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Christina Murray riding the World 24 Hour TT in California

THE VETERAN The quarterly magazine of the Veterans Time Trials Association

Number 85

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The Final Words

The world of cycling is now reawakening after its winter slumber and by the time you read this some of you will have already deserted the somewhat dubious pleasure of indoor training and will have ridden your first race or two. The weather is now improving, thankfully, and the prospect of good riding lies ahead.

The main focus of the March edition is group reports, taking a final look back at 2024, with the annual awards presentations, with photos aplenty of our achievers all looking spic-and-span as they collect their well deserved silverware, medals and certificates. If you missed attending your own group function, then shame on you! The VTTA endeavours to provide recognition for all, especially with the standards awards, and it reassures the hard working officials that their efforts are not in vain. In addition it is always pleasant to meet up with friends and rivals without the focus of an immediate

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

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race being prepared for or just completed.

Elsewhere in this edition Liam Maybank gives us some insights to his incredible speed and ensuing records last year, Kernow Racing Team tell us how they are promoting cycling from grass roots level upwards in Cornwall and Jen Clegg makes some observations on recent innovations in time trialling.. Even though the basic concept of the sport is unchanged in over 100 years it has changed massively in participation means, maximising performance, promotion and dissemination of information.

And now a plea. This magazine is valued and enjoyed by many members but it does rely on your contributions. If you have any news to include in group reports, any potential articles on performance, racing (or even non-racing) cycling activities, nostalgia, opinions on current cycling developments or anything else please start tapping those keys and send it in. It all adds interest and variety alongside the core purpose of dissemination of results and performances as a means of promoting veteran's time trialling.

Mike Penrile

COPY DATE FOR THE NEXT EDITION OF 'THE VETERAN' IS MONDAY 19TH MAY 2025

President's Piece

Tony Farrell - National President

I know a new season is just around the corner when I place the order for the National Championship jerseys and I begin to look at the events, particularly the early season 10s. That time of the year when we start to plan our programme and in my case, with a cup full of optimism that I might make the start line this year.

My local Group lost one of its members recently with the death of Derek Hodgins in January. More will be said about him in a future Veteran but suffice it to say, he was one of the friendliest and most supportive people one could know. The over-used term of 'legend' could genuinely describe him.

The AGM was interesting on a number of points and has left the NEC with some thoughts of how we may improve the format. The road bike championship discussion raised some comments with regard to the event it would replace. In an ideal world it would be good to run an additional promotion but finances do not allow for such luxuries, nor is there the readiness of Groups to take on additional championship promotions.

Progress has been made on the criteria for the new "Service Award" and will have been discussed at the February Forum. It is intended to be recognition of a member's impact on the development and practice of the Association in keeping with the Vision and Values we strive to.

The motion regarding the cessation of Honorary Life Members was defeated, but I would ask Groups to bear in mind the effect that this award has on our national budget and be more mindful of the contribution that the eligible member makes when nominating an HLM.

It is the time of the year when Groups hold award lunches, well it used to be. I find now that many grass root sports have ceased the annual celebration of success. Evidence suggests that the younger age groups are not that interested in the social side of their sport. My own club did once upon a time have over seventy people at the annual dinner; now we are lucky if we can get more than a dozen. Similar to VTTA we have trophies that are not being awarded, is this an indication of the popularity of our sport or merely changes in social norms?

Distribution and/or storage of the national trophies has been a particular problem for the NEC and the decision has been made to return them to the donors or their descendants. Elsewhere in this edition is a short article on the search for the provenance of our National Championship trophies. Please do look into your Group's history for any connections with an individual trophy. If a home cannot be found for them the alternative might sadly be to dispose of those that have no value other than the history which they represent.

Now an observation on e-bikes. More of my riding friends are buying an electric bike. I am impressed how often they wish to take me to the hillier parts of our routes simply to wait for me at the top.

In Spain the number of people riding e-bikes is growing and it is pleasing to see so many people taking advantage of the fine weather in an area where the terrain might well dissuade them from even riding a bike. I am holding off succumbing to such a purchase but I was somewhat concerned when I asked the local bike shop for a new cassette, with a 30 sprocket, to be told that the rear mechanism was antique and unable to take a new cassette. Oh and the wheel also!

I decided to keep to the flatter routes of which there are a few.

I bid you all a safe and successful season, if you are competing, and a big thank you to those who ensure that all events are promoted safely.

Provenance of National Trophies

By Tony Farrell - National President

As some members are aware I have embarked on a journey, to I know not where, establishing the provenance of the twenty-six VTTA National Trophies.

Two colleagues have already sent me their good wishes for what they believe is a rather difficult task. In fact one of the two is very close to the result for one trophy.

Whilst writing this piece I am in Spain and am working from photographs of the trophies, which makes the identification of the engraving somewhat difficult. I have, however, contacted clubs about the Don Hacking and Doreen Hugill trophies. The Charlie Cole Cup appears to have been donated by members of one group, while the Ken Mathews Cup, for the 10 mile championship is, I suspect, from the Merseyside group. One very positive outcome is regarding the Ethel Brambleby Cup which will be handed over to her grandson, Mark Brambleby, currently a member of VTTA (Surrey/Sussex).

Some information which I am discovering is very interesting and more might be suitable for a future article in the Veteran.

This topic will be aired at the National Forum on 24th February. Hopefully some members might have unearthed information on other trophies which can be shared. The end result could well be that some are returned to clubs or original donors and the remainder sent for valuation and maybe, sadly, eventual disposal.

The National Cycling Museum is prepared to allow us some space to erect a display but at our expense and time.

Two groups have agreed to take responsibility for three or four trophies if a home cannot be found for them.

Any information about trophies will be welcomed.

Chairman's Piece

By Andrew Simpkins - National Chairman

I expect those of us who are planning to race this season have recently been trying to construct a diary of our proposed events in 2025. In doing so, we have found ourselves confronted by a range of choices. Do I want to focus on the shorter distances, or include 50s and 100s such as are needed for the Three Distance Competition, or aim for a 12 or even 24 hour? Is time trialling my only cycle discipline or do I also want to include some road races, or gravel, or track, or sportives or even spend yet more time on Zwift? Before putting events in the diary there is the need first of all, of course, to consider family commitments (such as remembering your partner's birthday), plus time for that needed holiday, and assuming one does have a life beyond work and cycling, the various obligations and opportunities that our other interests may present to us in 2025. Having assessed all of that, it almost certainly means that the 26 weekends between the 1st April and 30th September are simply not enough to fit everything in!

Typical coaching advice is that you have to identify a few priority events and carefully organise your training and race schedule in order to be at your best for those events. For the supercompetitive amongst us, however, every race is a priority event. Others just want to enjoy racing their bike, and don't want to add the mental stress, and recurrent sense of failure, involved with trying to stick to an intricately detailed training plan. Others believe that for them 'peak', performances come about as a result of a highly mysterious and unpredictable combination of circumstances, and that an entirely random approach to training may well be the secret of any success that they do, on random occasions, achieve.

Of course, the advent of heart rate monitors, and the now almost ubiquitous power meter, both with their strictly defined zones of effort, does lead us to believe that a scientifically rigorous and highly successful approach to training is within the grasp of every one of us who have acquired these impressive aids. If you have a smart sports watch as well, you can also be informed of your training status (across low aerobic, high aerobic, anaerobic), training readiness (poor, low, moderate, high or peak), average resting heart, overnight heart rate variability score, body battery, endurance score, and the amount of deep, light and REM sleep you get every night of the week. Believe me, once you have one of those devices you are compelled to check out all of that data, every morning, before you even think about training for the day.

This is all said somewhat 'tongue in cheek' of course. If we want to achieve in cycling, within our own personal genetic and physiological limits, then it is necessary to take a conscientious and disciplined approach to training and racing and to seek good advice on how to go about it. But given that 'stuff happens' and life often interrupts the best laid plans, we should never lose sight of the simple pleasure of riding our bike, or bikes, or the much longed-for acquisition of our n+1 bike.

IT Manager's Update

By Jon Fairclough

In the last issue I mentioned that the facility to allow members to pay by direct debit was entering testing. Well, that was all done but when we released it, we found that the payment processor, Stripe, required every group treasurer to prove their identity before any payment could be sent to the group's bank account. As I write this, most group treasurers have now done this and their members can continue to pay by card when they renew. However direct debit payments have not yet been enabled by Stripe and we expect this to take several days. When direct debit payment is enabled, we will send an announcement to members. Members who paid by card this year will be able to set up direct debit when they renew for 2026. After that you can forget about having to renew your membership every year, it will happen automatically.

Cycling Time Trials has recently released its new website. We are working with them to ensure all the integration features the VTTA website had with the previous CTT website will be provided from the new one: member linking, event flagging and results feed. Member linking has been implemented. Instead of all VTTA members having to re-link themselves we ran a process to link VTTA member records to the new CTT site, where it existed previously. Look in your profile on either the CTT or VTTA site to check your link status. We have identified all the VTTA events in the CTT events lists and they are tagged with the VTTA group that is either running them or using them as part of a group competition. VTTA National Championships are also marked. You can find them via a keyword search on the CTT site. The last integration, results feed, is yet to be tested and I will be reporting on that in the next issue.

In January I received all the CTT results for all ages for the years 2023 and 2024. I added this data to the results database used for calculating age adjustments and derived new tables for the 2025 season. These will be published on the website and in the handbook and should be used until further notice. The key reason to update the age adjustments is to ensure they are based on current data from the last ten years, reflecting latest trends in performance improvements (whether from racing conditions, equipment or fitness in our increasingly data driven sport). Results before 2014 are no longer included in the calculations. Following a practice used for calculating standards and age adjustments since 2013, only the fastest (top 10% by speed) results are used. These are identified as our elite riders. All open class elite riders have got faster, especially riders in the 70-79 age band (4%). Female classification elite riders have also got faster, especially those in the 50-69 age band (again by 4%). Look on the website or in the handbook to find your new age adjustments for the 2025 season.

This week Ian Short from East Anglian group joined me in providing IT support to the VTTA. Initially he will be handling emails coming into the <u>info@vtta.org.uk</u> mailbox and dealing with the membership issues. As Ian gets to understand what goes on underneath the bonnet of the VTTA website, he will get involved in a wider range of tasks. Ian can be contacted direct at <u>itsupport@vtta.org.uk</u>

WELCOME TO NEW MEMBERS WHO JOINED NOVEMBER/DECEMBER 2024 AND JANUARY 2025

East Anglian Group

Jamie Bishop, Ruth Stapleton (both Newhall CC), Glynn Carroll (Cambridge CC), Nick Esser (Hashtag Coaching), Caroline Harding (Velo Club St Raphael)

East Midlands Group

Paul Mettam (VTTA (E.Mids), Catherine Potts (Born to Bike - Bridgtown Cycles), Steve Strange (Matlock CC)

Kent Group

Andrew Besanko (Southborough & Dist. Whs), Ralph Hart (Thanet RC)

London & Home Counties Group

Timothy Betteridge (# I have no club), Ruth Gledhill (Serpentine Running & Tri Club), Hannah Makins (Mickey Cranks Cycling Club)

Manchester & North West Group

Paul Emmins (Salford Cycling Club), Michael Kateley (Team Wheelguru)

Merseyside Group

David Cannell (Paramount CRT), Vicky Hinstridge, Simon Price (both Ruthin Cycling Club), Abigail Winstanley (# I have no club)

Midlands Group

David Conlan (Rugby Velo), Charles Kitson (Banbury Star Cyclists' Club),

Andrew Logie (Mark White Coaching RT)

North Group

Caroline Ratcliff (Ferryhill Whs), John Routledge (GTR - Return To Life P/B Streamline)

North Lancashire & Lakes Group

Alastair Boston (Kent Valley RC), David Lewis (West Pennine Road Club),

Simon Myerscough (Preston CC)

Scotland Group

Ross Allan (St Christopher's Cycle Club), Brian MacPhee (Moray Firth CC),

Stephen McCaw (rt23)

South Wales Group

Robert Baynton (PDQ Cycle Coaching), Paul Durrant (Pontypool RCC)

Surrey/Sussex Group

Stephen Morgan (G.S.Stella), Jean-Francois Phillips (Eastbourne Rovers), Benjamin Toovey (Worthing Excelsior CC)

Wessex Group

David Robbins (Petersfield Triathlon Club), Roger Taylor (Farnham RC)

West Group

Paul Haig (Sikh Cycling Club), Rob Lee (Plymouth Corinthian CC), Greg Rorke (Exeter Whs CC)

Yorkshire Group

Dean Bowmer (Barnsley Road Club), Michael Harrison (City RC (Hull)),

Daniel Keeshan (Pennine CC), John McCabe (ABC Centreville), David Rowbottom (York Rouleurs)

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

IF YOU ARE A NEW VTTA MEMBER

Please ensure that "Club" on your VTTA profile shows exactly the same as "Primary club" on your CTT profile.

In this context your club is the CTT affiliated organisation under whose name you will race, whether it be a traditional cycling club, racing team or sole rider. If you are not a member of any such organisation you should enter your VTTA group in both profiles and race under their name. This is necessary to accurately compile year end results but unfortunately there is currently no validation between VTTA and CTT.

RACING IN 2025? CHECK THESE PREPARATIONS BEFORE YOU START!

- Have you linked your VTTA and CTT accounts? This ensures that CTT race organisers and various results IT systems know that you are a member and most importantly allows the VTTA website to process your results for Standards and Competitions.
- Have you entered for Standards Awards for 2025? This gives you another goal for the season, allows you to track your improvements and gives you recognition through the awarding of plaques and medals.
- Have you ensured that you are entered for the various VTTA National Season Long Competitions, over distances varying from 10 miles to 12 hours? Many groups base their own local competitions upon these national results and you can monitor your progress as the lists are continuously updated during the season.

Report of the National AGM

Held 18th January 2025

This year the National Annual General Meeting took place on Zoom. Holding it thus allows a considerable saving in travel time and in the costs of the event, but it is expected that we will continue to run both face-to-face and Zoom AGMs in the future, possibly on alternate years, but dependant on the agenda items. We had 26 group delegates logged in to the meeting and it was encouraging that all Groups were represented, plus members of the NEC.

Voting forms were completed and returned prior to the event, giving Groups the option to vote for, against, abstain or to request a further discussion. By this means the non-contentious motions, passed by unanimous or large majorities, could be quickly confirmed at the meeting.

The meeting started with the Chairman giving a brief summary of the Annual Report followed by the Treasurer's presentation of the accounts for 2023/2024 and the budget for the current year. The good news was that the NEC came in almost exactly on budget for 2023/2024. The less good news was that we had a further small dip in membership with 2176 members at the end of the year.

The Chairman highlighted the many outstanding performances by members in the last season in our national championships, season long competitions, and in the setting of new age records plus the top placings gained by our members in UCI world events. Linda Dewhurst's multiple UCI medals had contributed to her winning the CW Cooke award for 2024. On the downside it was noted that there had been reduced participation in all three season long competitions, possibly caused in part by the number of event cancellations during the year.

The previously notified increase in subscriptions, intended to fund the paid administrations roles advertised in the December Veteran, was ratified and the schedule of championships for 2025 was confirmed. The meeting then proceeded to discuss the motions on changes to the Rules and Regulations. The changes to the Regulations around racing were taken first and these had all received clear majorities on the voting forms. The main changes are that:

- There will be a National Road Bike championship from 2026. This is one more step in
 providing for the increasing number of road bike competitors in our time trials. There
 was however a concern that in achieving this, the 30 mile championship was being
 replaced by the Road Bike Championship. The Chairman said that this could be discussed
 further at the National Forum.
- Changes were agreed to the Season Long Competitions with the Group team sizes for the Best All Rounder and Three Distance Competitions being reduced from six members to four. This is aimed at enabling more Groups to compete for these team awards. The Group team size for the Short Distance Competition remains at six as all groups qualified in 2024.

Moving on to proposed Rule changes the first consideration was the period of office for the National President, which for some considerable time has been restricted to a maximum term of five years. However, the duties of the National President have now evolved from largely honorary to chairing the National Forum and a number of other regular tasks. In light of this it was agreed that the National President should be able to serve a maximum of two five year terms.

The main proposal in the Rule changes was the motion to approve a new 'VTTA Service Award' open to all members of all ages. This would recognise members who have made significant contributions to the running of their Group or the Association, and was passed without objection. A Guidance Note will shortly be issued setting out the full details and criteria for the award.

The Service Award had been discussed at the National Forum and in the light of this new Award a number of motions were presented regarding the future of the Honorary Life Member (HLM) award. It was noted that the percentage of over-80s who were HLMs varied widely between groups, some only awarding it rarely whilst other groups appear to award it automatically to all octogenarians.

The options proposed ranged from discontinuing it entirely, limiting the number that could be awarded by a Group, and reducing the lower age limit. None of these achieved the necessary two-thirds majority and neither did a motion proposing Groups contribute to the cost of their HLMs to the Association. However, there were a significant number of votes in favour of these motions, which indicated that there is some dissatisfaction with how the current HLM scheme operates and further discussion is to be expected at the National Forum.

A number of motions developing the organisation and roles within the NEC were also passed. In this regard, a comment made under Any Other Business that the VTTA needs to give more thought to succession planning was noted as we are dependent at both National and Group level on a relatively small number of volunteers who are not getting any younger.

Whilst the delegates were generally satisfied with the manner in which the meeting was conducted, there was some concern expressed over the advance voting process and its impact on discussion

and voting on potential amendments. It was agreed that the NEC should propose suitable protocols for an online AGM which can be incorporated within the Rules for the event. Work for the 2026 AGM!

Finally, the National Executive Committee was re-elected in full and the meeting closed with Joy Payne making a 'virtual' presentation of the Ted Bricknell Award to the Chairman.

The Association and its members can look forward to further success in 2025.



Liam Maybank Q&A

Jon Fairclough asks the questions

Liam Maybank of Twickenham CC and London and Home Counties Group is answering the questions about how to ride very quickly in this issue. He has some lessons in how to deal with health issues and come back stronger. Spindata rates him as the top rider in the 50-54 age group. He set VTTA National Age Records at 10, 15 and 50 miles in 2024 for age 52 and older.

Q1. You set the National 10 mile record last year with a time of 17:24., to beat the previous holder by 23 seconds while being 11 years older on a course that was not the superfast V718, that's amazing! What's your story?

Due to some still not fully resolved dietary problems I had some lean years coming into 2024. For a couple of seasons I was barely finishing any races, so finding a way to get some consistency back was key to several other improvements. There were still a few ups and downs with the National 50 being fairly horrible with the old problem of missing glycogen hitting 8 miles in. I made some changes to my diet after that and found a period of physical consistency that I haven't really had before. Also, early in the season I found a real sweet spot in how to hold my best position on the bike, which really maximised what I was now able to put into the pedals. My first trip to the E2/10 was on a very windy day averaging 29mph to the turn but still netting a PB of 18:30, finishing close to James Jenkins who was going well and 40 seconds off his best on there. So at that point I knew a 17 was coming if I could do 355W on a good day on there.

The day of the record was sandwiched between a lot of quite windy weather and wintry conditions in the south of London, so it was a not very big window for the right conditions. However, they did

hold and it was finally a fast day on a fast course. My form had also been coming on quite strongly since July, with a course record on the VTTA 10 Champs course used in 2019, and I was confident enough in my fitness to push my heart rate more towards where I used to do 10s. This produced a stable 385W on the outward leg and enabled me to get through the return leg, despite some poor pacing out of the turn. The main things that led to the record were persistence in finding some ways to improve my aero performance, then finding a dietary solution to the physical problems and a training protocol that allowed



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me to maintain condition when restricted by the diet issues.

Q2: When did you start time trialling?

I did my first race in 1993 at Stadhampton in the university inter-college race, doing 26:56 on a 531 road bike without clip-ons. I was seeing stars from 6 to 10 miles and have never been able to push that hard since!

Q3: What are your greatest achievements in your time trialling career?

I think getting properly fast again after 5 years of basically falling apart physiologically

Q4: What is your TT bike? Trek Speed Concept Gen 2.

Q5: What is your approach to training?

I respond well to high volume and very badly to rest, so a lot of low intensity volume with 10% of time (not including races) doing harder efforts. If in doubt I keep it easy to avoid digging holes when not in good condition. Though 265W for 4 hours doesn't feel so easy when not quite right, it doesn't seem to hurt much the next day, mostly.

Q6: How do you explain your phenomenal speed for someone your age?

I'm in a strange position where I've had something wrong with me for decades so if I can get rid of the problems properly my power could actually go up. That is not proving straightforward though, and I am aware there is another clock ticking as well so I need to make each season count. The aero side is crucial of course and years of helping others get faster now keeps the mind open to avenues I wouldn't necessarily have found otherwise.

Q7: What have you done (and not done!) to allow you to ride that fast?

Sitting very still in a very aero position and training and eating consistently all year. The list of nots is driven by quite unpleasant immediate reactions rather than general long term considerations. The rules I adhered to last year were: no gluten, no potatoes or tomatoes, potassium no



more than 3500mg/day, no fructose. Tomatoes might get a reprieve this year but not sure yet.

Q8: What is your favourite type of time trialling event?

I'm starting to like 10s more than I used to!

Q10: What do you think about when you are racing?

It varies. Last year it was a mix of "this is more like it" Steyning 25, "here we go again" National 50, "be careful" at Goodwood and "let's go" for the record. I think much less when I'm going well and find being focused on the effort much easier. When it's going wrong, I'm thinking about a hundred things and trying to work out what I've done wrong and how to fix it. I don't always have the solution when I get off the bike, but it's good to set the thoughts in motion earlier rather than later.

Q11 What sacrifices do you make to perform so well in time trialling?

My diet is ridiculous but it's not really a sacrifice as it is what is necessary to keep me functioning in a healthy way. The same with training, it's hard but without hard work I am a shadow of myself.

Q12 What are you aiming to achieve in time trialling in the future?

It's still the same as it has been, to get faster. For the coming year I think I can improve on the power I did for the record if I can get back into that functioning physical condition again, which is exciting but I'm not quite there yet.

Q13 Do you have any advice for people new to time trialling?

It doesn't have to be as expensive as it's made out to be. I use Reading Velodrome at £6.50 a session rather than wind tunnels, and a rim brake bike, not discs. My suit last year was a Bioracer Rio Olympics suit rather than a multi-thousand pound job, and my helmet is over 8 years old. You can get very, very aero on a sensible budget if you find the right sources of information and are persistent. I found those myself over about 20 years of not being very fast (and power meters not existing). The right information is out there and it costs a lot less than £800 a session.

LIAM MAYBANK'S OUTSTANDING ACHIEVEMENTS IN 2024

Age 52 record of 17:24 for 10 miles in the ECCA event on course E2/10.

Age 52 record of 28:19 for 15 miles in the ...a3crg event on course P884B/15.

Age 52 record of 1:37:53 for 50 miles in the Shaftesbury CC event on course F2/50.

Bronze medallist as third man in the Short Distance Competition with an age adjusted average speed of 33.499mph. Also fastest overall in this competition with an actual average speed of 32.005mph from rides of 17:24, 18:30, 48:02 and 50:12.

OBITUARY - MARY HORSNELL Chelmer CC - VTTA (East Anglian) 11th March 1931- 23rd December 2024

Mary was a stalwart of the Chelmer Cycling Club and of cycling on eastern roads.

As a young girl, Mary Beaumont worked at Hoffmans Ball Bearings, one of the great engineering firms of Chelmsford (employing 7500 in it's heyday), and it was on her work commute by bike that she met a member of the newly formed Chelmer Cycling Club and was encouraged to join; this was 1948. This meeting and then her subsequent membership was to shape the rest of Mary's long life. It was here that she met her husband to be, Peter Horsnell, with whom she was to enjoy 70 years of companionship and adventures. Mary was to become engrossed in the world of club cycling, becoming one of the region's first, and most prolific, female time triallists. In 1958 Mary became Club Captain of the Chelmer CC, a post she was to hold for an incredible 46 years.

Mary joined the VTTA on her 40th birthday in 1971 and contributed in many roles, only finally hanging her quill out to dry in March 2021 after many years of writing "Mary's Musings" for The Veteran magazine. She also set seven national age records, spanning a period of 31 years, over distances from 25 miles to 24 hours. In late 2021 she and Peter were awarded Distinguished Life Membership, the highest honour which the Association can bestow and which it does so only very sparingly.

Despite her successes in time trialling, when asked about her greatest achievement, Mary never quoted the fact she was the winner of the inaugural woman's VTTA BAR in 1971, or the fact that when she was 52 she broke the women's 24 hour age record with 394.15 miles; this still stands today, over 40 years later. No, she quoted that completing a route in the Scottish Highlands described as 'unsuitable for cyclists' and which took all day to complete, gave her the greatest satisfaction.

Alongside all this, Mary was also a staunch supporter of life in the village in which she and Peter lived, Pleshey, some six miles outside Chelmsford. She achieved near celebrity status as 'Pleshey's Pedalling Postwoman' and edited the parish magazine from 1974 until 2019, another role dutifully undertaken for over 40 years.



An incredible navigator, Mary cycled across the whole of the UK, and toured extensively in Europe but was rarely seen looking at a map. Her photographic memory for roads, junctions, and routes meant her protégés, of which there were many over her long tenure, often marvelled as to how this could even be possible!

Those aforementioned protégés, of which I am proud to consider myself as one, were treated to a world of adventure when riding with Mary, and on the club runs she led. Leading traditional rides with elevenses, lunch and tea stops, rides would often feature 'rough stuff' (no gravel bikes needed then!), bikes being loaded onto rowing boats to cross Suffolk estuaries, remote rides on traffic free roads far from home, and late night returns under the cover of darkness, with feeble 'Ever Ready' lights or similar, barely lighting the road ahead.

Likewise, club tours were a regular occurrence, weekend trips into Norfolk or the Chilterns, or longer tours in the holidays to the mountains of Wales and other far flung destinations. Even on these trips, a map was rarely seen except perhaps at the breakfast table.

Over the years that Mary and Peter were the key figures in the Chelmer; hordes of youngsters, and the not so young, passed through their ranks, with time honoured club cycling traditions and etiquettes passed down, and accepted in a way that no longer seems to happen in modern society.

Throughout her long involvement with club cycling, Mary held other local posts, but her real passion was for the 'Essex & Suffolk Border Combine' Association, of which she was the President and a key motivator for many years.

Mary finished racing in 2015 at the age of 84, but continued to support Peter in every event until he too finally hung up his 'sprints and tubs' in 2022. Pete continues to ride the bike for pleasure.

With failing health, Mary spent her last few months being well cared for in Redbond Lodge, a care home in Great Dunmow, where she enjoyed visits from her cycling pals, clearly reminiscing events from decades earlier. Mary finally set off for her very last tour on the 23rd December 2024.

Her life was celebrated in true club fashion on the 31st January this year, with a service at Chelmsford Crematorium attended by 140 friends and relatives, and with the cycling community out in force. Eulogies were given by her nephew Bill Beaumont and myself, clubmate Antony Stapleton, and a lively time was had by all at the Angel PH in Broomfield, where stories and anecdotes were exchanged, and a life well lived was truly recognised, respected and relived.

Antony Stapleton



OBITUARY - STUART MURRAY KIRKHAM Cheshire Roads Club and Manchester & North West Group 15th April 1947 - 10th October 2024

M&NW Group sadly announce that Stuart Kirkham has passed away at the age of 77; he joined our group in 1998. Stuart began to feel unwell in early October and was admitted to hospital where he later suffered a heart attack. He held strong Christian beliefs and was at peace in his final hours by joining in with prayers from visiting members of his church.

Unfortunately, as Stuart's wife Jane, began to display symptoms of dementia several years ago he acted as her carer, but while he was in hospital Jane was taken into a care home. Supported by her sister and niece,

she was able to attend Stuart's funeral, but sadly she also passed away in December just a few short weeks after her husband of 45 years.

I first met Stuart in 1964 when we were members of Manchester's Abbotsford Park Road Club; I remember him as someone with forthright opinions who expressed them freely. From being a young man, he

was a regular contributor to the readers' letters section of various newspapers as he held strong views on politics and social issues.

I lost contact with Stuart when he joined the Cheshire Roads Club during my temporary retirement from cycling. Little is known about his early competitive days, but his results will appear in the large number of start and result sheets he saved. He also amassed a huge collection of cycling magazines.

It's likely Stuart was so involved in the sport and hobby of cycling that he was a late starter in relationships when he met the beautiful Scots lassie, Jane McKenzie, on holiday. The two hit it off immediately, but as Jane lived in Dundee their courtship was hampered by the considerable number of miles between their homes. Stuart was 32 when they were



married in Jane's local church in 1979; Jane then left Scotland to set up home with Stuart in Cheshire. They both held strong Christian beliefs which were very important to them; as a married couple they were considered a great asset to their church.

Stuart was a well liked member of "the Chesh" and promoted their Blue Riband '50.' He was riding time trials up to his last year and Jane always supported him in this. He was the current, and extremely proud holder of the Cheshire Roads Club Potter cup - it has been said he would have been the first to admit this

was due to pure dogged determination, rather than speed on the J2/1 course. Stuart was also a regular competitor in midweek 10s run by Congleton CC and Westmead Team 88.

He also regularly assisted at M&NW Group events, Jane was always with him as they always volunteered for marshalling duties.

Holidays and travel were very important to Stuart and Jane. After he took early retirement from his employment at Manchester Central Library the couple were then free to indulge themselves further in holidays to many European destinations, particularly Austria, but also to Africa and the United States.

A funeral service was held for Stuart at Stockport Crematorium on 14th November. Many mourners from cycling, his church and other friends gathered to pay their last respects before a family-only interment in Cheadle cemetery.

We offer our sincere condolences to Jane's sister, Elaine and her daughter, Alison who were Stuart's only remaining family.

Ken Workman



EAST ANGLIAN Andrew Grant

The Group AGM - the 61st in the Group's history - took place on Saturday 8th February with a change of venue to The Fulbourn Centre, which boasts the advantage of a bar to aid recovery after challenging deliberations. Secretary Chris Golder had booked one of the larger rooms, but found a political meeting in occupation when we arrived, so we repaired to a smaller committee room, which, predictably, proved wholly adequate to the numbers attending.

Following the AGM, there will be a number of changes of personnel on the committee. In particular, Paul Wright succeeds Andrew Grant as Chairman whilst Dominic Whitehead succeeds him as reporter for *The Veteran*, while Anthony Whale succeeds Ken Platts as Group Recorder (though not yet as Records Secretary).

The outgoing Chairman opened proceedings by thanking all Group Officers and members of the committee, all event organisers and all marshals, timekeepers and helpers of every description over the season for their part in sustaining the Group's programme.

He noted that the Group's maintainance of its profile on the national stage was chiefly down to the activities of the Treasurer, Keith Dorling, with his win in the National 25 championship and silver in the 50. Amassing gold and silver is obviously an appropriate activity for a treasurer, but the Chairman was forced to retract his earlier aspersions that there might be a sinister coincidence in the fact that the said Treasurer was in Lanzarotte and had not yet provided a Treasurer's report, as Keith had in fact flown back the previous evening and was in attendance complete with accounts, which were subjected to rigorous scrutiny at the meeting by Professor Colin Lizieri of Cambridge University.

Honourable mentions went to: Chris Dyason with a couple of national records and some top tens in championships and the Short Distance Competition; Darran Bennett, Louise Robinson and Chris Shaw with top tens in season-long competitions and Matt Smith with silver in the National 30, leading Paul Pardoe and Chris Dyason to the Group Team Award. Newmarket's David Cheshire and Rob Boyle won the Tandem Championship. Despite its not being strictly VTTA business, the meeting felt it appropriate to mention that Matt also won a UCI Masters World Title.

We were pleased to note that East Anglia successfully defended their Group Team title in the National Short Distance Competition, courtesy of several of the aforementioned, plus Peter Main and Roger Sewell, while John Swanbury and Kate Churchill repeated their tandem record feat of 2024 at 50 miles and added the 15 for good measure. The Chairman apologised to anyone he'd overlooked in his report.

Merv Player's Membership report revealed that the Group's numbers have dropped below 300 for the first time in some years. In part this is a reflection of national trends, but a consequence of those trends impacting us specifically is our surrender of the preference to EA Group members for events on the E2 and F2, which was no longer sustainable in the face of dwindling fields. Numbers of fast courses are also dwindling. This will be a challenge for the future.

The outgoing Chairman explained that he was stepping down from his roles as, now that he was no longer racing, he felt too far removed from the centre of the action to be effective, but it had been an honour to serve as Chairman in succession to the legendary Peter Horsnell. In a display of masterly segueing, he closed his report by noting that probably the largest gathering of the past twelve months of Group members past and present took place at Mary Horsnell's funeral in January. Mary was, of course, herself an East Anglian legend and, sad though the occasion was, it was also an uplifting celebration of an extraordinary life and a kind of window on a lost golden age of cycling. It was as joyous as any funeral could reasonably be. East Anglia's cyclists did Mary proud with fitting tributes from Antony Stapleton and Mary's nephew Bill Beaumont - 6'6" of Royal Logistics Corps Colonel in No 2 service dress and medals, The Royal British Legion – dear to Mary's heart, being beneficiaries of the collection.

EAST MIDLANDS Jennifer Clegg

2024 was an exceptional year for the East Midlands Group and so there was much to celebrate at the annual awards lunch on 2nd February. Present were multiple national champions.. and East Midlands members all, Kath Smith (12 and 24 hours) and Richard Oakes (10 and 15 miles) together with the men's 30 mile champion, Mick Stevens. Indeed East Midlands riders were present on the podium of every national championship except one, with strong performances also from Jen Clegg and Mike Twelves. Mick Stevens won the men's National Three Distance Competition, while Kath Smith was third in the female BAR and Jen Clegg third in the Short Distance. Jen. Kath and Mick also set six national age records between them during the year. Continuing the success of VTTA members at world level. Richard Oakes and Mike Twelves are also track world champions for their age category in the individual and team pursuit. With such an amount of silverware to be presented the Group invited National Chairman. Andrew Simpkins, to present the awards.

East Midlands Trophy Winners - 2024 Season

Mick Stevens (Melton Olympic CC): 3 Distance BAR 31.73mph AAS; Alan Oscroft Trophy - Senior BAR 32.01mph AAS; Joe Baines '30' 1:01:21 AAT; Fred

Smith '50' 1:32:36 AAT; Hermes '100' Mile 3:20:01 AAT

Jen Clegg (Team Bottrill): Ladies 3 distance BAR 26.90mph AAS; Ivan Mahon '25' shield 47:25 AAT

Matt Uttley (Team Bottrill): Nottingham Clarion Prestige Trophy - 47 points

Richard Oakes (Team Ohten Aveas): Bert Christian '25' time of 48:54; Jack Watts - '25' trophy - time of 49:46

Sue Bowler (South Pennine RC): Bloodworth Trophy for services to the group

On behalf of National VTTA, we presented Andrew Simpkins with the Ted Bricknell Memorial Cup in appreciation of his work as national chair for 8 years. This had earlier been presented "virtually" at the national AGM.

Colin Parkinson took photos of all prize-winners, which are well worth perusing, and can be found at: https://photos.app.goo.gl/wDZijeievo57W64W9

Upcoming 2025 TT's in the East Midlands

All on Saturdays, starting at 1500. For A25/34, roadworks are planned on the Farndon roundabout affecting the north end of the A46 this year and next. The organisers are developing an alternative out and back course on the A46 towards Widmerpool, from the Flintham flyover to the Kinoulton flyover. It makes it a bit lumpier but avoids a dangerous RAB and that final mile on a poor surface. More information will be on the FB page.

- 26th April A10/3 VTTA 10 organised by Colin Parkinson. A memorial to Sean Vincent who died last year at just 54: profits going to a charity nominated by his widow
- 17th May A25/34 Jack Watts Trophy is incorporated into the Melton Olympic 25, organised by Russell Gent
- 31st May A25/34 Ivan Mahon 25 organised by Russell Gent

The Veteran : March 2025



Jen Clegg receives her spoils from Andrew Simpkins

 16th August A25/34 Bert Christian 25 organised by Rob Muzio

Do consider supporting these events by signing up early and/or volunteering.

Officers elected at the 2024 AGM

President David Herd Vice President Jim Goodwin



Famous Five These workers-on-our-behalf were present at the lunch. Each holds the RTTC Gold Badge of Honour, awarded for significant service to cycling time trials. Between them they have given over 200 years of service. From L-R: Sue Bowler, Sheila Hardy, David Barry, Jeff Bowler, and Bill Stanley.

ChairSue BowlerSecretaryRuss GentTreasurerKath SmithRecorderGraham GreenTrophiesColin ParkinsonPublicity Veterar reporter & FB page
Jen Clegg

Talk Around the Tables

The hottest topic was the death of Eurosport, and a fee increase to see cycling on TNT that some considered usurious. How quickly life changes.

One member's long-delayed court case against a driver who had smashed his elbow and bike 3 years ago was finally scheduled the following Tuesday. We hope it reached a just conclusion, but also wondered why car accidents can be resolved so quickly by insurance companies, while car-bike accidents are much more prolonged and bureaucratic.

Congratulations went to CTT for their upgrade to the online events system. It is easier to locate the events you want to do, and to move around in it, but - just to stay in character - there are also a few glitches! Please check whether your all-important link between VTTA and CTT is still valid – because it won't be unless you take action. Their upgrade means you have to re-connect yourself.

Note that when open events are oversubscribed, acceptance is governed by VTTA members' best Age Adjusted Time in the last 3 seasons. If you add your AAT to the comments section of the online entry form, it makes the decision to include you easier for organisers.

As group secretary Russell Gent pointed out, in 2024 East Midlands Group punched well above its weight. We won 21 national medals, including at least one member getting a medal in all but one of the championships. Members were also on the podium on all the season-long competitions and the team events. However, nothing stands still, and it is important to keep attracting new talent to ride, and to help organise and run events. We plan to become more active on FB so please look out for East Midlands VTTA posts. The more you engage with them, the more widely those posts will be distributed. In order of importance please like, comment, and/or click the arrow at the bottom to share it with your contacts. 400-word blogs also boost our profile, so be ready to be asked to write an account of what you do!

KENT

Tim Carpenter

With a Group that has a third of its members over 80 starting each report mentioning another Group Member that has passed away seems inevitable. This time, sadly, I must report that Dave Wright passed away on New Year's Eve, aged 94. Dave was a constant presence in the racing world over

many decades riding both a bike and a trike. Dave Mastin (Thanet RC) died in December, aged 72, their funerals were well attended by members of local clubs and the Group.

Max Nunn, formerly of VC Elan was a past member of the Group and our time trial secretary for some years up to about 12 years ago. Mike Daniels, Southborough Wheelers, was also a Group member until recently. We have also lost Roger Travers, Wigmore CC, and Jim Miller, West Kent RC, who I believe was in the VTTA some years ago. I don't think Roger ever joined the VTTA, but he was quite well known around the Kent scene.

On a cheerier note, we once again joined with the Kent Cycling Association for our annual lunch and

TWO WEBSITES OF INTEREST TO KENT CYCLISTS

Here a couple of websites that might be of interest to Kent Group members as well as the wider VTTA community.

The Fellowship of Kent and Sussex Cyclists now has a website by Andy Avis at: http://fkandsc.com

The Fellowship is formed from a group of cyclists who by their enthusiasm and service over a period of years been a valuable asset to the sport and pastime of cycling. It was founded in 1944 and the Fellowship aspired to raise funds to support fellow cyclist returning from the Second World War by dispensing support to deserving charities, causes or individuals nominated by the members of the Fellowship as their circumstances required. The website has information on its history and key personalities.

The **Hastings and St.Leonards CC** was formed in 1876 and is the third oldest cycling club in continuous existence, only the Pickwick BC and Peterborough CC are older. Tim Carpenter has started to create an archive of the club's history in advance of the 150th anniversary, using the vast quantity of information that Esther Carpenter (his Mum) collected over almost 70 years. The archive is online at <u>https://www.hastingscc.org.uk</u> or scan the QR Code:



The archive currently has more than 600 photographs and over 8700 documents. The documents include in excess of 2000 start and result sheets from 1934 to date, and for events all over the country. Tim continues to process boxes of material but would always be grateful to be able to borrow any club related material, especially anything pre-1935, to scan and add to the archive. You can email him at <u>hastingsccarchive@gmail.com</u> or message via the archive Facebook page (<u>https://www.facebook.com/hastingsccarchive/</u>)



Simon Henderson receiving one of his four trophies from Group President John Hawkridge

prize presentation at the Weald of Kent Golf Club. Over 60 people sat down to the meal, with Paul Mepham once again acting as Toast Master – apparently he won't be attending next year. I gather the main betting sites are unwilling to take odds on Paul's non-attendance.

It was great to see many of the Group Prize winners at the lunch. Simon Henderson was the major award winner. The Sacred Post Trophy is awarded by the Committee to the Group member who has contributed the most to the Group during the preceding year. Geoff Newsome was this year's recipient; he has only been in the Group for a couple of years but has been a willing helper at the various Group events. It is too easy to overlook the vital contribution many people make in the background to the running of the Association. Regretfully Geoff was unwell and unable to receive his award, but John Hawkridge intends to present it to him soon.

This is inevitably a quiet time before racing starts again in March with our first event on 22nd. Bob Giles is organising the 10 mile event on the Q10/24 (start on A228 west of Grain village). Then Simon Henderson is also organising the VTTA National 30 on 27th April. The event start is south of Ashford near Ham Street, and we are hoping for a good entry.

LONDON & HOME COUNTIES John Hoskins

As we start 2025, our first promotion (as always) is the Prize Giving Lunch. Held at the Golf Club at Aldenham we had a slight fall off in numbers for this year compared to 2024, but the event was supported by over 30 members and was entirely successful. We think that the Lunch is a vital part of how we run our Group - inviting all of the major prize winners to the event as our quests and also giving out free tickets to the many members and friends who give up their time to help the sport. Whether that is in recognition of regularly marshalling, promoting one of our events, working on the committee, or acting as an official for the Group. This is our way of saying thank you to those who enable us to have a promotional program at all, enjoyed by hundreds of riders through the season. This year the Lunch was subsidised by Jeff Roberts of the High Wycombe (through his company VERCO), making it possible for our members to continue to enjoy excellent food, with service to match, at this outstanding venue.

We invited Liam Maybank (Twickenham CC) to make a short presentation in an attempt to explain why he is consistently going faster each year. An interesting talk involving how many different factors can affect a performance, and how seemingly small tweaks to training, position and diet can have major effects on times. This has proved to be very helpful for Liam, being once again one of our major award winners for the 2024 season! Our two new Honorary Life members (Phil Melville and Nicki Hunt) were welcomed by a very short speech by the secretary. But probably the best part of our main social occasion of the year is the opportunity to see (in the flesh so to speak!) and chat to our friends and fellow members in a convivial setting. Perhaps the most amusing thing that happened during the afternoon was the organiser reading out a letter that had turned up, from the sixties, making reference to the somewhat unscientific feeding that used to be provided in the longer distance events. The official proceedings ended with the presentation by Liam of various trophies (both National and Group), medals and certificates for the

prize winners who were present. Unfortunately, our major prize winner, eclipsing even Liam Maybank himself, should have been our own Linda Dewhurst. Unfortunately Linda was attending a training camp abroad and sent her husband to the Lunch to receive her awards. These included the CW Cooke Award, awarded by the VTTA for The Best Performances of the Year nationally. This had been won two years earlier by a different L & HC member, John Lee.

Linda's performances in 2024 were just phenomenal. She was overall AAT winner of three National VTTA Championships (at 10, 15 and 30 miles) and best female at 25 miles. Also winning the short distance BAR female category, and along the way claiming a clutch of group and national age records. Despite this she still found the energy to pour the tea at one of Joy Payne's events on the F11! However, we do of course have many prize winners and the Group trophy winners are as follows.

Dick Goodman Cup (Best 10 on AAT) Liam Mavbank 16:35 Don Byham Cup (Runner-up AAT May 10) Roger Porter 18:28 Arthur Wilkins Trophy (fastest 25) Liam Maybank 48:02 Russ Cup (best 25 on AAT) Linda Dewhurst 42:41 Robinson Trophy (Best 30 AAT) Linda Dewhurst 58:51 Tom Drew Medallion (fastest 50) Liam Maybank 1:37:53 Charlie Cole Cup (Best 50 on AAT) Liam Maybank 1:33:24 Laurie Dixon Bowl (fastest 100) Alistair Luxford 3:54:06 Members' Cup (Best 100 on AAT) John Lacey 3:40:22 Ladies Cup ((Fastest 100) Judy Reid 5:08:23 Mal Rees Shield (Best 12hr on AAT) Sean McDougall 215.47 BAR Perpetual (10,25,50 & 100 on AAT) Wolfgang Emmerich 3:24:54 WBAR Dolf Lang Medallion(10, 25 & 50 on AAT) Joy Payne 2:28:50

BAR r/up Screwed Down Trophy (10,25,50,00 on AAT) John Lacey 3:26:05 Jim Burgin Award (aggregate of Group events) 1st John Lacey 2nd Issy Zimmerman 3rd David Glossy The Rocco Trophy (best on AAT) Sarah Matthews 47:26

So we go into the 2025 season. The open event program for the year is based directly on the 2024 calendar of events, with two Sunday events on the F11/10 – both promoted by Joy Payne, no doubt helped by husband John of course, and once again we expect a full field of 150 riders plus reserves in both events. This dual carriageway course is generally felt to be one of the fastest in our area. These events are on May 4th and July 13th.

There are two mid-week tens, both on Thursdays on the H10/3r. This is a straight out and back course, entirely on the A4. Not a dual carriageway, but with a good road surface for most of the ten miles and plenty of wide lanes to avoid clashing with the traffic. The first is on June 12th, under the guidance of Rachael Elliott, whilst the second is on August 14th with Claire Emons in control.

The season is completed by the Rocco 25 on the H25/2 (aka - the Ski Slope) which this year has been moved a little earlier in the season to September 7th. Wolfgang Emmerich will be in charge. This course is a mix of single lane roads (up and down the A4) and dual carriageway - very much DOWN the A404 and a little bit up the same road. The HQ for this event will be at Marlow as usual.

The London & Home Counties Group is always looking at how we can improve our program and of course how we can improve the events themselves. Faced with an ever decreasing selection of courses to promote upon, many requiring marshalling numbers well into double figures, and more changes becoming a hindrance rather than a help (such as 20 mph zones) we do well to continue to promote five events, spread between four different organisers. We have a very active committee – not only at Group level but also at National level with many group members



John Lacey won the Members Cup for the fastest 100 mile and the Screwed Down Cup for the runner up in the BAR competition

taking National Office from time to time. But there is always room for new faces with new ideas and new opinions. So if you are a newish L & HC member who has not previously given that idea much thought, maybe you should! Just give the secretary (John Hoskins a ring (07717 086689) or preferably email him at <u>secretarylahc@btinternet.com</u> to start a conversation. If you are a member of a club that feels that they are in danger of losing their open promotion



Wolfgang Emmerich won the Perpetual Trophy for Best All Rounder (over 10,25,50 and 100 miles)

(for whatever reason) you could also contact John to see if some form of joint promotion, between the L & HC Group and your club, could both save the event and help us to expand our event program.

MANCHESTER & NORTH WEST Barrie Whittaker

The area's racing calendar for 2024 concluded with a 10-mile event where riders ventured out for the traditional end of season Christmas 10 TT. This was held on Sunday 15th December on the J4/20 course near Goostrey Cheshire; it was an event offering prizes in a host of categories including for fancy dress.

The event winner was Kamil Waligora (360cycling) clocking a time of 22:04 in the open category with Vicky Henstridge (Ruthin CC) winning the female event after posting a time of 28:11.

As with the spirit of the event many riders chose to wear fancy dress, with the 'flying dinosaur' worn by Scott Burns (Cycle-space CC) being selected as the most impressive.

Manchester VTTA Group rider Richard Shaw (Seamons CC) recorded a time of 23:35 on actual and an AAT 22:19, which was best veteran on the day.

Group Awards for the 2024 Racing Season

While this report is being written several days before the actual awards lunch, by the time the March edition of the Veteran is published the 2024 season awards will have been presented at the annual luncheon, which this year again is to be held at the Middlewich Masonic Lodge on Sunday 16th February 2025.

The M&NW group have 20 members who have claimed and been awarded medals and plaques covering a total of 49 standard awards with achieving improvements on every event distance/time from 10 miles to 24 hours.

Six riders were awarded one medal, these being: Richard Shaw (Seamons CC) for 15 miles, Susan Satchithananda (Crewe Clarion W) for 24 hours, David Griffiths (Crewe Clarion W) for10 miles, Gail Low (Congleton CC) for 50 miles, James Rees (Audax UK) for 24 hours and Mike Walker (Congleton CC) for 25 miles.

Eight riders with two medals awarded being:

Adrian Fox (Congleton CC) for 10 & 25 miles, Johnathon Lloyd (Westmead Team 88) 15 & 50 miles, Richard Marshal (Wheel Guru) 10 & 25 miles, Vic Trigger (trike) (Crewe Clarion W) 15 & 25 miles, William Renard (Macclesfield Wheelers) 10 & 15 Miles, Paul Birkin (Buxton CC/Sett Valley Cycles) 10 & 25 miles, Ian Noble (Graham Weigh Racing) 10 & 25 miles, Christopher Maffei (360cycling) 10 & 25 miles.

Two riders awarded three medals (1 x Plaque): David Wright (Warrington RC) 15, 25 & 30 miles, Richard Bowditch (Congleton CC) 10, 25 & 50 miles.

One rider awarded four medals (1 x Plaque): Ian Bailey (Congleton CC) 10, 15, 25 & 50 miles.

Two riders awarded five medals:

Barrie Whittaker (Lyme Racing Club) 10, 15, 25, 50, 100 miles, Paul Robinson (Stone Wheelers) 10, 15, 25, 30 & 50 miles.

One rider awarded seven medals:

Patrick Healy (Buxton / Sett Valley Cycles) 10, 15, 25, 30, 50, 100 & 12 hour.

The Group's season long competitions, of which there were three for 2024, were:

- Short Distance competition (comprising of two 10s and two 25s): 1st Barrie Whittaker (Lyme Racing Club); 2nd Richard Shaw (Seamons CC); 3rd Adrian Hughes (Seamons CC).
- Three Distance competition (comprising of one 25, 50, 100-mile events): Joanna Cebrat (360 Cycling); Barrie Whittaker (Lyme Racing Club); Patrick Healy (Buxton /Sett Valley Cycles).
- The Group BAR competition (comprising of 25, 50, 100 and 24hr): 1st Joanna Cebrat (360 Cycling) with second place going to Patrick Healy (Buxton/Sett Valley Cycles)

All but two of the group's twelve potential trophies were awarded for 2024, these being:

25-mile Championship: Alan Chorley (Seamons CC) Memorial Handicap Shield: Chris Wilcox (Stone Whs) ES (Ted) Ward Memorial Championship Cup: Alan Chorley (Seamons CC) BAR Championship Bert Starkey Shield: Joanna Cebrat (360cycling) 3 Distance Competition Cup (Butterworth): Joanna Cebrat (360cycling) Local Course 3 Distance Shield: Joanna Cebrat (360cycling) Lamp Trophy: Patrick Healey (Buxton CC/Sett Valley Cycles) Short Distance Trophy: Barrie Whittaker (Lyme Racing Club) FTA Trophy: Richard Shaw (Seamons CC) President's Trophy: Alan Chorley (Seamons CC)

We had six individual group members who set a total of 13 new group age records:

Joanna Cebrat (45) set age records for 10, 50 and 100 miles and 12 hours, then breaking the 12 hour again later in the season.

Susan Satchithananda (53) 24 hours

Barrie Whittaker (67) 15 miles

William Renard (77) 15 miles

Gail Lowe (55) 25 miles and 50 miles

Vic Trigger (trike) (78) 15 and 25 miles, (79) 10 miles



Alan Chorley receives The President's Trophy from Mavis Ross

At a national level many congratulations are extended to Joanna Cebrat, a worthy medal winner in both the 100 mile and 12 hour VTTA National Championships, Joanna was placed second in the VTTA National 12 hour championships in Yorkshire and she successfully defended her National 100 miles championship title in North Tyneside on what was noted as a challenging course.

So, the 2024 awards finally bring that season to a close and we are now looking towards the new 2025 season which is just around the corner, time seems to go quickly when you are having fun. Training is perhaps well under way for most, although the weather seems to be playing havoc with that, getting in the winter (cold and wet) miles in preparation for the new season.

The first event for our area commences on Saturday 22nd March with a 10 mile event hosted by Manchester and District TTA, run on the J4/20 course and hopefully enjoying some early spring weather. Our group's season opener is not far behind with the first of our five events taking place on Saturday 5th April and is a 10 mile event incorporated within a M&DTTA promotion again on the familiar J4/20. All our group events are listed in the VTTA National Handbook; note particularly that we are running the National 15 Mile Championship on 21st June, if youy don't intend riding organiser Robbie Harcourt will welcome any offers of help on the day.

This coming season also sees the introduction of the new CTT website with its refreshed format, which, on initial inspection appears to give additional detailed information on each event, so perhaps while planning and selecting your seasons programme it may be useful to familiarise yourself with the new layout prior to entering your first events.

Finally, this report is concluded on very sad note, we are having to announcing the death of Derek Hodgins, aged 91, on Sunday 26th January. Derek was a very popular and successful time triallist in our area, always cheerful and certainly very talented

A more detailed obituary is planned to be published in the near future.

MERSEYSIDE Brigid Night

We had a very enjoyable prize lunch on 12th January at a new venue, the Vicars Cross Golf Club in Chester. We were delighted that Eileen Ward, current group women's age record holder for the 10 (since 2006 and 2007) presented the prizes. We had a great time celebrating the achievements of 2024 and talking about our hopes for 2025.

David Williams (Velotik) had another brilliant year, winning the Dave Towell Cup, the Bill Hanson Cup, the Wally Gradden Cup and the Bill Taylor Memorial Shield, in addition to a group trophy. Helen Tudor,(Oswestry Paragon) had another great year, winning both the Doreen Mahar Rose Bowl and the Dave Swales Cup. Deborah Hudson-Lumb (Wrekin Sport CC) also did brilliantly, winning two of the group trophies and she also won the Harry Mahar Memorial Salver Cup.

The numbers of our group competing for the BAR awards in 2024 were badly affected by both our 100 mile and the 12 hour being cancelled. Arthur Winstanley (Liverpool Century) did really well winning the Group BAR with an aggregate of 25.134mph, taking the Tom Johnson Memorial Cup and probably for the first time ever he was also the winner of the Lantern Rouge award. Arthur was also awarded some trophies for winning a couple of group and also the 12-hour cup and the B W Bentley Rose Bowl.

The full details of the winners of the group trophies were given in the December report.

Hannah Fawcett (Liverpool Braveheart) and Brigid Night (Frodsham Wheelers) were awarded the Meritorious Cup for the female tandem national competition record they jointly set in the 12 hour, Also for the other records that they set with other partners - Hannah's LEJOG tandem record and Brigid's 24 hour tandem record.

The George Butler Memorial Cup was awarded to Alan Broadbent for the tremendous work he did in organising the VTTA National 25 this year. Twenty-three of our group were awarded one or more standards awards. Very well done to the following achieved four standards:

Barry Murphy (Graham Weigh Racing), Samantha Howard (Liverpool Century), Christopher Riley (Paramount).

To the following who achieved three standards:

Alan Broadbent (Graham Weigh Racing), Mark Steven Fenn (Shropshire CCA), Les Boughey (North Shropshire Wheelers), Wesley Iyanda (Liverpool Century), Martin Francis Sturge (Graham Weigh Racing) and Arthur Winstanley.

The following achieved two standards:

James David Meldrum, Harry Hadyn Cowley, Chris Lawson and Stuart McCormick.

Also well done to the following who achieved one standard:

Jonathan Mills-Keeling, Keith Grantham Nield, Simon Fox, Geoff Edgerton, Kevin James Larmer, James David Griffiths, Jarod Garrington, David Charles Norman, Sarah Murray and David James Williams. Sarah Murray, Hannah Fawcett and Brigid Night also achieved standards for their tandem records.

The women set ten new group age records in 2024. Sally Cunliffe (Velotik) achieved three of these - two 10 miles (aged 67 and 68) and also a 25. Deb Hutson-Lumb, aged 57, secured two - a 10 mile and a 57:10 for a 25. Janet Fairclough, aged 64, secured a new record with 24:00 for 10 miles.

The opens (formerly mostly known as men - Ed) also set ten new group age records. David Williams, aged 45, very impressively broke four records - the 10, 25, 50 and 100 mile. Jonathon Mills-Keeling (Aerologic RT), aged 50 and 51 set two in the 25 and the 50 miles. Keith Neild (Chester Road Club), aged 82, set a 47:57 for the 15. Chris Riley (Paramount), aged 55, set a new 25 mile record with a 52:49. Arthur Winstanley, 68 years, and Alan Broadbent, 50 years, set new records for the 100 with 4:32:44 and 3:53:13 respectively.

We look forward to the 2025 season and wish everyone in the VTTA all the very best.

Merseyside Group Trophy Events				
Date	Event	Trophies		
29th March	Liverpool	Ron Yates Trophy (Best on AAT)		
	Braveheart 10	Leo Madden Trophy (Fastest)		
	Mid Chronobing	Walvale Trophy (Best on AAT)		
April 13th	Mid Shropshire Whs 25	Brooke Cup (Fastest)		
	WIIS 20	Ted Fitzpatrick Shield (Nearest to +0.02)		
May 18th	West Cheshire 30	John Clucas Memorial Trophy (Best AAT)		
	West Cheshine 50	George Hayes Trophy (Fastest)		
June 1st	Chester RC 25	Colin Rutter Cup (Best on AAT)		
	Chester RC 25	WJ Smith Rose Bowl (Fastest)		
June 8th	West Cheshire 50	Dick Corris Memorial Trophy (Best AAT)		
June oth	west Cheshire 50	Eddie Gradden Trophy (Fastest)		
	Dort Suplicht	Oscar Dover Sheild (Best on AAT)		
July 12th	Port Sunlight Wheelers 10	Hilda Dover Cup (Best Lady on AAT)		
		Derek Ireland Cup (Fastest)		
August 24th	North Shropshire	Joe Brooke Trophy (Best on AAT)		
August 24th	Whs 25	Gomersal Cup (Fastest)		



Janet Fairclough, did a brilliant job preparing all the Merseyside Group awards, being presented her award by our Guest of Honour Eileen Ward.

MIDLANDS Alastair Semple

It has been great this year to see so many Midlands riders racing in the Vets Zwift series throughout the winter in what is normally a quiet time of year. Let's hope they can carry the great racing form they have shown out onto the roads with them come March /April.

The 2025 Midlands racing calendar is packed full of events this year on a variety of fast to demanding courses. With the Beacon Mountain K22/39 being both the longest and most elevation to the K10/11 which is undoubtedly the fastest. We have a new 25 mile course coming into play this year (K15/25) so it will be interesting to see who can set the course record in both the women's, open and juniors competitions, and just how high they set the bar for the rest of us.

We are very pleased to be running our Midlands Points Series again in 2025 with the support of our sponsor Echelon Cycles who this April are celebrating their 20th anniversary since they opened the shop back in 2005. To open this competition up further still we are also including the 4-up 50km, 2-up 25mile and hill climb this year along with all the other solo riders events on K courses.

Our first key event in 2025 will be the Welland Trophy on the K47/15 (5th April) where the VTTA members take on the BMCR riders, based on VTTA age adjusted times, with the fastest eight riders from each group counting. Following the race back in the HQ the Midlands VTTA will award its trophies to the 2024 Midlands VTTA winners, standard medals and cash prizes to the Points Series winners from last season. So, no better way to get the 2025 season off to a flying start than a bit of racing then coming together in the HQ to celebrate the many achievements of our Midlands VTTA members. We hope you can join us - friends and family all welcome.

From everyone on the Midlands Committee we look forward to seeing you at our events this year and we hope 2025 is packed full of 'float days' for you all

Stay safe, Stay fit, Stay on your bike.

NORTH Gavin Russell

Honorary Life Membership

The group are delighted and proud to announce that an Honorary Life Membership has been awarded to Dave Herbert of Hartlepool CC. Dave was a very competitive cyclist, travelling extensively, searching for that ultimate time, until unfortunately his cycling career was brought to a premature end when he suffered a catastrophic accident, when he was hit by a car when returning from a local club event. Dave constantly supported the group's activities over a great number of years and annually organized open events on behalf of his club, the group and the Teesside district. His organizing skills were harnessed a number of years ago to deliver on behalf of the Teesside district a RTTC National Championship 10. Congratulations Dave and thank you for your service to cycling.

Annual Luncheon

The group annual prize presentation and luncheon took place on Sunday 12th January 2025 at Hardwick Hall Hotel, Sedgefield. Held a week later than in previous years, this proved to be beneficial, as the previous weekend had seen the area gripped in a very cold spell with snow and ice. Welcomed by the group secretary, Gavin Russell, the 50 members and guests (which has maintained the trend on increasing the number of attendees each year) sat down to partake of a hot buffet, before the presentation of both VTTA national and group awards by Group Chairman Paul Dawson, assisted by the Group's Recorder and Competition Secretary, Phil Wright. Following on, the opportunity was taken to present the relevant Teesside District Cycling Time Trial awards to those present. Presented by the Teesside District Chair, (also VTTA Group President) David Oliver and assisted by Teesside District Secretary (also VTTA Group Secretary), Gavin Russell.

A special lifetime achievement certificate, on behalf of the Group and Teesside district was presented to a special invited guest, Don Urwin, in recognition of the many decades of service he has given to time trialling in the region. Don has recently retired from the CTT Teesside treasurer's post after over 30 years, however he will continue, at 92 years of age, to still hold a watch at the forthcoming season's events. At the conclusion of the awards, a special VTTA Distinguished Life Membership Certificate (one of only 12 currently in the country, we are informed) was presented the our group secretary, Gavin Russell, for his contribution to the VTTA.

The afternoon concluded with the customary raffle with gifts kindly donated from the Group funds and those attending, which raised £217 for the Group, which helps to offset the cost the awards and engraving. Our thanks go to the social secretary/luncheon organiser, Ruth Crossley, for once again making this another enjoyable and successful occasion. The formal proceeding closed with the group chairman, Paul Dawson, thanking Ruth for making this event happen and to the attendees for their support by attending. Feedback from attendees confirmed the afternoon had been an enjoyable occasion.

Our social secretary and committee are already in the process of planning for the 2025 award presentation. Watch this space in future issues of The Veteran for more information.

2025 Group Competitions Explanation

Each year, questions are raised by members, new and old, on how the group's points competitions operate. The group recorder, Phil Wright, has kindly provided an explanation as to how the points are

> calculated in the group competition. Introduced in 2023 and running again in 2025, the North Group VTTA have points competitions based on all VTTA time trials in our group area.

There are 3 categories and they are: Age Adjusted Time (Standard), Actual Time and Handicap Time. As an example, if there are 24 qualifiers in the race, each person will be awarded points from 1 to 24 points, with the winner gaining 24 points, and the





24th qualifier receiving 1 point. This is done for each race (there were 13 races for 2024 season), although not all races will feature a handicap competition.

All North Group members who qualify are awarded points. Clearly the entrants who partake in most competitions will have a better chance of collecting points. The competition category winner will be the person with the most points.

Trophies and Medals are awarded to 1st, 2nd and 3rd respectively in each category.

(The nominated qualifying events are as listed in the VTTA Handbook, North Group events.)

2025 Croft Closed Circuit 10 mile Time Trial Series

The group members continue to support the Croft 10 mile Time Trial Summer Series, now in its ninth year. Held on the Croft Motor Racing Circuit in North Yorkshire, this is a series of five 10 mile time trials. open to all ages from 6 to 90+. They are based on the "Come & Try It" club type event principle. All are Wednesday evenings, starting in April and continuing once a month until August, with signing-on starting at 5.45pm, and riders starting at 30 second intervals, commencing at 6.30pm. The 2025 dates are: 23th April, 21st May, 18th June, 16th July and 20th August.

In addition, in conjunction with the Sunday 12th October RTTC National Closed Circuit Championship, a "Come & Try It" club type event is being organized, at a much reduced entry fee.

Worthy of Note: The June event also features the Northern VTTA "All Comers" Over 40 years of Age Closed Circuit 10 Mile Championship (now in its 5th Year). Starting at 7pm, this event has national style jerseys and medals as awards in the Open and Women's events in both road bike and time trial bike categories.

October 2025 sees the return "Up North" of the RTTC National Closed Circuit Championship to the Croft Motor Racing Circuit on Sunday 12th October.

Entry to these two events is through the CTT website online entry system.

Please Note: As this closed circuit is an approved measured 10 mile course, with it being flat, it is an ideal opportunity to achieve or improve on your 10 mile standard.

2025 Group Open Event Calendar

The confirmed open VTTA (North) event calendar has been published on the Cycling Time Trials website and included in the CTT and VTTA handbooks.

A copy of all the 2025 competition's conditions together with all the trophies available to win in 2025 is available in the VTTA North Group handbook. If you require further information regarding the awards, please do not hesitate to contact the group secretary (details below) or group recorder, Phil Wright.

Plea for Help

Once again, may we make our annual plea for help and humbly remind all members that without the few souls who each year are prepared to organize and assist at events, we would not have a programme of events and competitions to compete in or for. If you can ride, please do so, if not, please offer to help and volunteer your services, as they will be much appreciated. Without such help, events cannot go ahead.

Communication

The North Group Facebook page, with some final adjustments will have gone live by the time you read this. All members will have or will be receiving an email advising them of the details how to access it. In addition, other information will be posted on local Facebook pages across the North East of England

Further Information

Finally, should any group members require information regarding the group's activities or wish for anything to be included in future "Veteran" magazines, please do not hesitate to contact the writer either by email on <u>gavin russell@hotmail.co.uk</u> or by telephone on 01642 654419.

Hope to see you all at the events during the season, either as riders, officials or helpers.

NORTH LANCASHIRE & LAKES Richard Taylor

A happy new year to all our group members, I wish you all a speedy and successful 2025. For those not racing, dust off that marshal's jacket, you will be required!

The curtain opener of the year, as always, was the annual luncheon and prize presentation at Garstang Golf Club. It was a pity then that it coincided with a severe blast of wintry weather that made a huge impact on the expected attendance of 40. With a sizeable membership residing in Cumbria and the Pennine areas of Lancashire, the deep fall of snow restricted numbers to around 20. Much to his credit, Guest of Honour Alex Royle battled from his home in Chapel-en-le-Frith amid the Peak District to present the prizes and enlighten the gathering with a brief history of his career, both cycling and life, and his recent undertaking (for 2024) as the Chairman of the Manchester District CTT.

The winners on the day were:

Team winners - Springfield Financial, consisting of Debbie Moss, David Hilditch and Matt Stell

Debbie Moss - National Ladies 50 Champion. Group Ladies BAR and 10 Champion, 4 age records and third in the Group Championship

Cliff Degraff (VC Cumbria) - Crowther Trophy Winner and Ken Priestley Winner

Stuart Phillipson (VC Cumbria) - 4 Standards at 10, 25, 50 and 100 miles

Brian Moore (TA North West) - 2 age records and 2 standards

Certificate winners - Richard Belk, Matt Stell and David Hilditch

Thanks on the day to the Garstang Country Hotel and Golf Course who, sympathetic to the conditions, adjusted the tariff; we look forward to continuing our use of their facilities in the future. Thanks also to Tracy Moore who organised the raffle and became resident photographer for the presentation. The irrepressible Wigan Wheelers as ever kept us entertained, as guests began to drift away.

For those who were unable to attend we hope to have a mid-season mini presentation, most likely after one of our events, with refreshments included.

<u>VTTA North Lancs and Lakes 2025 Group</u> <u>Championship Qualifiers</u>

Sunday 27th April VTTA NL&L 25 0700 L2524 (Levens) Southport CC 15 Sunday 11th May D33/15 (Tarleton) 0830 Saturday 17th May West Pennine RC 10 1800 I 1015 VTTA NL&L/NLTTA 50 Sunday 8th June L5012 (Keswick) 0700 Sunday 22nd June Kent Valley RC 25 0700 12524 Sunday 6th July Border City Whs 25 0900 L2511 Sunday 13th July **NLTTA 100** 0700 I 10010 Tuesday 12th August VTTA NL&L 10 1400 L1023 (Milnthorpe) Sunday 17th August Wigan Whs 30 0700 L308 Sunday 14th Sept VTTA NL&L/NLTTA 25 0700 L2529 (Keswick)

Four events required for qualification, one being at least 50 miles.

Events in *italics* are our own Group events and need help, please volunteer to Richard Taylor.

NORTH MIDLANDS

Chris Lea

Awards Presentation

We congratulated the prizewinners from 2024 at our Annual Luncheon and Prize Presentation on Sunday 16th February at the Holiday Inn, Rotherham, with awards presented by special guests Rachael Elliott and Ian Greenstreet - multiple tandem record breakers and National Champions. Our trophy winners are all listed on the following page.

Two Talented Riders

Now, we look back at the racing achievements of two longstanding members of the North Midlands: Ben Hamilton (Rutland CC) and Mike Allen (Team Enable – M.I. Racing).

Ben was the Rutland CC Junior BAR at age 17, and two years later was 18th in the BBAR. It took him another 18 years to better those early rides, with a super fifth place in the BBAR in 1983, when competition was hot, at age 37. Ben tended to concentrate on the longer distances, winning the North Midlands 100, Rutland CC 100, and the North

Brian Beardsley Memorial Cup, 12 hour, Best on Age Adjusted Distance					
Tom Thornely	FTP Race Team	42	281.61 miles		
Unity Cup, 100, Best on Age Adjusted Time					
Tom Thornely	FTP Race Team	41	3:40:41		
Si	d Sharman Cup, 50, Best on Age Adju	usted Time			
Mat lvings	Buxton CC	51	1:43:08		
John and Eileen Reane	y Trophy, BAR (10, 25), Best on Age A	Adjusted Averag	ge Speed – Open		
Andy Thomas	Lindsey Roads CC	55	32.266 mph		
	bike BAR (10, 25), Best on Age Adjus	sted Average Sp	eed – Open		
Simon Warren	Norwood Paragon CC	51	28.054 mph		
Barbara and Gordon Sco	tt Trophy, BAR (10, 25), Best on Age A	Adjusted Averag	ge Speed – Female		
Sarah Harrison	Trek Sheffield	50	27.792 mph		
Meersbrook Trophy, S	hort Distance BAR (10, 25 50), Best or	n Age Adjusted	Average Speed		
Mat Ivings	Buxton CC	51	29.822 mph		
Colin Bell Cup, Middle	Distance BAR (10, 25, 50, 100), Best o	on Age Adjusted	Average Speed		
Mat lvings	Buxton CC	51	29.153 mph		
Ethel Scothern C	up, BAR (25, 50, 100, 12), Best on Age	e Adjusted Aver	age Speed		
Miles Haslam	Buxton CC	65	24.800 mph		
Susie Denham Cu	Susie Denham Cup, Ladies BAR (10, 25, 50), Best on Age Adjusted Average Speed				
Sarah Harrison	Trek Sheffield	50	27.852 mph		
Wats	on Trophy, Tandem 10, Best on Age A	Adjusted Time			
Ala & Andy Whitehead	Rockingham CC	406/471	20:42		
	entral Cup, Ladies Best on Age Adjust		up 10		
Sarah Harrison	Trek Sheffield	50	21:57		
Cleethorpes Shield, Best on Age Adjusted Time in Group 10					
Andy Thomas	Lindsey Roads CC	55	19:57		
Ron Blythe Trophy, 70-79 Age group, Adjusted Time in Group 10					
David Hayward	Matlock CC	79	21:13		
Hill Climb, Actual Time, Monsal Head, Female					
Yvonne Twelvetree	Sheffield Tri Club	74	3:45:02		
Hill Climb, Actual Time, Monsal Head, Open					
Nick Latimer	Team Lifting Gear Products	42	1:31:00		



A young Ben Hamilton. They don't make bikes like that any more (thankfully)

Midlands 12 Hours twice between the ages of 18 and 21, and gualifying for the BBAR on eight occasions. He also won a number of junior and 2nd category road races, and raced on cinder track in mining villages. Ben rode stoker on the tandem for Mel Bridges, another good rider in the 1970s, doing 1:04 in their first attempt at 30 miles - a standard tandem distance at the time. Ben was the first Rutland CC member to beat four hours for a 100, with 3:54, and his 12 hour distance was ~273 miles, with both records set on a standard road bike, and which stood for 19 years. In the 1990's he hadn't raced for a number of years but was invited by Andrew Dawson (Sheffield Phoenix) to ride as a stoker in a Vets/Young GP 10. He trained for six weeks, and they won, in 19:42! After 1983, competing took a back seat. Nevertheless, he is still racing, at age 78, and still enjoying the sport.

Mike joined the Belperion Road Club (now Belper BC) aged 18, racing in local time trials and road races for five years, whereupon he took a break from the sport, before restarting when 28. Over the following few

years he considers his win in the BDCA Road Race Championships, at 83 miles, as his best result, beating Charlie Wells (Long Eaton CC) - who the week previous had beaten Doug Dailey (then reigning British Champion). After a further five years of racing he took a long, 15 year, break, before racing, and winning, multiple 2-up time trials with club mate and top rider Dave Orford. By 58, Mike was training hard again and aged 60 he entered the World Masters Pursuit at the Manchester velodrome, placing 3rd despite having no coach; the imperious Victoria Pendleton presented the medals. From that moment Mike committed fully to the sport, helped out by, and helping, his good friend Derrick Woodings. Mike has won 35 National Masters Titles on the track, in pursuit, scratch and points races; two European titles on the track and in 2011 the World Masters Road Omnium in Austria, taking it in the final time trial. In all, Mike has 216 wins and will still be racing in 2025 at age 77. He has made a lot of cycling friends along the way: Les West, Geoff Wiles, Alan Kemp, Roger Iddles, Brian Cookson, Mick Ives, and many more - too many to mention.

Be There

Advance notice of the VTTA North Midlands Group 10: Saturday 17th May, O10/1, Hatfield Woodhouse, open to all categories and class of machine. The three Group 10 trophies (see above), are awarded for this event, and, in a change from previous years, the Ron Blythe Trophy will be awarded to the fastest rider on AAT over the age of 70, i.e. removing the upper age limit.

Finally, the next meeting of the VTTA North Midlands AGM is Tuesday 6th May 2025, at The University Arms, 197 Brook Hill, Sheffield, S3 7HG, 7-30 to 9-30pm, and all members are invited to attend.

SCOTLAND James Skinner

Condolences go out from all at the SVTTA and beyond, to the family and friends of much respected Bob Brown, who rode for EH Star CC, Bob sadly died

after a short illness (after being featured in the December Veteran as a silver medallist in the UCI Worlds Gran Fondo TT, age v80-84 - Ed). His service was held on 16th January at Warrington Crematorium, Edinburgh and was very well attended.

John Ramsay of Deeside Thistle is continuing to make slow progress health wise and puts this down to enjoying a lot of walking and reading but, meantime, still refrains from riding his bike due to his problem with balance.

As some of you might know, former SVTTA president and St Christophers CC rider Michael Devlin is now in Barleystone Care Home, Westquarter Avenue, Falkirk FK2 9RY. He would welcome visitors. There are no set visiting hours, but staff advised between 10:30 to 12:00 and 13:30 to 16:00, evenings after 18:00.. Phone number for Barleystone is 01324 717400, but there is no need to make an appointment.

The SVTTA presentation lunch was held in McQs in Bannockburn on the 16th January with 53 present, and 24 people being presented with a vast array of awards, from standard medals to championship trophies and age records. Many thanks go out to the new Scottish Cycling President, and guest of honour Sandy Gilchrist for presenting our awards. In addition to the regular awards lain Humphries was recognised for his recent UCI World Masters Pursuit title, and Andy Bruce for his new Scottish hour record.

For those who are keen to get the season underway, you may have noticed a new look to the Cycling Time Trials website, this has been in development for some years and is now up and running for this season. You may be required to re-login, and select your gender, and your machine preference, whether you intend to race on a time trial bike or a road bike. This new website will continue to grow and improve over time.

Racing

The following race details are live on the new CTT website with more races being added

20th April - VTTA national 10 championships, organised by the Royal Albert CC on the Eglington WW10/03 course, and for those wishing to try out the course beforehand GTR are organising a 10 mile TT on the 6th April on the same course.

4th May - RTTC Classic series - Tour of the Meldons 22 mile Hilly TT on the WE26/01 course from Eddleston, organised by Edinburgh Road Club for road bikes only.

25th May - SVTTA 50 mile championships organised by Fife Century RC on the Freuchie course WE50/01

8th June - Dooleys RT Bob Taylor Classic 25 mile TT on the WW25/01 Westferry course from Bishopton; this will be great for preparation as the 25 Championships is on the same course the following month.

20th July - SVTTA 25 mile championships for the Ben Smith and John Cramb Trophies, organised by the St Christopher's CC on the Westferry course, Bishopton WW25/01

17th August - SVTTA 30 Mile championships for the Pinky Williams Trophy, organised by George McLaughlin on the Cambusbarron course WM30/02

7th September - Kennoway RC, GP de Gentleman 2-up TT for the Archie Speed trophy and the SVTTA Boomerang trophy, organised in Freuchie, Fife, by the Kennoway Road Club WW26/01

21st September - SVTTA 15 mile championships for the Speed Family Trophy, organised by Mhairi Laffoley on the Cambusbarron course WM15/01

5th October - Tour of the Trossachs 26.4 mile Hilly TT organised by Vaneli-Project GO on the Trossachs WW28/02 course

Due to the absence of a 100 mile time trial in the Scottish calendar the Group's 100TT will now take place on the 13th July courtesy of North Lancashire TTA over the L10010 Cockermouth / Lakes course. Closing date is 1st July.

Other races worth mentioning are the Fife Century 25 on the 13th April, a good early season leg tester. Also Loudoun Road Club are running a 17 mile Hilly TT from Sorn on the 26th April, and for those wishing to make a weekend of it, Caithness CC are running events on the 29th June, including one of the most northerly 10 mile TT courses in Britain.

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

SOUTH WALES

Chris Gibbard

As we approach the start of a new season it is great to see that the officials and organisers of the South Wales DC have, again, put a great calendar of races together. The big news is that the R25/3H will be returning after a five year hiatus. It will be exciting to see riders travelling from far and wide to take on 'The Bank'.

My own preparations have been going well as I contemplate another assault on the BBAR and I have already made a list of my favourite events to take on. Thanks to Bob Jones the VTTA Group Championships are confirmed as:

10 mile - Ross-on-Wye & District CC - 05/07/25 - R10/17

15 mile - 'The Milers 15' - 29/03/2025 - R15/5

25 mile - Virtual CC - 10/08/25 - R25/3H

50 mile - 'The Milers 50' - 26/07/25 - R50/1b

100 mile - WCA 100 Mile Championship - 20/07/25 - R100/9

12 Hr - WCA 12 Hour VTTA National Championship - 31/08/25 - R12/16

Many thanks to all those involved for giving us such a varied series of events to ride. Simon Kinsey deserves a special mention for continuing the great work of Robin Field in running the Welsh 12. With so few 12s left in the UK it was heartening to see it run so successfully last year even if injury meant I couldn't participate myself.

In November I was fortunate to be invited to the CTT awards celebration. Through the hard work of my teammates at FTP Racing I was pleased to be able to pick up second place in the team short BBAR. It was a great event and Alex Dowsett made an interesting and engaging guest. I had a chance to speak to him and shake his hand and he did well to pretend to be interested in what I had to say. I always respected him as a rider and I still remember cheering him on as he took a breakaway win in The Giro d'Italia in 2020.

In a strong showing for the South Wales VTTA Group, both myself, Owen Burgess (UF Rowe & King) and Anthony Jones (VMCC Powered by Y Beic) finished 8th, 9th and 10th respectively in the individual short BBAR competition. Anthony took 10th with an average speed across 10,25,50 and 100 miles of 29.678mph, Owen 9th in 29.698mph and I took 8th with an average speed of 29.707mph. Unfortunately we were unable to convert these into equally strong showings in the traditional BBAR as Anthony and I were unable to finish a 12. Tony suffered a mechanical while riding really strongly in the Welsh event and I couldn't even make the start line after crashing hard while on holiday in The Alps.

As the winter training starts to bear fruit and I find my mind turning towards the racing season to come I find myself full of enthusiasm. I look forward to seeing you all at the opening championship event, The Miler's 15 at the end of March. Let's hope for an improvement in the weather and a more hospitable temperature in six weeks time!

SURREY/SUSSEX Chris Lord

The Surrey/Sussex group celebrated their award winners at our annual lunch on 9th February - this year at a new venue, The Talbot Inn, Cuckfield.

The guest speaker was Sarah Matthews (...a3crg), who spoke very entertainingly about her journey from overcoming a poor season in 2022, to becoming a UCI World Champion the following year. This was achieved with the help of coach, Chris McNamara, who emphasised that 'consistency is the key'. In addition to following her training plan, Sarah also



Sarah Matthews presents David Pollard with the Aldershot Cup for best 50 on Standard

instigated other changes to her regime, such as working on strength and flexibility, good diet and avoiding lost training time through illness by wearing a mask in crowds. She also acquired a pair of gravel wheels, so that she could ride intervals on her winter bike off road on potentially icy days. Sarah also spoke about the importance of listening to your body and knowing when not to train, even if the plan says otherwise.

All of the above (plus a not inconsiderable talent), helped Sarah become a World Champion in August 2023. Since then, switching to a larger single chainring has helped her to two National Age Records, at 10 and 50 miles, becoming the first woman at her age under 22 minutes and 2 hours respectively, as well as second place in the 2024 Women's National Short Distance Championship.

That was a tough act to follow, but Paul Thatcher, who thanked Sarah and David Pollard and announced the award winners, did a sterling job.

There were 15 VTTA standards medals achieved in the group and five plaques for three or more standards, with Cris Coxon (*Brighton Mitre CC*) and

Henrik Persson (*Kingston Wheelers* CC) both attaining standards at five distances.

Surrey/Sussex Group Open BAR Champions were: Adam Rogers (men) and Anita Turner (Women), (both *Eastbourne Rovers CC*). Three Distance Champion was Paul Tippett (*Destination Bike RT*). Short Distance Champions were: Cris Coxon (men) and Anita Turner (women).

Group Open Event individual winners were (age adjusted times): East Sussex CA 10 miles: Cris Coxon 19:20; Sussex CA 15 miles: Cris Coxon 30:23; Bec CC 25 mile: Andy Critchlow (*Team Ohten Aveas*) 49:15; Surrey Sussex VTTA 25 miles: Paul Burton (*Paceline RT*) 50:16; Sussex CA 30 miles: Cris Coxon 1:01:29; East Sussex CA 50 miles: David Pollard (*Surrey Sussex VTTA*) 1:44:26; 100 miles East Sussex CA: Ian Cheeseman (*Worthing Excelsior CC*) 4:07:49.

A total of 28 group records were set during 2024, of which 19 remained unbeaten at the end of the year. There was also one National record (marked * in the following list), also unbeaten. In age order, these were: Henrik Persson: 100 miles 3:33:40 aged 40; Paul Burton: 15 miles 28:40 aged 43; Lisa Davis (Drag2Zero): 10 miles 22.34 (2:30 better than previous record!) and 25 miles 1:00:07 aged 49; Andy Critchlow: 10 miles 18:45 and 15 miles 29.03 aged 50; Nik Allen (Team TMC Strada Wheels): 15 miles 30.21 and 30 miles 1:05:49 aged 53; Colin McDermott (Festival RC): 10 miles 19:09 and 25 miles 49:34 aged 56, 15 miles 30:35 and 25 miles 52:07 aged 57: Rebecca Wilson (Rye & District Wheelers) CC: 15 miles 39:23 aged 59 years; Nick Wilson (Rye & District Wheelers CC): 30 miles 1:08:13 aged 60; Richard Gifford (TrainSharp): 25 miles 52:47 aged 61; Chris Lord (Brighton Excelsior CC): 10 miles 20:29, 15 miles 32:52* and 25 miles 54:27 aged 71; Donald Parker (Brighton Mitre CC): 30 miles 1:23:01 aged 75.

There were also some good placings for group members in the 2024 National season long competitions. In the men's Short Distance, Chris Lord was runner up, with Colin McDermott 11th. In the Three Distance, Paul Tippett placed 30th and in the
BAR Adam Rogers was 6th, with Paul Tippett 7th. In the women's Short Distance, Jacqui Lane (Eastbourne Rovers) was 46th and Anita Turner 51st. In the Three Distance. Anita Turner was 13th and Gemma Shadbolt (Brighton Mitre CC) 14th and Anita Turner was 6th in the BAR.

Looking forward, there are several sporting, hard riders and hilly events in the region coming up, but the first group event of the new season is the Surrey/Sussex VTTA 10 on the 12th April, organised by David Pollard on the G10/87 course.

The standout group event this season though, has to be the VTTA National 50 Championship on 8th June, organised by Robin Johnson and held on the testing G50/10 course. This is quite a complex course, so any volunteers will be very welcome - as would be a good field.

As I'm writing this, it's raining steadily outside, with a vicious north-easterly wind and a 'feels like' temperature of -4C, but the weather will hopefully have improved by April... won't it?



Sarah Matthews presents Anita Turner with the Charles Robson Cup for Women's Short **Distance Champion**

WESSEX Sarah Matthews

Like a number of regions last year, and probably this. Wessex has struggled to find any enthusiasm for a get together (lunch or afternoon tea) for a prize presentation so the 2024 trophies and awards will be presented after the first Wessex race of the season - the Harold Cribb 25 mile TT on Sunday 11th May. HQ for the race is at Lychett Matravers, BH16 6DF. Further details will follow but please put the date in your diary and support the event even if you aren't riding or receiving an award.

The Wessex trophies and awards won in 2024 that will be presented on 11th May are as follows:

Wessex BAR (10, 25 & 50 miles) - Open

- 1. Howard Bayley (...a3crg)
- 2. Daniel Morgan Legg.(North Hants RC)
- 3. Peter Tomlin (North Hants RC)

Wessex BAR (10, 25 & 50 miles) - Women

- 1. Sarah Matthews (...a3crg)
- 2 Claire Emons (...a3crg)
- 3. Christina Murray (Army Cycling Union)

Wessex Short Distance BAR

- 1. Sarah Matthews (...a3crg)
- 2 Howard Bayley (...a3crg)
- 3. Daniel Morgan Legg (North Hants RC)

Team: ...a3crg (Sarah Matthews, Howard Bayley & Claire Emons)

Wessex Championships

2

25 Mile - Charlotteville Cycling Club (H25/8):

- 1. Peter Tomlin +13:40 (59:55)
 - Malcolm Cox +13:38(55:38)
 - Christina Murray +12:35 (1:00:14)
- 3 4. Adrian Talley
 - +10:36 (57:17)
- 5. John Hyde +7:31 (1:00:53) 6 Vernon Schutte
- -2:42 (1:17:50) 1st Tandem Mary Corbett/Norman Harvey
 - on Bonnie Baghera +8:16 (1:21:32)

50 Mile - David Gaida Memorial 50 / Reading CC (H50/1C):

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

10 Mile - Chichester City Riders (P901/10):

1.	Sarah Matthews	17:53 AAT				
2.	Neil Mackley	18:48 AAT				
3.	Paul Jones	19:15 AAT				
4.	Kirsty Mcseveney	21:23 AAT				
5.	Howard Bayley	19:16 AAT				
1st tandem Mary Corbett/Norman Harvey						
	on Bonnie Baghera	28:31 AAT				
15 Mile - V	/TTA London & Home	Counties (H15/3)				

1st Sarah Matthews	27:29 AAT			
1st Neil Mackley	27:44 AAT			
1st Tandem (Trike) Mary Corbett/Norman Harvey				
(Sotonia CC)	26:20 AAT			

Standards

61 awards were achieved by 25 members. Peter Tomlin gained 6, Malcolm Cox and Michelle Lindley 5 each. Sarah Matthews, John Hyde , Adrian Talley and Daniel Legg each gained 4 awards.

In addition to the above Wessex awards a number of our members were well placed in the VTTA National competitions and achieved National Age Records. These will also be recognised at our prize giving.

<u>Wessex Championship events</u> are as follows (all include a tandem event):

Sunday 11th May	Harold Cribb 25 Mile TT course P413/25, start 0700
Sunday 1st June	The Wessex 50 course P417, start 0700
Sunday 20th July	Sotonia Super Summer 10 course P612/10, start 0700

Sunday 24th August Newbury Velo Fast Fifteen course H15/3, 0800

<u>Chat</u>

Racing isn't just about winning - there are many entrants but only one open and one women winner. It's about participating so it was lovely to hear from Kevin Bull who had a serious accident 3 years ago whilst out training on the Military Road on the Isle of Wight. Kevin has decided to get back into time trialling on the road this year and as well has discovered the VTTA time trial series on Zwift, which he loves and hates at the same time. After three rounds he's been in the top 7 in all rounds and although he gets faster each race - so does everyone else! Kevin's taking improvement seriously and is following his wife's Slimming World plan and training regularly. Recently he was asked by a friend "Why are you doing this aged 66?" Kevin said it was an easy answer. Because he still can. A man with the same ethos as me (Sarah) 'Old enough to know better but still young enough to do it.' We look forward to seeing Kevin racing on the road this season.

Next time you ride an event it's worth taking note of the number of volunteers involved. Without a race organiser and a team of volunteers who: put out and collect the signs; man HQ; serve refreshments; marshal; officiate at the start and finish; time keep at the start and finish: make cakes etc our event wouldn't happen. Last winter I organised an event which attracted only 37 riders and including me there were 17 of us giving up a few hours of our time on a Sunday morning. Small fields are becoming increasingly common for a variety of reasons, but regardless of field size we still need the same number of volunteers. Like with everything in life it's the 'usual suspects' that give up their time so if you race please try to give some of your time back to our sport. If there's a race nearby run by another club, in my experience the organiser will welcome help with open arms.

The Wessex Group is still without a Chairman so please have a think about it. Our committee is welcoming of retired and still working cyclists and we all race in varying degrees. We recognise life is becoming increasingly busy for everyone so if two people want to share the position it's better than the position remaining empty.

Our Veteran Correspondent, Sarah, has been making up for the absence of a Wessex annual get together and attended the London & Home Counties VTTA lunch where she was presented with the Rocco Trophy for their 25 mile championship. She was also invited to the Surrey-Sussex VTTA where she was guest speaker and spoke about how she came back after a dreadful season in 2022. Both of these events are covered in the other group reports.

I am sorry to report that Richard Parker died in January. At the time of going to press all I could find out was that Richard was a successful member of Hampshire Road Club for many years and a member of Wessex VTTA. He was a bit of character, a very good golfer, also a good speaker. I hope we can publish an obituary in the next issue.

WEST

Paul Winchcombe

Well, the winter months, at the time of writing, are now properly with us, with a morning review of frost on car windows meaning the sensible rider stays indoors or at least waits till the afternoon. The challenge with riding on cold days is that hidden patch of ice as you round a bend and that little patch which is lurking in the shade. So I hope all those in the West and further afield have had a safe winter riding season.

When I last wrote I mentioned that event setting was well underway and once again we have managed to get our events in the system in a co-ordinated manner. However, this year felt harder than any of the previous eight years I have being doing the role of West District Event co-ordination. With the increase in the use of technology one might have thought that this task would become simpler with shared spreadsheets allowing event organisers to see which weekends in a District are free for their events. However, what the process reveals is the dependency by clubs on the "usual suspects" to whom I give my thanks but as they stand down for whatever reason succession planning and handover of the running of events is sometimes patchy. So in the West we have lost a few of our more challenging courses for the WTTA Hardriders for example, as clubs which have a very small cohort of time trialists have sadly withdrawn.

I know we are all aware of our dependency on the same people and long serving individuals. Many of our riders just want to race as they feel they don't have the time to give with family and other commitments. Whilst I don't want to guilt trip our members, I would ask that all do consider what they can contribute as none of us are getting younger. In my case I have given my club a 5 year notice of my intention to step down – 70 seemed a good time to hand over the reins – but I guess unless I pro-actively seek a successor, like many retirement plans, that will not happen.

When doing event co-ordination I communicate with clubs and the previous year's organiser using the CTT email system. Generally, the organisers get the email but many clubs appear not to. Having recently reviewed and chased clubs for their re-affiliation to the CTT and emailing all the people listed against each club, I have noticed a large number of undelivered emails (as I have used my personal account rather than the CTT system) as email addresses are no longer valid. In some cases the club's no longer even own the domain name they have used, having moved all their club management to Facebook. So I wonder how many clubs are missing vital communications and would ask West Veterans to check their club administration just to ensure that details are correct. I have of course chased down "bounce" emails to try to resolve the issue.

For some the Winter Season has included the VTTA Winter Time Trial V-BAR competition with events over 25, 50 and 100 miles on Zwift. Sadly I realised it was on too late to complete all distances as the 50 clashed with our West Group AGM. However, I did grit my teeth after failing the first 100 and completed it the second time. 5 hours on a turbo trainer is some kind of madness and hats off to the 6 riders who did all 3 events. The West were well represented by Kev

Fowler (time 6:39:30 – AAT 6:00:03) first and Karl Norris (time 6:36:55 – AAT 6:16:13) third; well done to them for their mental fortitude. We are now seeing the second season of the running of the Vets 10 mile series on Tempus Fugit on Zwift, a pure power course.

After some initial teething problems with the new CTT website club event are now being entered and approved. New ways of working are being developed and hopefully when we come to setting up start lists all will work smoothly. I have to say that 'CTT Support' have been outstanding to this needy District

representative, who has done his best at every turn to break the system.

So the season in the West starts shortly with a lumpy 25 mile time trial and an event every weekend until the end of April, when it then starts to get a bit patchier. That said the West has a physically challenging period in July with a 50, the CTT National 100 (on a new course which uses much of the National 100 course from 2020) and then another 50 over 3 weekends. All three courses are not flat; so there will be some tired legs (I expect) by the end of July.

OBITUARY - BRIAN KINGTON Severn Road Club and VTTA (West) 1942 - 2024

On Thursday 28th November last we said goodbye to Brian Kington. I had known him since our schooldays together at Staple Hill Secondary Modern. From a likeable popular boy he had grown

up to be a very successful amateur racing cyclist. He enjoyed all the different aspects of cycling and was particularly good at grass track and cyclocross.

It was in the 1950's when grass track racing was at its peak; all the big employers such as the Bristol Aeroplane Company, Fry's, Douglas, Robinsons, The Police Sports etc held their

annual sports meetings. These sports meetings were big affairs and extended nationally. Brian was among the top riders and among other local heroes he built a fearsome reputation.

He completed his National Service in the Middle East with the RAF as a ground wireless mechanic, after

which he moved with his wife Margaret to Australia to work for a number of years.

Returning to England with his family he rejoined the Severn Road Club and resumed his racing. He had a successful career in local time trials, finishing in

> the top team on many occasions. He had a great interest in history and became a guide for both Bristol and Bath. He also contributed to the work of the Museum in Manor Road, Fishponds. There is a film of him dressed in Victorian costume talking about the history of the district. His collection of hats (a different one for every club dinner) is unequalled. The history of

cycling with the vintage cycling club and his own vintage cycle collection has also played a big part in his life.

He ended his days as president of the Severn Road Club, a friend and a life well lived.

Written by Bernie Brown, Severn Road Club and VTTA West



In addition to those events there is of course also the VTTA National 25 Championship, organised by Mid Devon CC on behalf of our Group. This is on Sunday 6th July on course S4/25, out and back on the A38 from Buckfastleigh. With a few mid-week club events in the area already advertised on the CTT website it should be possible to string together a racing holiday for riders from further afield by joining two (or more) weekends together. Remember, the sun always shines in the beautiful West Country.

YORKSHIRE Chris Goode

At the recent annual awards lunch, it was a pleasure to meet our guests Kathryn and David Smith who ride with Sleaford Wheelers. Kathryn, who will be familiar to you as the VTTA 12 and 24 Hours Women's National Champion, presented the awards and spoke of her passion for cycling and racing. Thanks are due to our Social Secretary, Mike Williams, for organising this important social event at the Bridge Inn, Walshford. We enjoyed a good meal, thanked the officials and volunteers and applauded the achievements of the prize winners.

The first to receive their awards are the backbone of the VTTA: Allen Bell and Peter Macklam (Yorkshire RC), Mike Cole and David Taylor (Huddersfield RC)



Stuart Henderson proudly receiving the Charles Rice Cup from Kath Smith

and George Young (VTTA Yorkshire) - all stalwart, enthusiastic supporters of Yorkshire VTTA events. Jymmy Trevor excelled on his tricycle at all distances from 10 to 100 miles, achieving group age records at five distances and standards for six. Chris Goode also achieved a 10 miles Yorkshire record on his 1953 Higgins tricycle. Our Secretary Karen Taylor won the Lindley Trophy recognising her significant contribution and commitment to the Group throughout the year, although was absent, relaxing in warmer climes. Congratulations.

In the last issue of 'The Veteran' Mick Flaherty and Angela Hannon-Flaherty's pain cave featured in an article on Zwift racing. Their training clearly works and they both had superb seasons, riding for Seacroft Wheelers. Angela was the best placed woman in the 3 Distance BAR and achieved group age records at 15 and 25 miles. In addition she got a bronze medal, with 4:11:11 AAT (4:47:18 actual) at her first attempt at 100 miles in the VTTA Championship, held on the challenging North Tyneside course. Kathryn Smith was second in this event, 4:03:05 AAT (5:19:52 actual), behind Jo Cebrat (360cycling, with 3:59:34 AAT, 4:28:00 actual). Mick did the 100 miles in 4:32:39, winning the Oliver Shield and Yorkshire VTTA shield. It can only be a matter of time before Angela achieves top spot in a VTTA championship.

Neil Cleminshaw (Addform Vive Le Velo) set a very high standard in the National Short Distance Competition, finishing 28th on AAT and 18th position, on speed with 29.56 mph; his teammate Stuart Henderson was 68th on AAT and 34th, with 28.99 mph. Neil set two age records at 10 and 25 miles, as well as winning the Stan Chadwick Cup and Ron Bailey Shield. Congratulations.

Stuart Henderson (Addform Vive le Velo) was rightly very pleased to receive the Fred Bottomly Cup, standards at five distances, a 50 miles group age record and winning the 3 Distance BAR. He also then featured in an article in the Selby Times for his outstanding ride of 3:43.04 in the national VTTA 100 miles TT in the Lake District; the photograph in the article showed Stuart being presented with the Charles Rice Cup and gaining the Yorkshire VTTA

good publicity and reminded the readers of Charles Rice's generosity and support to cycling and local football teams. Charles used to work as a nurse at Gateforth Hall near Selby in its days as a tuberculosis hospital, but also volunteered at the Isle of Man Cycling Week as race start and finish flag man in the 1950s and 1960s. Our editor, Mike Penrice, comes from the Isle of Man and his father, a cycling official at that week, used to know Charles Rice, which is a good link. Do any of our older members have memories of Charles Rice, he was a real character?

Stuart had an excellent season and will be teaming up with Adam Duggleby who has just turned forty and joined the group. Few will need reminding of Adam's outstanding successes as a multiple national champion and record breaker, on a variety of machines. We are looking forward to meeting all new members including Frazer Snowdon and racing with them.

New Points Competition

In Yorkshire we already have the YCF Points Competition. This gains good support and many VTTA Yorkshire riders qualify. However, since points are awarded on the basis of actual speed then the younger and/or faster riders will rise to the top. We have now created a similar competition, to run in parallel with the YCF Competition but based on age adjusted speed, thus giving our older members more opportunity. It may further encourage some of the many non-member vets in our area to join VTTA. Conversely it may also bring more attention to the YCF Competition and encourage more clubs to join their county association. So it's a win win.

The VTTA website shows results in AAT/D order so can be used for calculating points. For 2025 onwards it should also show the rider's VTTA group and type of machine ridden. Not all CTT events appear on the VTTA website, but any nominated by VTTA groups are flagged up to do so. The Points competition will be:

1. Open to all VTTA Yorkshire members (at the time of the event), but they must have linked their VTTA and CTT accounts.

2. Judged on positions on age adjusted times/distances for solo riders only (not team time trials, nor tandems).

3. The competition is determined by the total of the best 6 points scoring rides from the listed qualifying events.

4. The best qualifying rider on AAT/D in each event will be awarded 60 points, next best 59, then 58... Maximum points are 360.

5. Where a club runs multiple events on the same day and course and as part of an overall promotion the results will be consolidated into a single list for the purposes of allocating points.

6. Riders completing all qualifying rides on a CTT compliant road bike will be eligible for a road bike category award. All other riders (those on TT bikes, tricycles, non-compliant road bikes or a mix of machines) will be eligible only for the overall category award.

Qualifying Events for 2025 will include all VTTA Yorkshire events and all YCF Points Competition events, except the Cragg Vale Hill Climb.

Closing Comments

Coming up as the magazine goes to press is Jymmy Trevor's Icebreaker on the Red Wall on 1st March. This is a very popular event that sees all types of machines ridden. After that our group is promoting a 25 miles TT on the evening of Saturday, 28th June on the V236/1, near Thirsk.

Remember also that the Yorkshire 12 Hour is earlier that month, with the usual HQ at Melbourne. Our luncheon guest Kath Smith won her VTTA Championship in this 12 last year and hopes to be back in 2025 as part of a unique family team, comprising three generations. This is the CTT National Championship this year, so needs plenty of support either riding or helping. As a CTT championship there will be CTT medals for veteran category winners in 5 year age bands, so something extra to aim for there.

Get those wheels turning and legs spinning....

Kernow Racing Team A Lesson in Promoting Cycling

By Anthony Green, recently turned vet, member of VTTA West Group, and a driving force in Cornish cycling for Truro club Kernow Racing Team

Kernow Racing Team had a simple objective when formed - we wanted our racing team to finish with an empty bank account each year, and we succeeded, but that's good news.

In 2023, experienced time trial organisers Anthony Green and Phil Bowden, teamed up and used their years of knowledge to try and bring the time trial scene back to life in Cornwall.

Anthony Green has produced the following review of their new setup, one year since it began.

"I've spent the last god knows how many years racing myself, I've spent plenty of time watching what works well, what doesn't work well.

Over 38 years combined, myself and Phil Bowden have probably organised hundreds of races. We listened to what riders wanted, we listened to their moans and sacrificed several months of free time per year, to make events happen.



I developed a love for organising events. I gained the same sense of satisfaction as I did with racing myself. For three years, success was built on a charity TT event in my local village. I dedicated practically 6 months of my life each year to the "Carnon Classic" event. The event drew hundreds of villagers out supporting and lining the main village and raised £2.5k for good local causes. Phil meanwhile was busy organising a well attended summer TT series, as well as helping at other races and voluntary administration duties on our district committee.

For both of us, juggling organising and racing ourselves can be tricky, but the more we do it the easier it gets. Kernow Racing was a huge gamble financially and time-wise. Setting up a cycling club, calling it a race team, without people thinking it was solely for elites, was always going to be interesting.

I can't express how uncertain I was of the team being successful. When we included in the membership stipulations "Those that race for Kernow Racing are expected to help with at least one race", I wasn't sure if it would work. It was a bold move but one which I believed, if stuck to, could work.

At first the team was myself, Phil and our wives, Lucy and Jill.

Four members was about to become five though. Next up to join was former domestic pro and former Saint Piran DS Steve Lampier. The first message I had from Steve wanting to join, I thought he was joking. So much so, I told him to ring back the day after. He was serious, he rang back, he wanted to do local TTs and focus on the National Masters, and Kernow Racing was his route. Following the announcement, our social media hits began to rise. Steve has been a great and well respected ambassador to the club and our members look up to him. He's great with advice and he's also not afraid to put on a hi-viz and help out.

We then strengthened Kernow Racing with some fantastic ladies joining, opening eyes via the Kernow Racing social media pages that Kernow Racing was for real and was welcoming; this encouraged more ladies to join up.

I spoke with Phil and felt it would be a good idea to become a British Cycling Welfare Officer. This allowed us to accept juniors and was a great move; we have had five juniors represent us this year and we are extremely proud of them. We try to empower all our members. Our juniors have raced at a national level and we have even got some of them to step up and race in team time trials with the adults.

The team grew to a mix of 30 fabulous helpers, cake bakers and riders; we became a team. Our 30 members range in abilities from a former pro, to talented upcoming juniors, to riders who had never done a TT before. We even have non-riding members. When reaching 30 members, we believed in our format so much we capped the membership at that. We didn't want to become a super club, we wanted to know our members and appreciate them all.



Following our first successful Christmas TT, we gained two amazing event sponsors, *Trophies plus medals* and *ALT*. *Wheels*, which hugely helped our season with trophies and wheel voucher prizes.

The 2024 season began with Kernow Racing making a statement, putting its name to organising a major chunk of Cornwall's CTT race calendar. Recognising there was no machine choice in other South West leagues we decided to host Cornwall's first road bike league. We decided to offer this for free to any Cornish resident entering our events. If a rider supported 3 out of 4 of our events, the price of a medal was nothing compared to their support. It was a triumph with over 30 qualifiers and 60+ entrants per event.

With racing in full swing, our rider results started flowing. Steve Lampier achieved multiple wins and course records, there was team time trial success and South West championship wins from our men, ladies and juniors. Our second claim members were also putting their Kernow racing link on the map, with results not only in time trials but road racing too. The club really began to shine when we had multi-discipline members taking part in mountain biking, triathlons, ultra cycling and ultra running.

Without looking for more success, success found us in May and June. We hosted "ladies only" and "veterans only" races, these proving to be the highlight of most entrants' season.

Our ladies race had more entries than any national CTT event this year. A huge field of 53 ladies turned out, with Grace Reynolds of Brother UK taking the win and a whopping £900+ being raised for our local women's cancer centre .The event is now an annual fixture in the calendar.



Our veterans only race sold out. Until this point I'd personally never seen a sold out TT. We decided to honour every age category from 40+. We awarded trophies from first to third, in both Open and Female age categories. The TT was one of best I have hosted. It was great to see so many riders that would not normally win anything get trophies within their age categories.

In our first 6 months of 2024, we ran seven events and we had over 500 TT entries, resulting in an income of £5k after CTT levies.

"Bingo!" many would say, but for us were not doing it for the money, we did it to give back to our sport and those involved.

After recovering the original investment, forking out for new race signs, race numbers, stop watches, CTT and BC affiliations, hall hire, refreshments, medals, and safeguarding training, there was money left.

In a tough financial world, we recognised it was important to reward our helpers. All event helpers received a minimum of £20 per race to cover fuel and expenses. Official time keepers received a minimum of £40 per race. Timekeepers are rare these days, and the detail involved can be extensive. In total we spent just over £1.5k on donations to helpers. It was a great investment for good help. The only race where we did not offer donations was for the ladies charity race. We did however offer a free entry to another race for those who helped.

We then gave the profits from the ladies race, backed up with raffle ticket sales, to the local women's cancer centre.

We invested in the younger generation of cyclists

by sponsoring the South West British Cycling youth circuit league awards.

To finish the season we paid the 2025 CTT and BC affiliations from this year's profits and hosted an inclusive awards evening, which rewarded our valued helpers as much as our valued riders.

We finished the season with £7 in the bank! But that is exactly what we wanted. We wanted to give back and invest in the people that organise, help, race and support the system.

Going into 2025, we have put our name to nine events, including a major CTT championship. We don't plan to change anything we did this year as it worked. Starting with £7 in the bank, as opposed to the minus figure we started with in 2023 allows us to dream big and invest in even more good events and schemes.



Some Innovations Are Exciting

Observations by Jennifer Clegg

Spindata is one that devotees love. Developed by Nick Wild and Roger Clarke (Tyneside Vagabonds CC) it recognises the achievements of all riders, whatever their ability. Their system ranks TT results across Britain by using time and relative position to others. Find it by clicking the Spindata button along the top menu of any TT you enter on CTT. On the Wednesday night before a weekend TT, Spindata predicts results by combining your previous time for that distance with the weather forecast. It is remarkably accurate. After the event actual times are given, and riders are grouped into one of five categories with the first three in each being identified. If you are on fire and have been beating your previous PBs significantly, it adds a fireball next to your name – sometimes two! Innovative TT organisers award a prize to the person who beats their Spindata prediction by the biggest margin.

"Spindata gives a really good indicator of how you've performed in an event relative to the field, whatever the conditions. The ranking and categories are a genuine incentive. Knowing who is ranked around you and is expected to place around the same part of the field has helped me meet new people and put names to faces, which makes TTs a more rewarding experience." (from Colin Lizieri's description on their website)

'Tribes' are Spindata's latest wheeze, intended to allow people who cannot travel far to also compete. Developed in conjunction with CTT this allows people to form their own teams of three, who must complete time trials on different types of course (flat, hilly, etc). Details: <u>https://tribes.cyclingtimetrials.org.uk/</u>

ResultSheet. This creates a really enjoyable buzz in race HQs. It provides immediate results, and when used with a projector, these can be followed on a large wall as the event unfolds. Its software calculates AATs and podium places automatically, then updates them as more results come in. A QR code also allows those who need to leave before the end to get provisional results at home later that day, rather than waiting the few days it can take for results to be ratified and posted. Perhaps VTTA could facilitate this by publishing a guideline on how to get such newer systems working and formatting the results to fit the CTT software. (*There are already some excellent instructional videos on the ResultSheet website and I can confirm that it is an excellent system.* Sadly some organisers are resistant to change or the modest cost involved. - Editor)

More road bike events and awards. Good way of welcoming cyclists who are interested but not going to purchase expensive specialist kit.

Sending women riders off closer together. Happily, this excellent practice advocated in a previous newsletter is spreading. Finishing within 15 minutes of one another builds a livelier HQ conversation, which doesn't happen when women are isolated once every ten men. It also makes the competition fairer as all the women compete in similar weather conditions.

AAT. Since AAT is such a brilliant system, it is unclear why some CTT events continue to use the old 5-year age groupings.

Food always matters. Cheese rolls (protein!) as well as cakes are a welcome change. Inviting a mobile coffee company to trade outside the HQ is equally welcome, but may entail a minimum take and only be cost effective at large competitions.

Increasing safety. Warning signs of a cycle event are not allowed on dual carriageways, so approaching drivers already on the road get no warning of an event until they encounter the first rider with a yellow number on their back. One organiser has created an elegant solution. Since signs are allowed on the oncoming slip-road, he puts them at the bottom on the right, where it also serves to forewarn drivers who are already on the dual carriageway.



Innovations in bike construction continue apace and offer us essential acquisitions



An innovative solution in this library in Amsterdam allows users to charge their laptops and get some exercise at the same time.

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Final Results For Zwift V-BAR

By Steve Jenks

many gallons of chamois cream, the results are in. Over twenty VTTA members completed at least one distance, with many finishing two, which was gratifying for the organisers and gave some valued competition pre-season.

Firstly thanks to Mark Bradley for number crunching, James Bailey from Zwift for putting the first three events on and Chris Lawrence for letting us put the second running of the events on his Sunday morning Cleveland TT series.

Overall V-BAR champion on actual time was Karl Norris (West) in 6:36:55 with Kev Fowler (West) second in 6:39:30. Rounding off the podium was Chris Hopkinson (Wessex) in 6:50:47

Overall winner on age adjusted time was Kev Fowler, only 3 seconds over six hours - it takes me longer than that to drive 175 miles. Liz Ball did her usual kangaroo trick jumping up into second place, eight minutes behind, the same gap as it was to Karl in third. Extra special mention to Karl and Chris Hopkinson for going beyond the extra (hundred) mile by completing both of the 100s. A mention also to Angela Hannon-Flaherty (Yorkshire) (probably best known for her results in Cycling Weekly in their TT) and Chris Lawrence for completing the 100 miles, which I must



Name	Area	Total time		
		for 175 miles		
		Actual	Age Adjusted	
Kev Fowler	West	6:39:30	6:00:03	
Liz Ball	Scotland	8:22:21	6:08:54	
Karl Norris	West	6:36:55	6:16:13	
Chris	Wessex	6:50:47	6:22:54	
Hopkinson				
Angela	Yorkshire	8:06:27	7:05:19	
Hannon-Flaherty				
Christopher	North	7:48:26	7:46:44	
Lawrence	NOTIT			

admit some doubted would have any takers when I first put forward the idea of a V-BAR. Thanks to the six of you and all of the other riders who took part in any of the six races. Riding for these sorts of lengths of times in one position in a sweaty closed environment takes a special physical and mental fortitude. Chapeau.

Lasting Power (of Attorney, Not Cycling)

By Ken Workman

At a regular gathering of an old fogies group I attend we listened to a speaker who advised on the advantage to us oldsters of setting up a Lasting Power of Attorney (LPA). This is an official document which allows you (known as the donor), to appoint one or more people you can trust (known as your attorneys), to act on your behalf in the event of you being unable to adequately manage your affairs - a situation also known as 'lacking mental capacity.'

The speaker referred to the TV personality Kate Garraway whose husband became unable to manage his own affairs due to extreme Covid complications. Ms. Garraway was unable to access his bank account or other assets to pay for his living and home nursing expenses, neither could she claim on any health insurance policies he had arranged. She was blocked at every turn, which naturally left her in a precarious financial condition.

This presentation gave me, and I suspect a few of the other old geezers, some food for thought regarding the advantages of arranging an LPA. That same evening I emailed my financially astute sons to ask their opinions; the reply was very prompt and blunt: "Do it Dad - do it now!"

There are several methods in which an LPA can be drawn up; the easiest but probably most expensive is to have a solicitor, a financial planner or similar professional do it for you. It's very likely they will charge a fee for their service. Our speaker is an employee of a major insurance company who quoted a figure of over £1,000 to prepare a full set of LPAs for a man and wife - see below for the two types of LPA.

Another way is to approach someone like FreeWills.co.uk, who for a smaller fee will guide you through the process and draw up a basic document for which they charge £97.

All LPAs must be registered with a government department known as the Office of the Public Guardian (OPG), who will charge their own fee to register the document irrespective of who prepared it. However, if you feel confident enough to prepare your own documents, using the OPG's website you can save some money by paying their registration fee of £82 per LPA.

Whichever method you choose to draw up the document it becomes a little more complex as there are two types of LPA; one to cover the donor's property and financial affairs, the second covers their health and welfare. You as the donor can decide to make one, or both LPAs. Also, I venture to suggest, some of us have spouses who also could benefit from setting up either one or both sets of an LPA. Therefore, if a husband and wife each opt for both types of LPA, the fee charged by FreeWills is £97 x 4 = £388.

I should stress that arranging an LPA may be of only indirect benefit to you as the donor. If it does needed to be activated you probably won't care too much or not know a thing about it as you will have been declared as 'lacking mental capacity'. Such a situation would be stressful enough in itself but you will have made it much easier for your children/dependants (some of who you may have nominated as your attorneys), without the consequential financial problems of trying to access your assets to pay the not inconsiderable costs of being looked after in a care home.

I don't in any way purport to be someone who offers financial advice, but if you're reading this as a VTTA member you'll obviously be at least 40 years old. Some of you may, like myself, be almost double that figure with a goodly number of Life Members in excess of my age. But whatever your age, it doesn't preclude you from suffering a stroke, or even an accident which might then render you as 'lacking mental capacity.' Please do some further research on the subject so you can give it further consideration.



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