
FRAMES & COMPONENTS**

1920-1990 VINTAGE

Can collect from most areas if
required

01642 555168
07990 972470

IT Manager's Update

In the last issue I mentioned that work has started on a website enhancement to allow members to pay for membership, standards etc. by direct debit. This is now about to enter testing. When it becomes available we will send an announcement to members. You will then be able to set it up anytime, so if you have already renewed all you will need to do is to log in and set it up. After that you can forget about having to renew your membership every year, it will happen automatically.

CTT is pushing ahead with its new website. We are working with them to ensure all the integration features the VTTA website has with the current CTT website will be provided from the new one from when it goes live: member linking and results feed. I will be testing member linking next week.

The end of the season always involves a lot of work by recorders to gather competition results, records and claims for standards awards. The functionality of the website has been enhanced over the last five years to make their jobs a lot easier and hopefully more accurate.

I am the Scottish VTTA recorder, and that group, like most others, have their own group competitions and races for which results must be calculated and awards made. Some groups, like Surrey/Sussex where I used to be an official, use the placings of members in the National Competitions to decide awards. That simplifies the recorder's job! The SVTTA requires the results for its group competitions and records to have been achieved in Scotland, so competition results require a separate calculation. CTT results in VTTA exports can be easily filtered to identify Scottish courses. Scottish Cycling results must be input manually and I rely on members sending them to me for inclusion.

In summary, there is a lot of number crunching in Excel to do before medals, trophies and certificates can be presented to members. If you are a recorder and have a suggestion for lightening your workload, please email it to me.

Jon Fairclough

INVITATION TO APPLY FOR PAID ADMINISTRATION ROLES SUPPORTING THE NEC

• SEE OPPOSITE •

In recent years the VTTA has had a single paid National Secretary to support the work of the NEC. The needs for this support have changed, however, with the increased use of email, Zoom and the facilities provided on the website. The NEC has therefore reconfigured the key tasks now required into three new paid roles. This may also make them more attractive to potential applicants. A brief summary of these roles is provided below together with the skills and time commitment required. Financial remuneration will be offered for these roles on a self-employed basis. The indicative hourly rate is £13. Reasonable expenses will also be paid. Support and training will be provided by current NEC members.

If you are interested in one or more of these roles please contact the Chairman at chairman@vtta.org.uk or you can call him for an initial conversation on 07767 835004.

WEBSITE AND FACEBOOK ADMINISTRATION

This is a user administration (not a technical IT) role focused on providing information and support to members, Groups and the NEC.

Key Tasks

- Manage general administration changes and updates on the website e.g. officials, membership fees, season long competitions, Group and National events, guidance notes
- Manage publication of news items on the website and Facebook
- Manage communications sent to NEC by email and the Facebook page
- Send out emails to members e.g. renewal reminders
- The IT Manager will provide support to the role and address technical changes and issues.

Key Skills - Familiarity with using websites, Facebook and email

Time required – About 2-3 hours per week on average.

MEETINGS SECRETARY

This is an opportunity to be a member of NEC and the National Forum with the specific responsibility for agendas, the minutes of meetings and following up on actions.

Key Tasks

- Prepare and issues agenda and papers for NEC and National Forum meetings in conjunction with the Chairman and President
- Attend the monthly NEC meeting and the quarterly National Forum meetings on Zoom and take minutes. Send the draft minutes to the Chairman/President for approval within 3 days.
- Follow up with those assigned actions and report progress at the next meetings

Key Skills - Use of Microsoft Office, experience of taking concise action-oriented minutes .

Time Required – About 3 hours per month, and a further 3 hours each quarter.

ANNUAL GENERAL MEETING ORGANISER

This is an annual task involving various tasks required to organize and run our National AGM

Key Tasks

- If not held on Zoom, book the AGM venue including all arrangements. Advise Groups of details.
- Email Group Secretaries to request motions for the AGM and nominations for the Bricknell and Cooke awards and consolidate responses
- Assist the Chairman in preparing the agenda and annual report
- Act as the chief 'point of contact' prior to and on the day of the AGM
- Record actions agreed at the AGM and manage the voting process

Key Skills - Good organiser and communicator, use of Microsoft Office

Time Required - About 4-6 hours per month between October and January plus attendance at the AGM.

Special Awards Announcements

C. W. COOKE TROPHY AND TED BRICKNELL MEMORIAL AWARDS 2024

These awards are nominated by the Groups and determined by the NEC. For 2024 there were 6 nominees for the Cooke Trophy and 8 for the Bricknell Award. All were of a high standard and worthy of consideration.

*The **Ted Bricknell Memorial Award** is given for outstanding services to the Association and for 2024 is made to Andrew Simpkins of Midlands Group.*

Andrew Simpkins has worked tirelessly and efficiently as the VTTA Chairman since he took on the role eight years ago. During this time, he has led the modernisation of the Association with new IT systems and logo, led the implementation of the age adjustments system, and has chaired our AGMs and NEC meetings, always ensuring consensus and agreement is achieved. The VTTA is fit for the future, and Andrew is the person mostly responsible for making that happen.

Despite his official duties Andrew has maintained his participation at the “front end” of our sport and rides time trials very regularly, completing all distances up to 100 miles in 2024.

*The **C. W. Cooke Trophy** is given for the most meritorious racing performances of the season and for 2024 is awarded to Linda Dewhurst of London & Home Counties Group.*

Linda Dewhurst has been time trialling since 2017 and has improved each year. After a very good year in 2023, she has further excelled in 2024. She won VTTA National Championships on AAT at 10, 15, 25 and 30 miles, beating the men at all of these except the 25. She repeated this feat by being outright winner of the VTTA National Short Distance Competition and she has also achieved age 65 national records at 10, 15 and 25 miles.

Setting her sights further afield Linda also competed in the UCI Gran Fondo World Championships in Denmark, where she triumphed in both the time trial and the road race, proving that she is currently the best 65 year old woman racing cyclist on the road in the world.

DISTINGUISHED LIFE MEMBERSHIP ANNOUNCEMENTS

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

Gavin Russell (North Group) becomes a DLM, having been Secretary, Press Secretary and an events organiser for North Group over many years. He has also worked tirelessly as a CTT official and is largely responsible for the growth in popularity of time trialling in the north-east of England.

Ian & Mavis Ross (Manchester & North West Group) also become DLMs. They have been a hard working team for over 40 years, promoting and supporting time trialling in the Manchester area through their active participation in CTT, VTTA and Manchester Ladies CA. Having concluded their own successful racing careers on solos and together on tandem they have continued to devote their time and energies in the necessary administrative roles which keep the sport in good health.

A Review of the National Forum

My intention in this short article is to look back at the role of the National Forum in the overall development of the VTTA.

In the terms of reference it was stated that “the NEC would be supported by the National Forum” and “The National Forum will be consulted on, and may advise on and assist with, significant changes to the Association”. It is my opinion that in the three years since the first meeting of the Forum there is very real evidence that the coming together of Group representatives has made a positive impact on the functioning and presentation of the Association.

The Forum has enabled the Association to establish an effective and constructive communication system. It was pleasing to note how readily the idea was accepted and has been underlined by the attendance on the initial ZOOM. It is an attendance that has rarely varied from a full house and, on occasions when original representatives were unavailable, substitutions were arranged.

The National Forum has met on fifteen occasions, it has advised, challenged and supported the NEC in a number of developments, discussing such matters as:

- Marketing of the VTTA
- Automation of standards/AATs
- Proportional Plusses
- Good Practice guidance for events promotion
- Assimilation of transgender riders into our membership and competition
- And more recently participation of road bikes in National competitions

At the initial meeting the agenda included a very forward looking proposal, a name change. Across subsequent meetings and many informal chats with Group representatives, that idea morphed into a new logo that aptly and effectively describes the *modus operandi* of the VTTA:

“Competitive cycling for life”

Subsequently, a most important item in the early days was the in-depth discussion about the Vision and Values of the Association. Within that presentation there were a number of ideas that are slowly seeing the light of day amongst the Groups, like the recent discussion regarding the recognition of members’ contributions to Groups and the Association in keeping with the Values of the VTTA:

“Recognising and rewarding achievement”

Whilst it is apparent many Groups do that and other Groups are reviewing their practices we are a long way from claiming the VTTA has a consistent approach to celebration of achievements across and within the Groups. It is also apparent that our Mission statement remains unfinished business.

In some ways the outcome is not as important as the process. The Forum has, literally, been the opportunity for many ideas to be put forward, discussed, argued, then either rejected or accepted. Some remain unfulfilled but within the VTTA there are a number of those ideas being addressed and progress is regularly communicated to the Forum.

A significant discussion was the issue about transgender competition within our sport. Whilst the eventual decision was not one for the VTTA to make, there was an open and honest airing of the subject within the Forum.

As I have indicated above, the Forum has made notable contributions to the ongoing development of the Association.

Look at these three Cs:

Contribute - Challenge - Consensus

CONTRIBUTE:

It was initially assumed that the agenda was to promote the intentions of the NEC, yet from the beginning it was stressed that the Forum was a two way system of communication. Early agenda was NEC loaded but as the Forum developed Groups became more assertive and contributions have become more frequent.

Many agenda items engendered constructive and challenging discussion within the meeting, proportional plusses being one that I bring to mind and the work undertaken by East Anglian and Manchester groups working with NEC in order to test the theory.

Groups are more willing to put time into examining ideas that contribute to the development of the VTTA; the Forum has given a voice and safe space in which to discuss those ideas.

CHALLENGE:

There have been thought provoking proposals from Groups and NEC that were fully aired within the Forum, some accepted and others rejected. What the Forum has established is an environment in which Group representatives can bring their ideas and be more readily informed of NEC thinking rather than receive a note from National Chair which sometimes elicits a response.

CONSENSUS:

Looking at the number of varied issues that are raised within the National Forum, it would be understandable if there were more disagreements amongst the representatives. It has been that arguments were aired, opinions expressed in the course of the discussion but there has always been support for the eventual decision.

I would hope that within the environment I believe the National Forum offers, serious disagreements would be voiced and resolved in a constructive and assertive manner.

THE FUTURE:

Long may the idea of the Forum continue, is my hope. As I have stated previously it has been a major element within the development of the VTTA over the past three years. It has provided a more effective and structured system of communication across the Groups that has in some cases led to greater co-operation.

The main component of the National Forum is the Group involvement and I encourage all Groups to take a more front of stage role in the continuing development of this initiative.

Tony Farrell, National President

Membership Matters

WELCOME TO NEW MEMBERS JOINED AUGUST - SEPTEMBER - OCTOBER 2024

East Anglian Group

Richard Camp (Kings Lynn CC), Rory Coxhill (West Suffolk Wheelers)

London & Home Counties Group

Kate Allan (Team Bottrill), Mona Chammas (PDQ Cycle Coaching),
Neil Druce (Didcot Phoenix CC), Anthony Jones (GS Henley), Paul Quinlan (Wokingham CC),
Hugh Seaborn (Kingston Wheelers), Andy Self (North Hampshire RC),
Anthony Ussher (Thame Cycling Club)

Manchester & North West Group

Stephen Parnell (Macclesfield Whs), Krish Dabikeguru Raj (No club), Stephen Tonge (Salford CC)

Midlands Group

Hon Max Chan (Royal Sutton Cycling Club),

North Lancashire & Lakes Group

Nicholas Dinsdale (Clitheroe Bike Club)

Wessex Group

Jerry Cooper (Wightlink-Wight Mountain), Peter Pike (Sotonia CC), Lee Williams (FTP Racing)

West Group

Andrew Metherell (Velo Club Bristol)

MEMBERSHIP RENEWAL REMINDER

Just a reminder that memberships are now due for renewal, unless you joined after 1st October 2024. To continue to receive all the benefits of VTTA membership why wait, do it now! You can rejoin by logging into your account at vttta.org.uk or by sending the appropriate fee to your Group Secretary. Fees differ by group but can be found on the website.

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

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

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

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

Over 80 and Still Racing

Name	Club	Group	Age
Norman Harvey	Sotonia CC	Wessex	91
Alex Munro	SVTTA	Scotland	91
Pete Wilson	Bath Cycling Club	West	90
Alasdair Washington	Caithness CC	Scotland	87
Brian Hygate	Fareham Whs CC	Wessex	87
Brian Lewis	Bicester Millennium CC	West	86
Nev Ashman	Manchester Velo CRC	Manchester & NW	85
Stewart Mitchell	Deeside Thistle CC	Scotland	84
Les Humphrey	South Eastern RC	Surrey/Sussex	84
John Murphy	Gloucester City CC	West	84
Norman Fenn	Team Echelon	Midlands	84
Malcolm Timmis	Bromsgrove Olympique CC	Midlands	84
David Stockley	A5 Rangers CC	Midlands	84
Colin Inett	Thanet RC	Kent	84
Derek Morgan	Gannet CC	South Wales	83
Alan Robinson	Central Sussex CC	Surrey/Sussex	83
Murray Kirtan	A5 Rangers CC	Midlands	83
John Howells	Corinium CC	West	83
George Windsor	VTTA (Surrey/Sussex)	Surrey/Sussex	82
Keith Nield	Chester RC	Merseyside	82
John Tiffany	Harrogate Nova CC	Yorkshire	81
David Griffiths	Crewe Clarion	M&NW	81
Peter Macklam	Yorkshire RC	Yorkshire	81
Bob Brabbins	VTTA West	West	81
David England	Crabwood CC	Wessex	81
Bob Awcock	Born to Bike	Midlands	80
Robert Brown	EH Star	Scotland	80
Alan Sides	Rotherham Whs	North Midlands	80
John Scott	Sleaford Whs	East Midlands	80

Our list of grand old gentlemen of the VTТА who are still racing remains fairly static year-on-year, but once again is devoid of women. Come on ladies!

It's good to see the ever-enthusiastic Norman Harvey still racing on the tandem trike and picking up age records, mainly with Mary Corbett, although he does occasionally offer tandem trike race partnering experiences to other unsuspecting riders - see Malcolm Cox's article in this edition.

Still plugging away on the solo is Scotland's Alex Munro. He is currently following in the wheel tracks of now retired Ron Hallam and Peter Hornsell but if he keeps going may start setting some national records very soon. In the meantime he set three Scotland Group age records to add to the 10 which he already held.

Alasdair Washington deserves a special mention for grabbing whatever racing opportunities he can find on the windswept roads of the north coast of Scotland, where in the only CTT open 10 of the year he did 29:11.

From the other end of the country comes Brian Hygate of Fareham Wheelers, also 87 like Alasdair. His open events season consisted of the 24 hour (DNF), the Welsh 12 hour (national age record of 192.88 miles) and a ride in the Monsal Head Hill Climb, which has earned him pride of place as our front cover star.

Well done to all on this list for continuing to set a great example.

Living in the Dead Zone

By Paul Wildsmith

Introduction by the Editor

Some articles are just too moving to ever forget and the following contribution from the late Paul Wildsmith, which appeared in the October 1999 Veteran magazine is one of them; it deserves a fresh airing.

Paul had been a good time triallist in his younger days, riding for East Bradford CC and he excelled at hill climbing, winning the national championship in 1967 and leading his club to the team award in 1966 and 1975. He came back to the sport in later life, now living in Northumberland where he then worked as a college lecturer in telecommunications. As a veteran he set VTTA national age records in 1994 (100 miles in 3:48:04 aged 49), 1995 (30 miles in 1:03:03 aged 50), 1996 (30 miles in 1:02:18 aged 51) and 1997 (25 miles in 51:19 aged 52). He appeared destined for much greater successes as a veteran time triallist until first struck by a tumour on his spinal cord and then by motor neurone disease, which he fought bravely and with apparent humour.

Sadly Paul passed away in October 2000, having been supported throughout his illness by his wife Janis. 25 years after his passing she has given her permission to reproduce the following article which Paul wrote for The Veteran. She has also given some explanation of how he managed to keep cycling and how he managed to write these words.

Paul was a very determined person and despite his physical decline his mind was as sharp as ever; he went to extraordinary lengths to keep writing and riding for as long as possible. He spent a great deal of time during his MND journey 'writing' funny stories about their cycling adventures with friends. As his disease progressed the time it took him to do so increased a great deal and also the means of doing so became more demanding. Early on he was introduced to a speech programme for his laptop computer, he would type and it would speak his words. At first he would use his finger on the keyboard but his wrist would have to be supported by a gadget clamped to his wheelchair that would swivel as he moved around the keyboard. Then the finger required a splint because it would buckle under pressure. Eventually all hand options were exhausted and a switch, which was placed under his chin, was introduced; this plugged into the laptop and on clicking would scan the alphabet on the screen and then he would click again when he wanted to select a letter. It was laborious but it was by now the only way he could communicate and 'write'. Sometimes whole texts would disappear in error so he would have to start again.... but he never gave up!

They received a lot of help from friends and professionals. Their heroes were the boys from the medical physics department at the general hospital; they would come out and assess the problem, scribble a few notes, do a bit of "hmm and hmm" then a week later come back with an engineering masterpiece that allowed Paul to remain independent and active. They adapted his solo recumbent with supports, back pedal brakes, electronic gear shifting and when he was no longer able to ride that himself they acquired a side by side tricycle version. Again this was adapted courtesy of the heroes in medical physics but by then an electric motor was fitted to assist their effort. All this enabled Paul and Janis to continue to meet up with cycling friends at a pub out in the countryside, where

they kept a wheelchair. On their arrival his friends would bring the chair out and man handle Paul out of the recumbent and into the chair, a huge effort but it maintained a quality of life which continued until the week before he died.

Janis admits to being very touched that Paul's memory is still alive. It's an inspirational story, a demonstration of the strength of the human spirit and reminds us of how lucky we are to have good health. The following words are all Paul's.

The Reason

I was prompted to write this article when I was told by my friend, Peter Manners, that some of my former racing buddies preferred to avoid me rather than indulge in verbal intercourse. They didn't know what to say, them being normal (well, as normal as cyclists can be) and me looking like something out of their worst nightmare - mine too for that matter!

Subsequently, there have been those who would have liked to know more about the disease but, having initially broached the subject, became too embarrassed and bottled out, unable to press on with the interrogation about the cause of my impending doom.

So, after reading this, those of you who appear in the above groups should hopefully feel easier talking to me. I should point out however, that as a consequence of muscle wastage in my mouth and throat I have involuntarily abandoned the mother tongue and speak entirely in Swahili. This means my interpreter must be present at all interactive conversations.

The Title

This is derived from the mountaineering scene and refers to ground above 8000 ft, where the air is so rarefied that if you are there for more than a few hours you wind up dead. My dead zone is somewhat lower. To be precise, from sea level up (and down) , which leaves me with no manoeuvrability whatsoever to escape the life of a severely disabled person, coupled with the probability of an early demise.

What really grates is the fact that Janis and I had only been married for seven months when the symptoms of the illness first kicked in. I feel really sorry for her. She waits until she is 37 to get wed and ends up with a dud. Life really can be a bitch. This must be almost as bad as winning *Dusty Bin* on 321.

The Disease

Motor neurones are cells that exist in the nervous system for the purpose of passing impulses from the brain to stimulate the muscles. An impulse will travel via a series of motor neurones to the nerve terminal by chemical conduction.

Glutamate is the chemical that provides the link across the gaps that separate the neurones. When too much glutamate is present in the gap, adjacent neurones are caused to fire erroneously. They consequently suffer premature extinction, due to simply wearing out. Is too much glutamate being produced or is the mechanism that exists to mop up the excess malfunctioning?

Either way, the routes taken by the signals from the brain to the muscles become permanently damaged, culminating in muscle wastage, ultimately throughout the body. Nasty!

The Symptoms

If I cover this chronologically we have two problems in parallel, the tumour on my spinal cord and the MND. As the tumour grew it eventually compressed the cord, affecting both sensory and motor functions. In practical terms it started off as a tingle down my left leg and over a five month period developed into loss of sensation down my left side. About the same time came the beginning of MND and this took the form of a weakened left thumb. The muscle wastage was not all that apparent at first, because it had little effect on my physical operation. the real clue was in the fasciculation (muscle flickering) across my shoulders and down my arms. This, I understand, is caused by muscle imbalance resulting from the individual fibres losing their stimulation as the neurones die. Ironically, MND was diagnosed by a couple of Janis's colleagues, who are both district nurses and care for people with the disease.

The plot thickened..... my right leg started losing power. This initially affected my recovery rate after events and culminated in spoiling the actual performances. Off I hopped to the Sports Injury Clinic, optimistically expecting a quick cure at the hands of some voluptuous physio, whose interest in my body was not purely medical. At this point I was off the bike and walking so badly even Quasimodo was cool by comparison. To cut a long story short (for readers who are still awake) I ended up in the Royal Victoria Infirmary in Newcastle under Prof. Turnbull (an ace neurologist) who, after much brow wrinkling, diagnosed the tumour.

I never did find out whether the brow wrinkling was caused by the complexity of the conflicting symbols, or the likelihood of his budget being reduced by the cost of the two MRI scans I had. It ought to be stated at this point that MND is diagnosed by the elimination of all the other possibilities, rather than directly in its own right. So, when the tumour was discovered that was considered to be the sole cause of the problem. After all, lightning rarely strikes twice. Two days later I was back at the Infirmary, where the alien was expertly removed. Looking back, I realise I am one of the fortunate few who make a full recovery. Perhaps it was fate's way of making amends for the cruel hand I had been dealt. Big deal!

As the disease progressed I gradually lost the function of my hands and back, followed by ankles, arms and mouth. It was not the loss of mobility and strength that was upsetting so much as the point when I became unable to perform simple everyday tasks. I remember when I first had trouble getting out of the bath; it was funny, Janis and me working like good 'uns to get me up. I soon had the smile wiped off my face! I could only get out using an electric bath seat. All right for geriatrics and the disabled, but not me, a super-fit athlete! That's a laugh. On another occasion I stood on a pebble on the drive and fell; with weakened back muscles you only need to lean over slightly and gravity takes charge. In this instance I fell in front of the garage. After this, I gingerly made my way back into the house. the whole operation took about twenty minutes, most of which was spent scrabbling about on the ground like some prehistoric mammal.

(DAM AND BLAST! I've missed the bloody eclipse. I've waited 54 years to see it and now I'm going to have to wait another 96. What a bummer!) *(The total solar eclipse referred to was 11th August 1999 - Ed)*

Now where was I? Ah yes, you can imagine how I fared getting off and on a bike! Life became a catalogue of minor disasters that have become welded together to form one severely disabled person. A very major problem is the effect on my mouth and throat. You feel so vulnerable when you can't make yourself understood. Then there is the choking. Not your standard choke, more of a spasm. Some random crumb or flavour would cause the epiglottis to slam shut. At this point you panic and gulp air in, when what you should be doing is staying calm and blowing out. After about thirty eye-popping, lung-searing seconds that are enough to make the calmest carer run a mile, I collapse back into the wheelchair in a whimpering heap. At this point I will have just about recovered. It became apparent that there was a pattern forming. Chocolates and toffees were involved in just too many chokes. Clearly, if they were to continue as part of my calorific intake and choking avoided, they would have to be administered as suppositories.

As the motor skills of the limbs fail, their senses are heightened. Bad news! Being more aware of temperature, pain and discomfort serves absolutely no purpose whatsoever, it only increases the misery. My hands and arms, being the worst affected, go cyclically through a set of different conditions. Here's how it goes. My slave places my hands in a comfortable position. About two minutes later hands and arms go dead. Another minute or so and they start tingling. Having passed through some weird sensations this culminates in them feeling as if they had each been placed in a bucket of ice, with the consequent ache that goes with extreme cold. At this point, or before, the slave is asked to move hands to a new position. Now, this is all very well if the slave is feeling perky, but towards the end of a care session it is highly likely that the slave is decidedly un-perky. So, when you ask for the hundredth time to have your hands relocated, the slave will momentarily consider the options, which are:

- a) Make a frenzied knife attack on the invalid and face a probable life sentence. (In view of the appeal procedures and time off for good behaviour, this would probably round down to two months, to be served on the Adriatic coast in a resort of the prisoner's choice.)
- b) Run away and have to stand trial for desertion in the face of the enemy.
- c) Stay put and read the paper, ignoring all requests to move the hands. The requests soon become hysterical tantrums and result in the invalid falling out of the wheelchair. Every time as Oscar winning performance!
- d) Move the hands and shut the whinging up.

My slaves are civilised so I get option d).... so far!

This is just one of the minor irritations of MND. It may sound a bit minor, but when it goes on hour after hour, day after day, it gets pretty major. This heightening of the senses is not confined to just the limbs, my sight, hearing and mind all seem sharper. Although it could be just that I use them more and am reaping the benefit of extra training. It is amazing the time you spend as an able bodied person letting your mind freewheel as you carry out humdrum tasks. Now compare this to someone who is disabled, who will spend all theirs looking, listening and thinking, mainly because there is no humdrum task humdrum enough for them to carry out. So, when you see me out and about, drooling saliva out of the corner of my mouth, sliding out of my wheelchair and grunting like a brain damaged bovine, don't be put off, come and indulge me in some intellectual discussion. But please, structure

your dialogue in such a way your questions and statements conform to my limited contribution, which is a form of animal binary, where grunt is 'yes' and no grunt is 'no'.

Hopefully, this will ease the reservations of the reluctant 'chatters'.

Against All Odds

Prof. Turnbull told me that one in 50,000 are diagnosed with MND and the same with a tumour on the spinal column. By my reckoning, that means one in 2.5 billion have both and I'm in the frame. Aren't I just the lucky one! But you know what they say, however bad things are there will always be someone worse off. Could this really be? Well believe it or not, I read about a bloke who had two neurological diseases like me, except both his were incurable. One was MND, the other was Parkinson's Disease. The latter results in loss of co-ordination of the muscles and appears as severe trembling of the voice, head and limbs. An identical condition, however, is more commonly seen in Yorkshire men a few seconds after being asked to part with money.

I'll wind this section up by saying that I hope all my family and friends appear in the above statistical groups and then, hopefully, when the Grim Reaper is dishing out the dirt they will not have to suffer as I have.

Forever the Hero

Every eight weeks my keeper takes me along to the MND clinic, where I have my deterioration measured. They do this with a series of muscle power tests (no power would be more appropriate) and questions about my general well-being. This translates into an overall mark and no doubt finishes up as some graphical analogy, the characteristic of which wends its weary way down towards the horizontal axis. Now, I decided that Professor Pamela Shaw, under whose care I am, needed some help with her research and I was just the man to give it, sort of inside information. So, at our last meeting I offered my services. After momentarily eyeing me up and down, no doubt expertly assessing my neurone count (not that that would have taken much doing) she welcomed me aboard. YES! Little me - a first team player in the world of neurological science. But alas, with every drop of pleasure there comes pain, so say Vic and Bob (Muellerlite ad) and this was no exception. Professor Shaw would only have me when I'm dead. So although I may be one of the 'brains' involved in finding the cause and cure of MND, sadly mine will be the one dissected, rather than one of those making the diagnosis.

Well, what now?... umm... I suppose after Professor Shaw and transplant men have each had their cut, it's off to the crematorium for the ultimate meltdown, and after that on to an area of the A1 near Blagdon. Here will be my final resting place, a spot where I used to happily while away the hours ripping the legs off my rivals in road time trials.

It's funny, all through life I've always taken the money, soon it will be time to open the box...

If any of our members are doing a "big challenge" and looking for a charity to support they could check out the Motor Neurone Disease Association (www.mndassociation.org/), which does terrific work funding research and supporting sufferers of this dreadful disease.

Zwift Racing

By Steve Jenks

Result of first VTTA V-BAR event – 25 mile TT

This first event of the three BAR races was held on the reasonably flat 25 mile Itza Party course in Watopia. From a starting sign up of over 50 riders there were 28 finishers including 9 of the 12 VTTA members that started. They represented West, East Midlands, East Anglian, Yorkshire, Kent and the Midlands areas.

Overall winner was Kev Fowler (West) in a frisky 56:17, followed a mere two seconds later by Karl Norris (also West). It was interesting that when I looked at the field with 5 minutes to the start I picked these two as the fastest, although I got them the

Rider	Time	Group	AAT
Kev Fowler	0:56:17	West	0:51:17
Karl Norris	0:56:19	West	0:53:55
Michael Wills	1:02:19	East Midlands	0:55:40
James Wood	1:01:15	East Anglian	0:56:15
Angela Hannon-Flaherty	1:07:17	Yorkshire	0:59:08
Andrew Gibson	1:06:13	Kent	1:02:57
Gareth Shepherd	1:10:55	Yorkshire	1:09:43
John Mallen	1:25:33	Midlands	1:11:16
Mick Flaherty	1:18:56	Yorkshire	1:13:33

wrong way round. Third, 6 minutes later, was James Wood (East Anglian) in 61:15 then Michael Wills (East Midlands) just over a minute later. The first two in the AAT table were in the same order with Kev on 51:17, Karl on 53:55 but Michael leapfrogged James onto the podium in 55:40 to 56:15. The other riders in actual finishing order were Andrew Gibson (Kent), Angela Hannon-Flaherty (Yorkshire), Gareth Shepherd (Yorkshire), Mick Flaherty (Yorkshire), who was well down on usual pace on a road bike either injured or chilling, and John Mallen (Midlands), continuing his impressive return to racing after years off and taking to Zwift like the proverbial duck.

Result of second VTTA V-BAR event – 50 mile TT

This second event of the three BAR races was held on the 50 mile Petit Boucle course in France. 27 riders toed the line with 12 finishing, which included 8 VTTA members. Groups represented were West, East Anglian, Scotland, Manchester & NW, Yorkshire and North.

Rider	Time	Group	AAT
Kev Fowler	1:55:20	West	1:44:45
Karl Norris	1:55:56	West	1:50:52
Liz Ball	2:29:36	Scotland	1:53:23
James Wood	2:10:44	East Anglian	2:00:09
Angela Hannon-Flaherty	2:17:11	Yorkshire	2:00:19
Chris Lawrence	2:11:56	North	2:11:28
James Rees	2:20:26	Manchester & NW	2:18:42
Stuart Lloyd	2:29:36	Manchester & NW	2:20:35

Overall winner was again Kev Fowler (West) in 1:55:20, followed only 36 seconds later by Karl Norris (also West), although the gap on AAT was over six minutes. Liz Ball, a stalwart of last winter's 10

mile series, rocketed up the placings to snag third on AAT and leapfrogged James Wood who was third on actual. It was nice to see the ladies occupying a quarter of the finishers. This makes 13 VTTA riders to complete one or more of these two longer events. That just left the 100 mile ride!

Result of third VTTA V-BAR event – 100 mile TT

This third event of the three BAR races was held on the 100 mile Big Flat 8 course. A very pleasing 17 riders (10 VTTA) entered the event with 7 finishing, 5 of which were VTTA members. They represented Wessex, West and Yorkshire areas.

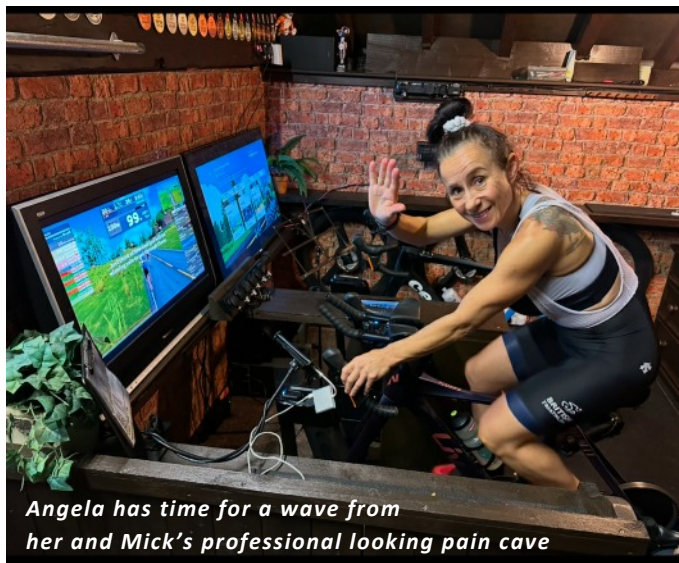
Overall winner was Karl Norris (West) who took the overall lead after finishing second in the previous two events. Second was newcomer Chris Hopkinson (Wessex) on 4:08:09 with another newcomer Rob Lee (West) third on 4:28:51. Angela Hannon – Flaherty (Yorkshire) was fourth in 4:43:03 with hubby Mick close behind in 4:47:01. The times on AAT left the order unchanged apart from Angela, who leapfrogged above Rob into third.

Rider	Time	Group	AAT
Karl Norris	3:54:41	West	3:43:22
Chris Hopkinson	4:08:09	Wessex	3:52:39
Rob Lee	4:28:51	West	4:19:59
Angela Hannon-Flaherty	4:43:03	Yorkshire	4:06:56
Mick Flaherty	4:47:01	Yorkshire	4:21:15

Only two riders completed all three distances for a total of 175 miles; their total times on AAT were:

Karl Norris 6:28:09
Angela Hannon-Flaherty 7:06:23

On a personal note I entered with limited miles under my belt as I have still to get back to full training after Covid. I discovered that the single 54x18 gear I have been racing one hour team time



Angela has time for a wave from her and Mick's professional looking pain cave

trials on is NOT suitable for a four plus hour ride quite early on (!!!!) and so I did not last long. Hopefully I'll complete the re-run on Jan 12th.

Second Opportunities to Complete the Distances.

We have scheduled another set of events as some members were unable to enter all of the first three. The best times for each of distance will count.

VERY IMPORTANT NOTE – These three events have been piggy-backed onto an event which has been expanded to accommodate us. Many thanks to Chris Lawrence, his events are the 10/25/50/100 TT p/b Cleveland Wheelers CC events, all on Sundays at 10am.

- VTTA 25 miles Sunday 1st December on the Itza Party select option B 25 miles
- VTTA 50 miles Sunday 15th December on the Petit Boucle select option C 50 miles
- VTTA 100 miles Sunday 12th January on The Big Flat Eight select option D 100 miles



Final Results for Zwift 5 Mile League

After 25 weeks of racing the final winner was declared. We started off with quite respectable fields but as expected, the numbers dropped as 'in real life' events began, however we still had as many VTTA members as fourteen in events early on. With the scores being 100 for first place going down in ones, the later races would see the best opportunity for high totals and gave Midlands rider Richard Watson the chance to total the highest possible score for best eight results of 800. Close behind was Malcolm Cox from Wessex only five points in arrears and Mick Flaherty from Yorkshire rounding out the podium on 787. Mick's wife Angela Hannon-Flaherty was first lady in fourth overall on 778.

Special mention to John Mallen of the Midlands who made a return to racing after many years off, having discovered Zwift and started to compete indoors. He came in fifth in 774 after starting in event 13 and competing in every event except one.

East Anglia's Wayne Hill and Yorkshire's Richard Durham who were the other two riders to complete the full eight counting rounds. These two also deserve mention for being the riders who competed in most events – 13 each. In total 37 VTTA members competed in at least one event which made it all worthwhile. Eleven of the fifteen VTTA areas were represented.

Massive thanks to Mark Bradley for number crunching each week and James Bailey from Zwift for letting it all happen.

A reminder to all. We take finishing times from ZwiftPower, so if you're riding a VTTA Zwift event it's essential that your VTTA membership number appears against your username on ZwiftPower, and remember, it doesn't get passed through from whatever name you're using on Zwift!

VTTA National 25 Miles Championship

By NEC Representative Tony Farrell

The 25 miles championship was closely fought and produced some worthy winners, although in the early morning it looked unlikely to proceed amidst a downpour of biblical proportions. But proceed it did, with the downpour unrelenting. Riders were reassured by Phil Guy's "There won't be any standing water as there are no flat stretches!" This is true of the D25/20 course used by the promoting VTTA Merseyside Group, on the traditional single carriageway A49 between Whitchurch and Shrewsbury.

As the event clashed with a Manchester event on a reputedly fast dual carriageway course, a field of only 60 riders featured on the start sheet. However the Manchester event was called off only 5 minutes before the first starter, ironically because of standing water!

Of the 60 entrants on the start sheet, 16 were non-starters, mainly due to the weather, and one was DNF after crashing; he was taken to hospital but has recovered. So of the 41 open category riders who faced the timekeeper 33 were VTTA members, all three female starters were VTTA members.

Off first in the deluge was race organiser Alan Broadbent (Graham Weigh Racing) and in slightly less than one hour he was back to supervise the results and HQ proceedings. He was assisted by a very competent team both out on the course and back at the HQ, mainly from the Merseyside Group, delivering a faultless promotion in extremely poor conditions.

Hot favourite for the championship was Linda Dewhurst (Ride Revolution Coaching/London & HC Group), already outright winner of the 10, 15 and 30 championships. The women were all grouped early in the field and Linda returned to take the lead with 51:01 AAT (1:03:54 actual), so it was then a long wait to see whether this would be bettered.

Was it because Linda was number 13 or was it the effect of recently returning from the UCI Vets World Championships in Denmark, where she took double wins in the time trial and the road race, but bettered she was on this occasion! From almost the end of the field Keith Dorling (Team Bottrill/East Anglian Group), more used to the smooth and flat dual carriageways of East Anglia, stormed round in 57:37; this gave him an AAT of 50:58, three seconds faster than Linda and enough to win the open category and to take the Charlie Cole Cup. At 65 years of age and many years of competition this was Keith's first individual championship win, well done Keith!

Visiting riders also took most of the other individual medals. In the open category Midlands rider Joe Costello (Legato RT), a regular championship

*Linda Dewhurst
became female
champion again
but narrowly
missed the
overall*



AWARD WINNERS - VTТА 2024 NATIONAL 25 MILES CHAMPIONSHIP

Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Open	Keith Dorling	Team Bottrill	East Anglian	50:58	Gold
2nd Open	Joseph Costello	Legato RT	Midlands	51:26	Silver
3rd Open	Matt Hill	Zurbaran Racing	North	51:35	Bronze
1st Female	Linda Dewhurst	Ride Revolution Coaching	London & HC	51:01	Gold
2nd Female	Jen Clegg	Team Bottrill	East Midlands	53:54	Silver
3rd Female	Helen Tudor	Oswestry Paragon CC	Merseyside	1:05:18	Bronze
Club Team Champions	Joseph Costello	Legato Racing Team	Midlands	2:37:54	3 x Gold
	Simon Horsley		N Lincs & Lakes		
	Mark Hamer		Midlands		
Group Team Champions	David J Williams	All Velotik Racing Team	Merseyside	2:41:19	3 x Gold
	James Griffiths				
	Jarod Garrington				
Tandem Champions	No tandem team entered				2 x Gold

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

Keith Dorling is also awarded the Fred Thorpe Trophy (for one year) as fastest overall on AA Time.



Back row (L to R) - Jarod Garrington, James Griffiths, David James Williams, Simon Horsley, Mark Hamer, Joe Costello, Keith Dorling, Matt Hill. Front row - Jen Clegg, Linda Dewhurst, Helen Tudor

contender, took the silver, whilst North Group's Matt Hill (Zurbaran Racing) took the bronze after emerging from his remote lair high up in the Yorkshire Dales. In the female category Jen Clegg (Team Bottrill/East Midlands Group) took the silver, whilst the bronze went to the host group's Helen Tudor (Oswestry Paragon).



The group team championship was an equally close run affair. Merseyside won with David Williams, James Griffiths and Jarod Garrington (all of Velotik Racing Team) taking the win by 30 seconds from the East Midlands trio of Mick Stevens (Melton Olympic), Jen Clegg and Matthew Uttley (both Team Bottrill).

The club team championship went Legato Racing Team with Joe Costello, Simon Horsley and Mark Hamer, adding to a run of medals in the 30 and 50 mile championships this season.

The HQ was well staffed and organised with plenty of space, a wide range of refreshments and a pleasant welcoming atmosphere, providing a welcome refuge from the weather. Overall this was a very successful promotion in difficult conditions, a smooth results service with the aid of Andrew Simpkins and a plentiful supply of refreshments, thanks Brigid Night, Sue Wilde and friends.

A big thank you to Merseyside Group, always willing to host a championship, and especially to Alan Broadbent for a great effort.

To the riders, well done for riding in such awful conditions. To all winners, congratulations.

SOLOS FINISHING ORDER - VTTA 2024 NATIONAL 25 MILES CHAMPIONSHIP

(Female in red italics)

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act Pos.	AA Time
1	Keith Dorling	Team Bottrill	E Ang	65	TT	0:57:37	8	0:50:58
2	<i>Linda Dewhurst</i>	<i>Ride Revolution Coaching</i>	<i>L&HC</i>	<i>65</i>	<i>TT</i>	<i>1:03:54</i>	<i>24</i>	<i>0:51:01</i>
3	Joseph Costello	Legato RT	Mids	65	TT	0:58:05	11	0:51:26
4	Matt Hill	Zurbaran Racing	North	64	TT	0:57:48	9	0:51:35
5=	David J Williams	Velotik Racing Team	M'side	45	TT	0:53:07	1	0:52:28
5=	Simon Horsley	Legato RT	NL&L	60	TT	0:57:05	5	0:52:28
7	Mick Stevens	Melton Olympic CC	E Mids	74	TT	1:04:15	25	0:52:45
8	James Griffiths	Velotik Racing Team	M'side	49	TT	0:55:16	2	0:53:51
9	<i>Jen Clegg</i>	<i>Team Bottrill</i>	<i>E Mids</i>	<i>70</i>	<i>TT</i>	<i>1:10:33</i>	<i>28</i>	<i>0:53:54</i>
10	Mark Hamer	Legato RT	Mids	49	TT	0:55:25	3	0:54:00
11	Jarod Garrington	Velotik Racing Team	M'side	53	TT	0:57:24	6	0:55:00
12	Matthew Uttley	Team Bottrill	E Mids	49	TT	0:56:35	4	0:55:10

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act Pos.	AA Time
13	Vincent Pickering	St Christopher's CC	Scot	51	TT	0:57:30	7	0:55:37
14	Christopher Riley	Paramount CRT	M'side	56	TT	0:58:59	15	0:55:43
15	Sean Quinn	Law Wheelers	Scot	51	TT	0:57:55	10	0:56:02
16=	Alan Broadbent	Graham Weigh RT	M'side	50	TT	0:58:20	13	0:56:42
16=	Jonathan Mills-Keeling	Aerologic RT	M'side	52	TT	0:58:50	14	0:56:42
18	Arthur Winstanley	Liverpool Century RC	M'side	68	TT	1:04:54	26	0:56:49
19	Ian Foster	Stafford RC	Mids	57	TT	1:00:55	19	0:57:20
20	Barry Murphy	Graham Weigh RT	M'side	45	TT	0:58:12	12	0:57:33
21	Bryn Davies	Hafren CC	M'side	51	TT	0:59:36	17	0:57:43
22	William Hayes	Velo Club Long Eaton	E Mids	47	TT	0:59:10	16	0:58:10
23	Alastair Semple	Legato RT	Mids	57	TT	1:02:20	21	0:58:45
24	Ben Love	Graham Weigh RT	M'side	45	TT	1:00:00	18	0:59:21
25	Graham Noble	Graham Weigh RT	M&NW	50	TT	1:01:14	20	0:59:36
26	Colin Hayes	Liverpool Century RC	M'side	55	TT	1:02:38	22	0:59:40
27	Mark Fenn	Shropshire CCA	M'side	47	Rd	1:03:31	23	1:02:31
28	Lucy Rogers	Congleton CC	M&NW	55	Rd	1:05:40	27	1:02:42
29	Julian Scutter	East Grinstead CC	S/S	66	TT	1:10:51	29	1:03:44
30	<i>Helen Tudor</i>	<i>Oswestry Paragon CC</i>	<i>M'side</i>	<i>55</i>	<i>TT</i>	<i>1:13:27</i>	<i>31</i>	<i>1:05:18</i>
31	Martin Sturge	Graham Weigh RT	M'side	57	TT	1:11:24	30	1:07:49
32	Keith Nield	Chester RC	M'side	82	TT	1:25:42	34	1:08:07
33	David Griffiths	Crewe Clarion Whs	M&NW	81	TT	1:28:10	35	1:11:28
34	Nick Hickman	Paramount CRT	EA	57	TT	1:15:24	32	1:11:49
35	Geraint Catherall	Anfield BC	M'side	50	TT	1:24:11	33	1:22:33
DNF	Les Boughey (North Shropshire Whs / M'side)							
DNS-A	Janet Fairclough (Liverpool Ph'x CC (Aintree) / M'side), Samantha Howard (Mersey Tri / M'side), Deb Hutson-Lumb (Wrekinsport CC / M'side), Deborah Moss (Springfield Financial RT / NL&L), Robert Griffiths (Graham Weigh RT / M'side), Steve Cornish (St Ives CC / E Ang), Paul Basson (ABC Centreville / M&NW), Andrew Simpkins (Team Echelon / Mids), Steven Loraine (Legato RT / Mids), Kevin Wood (Sherwood CC / E Mids), Mark Sanders (Mid Devon CC / West), Steve Gibson (Peak Road Club / N Mids), Dave Nolan (trainSharp / Yorks), Anthony Turner (Mickey Cranks CC / L&HC)							



VTTA National 100 Miles Championship

By NEC Representative Andrew Simpkins

Sunday 1st September was our VTTA 100 mile championship run in conjunction with the Tyneside Vagabonds event on the M100 course. We had a small but select field of 19 VTTA members in the total of 40, who bravely entered the event on one of the more challenging 100 mile courses in the country, covering four laps of the 'flat' southern part of Northumberland. It was a mild and cloudy morning, so it was the undulations, particularly on the southbound leg, that provided more of a challenge than the weather. Adding to the interest for our riders was the fact that the Geordiemans Triathlon was being run on the same day and shared part of the same course. This was an opportunity for our dedicated time triallists to overtake a large number of triathletes on their sub-aerodynamically optimised road bikes. Also sharing the roads, at least early on, for those time triallists not ready for the challenge of 100 miles, were 40 riders in the Barnesbury CC 25 who covered one lap of the same course. All-in-all there was plenty of cycling activity in the area.

In the women's event, congratulations go to the ever consistent Joanna Cebrat for another championship winning ride. Kath Smith continued her amazing season with a silver medal to add to her championship winning rides in the 12 and 24 hour and Angela Hannon-Flaherty, in her first outing at this distance, took a well-deserved bronze medal.

The men's result was slightly delayed when it was discovered there had been a one digit error in the WhatsApp transmission of a rider's time that resulted in him being incorrectly allocated the gold medal. Thanks to Mick Flaherty for his honesty in pointing this out before the presentation! We also hope Mick has quickly recovered from his fall in the event.

The men's gold medal and champion's jersey was in fact won by Scotland's Chris Smart with a tremendous actual time of 3:43:39 giving him 3:42:01 on AAT. Not only was this Chris's first championship win but he was the only VTTA rider under 4 hours. Only a minute behind him on AAT with 3:43:21, to claim the silver medal was David Nichol with 3:43:21. David, at age 72, rode an impressive actual time of 4:33:25 despite dropping his chain (twice) and stopping to pick up a dropped bottle. The bronze medal went to Philip Kennell with 4:07:50 and an AAT of 3:50:48.

There was an extremely tight result for the winning Group Team. North Group (David Nichol, Philip Kennell, and Stephen Boxall) took the



Women's podium - Kath Smith (2nd), Joanna Cebrat (1st) and Angela Hannon-Flaherty (3rd)

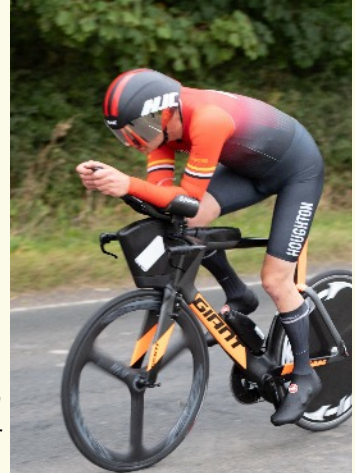
medals by a margin of only 38 seconds over Scotland (Chris Smart, Sean Quinn and Vincent Pickering. North Groups' AAT was 11:35:18 and Scotland's 11:35:56. Where were those 38 seconds lost in eleven and a half hours of riding?

A special mention for the furthest travelled rider in the event, Gary Chiverton of Bournemouth Jubilee Wheelers, who traversed the country from Dorset to Northumberland in order to participate in his first 100 mile event. Well done, Gary!

Our thanks to the event organiser Nick Wild, and to CTT's Sharon Dyson for their positive and helpful support to our championship this year and to all their team of timekeepers, marshals and helpers.



*New 100 mile open
champion and
overall winner
Chris Smart*



*Stephen Boxall,
North group team
third counter*

AWARD WINNERS - VTTA 2024 NATIONAL 100 MILES CHAMPIONSHIP

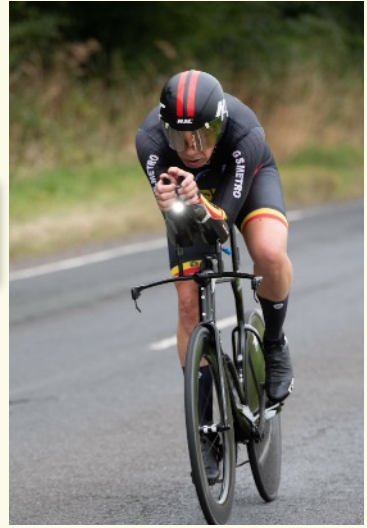
Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Open	Chris Smart	GTR - Return To Life	Scotland	3:42:01	Gold
2nd Open	David Nichol	Ferryhill Whs	North	3:43:21	Silver
3rd Open	Philip Kennell	GS Metro	North	3:50:48	Bronze
1st Female	<i>Joanna Cebzat</i>	<i>360cycling</i>	<i>Manchester & NW</i>	3:59:34	Gold
2nd Female	<i>Kathryn Smith</i>	<i>Sleaford Wheelers CC</i>	<i>East Midlands</i>	4:03:05	Silver
3rd Female	<i>Angela Hannon-Flaherty</i>	<i>Seacroft Whs</i>	<i>Yorkshire</i>	4:11:11	Bronze
Club Team Champions	No club team finished				3 x Gold
Group Team Champions	David Nichol	Ferryhill Wheelers	North	11:35:18	3 x Gold
	Philip Kennell	GS Metro			
	Stephen Boxall	Houghton CC			
Tandem Champions	No tandem teams entered				2 x Gold

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

Chris Smart is also awarded the Doug Brunwin Memorial Salver (for one year) for fastest overall on Age Adjusted Time.



Championship images
courtesy of
**Kimroy
Photography**



*Silver medallist in the open
category and North Group
team leader Dave Nichol*

*Philip Kennell, open category
bronze medallist and North
Group team member*

SOLOS FINISHING ORDER - VTTA 2024 NATIONAL 100 MILES CHAMPIONSHIP

(Female in red italics)

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos.	AA Time
1	Chris Smart	GTR - Return To Life	Scot	43	TT	3:43:39	1	3:42:01
2	David Nichol	Ferryhill Whs	North	72	TT	4:33:25	8	3:43:21
3	Philip Kennell	GS Metro	North	57	TT	4:07:50	5	3:50:48
4	Sean Quinn	Law Wheelers	Scot	51	TT	4:05:50	3	3:56:57
5	Vincent Pickering	St Christopher's CC	Scot	51	TT	4:05:51	4	3:56:58
6	<i>Joanna Cebat</i>	<i>360cycling</i>	<i>M&NW</i>	<i>45</i>	<i>TT</i>	<i>4:28:00</i>	<i>6</i>	<i>3:59:34</i>
7	Stephen Boxall	Houghton CC	North	43	TT	4:02:47	2	4:01:09
8	<i>Kathryn Smith</i>	<i>Sleaford Wheelers CC</i>	<i>E.Mids</i>	<i>70</i>	<i>TT</i>	<i>5:19:52</i>	<i>14</i>	<i>4:03:05</i>
9	Mick Flaherty	Seacroft Whs	Yorks	62	TT	4:32:39	7	4:06:52
10	<i>Angela Hannon-Flaherty</i>	<i>Seacroft Whs</i>	<i>Yorks</i>	<i>55</i>	<i>TT</i>	<i>4:47:18</i>	<i>11</i>	<i>4:11:11</i>
11	Andrew Simpkins	Team Echelon	Mids	70	TT	4:55:42	12	4:11:22
12	James Muir	Glasgow Nightingale CC	Scot	61	TT	4:46:49	10	4:22:57
13	Christopher Beaty	GS Metro	North	41	TT	4:34:37	9	4:34:08
14	Gary Chiverton	Bournemouth Jubilee Wh	Wssx	63	TT	5:13:18	13	4:45:32
DNF	Phil Wright (Hartlepool CC / North), James Wood (West Suffolk Whs / E Ang), Angus Wilson (Dundee Thistle / Scot)							
<i>DNS(A)</i>	<i>Charlotte Dadd (Melton Olympic CC / E.Mids)</i>							
DNS	James Rees (Audax UK / M&NW)							

Group Reports

EAST ANGLIAN

Andrew Grant

The 2024 season expired with rather more than a whimper with two championships to celebrate. Keith Dorling, already silver medallist in the VTTA national 50, finally got his hands on a champion's jersey with a true hard man's ride in appallingly wet conditions in the VTTA National 25, reported elsewhere in this issue. Fittingly, he was also fastest Group member in the Open category in the last Group 10 and 25 of the season, to take a share of the Ron Fisher/Jack King Memorial Shield and H F Nevill Cup, respectively. Best East Anglian Female in each case was from Cambridge CC, though different winners, showing Cambridge strength in depth, Mary Twitchett taking the 10 and Anne Shuttleworth the 25.

Mary, incidentally, has had a fine late season breaking the Group 10 mile record for 64yrs three times, the last improvement to a remarkable 22:39. That will take some beating. Our only national record breakers this year have been Chris Dyason at 10 and 15 miles and Matt Smith at 15.

However, when Matt looks back on his 2024 season, that will probably not be the highlight. His was the other championship alluded to above and it earned him a rainbow jersey in the UCI World Masters 45-49 Time Trial in Aalborg, Denmark in August. The event was on a closed circuit of which Matt notes, "the roads there are excellent. [It was] a very flat route with a long straight section on the way out along the coast, where the wind was the biggest enemy, then a more technical return."

This being an event run under UCI regulations, I asked Matt whether he had noticed any loss of power from having to adapt his position in the bike to the UCI requirements. His reply might give pause for thought to the many local testers with positions at the more recherché end of the spectrum.

"After the worlds in 2023 I decided to focus my season entirely around the 2024 finals. I spent the winter optimising my position and equipment within the UCI regulations and found a solution that got me in a position that was legal, with a better CdA and maintained power output. This was refined a little during the season with test races to get to my final set-up ready for the worlds. I haven't changed a thing since. I really managed to peak well for the event - being able to push harder than ever before, and despite 30 degree heat, hitting my best-ever power numbers for the duration. My coach Jake Rytlewski was instrumental in this and Simon Smart was pivotal in optimising my equipment and position on the bike."

To return to parochial matters, sadly, the last Group event of the season, the Circuit 25 on the E33/25, had to be abandoned owing to an accident involving a rider and a vehicle at Bottisham. This is the second accident in an event on this stretch of road of which I am personally aware. The claims that single-carriageway courses - with two-way traffic travelling at up to 60mph (and oncoming on your side of the road when overtaking), crossroads and T junctions - are inherently safer than dual carriageways, don't to my mind, bear much scrutiny.

The destinations of Group Trophies for 2024 are as follows, all age adjusted speed, time or distance:

Group BAR (Open)

Lionel Lincoln Memorial Shield, awarded annually to the highest-placed Group member in the Open National season-long BAR competition.

1 - Chris Shaw (Fenland Clarion CC) 26.734 mph
2 - Paul Looke (Shaftesbury CC) 24.237 mph
No further Qualifiers

Group BAR (Female)

Freddie Frost Cup

No Qualifiers

Group 3 Distance Championship (Open)

Harry Haynes Shield, awarded annually to the highest-placed Group member in the Open National season-long Three Distance Competition.

- 1 - Darran Bennett (Ely & Dist. CC) 29.832 mph
- 2 - Nic Pillinger (St Neots CC) 28.476 mph
- 3 - Chris Shaw (Fenland Clarion CC) 28.203 mph

Group 3 Distance Championship (Female)

Syd Parkinson Cup

No qualifiers

Group Short Distance Championship (Open)

Group Short Distance Championship Cup, awarded annually to the highest-placed Group member in the Open National season-long Short Distance Competition.

- 1 - Chris Dyason (Cambridge CC) 33.239 mph
- 2 - Keith Dorling (Team Bottrill) 32.447 mph
- 3 - Peter Main (34 Nomads CC) 32.106 mph

Group Short Distance Championship (Female)

Group Short Distance Ladies' Championship, awarded annually to the highest-placed Group member in the National female season-long Short Distance Competition.

- 1 - Louise Robinson (Shaftesbury CC) 30.792 mph
- 2 - Susan Triplow (CC Sudbury) 28.164 mph
- 3 - Julia Freeman (Easterley RC) 28.124 mph

Group 10 Mile TT Points Competition (Open)

10 Miles Time Trial Competition Shield, awarded to the Group member with the most points in the Open category in the season-long 10 mile Time Trial Competition.

Chris Dyason (Cambridge CC)

Group 10 Mile TT Points Competition (Female)

Former Post Office Trophy, donated by Mary Horsnell 2011, awarded to the first Group member in the

female category in the season-long 10 mile Time Trial Competition.

Claire Hall (Parenesis Toughman Cycling)

Awards For Specific Events

Charlie Cliff Shield, awarded annually to the fastest Group members on AAT in each category in the first Group '10'.

Open: Matthew Smith (Drag2Zero) 18:50

Female: Claire Hall (Parenesis Toughman Cycling) 20:38

Ron Fisher/Jack King Memorial Shield, awarded annually to the fastest Group members on AAT in each category in the last Group '10'.

Open: Keith Dorling (Team Bottrill) 18:06

Female: Mary Twitchett (Cambridge CC) 18:30

H F Nevill 25m Cup, awarded annually to the fastest Group members on AAT in each category in the first Group 25.

Open: Keith Dorling (Team Bottrill) 47:53

Female: Ann Shuttleworth (Cambridge CC) 57:41

H F Nevill 30m Cup, awarded annually to the fastest Group members on AAT in each category in the Group 30 mile event.

Open: Matt Smith (Drag2Zero) 1:02:17

Female: Miriam Taylor-Carter (Bedfordshire Road RT) 1:11:29

Syd Parkinson Cup, awarded annually to the fastest Group members on AAT in each category in the Group nominated 50 mile event.

Open: Paul Pardoe (Peterborough CC) 1:39:20

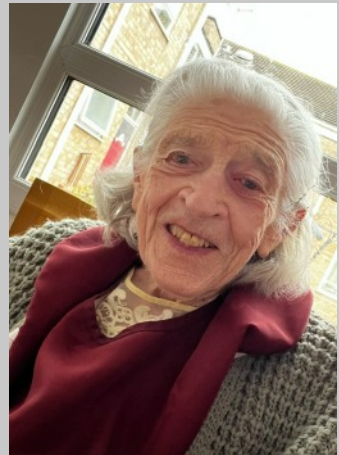
Female: Louise Robinson (Shaftesbury CC) 1:36:58

Bob Haworth Memorial Cup, awarded annually to the fastest Group members on AAT in each category in the Group nominated 100 mile event.

East Anglian group members and many from further afield will remember Mary Horsnell with affection. She was the very longstanding and knowledgeable press secretary for the group, only retiring in late 2021 after over 20 years service. Mary was also a formidable time trialist, holder of multiple age records, but also very active in various roles for her club, Chelmer CC.

Both Mary and her husband Peter are VTTA Distinguished Life Members.

Earlier this year Mary was admitted to Redbond Lodge Care Home in Great Dunmow, Essex, where she can now be found. As this photo shows she has settled in and is fit and well. Whilst Mary would love to welcome old friends from the VTTA community there are certain protocols that need to be respected at Redbond Lodge, if you plan to visit please contact Antony Stapleton (07881-502505/ antony@totalvelo.co.uk) before visiting.



Open: Darran Bennett (Ely & Dist. CC) 3:31:01
Female: No qualifiers

H F Nevill 12hr Cup, awarded annually to the Group members in each category with the greatest mileage on AAD in either E or B courses.

Open: Chris Shaw (Fenland Clarion CC)
270.67miles

Female: No qualifiers

Gordon Irons Memorial Cup, awarded for outstanding services to the Group.

Michael Martin (CC Ashwell)

EAST MIDLANDS

Jennifer Clegg

UCI World Masters Track Champions and National TT wins

Richard Oakes and Mike Twelves from Team Ohten Aveas have just won what is essentially a track time trial, the individual pursuit, at the UCI 2024 Masters Track Championship in Roubaix. They did so in world record times: Richard in the 55-59 Open Pursuit (2'12.81"); Mike in the 60-64 Open Pursuit (2'17.07"). Fantastic achievements!

Richard and Mike also won their respective Masters Team Pursuits, which involved them and three other Team Ohten Aveas riders from the East Midlands: Rob Muzio, Martin Perrett, and James Perkins. Congratulations to all.

Richard Oakes concluded a storming year, winning the VTTA National 15-mile Championship on Newbury's H15/3 course with an AAT of 27:15. Mike Twelves finished second there in 27:41.

Other Highlights

The final VTTA event hosted by East Midlands in 2024 was on A25/34. On a hot, blowy day Richard Oakes, Mike Twelves and Mick Stevens (Melton Olympic CC) came 1st, 2nd & 3rd respectively on AAT. Kath Smith (Sleaford Wheelers Cycling Club) continued her good form by winning the women's AAT.

Kath Smith then concluded her blockbuster season with a silver medal at the VTTA National 100 to add to previous championship winning rides in national record times in both the VTTA 12 hour and 24 hour events.

September's VTTA National 25-mile Championship was held in a monsoon that prompted a slew of



There were also 6 national records: Jen Clegg (15), Mick Stevens (15 & 50), and Kath Smith (50, 12 hour & 24 hour).

VTTA 2024 Season Long Competitions

Full results are detailed later in this newsletter. East Midlands riders who were on the podium in events, or achieved age group records, naturally feature in season long competition results. However, other people featured too. Martin Fisher, Julian Ramsbottom, Matt Uttley, Phil Wilkinson and Jez Willows all contributed to group wins, perhaps individual winners in the future.

Individual medal winners from our group were:

- Mick Stevens (1st open category in VTTA 3 Distance Competition over 25, 50 and 100 miles)
- Kath Smith (3rd female in VTTA Best All Rounder over 25, 50 and 100 miles and 12 hours)
- Jen Clegg (3rd female in VTTA Short Distance competition over 2x10 miles and 2x25 miles)

Our Group teams finished 3rd of 7 in the 3 Distance Competition and 2nd of 16 in the Short Distance Competition.

Up and Coming Rider: Look out for Matt Uttley

Matt (49) announced his arrival by taking the East Midlands Group record in the RTTC National 100 mile

DNS's. Those who took on the undulating D25/20 single-carriageway course near Shrewsbury found the dips held water well. Mirroring the Olympic testers, one rider slid out of the turnaround RAB but aquaplaned sufficiently to avoid serious injury. None of the times were impressive as riders dodged puddles and the wash from lorries, just hoping to finish in one piece. I (on behalf of Team Bottrill) brought the women's silver medal home to the East Midlands.

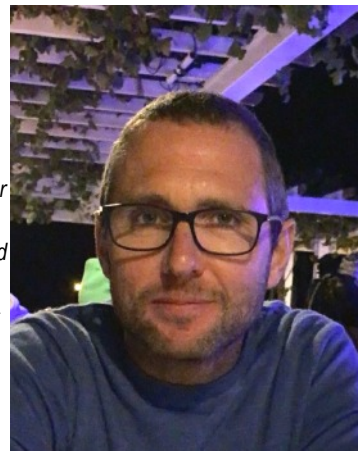
Tumbling Records

In the last quarter, 5 new group age records were claimed.

- 10 miles: Eddie Humphreys (60) & Jen Clegg (70)
- 15 miles: Richard Oakes (55) & Mike Twelves (60)
- 100 miles: Kath Smith (70)

There were 15 group records throughout the year, including Kevin Wood (Sherwood CC) 50 miles, and Matt Uttley (Team Bottrill) 100 miles.

Matt Uttley - rising star of Team Bottrill and East Midlands Group



Championship in 3:40:10. Since then he also contributed to East Midlands group results on two of the season long competitions and has won the East Midlands Prestige Points competition, I asked him what had changed.

Matt got into TT-ing after joining Nottingham Clarion in 2021. Two years of experimenting with kit and distances opened up the pleasures of planning a season and beating Spindata's predictions. After a collision with a car during a race in June 2023 ended his season and wrote off his bike, 2024 got off to a better start with a new one. However, a disappointing slump mid-season made Matt decide to 'stop making things up' and get some proper coaching. Joining Team Bottrill resulted in some 'decent' late-season results before he called time on racing for the year.

Matt looks forward to discovering the difference it makes to be coached through a proper season of winter training. In 2025 he hopes to go well in VTTA/RTTC Nationals in his (new) 50+ age group. He would also dearly love to break 20 minutes for a 10, and 50 minutes for a 25, and then make it a regular thing. I wouldn't bet against him doing so.

And finally...

Heartfelt thanks to the relatively small number of people who make TTs happen, and keep us safe in the way they organise and marshal events. Do think about volunteering in any capacity which best suits you to spread the load.

Whatever persists and changes in 2025 we hope everyone has a winter of bright dry days, a good period of R and R over Christmas, and look forward to seeing you all next year!

KENT

Tim Carpenter

General News

As I was about to send this report for the magazine I heard that John Booty, Wigmore CC, has passed away after a long period of ill health. The funeral will

have taken place on Friday 13th December at Sittingbourne but I have no other details. Clin Maisey is hoping to write an obituary for John for the KVN.

I also learnt the sad news that John Clarey, former professional and a prolific winner of road races, and who was well known to many in the Group, has passed away. John too had suffered from a long period of ill health.

The Group Lunch is booked for Saturday 8th February at the Weald of Kent Golf Club. It will again be a combined event with the KCA, so keep your eyes out for how to book. All the Group Trophies will be awarded at the lunch.

By the time you read these notes the AGM will have been held on Sunday 24th November 2024 at Lenham Community Hall. Whilst the committee does its best to ensure that the racing is run smoothly and to the satisfaction of all those who take part they would like to hear from you riders that what is on offer is what you want. Time trialling has changed very little since its inception and yet we should strive to ensure that it is fit for the 21st century.

Neil will hopefully cover the outcome of the AGM in the next KVN. This all feels weird writing this before the AGM to be read after it, but the committee proposals were that:

- Subs be kept at the current rate despite a £1 increase in the levy from National VTTA.
- We have the option of making one of our promotions each year a charity event. This will involve removing the prize list and donating the overall profit from the event to a nominated charity. We would hope the sum raised in this way would be supplemented by riders' own funds raised for charity and by their personal donations.

Racing News

Some of this year's highlights follow.

Many congratulations to Kevin Tye on winning the UCI Gran Fondo Men's World Championship Time

Trial (for age category 60-64) at Aalborg, Denmark, on Thursday 29th August. Kevin recorded a time of 43:17 over a 33.3 kilometres course. This had enough twists and turns to make it technical in nature, and it was also fairly windy, as you might expect in Denmark. Nevertheless, Kevin's average speed was 45.91kph! This is his sixth world title and he has also won four silver and two bronze medals in previous world masters events.

A few days later Kevin recorded a personal best '10' time of 18:07 in the Eastern Counties CA event on the E2/10 course near Newmarket. He was second in the event and this was a new national and also new group record for age 62. He has also set new national figures for 15 miles with a 30:29. Kevin also seems to have won the open category of the National Short Distance Competition with an average age adjusted speed of over 34 mph!

Mark Vowells has also set a new national standard for 15 miles in the VTTA National Championship with a 37:43 on his tricycle.

Tom Richardson (San Fairy Ann CC) sent us this update on the World Aquabike Championships:

"I came 14th out of 31 competitors in my age group, which I was very pleased with as I was hoping for a top 20 finish. My 1500 metres sea swim was solid, I followed this up with a good transition, which involved quite a long run from the beach, also taking in running over a bridge! The cycle course (25 miles) was very technical, with multiple roundabouts, speed bumps, and changes of elevation, which played in to my hands as I made up quite a few places before the finish line. Overall both the European, and World championships have proved very successful for me, with a wealth of knowledge gathered along the way."

Group Age Records

It has been hard keeping track of the Group Records this year as records have been broken 26 times (Mark Vowells 9, Kevin Tye 9 and Colin Inett 4). Below is a list of all the final record times set this year:

Solo Bike Records (Open):

Andrew Meilak (VeloRefined Rule 5), age 57
50 miles in 1:44:26

Kevin Tye (VeloRefined Rule 5), age 62
10 miles in 18:07 (National)
15 miles in 30:29 (National)
25 miles in 52:40

Martin Brown (7Oaks Tri Club), age 63
25 miles in 53:10

Tom Richardson (San Fairy Ann CC), age 65
15 miles in 38:25

Shay Giles (Thanet RC), age 79
50 miles in 2:27:35

Colin Inett (Thanet RC)
10 miles in 27:23 @ age 83
15 miles in 43:09 @ age 84

Solo Trike Records:

Mark Vowells (San Fairy Ann CC), age 71
10 miles in 24:21 (National)
15 miles in 37:43 (National)
25 miles in 1:03:21

10 @ 10 Series

This year's 10 @ 10 Champion is Mark Vowells. On average AAT, Tom Richardson and Ian Pike were equal second, but as Tom had a better +/- score he places second and Ian third.

Trophy Awards

This year we had no one complete the 24 Hour or 12 Hour. Colin Ashcroft was the only member to complete a 100, although this was not on a Q or G course so did not count for the 100 Trophy. This means we had no one qualifying for the Best All Rounder Trophy. This has always seemed to me to be the Blue Riband trophy so it is a shame that no one has won it.

Some of the trophy winners were announced in The September Veteran, these are the remaining ones.

4 WEEKS PRODUCTION | NO MINIMUM ORDER | FREE DESIGNING

GEAR CLUB LTD | UNIT L34 | BUCKS BUSINESS CENTRE | 1 BARTON ROAD | MK2 3HU

CUSTOM CLOTHING

CYCLING | RUN | TRIATHLON | MTB

Classic AR2032
GBP 26



Classic Plus AR2124
GBP 26



Classic Pro AR2185
GBP 32



Asteria AR2029
GBP 35



Elite AR2134
GBP 38



MTB AR2019
GBP 26



Winter AR2078
GBP 32



Roubaix AR2071
GBP 43



Skinsuit AR2035
GBP 48



Bibshort AR2062
GBP 34



Gilet AR2048
GBP 29



Jacklight AR2072
GBP 35



Downhill AR2041
GBP 30



Baselayer AR2156
GBP 15



T-shirt AR2050
GBP 24



You can buy VTTA clothing online at <https://shop.gearclub.co.uk/product-category/vtta/>

EXC VAT

sales@gearclub.co.uk

Don Hook trophy (Points competition team winner, minimum team of 2) - Thanet RC, 61pts
(Paul Burrows - 36pts; Simon Henderson - 21pts; Peter Elms (Thanet RC) 5 pts; Mathew Lister - 4pts)

85 Championship (10, 25 & 50 on Q Courses) - Simon Henderson (Thanet RC) 2:57:36

George Stanford Trophy (15 Championship on 6/10/24) - Kevin Tye (VeloRefined Rule5) AAT 27:47

Wilf How Trophy (15 Championship on 6/10/24, over 65) - Mark Vowells (San Fairy Ann CC) AAT 29:19

Jack Hunter Cup (25 Championship on 8/9/24) - Andrew Meilak (VeloRefinedRule5) AAT 49:33

Peter Philpott Cup (50 Championship, any 50 on Q or G course) - Simon Henderson (Thanet RC) AAT 1:45:47

Geoff Jones Trophy (Average of best 3 Group 10s) - Simon Henderson (Thanet RC) AAT 1:01:12

Melster Shield (Wednesday 10 @ 10 series winner) - Mark Vowells (San Fairy Ann CC) AAT 21:44

Sacred Post Trophy - Awarded by Committee

Points Competition

I have updated the points competition, where plaques are awarded.

Debbie Percival is the only qualifier so far in the Ladies TT Bike category with 24 points and Eryka Smith the only qualifier in the Female Road Bike category with six points. Each will receive a Plaque.

This is the open category TT Bike result.

1 - Andrew Meilak (VeloRefined Rule 5)	25 pts
2 - Simon Henderson (Thanet RC)	21 pts
3 - Kevin Tye (VeloRefined Rule 5)	15 pts
4 - Mark Hill (VeloRefined Rule 5)	10 pts
5 - Mark Vowells (San Fairy Ann CC)	9 pts
6 - Gary Grayland (CC Bexley)	8 pts
7 - Anthony Westwood (Gravesend CC)	6 pts
8 - Matthew Smith (Gemini BC)	5 pts
9 - Mathew Lister (Thanet RC)	4 pts

10 - Huseyin Vardal (Gemini BC)	4 pts
11 - Martin Brown (7Oaks Tri Club)	2 pts
12 - Tom Richardson (San Fairy Ann CC)	2 pts
13 - Michael Coulter (Gravesend CC)	1 pt
14 - Neill Keaney (VTTA (Kent)	1 pt
15 - Martin Kober (Abellio-SFA Racing)	1 pt

This is the open category road bike result.

1 - Paul Burrows (Thanet RC)	36 pts
2 - Mark Cain (Abellio-SFA Racing Team)	16 pts
3 - Tim Kingston (GS Invicta)	15 pts
4 - Peter Elms (Thanet RC)	5 pts
5 - Dave Richards (Abellio-SFA Racing)	5 pts
6 - David Mackey (Medway Velo Club)	3 pts
7 - Martin Brown (7Oaks Tri Club)	2 pts
8 - Chris Parker (Hastings & St. Leonards CC)	1 pt
9 - Jeremy Page (Southborough & Dist. Whs)	1 pt

The team position (minimum of two riders to count):

1 - Thanet RC	66 pts (4 riders)
2 - VeloRefined Rule 5	50 pts (3 riders)
3 - San Fairy Ann CC	32 pts (4 riders)
4 - Gemini BC	9 pts (2 riders)
5 - Gravesend CC	7 pts (2 riders)
6 - 7Oaks Tri Club	4 pts (2 riders)

LONDON & HOME COUNTIES

John Hoskins

This year our AGM was held without any face-to-face, following two years of hybrid meetings which gave all members the opportunity to attend. The decision to exclude non-online attendance was reached due to the very poor physical attendance since the Covid years, and the work that went into having a joint online and face-to-face General Meeting. We have kept all of our members informed (whether online or not) and full minutes will be distributed as soon as possible. Of course the VTTA is going the same way and with the number of delegates being far, far more than will be attending the Group AGM, there will still be organisational difficulties. I don't envy Andrew

Simpkins one little bit trying to chair a meeting with fifty plus faces on his screen(s).

Following the recent passing of one of our Distinguished Life Members (Jack Armstrong), the committee is making strenuous efforts to keep in better contact with our life members, some of whom we had lost regular touch with. Following some effort by our committee members we have now contacted all of them, either directly or indirectly, and it is very much our intention to continue to do this. It is very easy to let these Life Members slip "out of sight" so to speak, as they don't have to re-join, or contact us annually, unless we give them reason to do so. I'm interested in how other Groups manage this problem, and I'm aware that the National Forum is currently discussing this very matter. Of course by making the effort to talk to our more senior members I find we have much to learn. I was speaking a few days ago to our oldest member, Jack Williams (Middlesex RC) who was 104 in November. He was racing as a professional in 1949, the year that I was born! He was racing internationally when I was still in nappies – and he is still living in Greenford and being totally self-sufficient even now, twelve years since losing his wife.

At the National AGM early next year there will no doubt be discussions about various forms of Life Membership, such as how do we elect them, what should we call them and who pays. The L & HC have discussed this from time to time and are very open to change. We're more than happy to foot the bill for the costs of our HLM's (should such a membership category continue) rather than the NEC being liable. Mainly because, generally, such members have been rewarded with their HLM status due to what they contributed to their Groups rather than the national VTTA. But we strongly felt at our last committee meeting that the barrier of electing such members being limited to the over eighties should also be relaxed. So we would prefer to be limited to a maximum of 2 new HLMs (including, possibly, somewhat younger members) every year and with national guidelines becoming more rigorous and specific when referring to such memberships. We feel

that becoming an HLM should be reserved for major Group contributors, thereby reinforcing the honour of the position.

The season is now complete, and for the London & Home Counties that meant the Rocco 25, being our final event of the year. A disappointingly low entry (only 46 riders) were treated to our normal excellence of promotion on what is probably the fastest 25 course in the London West District. Sarah Matthews (...a3crg) dominated the age adjusted time result with her ride of 59:36, resulting in an event winning AAT of 47:26, nearly three minutes clear of the best on AAT for the men - Karl Norris (360 VRT), whose 52:35 riding time resulted in an AAT of 50:11. Fastest rider on the day was Shaun Jarvis (St Neots CC) with 51:48.

Due to the relatively low entry the Group is looking at promoting the Rocco a little earlier in the year, probably early September. It would seem that the importance of promoting an event on the same weekend year after year, as was previously the norm in most CTT Districts, is not as common now as then. Certainly the London West date fixing wasn't presented with what used to be a common issue of clashing events. Now we feel fortunate if there is an open event every weekend through the season.

The L & HC Group is constantly look at providing events for ALL of our members. Not everybody wants to ride on super-fast dual carriageways and conversely, not everyone wants to ride on courses that don't often provide the opportunity for PBs. So currently we provide two mid-week tens on a traditional out and back single carriageway course, two Sunday morning tens on the F11 dual carriageway course and the Rocco on the so called ski-slope London West course at Marlow. But at the standard we like to promote at, it sometimes is a little sad when we get entries as low as sub-fifty, considering the hours put into organising and the marshalling required putting on an event. For the time being we are promoting all of our five events ourselves, rather than piggybacking onto clubs'

OBITUARY - JACK ARMSTRONG

Middlesex RC - VTТА (London & Home Counties)

11th November 1929 - 25th June 2024

Jack Armstrong, to many members of the Group, truly WAS the London & Home Counties. Together with his wife Sylvia he represented everything that the VTТА and the London & Home Counties Group stood for. Nominally Jack was secretary for over 20 years through the 50s, 60s and 70s, but he and Sylvia were responsible for so much more. It is no surprise that they became our first two Distinguished Life Members. Jack organised many events over the years and always with Sylvia by his side, pouring tea, making sandwiches and being as irreplaceable as Jack was himself.

They were not only responsible for the racing side of our group, but the Annual Lunch also revolved around them. Peter Tasker (our Group Chairman and past CTT London North Chairman) remembers well his first Lunch,

probably back in the 60s, at the London Colney Working Man's Club where outside caterers were employed for the food, no doubt having to work under the watchful eyes of Sylvia. I can't speak of those Lunches as they were before my time, but as well as Peter, Jim Burgin (past VTТА Chairman and Group President) also referred to those Lunches in the conversations that I have had with him about Jack and Sylvia. They were responsible for all of the Group's social life as well as much of the racing program – either as organisers or as advisers to those that followed in their footsteps.

Jack raced originally with the Archer RC and then with the Middlesex Road Club. I'm told his outstanding racing year was 1951 where he

achieved 1.5 for a 25, 2.14 for a 50, 4.48 for 100 and 224 in the twelve; all these were extremely respectable times for that period. For decades after that he was always a source of information on anything to do with time trialling and particularly the L & HC Group. For many years the Group committee meetings were held at his house in Greenford. Everybody I have spoken to about Jack remembers his willingness to help, at the event if he could get there, or in the organisation of so many different events from afternoon tens on the

F11 through to National Championships. This continued well into the 2000's so I suspect his contributions were over at least a fifty year period.

I remember a long conversation with Jim Burgin about Jack when we discussing how it could be

arranged to get Jack to the Group Lunches in more recent years. Jim's immediate reply was that in his opinion, the Group should pay for Jack and Sylvia to have a luxury taxi from door to door, such were his contributions over so many years. I was very fortunately able to go round to Jack's house on quite a few occasions to keep him up to date with Group activities and I was very proud to chauffeur them both to the 2022 Lunch, where we assembled all four of our DLMs in one photo.

Sylvia is still with us as are their three children, and I'm sure that Jack's presence will be felt forever by those who knew him or are aware of what he contributed to our sport.

John Hoskins



established events, but we're also open to a half way arrangement, where possibly both the marshalling and the finances are underwritten by both a club and the VTTA Group. This could save open events which are becoming impractical for a variety of reasons, and enlarge a Group's program for the benefit of their members. There is little doubt that with the number of open time trialling events falling - in some areas really worryingly so – all promoters, be they clubs, VTTA Groups or any type of combine, will have to look at whatever may work to keep an event on the road.

Of course, our next "event" is our Annual Prize-Giving Lunch. There's still time to get tickets as you read this, with the Lunch being at our normal venue in Aldenham (near Watford) on the 2nd February. Tickets are £30. It has only been possible to keep the price down to this level due to a generous sponsorship arranged by Jeff Roberts of the High Wycombe through his company Verco. This is when members get the opportunity to thank all of the people who make our program work – such as marshals, tea pourers, organisers, timekeepers and so many more – as well as celebrate the award winners for 2024. Liam Maybank will be our Chief Guest and speaker, as well as being a major prize-winner. Other major prize winners include members of the L & HC committee such as Wolfgang Emmerich of the Bottrill (3 distance BAR, beating John Lacey of the Hemel Hempstead by approximately 1 mph); Linda Dewhurst and Joy Payne (respectively winner and third place in the Short Distance BAR). Linda of course has been dominant across many AAT prize lists throughout this season as has Wolfgang. To obtain tickets contact the Social Secretary, Simon Bowler on 07973 666702.

To finish this report, and still on the subject of Wolfgang Emmerich, the committee is grateful to Wolfgang for the work put into providing a new website (vta-lhc.org.uk) and a new Facebook presence (facebook.com/groups/vttalhc). Both platforms are becoming an excellent source of information for members, but of course available to non L & HC riders as well. Perhaps they have been

instrumental in the Group maintaining their 2023 membership levels which for many VTTA Groups has become an ever more difficult target.

MANCHESTER & NORTH WEST

Barrie Whittaker

Our group's events concluded with the 50-mile TT back in July and this was reported in the previous edition of The Veteran, however, local racing did continue with a further three events to conclude the local racing season.

The first of these was on Saturday 17th August and saw the Manchester Bicycle Club Promotion of a 10-mile race on the J2/1 with an early start on a very cold morning. Twenty-one solo riders ventured out for this one plus 4 pairs of riders for the 2-up section of the event. The result was something quite extraordinary with three riders tying for first place, two of the three riders were M&NW group members, these being Alister Rutherford (Manchester Bicycle Club) and Alister Ribbands (Congleton CC) both posting a time of 21:26, the third rider of the winning trio was senior rider Ste Bolton (Giant-Kendal-Sidas.uk).

The penultimate event was on Sunday 8th September, organised as a first event by Philip Gayes (Leek CC). This event had its issues along the way with a couple of unforeseen course restrictions causing a few 'headaches' for the organiser, certainly far from ideal for a first event. However, having overcome these obstacles the event was finally subjected to the whim of the weather gods, as on the morning of the event just minutes before the start the race had to be cancelled due to very heavy rain giving rise to understandable safety issues. Hopefully this will not deter Phil Gayes on promoting this same event next season.

Finally, on Saturday 28th September Warrington Road Club Promoted a 2-up TT which saw 21 teams take to the start line on the familiar J2/9 course. Finishing with a very credible time of 1:03:37 were Claire Harrison partnered with Gail Lowe (both Congleton

CC) as the only M&NW group members riding as a team.

Our Group Recorder David Wright advises that there are twenty members who have submitted claims for medals and plaques, with a total of 49 standard awards being gained. This year for the first time in a long time, the standard improvements have covered every distance from 10 miles to 100 miles plus both the 12 and 24 hour time durations; this coupled with a rider age range from 45 years to 81 years certainly highlights the organisation's maxim of "Competitive Cycling for Life". Together with the standards awards there will also be ten of the group's twelve trophies to be awarded plus group age record certificates and not to mention two National Championship medals.

One of the highlights for our group will be the annual end of season awards presentation lunch for the 2024 season where all the above medals, plaques and trophies will be awarded. The awards lunch will be held on Sunday 16th February 2025 at Middlewich Masonic Hall, so please try and keep this date free in your diary. Whether you are a prize winner or not your attendance and support would be greatly appreciated particularly by the award recipients.

Planning for the 2025 season is underway with the M&NW Group's five number events currently planned to run as follows.

Saturday 5th April 2025: 10-mile TT incorporated with in M&DTTA event

Thursday 12th June 2025: 10-mile TT incorporated within Buxton CC/Sett Valley Cycles event

Saturday 21st June 2025: 15-mile TT M&NW VTTA group. This event is also the VTTA National 15-mile TT. As this is a national event, I have no doubt that we will be needing additional marshals so any volunteers would be very much appreciated, if you are able to offer your services then please contact Mr. Robbie Harcourt (Organiser) email robh@talktalk.net or 0161 787 9085 (Leave a voice mail)

Saturday 12th July 2025: 25-mile TT incorporated within Seamons CC event

Sunday 3rd August 2025: 50-mile TT incorporated within Congleton CC event

As always, the group committee offer their thanks and appreciation to the local clubs for allowing us to incorporate our events within theirs.

Regarding next season's membership fees, the Manchester and Northwest Group have agreed with NEC (National Executive Committee) decision to increase the annual membership subscription for the coming year by £1.00 for individuals and £2.00 for joint membership. However, the group's committee have agreed that as the group is currently in a reasonable financial position this increase will be funded this year from the group's current monies, therefore holding next seasons (2025) membership fee at the current 2024 season rate for all members.

Finally it is on a sad note, that M&NW group announce the passing of Stuart Kirkham aged 77 years. Stuart had been a member of the VTTA for 25 years and our sympathies are extended to his family.

MERSEYSIDE

Brigid Night

News from our AGM

The following committee were elected at our AGM on Friday 15th November:

Chair - Alan Broadbent

President - Phil Guy

Treasurer - Phil Guy

Recorder and Record Secretary - Janet Fairclough

Trophy Secretary - Dave Williams

Secretary - Sue Aldridge

Social Secretary - Brigid Night

Newsletter and Veteran - Brigid Night

The price of membership was agreed to remain the same at £19.50 and the price of standards £15.

Celebrate with us at our Presentation Lunch

We are delighted to announce that our Prize Lunch this year is to be held on Sunday 12th January 2025 at Vicars Cross Golf Club, Tarvin Road, Great Barrow, Chester, CH3 7HN. The ticket price is £23 per person for a 3-course meal. Please email Brigidnight@gmail.com for more information.

The National 25

This was our last group event of the year. Many thanks to Alan Broadbent and his team of helpers for organising and leading a team of helpers to host the VTTA National 25 Championship, on 8th September.

We were delighted that Helen Tudor powered her way to winning a National VTTA Bronze medal on a very wet Battlefield course.

The Velotik team secured the Fastest Group Team on Age Adjusted with an aggregate time 2:41:19. The team was made up of David Williams, James Griffiths and Jarod Garrington. Also very well done to our group award winners David Williams for winning the Joe Brooke Trophy (Best on AAT) and James Griffiths, the Gomersal Cup (Fastest).

Our Group Event Trophy winners:

Ron Yates Trophy (Best on AAT in Mersey Tri 10) was won by Arthur Winstanley (Liverpool Century) and Stuart McCormick (Chester Roads Club) won the the Leo Madden Trophy (Fastest)

Walvale Trophy (Best on AAT in Mid Shropshire Whs 25) was won by Arthur Winstanley (Liverpool Century) and Jonathan Mills-Keeling (Aerologic) the Brooke Cup (Fastest). The Ted Fitzpatrick Shield (Nearest to +0.02 in that event)

Alan Broadbent (Graham Weigh Racing) won the *John Clucas Memorial Trophy* (Best AAT in West Cheshire 30) and Barry Murphy (Graham Weigh Racing) won the *George Hayes Trophy* (Fastest in that event)

Deb Hutson-Lumb (Wrekin Sport) won the *Colin Rutter Cup* (Best on AAT in Chester RC 25) and the

Colin Rutter Cup (Best on AAT in that event) was won by Alan Broadbent (Graham Weigh Racing)

Christopher Riley (Paramount CRT) won the *Dick Corris Memorial Trophy* (Best AAT in West Cheshire 50) and Alan Broadbent (Graham Weigh Racing) won the *Eddie Gradden Trophy* (Fastest in that event)

Deb Hutson-Lumb (Wrekin Sport) won the *Oscar Dover Sheild* (Best on AAT in Port Sunlight Wheelers 10) and Janet Fairclough (Liverpool Phoenix) won the *Hilda Dover Cup* (Best Lady on AAT in that event). The *Derek Ireland Cup* (Fastest in that event) was won by Barry Murphy (Graham Weigh Racing)

David Williams (Velotik) won the *Joe Brooke Trophy* (Best on AAT in VTTA National 25 Championship) and James Griffiths (Velotik) won the *Gomersal Cup* (Fastest in that event).

MIDLANDS

Alastair Sample

It was great to hear at our recent date fixing meeting that we have once again got a 25 mile TT event in the Midlands district, and this one is on a new course. The K15/25 (hosted by Legato RT) lies just east of Tamworth, so is in the northeast of the district, but just 5 minutes off the M42, with easy access for riders from the Midlands and Yorkshire districts. As we seem to be losing more courses each year it is nice to see a new course become available. I wonder who will be setting the new CTT course records for the Female and Open categories? 7th September is the date, so get it pencilled in your race calendar.

Cancellations due to road works seemed to blight the events list this year in the Midlands and sadly our last couple of open TT's in September both had to be cancelled. So there were no changes to our district's overall trophies winners but a few changes in the Midlands Points Series competition which is promoted by Echelon Cycles and Midlands VTTA.

A big round of applause for our top ten winners, who along with our trophy winners will receive their prizes

at the awards presentation which will follow our opening event next season on Saturday 5th April, where the Midlands VTTA Welland Trophy event on K47/15 will get our season off to a cracking start. We hope you will all be able to come along and race this and meet up afterward in the HQ for refreshments and to celebrate the achievements of our winners. Family and friends are all welcome, the more the merrier.

Midland VTTA Points Series Top Ten Winners

	Name (Club/Team)	Best 6	Total	Events ridden
1	Joseph Costello (Legato RT)	971	971	6
2	Mark Wise (Team Enable MI Racing)	888	1133	8
3	Leon O'Regan (ABR Cycle Team)	751	751	6
4	Martin Lines (Team Echelon)	751	751	6
5	Joe Murray (hinckley CC)	730	730	5
6	Alastair Semple (Legato RT)	715	715	5
7	Philip Wooldridge (VTTA Midlands)	682	782	7
8	Gary Shuker (Walsall RC)	630	630	5
9	Kevin Satterthwaite (Gorilla Coffee CC)	602	802	7
10	Ed Moss (Beacon Road CC)	597	797	7

2024 Trophy Winners

Birks Cup - 10 miles - K11/10T Coventry CC 11th Aug

Simon Dighton (Beacon RCC)

Wells Cup- Men 50 miles – R50/1b VTTA National Championship 13th July

Joe Costello (Legato RT)

Victory Cup- Women 50 miles - R50/1b VTTA National Championship 13th July
Deborah Sheridan (...a3crg)

Stoke Cup - Fastest 50 miles - R50/1b VTTA National Championship 13th July
Mark Hamer (Legato RT)

Billy Steer Cup- Men 25 miles – A25/34 VTTA East Mids 17th Aug
Joe Costello (Legato RT)

Bicknell Cup - BOS Women 25 miles - A25/34 VTTA East Mids 17th Aug Not awarded

Williams Rose Bowl - BOS Men - K48/10 VTTA Midlands on 17th Sept Cancelled

Bart Cup - BOS Women 10 miles - K48/10 VTTA National on 17th Sept Cancelled

Age Awards

These three trophies were contested for on 22nd June on the course K34/10F

Massie Plate - Fastest on AAT over 65
Gary Smith (Stourbridge Velo)

Jones Cup - Fastest on AAT 50-64
Simon Dighton (Beacon Roads CC)

Nomads Cup- Fastest on AAT under 50
Keith Satterthwaite (Gorilla Coffee CC)

Season Long Trophies – Best All Rounder

Cyclo Shield - BOS Men/Women any open 25, 50, 100 miles
Andrew Simpkins (Team Echelon)

Godiva Cup - BOS Men any two open 10 miles plus any two open 25 miles
Steven Loraine (Legato RT)

Bayliss Cup - BOS Women any two open 10 miles plus any two Open 25 miles
Susan Semple (Legato RT)

Les Lowe Trophy - Furthest cumulative distance ridden on Open "K" course events. Ed Moss (Beacon Roads CC), ridden 89 miles

National Stage

Nationally Midlands riders have again shone brightly this year at the National VTTA events, winning seven of the medal places across four of the distance events

15 miles - Silver medal for Michael Lythgoe (Kenilworth Wheelers)

25 miles - Silver medal for Joe Costello (Legato RT) – Team prize for Legato RT (Joe Costello and Mark Hamer)

30 miles - Team prize for Legato RT (Joe Costello and Mark Hamer)

50 miles - Bronze Deborah Sheridan (a3crg), Gold Group Joe Costello, Steve Loraine (Legato RT) and Simon Dighton (Beacon Roads CC) and Legato RT Won the Team competition that included Joe Costello and Steve Loraine

Sign Off

So from everyone on the Midlands Committee have a fabulous winter and we look forward to racing alongside you in 2025

Stay safe, Stay fit, Stay on your bike.

NORTH

Gavin Russell

With the competitive season now at a close, it is time to do the administration for the group and to announce those that have excelled and claimed the group trophies and awards.

First the admin, starting by identifying the volunteers, who have once again agreed to continue to undertake the designated roles for the group:

2025 Elected Officials: At the recent 2024 Annual General Meeting, held on 9th November 2024, the

following were elected as the group's officials for the 2025 season;

President:	Dave Oliver
Vice Presidents:	Ray Luckett & Jack Athey
Chairman & Treasurer:	Paul Dawson
Secretary & Press Officer:	Gavin Russell
Recorder & Competition Secretary:	Phil Wright
Social Secretary:	Ruth Crossley
CTT Delegates:	Ruth Crossley & Paul Dawson

Delegates to National VTTA A.G.M (if available via Zoom): Phil Wright & Paul Dawson

It was agreed that several individuals would be approached and invited to join the group officials as committee members.

2025 Membership: for the VTTA is now open for renewal or joining. The 2025 VTTA membership fee is £18.00 for a single membership & £22 for a joint membership (those living at the same address). Please note that the North Group only receive £2 from this VTTA membership fee

Standards: For 2025, the North Group "standards" fee remains at £12, For this, you can attempt all distances, from 10 miles to 24 hours as many times as you like. Only rides completed after the payment of the relevant fee(s) will count for "Standard" medals. Please note the fee is for each type of machine you ride, solo, trike, tandem, or tandem trike.

Membership and Standard fees should be sent to: Mr A.P. Dawson, 45, Yearby Close, Acklam, Middlesbrough. TS5 8LY. Cheques made payable to: "VTTA North". You can also pay on line via VTTA website.

2024 Events & Awards: The season saw a lot of excellent rides completed, with group members achieving success in VTTA national championships. Local group awards were confirmed as:

Joe Jones Memorial Cup is awarded to the group Best All Rounder - Kris Whitelaw (Vector Racing)

Team Shield is awarded to the club/racing team of 2 who finish 1st on standard in the group Best All Rounder - Not awarded

25 Shield is awarded to the group member who is actually fastest in the group Best All Rounder - Kris Whitelaw (Vector Racing)

Hill Climb Trophy is awarded to the 1st group member on standard in the Hill Climb Championship (held in conjunction with the Cleveland Wheelers CC) on 26th September - Marcel Schubert (Zurbaran Racing)

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

Jubilee Cup is awarded to the group member who finishes 1st on standard in the VTTA (North Group) 10 mile time trial on the T104 course on 15th September - Russ Richardson (Zurbaran Racing)

Nouveau Shield is awarded to the group member who finishes 1st on standard in the Houghton CC 25 mile time trial on 27th June - Wayne Coates (Team Bottrill)

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

Doreen Hugill Memorial Cup is awarded to the group member who finishes 1st on handicap in the group points competition - Debbie Jefferies (Manilla)

Jim Burton Memorial Cup is awarded to group member who finishes 1st on standard in the group points competition - Philip Kennell (GS Metro)

Presidents Cup is awarded to the group member who finishes 1st on actual time in the points competition - Kris Whitelaw (Vector Racing)

Lenny Downs Shield is awarded to the club/racing team of 3 who finish 1st on standard in the Points Competition - Zurbaran Racing (Russ Richardson, Marcel Schubert & Matt Hill)

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

Tom Mathews Cup is awarded to the group member who achieves the 2nd season best plus at 50 miles (age 56 & over) - Philip Kennell (GS Metro)

Northern Unity Cup is awarded to the group member who achieves the season best plus at 100 miles - Marcel Schubert (Zurbaran Racing)

2024 Standard Award Winners:

Adam Harrison (3), Stephen Boxall (5), Chris Beatty (3) – All receive plaques

Graeme Carter (2), Steve Fullerton (1), Phil Wright (2), Andy Delaney (2), David Nichol (2), Ray Hall (1), Richard Glennie (1), David Snowden (2), Brian Johnson (2), Debbie Jefferies (1), Lee Morley (1), Russ Richardson (2) & Philip Kennell (1) – All receive the appropriate number of medals. 2024

Group Age Records achieved during the 2024 season:

10 Miles

- 49 years Keith Murray 19:19
- 57 years Philip Kennell 20:03
- 64 years Matt Hill 20:15
- 67 years Russell Richardson 20:39

15 Miles

- 60 years Jo Scott 44:40
- 67 years Russ Richardson 35:26
- 43 years Sarah Foulds 41:10

25 Miles

- 57 years Philip Kennell 49:45
- 63 years Matt Hill 53:55
- 67 years Russ Richardson 52:43

50 miles

- 42 years Marcel Schubert 1:44:01
- 43 years Stephen Boxall 1:49:43

100 miles

- 43 years Marcel Schubert 3:33:51
- 57 years Philip Kennell 4:07:00

All historical Age Records are now available on the VTTA web site

Our thanks go to Phil Wright of Hartlepool CC for undertaking all the collation of results to enable the awards to be made.

2025 VTTA Open Events: The group is once again hosting a number of events right across the group's region; many are included in the group's season long competitions.

In June, the 2025 Northern "All Comers" 10 mile closed circuit VTTA Championship will once again be promoted on the Croft Motor Racing Circuit.

In addition, on the Sunday 12th October, also at the Croft Motor Racing Circuit, the 2025 CTT National Closed Circuit Championship will take place.

For all information and details for the VTTA North Group events for next year, please refer to the North Group Handbook (available to all members in January 2025), the VTTA 2025 Handbook, whilst keeping up to date on any changes or additions to events via the VTTA and CTT websites.

Annual Awards Luncheon: By the time you read this, the annual luncheon preparation at the Hardwick Hall Hotel, Sedgefield for Sunday 12th January 2025, will be in full swing. This luncheon celebrates the award winners and their supportive partners, whilst providing the opportunity to catch up with friends and rivals in a social environment. Thanks go once again to the group's social secretary, Ruth Crossley for organizing this annual event.

Further Information

If you require further information regarding any information contained in this report or anything CTT or VTTA, or you wish to volunteer your services to support the North Group, please do not hesitate to contact the writer either by email: gavin_russell@hotmail.co.uk or by telephone on 01642 654419.

NORTH LANCASHIRE & LAKES

Richard Taylor

Well here we are, deep in the midst of what was once fondly known as the social season. Now it tends to be turbo training in the garage whilst daylight hours recede and we prepare for the Yuletide interruption. But some habits die hard, so put the date 5th January in your crisp new diaries as this particular Sunday sees the group celebrate its 67th anniversary at the Annual Luncheon and Prize Presentation, which will be held once again at the Garstang Country Hotel and Golf Club. Tickets are £26 each and are available through either myself or organiser John Leach.

NLTTA 50

This was the final qualifying event in the season long Group Championship, and ended up having a decisive effect on the overall result. Simon Wilson was fastest on both speed and AAT with a rapid 1.39.28, and although not a VTTA member, I used the vets method as a yardstick. Richard Bideau, most certainly a member, led the Pendle Forest CC to a team win whilst clinching the North Lancs Vets equivalent of the BAR, recording 1:46:01, with team mate Paul Braithwaite 1:50:37, finishing runner up, to top off a remarkable season. On the day, Joanna Cebat of 360cycling took both women's awards with an actual 2:5:15. Other NL&L rides were:-

David Hilditch	2:14:48
Sue Cheetham	2:15:42
Cliff Degraff	2:23:53

Championships

As mentioned previously, Richard and Paul were first and second in the GC, Debbie Moss and David Rundall were placed joint third. The team shield was once again taken by Springfield Financial with Debbie Moss, David Hilditch and Matt Stell. Debbie retained the Ladies BAR and Ladies 10 championships with Sue Cheetham runner up in both, Peter Greenwood won the Dobson Trophy for the 25, runner up Richard Bideau took the Paddy Maloney Award for 50 miles. Before succumbing to injury, Andy Whiteside's

impressive 3:45 in the national 100 at Keswick was more than enough to secure the Karrimor Saddle. Our member from the north lakes, VC Cumbria's Cliff Degraff won the 12 hour Ken Priestley Cup along with the Crowther Shield in the 100, Cliff also completed the Mersey Roads 24 hour. His teammate Allistair Moffat retained the Baxter Rose Bowl for the 100 on handicap.

Age Records

31 age records were reset in 2024, 4 more than the previous year. The standout rides were Richard Bideau's 10 in the WPRC event, his 19:04 was only 15 seconds off our all time record, Peter Greenwood timed 21:09 at 72 years old and Mike Westmorland recorded 23:17, which is incredible at age 79! These latter two records were both in the same event. Of the 31 new records, 8 were subsequently beaten leaving 23 new marks on the updated list. Richard Bideau updated 7 times of which 3 are retained, Mike Westmorland did 5 with 3 carried forward. Others who set 3 new records were, Theresa Taylor, Debbie Moss and Simon Horsley, with Brian Moore, Peter Greenwood and Sue Cheetham each achieving 2 apiece. Andy Whiteside's new mark of 3:45:10 for 100 is more than worthy of a special mention.

Standards

There were 24 applicants for standards during the year, 4 did not ride any events and 8 had no positive claims, therefore 12 were successful, I think. This will be confirmed by the official website. The biggest winners were Simon Horsley and Stuart Phillipson with 4 apiece.

AGM

Quite a momentous meeting, with Secretary Sue Cheetham and Treasurer Hazel Matthews standing down after many years in office. The group offers a heartfelt thanks for their efforts and we wish them well in the future. Sue will continue as a committee member. Her job was filled by Debbie Moss who carries out similar duties for the NLTTA, and John Ward has taken over the Treasurer's job, a post he

also does for the NLTTA. Debbie will also be our National AGM delegate, whilst other newcomers to the committee are Brian and Tracy Moore. We welcome them all and hope their contributions help with the future success of the group. 20 members were present at the Winmarleigh meeting, which is well up on previous occasions. As of now, our subs have increased to £20 single and £22 per couple.

Events 2025

There will be 4 races in 2025 plus the Southport 15. They are:-

Open 25 Sunday 27th April at Levens
Open 50 Sunday 8th June at Keswick
Open 10 Tues 12th August at Milnthorpe
Open 25 Sun 14th September at Keswick

The 50 in June is now a joint effort between us and the NLTTA, the September 25 replaces the Association 50. The GC qualifiers will be decided in due course, but will be similar to this year.

Sad Goodbyes

Sadly, we have lost two long standing members recently. Hazel Middleton had a long association with both the vets and West Pennine Road Club and was often seen at events and races, she was 89. Our thoughts are with partner Dave Lewis.

Jim Lawley was involved in an accident whilst riding his trike close to his home in Heysham, he sadly died at the scene. Jim was Chairman of the North West Tricycle Association with a history of involvement in the sport in the North Lancashire area, being a member of both Lancaster CC and the Barrow Central Wheelers over the years. Ironically, Jim was riding out to marshal the TANW 10 on Brock in September, when the collision occurred. He was 81.

Enjoy the upcoming festive period, and don't forget to buy those tickets for the Luncheon on 5th January 2025.

NORTH MIDLANDS**Chris Lea**

The main event in the closing stages of the season for the North Midlands was the Group 10 on the 30th August, promoted by Rutland CC. There was a good turnout and, despite some riders being held up by a parade of tractors (!), some fast times, as follows (all AAT):

Andy Thomas (Lindsey Roads CC)	19:57
Tony Nash (Lindsey Roads CC)	20:37
David Hayward (Matlock CC)	21:13
Martin Nelson (Out of the Saddle CC)	21:32
Shaun Robinson (Lindsey Roads CC)	21:37
Sarah Harrison (Trek Sheffield)	21:57
Ben Hamilton (Rutland CC)	21:54
Matt Goodwin (Barton Whs CC)	21:59
Andy Whitehead (Rockingham CC)	22:16
Michael Weaver (Rotherham Whs CC)	24:15
Alan Sides (Rotherham Whs CC)	31:27

Andy Thomas was also fastest North Midlands rider on actual time, with 21:06, and placing third overall to the evergreen Julian Ramsbottom who won the open event in 20:25. The Group 10 saw the award of several Group trophies:

Sheffield Central Cup: Sarah Harrison, best female on AAT

Cleethorpes Shield: Andy Thomas, fastest on AAT

Ron Blythe Trophy: David Hayward, best on AAT in 70 to 79 age group.

Congratulations!

Applause is also due to the winners of our new competitions - Hill Climb Champions - for open and female riders, and awarded this year to the fastest in Sheffrec CC's classic Monsal Head event. Nick Latimer (Team Lifting Gear Products) and Yvonne Twelvtree (Sheffield Tri Club) took top honours. Yvonne rode eight open hill climbs this year. Nick also won national honours with his clubmates, lifting the team trophy in the RTTC National Championships. Hats off!

In the other championship events, Tom Thornely (FTP Race Team), Stuart Day (Crewe Clarion Whs) and Miles Haslam (Buxton CC) rode 280.09, 251.49 and 228.60 miles, respectively, in the RTTC National 12 Hour Championships, promoted by CC Breckland. Mat Ivings (Buxton CC) honed his aero position to good advantage and finished in 20:37 in the RTTC 10 Mile Championships on a rather exposed course based on the A428 south of Cambridge.

Whilst not a National Championships (surely it should be...) Rock to Roll CC's hill climb cranked its way up the lofty and windswept summit of Great Dun Fell: 4.4 miles with a total height gain of some 620 m and topping out at a whopping 840 m. Ouch. Hill climb aficionado Simon Warren (Norwood Paragon CC) was just inside the 30 minute mark, with 29:57.3; a rate of ascent of 1240 m per hour, which is good going.

In other news, there were some excellent times in September's ECCA 10, with the E2/10 finally living up to its billing as a superbly quick course in the right conditions. Andy Thomas set a new Group Age Record, recording 18:51 (a PB), at age 55. Club mate Stuart Wells also had a cracking ride, with a PB of 19:31. Simon Warren did a rapid 21:30 on his road bike.

It is now time to order your tickets for the North Midlands Annual Luncheon and Prize Presentation, which takes place on Sunday 16th February 2025 at the Holiday Inn, Rotherham. For tickets, please contact our Social Secretary and Luncheon Organiser, Ala Whitehead (Rockingham CC), on 07887 409239 or alaj2005@gmail.com to arrange payment. IMPORTANT: The cut-off date for tickets is 31st December, so please act quickly. The price is £28 per person, which has again been subsidised by the VTTA North Midlands.

Finally, the VTTA North Midlands AGM is Tuesday 7th January 2025, at The University Arms, 197 Brook Hill, Sheffield, S3 7HG, 7-30 to 9-30pm, and all members are invited to attend.

Best wishes for the off-season and for Christmas too!

SCOTLAND

James Skinner

With all the results for the season collated, the trophies and medals are almost ready for our annual prize giving presentation lunch which is being held as usual in McQs, Bannockburn, on Sunday 19th January 2025, Doors open at 12:00 for a 1pm start. For tickets priced £15 contact George Skinner. At this celebration of hard work and dedication, you will see the presentation of 25 standard medals, 23 age related records, 7 BAR trophies, and 10 SVTTA championship trophies, and hopefully a national award going to Donald Maclean and Mark Leadbetter of Flying Klippers for their tandem victory in the National 24 hour championship.

SVTTA trophies and awards are described in detail in the Recorder's report, which can be found in a news item on the VTTA website and in the Documents area.

Alexander Munro now 91 and riding for the Scottish Veteran Time Trial Association (SVTTA), had a commendable 2024 season, setting age records at 10, 15 and 25 miles, and has claimed the over-60 championship of his 2nd claim Southport CC.

Alex earning three age records in a season is good, but two of our ladies can go one better, Liz Ball (initially of Valley Striders CC before transferring to Edinburgh RC) achieved two age related records at 10 miles, one at 15 miles and another at 25 miles, and Margaret McMillan of Deeside Thistle CC achieved age related records at 10,15, 25, and 50 miles.

Sandy Gilchrist has been announced as the new Scottish Cycling president, he takes over from his wife Kathy Gilchrist, who steps down after working with Scottish Cycling for 13 years, to take up a role as trustee of the Scottish Cycling Foundation. All at the SVTTA look forward to working with Sandy during his tenure.

At the recent Scottish Cycling Awards night held in the Inchyra Grange hotel and spa in Falkirk, Lorna Breetzke of Elgin Cycling Club collected the Volunteer of the Year Award, having been instrumental in

growing the sport in the north of Scotland, particularly for female riders.

Cycling Time Trials Scotland is on the lookout for more of its members to have their say on cycle racing in Scotland. The committee meet no more than 4 times per year and if you or anyone from your club would like to sit on the committee, get in touch with George Skinner or Jon Fairclough, the new CTT Scotland secretary.

The cycling community faces a significant challenge as reports emerge of race officials and timekeepers feeling disrespected and mistreated by riders, leading some to consider stepping away from their roles. This is a troubling development, as these dedicated individuals are the backbone of competitive cycling, ensuring fairness, safety, and smooth event operations.

Timekeepers, recorders, marshals, and all involved in sport we all enjoy, are all there voluntarily, and devote countless unseen hours to training and executing their duties with precision, often in high-pressure environments. Similarly, race officials oversee compliance with rules, and prioritise the safety of everyone involved. When these individuals experience abuse or disrespect, it not only demoralises them but also jeopardises the future of organised cycle racing.

Without qualified and committed officials, races cannot function effectively. Riders must understand that showing courtesy and respect is not optional—it's essential to the sport's sustainability. Disputes or frustrations should be addressed professionally through proper channels rather than through hostility or personal attacks. By fostering a culture of respect and appreciation for officials and timekeepers, the cycling community can ensure the longevity of the sport and uphold its core values.

All at the SVTTA wish all riders and their families all the best over the festive season, and look forward to a safe and successful season of racing in 2025.

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

SOUTH WALES**Chris Gibbard**

I write this having just returned from the weekly Sunday group ride around the Brecon Beacons. I really am spoiled with the terrain around here and the personable nature and cycling ability of the local riders I am happy to call friends. There was a period after my crash in August that I thought that I may never be able or willing to ride a bike again, let alone eat up 70-80 miles of hills. You will be pleased to hear (I hope) that, apart from some trouble with one eye, I am pretty much back to 100%. All I can say to my fellow riders is be careful out there and don't take any risks! Yesterday I was happy to be invited to the CTT awards dinner, a great event where I was able to meet Alex Dowsett. I am sure he has to pretend to be interested when talking to lots of nerdy time trialists but he did not show it and I know they say you should not meet your idols but I was glad to have the chance to shake his hand.

September 1st is a big date in the South Wales TT calendar. The 12 hour has been going for many years and as the long time organiser Robin Field gets older the last few years have always been supposed to be the last. Fortunately Simon Kinsey has come forward as a new organiser and after the success of this year's event it looks like the 'Welsh 12' is here to stay (and I hear there are rumours of a National Championship). This year local hope Anthony Jones (VMCC powered by Y Beic) lined up and after last year's national age record of 304.22 miles everyone expected him to take home the title. Unfortunately this was not to be with a mechanical stopping him short at around 7 hours. The winner, Alex Royle (Manchester Bike Club) posted 305.96 miles for a course record and no one can deny he made a worthy champion. Neil Gregory (Port Talbot Whs CC) took the South Wales Group title with 279.48 miles followed by Robert Jones (Cardiff 100 Miles RCC) and Anthony Fiddow (Newport Phoenix). Robert Jones also set a group age record of 217.34 miles at 72 years old. The people involved and the hard yet fair course really make this a great event. Hopefully despite 12s

elsewhere disappearing there remains a long and healthy future for this one.

The Welsh Cycling Association 50 mile Championship is, usually for me, the end of the season. Unfortunately I was still recovering and was unable to take to the start line. Jake Sargent and Kate Allen (Team Bottrill) finished off fantastic seasons by dominating their events. Jake winning by around three and a half minutes and Kate winning by seven and a half! The group event was comfortably won by Bethan Ousley (Pembrokeshire Velo) in the female category and by Anthony Jones in the open. Ian Gibson (Abercynon Road Club) set a new age record for a 64 year old with 2:03:10. Jones also took second on scratch and seems to be going from strength to strength with another fabulous season completed.

I will finish this report by giving some first-hand experience of an event as I managed to get myself fit enough to take the start in the last race on the South Wales calendar. I had intended to race if I could, simply because it would be a long winter otherwise. I was very nervous, mainly because if something unexpected happened I didn't want to phone my wife explaining that I'd crashed...again! It was great to catch up with some South Wales TT regulars and the boost from getting through unscathed will, I am sure, get me through the winter and ready for my best ever season in 2025.

Here is a list of all the group record breakers from 2024:

10 Mile Open

51 Anthony Jones (VMCC powered by Y Beic)	20:00
52 Paul Haywood (Pontypool Cycling Club)	20:25
79 Hugh Davies (Port Talbot Whs CC)	24:44

10 Mile Female

66 Susan Shook (Bush Healthcare CRT)	27:23
--------------------------------------	-------

15 Mile Open

43 Daniel Kingston (Fulfil The Potential RT)	31:37
52 Paul Haywood (Pontypool CC)	32:30
84 Derek Morgan (Gannet CC)	51:32

25 Mile Open

51 Anthony Jones (VMCC powered by Y Beic)	48:59
79 Hugh Davies (Port Talbot Whs CC)	1:00:39

25 Mile Female

66 Susan Shook (Bush Healthcare CRT)	1:08:08
--------------------------------------	---------

50 Mile Open

51 Anthony Jones (VMCC powered by Y Beic)	1:40:25
58 Neil Gregory (Port Talbot Whs CC)	1:50:33
64 Ian Gibson (Abercynon RC)	2:03:10

50 Mile Female

47 Emma Wyatt (Hereford & Dist Whs)	1:57:58
-------------------------------------	---------

100 Miles Open

50 Anthony Jones (VMCC powered by Y Beic)	3:32:38
---	---------

12 Hours Open

Robert Jones (Cardiff 100 Miles RCC)	217.34
--------------------------------------	--------

Here is a full list of the group championship results in 2024 (all age adjusted times/distances):

10 Miles - Ross-On-Wye & Dist CC 20/07/24Open

1st Chris Gibbard (Fulfil The Potential RT)	19:37
2nd Owen Burgess (UF Rowe & King)	19:53
3rd Daniel Wyatt (Hereford & Dist Whs)	20:02

Female

1st Emma Wyatt (Hereford & Dist Whs)	20:17
2nd Bethan Ousley (Pembrokeshire Velo)	21:16
3rd Emma Davies (Port Talbot Whs CC)	21:22

25 Miles Virtual CC 11/08/24Open

1st Hugh Davies (Port Talbot Whs CC)	45:36
2nd Anthony Jones (VMCC powered by Y Beic)	47:06
3rd Owen Burgess (UF Rowe & King)	47:41

Female

1st Emma Wyatt (Hereford & Dist Whs)	49:37
2nd Emma Davies (Port Talbot Whs CC)	51:30
3rd Charlotte Mead (Monmouthshire Whs)	58:14

50 Miles Cardiff 100 Miles RCC 11/05/24Open

1st Anthony Jones (VMCC powered by Y Beic)	1:40:59
2nd Chris Gibbard (Fulfil The Potential RT)	1:42:17
3rd Mike Hall (Port Talbot Whs CC)	2:06:55

100 Miles Welsh CA Championship 23/06/24Open

1st Anthony Jones (VMCC powered by Y Beic)	3:24:53
2nd Chris Gibbard (Fulfil The Potential RT)	3:30:52
3rd Dan Kingston (Fulfil The Potential RT)	3:48:04

12 Hours Welsh CA Championship 1/09/24Open

1st Neil Gregory (Port Talbot Whs CC)	304.96
2nd Robert Jones (Cardiff 100 Miles RCC)	276.80
3rd Anthony Fiddow (Newport Phoenix)	272.67

SURREY/SUSSEX**Robin Johnson**

Mid-September saw the Surrey/Sussex Group's Championship "25" on G25/89, the East Sussex course on the single-carriageway A22. It was a cool morning, 8 to 13 degrees, but not much breeze, and there was a superb win by Chris McNamara (Sigma Sports RT) in 50:24, although a vet., not currently a VTTA member. Therefore, the Robin Buchan trophy, for best AAT went to second placed Paul Burton (Paceline RT) with an actual 50:37 and first team on AAT went to Eastbourne Rovers CC with David Clark, Adam Rogers and Dan Shipton, each producing very good actual times of 55:19, 56:20 and 59:34 respectively. Jacqui Lane with 1:07:06 completed Eastbourne's morning with first female by over a minute.

Final "25" of the year was the Brighton Mitre CC event on the Kirdford, West Sussex, course on Sunday 27th October. It was a beautiful sunny morning with 11 to 13 degrees and precious little wind. Fastest was Simon McNamara, Chris's twin brother, with a terrific performance of 53:24 on a course with 3 laps on

unclassified country lanes apart from some 50 yards of B road each lap. Doubtless, competing in the Majorca World's Masters in the prior 2 weeks had added to Simon's form as well as his suntan. Sadly, brother Chris had been involved in a crash there and suffered a broken shoulder which still did not stop his riding a bike one-handed at Kirdford. Second place went to Colin McDermott (Festival RC) in 56:27 and third was Pat Wright (Paceline RT), 56:49, all veterans.

Our Surrey/Sussex Group records have been broken a total of 28 times in 2024, with, of particular note, Henrik Persson (Kingston Wheelers CC) doing a "100" in 3:33:40 at age 40; also Chris Lord (Brighton Excelsior CC) amassing 7 new records at age 71 and deservedly placed third overall in the National Short Distance competition.

Eight men have set 22 of these new records, namely apart from Henrik and Chris above, also Paul Burton, Andy Critchlow, Nik Allen, Colin McDermott, Richard Gifford and Don Parker. Three women were the other 6 record beaters when, naturally, it would be indelicate of me to quote any of their ages; they are Lisa Davis, Ruth Whiddett and Rebecca Wilson.

Also, two riders over the age of 80 who have raced this season are Les Humphrey (South Eastern RC) and Alan Robinson (Central Sussex CC). *(New member George Windsor also qualifies in this age group, with a debut ride at the Goodwood Southern Championship - Ed).*

The Group's AGM is set for Sunday 8th December at 10.00 at the Pease Pottage Community Centre, Old Brighton Road, Pease Pottage, West Sussex, RH11 9AH, just 2 miles from Crawley and within 10 miles of the edge of Surrey.

The Group does need a Secretary for 2025; offers please now and/or at the AGM. Similarly, a Press Secretary to save my inflicting more reports on you all in the future. Already a clubmate, Paul Thatcher, has volunteered to be Dinner Secretary, and organise a Group lunch on Sunday 9th February, 12.30 for 13.00, at The Talbot public house, High Street,

Cuckfield, West Sussex, RH17 5JX, and has been in touch with all members enthusiastically. The venue has had praise heaped on it by another new member and this will be well worth attending for a great meal. I really look forward to seeing most of you there.

WESSEX

Sarah Matthews & Malcolm Cox

The recent Wessex VTTA AGM saw the following changes:

Sarah Matthews has accepted the role as journal correspondent,

Norman Harvey and Peter Tomlin are new committee members, Norman will use this opportunity to mentor the newer officials regarding their positions; we are all grateful to Norman for maintaining his connection with the committee and offering support in this manner,

Mary Corbett will act as treasurer for a further year, Claire Newman is recorder and webmaster,

Mike Boyce is membership secretary and Matt Doe continues as the social secretary.

We are pleased to welcome Peter and Sarah to the officials group, but we are still short of a Chairman.

Round up from around the region:

The ...a3crg 15 on 26th August saw Claire Emons and Lucy Mitchell of the promoting club take first and second woman on scratch and AAT.

The Cambridge CC 25 on 15th September saw another cracking result from Christina Murray (Army Cycling), when she took third on scratch, and second on AAT, Claire Emons of ...a3crg came fourth on AAT.

At the Ham Barnstormer 10 on the A3 on 29th September, Wessex-...a3crg duo Claire Emons and Sarah Matthews braved the cold and finished third and second woman on scratch, and Sarah was third overall on AAT.

The Epsom 25 on 29th September saw Daniel Legg from North Hampshire RC take second on scratch.



Sarah Matthews has kindly volunteered as our new Wessex Group Veteran contributor

In the Welsh Championship 50 Michelle Lindley from Poole Wheelers was fourth on scratch.

The cancellation of the Paceline 25 on 22nd September, due to bad weather, denied several the chance of late season improvements. Sarah Matthews (...a3crg) needed to improve her 25 time for the VTТА short distance competition (2 x 10s and 2 x 25s) and so entered the Rocco Trophy 25 mile TT run by London & Home Counties on Sunday 6th October. She won a trophy and did a three year PB over 25 miles and as such jumped from 11th to 8th overall in the VTТА short distance competition (*and second in the female category!* - Ed).

On the same weekend Claire Emons (...a3crg) was riding the Cardiff 100 Miles RCC 10 mile TT - also hoping to improve her position in the same competition and improve on her position of 5th woman. Claire has had a really strong season finishing 2nd woman in the 3 distance competition (25, 50 and 100) finishing the season a frustrating 0.006mph behind Wessex rider Christina Murray.

WEST

Paul Winchcombe

I suppose the writing was on the wall having written two submissions for the magazine on behalf of West Group. Brian Griffiths, our 'The Veteran' contact, recently submitted the following to our committee and it appears that my name is in the frame to pick up the reins.

"Whilst I have enjoyed doing this job for many years there comes a time when I feel that because of my present physical circumstances I ought to hand over to someone else. We need someone with perhaps a touch of journalistic ambition to put our view to our own members and also to national members. No great skills are required and your quarterly reports will feel very rewarding."

I am not sure that I have a journalistic ambition and many would agree that I lack "great skills" but I will do my best to follow the standard set by Brian over many years of contribution and wish him all the best.

Actually the thought of finding something new and interesting to write about each quarter is quite daunting, especially if I want to avoid becoming too formulaic or too controversial. However, I do have a plan which should surprise no-one who knows me and as a military man I appreciate no plan survives contact with the enemy (in this case the keyboard). I know I will be well guided by our West Vets magazine editor as he and I have a similar sense of humour and irreverence.

So to cycling. As I write we are at the start of event setting for 2025 which has always seemed to me a relatively simple exercise which takes far more time than it should. Of course each year we have clubs whose organisers retire due to age or other factors and seem not to be replaced, courses which have just become too hard to use with restrictions placed on them, or just not enough people have entered events in the past so clubs decide to no longer run them. At times the calendar feels too full and at others you can feel spoilt for choice, but of course that depends on

OBITUARY - IAN ROGERS

Bath Cycling Club - VTTA (West)

1933 - 2024

It is with great sadness that Bath Cycling Club has said a final farewell to Ian Rogers, a stalwart of cycling in all its spheres.

Ian was advised to take up cycling to strengthen his leg after breaking it playing rugby and subsequently joined Bath CC in 1948. He enjoyed club life and was encouraged to start time trialling, which was Bath CC's forte in those days. Soon he was impressing the club with his fast 25 and 50 times and in 1953 he broke the club 25 record with a time of 58:26 and then the 50 with a 2:02:00. Around this time Bath CC ran an open 50 on undulating roads around Batheaston and Melksham. Ian won this event three times which meant he kept the trophy cup and the club had to pay for a replacement!

Ian's strength and stamina was never in doubt and he soon made his mark on the 12 hour scene with a ride of 262.047 miles on a very undulating local course based on country between Sutton Benger and Oxford. This was the 1960s Yeovil 12. Ian's distance was not far off the national record at that time, which had been set on faster roads.

One of Ian's greatest achievements is probably his attempt on the national Bath to London and back record which had recently been set at 9:36:23 by Ken Joy, the Hercules Cycles professional. Ian started in Reading to go into London, which would leave a last leg from Bath to Reading with a

supposed tailwind. Things were looking good for Ian until the wind changed direction and he rode the last leg into a headwind and finishing with 9:56:48. (The photo is of Ian on the London to Bath record attempt. The scooter on the right would be Morley Brice and George Gell who followed and fed Ian on all his long distance rides).

After time out to bring up the family he came back to race as a WestVet and could still turn out good times. But club riding was becoming more appealing.

When he retired as a post office engineer he got tremendous satisfaction from the Bristol Thursday group social rides and of course the regular Sunday nights with his Bath CC.

Ian had a great sense of humour and could always be relied upon for a quip that would give us all a laugh. He enjoyed

club weekends away and particularly a trip some of Bath CC made to France in 2000 to ride the Grand Route des Alpes from Geneva to Menton. Bikes were loaded with panniers and 14 major cols were traversed. Ian was as strong as ever and rode everything in style.

Unfortunately after a few falls in recent years resulting in damaged joints, Ian had to stop cycling but he remained in touch with the cycling world and enjoyed being taken to cycling functions and meetings for a bit of reminiscing.

We shall miss Ian very much. He was a tremendous rider and a champion of his time.

Alan Pickard. (Photos - Bob Bolwell)



where you live. My own personal travel limit of exploitation is 2 hours for 10s and 25s unless it is a national event and for 100s I will go 4 hours from home, but of course that then requires a hotel. So this limits me and no doubt others who all have to go through the balancing act of family, cost and time. The process has changed this year and we are yet to see how that works out, although the intent seems good and early feedback is positive.

As the season draws to a close and the hill climbs proliferate once again I promise myself I will train properly over winter, having had a poor season. Analysis of my season shows that of course if you don't follow a plan and just ride you are not going to get better (well I am not). In the past I used a programme called *Today's Plan*, which superseded my use of spreadsheets based on the Time Crunched Cyclist. Both methods worked but sadly this year *Today's Plan* ceased operation and it showed in my racing. At the suggestion of a fellow West Vet I tried *TrainerRoad* and having used it for a month do at least have tired legs. One nice feature is the Adaptive AI which alters the training programme as you use it. There are of course other training plans and software out there but at the moment *TrainerRoad* seems to fit my bill.

In his final article Brian Griffiths commented on the strange course distances we had for a couple of the events in West District, the 12.2 mile course being one. The only reason for these odd distances is that roadworks sprang up and after discussion with the CTT Events Secretary (me) a shortened course was approved, risk assessed, notified to the police, amended on the CTT website and the event was able to go ahead. Why is this important? Well it shows that with good communication, proactive people and a process then events can still go ahead even when the unexpected occurs. The feedback from riders was generally positive, perhaps because riding a short 12.2 miles rather than a long cold 25 mile event in March is generally more palatable.

Speaking of events I ran the last 10 mile time trial of the year for West District. An analysis of the entries show a fit and active elderly population with 5 x V40, 12 x V50, 11 x V60 and 5 x V70 with only 8 Seniors and Juniors. Which brings me to veteran performances. I recently took part in the VTTA 15 mile time trial run by Newbury Velo and it was great to bump into Bath CC's Peter Wilson who has had a great season setting a new West Vets record for 90 year olds with a 31:44 for 10 miles at the Pontypool RCC R10/17, 48:31 for 15 miles at the aforementioned VTTA Champs on H15/3 and a 1:34:17 for 25 miles at the Gloucester City CC U72/25. Also of note is John Murphy of Gloucester City CC setting a new West Group record for 84 year olds of 6:08:20 at the RTTC National 100. in the "younger" age groups of course Bath CC's Steve Cottington continues to smash it with 19:55 on F11/10, which at 62 is a time most 30 year olds would be proud of (plus of course 15 mile and 25 mile records this year). Mid Devon CC's Marks Sanders got under 4 hours at the Welsh Champs as a 65 year old, I time I am still trying to achieve, and set a number of other 65 year District age group records. Kimberley Barfoot-Brace has had a quieter year but still set 33:53 for 43 year olds on R15/5 on a cold February day (from my memory of being at the event). Well done all.

There is a lot of social media comment about the state of time trialling. I would say that those of us that participate or contribute are dedicated to the sport and all get something from it. As a committee member for West Vets, West District and Chippenham & District Wheelers I would say though that participation in the more mundane things, such as the AGM, is poor. The AGM is a chance for members to have their say and influence things. Hopefully also the AGM can spread the load as new people may step up to the plate. If you didn't go to your area's AGM reflect on why not and perhaps next year give it a go.

Many may not be aware that the South West District of CTT is a part of the VTTA West Group. As a part of my new (and apparently lifetime) role as The



SOUTHWARD England



IN HONOUR OF BRITISH CYCLE RACING

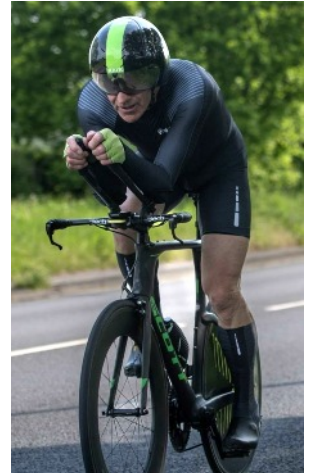
Born from a passion of both horology and British cycle racing, the Southward range features a large 44mm dial, mechanical hand wind 6497 movement, 22 mm sports strap and a 2 year warranty.

Customised choice of case finishes and dial colours.

Handmade to order in Warwick England, on offer at £199
quote VTТА when contacting Southward on 07484 147564 or
email eric.southward57@gmail.com



See Southward Watches on Facebook



RANDOM RIDERS

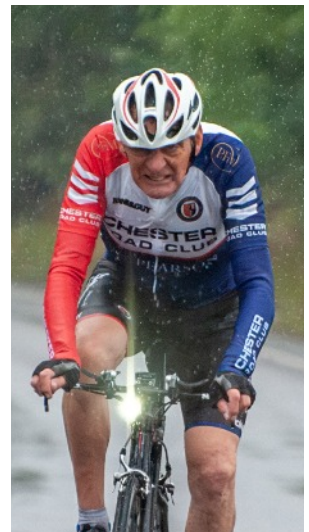
Top left - Jon Swanbury & Kate Churchill (VC Baracchi) achieved 2 national age records in 2024 (Image by Davey Jones)

Top right - Peter Tomlin (North Hampshire RC) is the 2024 VTТА National BAR Champion (Image from TT Legends)

Centre left - Lorna Breetzke (Elgin CC) flew the flag for VTТА in the north of Scotland, mixing her racing but riding TT's up to 100 miles (Image from Facebook)

Bottom left - Liam Maybank smashed national age records at 10, 15 and 50 miles (Image from TT Legends)

Bottom right - Keith Nield (Chester RC) looks unhappy riding the very wet 25 champs. (Image Robert Jones)



Veteran contact for West Group I contacted veteran representative Anthony Green of Kernow Racing Team in Cornwall. Anthony has submitted an article about the success of Kernow Racing Team in running events in 2025 which we have agreed will be published in the March edition of The Veteran so it gets due prominence about what can be achieved.

YORKSHIRE

Chris Goode

Thank you to those who attended the recent AGM or who sent their apologies. It was good to see you and many thanks to the members who participated in or assisted the running of the group's activities this year.

We are indebted to our race organisers Jymmy Trevor and Andrew Vaughan and also to Steve and Sandra Burrows for the Yorkshire Twelve, which incorporated a splendid VTTA National Championship. The organisers have been well supported by the committee and by Ros Bell, Marjorie Davison, Geoff and Mickie Hornby, Dave Leckenby, Tim Palliser, Hazel Stott and Alan Taylor. Thanks are also due to timekeepers Steve Brown, Mike Penrice and Elaine Ward with assistance from Mick Storey plus Nigel and Karen Bennett.

At our recent AGM most committee members were re-elected. Jymmy Trevor and Andrew Vaughan will swap positions for 2025, with Jymmy taking the role of race secretary and Andrew as assistant race secretary. Thanks to Sue McFarlane for her work as treasurer and to Tony Stott for his recent auditing work. Sue has now stepped down and as Tony has taken that role we will now need a new auditor. It is not a very demanding role time-wise but you do have to be competent checking accounts and banking records, so please get in touch with our secretary, Karen Taylor, if you are interested.

The Yorkshire Group will be promoting four events next year, starting with the "Ice Breaker", on Saturday, 1st March, on the Red Wall and with HQ at Arkendale and with similar organisation to previous years. A '25'

on the popular V236/1 on Saturday 28th June (evening in order to satisfy local regulations). In the same vein a '10' will be run on the fast V210 course, Saturday early evening on 19th July. Then to close out the season a '10' on 20th September on the V714 to be held with the same principles as the Ice Breaker, an event with good racing and a little extra effort in the HQ. This will be known as "the Last Chance Saloon" time trial, with an opportunity to both compete and socialise before the arrival of the close season.

Our Recorder, Jymmy Trevor has produced his usual very comprehensive report of the achievements of our group members and we are very grateful for his attention to detail and enthusiasm. If you have not seen this document it can be downloaded from the VTTA website Yorkshire Group section or from the VTTA Yorkshire Facebook page.

The final situation with the Yorkshire BAR tables for 2024 has been interesting. The most popular is the Short Distance BAR. In this competition Neil Cleminshaw defended his 2023 title with a comfortable win by over 1mph (AAAS) from Dave Nolan. Dave, Stuart Henderson and David Taylor were within 0.16mph of each other for second, third and fourth places respectively. Good close racing is great to see. Steve Burrows was the other rider with an AAAS of over 29mph.

The 3 distance Yorkshire BAR was comfortably won by Stuart Henderson with an excellent AAAS of 28.64mph. Second and third places were decided by a husband and wife battle with Mick and Angela Flaherty taking these places respectfully.

It was great to see a new winner of the 4 distance BAR with Martin Gargett winning this title for the first time, beating Gretchen Zoeller by 0.13mph (AAAS), again close exciting racing.

The ladies Yorkshire BAR was won by Gretchen by a very narrow margin of just 0.014mph from the strong time trialist, Angela Hannon-Flaherty.

As a group we performed as badly as we did in 2023 with a dismal result, coming 14th from the 16 groups

Yorkshire Group Participation in Season Long Competitions						
	2017	2019	2021	2022	2023	2024
Short BAR	64	57	27	38	37	26
3 Distance BAR	8	21	6	5	7	6
Full 4 distance BAR	4	9	2	1	3	2
Yorkshire Ladies BAR	N/A	7	4	4	3	4

listed for the Short BAR. In the 3 distance BAR we managed 5th from the 16, an improvement from last season. Again, we did not have 6 riders to qualify for the 4 distance BAR, but then neither did any other groups.

Some members are still not entering the BAR competitions due to it being a computer based activity of selecting entry, which should be done before starting to compete. As a group we will need to try to encourage people to enter these competitions, so if you are unsure how to do so please ask Jymmy.

The season long BAR competitions in Yorkshire have seen the number of competitors participating continue to decline in all competitions this season, which is a concern for the group. The largest drop is in the popular Short Bar with a reduction from 37 to 26. The 4 distance BAR only had two qualifiers this season despite the district promoting a 12 hour Hopefully with district council promoting a local '50' and '100' on the favoured A168/A19 next year we will see better numbers qualifying for the 3 distance and Full BARs in 2025.

Unfortunately, we have not achieved any National Age Records this season; Jymmy was very disappointed to miss out on the national 15 mile tricycle age record by just 19 seconds. Five members managed to achieve eleven group records on two and three wheels and will be receiving certificates.

In the trophy events the silverware has been spread evenly, with some first time winners. It is always good to see multiple winners rather than one individual take

the majority of the prizes. It will be good to see the silverware presented at the annual lunch; these and all the other awards will be referenced in the March Veteran when I report on our lunch. National awards are also now presented at group functions so we are pleased to be handing over bronze medals for third placed woman to Gretchen Zoeller (for the VTTA National 12) and to Angela Hannon-Flaherty (for the VTTA National 100).

Some of you will have locked horns with Alan Gay and Derek Roe over the years so I was pleased to visit Kingston-Upon-Hull in mid-November to meet up with them as well as Lynn Gay and Margaret (formerly Bishop). We were remembering our late dear friend, Arthur Higham, who was born exactly 100 years earlier. Arthur was a lifelong member of Hull Thursday RC and competed in the Empire Games in 1958. He rode for Canada where he lived in the second half of the 1950s, interestingly his club mate Billy Holmes was riding for England. Ray Booty won, with two Kiwis on the podium, with Arthur in sixth place. Arthur subsequently returned to his home city and was a true clubman, always there and helping at races, time-keeping, marshalling, performing roles within the club and building top quality wheels for numerous friends.

We are grateful to Mike Williams and Tony Stott for their hard work in organising the lunch and the presentation of awards; this will be take place at the Bridge Inn, Walshford, on Sunday, 26th January. The price will be £30 for the usual excellent meal and will also include entry to a prize draw, in lieu of a raffle; we are pleased to have Kath Smith as our guest of honour. Kath will be recalled for her storming ride to win the women's gold in the VTTA National 12 on East Yorkshire roads and then repeating the feat in the 24 Hour Championship. Please attend and applaud those who have been competitive this season as well as showing our appreciation to the organisers, time-keepers, administrators and helpers. I anticipate a positive year ahead with your involvement and help in our events

Keep those wheels turning.


**2024 GRAN FONDO
WORLD CHAMPIONSHIPS**

**AALBORG
DENMARK**
**VTTA TIME
TRIALLISTS TAKE ON
THE WORLD**


By Deborah Sheridan

I'm on a street in Denmark with a group of friends. We are laughing, talking and cheering - a common enough sight, but this is not a girls night out or a party, this is the UCI Gran Fondo World Series TT Final and 28 VTТА members are here in Aalborg, Denmark, to represent Great Britain. I'm the first GB athlete to start but we are on 30 second starts and there's little pause in the action. At the finish VTТА champion Linda Dewhurst glances across. "Are you sure?" she asks. Eamonn looks at his phone for the third time, checks the results and confidently replies, "Yes I'm sure. You've won, you are the World Champion!". There's more cheering and now someone has found a Union Jack and photos are being taken.

Linda had this to say when I caught up with her later, "Aalborg was amazing, a pretty technical course but not as windy as I had expected. I was really pleased with my ride. I probably got a bit over excited and went out far too fast and that finish couldn't come quickly enough."

Lucia Borradaile narrowly missed out on a medal in Dundee but this time the seconds are in her favour and she crosses the finish line to win a bronze medal in the same F65-69 category.

VTТА champion, Deborah Moss, rides a 47:13 the fastest time by a female VTТА member and one of the fastest times of the day, but the standard is high and she finishes 7th in her F50-54 age group.

2023 World Champion Sarah Matthews has narrowly missed out on a medal. We are team mates at ...a3crg and friends and over dinner that evening she shared her thoughts. "The course was excellent, a proper challenge. I'm a bit disappointed to swap my gold from last year for fourth but I couldn't have gone any harder and I was pleased with my ride." Those sentiments resonate with us all. We have all come with a realistic understanding of the challenge and the rising standard at these events.

The younger age groups have started and the women's event is coming to an end. Too young to be a VTTA member, Jessica Disley (Aerocoach) has become the Queen of the Gran Fondo World Series Time Trial and in Denmark she has won her fifth title in F19-34 by a mere 20 seconds. An amazing achievement and we are happy to offer our congratulations.

There is a short gap before the men start. Enough time to ride back to the motor caravan, that has been our home since leaving England, and to shower, change and grab a second breakfast before swapping my TT bike for my road bike and heading back to the event. Marty McDonnell, the Eurosport commentator, has been announcing the start and adding his experience to the event and as I arrive back I hear him call that Brian Lewis has just finished. Brian won a gold medal in Dundee but again the competition is fierce even in the older age groups and he finishes fourth this time. Edinburgh's Robert Brown will have better luck and finishes second in M80-84. More riders finish and at last the first rainbow jersey for a British man when VTTA Kent member Kevin Tye finishes in 41:57 to win M60-64.

The Gran Fondo World Series attracts a few ex-professionals. In the women's field Jeanie Longo has been a feature of the event for a number of years now but is apparently injured so a DNS. I have mixed feelings about their presence at these events and I find it difficult to grasp why a former multiple world champion wants to race, in my case, a retired teacher from Birmingham. This year the headline name is renowned sprinter Mario Cipollini who is in M55-59. Cipollini faces the considerable challenge of beating two time champion Richard Oakes. On his Facebook page Cipollini described himself as racing "a group of somewhat elderly gentlemen". In the end he won his age group with Richard Oakes finishing in bronze medal position. However the 'elderly gentlemen' got their revenge when 'Cipo' was beaten to gold in the road race by Welsh cyclist Gareth McGuinness.

By coincidence on the campsite next to us was a family from the Netherlands. They spotted our bikes and a proud father was at pains to tell me his son Bart is in M45-49 and is very serious about racing and he is going to win! We smile politely and wish his family "Good luck". The problem for our new Dutch friend is that his son is racing Matthew Smith (Drag2Zero) and so it was that the rainbow jersey came down to a fight between Matthew Smith and Bart Van Dieren, with the British rider taking gold by 23 seconds. Matt had this to say afterwards. "It was a fantastically well organised event on a great course, the roads there are excellent. A very flat route with a long straight section on the way out along the coast, where the wind is the biggest enemy, then a more technical return."

I briefly mentioned the road race earlier and it is pleasing to report that Linda Dewhurst repeated her success from Perth in 2023 by riding away from the competition to win F65-69. A month later 'surprised and delighted' she rode to a silver at the UCI Gravel Worlds.

Racing the finals in Denmark had been a long project for us all. For some qualification had been in late 2023. Some like us made a holiday of it travelling via the Netherlands and Germany. Others flew in and out rapidly and some I met had done the 10 hour drive from Rotterdam in a single day. Next year's final is in Australia and I'm hearing rumours from friends that some are thinking of going but it's not for me. I'm thinking of going to the Cyprus qualifier but as a pre-season alternative to Mallorca. A holiday with an event at the end.

The following list is to the best knowledge of the Editor the performances of all VTТА members in the UCI Grand Fondo World TT Championships. Apologies if your name has been missed, it is not easy identifying our members from the limited information available on the event website.

Category	Fastest time in category	Finishers in category	Position in category	Participant	Group	Time
(W) 50-54	45:31	25	7	Deborah MOSS	NL&L	48:45
			13	Helen TAYLOR-CARTER	E Ang	51:08
			18	Amy SOLE	E Ang	53:43
(W) 55-59	48:02	22	11	Gail LOWE	M&NW	52:18
(W) 60-64	48:34	23	4	Sarah MATTHEWS	Wssx	49:57
			8	Patricia BAIRD	Scot	52:04
			9	Alexa FORBES	L&HC	52:44
			19	Judith BROWN	E Ang	56:43
			20	Susan OLDHAM	West	58:42
			23	Pippa O'BRIEN	L&HC	1:04:23
(W) 65-69	49:31	15	1	Linda DEWHURST	L&HC	49:41
			3	Lucia BORRADAILE	Wssx	53:03
			8	Deborah SHERIDAN	Mids	57:16
(M) 45-49	41:26	68	1	Matthew SMITH	E Ang	41:26
			16	Paul WILLCOX	L&HC	43:32
			61	Richard BOWDITCH	M&NW	47:53
(M) 50-54	41:21	51	8	Andrew CRITCHLOW	S/S	42:53
(M) 55-59	41:46	46	3	Richard OAKES	E Mids	42:53
			21	Gareth WILLIAMS	L&HC	45:40
			25	Simon SMART	Mids	45:52
(M) 60-64	43:17	45	1	Kevin TYE	Kent	43:17
			8	Mike TWELVES	E Mids	45:23
			11	Jeff ROBERTS	L&HC	45:46
			16	Simon DIGHTON	Mids	46:35
(M) 65-69	45:42	35	23	Mark SANDERS	West	49:52
(M) 70-74	48:03	28	20	Patrick ELLERBECK	E Ang	53:48
(M) 75-79	50:08	16	15	Ben THOMAS	S/S	1:00:00
(M) 80-84	53:57	9	2	Robert BROWN	Scot	54:31
(M) 85-89	01:04:15	4	4	Brian LEWIS	West	1:12:16

M60-64 podium with Kevin Tye champion



M45-49 podium with Matt Smith champion



*L-R Sarah Matthews,
Pippa O'Brien, Deborah Sheridan,
Susan Oldham, Linda Dewhurst, Helen Taylor*

*Robert Brown, silver medallist, on
M80-84 podium*



*W65-69 podium with Linda Dewhurst
champion and Lucia Borradaile 3rd*



Linda Dewhurst



**2024 GRAN FONDO
WORLD CHAMPIONSHIPS**



**AALBORG
DENMARK**



*Richard Oakes
riding to 3rd in
M55-59*

NEWS FROM OTHER WORLDS

Congratulations to **Linda Dewhurst**, who after winning multiple VTTA national titles and UCI Gran Fondo TT and road world titles, in her second gravel race ever achieved a remarkable age group silver medal in the UCI Gravel World Championships over 86km in Belgium. In so doing was the only Brit to climb the podium.

Chris Symonds MBE was in action again for Ghana in the UCI Elite World Championship individual time trial in Zurich and as an early starter occupied much of the TV screen time on Discovery+. Keep flying the flag Chris! Whilst he won't have the beating of Remco Evenepoel he is a real inspiration to his fellow countrymen and to grass roots time trialists everywhere.

The UCI Masters World Track Championships were conveniently close by in Roubaix in northern France in September, so drew strong support from our cohort of 25 VTTA members who mix their disciplines. Some cherished World Champion's jerseys and medals of all colours came back to these shores, with Team Ohten Aveas riders to the fore.

Our VTTA medallists were:

Mike Twelves (East Mids), becoming World Champion M60-64 in both the individual pursuit and the points race and also sharing the M55-64 team pursuit top spot with his Team Ohten pals **Rob Muzio** (East Mids), **Martin Perrett** (East Mids) and **Adrian Dent** (North).

Team Ohten Aveas riders also demonstrated their strength in depth by winning the M45-54 team pursuit with **Richard Oakes** (East Mids), **James Perkins** (East Mids), **Andy Critchlow** (S/S) and **Robert West** (L&HC). Richard was riding out of his age group to make up the numbers in this younger team and had also earlier become World Champion in the M55-59 individual pursuit.

Ian Humphreys (Scotland group and RT23) is World Champion in M70-74 individual pursuit and was third in the TT, whilst his Scottish compatriot **Andrew Bruce** (Vanelli-Project Go) was third in the M50-54 pursuit, one place behind **Joel Stewart** (L&HC and Team Ohten Aveas). Other medal winners amongst the men were **Chris Dyason** (East Anglian and Cambridge CC) and **Alistair Rutherford** (M&NW and Manchester BC), both taking bronze medals in the M75-79 pursuit and the M40-44 points race respectively.

Best VTTA woman was Midlands' **Deborah Capewell** (Team Ohten Aveas), winning championship gold in both the W55+ team sprint and team pursuit and backing this up with silver in the W55-59 sprint and W55+ scratch race and bronze in the W55-59 time trial. Also sharing that W55+ team pursuit gold was **Lynne Biddulph** (Midlands and Born to Bike), much better known as a long distance specialist. **Melanie Sneddon** (L&HC and TORQ Performance) also became a double World Champion after excelling in the W45-54 team pursuit and team sprint; she also took silver in the W45-49 points race. To complete this assault **Jayne Paine** (L&HC and Willesden CC) was second in the W55-59 pursuit and **Elizabeth Wisdich** (Scotland and RT23) was second in the W54-54 pursuit.

Great results all round. It seems that the same venue will be used for the 2025 championships, so we can expect an even higher level of participation and more champions' jerseys and medals.

NO CALIFORNIAN GOLD FOR VTTA RAIDERS

Christina Murray (Army CU) and **Lee Williams** (Fulfill the Potential RT), both members of VTTA Wessex Group, travelled several thousand miles and across 8 hours of time difference to compete in the World 24 Hour Time Trial Championship in Borrego Springs, California, on 1st/2nd November. In fact this was Lee's first outing as a VTTA member as he only turned 40 one week before the event.



The field of 84 (which included a small number of two-person relay teams and tandems) was a very international selection with some of the best endurance specialists in the world. The annual event sees riders complete multiple laps of an 18-mile route, before moving to a shorter finishing circuit of 5 miles on rolling but well-surfaced desert roads. As a “dark-sky community” the new moon this year meant riders had no assistance in lighting up the 13-hours of darkness with temperatures dropping twenty degrees below those of the daytime. A further challenge was a brutally strong wind that came in for the final six hours, hampering bike handling and generating sand storms, leading to the event being curtailed by 30 minutes.

Lee started strongly but in the challenging conditions stopped after 18 hours with 378 miles on the clock. Christina, being an ace long distance strategist, rode strongly throughout and completed 434.4 miles, placing her third amongst women and 13th in the overall field.

Christina, pictured here, later commented “Whilst I knew that some of the challenges in Borrego Springs would be different to those usually faced in a 24-hour, nothing prepared me for quite how hard this race turned out; I anticipated the long dark night, the huge temperature swing and the monotony of an 18-mile circuit, but I didn’t anticipate getting sick after just 9.5 hours, the aridity of the desert air that gave me nosebleeds throughout my time in California, and then finally THAT wind! I have lived in the deserts of Afghanistan and Iraq and witnessed sandstorms before, but never had the desire to ride a bicycle in one! But I guess that navigating all of these challenges and making it to the end of the 23.5hrs is perhaps one of the reasons why I (and others) put ourselves through these things. I really did have to dig very deep to achieve that – and could absolutely not have done it without my masterful support crew. So to make it through, to stand on the podium at the end (beating some very strong riders) and to represent both the Army and the UK in the process, is something I am very proud of. I’m not sure I’m going to queue up to repeat the experience mind you!”

LEJOG Women's Tandem Record

An account by Brigid Night of the Tandem Lands End to John O'Groats record set by Hannah Fawcett and Ede Harrison. Raising money for [Kidney Care UK](#).

This was without a doubt the best sporting event I have had the privilege to see, never mind being part of as a member of the support team. It was honestly more exciting than being on the Avenue des Champs-Élysées in 2012 when I saw Sir Mark Cavendish win the sprint and Sir Bradley Wiggins win the yellow jersey! Our Merseyside Vet Hannah Fawcett and fellow Liverpool Braveheart club mate Ede Harrison rode a tandem 840 miles from Lands End to John O'Groats in 66 hours 49 minutes and 52 seconds - setting a new tandem female record! Hannah and Ede setting this record was the most amazing feat of sheer strength, endurance and absolute courage that I have ever witnessed - it was an outstanding sporting achievement.

They overcame many challenges on their epic journey but the fantastic support they had from family and friends cheering them on out on the road and online really encouraged them. This included Christina Mackenzie, the current female record holder, who was up and out on the roadside to cheer them on in the early hours of the morning in Scotland. The personal messages from people like Lynne Biddulph and Christine Murray really lifted them too.

The current solo men's record holder, Michael Broadwith, played a key role. He had helped them with their planning, and he tracked their progress closely when they were on the road, publishing a progress graph online; he also spoke to them on the phone at a difficult point on their journey. You can hear the interview he recorded with them the day after they had set the record on [RRA in conversation with Hannah Fawcett and Ede Harrison by Road Records Association \(soundcloud.com\)](#).



In the interview they do not talk about the horrendous dual carriageways they had to take or the busy A-roads they had to navigate through numerous big cities on their way north through the UK. They also didn't mention the congested road diversions in Bristol or the commuter traffic that slowed their progress through Warrington on the foggy Monday morning. They also had to endure long sections of newly laid gravel through the Lake District and the last 10 miles of their route were littered with potholes which Hannah had

to skilfully find a safe path through on their way into John O'Groats.

They also didn't make any mention about their blisters, or the numerous aches and pains which their bodies were suffering, they endured so much and just pushed through. They both make light of these things but make no mistake about just how hard this was and what immense strength and courage they have demonstrated to have achieved this record.

Hannah thanked all those inspirational women "who have shown me what is achievable, most of all Janet Fairclough and Louise Johnson" with whom she previously achieved a Guinness World Record. She also thanked Chris Hanson-Jones, "who without having owned a tandem to ride with his daughter none of this would have happened."

Hannah explained the boost it gave having so many people sending messages and cheering them on at all points on the journey. "It made such a difference, we felt like super stars and it makes you really believe you can do it. Special mention to Ruth and Bob Williams, despite being in their late 80's they popped up at Shap and then followed us up the entire country to be there in the early hours of the morning in John O' Groats! Amazing!"

Hannah and Ede were also very grateful to their support team who were with them throughout the event and particularly their manager John Harvey, who oversaw all the logistics and planning, and to the lovely Duff Fawcett who ensured their tandem was in top notch condition.

But let's not forget all the people with kidney diseases, who day in day out have to cope and manage with problems which are far more difficult than anything there was to face on the route from LEJOG. Hannah, who is a doctor working as a kidney consultant, said, "It makes putting what we did look like a walk in the park". Please support [Kidney Care UK](#), they do so much amazing work and really appreciate any donation you are able to make.

There is also an article in Cycling Weekly which you can read here: [Tandem pair smash End-to-End benchmark for a brand new record](#)



They've done it! The final update graph from Michael Broadwith



The tired but happy riders and support crew at the end of the ride

Norman Gives Malcolm a Lesson!

Event Report

Tandem Tart 10 Mile TT - 23rd June - P164 (New Forest) - by Malcolm Cox

So, how hard can it be to pilot a tandem trike?

Norman Harvey asked me to pilot the trike for the Sotonia 10 mile time trial to be held in June; the request was made several months in advance with the suggestion that we would need a couple of practice runs. Really, how hard can it be? I played the part of stoker during the Boxing Day 10 and that went pretty well, so the weeks disappeared and the practice runs never materialized. So, the day before race day we decided to have a roll round the Forest with me on the front. Good grief, the bloody contraption would not go where I wanted it to, it seemed to be magically attracted to the ditch.

Norman seemed pretty unfazed, commenting "Don't worry, it's harder than it looks." I could only agree and so we pivoted to plan B - Norman would go on the front and I would return to the stoker position.

So race day - an enjoyable spin across town and into the Forest served as a nice warm up. I met Norman at the HQ, he rode the trike across (he is a legend at the age of 91 and is still very competitive across all distances). There was a bumper entry for the '10' and the large field meant we had a late start time, the sun was shining and there was only a gentle breeze.

Pre-race briefing was to make sure we lean into the corners (just follow Norman's lead). So we were off, I was pushing hard, the pilot (Norman) controls the brakes, gear, steering etc. All I had to do was pedal and lean, definitely lean, else we could come unstuck (literally). The P164 has a few more bends and turns than the Boxing Day course, so leaning became pretty important. Norman was also a bit more gung-ho than my previous partner, so at one point as we were careering through a series of bends slightly downhill through trees, one of the rear wheels started to lift. All I heard

from the front was "lean...lean...lean" as Norman went horizontal. Heart in the mouth, with visions of tipping the machine and even worse, injuring one the oldest TTer's in the country, I leaned. Thankfully the wheel popped back down and we centred on the road. Right, power off, we need get through this in one piece, the corners were now taken at a sedate pace (almost pedestrian), we just opened it up on the straights. We finished safely, thank god; the time was 27 minutes and 7 seconds, our combined age was 147 years!



Event images [here](#) by Paul Hammond

National Age Records Round Up

By Ian Greenstreet - National Age Records Secretary

2024 saw a total of 51 new national age records established from 10 miles to 24 hours, across eight groups, encompassing individuals aged between 44 and 91 years. These records are summarized below (quantities include records subsequently beaten).

	Bike	Trike	Tandem Bike	Tandem Trike	Grand Total
Men	12	1	4	0	17
Women	11	0	2	0	13
Mixed	n/a	n/a	10	11	20
Total	23	1	16	11	51

Despite the general move away from the longer distances in time trialling there were five records set at 12 hrs and four records at 24 hrs.

Individual Highlights

An age record is always a great achievement, although some riders manage to achieve more than one in a year. In 2024 these included:

- Liam Maybank (Twickenham CC / London & Home Counties) three records at 10, 15 & 50 miles
- Linda Dewhurst (Ride Revolution Coaching / London & Home Counties) three 3 records at 10, 15 & 25 miles
- Kathryn Smith (Sleaford Wheelers CC / East Midlands) also broke three at 50 miles, 12 & 24 hours.

Tandem Records

In the tandem world, nine different parings set a total 26 age records in 2024. This includes a number which were subsequently beaten, sometimes by the same crew.

Mary Corbett and Norman Harvey (Sotonia CC / Wessex) secured an amazing eight records across distances from 10 miles to 12-hours. Other crews setting multiple records included:

- Ian Greenstreet and Rachael Elliott (Newbury Velo / London & Home Counties): 7 records including breaking the 10 mile age records 5 times to finish with 18:20 equalling their PB.
- David Stockley and Murray Kirton (A5 Rangers / Midlands): 3 Records

The female pairing of Hannah Fawcett (Liverpool Braveheart BC / Merseyside) and Brigid Night (Frodsham Wheelers / Merseyside) improved on last year's 12hr record covering 252.82. Which was also good enough to secure the 12 hour competition record for a female tandem pair.

Track Records

Jon Howard (Team Echelon; Midlands) at 54 set an outdoor hour record of 26.43 miles along with the 20 km & 25-mile records. No National indoor records set this year.

Road Records Set During 2024

(Subsequently beaten records are not shown, only those still current)

Dist	Age	Name	Club	Grp	Record	Course	Event	Date
Solo Bike - Men								
10	52	Liam Maybank	Twickenham CC	L&HC	0:17:24	E2/10	ECCA	07/09/2024
10	62	Kevin Tye	VeloRefined Rule 5	Kent	0:18:07	E2/10	ECCA	07/09/2024
10	76	Chris Dyason	Cambridge CC	E Ang	0:22:16	E2/10	VTTA (East Anglian)	26/06/2024
15	52	Liam Maybank	Twickenham CC	L&HC	0:28:19	P884B/15	...a3crg	26/08/2024
15	62	Kevin Tye	VeloRefined Rule 5	Kent	0:30:29	F2/15	Cambridge CC	27/04/2024
15	71	Chris Lord	Brighton Excelsior CC	S/S	0:32:51	P884B/15	...a3crg	26/08/2024
15	74	Michael Stevens	Melton Olympic CC	E Mids	0:34:05	F2/15	Cambridge CC	27/04/2024
15	76	Chris Dyason	Cambridge CC	E Mids	0:34:27	F2/15	Cambridge CC	27/04/2024
50	52	Liam Maybank	Twickenham CC	L&HC	1:37:53	F2/50	Shaftesbury CC	14/07/2024
50	74	Michael Stevens	Melton Olympic CC	E Mids	1:57:09	F2/50	ECCA	18/05/2024
12hr	67	Peter Tomlin	North Hampshire RC	Wssx	262.09	R12/16	Welsh CA	01/09/2024
12hr	86	Brian Hygate	Fareham Wheelers CC	Wssx	192.88	R12/16	Welsh CA	01/09/2024
Solo Bike - Women								
10	64	Sarah Matthews	...a3crg	Wssx	0:21:25	P612/10	Sotonia CC	14/07/2024
10	65	Linda Dewhurst	Ride Revolution	L&HC	0:22:01	F11/10	Hemel Hempstead CC	15/06/2024
15	65	Linda Dewhurst	Ride Revolution	L&HC	0:34:26	H15/3	VTTA (L&HC) VTTA Nat'l Ch	18/08/2024
15	70	Jennifer Clegg	Team Bottrill	E Mids	0:36:47	F2/15	Cambridge CC	27/04/2024
25	65	Linda Dewhurst	Ride Revolution	L&HC	0:55:34	R25/7	Ross-on-Wye & CC	21/07/2024
50	64	Sarah Matthews	...a3crg	Wssx	1:58:37	F2/50	Cambridge CC (The Viking 50)	22/06/2024
50	70	Kathryn Smith	Sleaford Wheelers CC	E Mids	2:10:58	F2/50	Finsbury Park CC	29/06/2024
12hr	47	Christina Murray	Army Cycling Union	Wssx	274.20	B12/8	CC Breckland	18/08/2024
12hr	70	Kathryn Smith	Sleaford Wheelers CC	E Mids	217.77	V381	Vive Le Velo	09/06/2024
24hr	50	Michelle Lindley	Poole Wheelers CC	Wssx	426.19	D24HR	RTTC Nat'l Ch (Mersey Roads)	27/07/2024
24hr	70	Kathryn Smith	Sleaford Wheelers CC	E Mids	349.63	D24HR	RTTC Nat'l Ch (Mersey Roads)	27/07/2024
Solo Trike - Men								
15	71	Mark Vowells	San Fairy Ann CC	Kent	0:37:43	H15/3	VTTA (L&HC) VTTA Nat'l Ch	18/08/2024
Tandem Bike - Men								
10	166	Murray Kirtan & David Stockley	A5 Rangers CC	Mids	0:24:50	F11/10	VTTA (L&HC)	05/05/2024
10	167	Murray Kirtan & David Stockley	A5 Rangers CC	Mids	0:25:32	F11/10	Icknield RC	14/09/2024
15	166	Murray Kirtan & David Stockley	A5 Rangers CC	Mids	0:39:33	H15/3	VTTA (L&HC) VTTA Nat'l Ch	18/08/2024
24hr	119	Donald McLean & Mark Leadbetter	Flying Kippers	Scot	374.45	D24HR	Mersey Roads	27/07/2024

Dist	Age	Name	Club	Grp	Record	Course	Event	Date
Tandem Bike - Women								
12hr	103	Hannah Fawcett & Brigid Night	Liverpool Braveheart BC & Frodsham Whs	M'side	252.82	V381	Vive Le Velo	09/06/2024
24hr	101	Sarah Murray & Brigid Night	LCIwb Beico Egni Eryri & Frodsham Whs	M'side	356.90	D24HR	Mersey Roads	27/07/2024
Tandem Bike - Mixed								
10	106	Ian Greenstreet & Rachael Elliott	Newbury Velo CC	L&HC	0:18:20	e2/10	ECCA	20/07/2024
15	106	Ian Greenstreet & Rachael Elliott	Newbury Velo CC	L&HC	0:28:49	F2/15	Cambridge CC	27/04/2024
15	142	John Swanbury & Kate Churchill	VC Baracchi	E Ang	0:36:32	F2/15	Cambridge CC	27/04/2024
25	106	Ian Greenstreet & Rachael Elliott	Newbury Velo CC	L&HC	0:50:20	H25/1a	Newbury RC	12/05/2024
50	106	Ian Greenstreet & Rachael Elliott	Newbury Velo CC	L&HC	1:41:12	F2/50	Finsbury Park CC	29/06/2024
50	142	John Swanbury & Kate Churchill	VC Baracchi	E Ang	2:06:36	F2/50	Shaftesbury CC	14/07/2024
Tandem Trike - Mixed								
10	122	Mary Corbett & Malcolm Cox	Sotonia CC & VC St Raphael	Wssx	0:25:44	P311	New Forest CC	26/12/2023
10	157	Mary Corbett & Norman Harvey	Sotonia CC	Wssx	0:26:46	F10/11	VTTA (L&HC)	05/05/2024
10	158	Mary Corbett & Norman Harvey	Sotonia CC	Wssx	0:28:31	P901/10	Chichester City Riders	04/08/2024
15	157	Mary Corbett & Norman Harvey	Sotonia CC	Wssx	0:41:53	F2/15	Cambridge CC	27/04/2024
15	158	Mary Corbett & Norman Harvey	Sotonia CC	Wssx	0:42:04	H15/3	VTTA (L&HC) VTTA Nat'l Ch	18/08/2024
25	157	Mary Corbett & Norman Harvey	Sotonia CC	Wssx	1:12:25	H25/2	Westerley CC	07/07/2024
30	157	Mary Corbett & Norman Harvey	Sotonia CC	Wssx	1:37:46	Q30/3	VTTA	21/04/2024
50	157	Mary Corbett & Norman Harvey	Sotonia CC	Wssx	2:27:13	F2/50	Finsbury Park CC	29/06/2024
100	120	Mary Corbett & Simon Hall	Sotonia CC & Crabwood CC	Wssx	5:12:28	H100/88	Hounslow & Dist Whs	26/05/2024
12hr	158	Mary Corbett & Norman Harvey	Sotonia CC	Wssx	179.38	R12/16	Welsh CA	01/09/2024

Season Long Competitions Review

By Jon Fairclough

Individual Competitions

Congratulations to the overall winners Peter Tomlin (Best All Rounder), Michael Stevens (Three Distance) and Linda Dewhurst (Short Distance). All are aged 65 or over! Also congratulations to Christina Murray, who won both the female Best All Rounder and Three Distance competitions.

We are seeing more older riders on the podium this year, perhaps due to a change in standards in 2024 that gave them larger age adjustments. I include the ages of the individual winners below to highlight this. One of the aims of the age adjustments this year was to avoid riders breaking competition record on AAT, and to my knowledge no-one has done that this year. I will be checking in detail in the next standards review. (Speeds below are Average Age Adjusted Speed in mph).

The open Best All Rounder podium is Peter Tomlin (28.668), Malcolm Cox (28.537) and Karl Norris (28.348). Peter is 67, Malcolm 56-57 and Karl 53.

The female Best All Rounder podium is Christina Murray (28.631), Kimberley Barfoot-Brace (27.944) and Kathryn Smith (27.752). Christina is 47-48, Kimberly is 43 and Kathryn 70.

The open three distance podium is Michael Stevens (31.731), Anthony Jones (30.745) and Mark Sanders (30.677). Michael is 74, Anthony 50-51 and Mark 65.

The female three distance podium is Christina Murray (29.708), Claire Emons (29.702), Kimberley Barfoot-Brace (29.132). Christina is 47-48, Claire is 55 and Kimberly 43.

The open short distance podium is Kevin Tye (34.024), Chris Lord (33.578) and Liam Maybank (33.499). Kevin and Chris are 62 and 71 respectively, Liam 52. All speeds are age adjusted.

The female short distance podium is Linda Dewhurst (34.501), Sarah Matthews (33.138) and Jennifer Clegg (32.121). Linda is 65, Sarah 64 and Jennifer 70.

The numbers qualifying decreased this year by 17% and are their lowest since 2020. A complex mix of factors is suspected; probably the major ones are declining membership and

cancelled events, preventing some riders being able to attempt the rides needed to qualify.

Group competition

The East Anglian team of Chris Dyason, Keith Dorling, Peter Main, Roger Sewell, Darran Bennett and Louise Robinson won the Group Short Distance Competition (31.915), followed by East Midlands (31.808) and North Lancashire & Lakes (31.587). The top two is the same as last year. All groups qualified.

The West team of Mark Sanders, Karl Norris, Roger Sheridan, Kimberley Barfoot-Brace, Tony Chapman, and Simon Brace won the Group Three Distance Competition (29.281), followed by Wessex (29.105) and East Midlands (29.078). The top two is the same as last year. Seven groups qualified, compared with nine last year.

No group team qualified for the BAR this year. Last year there was one.

Club competition

After finishing second last year, the ...a3crg team of Sarah Matthews, Neil Mackley and Howard Bayley won the Club Short Distance competition with an almost identical average age adjusted speed (32.142 this year compared with 32.300 in 2023), followed by Team Bottrill (31.873) and Zurbaran Racing (31.507). Twenty-six clubs qualified, compared with thirty-one last year.

The Team Bottrill trio of Kimberley Barfoot-Brace, Matthew Uttley and Wolfgang Emmerich won the Club Three Distance competition (29.046) ahead of FTP Race Team (28.220) and Buxton CC/Sett Valley Cycles (27.271). Three clubs qualified, compared with four last year.

No club team qualified for the BAR this year. Last year there was one.

Summary and Recommendations

With no club or group teams qualifying for the BAR, and only one team for each of those last year, we should review the team sizes required. Two riders for each competition is recommended.

One statistic is the proportions of members entering in the open and female class. The latter had 55 qualifying riders in the short distance competition, the same as last year, raising the proportion of female members qualifying for that competition from 15% to 19%, as the overall decline in participation was all in the open class.

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

Competitions Participation by Year				
Year	BAR (25, 50, 100 & 12 hr)	3 Distance (25, 50 & 100)	Short Distance (2 x 10 2 x 25)	Total
2024	25	86	304	415
2023	33	101	368	502
2022	22	91	371	484
2021	32	99	349	480
2020	11	37	105	153

BEST ALL ROUNDER COMPETITION - OPEN CLASS

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	12 dist	Age adj mph	Act mph	Pos on act mph
1	Peter Tomlin	North Hampshire RC	Wssx	67	0:56:51	1:54:04	4:11:38	262.09	28.668	24.592	8
2	Malcolm Cox	VC St Raphael	Wssx	56-57	0:55:38	1:45:32	3:45:43	290.12	28.537	26.536	3
3	Karl Norris	360VRT	West	53	0:49:55	1:42:49	3:40:50	253.97	28.348	26.890	2
4	Kris Whitelaw	Vector Racing	North	41	0:48:51	1:48:14	3:44:43	274.29	27.052	26.995	1
5	Chris Shaw	Fenland Clarion CC	E Ang	61	0:55:59	1:53:55	4:13:15	236.58	26.744	24.133	9
6	Adam Rogers	Eastbourne Rovers	S/S	49	0:53:28	1:51:40	3:57:56	262.07	26.253	25.494	4
7	Paul Tippet	Crawley Wheelers	S/S	50	0:52:47	1:53:53	3:54:02	249.63	26.187	25.300	6
8	Christian Geldard	FTP Race Team	Wssx	49	0:54:30	1:53:58	3:56:55	267.43	26.110	25.364	5
9	Philip Wilkinson	Rockingham Forest Whs	E Mids	51	0:53:58	1:52:06	4:04:39	254.69	26.068	25.076	7
10	Jez Willows	Sherwood CC	E Mids	59	0:54:42	1:56:39	4:21:19	226.52	25.920	23.744	11
11	Patrick Healy	Buxton CC	M&NW	57	0:57:26	2:01:44	4:19:56	242.49	25.248	23.512	12
12	Arthur Winstanley	Liverpool Century RC	Mer	67-68	1:04:09	2:14:45	4:32:44	227.89	25.134	21.659	16
13	Miles Haslam	Buxton CC	N Mids	65	1:03:22	2:08:28	4:41:42	228.60	24.800	21.843	15
14	Martin Gargett	Halifax Imperial Whs	Yorks	51	0:56:31	2:00:52	4:15:47	246.26	24.750	23.835	10
15	Robert Jones	Cardiff 100 Miles RCC	S Wls	72	1:05:27	2:28:40	4:49:14	217.34	24.749	20.488	17
16	Paul Looke	Shaftesbury CC	E Ang	57-58	1:02:07	2:01:51	4:19:29	218.94	24.247	22.534	13
17	Stuart Day	Crewe Clarion Whs	N Mids	53	1:02:02	2:15:11	4:45:23	251.49	23.098	22.088	14
18	Clifford Degraff	VC Cumbria	NL&L	59	1:05:39	2:23:42	5:10:40	183.96	21.249	19.592	18
19	Stuart Phillipson	VC Cumbria	NL&L	51	0:58:32	2:11:24	4:33:49	52.56	19.526	18.687	19

BEST ALL ROUNDER COMPETITION - FEMALE

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	12 dist	Age adj mph	Act mph	Pos on act mph
1	Christina Murray	Army Cycling Union	Wssx	47-48	0:56:50	1:52:19	3:59:17	274.2	28.631	25.257	1
2	Kimberley Barfoot-Brace	Team Bottrill	West	43	0:58:11	1:52:47	4:00:29	264.32	27.944	24.839	2
3	Kathryn Smith	Sleaford Whs CC	E Mids	70	1:05:28	2:10:58	5:19:52	217.77	27.752	20.681	5
4	Joanna Cebat	360cycling	M&NW	45	1:01:06	1:59:15	4:13:14	255.99	26.604	23.683	3
5	Gretchen Zoeller	Born To Bike RT	Yorks	44-45	1:01:36	2:07:23	4:36:04	217.75	24.612	21.945	4
6	Anita Turner	Eastbourne Rovers	S/S	53-54	1:08:46	2:22:52	5:10:06	203.70	22.500	19.783	6

BEST ALL ROUNDER COMPETITION - GROUP TEAM OF 6

Pos	Group	Team members	Team mph
No group teams qualified			

BEST ALL ROUNDER COMPETITION - CLUB TEAM OF 3

Pos	Club	Team members	Team mph
No club teams qualified			

THREE DISTANCE COMPETITION - OPEN CLASS

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	Age adj mph	Act mph	Pos on act mph
1	Michael Stevens	Melton Olympic CC	E Mids	74	0:57:14	1:57:09	4:16:21	31.731	25.074	43
2	Anthony Jones	VMCC powered by Y Beic	S Wls	50-51	0:48:59	1:40:25	3:32:38	30.745	29.571	1
3	Mark Sanders	Mid Devon CC	West	65	0:53:14	1:51:20	3:59:13	30.677	26.735	27
4	Karl Norris	360VRT	West	53	0:49:55	1:42:49	3:40:50	30.296	28.799	4
5	Darran Bennett	Ely & Dist CC	E Ang	54	0:50:56	1:45:41	3:43:40	29.832	28.220	8
6	Roger Sheridan	North Devon Velo	West	63	0:53:21	1:53:28	4:02:47	29.699	26.423	32
7	Peter Tomlin	North Hampshire RC	Wssx	67	0:56:51	1:54:04	4:11:38	29.663	25.509	40
8	Christopher Gibbard	FTP Race Team	S Wls	42	0:48:53	1:42:44	3:31:13	29.565	29.431	2
9	David Williams	Velotik RT	Mer	45	0:48:49	1:44:15	3:38:15	29.394	28.998	3
10	Kevin Wood	Sherwood CC	E Mids	62	0:55:01	1:50:13	4:03:40	29.373	26.369	34
11	Malcolm Cox	VC St Raphael	Wssx	56-57	0:55:38	1:45:32	3:45:43	29.338	27.323	15
12	Philip Kennell	GS Metro	North	57	0:49:45	1:49:15	4:07:50	29.329	27.273	16
13	Matthew Uttley	Team Bottrill	E Mids	49	0:51:01	1:46:32	3:40:10	29.106	28.271	7
14	Daniel Legg	North Hampshire RC	Wssx	54	0:50:49	1:44:26	4:05:12	29.105	27.571	12
15	Wolfgang Emmerich	Team Bottrill	L&HC	58	0:52:27	1:47:24	4:13:40	28.900	26.728	28
16	Stuart Henderson	Addform Vive Le Velo	Yorks	48-49	0:53:22	1:44:24	3:43:04	28.641	27.913	10
17	Marcel Schubert	Zurbaran Racing	North	42-43	0:52:38	1:44:01	3:33:57	28.638	28.461	5
18	Nic Pillinger	St Neots CC	E Ang	46-47	0:51:55	1:43:25	3:50:38	28.475	27.972	9
19	Mat Iving	Buxton CC	N Mids	51	0:53:23	1:47:06	3:49:53	28.454	27.403	14
20	John Lacey	Hemel Hempstead CC	L&HC	60	0:55:56	1:53:39	4:02:24	28.446	25.988	36
21	Kris Whitelaw	Vector Racing	North	41	0:48:51	1:48:14	3:44:43	28.431	28.374	6
22	Tony Chapman	Frome and Dist Whs	West	52	0:50:54	1:48:07	4:07:18	28.332	27.159	18
23	Chris Shaw	Fenland Clarion CC	E Ang	61	0:55:59	1:53:55	4:13:15	28.203	25.606	38
24	Peter Richards	Icknield RC	L&HC	60	0:55:13	1:53:26	4:14:46	28.122	25.721	37
25	Daniel Kingston	FTP Race Team	S Wls	43	0:50:42	1:48:28	3:49:42	27.980	27.788	11
26	Andrew Whiteside	Springfield Financial RT	NL&L	50	0:53:42	1:53:04	3:45:10	27.927	27.037	22
27	Alan Broadbent	Deeside Olympic	Mer	50	0:52:36	1:51:41	3:53:13	27.923	27.035	23
28	Martin Fisher	Melton Olympic CC	E Mids	44-45	0:53:47	1:46:31	3:45:24	27.885	27.557	13
29	Paul Braithwaite	Pendle Forest CC	NL&L	48	0:53:06	1:50:17	3:51:08	27.785	27.136	19
30	Paul Tippet	Crawley Whs	S/S	50	0:52:47	1:53:53	3:54:02	27.672	26.799	26
31	Simon Brace	Bath CC	West	50	0:56:03	1:49:06	3:52:31	27.554	26.688	30
32	Simon Butteriss	Ely & Dist CC	E Ang	45	0:53:01	1:45:24	4:02:04	27.527	27.180	17
33	Jez Willows	Sherwood CC	E Mids	59	0:54:42	1:56:39	4:21:19	27.503	25.366	42
34	Barrie Whittaker	Lyme Racing Club	M&NW	67	0:58:36	2:03:50	4:34:36	27.491	23.891	53
35	Adam Rogers	Eastbourne Rovers	S/S	49	0:53:28	1:51:40	3:57:56	27.455	26.712	29

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	Age adj mph	Act mph	Pos on act mph
36	Sean Quinn	Law Whs	Scot	51	0:54:30	1:49:22	4:05:50	27.430	26.453	31
37	Philip Wilkinson	Rockingham Forest Whs	E Mids	51	0:53:58	1:52:06	4:04:39	27.330	26.360	35
38	Allistair Moffat	Velo Club Cumbria	NL&L	41	0:52:27	1:49:31	3:56:37	27.168	27.116	20
39	Stephen Boxall	Houghton CC	North	43	0:51:52	1:49:47	4:02:47	27.167	26.986	24
40	Christian Geldard	FTP Race Team	Wssx	49	0:54:30	1:53:58	3:56:55	27.116	26.390	33
41	Barry Murphy	Deeside Olympic	Mer	44	0:53:32	1:55:28	3:46:03	27.105	26.848	25
42	Chris Lea	Buxton CC	N Mids	61-62	0:58:31	2:04:08	4:09:36	27.084	24.613	48
43	Anthony Green	Kernow RT	West	40	0:52:48	1:49:55	3:54:51	27.083	27.083	21
44	Mick Flaherty	Seacroft Whs	Yorks	62	0:56:43	2:01:09	4:32:39	26.954	24.405	49
45	Vincent Douglas	Gloucester City CC	West	54	0:55:15	1:52:32	4:26:33	26.740	25.439	41
46	David Hilditch	Springfield Financial RT	NL&L	71	1:03:21	2:14:48	4:43:44	26.531	22.359	63
47	Vincent Pickering	St Christophers CC	Scot	51	0:57:30	1:54:29	4:05:51	26.477	25.565	39
48	Andrew Simpkins	Team Echelon	Mids	70	1:01:49	2:10:18	4:55:42	26.466	22.526	60
49	Patrick Healy	Buxton CC	M&NW	57	0:57:26	2:01:44	4:19:56	26.277	24.614	47
50	Gary Pamment	CC Sudbury	E Ang	53	0:56:28	1:59:31	4:23:11	25.924	24.821	45
51	John Hyde	VC ST Raphael	Wssx	53	1:00:53	1:54:59	4:14:13	25.879	24.776	46
52	Arthur Winstanley	Liverpool Century RC	Mer	67-68	1:04:09	2:14:45	4:32:44	25.830	22.548	59
53	Martin Gargett	Halifax Imperial Whs	Yorks	51	0:56:31	2:00:52	4:15:47	25.806	24.939	44
54	James Muir	Glasgow Nightingale CC	Scot	61	0:57:35	2:06:14	4:46:49	25.761	23.578	54
55	Peter Baker	Lewes Wanderers CC	S/S	66	1:03:02	2:10:31	4:41:52	25.683	22.689	58
56	Miles Haslam	Buxton CC	N Mids	65	1:03:22	2:08:28	4:41:42	25.574	22.774	57
57	Paul Looke	Shaftesbury CC	E Ang	57	1:02:07	2:01:51	4:19:29	25.540	23.963	52
58	Paul Winchcombe	Chippenham & Dist Whs	West	64	1:00:14	2:06:59	4:58:20	25.492	22.880	56
59	Robert Jones	Cardiff 100 Miles RCC	S Wls	72	1:05:27	2:28:40	4:49:14	25.309	21.280	66
60	Jymmy Trevor (Trike)	City RC (Hull)	Yorks	51-52	1:01:19	2:11:57	4:55:20	25.279	22.505	61
61	Richard Mellor	Team Bottrill	E Ang	55	0:57:30	1:58:06	4:53:04	25.276	23.987	51
62	Steven Purdie	Glasgow Green CC	Scot	53	1:02:18	2:01:47	4:16:12	25.080	24.043	50
63	Jon Fairclough	Kelso Whs CC	Scot	70	1:09:23	2:20:32	4:45:00	24.866	21.339	65
64	Chris Lowe	Swindon RC	West	65	1:00:04	2:13:33	5:22:52	24.613	22.006	64
65	John Murphy	Gloucester City CC	West	84	1:19:27	2:35:04	6:08:20	24.606	18.171	72
66	Stuart Phillipson	Velo Club Cumbria	NL&L	51	0:58:32	2:11:24	4:33:49	24.221	23.456	55
67	Stuart Day	Crewe Clarion Whs	N Mids	53	1:02:02	2:15:11	4:45:23	23.366	22.465	62
68	Gary Chiverton	Bournemouth Jubilee Whs	Wssx	62-63	1:06:11	2:18:03	5:13:18	23.178	21.182	67
69	Gary Martin	Westerley CC	L&HC	65	1:09:02	2:23:25	5:14:21	22.835	20.577	69
70	Clifford Degraff	Velo Club Cumbria	NL&L	59	1:05:39	2:23:42	5:10:40	22.458	21.012	68
71	Vernon Schutte	Farnboro' & Camberley CC	Wssx	70	1:17:50	2:33:19	5:32:54	21.677	18.954	71
72	Andrew Alcorn	Bath CC	West	55	1:08:11	2:28:50	5:12:35	21.379	20.450	70

THREE DISTANCE COMPETITION - FEMALE

Pos on adj mph	Name	Club	Group	Age	25 time	50 time	100 time	Age adj mph	Act mph	Pos on act mph
1	Christina Murray	Army Cycling Union	Wssx	47-48	0:56:50	1:52:19	3:59:17	29.708	26.059	1
2	Claire Emons	...a3crg	Wssx	55	0:56:47	1:57:00	4:08:09	29.702	25.412	3
3	Kimberley Barfoot-Brace	Team Bottrill	West	43	0:58:11	1:52:47	4:00:29	29.132	25.776	2
4	Kathryn Smith	Sleaford Whs CC	E Mids	70	1:05:28	2:10:58	5:19:52	28.874	21.525	10
5	Joanna Ceburat	360cycling	M&NW	45	1:01:06	1:59:15	4:13:14	27.547	24.466	4
6	Lorna Breetzke	Elgin CC	Scot	45	0:59:44	2:03:45	4:22:22	27.050	24.074	5
7	Samantha Howard	Liverpool Century CC	Mer	47	1:02:33	2:07:35	4:17:03	26.554	23.612	6
8	Angela Hannon-Flaherty	Seacroft Whs	Yorks	55	1:01:01	2:08:57	4:47:18	26.343	22.910	8
9	Judy Reid	Icknield RC	L&HC	64	1:05:24	2:19:20	5:08:23	26.074	21.307	11
10	Gretchen Zoeller	Born To Bike RT	Yorks	44-45	1:01:36	2:07:23	4:36:04	25.953	23.211	7
11	Emma Bexson	Stratford CC	Mids	49	1:05:38	2:08:30	4:26:21	25.777	22.909	9
12	Miriam Rennet	Kinross CC	Scot	62	1:07:00	2:28:42	5:12:12	24.475	20.593	13
13	Anita Turner	Eastbourne Rovers	S/S	53	1:08:46	2:22:52	5:10:06	23.295	20.720	12
14	Gemma Shadbolt	Brighton Mitre	S/S	41	1:11:38	2:25:24	5:03:10	22.467	20.454	14

THREE DISTANCE COMPETITION - GROUP TEAM OF 6

Pos	Group	Team members	Team mph
1	West	Mark Sanders, Karl Norris, Roger Sheridan, Kimberley Barfoot-Brace, Tony Chapman, Simon Brace	29.281
2	Wessex	Christina Murray, Claire Emons, Peter Tomlin, Malcolm Cox, Daniel Legg, Christian Geldard	29.105
3	East Midlands	Michael Stevens, Kevin Wood, Matthew Uttley, Kathryn Smith, Martin Fisher, Jez Willows	29.078
4	East Anglian	Darran Bennett, Nic Pillinger, Chris Shaw, Simon Butteriss, Gary Pamment, Paul Looke	27.583
5	Yorkshire	Stuart Henderson, Mick Flaherty, Angela Hannon-Flaherty, Gretchen Zoeller, Martin Gargett, Jymmy Trevor	26.496
6	Scotland	Sean Quinn, Lorna Breetzke, Vincent Pickering, James Muir, Steven Purdie, Jon Fairclough	26.110
7	North Lancashire & Lakes	Andrew Whiteside, Paul Braithwaite, Alistair Moffat, David Hilditch, Stuart Phillipson, Clifford Degraff	26.015

THREE DISTANCE COMPETITION - CLUB TEAM OF 3

Pos	Club	Team members	Team mph
1	Team Bottrill	Kimberley Barfoot-Brace, Matthew Uttley, Wolfgang Emmerich	29.046
2	FTP Race Team	Christopher Gibbard, Daniel Kingston, Christian Geldard	28.220
3	Buxton CC	Mat Ivings, Chris Lea, Patrick Healy	27.271
4	Velo Club Cumbria	Alistair Moffat, Stuart Phillipson, Clifford Degraff	24.615

SHORT DISTANCE COMPETITION - OPEN CLASS

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
1	Kevin Tye	VeloRefined Rule 5	Kent	62	18:07	19:04	0:52:40	0:52:49	34.024	30.367	4
2	Chris Lord	Brighton Excelsior CC	S/S	71	20:29	21:59	0:54:27	0:56:26	33.578	27.678	72
3	Liam Maybank	Twickenham CC	L&HC	52	17:24	18:30	0:48:02	0:50:12	33.499	32.005	1
4	Richard Oakes	Team Ohten Aveas	E Mids	55	18:17	18:47	0:48:54	0:49:46	33.438	31.393	2
5	Peter Greenwood	Clayton Velo	NL&L	72	21:09	22:01	0:54:55	0:57:43	33.325	27.231	92
6	Chris Dyason	Cambridge CC	E Ang	76	22:16	22:28	0:58:03	1:01:18	33.239	25.990	141
7	Michael Stevens	Melton Olympic CC	E Mids	74	22:06	22:14	0:57:14	0:58:24	33.097	26.507	121
8	Steven Cottington	Bath CC	West	61-62	19:55	20:15	0:51:57	0:52:32	32.610	29.295	29
9	Russ Richardson	Zurbaran Racing	North	67	20:39	21:10	0:52:43	0:57:03	32.588	28.037	62
10	Mike Westmorland	Border City Whs CC	NL&L	79	23:17	23:37	1:03:10	1:03:41	32.486	24.619	182
11	Colin McDermott	Festival RC	S/S	56-57	19:09	19:28	0:49:34	0:52:07	32.455	30.299	5
12	Keith Dorling	Team Bottrill	E Ang	65	20:32	20:35	0:53:54	0:54:32	32.447	28.426	50
13	Peter Main	34 Nomads CC	E Ang	58-59	19:27	19:41	0:52:42	0:52:44	32.106	29.559	19
14	Hugh Davies	Port Talbot Whs CC	S Wls	79	24:44	24:52	1:00:39	1:02:09	31.961	24.313	192
15	Matt Hill	Zurbaran Racing	North	63-64	20:15	20:37	0:53:55	0:56:05	31.951	28.324	52=
16	Andy Thomas	Lindsey Roads CC	N Mids	55	18:51	19:37	0:51:56	0:52:02	31.898	30.031	10
17	Neil Mackley	...a3crg	Wssx	60-61	20:32	20:44	0:51:33	0:52:20	31.892	28.980	35
18	Mark Sanders	Mid Devon CC	West	65	21:03	21:36	0:53:14	0:54:56	31.818	27.941	65
19	Roger Sewell	Wisbech Whs	E Ang	76-77	23:19	23:47	1:00:26	1:02:28	31.781	24.948	175
20	Steven Loraine	Legato RT	Mids	68	21:39	22:12	0:55:21	0:55:58	31.719	27.160	97
21	Philip Kennell	GS Metro	North	56-57	20:03	20:24	0:49:45	0:52:12	31.709	29.555	20
22	Joseph Costello	Legato RT	Mids	65	20:40	21:38	0:55:31	0:55:35	31.497	27.693	71
23	Mark Vowells (Trike)	San Fairy Ann CC	Kent	71	24:21	24:51	1:03:21	1:05:01	31.496	23.883	199
24	Howard Bayley	...a3crg	Wssx	49	19:05	19:49	0:49:34	0:49:56	31.396	30.505	3
25	David Rundall	Chorley CC	NL&L	74	22:25	23:10	1:00:06	1:02:58	31.335	25.361	160
26	Roger Sheridan	North Devon Velo	West	63	20:54	21:49	0:53:21	0:54:10	31.334	28.004	64
27	Anthony Jones	VMCC powered by Y Beic	S Wls	50-51	20:00	20:18	0:48:59	0:49:39	31.212	30.097	9
28	Neil Clemminshaw	Addform Vive Le Velo	Yorks	54	19:47	20:05	0:50:46	0:52:38	31.175	29.562	18
29	Simon Horsley	Legato RT	NL&L	59-60	20:25	20:37	0:53:14	0:54:26	31.144	28.556	45
30	Darran Bennett	Ely & Dist CC	E Ang	54	19:18	19:57	0:50:56	0:54:37	31.129	29.519	23
31	Daniel Legg	North Hampshire RC	Wssx	53-54	19:42	20:00	0:50:49	0:53:26	31.070	29.511	24
32	Julian Ramsbottom	Team Bottrill	E Mids	52	20:14	20:21	0:49:18	0:50:51	31.052	29.765	15
33	Richard Gifford	trainSharp	S/S	61	20:48	21:04	0:52:47	0:56:39	30.898	28.055	61
34	Ian Elliot	Hawick CC	Scot	74	23:20	23:23	1:00:30	1:02:18	30.873	25.061	172
35	Tony Chapman	Frome and Dist Whs	West	52	19:45	20:35	0:50:54	0:51:30	30.796	29.531	22
36	Karl Norris	360VRT	West	53	20:41	21:08	0:49:55	0:50:05	30.764	29.350	27
37	Cris Coxon	Brighton Mitre CC	S/S	47	19:43	19:59	0:48:42	0:51:07	30.761	30.150	8
38	Angus Wilson	Dundee Thistle CC	Scot	54-55	19:50	20:03	0:53:05	0:54:08	30.726	29.036	33
39	David Nichol	Ferryhill Whs	North	72	23:17	24:03	0:57:50	0:59:34	30.711	25.458	158
40	Kevin Wood	Sherwood CC	E Mids	62-63	20:43	21:09	0:55:01	0:58:08	30.703	27.599	77

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
41	David Williams	Velotik RT	Mer	45	19:22	19:38	0:48:49	0:52:02	30.668	30.274	6
42	Mark Hamer	Legato RT	Mids	49	19:54	20:11	0:50:36	0:50:45	30.617	29.769	14
43	Robert Watson	Cambridge CC	E Ang	63-64	20:31	20:30	0:56:11	1:02:36	30.598	27.293	89
44	Jason Bateman	Pendle Forest CC	NL&L	52	19:46	19:54	0:52:26	0:53:10	30.579	29.331	28
45	Nic Pillinger	St Neots CC	E Ang	47	18:58	19:33	0:51:55	0:52:50	30.502	29.902	12
46	Mark Woolford	ZeroBC Race Team	E Ang	58	20:22	20:43	0:53:58	0:56:04	30.453	28.242	58
47	Matthew Uttley	Team Bottrill	E Mids	49	20:04	20:07	0:51:01	0:51:15	30.437	29.599	17
48	Simon Dighton	Beacon Roads CC	Mids	60-61	21:24	22:19	0:53:11	0:54:29	30.371	27.664	73
49	Wolfgang Emmerich	Team Bottrill	L&HC	58	20:44	21:34	0:52:27	0:55:34	30.274	28.088	60
50	Alan Davidson	Dundee Thistle CC	Scot	63	21:32	21:35	0:56:00	0:57:19	30.273	27.154	98
51	Kris Whitelaw	Vector Racing	North	40-41	19:38	20:02	0:48:51	0:50:36	30.243	30.215	7
52	Daniel Wyatt	Hereford & Dist Whs	S Wls	47	20:24	20:25	0:50:09	0:50:50	30.141	29.554	21
53	Christopher Gibbard	Bynea CC	S Wls	42	19:39	19:42	0:48:53	0:52:54	30.136	30.007	11
54	Larry Wiltshire	Chichester City Riders	L&HC	50-51	19:08	20:19	0:53:07	0:55:28	30.085	29.043	32
55	Peter Younghusband	Petersfield Tri Club	Wssx	59	21:07	21:12	0:55:21	0:55:21	30.060	27.729	69
56	John Lacey	Hemel Hempstead CC	L&HC	60	20:50	21:19	0:55:56	0:56:43	30.058	27.552	79
57	Paul Braithwaite	Pendle Forest CC	NL&L	48	19:38	19:45	0:53:06	0:53:07	30.053	29.357	26
58	Martin Lines	Team Echelon	Mids	55-56	21:16	21:49	0:52:19	0:52:16	30.007	28.271	55
59	Marcel Schubert	Zurbaran Racing	North	42-43	19:10	19:11	0:52:38	0:53:13	29.982	29.816	13
60	Haydn Davies	Giant CC / Halo Films	West	69	22:17	26:32	0:56:26	0:56:53	29.975	25.622	154
61	David Glossy	Elysium Kalas RT	L&HC	51	19:34	19:41	0:54:12	0:55:55	29.974	28.911	37
62	Mat Iivings	Buxton CC	N Mids	51	19:55	20:30	0:53:23	0:53:31	29.938	28.880	38
63	Dave Nolan	trainSharp	Yorks	51	20:44	20:45	0:51:33	0:52:33	29.932	28.874	39
64	Jonathan Mills-Keeling	Aerologic RT	Mer	51	20:34	20:40	0:52:18	0:52:27	29.929	28.871	40
65	Thomas Scorer	RNRMCA	West	43	19:29	20:43	0:50:35	0:50:56	29.918	29.715	16
66	Tim Radley	Gloucester City CC	West	50	20:13	20:53	0:51:33	0:53:09	29.863	28.932	36
67	Anthony Westwood	Gravesend CC	Kent	58	19:41	21:19	0:56:44	0:58:08	29.849	27.717	70
68	Stuart Henderson	Addform Vive Le Velo	Yorks	49	19:53	20:04	0:53:22	0:54:02	29.789	28.986	34
69	David Taylor	Huddersfield RC	Yorks	68-69	22:44	22:55	0:58:26	1:02:01	29.767	25.608	156
70	Michael Wills	Team Lutterworth	E Mids	65	21:50	22:36	0:58:28	0:58:34	29.737	26.324	127
71	Colin Parkinson	South Western RC	E Mids	62	21:11	22:00	0:57:07	0:58:18	29.720	26.896	105
72	Nik Allen	Team TMC Strada	S/S	52	20:08	21:06	0:53:12	0:54:16	29.696	28.518	48
73	Cliff Voller	VTTA (West)	West	73	23:54	24:04	1:01:51	1:03:20	29.654	24.492	187
74	Adrian Talley	VC St Raphael	Wssx	51	20:09	21:04	0:52:45	0:54:02	29.652	28.613	44
75	Gary Fouracres	Yeovil CC	West	60	20:58	22:44	0:53:33	0:58:13	29.638	27.196	95
76	Stephen Boxall	Houghton CC	North	43	19:20	20:05	0:51:52	0:53:58	29.604	29.406	25
77	Ed Moss	Beacon Roads CC	Mids	54	20:37	21:01	0:51:57	0:57:54	29.564	28.108	59
78	Martin Brown	7Oaks Tri Club	Kent	63	22:06	22:24	0:53:10	1:02:26	29.526	26.543	119
79	Ian Short	CC Sudbury	E Ang	50-51	20:00	20:31	0:54:34	0:54:41	29.509	28.541	46

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
80	Michael Martin	CC Ashwell	E Ang	59	21:07	21:32	0:54:38	0:59:28	29.488	27.239	91
81	Mark Bradley	Bristol South CC	West	59	21:47	22:17	0:54:12	0:56:03	29.471	27.226	93
82	Barrie Whittaker	Lyme Racing Club	M&NW	67	22:47	22:51	0:58:36	1:01:04	29.454	25.688	152
83=	Paul Tippet	Crawley Whs	S/S	50	20:34	20:43	0:52:47	0:54:23	29.438	28.533	47
83=	Jez Willows	Sherwood CC	E Mids	58-59	21:38	21:53	0:54:42	0:56:29	29.438	27.282	90
85	Daniel Kingston	FTP Race Team	S Wls	43	20:41	20:50	0:50:42	0:50:44	29.436	29.240	30
86	Simon Phillips	Stockport Tri Club	NL&L	63	22:05	22:15	0:57:47	0:58:06	29.434	26.478	122
87	William Sawyer	VC St Raphael	Wssx	59-60	21:44	21:47	0:54:29	0:58:06	29.402	27.125	100
88	Robert Brown	EH Star Cycling	Scot	80	25:28	25:38	1:05:18	1:14:39	29.376	22.507	223
89	Peter Tomlin	North Hampshire RC	Wssx	67	23:52	24:08	0:56:51	0:57:37	29.352	25.605	157
90	Mark Hill	VeloRefined Rule 5	Kent	56-57	21:10	21:17	0:56:12	0:56:18	29.317	27.467	80
91	Adam Fisher	Cambridge CC	E Ang	42	19:51	20:09	0:51:14	0:54:39	29.303	29.182	31
92=	Simon Butteriss	Ely & Dist CC	E Ang	45.5	20:11	20:16	0:53:01	0:53:53	29.271	28.865	41
92=	Randle Shenton	Border City Whs	Scot	66	22:35	22:54	0:59:16	1:00:08	29.271	25.755	151
94	Alan Broadbent	Deeside Olympic	Mer	50	20:51	21:07	0:52:36	0:54:06	29.252	28.358	51
95	Simon Henderson	Thanet RC	Kent	61	22:13	22:20	0:56:32	0:56:59	29.238	26.682	113
96	Steve Burrows	Vive Le Velo	Yorks	65	22:48	22:49	0:58:06	0:59:21	29.229	25.925	146
97	Steve Gibson	Peak RC	N Mids	57	20:43	21:15	0:56:39	0:58:27	29.210	27.334	87
98	Wayne Coates	Team Bottrill	North	65	22:26	23:09	0:57:41	1:00:16	29.184	25.889	147
99	Andrew Whiteside	Springfield Financial RT	NL&L	50	20:39	21:16	0:53:42	0:53:47	29.161	28.272	54
100	Neil White	Ambion RT	E Mids	56	21:38	22:14	0:54:03	0:55:41	29.057	27.352	86
101	Martin Fisher	Melton Olympic CC	E Mids	44-45	19:37	20:54	0:53:47	0:53:55	29.037	28.751	42
102	Robin Gillespie	Rock to Roll CC	NL&L	56	21:09	21:23	0:56:00	0:57:27	29.032	27.330	88
103	Paul Burrows	Thanet RC	Kent	47	20:13	20:50	0:54:10	0:54:14	29.000	28.457	49
104	Chris Shaw	Fenland Clarion CC	E Ang	60-61	21:30	21:43	0:55:59	1:03:10	28.999	26.518	120
105	Alan Cooke	Peak RC	N Mids	59-60	22:36	22:55	0:54:53	0:55:45	28.957	26.741	109
106	Richard Shaw	Seamons CC	M&NW	55	21:18	21:18	0:55:57	0:56:46	28.936	27.392	83
107	Lee Turner	Sigma Sports	E Ang	55	20:54	21:14	0:56:44	0:57:23	28.929	27.386	84
108	John Potter	VTTA (Yorkshire)	Yorks	70	23:38	24:23	1:01:19	1:02:18	28.884	24.633	181
109	Vincent Douglas	Gloucester City CC	West	54	20:32	21:02	0:55:15	1:00:05	28.855	27.465	81
110	Mick Flaherty	Seacroft Whs	Yorks	62	22:33	22:59	0:56:43	0:58:40	28.849	26.182	134
111	Sean Quinn	Law Whs	Scot	51	20:47	21:47	0:54:30	0:54:34	28.840	27.856	67
112	James Muir	Glasgow Nightingale CC	Scot	61	22:27	22:32	0:57:35	0:57:45	28.833	26.344	126
113	Christopher Riley	Paramount CRT	Mer	55-56	22:29	22:30	0:52:49	0:55:40	28.813	27.174	96
114	Phillip Tyas	Barnsley RC	Yorks	42	20:20	20:38	0:53:16	0:53:33	28.806	26.689	43
115	Adrian Blacker	VTTA (Surrey/Sussex)	S/S	60	22:17	22:19	0:57:33	0:57:54	28.744	26.445	125
116	Adrian Hughes	Seamons CC	M&NW	56	21:01	21:50	0:57:30	0:57:43	28.689	27.026	103
117	David Hayward	Matlock CC	N Mids	79	26:18	27:00	1:07:13	1:08:26	28.594	22.317	226
118	Matthew Smith	Gemini BC	Kent	44	20:43	20:51	0:52:38	0:55:26	28.582	28.324	52=
119	Daniel Kempe	Bristol South CC	West	58	21:37	22:55	0:56:51	0:57:21	28.574	26.619	115
120	Andrew Simpkins	Team Echelon	Mids	70	23:42	25:06	1:01:49	1:02:23	28.541	24.382	189
121	Barry Murphy	Deeside Olympic	Mer	44	20:38	21:28	0:53:32	0:53:32	28.524	28.267	56
122	Robin Vessey	...a3crg	Wssx	61	22:13	22:29	0:58:32	1:00:17	28.482	26.050	140

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
123	Matt Stell	Springfield Financial RT	NL&L	46	20:24	20:43	0:55:29	0:56:13	28.450	28.022	63
124	Michael Weaver	Rockingham Forest Whs	E Mids	55	21:17	21:32	0:57:25	0:58:30	28.449	26.955	104
125	Steve Skinner	Southdown Velo	Wssx	69	23:31	24:01	1:03:05	1:03:13	28.420	24.500	186
126	Alastair Semple	Legato RT	Mids	56	22:01	22:32	0:56:02	0:56:51	28.387	26.758	108
127	Richard Bowditch	Congleton CC	M&NW	49	21:23	21:54	0:52:47	0:56:10	28.375	27.645	74
128	Allistair Moffat	Velo Club Cumbria	NL&L	41	21:15	21:28	0:52:27	0:53:05	28.309	28.260	57
129	Peter Macklam	Yorkshire RC	Yorks	81	26:59	27:29	1:09:55	1:11:31	28.289	21.623	234
130	Adam Rogers	Eastbourne Rovers	S/S	49	21:21	21:52	0:53:28	0:56:20	28.281	27.556	78
131	Graham Jones	Edinburgh RC	Scot	59	21:43	22:30	0:59:35	0:59:39	28.219	26.154	136
132	Simon Abdy	Barton Whs	N Mids	55	22:29	22:44	0:55:27	0:56:15	28.164	26.699	111
133	Peter Richards	Icknield RC	L&HC	60	22:02	22:32	0:55:13	1:06:02	28.153	25.935	145
134	Vincent Pickering	St Christophers CC	Scot	50-51	20:30	20:48	0:57:30	1:00:44	28.077	27.224	94
135	James Wooldridge	Team Milton Keynes	L&HC	44	20:39	20:40	0:56:00	0:56:50	28.065	27.816	68
136	John Manlow	Ely & Dist CC	E Ang	55	21:50	22:31	0:54:52	1:00:08	28.057	26.602	116
137	Trevor Mayne	Birdwell Whs	N Mids	60	22:57	22:59	0:57:07	1:00:14	28.047	25.853	149=
138	John Quimby	Sowerby Sunday Club	Yorks	73	24:16	26:29	1:04:48	1:05:17	28.039	23.376	206
139	Michael Costello	Race Hub	E Mids	48	21:45	22:00	0:54:37	0:55:17	27.967	27.364	85
140	Colin Currie	Ely & Dist CC	E Ang	41	19:56	22:41	0:54:32	0:54:43	27.915	27.867	66
141	Brian Martin	Ciclos Uno	E Ang	75	25:13	25:31	1:07:24	1:08:41	27.914	22.850	216
142	Adrian Mason	Bicester Millennium CC	L&HC	57	22:01	22:51	0:58:23	0:58:40	27.908	26.192	132
143	Richard Mellor	Team Bottrill	E Ang	55	21:10	22:25	0:57:30	1:00:54	27.896	26.457	123
144	Paul Colman	Port Talbot Whs CC	S Wls	63	23:46	24:16	0:56:50	1:01:17	27.880	25.210	166
145	Andrew Smith	VC Glasgow South	Scot	59	22:02	22:12	0:59:24	1:02:45	27.871	25.853	149=
146	Arthur Winstanley	Liverpool Century	Mer	67-68	23:23	23:40	1:04:09	1:04:54	27.867	24.376	190
147	Dan Jenkins	Hart Performance Coaching	E Ang	56-57	21:31	21:58	0:58:29	1:02:26	27.863	26.218	130
148	Michael Cole	Huddersfield RC	Yorks	79	26:46	26:50	1:08:48	1:11:51	27.853	21.863	232
149	Patrick Healy	Buxton CC	M&NW	57	21:28	23:00	0:57:26	1:01:38	27.831	26.122	137
150	Kevin Blades	Bury Clarion	M&NW	53	22:19	22:23	0:55:53	0:57:23	27.828	26.668	114
151	Jymmy Trevor (Trike)	City RC (Hull)	Yorks	52	24:00	24:13	1:01:19	1:02:15	27.799	24.583	183
152	David Smith	Sleaford Whs CC	E Mids	72-73	24:51	24:58	1:03:31	1:10:20	27.743	23.279	207
153	Craig Lamb	Alford Whs	E Mids	55	22:33	22:58	0:57:14	0:57:21	27.690	26.274	128
154	Stewart Harrison	Kings Lynn CC	E Ang	57-58	22:46	22:43	0:58:23	0:59:09	27.681	25.954	143=
155	Mike Debney	Verulam-reallymoving.com	L&HC	41-42	20:39	21:52	0:55:25	0:55:50	27.671	27.607	76
156	Matthew Goodwin	Barton Whs	N Mids	40	21:22	21:59	0:54:11	0:54:47	27.609	27.609	75
157	James Hunt	Oxonian CC	L&HC	47-48	20:58	21:14	0:57:45	0:58:54	27.599	27.078	101
158	Mark Burtonshaw	Harrogate Nova CC	Yorks	65-66	24:26	24:37	0:59:12	1:02:25	27.588	24.575	184
159	James Wood	West Suffolk Whs	E Ang	61	22:35	24:34	0:59:45	0:59:52	27.575	25.287	164
160	Paul Winchcombe	Chippenhams & Dist Whs	West	64	22:40	24:03	1:00:14	1:05:53	27.556	24.772	178
161	Stu Carver	North Hampshire RC	Wssx	58-59	22:05	22:30	1:00:46	1:02:41	27.512	25.612	155
162	Andrew Halliday	Westerley CC	L&HC	52	21:43	22:19	0:57:58	0:58:59	27.466	26.455	124
163	David England	Crabwood CC	Wssx	81	26:32	28:04	1:13:49	1:14:14	27.456	21.129	237

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
164	Richard Golding	Equipe Velo	E Mids	55	22:25	24:00	0:56:50	0:57:35	27.450	26.051	139
165	Paul Robinson	Stone Whs CC	M&NW	60	23:01	23:19	0:59:29	1:01:39	27.440	25.337	161
166	Richard Tyson	Rock to Roll CC	NL&L	56-57	22:37	23:05	0:58:33	0:59:07	27.437	25.878	148
167	Stuart Morgan	VeloElite RC	E Ang	46	21:02	21:04	0:58:21	0:59:02	27.428	27.030	102
168	Chris Lowe	Swindon RC	West	65	24:05	24:45	1:00:04	1:03:00	27.412	24.484	188
169	Anthony Green	Kernow RT	West	40	21:54	22:50	0:52:48	0:54:34	27.393	27.393	82
170	Alexander Critcher	Team Wheelguru	M&NW	48	21:04	21:11	0:59:45	1:00:01	27.302	26.725	110
171=	William Hayes	Velo Club Long Eaton	E Mids	47	21:52	22:02	0:55:04	0:59:10	27.297	26.815	107
171=	Timothy Fowler	PSSA CC	L&HC	58-59	22:44	23:16	1:00:00	1:01:06	27.297	25.432	159
173	Christopher Beatty	GS Metro	North	41	21:10	21:11	0:57:22	0:58:15	27.187	27.142	99
174	Peter Tibbitts	Ford CC	E Ang	72	25:16	25:54	1:06:11	1:07:06	27.175	22.982	214=
175	Philip Wooldridge	VTTA (Midlands)	Mids	45	21:27	22:14	0:56:30	0:58:00	27.152	26.842	106
176	Peter Iffland	Chippenham & Dist Whs	West	59-60	23:01	23:19	1:01:44	1:01:39	27.086	25.107	170
177	Daryl Stroud	Gloucester City CC	West	59	23:49	24:40	0:58:32	0:58:43	27.081	25.172	168
178	Andrew Vaughan	City RC (Hull)	Yorks	58	22:52	23:02	1:00:42	1:01:58	27.061	25.301	163
179	Stuart Phillipson	Velo Club Cumbria	NL&L	51	22:00	22:04	0:58:32	1:00:50	27.054	26.186	133
180	Martin Gargett	Halifax Imperial Whs	Yorks	51	22:05	23:56	0:56:31	0:57:59	27.029	26.162	135
181	John Gadie	Barton Whs	N Mids	59	23:50	24:06	0:59:23	0:59:41	27.014	25.115	169
182	Lucy Rogers	Congleton CC	M&NW	55	23:10	23:43	0:56:59	0:59:42	27.012	25.661	153
183	Ian Wroblewski	SPRNT	E Mids	50	21:32	22:52	0:58:41	0:59:14	27.011	26.246	129
184	Mark Thomas	Bigfoot CC	E Ang	61	22:38	22:52	1:02:10	1:07:23	26.982	24.784	177
185	Garry Shuker	Walsall Roads CC	Mids	68	25:00	25:10	1:02:50	1:06:01	26.979	23.608	203
186	Jonathan Durnin	Welland Valley CC	E Mids	51-52	22:12	25:26	0:56:21	0:56:26	26.926	25.954	143=
187	James Meldrum	Mersey Tri	Mer	44	21:37	21:48	0:57:55	0:58:38	26.919	26.690	112
188	Ben Love	Deeside Olympic	Mer	45	21:46	22:38	0:56:23	0:58:28	26.887	26.583	117
189	Mike Walker	Congleton CC	M&NW	45	22:02	22:20	0:56:00	0:59:12	26.858	26.555	118
190	Brendan McCabe	Aberdeen Whs	Scot	60-61	23:19	23:50	1:00:13	1:04:36	26.852	24.759	179
191	Michael Coulter	Gravesend CC	Kent	76	26:04	28:14	1:07:49	1:11:13	26.778	21.862	233
192	Andrew Gibson	Gravesend CC	Kent	55-56	22:32	22:54	1:00:53	1:03:10	26.722	25.303	162
193	Mick Hutchins	Congleton CC	M&NW	49	22:07	23:03	0:58:29	0:58:57	26.711	26.063	138
194	Peter Baker	Lewes Wanderers CC	S/S	66	24:49	25:40	1:03:02	1:03:26	26.708	23.749	201
195	Ben Hamilton	Rutland CC	N Mids	77-78	27:15	27:16	1:08:14	1:16:32	26.682	21.401	236
196	Lee Ridden	Reifen Racing	North	56	23:10	23:16	1:00:21	1:01:29	26.678	25.234	165
197	Richard Tully	Elite Cycling	E Ang	47	22:38	23:00	0:56:19	0:58:32	26.674	26.214	131
198	Paul Looke	Shaftesbury CC	E Ang	57-58	22:26	22:36	1:02:07	1:06:18	26.627	25.016	174
199	Robert Gilmour	Hounslow & Dist Whs	L&HC	72	25:19	25:35	1:09:24	1:09:47	26.596	22.565	221
200	Duncan Smart	Scarborough Paragon	Yorks	56	24:01	24:27	0:58:43	0:59:15	26.524	25.096	171
201	Richard Belk	Kent Valley RC	NL&L	73	26:03	26:10	1:09:00	1:10:17	26.445	22.260	228
202	Robert Jones	Cardiff 100 Miles RCC	S Wls	72	27:03	27:11	1:05:27	1:06:25	26.423	22.439	224
203	Peter Noble	Epsom CC	E Ang	57	22:45	22:46	1:01:31	1:07:01	26.419	24.873	176
204	William Armstrong	Velo Club Cumbria	NL&L	70	24:50	25:18	1:08:58	1:09:32	26.398	22.799	217
205	Derek Schofield	Rossendale RC	NL&L	71	25:28	26:36	1:07:36	1:08:48	26.283	22.527	222
206	Mark Philipson	City RC (Hull)	Yorks	67	25:16	26:25	1:04:50	1:05:00	26.189	23.168	211
207	Paul Brierley	Huddersfield RC	Yorks	57	23:29	24:43	0:59:59	1:03:09	26.160	24.646	180

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
208	Robert Harcourt	Salford CC	M&NW	61	24:05	24:47	1:02:43	1:04:26	26.143	24.080	196
209	Matt Donovan	Beds Road Race Team	E Ang	41	21:26	21:54	0:59:47	1:04:08	26.008	25.967	142
210	Michael Weaver	Rotherham Whs CC	N Mids	75	26:30	27:48	1:11:33	1:12:38	25.867	21.460	235
211	Simon Geraci	VTTA (Yorkshire)	Yorks	56	24:34	25:13	0:59:06	1:01:26	25.864	24.503	185
212	Jamie Bishop	Newhall CC	E Ang	51-52	22:59	24:37	0:57:34	1:03:33	25.853	25.034	173
213	Stuart Thompson	VC St Raphael	Wssx	49	23:27	23:41	0:59:37	1:00:49	25.790	25.186	167
214	Graham Hurrell	Basildon CC	E Ang	64-65	25:34	25:54	1:04:49	1:04:57	25.734	23.217	208
215	Drew Donaldson	Glasgow United CC	E Mids	65	25:16	25:57	1:03:49	1:07:44	25.725	23.129	212
216	Gary Chiverton	Boumemouth Jubilee Wh	Wssx	62-63	24:02	25:29	1:06:11	1:06:59	25.587	23.392	205
217	Paul Russell	Springfield Financial RT	NL&L	57	22:22	25:45	1:03:14	1:06:29	25.552	24.102	194
218	Carl Farrow	Calder Clarion	Yorks	58	24:16	24:41	1:02:43	1:06:03	25.481	23.915	198
219	Phil Wright	Hartlepool CC	North	69	26:32	26:59	1:07:22	1:08:16	25.464	22.271	227
220	Richard Napper	Sitwell CC	N Mids	56-57	24:18	24:45	1:03:20	1:04:01	25.348	24.012	197
221	Jon Fairclough	Kelso Whs CC	Scot	70	25:35	25:37	1:09:23	1:17:04	25.329	21.989	230
222	John Murphy	Gloucester City CC	West	84	29:17	32:07	1:19:27	1:21:26	25.258	19.117	248
223	Martin Sturge	Deeside Olympic	Mer	57	25:14	25:22	1:02:11	1:03:13	25.231	23.820	200
224	Andrew Keightley	Melton Olympic CC	E Mids	61	24:54	25:50	1:03:23	1:08:57	25.094	23.185	210
225	Clifford Degraff	Velo Club Cumbria	NL&L	59	24:37	24:57	1:05:39	1:06:45	25.079	23.435	204
226	Nicholas Bailey	Congleton CC	M&NW	56	24:30	25:10	1:04:03	1:05:38	24.914	23.651	202
227	Terry Parvin	Ferryhill Whs	North	64	25:46	25:46	1:08:14	1:08:32	24.903	22.610	220
228	Les Boughey	North Shropshire Whs	Mer	61	24:56	25:26	1:06:30	1:09:00	24.861	22.987	213
229	Graeme Carter	Stockton Whs CC	North	49-50	24:51	25:13	0:58:11	1:05:29	24.761	24.156	193
230	Harry Moore	CC Hackney	E Ang	61-62	24:00	26:38	1:08:28	1:10:05	24.621	22.709	219
231	Mark Thurlow	Shaftesbury CC	E Ang	44	23:09	24:16	1:01:11	1:07:51	24.507	24.316	191
232	Paul Wynne	Kinross CC	Scot	64	25:12	26:12	1:07:26	1:14:47	24.476	22.253	229
233	Gareth Shepherd	Bramley Whs CC	Yorks	47	23:47	24:13	1:03:20	1:06:15	24.470	24.082	195
234	Chris Summers	Sotonia CC	Wssx	72	26:15	27:23	1:15:14	1:17:37	24.467	21.007	239
235	David Steel	Hereford & Dist Whs	Mids	77	29:09	30:46	1:11:23	1:18:24	24.396	20.057	243
236	Nick Hickman	Bedfordshire Road CC	E Ang	57	23:50	23:51	1:09:07	1:15:24	24.301	22.982	214=
237	Andrew Delaney	Northumbria Police CC	North	55	24:13	24:14	1:07:43	1:11:05	24.297	23.197	209
238	Chris Lawson	Deeside Olympic	Mer	59	25:50	25:57	1:06:35	1:08:12	24.258	22.717	218
239	Gary Kondor	Sherwood CC	E Mids	61-62	24:58	25:16	1:07:47	1:15:54	24.239	22.417	225
240	Robin Johnson	Brighton Mitre CC	S/S	75-76	29:14	29:42	1:14:37	1:16:13	24.148	20.127	242
241	Andrew Wilson	St Christopher's CC	Scot	74	27:26	28:14	1:16:53	1:18:32	24.144	20.433	240
242	Gordon Scott	CC Weymouth	West	63	25:58	28:20	1:06:08	1:12:51	23.875	21.888	231
243	Harry Cowley	Chester RC	Mer	76	28:21	30:42	1:18:23	1:18:51	23.628	19.717	246
244	Lewis Lawton	Swindon RC	Wssx	72	28:41	29:14	1:12:55	1:16:43	23.626	20.391	241
245	Paul Dawson	VTTA (North Group)	North	63	28:12	28:23	1:09:17	1:14:52	22.849	21.025	238
246	Vernon Schutte	Farnboro' & Camb'ley CC	Wssx	70	28:21	28:53	1:17:50	1:19:19	22.755	20.030	244
247	John Scott	Sleaford Whs	E Mids	79-80	31:00	32:34	1:22:54	1:24:44	22.521	18.393	250
248	Chris Parker	Hastings & St. Leonards CC	Kent	68	31:10	31:38	1:21:02	1:21:40	20.844	18.774	249
249	Jonathan Reid	Calder Clarion	Yorks	53	28:31	28:41	1:19:09	1:22:10	20.424	19.791	245
250	Geraint Catherall	Anfield BC	Mer	50	30:24	31:09	1:17:23	1:20:21	19.671	19.262	247

SHORT DISTANCE COMPETITION - FEMALE

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
1	Linda Dewhurst	Ride Revolution	L&HC	65	22:01	22:29	0:55:34	0:58:08	34.501	26.683	2
2	Sarah Matthews	...a3crg	Wssx	64	21:25	22:38	0:59:36	1:00:00	33.138	26.173	8
3	Jennifer Clegg	Team Bottrill	E Mids	70	24:21	24:57	1:04:04	1:05:23	32.121	23.760	29
4	Deborah Hutson-Lumb	Wrekinsport CC	Mer	59	22:05	22:26	0:57:10	0:57:44	31.823	26.534	3
5	Claire Emons	...a3crg	Wssx	55-56	22:19	22:45	0:56:47	0:57:01	30.948	26.495	4
6	Louise Robinson	Shaftesbury CC	E Ang	47-48	20:44	21:07	0:56:25	1:02:35	30.793	26.977	1
7	Joy Payne	VTTA (London & HC)	L&HC	67	24:31	24:57	1:04:33	1:04:52	30.679	23.720	31
8	Deborah Moss	Springfield Financial RT	NL&L	54	22:07	22:16	0:57:36	0:58:37	30.658	26.426	5
9	Kathryn Smith	Sleaford Wheelers CC	E Mids	70	26:33	26:38	1:05:28	1:07:13	30.017	22.588	41
10	Emma Wyatt	Hereford & Dist Whs	S Wls	47	22:47	22:58	0:56:26	0:56:36	29.948	26.385	6
11	Susan Semple	Legato RT	Mids	58	23:14	24:02	0:58:58	1:00:20	29.795	25.272	11
12	Alexa Forbes	London Dynamo	L&HC	63	24:19	25:03	1:00:32	1:03:45	29.703	24.233	24
13	Christina Murray	Army Cycling Union	Wssx	47-48	22:39	23:05	0:56:50	0:58:02	29.699	26.180	7
14	Theresa Taylor	Springfield Financial RT	NL&L	64	24:40	24:54	1:02:11	1:05:54	29.456	23.826	27
15	Sue Cheetham	North Lancashire RC	NL&L	61	24:06	24:37	1:01:39	1:03:11	29.213	24.335	20
16	Diana Egerton-Warburton	Team Enable - M.I. Racing	Mids	47-48	22:47	22:58	0:57:47	1:00:47	29.195	25.774	10
17	Kimberley Barfoot-Brace	Team Bottrill	West	43	22:43	22:43	0:58:11	1:00:50	29.067	25.815	9
18	Liz Ball	Edinburgh RC	Scot	71-71	25:39	26:27	1:11:14	1:12:49	28.966	21.933	47
19	Emma Davies	Port Talbot Whs CC	S Wls	55	23:58	23:58	0:59:40	1:00:27	28.900	25.005	16
20	Patricia Baird	Ecosse Performance	Scot	59	23:22	23:27	1:02:36	1:06:59	28.820	24.404	19
21	Janet Fairclough	Liverpool Ph'x CC (Aintree)	Mer	63-64	24:00	24:26	1:05:00	1:12:05	28.687	23.360	34
22	Bethan Ouseley	Pembrokeshire Velo	S Wls	47	23:39	23:57	0:59:00	1:00:07	28.429	25.199	12
23	Denise Burrows	AeroCoach	Mids	45	23:53	24:02	0:59:33	0:59:47	28.219	25.091	13
24	Lorna Breetzke	Elgin CC	Scot	45	23:03	23:54	0:59:44	1:02:17	28.209	25.082	14
25	Susan Triplow	CC Sudbury	E Ang	56-57	23:38	24:01	1:01:13	1:07:55	28.164	24.239	22=
26	Julia Freeman	Easterley RC	E Ang	60	23:58	24:05	1:06:10	1:07:05	28.124	23.744	30
27	Gretchen Zoeller	Born To Bike RT	Yorks	44-45	22:51	23:13	1:01:36	1:03:31	28.119	25.017	15
28	Joanna Cebzat	360cycling	M&NW	44-45	23:10	23:49	1:01:06	1:01:39	28.084	24.993	17
29	Kirsty McSeveney	...a3crg	Wssx	43	22:35	22:50	0:59:54	1:08:46	27.959	24.925	18
30	Angela Hannon-Flaherty	Seacroft Whs	Yorks	55	24:32	24:41	1:01:01	1:03:32	27.881	24.239	22=
31	Gail Lowe	Congleton CC	M&NW	55	24:16	24:50	1:01:13	1:03:46	27.867	24.228	25
32	Ann Shuttleworth	Cambridge CC	E Ang	57-58	24:16	25:00	1:06:23	1:06:47	27.245	23.445	33
33	Samantha Bissell	City RC (Hull)	Yorks	40	24:22	24:39	1:02:08	1:02:19	27.068	24.294	21
34	Sue McFarlane	Army Cycling Union	Yorks	44	24:58	25:08	1:01:10	1:01:50	27.020	24.171	26
35	Judy Reid	Icknield RC	L&HC	64	25:29	26:48	1:05:24	1:16:30	26.914	22.119	44
36	Claire Harrison	Congleton CC	M&NW	50	24:44	24:49	1:02:42	1:05:25	26.852	23.822	28

Pos on adj mph	Name	Club	Group	Age	10 time	10 time	25 time	25 time	Age adj mph	Act mph	Pos on act mph
37	Elizabeth Bridgen	Ilkeston CC	E Mids	56-57	24:46	24:49	1:07:36	1:09:32	26.717	23.041	38
38	Joanna Legge-Knight	Bristol South CC	West	64	26:41	27:32	1:08:30	1:08:42	26.716	22.002	46
39	Judy Brown	Newmarket Cycling & Tri Club	E Ang	63	25:14	25:37	1:08:59	1:16:58	26.596	22.108	45
40	Susan Oldham	Cowley Road Condors CC	West	60	25:33	25:46	1:07:52	1:11:04	26.384	22.494	42
41	Sandra Burrows	Vive Le Velo	Yorks	58	25:34	25:35	1:06:32	1:09:26	26.375	22.767	39
42	Sarah Foulds	Team VC	North	43	24:25	25:40	1:04:16	1:05:49	26.189	23.520	32
43	Charlotte Mead	Monmouthshire Whs	S Wls	50	25:23	25:39	1:05:24	1:05:41	26.064	23.200	36
44	Miriam Rennet	Kinross CC	Scot	62	26:25	26:42	1:07:00	1:15:08	25.991	21.884	48
45	Emma McDermott	Oxonian CC	L&HC	46	24:09	24:51	1:07:06	1:08:50	25.984	23.284	35
46	Jacqui Lane	Eastbourne Rovers	S/S	50	24:56	25:43	1:06:51	1:07:06	25.872	23.047	37
47	Andrea Parish	VeloSistas TT Team	S Wls	56	25:11	28:37	1:02:37	1:09:12	25.871	22.605	40
48	Lindsay Philp	Kernow RT	West	61	26:06	27:44	1:08:43	1:14:07	25.465	21.672	49
49	Helen Tudor	Oswestry Paragon CC	Mer	55	26:08	26:31	1:07:38	1:12:16	25.130	22.130	43
50	Pamela Moore	Coalville Whs	E Mids	56-57	27:00	27:15	1:10:31	1:10:51	24.676	21.670	50
51	Anita Turner	Eastbourne Rovers	S/S	53-54	27:15	27:18	1:08:46	1:13:25	24.253	21.560	51
52	Gina Brown	Redhill CC	L&HC	58-59	27:26	27:35	1:13:02	1:15:09	24.112	21.030	52
53	Tracy Gregory	Buxton CC	N Mids	58	29:02	29:15	1:17:58	1:18:00	22.618	19.912	54
54	Deborah Jefferies	Manilla CC	North	43	28:55	30:45	1:12:13	1:20:00	21.835	19.945	53

SHORT DISTANCE COMPETITION - GROUP TEAM OF 6

Pos	Group	Team members	Team mph
1	East Anglian	Chris Dyason, Keith Dorling, Peter Main, Roger Sewell, Darran Bennett, Louise Robinson	31.915
2	East Midlands	Richard Oakes, Michael Stevens, Jennifer Clegg, Julian Ramsbottom, Kevin Wood, Matthew Uttley	31.808
3	North Lancashire & Lakes	Peter Greenwood, Mike Westmorland, David Rundall, Simon Horsley, Deborah Moss, Jason Bateman	31.587
4	London & Home Counties	Linda Dewhurst, Liam Maybank, Joy Payne, Wolfgang Emmerich, Larry Wiltshire, John Lacey	31.516
5	Wessex	Sarah Matthews, Neil Mackley, Howard Bayley, Daniel Legg, Claire Emons, Peter Younghusband	31.417
6	West	Steven Cottington, Mark Sanders, Roger Sheridan, Tony Chapman, Karl Norris, Haydn Davies	31.216
7	North	Russell Richardson, Matt Hill, Philip Kennell, David Nichol, Kris Whitelaw, Marcel Schubert	31.197
8	Surrey/Sussex	Chris Lord, Colin McDermott, Richard Gifford, Cris Coxon, Nik Allen, Paul Tippett	31.137
9	Midlands	Steven Loraine, Joseph Costello, Mark Hamer, Simon Dighton, Martin Lines, Susan Semple	30.667

Pos	Group	Team members	Team mph
10	Kent	Kevin Tye, Mark Vowells, Anthony Westwood, Martin Brown, Mark Hill, Simon Henderson	30.575
11	South Wales	Hugh Davies, Anthony Jones, Daniel Wyatt, Christopher Gibbard, Emma Wyatt, Daniel Kingston	30.472
12	Scotland	Ian Elliot, Angus Wilson, Alan Davidson, Robert Brown, Randle Shenton, Liz Ball	29.914
13	Merseyside	Deborah Hutson-Lumb, David Williams, Jonathan Mills-Keeling, Alan Broadbent, Christopher Riley, Janet Fairclough	29.862
14	Yorkshire	Neil Cleminshaw, Dave Nolan, Stuart Henderson, David Taylor, Steve Burrows, John Potter	29.796
15	North Midlands	Andy Thomas, Mat Iving, Steve Gibson, Alan Cooke, David Hayward, Simon Abdy	29.460
16	Manchester & North West	Barrie Whittaker, Richard Shaw, Adrian Hughes, Richard Bowditch, Joanna Cebrat, Gail Lowe	28.567

SHORT DISTANCE COMPETITION - CLUB TEAM OF 3

Pos	Club	Team members	Team mph
1	...a3crg	Sarah Matthews, Neil Mackley, Howard Bayley	32.142
2	Team Bottrill	Keith Dorling, Jennifer Clegg, Julian Ramsbottom	31.873
3	Zurbaran Racing	Russell Richardson, Matt Hill, Marcel Schubert	31.507
4	Legato RT	Steven Loraine, Joseph Costello, Simon Horsley	31.453
5	Cambridge CC	Chris Dyason, Robert Watson, Adam Fisher	31.046
6	Springfield Financial RT	Deborah Moss, Theresa Taylor, Andrew Whiteside	29.758
7	Port Talbot Whs CC	Hugh Davies, Emma Davies, Paul Colman	29.580
8	Ely & Dist CC	Darran Bennett, Simon Butteriss, John Manlow	29.485
9	North Hampshire RC	Daniel Legg, Peter Tomlin, Stu Carver	29.311
10	Melton Olympic CC	Michael Stevens, Martin Fisher, Andrew Keightley	29.076
11	Gloucester City CC	Tim Radley, Vincent Douglas, Daryl Stroud	28.599
12	VC St Raphael	Adrian Talley, William Sawyer, Stuart Thompson	28.281
13	Bristol South CC	Mark Bradley, Daniel Kempe, Joanna Legge-Knight	28.253
14	Deeside Olympic	Alan Broadbent, Barry Murphy, Ben Love	28.221
15	Hereford & Dist Whs	Daniel Wyatt, Emma Wyatt, David Steel	28.161
16	Sherwood CC	Kevin Wood, Jez Willows, Gary Kondor	28.126
17	Huddersfield RC	David Taylor, Michael Cole, Paul Brierley	27.926
18	Gravesend CC	Anthony Westwood, Michael Coulter, Andrew Gibson	27.783
19	Barton Whs	Simon Abdy, Matthew Goodwin, John Gadie	27.595
20=	Shaftesbury CC	Paul Looke, Mark Thurlow, Louise Robinson	27.309
20=	City RC (Hull)	Jymmy Trevor, Samantha Bissell, Andrew Vaughan	27.309
22	Congleton CC	Gail Lowe, Lucy Rogers, Mike Walker	27.245
23	Buxton CC	Mat Iving, Patrick Healy, Tracy Gregory	26.795
24	Sleaford Wheelers CC	John Scott, Kathryn Smith, David Smith	26.760
25	Velo Club Cumbria	William Armstrong, Clifford Degraff, Alistair Moffat	26.595
26	Eastbourne Rovers	Adam Rogers, Anita Turner, Jacqui Lane	26.135



© Kimroy Photography

Martin Sturge (Graham Weigh Racing) soaks up some end of season time trialling atmosphere in the very wet VTТА National 25 Championship

Copy dates for the next edition of 'The Veteran' is Tuesday 11th February 2025

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

Contents designed and typeset by the Editor

Printed, finished and distributed by Tewkesbury Printing Company, GL20 8ND