



Number 86

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THE VETERAN



Deb Hutson-Lumb is the 2025
VTTA women's 10 mile champion

Markus J. Thompson
PHOTOGRAPHY

THE VETERAN

The quarterly magazine of the
Veterans Time Trials Association

Number 86

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

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Eddie Green and Jim Burgin

Website : vtta.org.uk and Facebook

The Editorial

The racing season is now well under way and with plenty of activity on the veteran time trialling scene; in this edition we report on our first three championships. There are also many more race results in the 'Around the Groups' section.

It's pleasing to see that the longer distance events continue to be popular, despite the many organisational difficulties which they often entail. Our 100 championship this year was hosted within the Anfield 100; we provided 50 riders in a field of 103, although significantly there were a further 21 veteran riders who were not VTTA members. How do we persuade these enthusiasts that our organisation has plenty to offer, regardless of level of ability? It's important for us to maintain a steady influx of new members and it's something which you can all help us achieve.

Similarly the RTTC 12 Hour Championship (8 June, Yorkshire) boasted a total field of 88, of which 68 were vets, 47 VTTA members and 21 non-members.

On the new CTT website it is now very easy to establish who our members are (and who are not). Simply go to an event page after the start sheet has been published and download the excel start list. Then go to the columns on the extreme right. This is a new and very useful feature, which several groups now employ to assist them with their competitions' administration. Well done CTT!

The championships continue to deliver new names to the top spots. In the reports of both the 10 and the 30 we have included personal insights from both gender category winners, explaining how they prepared, what were their expectations and how their race went. It makes interesting reading. In contrast to this and hidden within Sarah Matthews' Wessex report are the views from comeback man Eamonn Deane on his 15 years away. In a sport which we think of as unchanging he highlights quite how much has changed, and in doing so delivers a good dose of nostalgia.

I hope you enjoy reading this. If you are reading a pdf version and you are a serious reader, please remember that you may prefer the print version. All you need to do is visit your VTTA profile and change your preference, the change will be effective for the next issue. We won't ask you for any more money!

Mike Penrice

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

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President's Piece

Tony Farrell - National President

As I write this it is May and our first two championships are completed. Congratulations to Michael Lythgoe, overall winner on AAT in the 10-mile championship successfully organised by Alan Wilson and the Royal Albert CC on behalf of the Scotland group. In the 30-mile championship Jen Clegg achieved the overall win in the well-run VTTA Kent event; our thanks to Simon Henderson and his team. Both these winners are first timers, both are the wrong side of 70 and joined the VTTA only about 5 years ago.

I mention the two results because I wonder if VTTA will be functioning in a few years' time. A recent count of members shows membership dipped below 2000 for the first time in many years.

In a survey led by the NEC we are looking to find out what are the reasons for members to resign or even lapse for a few months. The survey might lean too much towards the competitive person who believes traffic conditions, expensive equipment and family restraints are some of the reasons for ending racing involvement. I wonder what the reasons are for non-competitor members lapsing or resigning.

Do we as an association need to examine what we do to encourage the ex-competitors to continue to contribute to the VTTA?

I ask the questions as recruitment and retention are becoming more important as time moves on and we do not appear to have effective ideas in place to address the issue.

- The recent "Urgent" National Forum produced constructive discussion about amended AATs and future AGM protocol. Jon Fairclough persuaded the representatives to accept the amended standards calculation method for this season. It will be interesting to hear members' reactions to the the system.
- As many will know there is a new award introduced this year to recognise the contribution that many members make to the development and organisation of the VTTA. It is an element of our Vision and Values that does not depend on age or time spent as a member but on the impact that a person makes because of leadership, organisation and initiative recognised within the group. We look forward to making the first presentation in the forthcoming months.
- Elsewhere in this edition of the Veteran there is some information about the provenance of our National Trophies. We have made a great deal of progress in establishing the future of some trophies but there are still a couple that remain elusive to us, for example the Petronella Trophy, which we can see has an interesting history, but little more. We do not know the whereabouts of the Brunwin salver nor a trophy presented by Luton Wheelers in memory of Charlie Cole. Any information from groups or individuals will be welcomed.

Whilst our sport is under a great deal of pressure from varied sources I will close with a quote from a friend and rival who died in January this year; "Remember, it is only a game". A full obituary of Derek Hodgins appears in this edition.

Take care out there.

Chairman's Piece

Andrew Simpkins - National Chairman

Every year a significant number of members do not renew by the cut-off date in March and their membership is lapsed. The NEC is obviously concerned about why members are not renewing so we sent an online survey to over 300 recent members asking about the reasons why they had joined the VTTA and why they had not renewed (so far) in 2025. Within a few days we had 59 responses which included 'ticks' to various possible answers and additional free format comments.

In reading through and analysing the responses, the good news is that there were a lot of positive comments about the VTTA. Several comments were along the line that the VTTA was doing a good job for veteran time trialists, and there were several comments of appreciation for the friendliness of the Group they had joined. No-one said they had left because they no longer liked the organisation and several said they were hoping to rejoin when their circumstances changed.

So why hadn't people renewed? As you might expect there was a range of answers. Quite a few had illness and injury problems that were preventing them from racing. Others bemoaned the fact that work commitments were having to take priority. There were a few comments that issues regarding road safety had made them decide to stop racing on the open road.

When asked why they had originally joined, the leading reason by far was that they wanted to ride VTTA events. Here is a simple but clear reminder – members want their Group to run events! We understand the effort required to run events but a good calendar of events promoted by the Group committee or co-promoted with local clubs appears a vital motivator around membership. The NEC and Group committees should therefore do their best to support promoters and organisers.

When asked about what the VTTA could do better, the replies were more about the sport in general with a strong theme of making it more accessible. This largely involved putting on simple but well organised events, both club and open events. Make these welcoming to all kinds of riders, not just those with expensive TT bikes but anyone with a road bike. Have a simple but broadly based prize structure. Organise more closed-circuit events.

A few other pointers came out of the survey. Unsurprisingly, people value the friendliness and support of other VTTA members. This is an opportunity for everybody to help the Association by encouraging new and potential members. Time trialling may be largely a solo sport but you can still talk to people at the HQ! Standard awards are a good idea and a potential long-term motivator to stay involved in the sport. How can we promote standard awards more actively to members? Another notable feature in the comments was the number of respondents who said they hoped to return to the sport and take up membership again. Here is a good reason for Groups and the NEC to stay in touch with former members and encourage them to rejoin as their circumstances change.

It was evident from the survey that you cannot separate VTTA membership from issues facing CTT. I keep in contact with Andrea Parish, the CTT Chair, to share ideas and developments in the CTT and VTTA organisations. Andrea has shared with me recently some data on road bikes. The percentage of road bikes in open and club events, for which CTT has the results, rose from 9% in 2022 to 37% in 2024 and so far this year it is 46%. In a period when overall participation in time

trials has been in decline, these are striking numbers and reveal a significant trend in the sport. The older, dedicated time triallist (and VTTA member) still tends to ride a TT bike. But is greater inclusion of road bikes key to our long-term future?

Finally, you will have seen the CTT has launched a new website at the start of the year and is continuing to add many positive new features. It's a pity that as part of that workload, it was only in late May that they made available the revised interfaces to pass to the VTTA website the results of events and of individual members so we can update standards awards, season long competitions and age records. As I write we are about to test the new interfaces and I can assure members that we will then catch up and process the backlog of results.

NATIONAL MEMBERSHIP SECRETARY

Merv Player has fulfilled this position for the past 16 years, but very sadly he passed away recently (see his obituary towards the back pages). The VTTA is therefore in urgent need of a replacement, so if you can spare an hour or two most weeks, dealing with routine membership administration, please consider volunteering. This is a very important but not too time demanding job, which is completed at home.

Our Chairman, Andrew Simpkins, has a detailed specification of the duties and would welcome the opportunity to discuss them.

CAN YOU HELP?

IT Manager's Update

By Jon Fairclough

The Direct Debit payment functionality has now been released and anyone joining or renewing can now opt to pay their membership fee and purchase standards awards this way. Paid up members will be able to set up a DD when they renew for 2026. After that they can forget about having to renew their membership every year, as it will happen automatically. Mark Bradley reports in more detail about the DD system elsewhere in this issue.

The new CTT website is working well and is expanding in functionality every month. The CTT and VTTA software teams are currently working on the implementation of the event results, competitions, and standards results feeds to the VTTA site and I expect these will be completed and working by the time you read this.

The change in the method of calculating targets for standards awards is also reported on elsewhere in this issue of the Veteran. Our software team is updating the website and will release the changes at the same time as the results feeds. This means that all standards awards performance improvements this season will be calculated using the new method.

Meanwhile I am preparing to ride the Mersey Roads 24 hour time trial again by doing shorter time trials and longer audax rides. I have promised my wife it will be the very last time.

Direct Debit Renewals: Now Up and Running Smoothly

By Mark Bradley - National Vice-Chairman

In today's world it's hard to find a regular payment that we need to make that can't be automated. Additionally, in 2024 we identified that one reason for members not renewing was accidental oversight or omission, and we therefore discussed at the AGM the proposal to put in place direct debits to pay for membership.

We're now pleased to report that the new Direct Debit payment option for paying membership has been up and running for a couple of months — and it's proving a hit. Both new joiners and renewing members have been making good use of it. After a few initial hiccups (as you'd expect with any new system), everything has now settled down. The process is running reliably, with no recent issues to report.

We'd encourage existing members to consider switching to Direct Debit the next time renewal is due. It not only simplifies your future renewals, it helps the organisation plan its financial year better. Direct debits are straightforward, secure and save everyone time and administration.

How It Works – A Simple Timeline:

- Day 1: You set up your Direct Debit (just a couple of minutes online when you renew or purchase a membership extra). To be clear, you can only set up your Direct Debit at time of purchase, not in advance.
- Day 2: You receive an email titled “Confirmation of Setup of Direct Debit Instruction with Stripe.”
- Day 6: You get another email, “Direct Debit initiated for Stripe,” confirming the amount and the date the payment will be taken.
- Day 8: The payment is taken from your account.

In the future your payments are automatically taken on 1st January each year. No need to remember to do anything, and no chance of accidentally lapsing your membership. At the same time, you're protected by all the usual guarantees of the direct debit scheme.

All in all, it's a small change that makes a big difference. If you haven't signed up yet, why not make the switch next time you renew?

A Note for Club Officials

There are a few helpful updates to be aware of in the membership system:

There's now a payment method attribute in the member list. This will show as postal, card, or direct debit. As soon as a member sets up a Direct Debit, their payment method is updated, and they're considered paid up from that point. Once the payment is actually taken, it appears in the payment log. Direct Debit entries are marked with a bank symbol, and the payment method is confirmed as direct debit in the log.

Standard Awards: New Targets Calculation Method

By Jon Fairclough - IT Manager

Historically, Standards Awards have been awarded to members who increase their best plus, i.e. the amount the 'personal best' they claim in a season beats the standard for their age that season. The best plus was then subtracted from the standard for their age to set the target to beat for an award during the following season. The standard itself could also increase part way during a season, for those with mid-season birthdays.

With the introduction of Age Adjustments the aim is to achieve a faster age adjusted PB on a year-on-year basis.

The Age Adjustments always increase for each year of age, so target times should also increase as members get older. However a between seasons review and introduction of revised Age Adjustment tables may in some cases reduce the Age Adjustment for their age in the next season and could even mean that the actual time a member needs to achieve for a Standards Award is faster, even though they are a year older! This is an inevitable consequence of the review being based on elite riders in their age group going faster. To achieve a better plus the member also must ride faster! However, it is counter-intuitive for members, who expect that the older they get the slower their targets should be gain their Standards Awards.

Although this is not a new issue and has been raised before when standards changed, the increased frequency at which standards/Age Adjustments are being updated has caused it to be raised again at the National Forum. The NEC has therefore developed a new way of calculating Standards Awards target times, which will be implemented immediately for the current season. This is described below.

Most members think of Standards Awards as recognising that they have beaten their "age-adjusted" personal best. We are changing the Standards Awards system accordingly. From the Age Adjustments tables, we calculate the change in adjustment from one age to the next. We then can calculate the Personal Best for a standard award of a member achieved at AGE1 to an equivalent Target Time to achieve at an older AGE2 by calculating the age adjustment change using the current year's tables and adding that to their last standard award PB to calculate the target for AGE2.

Here is an example calculation, for a rider 70 years old in 2024:

- Last year (2024) actual time for standards award = 23:42
- Calculate the change in age adjustment (both taken from the 2025 AA tables):
 - ❑ age last year 70, age adjustment 3:26
 - ❑ age this year 71, age adjustment 3:38
 - ❑ change in age adjustment 12 seconds
- The Target to beat is 23:42 plus 00:12, which equals 23:54
- Therefore the Target Time for 2025 is 23:53 or better

As a formula :

- Actual time for previous season's (or most recent) Standard Award = T
- Age for last standard award = AGE1
- Age in current season = AGE2
- Difference in age adjustments (using current season's tables) between AGE2 and AGE1 = D
- Target Time for award in current season = T + D - 1 second

Here is a table of the age adjustments and increments for an open class solo biker rider from ages 69 to 79 at 10 miles.

Age	Age Adjustment (AA)	AA increment from previous year (seconds)	Age Adjusted Personal Best	Target Time to Achieve or Beat
69	03:14	12	23:00	22:59
70	03:26	12	23:12	23:11
71	03:38	12	23:24	23:23
72	03:51	13	23:37	23:36
73	04:05	14	23:51	23:50
74	04:19	14	24:05	24:04
75	04:34	15	24:20	24:19
76	04:49	15	24:35	24:34
77	05:05	16	24:51	24:50
78	05:21	16	25:07	25:06
79	05:39	18	25:25	25:24

If the rider achieved a personal best result at age 69 of 00:23:00 minutes then the time to beat in the subsequent years is 23:00 plus the increment for each year. Of course, the calculation would be reset as and when they achieve the target in any year after age 69 and set a new personal best baseline.

For time events such as a 12 hour, the change in age adjustment is subtracted from the personal best and 0.01 mile added to calculate the target.

This new approach ensures that a target for a given season will always be easier than the target for the previous season, even when standards change, as the Lockwood formula always implies a decrease in speed with age. An additional benefit, the concept of "plus", which the VTTA has elsewhere retired, does not appear in the calculation.

The new approach has been discussed at the National Forum and it was agreed that it solves the problem of targets getting harder and so should be implemented as soon as possible.

WANTED BY COLLECTOR

**OLD RACING CYCLES,
FRAMES & COMPONENTS**

1920-1990 VINTAGE

Can collect from most areas if
required

01642 555168
07990 972470

Provenance Of National Trophies: An Update

By Tony Farrell - National President

Taking on the responsibility of establishing the provenance of twenty-two trophies has taken me along a journey of great satisfaction, no little frustration, and some unfinished business.

Overall, five trophies have been returned to families or clubs; three shields are unwanted by original donors and two are still unaccounted for. I have limited information on the rest as the search goes on for family or club/group connections.

THE ETHEL BRAMBLEBEY TROPHY

This was returned to her grandson, Mark, early in the process. This one was easy; Mark is continuing the family cycling tradition and is a member of VTTA Surrey/Sussex Group.

Mark was pleased to receive the impressive cup resurrecting fond memories for both him and his father of his grandmother, who was an impressive rider and worker for the sport.

THE SOUTHCOTT BOWL

Gratefully received by Steve Airey of the Catford CC. EJ Southcott had a valuable role in the history of the Club. At a time when resources were in short supply EJ played a significant role in the development of the Catford as a major player in time trialling and track racing.

He was also an important figure for Great Britain at the 1936 Olympics and 1937 World Championships.

FRED THORPE TROPHY

This was sent to Exeter Wheelers who have a few other trophies carrying his name. Fred is remembered with fondness and respect for his support for other riders and his role in the club.

PETT TROPHY

Accepted by Balham CC where CJ Pett was a president at some time in his career. A highly successful cyclist, he was a gold medalist at the 1906 Olympics in the Tandem paced 100 km event. Possibly holds the record for longest period between first and final Olympic role, 42 years. He was a timekeeper at the London 1948 Olympics.

THE COLE CUP

This proved to be an interesting handover to Charlie's son John.

Billie and I were fortunate to be at an event close to John's home and made arrangements through his daughter, Linda, to present the cup in person to John. We enjoyed a very pleasant chat reminiscing about John's relationship with his Dad on and off the bike. Both were successful riders in their time, Charlie being a prolific winner of VTTA events over many seasons. Interestingly, there is another trophy bearing Charlie's name, apparently a memorial to Charlie and from what can be gathered, presented by Luton Wheelers. More information would be welcomed.

THE HUGILL SHIELD

This was returned to the family thanks to the involvement of Paul Dawson.

WELCOME TO NEW MEMBERS WHO JOINED FEBRUARY, MARCH AND APRIL 2025

East Anglian Group

Karen Aylen (Shaftesbury CC)

East Midlands Group

Saffron Small (Rugby Racing Cycling Club), Tony Dineen (Velo Club Lincoln),
Milly Pinnock (Welland Valley CC)

Kent Group

Jonathan Graciano (Medway Velo Club), Simon Read (No Club)

London & Home Counties Group

John Wingfield (Elysium Kalas Race Team), Chantal Dyble (London Dynamo),
Gwen Kinsey (Newbury Velo), Trevor Hook (Team Milton Keynes)

Manchester & North West Group

David Prince (Crewe Clarion Wheelers), Jacky Taylor (Manchester Triathlon Club),
Tony Clarke, Nicholas Welch (both Total Tri Training)

Merseyside Group

Matthew Collins, Richard Froud, Lindsay Hobbs (all 3 Liverpool Century RC),
Ashley Kirkham (Wrekinsport CC)

Midlands Group

Kris Poole (Cheltenham & County Cycling Club), Darren Giles-Webb (Leamington C & AC)

North Group

Andrew Hall (GTR - Return To Life p/b Streamline), Stephen Brown,
Iain Turnbull (both Reifen Racing), Angela Middleton,
Paul Tyler (both VTТА (North)), Richard Sill (Wansbeck CC)

North Lancashire & Lakes Group

Nick Higginson (Cleveleys Road Club), Gemma Mitchell (FTP (Fulfil The Potential) Race Team),
Martin Welsh (Pendle Forest Cycling Club), Kevin Bedford (VTТА (North Lancashire & Lakes))

North Midlands

Steve Slater (Doncaster Wheelers), Scott Walker (Team Bottrill)

Scotland Group

Scott Maclean (Ayr Roads CC), Esther Hamill (Dumfries Cycling Club),
James Harrison (Dundee Thistle), Andrew Sim (Dunfermline Cycling Club),
Allan Duncan (Fullarton Wheelers), Lewis Duff,
Joe Hands (both GTR - Return To Life p/b Streamline), Andrew Small (Kennoway Road Club),
John Cameron, Robert Holmes (both Kinross CC), Andrew Scott (Musselburgh RCC),
Gail Paterson (Newton Stewart Triathlon Club), Alison Roger (North Argyll CC),
Jude Paterson, Alison Winship MacKay (both Team Ohten Aveas), James Duncan (SVTTA)

Surrey/Sussex Group

Aaron Borrill (Farnham RC), Stephen Summers (Worthing Excelsior CC)

Wessex Group

Gemma Dobson (...a3crg), Eamonn Deane (Bournemouth Jubilee Wheelers),
James Kelly (Elysium Kalas Race Team)

West Group

Andrew Hicks (Bath CC), Laurence (Loz) Hewetson (Bristol Road Club),
Aaron Pascovitch (Bristol South Cycling Club), Jonathan Tune (CCC RT),
Jeremy Addis (Gloucester City Cycling Club), Clive Vallance (Mid Devon Cycling Club),
Antony Neads (PDQ Cycle Coaching), Liz Kemp (Pronto Bikes)

Yorkshire Group

Adam Duggleby, David Meakin (both ADDFORM Vive Le Velo),
Louise Watson (Bramley Wheelers CC), Patrick Howdle, Steve Osgerby (both City RC (Hull)),
Kirsty Bramley, Matthew Eastwood (both Clifton CC York), Steven Clarkson, Steve Smales,
Walter Wilkinson (all 3 Harrogate Nova CC), Emma Dooley (Otley CC), David Hall,
Elaine Kelly (both Seacroft Whs), Frazer Snowdon (Sheffrec CC), Daniel Ladle (VTTA (Yorkshire))

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 of clubs between the VTTA and CTT rider profiles.

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 paid 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.

Legato RT Steal the Gold in Scotland

VTTA National 10 Miles Championship

Sunday 20th April 2025

Report by NEC Representative Jon Fairclough

Michael Lythgoe and Deb Hutson-Lumb led the way for a Legato Racing Team double at the VTTA National 10-Mile Championships, organised by Royal Albert CC near Irvine, on West Scotland's Ayrshire coast on Easter Sunday.

Lythgoe (VTTA Midlands Group, from Warwick) took the open title and was fastest on age adjusted time, while Hutson-Lumb (VTTA Merseyside Group, from Shropshire) took the women's title.

It was beautiful clear morning for the riders who raced on the fast WW10/03 course from Eglinton Country Park down the A78 and back. A breeze was blowing across the course but that did not seem to trouble some very fast finishers.

Lythgoe recorded 22:57, but his 75-years age adjustment resulted in an age adjusted time (AAT) of 18:23, beating defending champion Richard Oakes (Team Ohten Aveas, East Midlands), 19 years his junior, by just three seconds, and Mike Twelves (also Team Ohten Aveas, East Midlands) by a further 14 seconds.

Richard is rarely beaten at this distance but he graciously conceded that Michael had done a storming ride on the day; Michael, for his part, was taking home his first national Champion's jersey.

Michael said of the ride: *"Well I wasn't expecting that! Over the winter I'd decided that enough money had been thrown into equipment and it was the engine that needed turbo-charging. I know my body best and at 75 I perform much better with a good number of rest days, plus gym work and using Trainer Road. I have a soft spot for Scotland and didn't think twice about driving from Warwick to race. The weather gods were on our side, but to be fair I did pack a rain top just in case. Cold weather is not my friend so when I arrived at HQ, I expected to have to layer up but fortunately the sun came out and all was good. I had driven the course the previous evening and found the HQ. I hate it when you have an early morning race and satnav takes you somewhere different and panic sets in. I should mention fuelling for the race was a king prawn foo yung with extra fried rice the night before. I hopped on the turbo trainer for my 30 minute warm up and then rode to the start line just a few hundred yards away. An excellent pusher-off set me on my way. Focusing on my aero position which, thanks to my bike fitter Lee at Velo Atelier, I am dialled in with and comfortable. I was riding by feel not numbers. My legs and lungs give me all the information I need. The course had the best dual carriage way surface I've raced, and coupled with my new race tyres got me to the first roundabout, which I had no hesitation in keeping the power on all the way around. The return leg felt fast, and I certainly gave it 100%. Winning my first Championship TT having re-entered the cycling world during lockdown after a decade away, I started riding not imagining I'd be where I am today. What's most exciting is that I'm going faster the older I get! I was asked to join Legato*

(Continued on page 16)

AWARD WINNERS - VTТА 2025 NATIONAL 10 MILES CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Open	Michael Lythgoe	Legato Racing Team	Midlands	18:23	Gold
2nd Open	Richard Oakes	Team Ohten Aveas	East Midlands	18:26	Silver
3rd Open	Mike Twelves	Team Ohten Aveas	East Midlands	18:37	Bronze
1st Female	Deb Hutson-Lumb	Legato Racing Team	Merseyside	19:24	Gold
2nd Female	Liz Ball	Edinburgh RC	Scotland	19:53	Silver
3rd Female	Margaret Mcmillan	Deeside Thistle CC	Scotland	20:08	Bronze
Club Team Champions	Michael Lythgoe	Legato Racing Team	Midlands	57:53	4 x Gold
	Deb Hutson-Lumb		Merseyside		
	Simon Horsley (tie)		N Lancs & Lakes		
	Steve Loraine (tie)		Midlands		
Group Team Champions	Marc Anderson	GTR - Return To Life	Scotland	59:35	3 x Gold
	Liz Ball	Edinburgh RC			
	Andrew Gallacher	Vanelli-Project GO			
Tandem Champions	John & Lorna Lumley	Ayrodynamic Tri Club	Scotland	21:17	2 x Gold



Front row (l to r) - Lorna Lumley, Liz Ball, Deb Hutson-Lumb, Alisin Winship-MacKay, Margaret Mcmillan, Alison Roger. Back row (l to r) - Michael Lythgoe, Simon Horsley, Steve Loraine, Richard Oakes, John Lumley, Andrew Gallacher, Marc Anderson, Mike Twelves



Alex Munro - still racing at 91!



Margaret McMillan - women's bronze medallist



Chris Dyason - furthest travelled? Fourth on AAT



Miichael Lythgoe - new men's champion after a very close contest



Marc Anderson - second fastest actual



Richard Oakes - defending champion took silver but was fastest vet on actual with 30+ mph



(Continued from page 13)

Racing Team earlier this year and with their support it's onwards and upwards to more wins and medals."

Chris Dyason (Cambridge CC) was fourth with an AAT of 19:14; he is a regular supporter of VTTA championships and deserved an award for travelling all the way from East Anglia.

No Scotland rider in the top four? Was this a clean sweep for England? Not quite – Scotland won the group team award with a total AAT of 59:35 from Marc Anderson (GTR - Return to Life), Liz Ball (Edinburgh RC) and Andrew Gallacher (Vanelli Project Go).

Hutson-Lumb became female national champion with an AAT of 19:24, closely followed by Scotland's Liz Ball on 19:53, who has clearly been training over the winter judging by her Zwift performances, and Margaret McMillan on 20:08. This was a second national champion's jersey for Hutson-Lumb who won the 15 in 2020, although she has won medals of other hues in the intervening years.

Deb said of her race: *"My first VTTA championship with Legato Race Team was very much a team event with six of us travelling north of the border to take part. I opted to drive the course the day before, but with hindsight, riding it would have given me better familiarity with the start and got me onto the armrests sooner. Once I was on the dual carriageway it was a case of ensuring I managed my effort. Pacing a race isn't my strong point as I tend to get too carried away early on and end up grovelling to the finish. I'm working on this with my coach and did manage to mostly stick to the plan on this occasion, even though the ride to the turn felt comparatively easy and it was very tempting to give more. Traffic was light and I had no issues at the turn. As the return leg progressed my minute man started to come back to me and just as I was about to pass him, I too was caught with a couple of miles left to race. Those final miles went very quickly and the finish came before I felt like I'd got everything out. Having had a couple of years coming second on standard in the women's I was super pleased to take the win. With Mike Lythgoe taking the men's and Legato Racing Team the team gold it was a fantastic morning's racing for all of us. My thanks to Royal Albert Cycling Club and everyone involved in a superbly organised and well run event."*

The VTTA club competition was won by the Legato Racing Team who pipped Team Ohten Aveas by a mere eight seconds, thus gaining revenge for the 2024 result. Legato had both champions in Michael Lythgoe and Deborah Hutson-Lumb, and Steve Loraine and Simon Horsley were joint third in their team, so the officials working out the results were initially puzzled as to why a three-person club team had four people in it!

For John and Lorna Lumley of Scotland Group this was a ride on their local 10 course. They must have been frustrated with their actual time of 24:01, although it did earn them the title of Tandem Champions (with an AAT of 21:19) and update the tandem course record which they already held by 54 seconds. Alex McPhee, also of Scotland Group was first Open class Road Bike with an AAT 25:01.

Many thanks to Alan Wilson and the team from Royal Albert Cycling Club for hosting the event. The HQ was ideal and the after race snacks were wonderful!

SOLOS FINISHING ORDER - VTTA 2025 NATIONAL 10 MILES CHAMPIONSHIP								
<i>(Female in red italics)</i>								
AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
1	Michael Lythgoe	Legato RT	Mids	75	TT	22:57	13	18:23
2	Richard Oakes	Team Ohten Aveas	E Mids	56	TT	19:39	1	18:26
3	Mike Twelves	Team Ohten Aveas	E Mids	61	TT	20:29	4	18:37
4	Chris Dyason	Cambridge CC	E Ang	77	TT	24:19	34	19:14
5	<i>Deb Hutson-Lumb</i>	<i>Legato RT</i>	<i>Mer</i>	<i>60</i>	<i>TT</i>	<i>23:06</i>	<i>16=</i>	<i>19:24</i>
6	Marc Anderson	GTR - Return To Life	Scot	47	TT	20:02	2	19:40
7	Mark Parsons	Lancashire RC	M&NW	55	TT	20:55	5	19:49
8	<i>Liz Ball</i>	<i>Edinburgh RC</i>	<i>Scot</i>	<i>71</i>	<i>TT</i>	<i>26:37</i>	<i>47</i>	<i>19:53</i>
9	Andrew Gallacher	Vanelli-Project GO	Scot	57	TT	21:22	6	20:02
10	Andrew Scott	Musselburgh RCC	Scot	47	TT	20:25	3	20:03
11=	Steven Loraine	Legato RT	Mids	68	TT	23:08	18	20:06
11=	Simon Horsley	Legato RT	NL&L	60	TT	21:50	7	20:06
13	<i>Margaret Mcmillan</i>	<i>Deeside Thistle CC</i>	<i>Scot</i>	<i>61</i>	<i>TT</i>	<i>24:00</i>	<i>31=</i>	<i>20:08</i>
14	Andrew Yule	Deeside Thistle CC	Scot	60	TT	22:03	8	20:19
15	Robert Cowie	Aberdeen Wheelers	Scot	66	TT	23:06	16=	20:26
16	<i>Alison Roger</i>	<i>North Argyll CC</i>	<i>Scot</i>	<i>51</i>	<i>TT</i>	<i>23:32</i>	<i>22</i>	<i>20:43</i>
17	Randle Shenton	Border City Whs CC	Scot	67	TT	23:48	26	20:57
18	<i>Alison Winship MacKay</i>	<i>Team Ohten Aveas</i>	<i>Scot</i>	<i>53</i>	<i>TT</i>	<i>23:54</i>	<i>30</i>	<i>20:58</i>
19	James Muir	Glasgow Nightingale CC	Scot	62	TT	23:03	15	21:02
20	<i>Susan Semple</i>	<i>Legato RT</i>	<i>Mids</i>	<i>59</i>	<i>TT</i>	<i>24:40</i>	<i>36</i>	<i>21:07</i>
21	Alex Mcallister	Ayr Roads CC	Scot	69	TT	24:26	35	21:12
22	Sean Quinn	Law Wheelers	Scot	52	TT	22:06	9	21:19
23	Alastair Semple	Legato RT	Mids	57	TT	22:46	12	21:26
24=	Steven Purdie	Glasgow Green CC	Scot	54	TT	22:38	11	21:39
24=	Allan Duncan	Fullarton Whs	Scot	61	TT	23:31	20=	21:39
26	Rob Vessey	...a3crg	Wssx	61	TT	23:33	23=	21:41
27	Graham Jones	Edinburgh Road Club	Scot	60	TT	23:31	20=	21:47
28	Brian Nicol	Wallacehill CC	Scot	62	TT	23:49	27	21:48
29	Kevin Lackie	RT 23	Scot	62	TT	23:53	28=	21:52
30	Joe Hands	GTR - Return To Life	Scot	45	TT	22:15	10	22:01
31	<i>Jude Paterson</i>	<i>Team Ohten Aveas</i>	<i>Scot</i>	<i>54</i>	<i>TT</i>	<i>25:04</i>	<i>37</i>	<i>22:04</i>
32	Jon Fairclough	Kelso Wheelers CC	Scot	71	TT	25:46	42	22:08
33	Andrew Small	Kennoway RC	Scot	52	TT	23:02	14	22:15
34	Mike Giles	Ythan CC	Scot	59	TT	24:00	31=	22:24
35	Andrew Simpkins	Team Echelon	Mids	71	TT	26:05	44	22:27
36	Lewis Duff	GTR - Return To Life	Scot	52	TT	23:17	19	22:30

AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
37	Scott Maclean	Ayr Roads CC	Scot	54	TT	23:33	23=	22:34
38	George Shanley	Kinross CC	Scot	54	TT	23:42	25	22:43
39	Paul Wynne	Kinross CC	Scot	65	TT	25:17	39	22:47
40	William Bunyan	Team Andrew Allan	Scot	67	TT	25:48	43	22:57
41	Rab Marshall	Team Andrew Allan	Scot	53	TT	23:53	28=	23:00
42	Brian Morrell	Dumfries CC	Scot	65	TT	25:31	40	23:01
43	Alexander Munro	SVTTA	Scot	91	TT	33:23	55	23:03
44	<i>Esther Hamill</i>	<i>Dumfries CC</i>	<i>Scot</i>	<i>48</i>	<i>TT</i>	<i>26:16</i>	<i>45</i>	<i>23:33</i>
45	<i>Elizabeth Wisdich</i>	<i>RT 23</i>	<i>Scot</i>	<i>48</i>	<i>TT</i>	<i>26:23</i>	<i>46</i>	<i>23:40</i>
46	Andy Delaney	Northumbria Police CC	North	56	TT	25:06	38	23:53
47	Jimi Harrison	Dundee Thistle	Scot	42	TT	24:10	33	24:05
48	Oscar Marletta	VC Glasgow South	Scot	57	TT	25:35	41	24:15
49	George Skinner	Royal Albert CC	Scot	79	TT	30:05	52	24:26
50	James Robb	Deeside Thistle CC	Scot	68	TT	27:35	49	24:33
51	Alex Mcphee	Dooleys RT	Scot	63	RB	27:11	48	25:01
52	<i>Gail Paterson</i>	<i>Newton Stewart Tri Club</i>	<i>Scot</i>	<i>45</i>	<i>TT</i>	<i>28:22</i>	<i>51</i>	<i>25:43</i>
53	Steve Donaldson	Fullarton Whs	Scot	63	TT	28:06	50	25:56
54	<i>Jennifer Nicol</i>	<i>Velo Club Vitesse</i>	<i>Scot</i>	<i>67</i>	<i>TT</i>	<i>31:33</i>	<i>53</i>	<i>26:11</i>
DNS	David Pritchard (Kennoway RC), Ian Dobbie (West Lothian Clarion), Tony Scott (GTR - Return To Life)							

TANDEM FINISHING ORDER - VTTA 2025 NATIONAL 10 MILES CHAMPIONSHIP							
AAT Pos	Name	Club	Group	Age	Act. Time	Act. Pos.	AA Time
1	Lorna Lumley	Ayrodynamic Tri Club	Scot	57	24:01	1	21:17
	John Lumley			64			
DNS	Allan Maclean & Isobel Fletcher (VC Glasgow South)						



*Tandem champions
John & Lorna Lumley*



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Closely Fought Skirmishes in Kent VTTA National 30 Miles Championship Sunday 27th April 2025

NEC Representatives: Ian Greenstreet & Rachael Elliott

Who would triumph amongst the women in the VTTA National 30, as Jen Clegg (Team Bottrill) and Sarah Matthews (...a3crg) went head-to-head? Neither had yet won a VTTA champion's jersey but Sarah has got two UCI World Master's ones. Starting 5 minutes after Jen but being 6 years younger she knew where she had to make the catch and then had to leave her by a further 1m 15s to take the win.

Cool, still conditions greeted the 51 riders on the start sheet, 34 of whom were vets competing for our 30 mile national championship, on the flat, single-carriageway Q30/3 course in Hamstreet, Kent. The early start meant mist threatened to cover the course and make conditions difficult for riders, but it soon evaporated and, by the end of the event, a glorious summer day was firmly installed.

The first riders to reach the timekeeper were the tandem pairing of Ian Greenstreet and Gwen Kinsey (Newbury Velo CC). The pair were competing in their first open event together and after a lonely ride off the front of the main field they secured first place as Tandem Champions with an age adjusted time (AAT) of 1:2:42 (actual time 1:9:38).

Although the women's field was fairly small, the cream of the crop was still very much in attendance. There was a standout performance from Jen Clegg (Team Bottrill) who, despite blowing away the competition in other VTTA events and setting national age records, had yet to win a championship title. Today ended that, and she claimed her first national title with a ride of 1:19:23 and a stunning AAT of 58:17. Her performance was also the best AAT in the whole competition, beating all the men, as also did Sarah Matthews (...a3crg), who battled hard and rode an equally impressive 1:13:37 for 58:45 AAT for silver, while Jacqui Lane (Eastbourne Rovers CC) took the bronze medal with an AAT 1:15:20.

Jen reflected on her ride, *"A preview on the VTTA website a few days before had electrified me.*

"A good field of riders will compete for the titles With defending champion Linda Dewhurst choosing not to ride this time, a new champion will be crowned. Of the female entries look out for 64-year-old Sarah Matthews (...a3crg) and 71-year-old Jen Clegg (Team Bottrill)"

"With a very early start, I booked a B&B and arrived the evening before, driving the course to check corners, hills and potholes. Q30/3 is dead straight, wide with smooth tarmac, and lime-green willows protect it from side-winds. Initially flat, it climbs up to the roundabout turn at about 13.5 miles, dangling the prospect of a long downhill and a flat finish. Despite a total of eight roundabouts it promised an exciting ride.

"Sarah arrived at the HQ soon after me and parked near, so we could chat about the tantalising preview. A bike-fitter once told me I did very well for somebody with such little legs, so I can't help envying Sarah's long levers!

"At 7.09 it was a misty and chilly start. My coach, Matt Bottrill, had got me there in good condition and my strength and conditioning trainer's new glute warm-ups replicate some I saw Tadej using before a time trial, which definitely increased my faith in them.

"I survived all the potential hold-ups (a railway crossing, a pedestrian light, traffic turning into a car boot sale) without incident, and the Kent marshals kept us safe. I was encouraged by overtaking more folk than vice-versa, but inevitably Sarah passed me about 3 miles from the end. There was a roughly 7-minute difference in our respective AAT subtraction, and she had set off 5 minutes after me, so we each rode on trying to calculate what that meant for whom. I thought she had it but the age record was on, so buried myself from the '1 mile to go' sign, finishing in 1:19:23. I did get the age 71 F record for 30m, but also beat my Spindata prediction by 5 minutes, and won the female champion's jersey and the overall win on AAT. I have been second and third before – but found that coming first at a VTTA championship is different. An astonishing range of people have celebrated it warmly with me – not least Sarah. It's been very special."

The open classification was a closely contested race of local riders, with the first three riders finishing just over a minute apart. However, it was Peter Main (34 Nomads CC), the only rider in the open category who clocked a sub-hour performance on AAT, who took the championship win in 59:45. Nick Wilson (Rye and District Wheelers) put in a strong ride for silver with an AAT of 1:00:25, with tricycle-rider Mark Vowells (San Fairy Ann CC) just over 30 seconds back taking bronze with an AAT of 1:00:58.

Peter Main had been an outstanding rider in his younger days, but had 20 years out of the sport, before returning in 2021. However he proved that he can still deliver a good result, as he says here:

"Being an April event I knew I needed to get my racing legs early. So 'Clive's Killer 25' was my start to the season; I didn't ride 100% so was really pleased with the result. Feeling optimistic, then I got sick. I couldn't finish the circuit race at Hog Hill and two weeks before the VTTA 30 I was too ill to start the Charlotteville 25 and the Sydenham 10 on the Q10/19. I won last time I raced on the Q10/19 in 1999 so was really disappointed to DNS. The weekend before the 30 I had entered the Crawley 42 and Brighton Mitre hilly 25 that finishes at the top of the Devils Dyke. Not wishing to DNS again I decided to just get round at my own pace. As it turns out this was about 21 mph, so not great.

"Championship day arrived and with a 3am start and an attempt to eat something before the 2-hour drive. Nick Fennel was in the car park when I arrived - a classy rider and nice guy, but not a veteran yet thank goodness. My warm up on the turbo was a disaster. The rear QR slipped out of the clamp and the tyre rubbing on the of the roller wore a groove in the sidewall. I really thought it would blow out on the first pothole but didn't want to face the drive home without trying, not to mention the names Stuart Hourigan would call me. I was already under orders to not ride like a twit (well almost that word), so I lined up to start full of apprehension. But once underway I just got on with it and rode reasonably well. To say I was pleased with the result is seriously to understate matters. A good course, lovely weather, superb organisation, and a great atmosphere. What a fantastic day it turned out to be, probably my most satisfying win!"

Meanwhile, the club team victory went to Legato Racing Team with an impressive combined AAT of 3:10:27, thanks to strong rides by Mark Hamer, Steve Loraine, and Simon Horsley. The team

deserves additional praise for doubling up on their 10-mile championship team win in Scotland just a week ago.

In the group team competition, it was a home win with the Kent Group taking the gold medals with Mark Vowells, Anthony Westwood and Mark Hill counting for the win with a combined AAT of 3:07:27.

Overall, the close results made for some fierce competition and an excellent day's racing in Kent! However, the real champions of the day were Simon Henderson and the team from Kent VTTA. They put on a first-class event, with marshals and helpers ensuring the event was one to remember for many years to come.

(Editor's note. Following a decision made at the 2025 AGM the 30 championship is to be replaced by a road bike championship over a non-standard distance from 2026.)



Anthony Westwood, Gwen Kinsey, Nick Wilson, Ian Greenstreet, Peter Main, Sarah Matthews, Rachael Elliott, Simon Horsley, Jen Clegg, Mark Vowells, Steve Loraine, Mark Hamer

AWARD WINNERS - VTTA 2025 NATIONAL 30 MILES CHAMPIONSHIP					
Awards (On AAT)	Name	Club	Group	AA Time	Medal
1st Open	Peter Main	34 Nomads CC	East Anglian	0:59:45	Gold
2nd Open	Nick Wilson	Rye & Dist Whs	Surrey/Sussex	1:00:25	Silver
3rd Open	Mark Vowells	San Fairy Ann CC	Kent	1:00:58	Bronze
1st Female	<i>Jen Clegg</i>	<i>Team Bottrill</i>	East Midlands	<i>0:58:17</i>	Gold
2nd Female	<i>Sarah Matthews</i>	<i>...a3crg</i>	Wessex	<i>0:58:45</i>	Silver
3rd Female	<i>Jacqui Lane</i>	<i>Eastbourne Rovers CC</i>	Surrey/Sussex	<i>1:15:20</i>	Bronze
Club Team Champions	Mark Hamer	Legato Racing Team	Midlands	3:10:27	3 x Gold
	Steven Loraine		Midlands		
	Simon Horsley		N Lincs & Lakes		
Group Team Champions	Mark Vowells	San Fairy Ann CC	Kent	3:07:27	3 x Gold
	Mark Hill	VeloRefined Rule5 Aerosmiths			
	Anthony Westwood	Gravesend CC			
Tandem Champions	Ian Greenstreet & Gwen Kinsey	Newbury Velo	London & Home Counties	1:09:38	2 x Gold



Jen Clegg rode to her first women's championship win



Sarah Matthews fought hard, taking second place



Jacqui Lane was pleased with her women's bronze medal



Peter Main also took his first men's championship win



Nick Wilson took a well deserved second place in the men



Trike rider Mark Vowells - men's bronze medal and led the home Kent Group to the team award



Ian Greenstreet with new tandem partner Gwen Kinsey

30 MILE CHAMPIONSHIP IMAGES BY BARRY ADAMS

Contact Barry by e-mail
Barr313@btinternet.com and he
will provide your photos. In your
message advise your race
number, clothing colours and
cycling club.

SOLOS FINISHING ORDER - VTTA 2025 NATIONAL 30 MILES CHAMPIONSHIP								
<i>(Female in red italics)</i>								
AAT Pos	Name	Club	Group	Age	Mc	Act. Time	Act. Pos	AA Time
1	<i>Jen Clegg</i>	<i>Team Bottrill</i>	<i>E Mids</i>	<i>71</i>	<i>TT</i>	<i>1:19:23</i>	<i>19</i>	<i>0:58:17</i>
2	<i>Sarah Matthews</i>	<i>...a3crg</i>	<i>Wssx</i>	<i>65</i>	<i>TT</i>	<i>1:13:37</i>	<i>13=</i>	<i>0:58:45</i>
3	Peter Main	34 Nomads CC	E Ang	59	TT	1:04:47	2	0:59:45
4	Nick Wilson	Rye & Dist Whs	S/S	61	TT	1:06:20	3	1:00:25
5	Mark Vowells	San Fairy Ann CC	Kent	72	Trk	1:20:06	21	1:00:58
6	Mark Hamer	Legato RT	Mids	50	TT	1:04:34	1	1:02:40
7	Mark Hill	VeloRefined Rule5 Aerosmiths	Kent	57	TT	1:07:08	4	1:02:55
8	Steven Loraine	Legato RT	Mids	68	TT	1:13:03	12	1:03:24
9	Anthony Westwood	Gravesend CC	Kent	59	TT	1:08:30	5=	1:03:34
10	Keith Walker	Wigmore CC	Kent	60	TT	1:09:44	9	1:04:16
11	Simon Horsley	Legato RT	NL&L	60	TT	1:09:51	10	1:04:23
12	Steve Gooch	Rye & Dist Whs	Kent	59	TT	1:09:27	8	1:04:25
13	Tony Ball	Legato RT	Mids	56	TT	1:08:30	5=	1:04:40
14	Malcolm Cox	VC St Raphael	Wssx	57	TT	1:09:04	7	1:04:51
15	Rob Vessey	...a3crg	Wssx	62	TT	1:14:30	15	1:08:07
16	Paul Winchcombe	Chippenham & Dist Whs	West	65	TT	1:16:27	15	1:08:32
17	Dan Shipton	Eastbourne Rovers CC	S/S	48	TT	1:10:36	11	1:09:13
18	Tom Richardson	San Fairy Ann CC	Kent	66	TT	1:18:17	18	1:09:49
19	Mark Cain	Lungs 2 Legs	Kent	49	RB	1:13:37	13=	1:12:34
20	<i>Jacqui Lane</i>	<i>Eastbourne Rovers CC</i>	<i>S/S</i>	<i>50</i>	<i>TT</i>	<i>1:23:52</i>	<i>22</i>	<i>1:15:20</i>
21	James Harris	VTTA (L&HC)	L&HC	46	TT	1:16:42	17	1:15:46
21	Andrew Gibson	Gravesend CC	Kent	56	TT	1:19:36	20	1:15:46
23	Vernon Schutte	...a3crg	Wssx	71	RB	1:32:11	23	1:20:36
24	Mike Perry	Thanet RC	Kent	80	TT	1:44:12	25	1:25:08
25	Chris Parker	Hastings & St. Leonards CC	Kent	69	RB	1:41:44	24	1:31:28
DNF	<i>Joy Payne (VTTA (L&HC) / L&HC)</i> , Chris Lord (Brighton Excelsior CC / S/S)							
DNS	Chris Dyason (Cambridge CC / E Ang), Peter Iffland (Chippenham & Dist Whs / West), Mathew Lister (Thanet RC / Kent), Dave Richards (San Fairy Ann CC / Kent), Liam Maybank (Twickenham CC / L&HC), Lee Williams (FTP Race Team / Wssx)							
TANDEM FINISHING ORDER - VTTA 2025 NATIONAL 30 MILES CHAMPIONSHIP								
1	<i>Gwen Kinsey</i>	Newbury Velo	L&HC	50	Tan	1:09:38	1	1:02:22
	Ian Greenstreet			61				

STOP PRESS

Historic Anfield 100 Hosts VTTA National 100 Championship Monday 26th May 2025

STOP PRESS

NEC Representative : Andrew Simpkins (National Chairman)

This year's National 100 mile Championship was included within the Anfield 100, one of the most historic and prestigious events in UK time trialling. Incredibly the event was first held in 1889 (and won in 7:11:00) and apart from breaks due to World Wars continued to 2019. The club has struggled to run the event in recent years but it started again in 2022 and the VTTA has been pleased to support it as our National Championship this year. VTTA members provided half of the entry of 101 solo riders with eleven Groups represented. Past winners of the event are a record of time trialling greats – Frank Southall, Bob Maitland, Ray Booty, Roger Iddles, Andy Wilkinson, and Gethin Butler amongst others. The Anfield winner this year was Alexander Royle of Manchester Bicycle Club in 3:43:06, who amazingly had ridden the Hounslow and District Wheelers 100 the day before in a very similar time.

The first female was Naomi de Pennington (Drag2Zero) in 3:58:58 actual, the first woman ever to break 4 hours in the Anfield 100 and an outstanding ride on the day. Naomi rejoined the VTTA last year and clearly will be a force to be reckoned with in our future championships. She also took the opportunity at the event to ask the Chairman to explain to her how she can win standards awards! Naomi won the VTTA female championship, the gold medal and champion's jersey, with an age adjusted time (AAT) of 3:28:51. The silver medal went to Christina Murray (Army Cycling) with an AAT of 3:47:06 (actual 4:17:03) and the bronze to the evergreen Kath Smith (Sleaford Wheelers CC and aged 71) whose actual time of 5:14:59 gave her an AAT of 3:52:25.

In the VTTA Open classification another 70+ rider took the gold medal and champion's jersey, Mick Stevens (Melton Olympic) whose time of 4:32:00 gave him an AAT of 3:30:58 – a clear indication of what a strong ride he did on the day and a follow up to his win in the 30 mile championship last year. The silver medal was taken by Matthew Uttley (Team Bottrill) with an AAT of 3:36:52 and an actual 3:44:28, which was also the third fastest on the day. The bronze medal went to Peter Younghusband of VTTA Wessex, the 2023 100 mile champion, with an AAT of 3:38:55 (actual 4:01:04).

East Midlands Group continued their run of strong championship performances by taking the Group team award with their three solo medallists of Mick Stevens, Matthew Uttley and Kath Smith. The Club team award went to the local team of Graham Weigh Racing – Deeside Olympic, and its Merseyside Group members of Alan Broadbent, Barry Murphy and Doug Pickering.

Our grateful thanks to Peter Catherall, the event organiser, and his team of helpers and marshals and also to the West Cheshire TTA, for their support of the event. Particular thanks also to Phil Guy, Merseyside Group, who did a very long shift at the HQ, including working with the Chairman on the results, and to Mandy Squire who also deserved a medal for the quality and quantity of refreshments provided on the day.

SOLOS FINISHING ORDER - VTTA 2025 NATIONAL 100 MILES CHAMPIONSHIP								
<i>(Female in red italics)</i>								
AAT Pos.	Name	Club	Group	Age	Mc	Act. Time	Act. Pos.	AA Time
1	<i>Naomi de Pennington</i>	<i>Drag2Zero</i>	<i>Mids</i>	<i>48</i>	<i>TT</i>	<i>3:58:58</i>	<i>5</i>	<i>3:28:51</i>
2	Mick Stevens	Melton Olympic CC	E Mids	75	TT	4:32:00	18	3:30:58
3	Matthew Uttley	Team Bottrill	E Mids	50	TT	3:44:28	2	3:36:52
4	Peter Younghusband	VTTA (Wessex)	Wssx	60	TT	4:01:04	8	3:38:55
5	David James Williams	Velotik Racing Team	Mer	46	TT	3:46:20	3	3:42:37
6	Marcel Schubert	Zurbaran Racing	North	43	TT	3:44:18	1	3:42:46
7	<i>Chris Murray</i>	<i>Amy Cycling</i>	<i>Wssx</i>	<i>48</i>	<i>TT</i>	<i>4:17:13</i>	<i>12</i>	<i>3:47:06</i>
8	Greg Elwell	VTTA (Yorkshire)	Yorks	51	TT	3:58:28	4	3:49:44
9	Christopher Riley	Paramount CRT	Mer	57	TT	4:07:27	11	3:50:26
10	Alan Broadbent	Deeside Olympic	Mer	51	TT	4:00:16	7	3:51:32
11	<i>Kathryn Smith</i>	<i>Sleaford Wheelers</i>	<i>E Mids</i>	<i>71</i>	<i>TT</i>	<i>5:14:59</i>	<i>33</i>	<i>3:52:25</i>
12	Colin Parkinson	South Western RC	E Mids	63	TT	4:20:27	13	3:52:26
13	Jonathan Mills-Keeling	Aerologic RT	Mer	52	TT	4:04:29	10	3:54:33
14	<i>Joanna Cebrat</i>	<i>360cycling</i>	<i>M&NW</i>	<i>46</i>	<i>TT</i>	<i>4:25:23</i>	<i>15</i>	<i>3:56:02</i>
15	Barry Murphy	Deeside Olympic	Mer	45	TT	3:59:51	6	3:56:55
16	Mick Flaherty	Seacroft Whs	Yorks	63	TT	4:26:38	16	3:58:37
17	Andrew Walsh	Audax UK	E Mids	46	TT	4:02:56	9	3:59:13
18	Arthur Winstanley	Liverpool Century RC	Mer	68	TT	4:45:45	26	4:06:05
19	<i>Angela Hannon-Flaherty</i>	<i>Seacroft Whs</i>	<i>Yorks</i>	<i>56</i>	<i>TT</i>	<i>4:43:09</i>	<i>22</i>	<i>4:06:14</i>
20	<i>Gretchen Zoeller (C5)</i>	<i>Born to Bike</i>	<i>Yorks</i>	<i>46</i>	<i>TT</i>	<i>4:43:27</i>	<i>23</i>	<i>4:14:06</i>
21	Paul Russell	Springfield Financial RT	NL&L	58	TT	4:33:21	20	4:14:42
22	William Hayes	Velo Club Long Eaton	E Mids	48	TT	4:22:03	14	4:16:31
23	Jez Willows	Sherwood CC	E Mids	59	TT	4:39:25	21	4:19:04
24	<i>Emma Bexson</i>	<i>Stratford CC</i>	<i>Mids</i>	<i>50</i>	<i>TT</i>	<i>4:52:27</i>	<i>27</i>	<i>4:21:16</i>
25	Paul Winchcombe	Chippenham & Dist Whs	West	65	TT	4:56:23	30	4:24:01
26	Richard Bowditch	Congleton CC	M&NW	50	TT	4:32:07	19	4:24:31
27	Mark Fenn	Shropshire CCA	Mer	48	RB	4:30:07	17	4:24:35
28	Doug Pickering	Deeside Olympic	Mer	52	TT	4:43:50	24	4:33:54
29	<i>Gail Lowe</i>	<i>Congleton CC</i>	<i>M&NW</i>	<i>56</i>	<i>TT</i>	<i>5:12:45</i>	<i>32</i>	<i>4:35:50</i>
30	<i>Helen Tudor</i>	<i>Oswestry Paragon CC</i>	<i>Mer</i>	<i>56</i>	<i>TT</i>	<i>5:17:18</i>	<i>35</i>	<i>4:40:23</i>
31	James Meldrum	Liverpool Century RC	Mer	45	TT	4:44:27	25	4:41:31
32	Paul Charlie Edwards	Liverpool Century RC	Mer	53	TT	4:53:38	28	4:42:25
33	Stuart Day	Crewe Clarion Whs	N Mids	53	Trk	5:15:20	34	4:43:00
34	Loz Hewetson	Bristol Road Club	West	50	TT	4:56:24	31	4:48:48
35	Nick Higginson	Cleveleys Road Club	NL&L	45	TT	4:54:37	29	4:51:41
36	<i>Nik Rorke</i>	<i>Exeter Whs CC</i>	<i>West</i>	<i>55</i>	<i>TT</i>	<i>5:37:47</i>	<i>37</i>	<i>5:02:09</i>
37	Roger Squire	Fibrax Wrexham CC	Mer	56	TT	5:24:06	36	5:08:39
38	Ashley Kirkham	Wrekinsport CC	Mer	48	RB	5:51:54	38	5:46:22
39	Geraint Catherall	Anfield BC	Mer	51	TT	6:18:26	39	6:09:42
DNF	<i>Theresa Taylor (Springfield Financ'l RT), Cliff Degraff (VC Cumbria), Gary Chiverton (Bournemouth Jubilee Whs)</i>							
DNS	<i>Ian Peacock (Leek CC), Mike Walker (Congleton CC), Janet Fairclough (Liverpool Phx CC (Aintree)), Samantha Howard (Liverpool Century RC), David Nichol (Ferryhill Whs), Philip Kennell (Zurbaran Racing), Andrew Gallacher (Vanelli-Project GO), Roger Sheridan (Nopinz)</i>							



**100 Championship
Solo Medal Winners**

Top left - 1st man
Mick Stevens

Middle left - 2nd man
Matthew Uttley

Bottom left - 3rd man
Peter Younghusband

Top right - 1st female
Naomi de Pennington

Middle right - 2nd female
Chris Murray

Bottom right - 3rd female
Kath Smith

Images by
Kimroy Photography



VTTA Appreciation Award: The First Recipient

VTTA Wessex and the National Executive Committee take great pleasure in bestowing the first VTTA Appreciation Award to Mary Corbett of Wessex Group.

Mary joined the VTTA over 27 years ago on her 40th birthday. Since then she has made an impact on the sport as a group and national administrator, event official, organiser and charity fundraiser. She has been, and remains, an active competitor and has gained a plethora of group and national age records during much of this time, despite struggling with a debilitating illness in more recent years. Her commitment to our sport knows no bounds and truly epitomises our "Competitive cycling for life" philosophy.

She came rather late to cycling, having sustained a serious back injury playing hockey and then running a marathon shortly after. For many months she was hardly able to walk and her future looked bleak. During her physiotherapy she was advised that cycling could aid her recovery, so although she had only ridden a bike to the shops she joined the local Sotonia Cycling Club. Gradually this activity helped her to recover and opened up many new opportunities for her.

Riding tandem with Norman Harvey, Mary achieved her first national age record in the Mersey Roads 24 hour event. Since then she has broken or set 45 national age records, of which 21 are still current. In addition to those she has broken or set 51 Wessex Group records, 36 being still current. Although most of the tandem records have been set with Norman there have been several other partners. Her records have been set on solo bike, solo trike, tandem bike and tandem trike, one being an all-female tandem bike record. In all a total of 96 records, 57 remain current, which is a significant achievement.

In 2013 Mary was struck down with severe Myalgic Encephalomyelitis (ME), which is a cruel and brutal illness for which there is no treatment and no cure. For many months she was barely able to perform basic tasks, spending many dark days housebound and cocooned in blankets on the sofa. Meals had to be provided, and her staff worked extra hours to keep her accountancy firm going.

Undaunted by this setback, Mary stepped forward when, in 2014, Ken Blowe relinquished his role of running the Wessex Group almost single-handedly, because of ill health. At that time, it was thought that with no-one coming forward to take on the various committee roles the future of the Wessex Group looked tenuous. However, a small team was set up with Mary as treasurer, an office which she still holds.

In 2017 Mary also took on the role of National Treasurer until a replacement could be found; she held that office for three years and was instrumental in implementing new financial management systems when the website based National Online Membership System was launched in 2018.

Whilst at her lowest mental and physical state due to ME Mary decided that at some future date she would compete again and her ultimate aim was to complete a 12 hour time trial. By

determination and tenacity, she started on the long road to recovery. There were, and still are, many setbacks but 8 years later she and Norman completed the CC Breckland 12 on their tandem, although to this day Mary must endure “pay-back” after such strenuous activity.

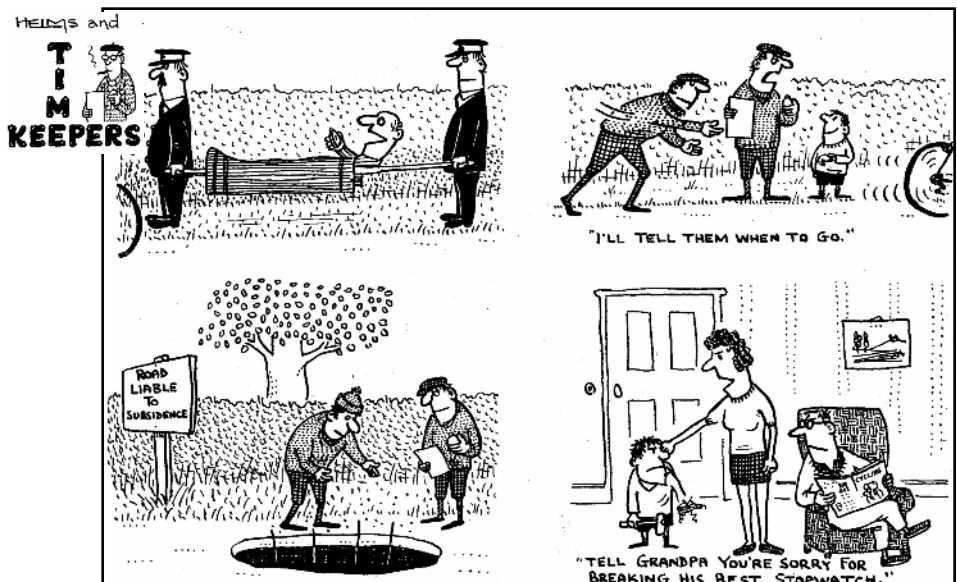
When Mary began to regain her strength, she decided to raise funds for research into ME and set up the “Tandem Tart Challenge.” The idea was for her to race on a tandem with different partners, some as pilots and others as stokers. Her first partner was in 2016; since then she has ridden with over 80 partners and recently topped the £20,000 fund raising threshold. Shortly after his retirement from World Tour racing Jens Voigt piloted Mary on her tandem bike and several years later was her stoker on the tandem trike.

As an extension of the fund raising Mary also promotes the “Tandem Tart Open 10” on P164 in the New Forest. In 2023 by persuasion and bullying she received an entry of 141, which included 28 tandems and this during a year when entries were at an all-time low. One of these events included the Wessex Group Championship. The Tandem Tart Facebook page now has 10,000 followers.

Mary qualified as a full timekeeper many years ago and has officiated at many time trials, including CTT and VTТА National Championships.

To sum up; 27 years VTТА membership, 11 years as Group Treasurer, 3 years National Treasurer, many occasions as chief timekeeper at VTТА and Open events, and an extensive wide-ranging participation in VTТА events. Added to her efforts in raising awareness of ME and funds for research into it, Mary is a true ambassador for the sport of cycling time trials.

Thanks to VTТА Wessex Group for this text.



Thanks to the late Johnny Helms and Cycling Weekly magazine, in which these cartoons first appeared

NEW GOALS FOR RACHAEL ELLIOTT

Rachael Elliott has recently stepped down from the NEC to enable her to pursue new para-triathlon goals as well as taking up a new job. Ian Greenstreet, who has been Rachael's tandem partner since her stroke, here gives an appreciation of how Rachael has made a remarkable contribution to the sport in the last 10 years



Rachael entered cycle time trialling having been a successful runner in her earlier years, and with a good all-round athletic ability. However her first involvement with the VTTA was when she took on the role of National Secretary in 2014, even before her 40th birthday so unable to be a formal member. She displayed strong administrative abilities and brought with her an unwavering passion, tireless dedication, and a love for the sport of cycling. As an event organiser, Rachael has been instrumental in setting up a new and very successful cycling club, has run countless club and open events, including launching a brand new 12-hour time trial from the ground up — all testaments to her initiative and organisational skills.

But Rachael wasn't just behind the scenes — she was a formidable competitor on the bike. She was selected to ride for the prestigious Drag2Zero team. In addition to numerous wins in club and open TTs, her accomplishments included a silver medal in the 2017 National 25, and she was also part of the competition record-breaking team at both 25 and 50 miles. In 2017, she claimed victory at the National Circuit Championship and went on to break her own solo national 30-mile competition record, with a standout ride of 1:00:34.



Tragically, just before her 40th birthday, Rachael suffered a stroke which led to the partial loss of her vision, only surviving at all due to her outstanding fitness. Yet in true Rachael fashion, she faced this life-altering event with courage and resilience. Refusing to let it define her, she took on a new challenge in tandem cycling — and, once again, excelled. Since her recovery (*and riding as tandem*



stoker to Ian Greenstreet - Ed), she has gone on to win numerous open events and set national age records as well as setting five national competition records, once again proving her extraordinary strength and determination.

Following her stroke fight back Rachael was given the VTTA's Ted Bricknell Memorial Award for 2018 in recognition of her outstanding services to the Association under extraordinary difficult personal circumstances.

Rachael's impact on the sport extends far beyond her personal achievements. While continuing to work full-time, she remains a central figure in the cycling community, only recently relinquishing her role on the VTTA NEC as well as supporting at a local level the CTT West London District and VTTA London & Home Counties committees. In 2019 Rachael was also a founding member of Newbury Velo, where she has held several committee roles including Secretary, Chair, and now Race Secretary. She was instrumental in organising the first-time trial event in the UK following the COVID-19 lockdowns, as well as five national championship events, and numerous open, and club time trials. Newbury Velo has grown to over 300 members and is engaged in all aspects of cycling in line with the original vision for the club.

Her commitment to inclusion and youth development is equally impressive. Rachael's dedication to coaching has led to the creation of a thriving youth programme within Newbury Velo, with over 40 children participating in weekly coaching sessions. Her energy, patience, and enthusiasm have helped foster a love of cycling in the next generation.

Further demonstrating her passion for accessibility in sport, Rachael pioneered the club's tandem project for blind and partially sighted children, working closely with Berkshire Vision. Through this initiative, multiple sessions are now run each year, offering young people the opportunity to experience the freedom and joy of cycling.

Rachael's journey is one of resilience, leadership, and boundless inspiration. At a time when many choose not to help or support the organisation of events, her contributions to the sport and to the community are nothing short of extraordinary.



Time Trialling: Disappointment and the A-Team

How time trialling prepares you for life's difficulties

By Deb Sheridan ...a3crg.

With a little help from my friends

In mid February, in a freak accident, I was blown off my bike by the wind and fractured my hip. I had surgery the next day and I'm now on the long road to recovery. Coupled with the pain came the real disappointment that my season was now delayed or over, even before it started. But time trialling is a sport that prepares you for disappointment from the very beginning.

The fracture I sustained is called a NOFF by the medical team, short for Neck of Femur Fracture. It's a common injury sustained by the elderly and I have had to face the disappointing thought that this now includes me. The treatment is called a Dynamic Hip Screw. It is also common amongst another group I belong to, and that is cyclists. A quick Google search finds a mass of scientific studies for example:

'Hip fracture in cyclists - a six year cohort study at a single large volume trauma centre. Senthooan Kanthasamy et al Injury. 2021 July.'

The trauma centre referred to is Addenbrookes Hospital, which coincidentally is where I ended up following being knocked off on the E2 in 2020.

Time trialling and disappointment go hand in hand. Most athletes start at a club event, which will likely be a 10 mile TT, typically ridden on a summer evening and frequently ending in the disappointing realisation that you are not as quick as you thought you were. To some extent I was spared this disappointment because I came to TT from triathlon, so I had a pretty good idea of how quick I could ride 20km, so when I just scraped under 28 minutes for 10 miles I was not unduly surprised, but still disappointed.

The first victim of this disappointment was the bike. I had been riding a road bike with clip on aerobars, something that is still common in triathlon today. Clearly that wouldn't do. Norman Stadler had won Kona on the Kuota Kalibur and my local bike shop was a Kuota dealer, and so the Kalibur was ordered and arrived, complete with a new level of disappointment. I wasn't actually that much quicker, well not initially as I realised TT bikes are not easy to ride.

Other things needed to change, and that brings me to training. In the past if you were in a cycling club then training and coaching most likely came from one of the elder statesmen of the club who would offer advice and regale you with stories of Alf Engers, Beryl Burton, the Emperor (Eddie Adkins), or in my particular case tales of Stuart Dangerfield. At the time I had no idea who any of these icons were and the training advice seemed to involve just riding hard all the time. More disappointment.

Then I found a coach, to be exact Eamonn, my husband found him. Joe Beer (www.jbst.com) is a well respected coach and author. I have worked with Joe since I was a triathlete. We talk every

week now and the plan is constantly updated. Joe leads me to success and makes sense out of all the noise. Time trialling is full of noise these days. There's the training apps like Training Peaks and Golden Cheetah and Zwift. Predictive apps like Spindata and My Windsock. Recording apps like Garmin Connect and Strava. Not to mention the whole alphabet soup - FTP, TSS, HRV, HR, IF, CdA, VO2max, Watts per kg, sweet spot, tempo and so on. More importantly Joe is supportive and helps me deal with the inevitable disappointment that comes with racing against the clock and my current and past injuries.

Time trialing and disappointment go hand in hand, so why do I do it? Well to quote George Peppards character 'Hannibal' in the 1980s TV show the A-Team, *'I love it when a plan comes together.'*

The plan came together when I rode a 58 on the R25/7, a 23 on a summer's evening on the P881, a silver medal at UCI Gran Fondo Trento and a bronze at the VTTA 50 last year, or any event when I feel the preparation has gone well and I couldn't have given any more regardless of the time. The plan doesn't come together very often, but when it does the disappointments fade into the background, though I know they will return.

At the moment I need to focus on walking without my stick and I will have to make do with helping with the sign-on and the numbers at round one of the ...a3crg Goodwood time trial league and enjoying the company of my friends and team mates at ...a3crg, the other ...A-Team! It's nice to give something back and everyone in the team is really supportive. We hand out chocolates to the juniors when they sign back in and it's refreshing to see their excitement. I'm hoping that I may be able to enter one of the later rounds - ride, but not really race, and if that happens the plan will have come together again.

Derek Hodgins - An Amusing Anecdote

By Ken Workman

Whilst Derek was a proud member of the Stockport Clarion, he agreed that some of his relatives had been Manchester Wheelers' members. He related to me of riding an event on the Isle of Man when his bike suffered mechanical trouble on a remote part of the island. Unable to fix it, Derek was sat on the verge wondering what to do, when a car drew up and the driver kindly offered to convey him back to civilisation.

Once the bike was stowed, the two men introduced themselves and it transpired that Derek's benefactor was none other than the famous Jack Fletcher, the very wealthy businessman whose company, Trumanns Steel, sponsored Manchester Wheelers.

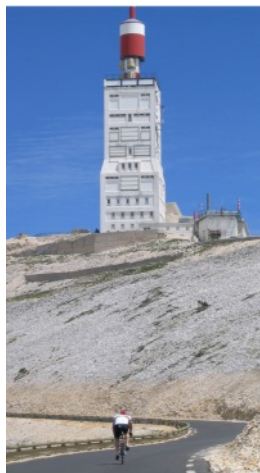
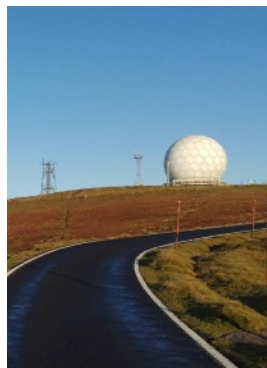
When they had settled in the car on the drive back, Jack Fletcher asked if Derek was related to two former Wheelers' members, one of whom had been a Club President. Derek agreed that 'yes', they were his father and an uncle. This prompted JF to ask why Derek himself hadn't joined the Wheelers'. "Mr. Fletcher," Derek responded, "I am a working man, and I'm proud to be a member of the Clarion Cycling Club, which caters for, and celebrates, working class people." Derek continued that JF then seemed to become more and more exasperated, to the point where he fully expected the car would be brought to a screeching halt and he and his bike would be unceremoniously pitched out into the road.

Cycling Bucket List Climbs: Great Dun Fell Versus Mont Ventoux

By Malcom Cox

As I grow older I have found that my enjoyment on two wheels is subtly shifting from the competitive element to experience based riding. Racing is now interspersed with tours / rides that include famous climbs or race routes. Over the last few years I have ridden the Liège–Bastogne–Liège route, some of the Flanders cobbled climbs, the last five sections of the Roubaix cobbles (with a finish in the velodrome), several Alpine climbs during the Marmotte Ultra Fondo, the Alpe d'Huez several times, Mallorca's mountains and many hills in the UK including Great Dun Fell (all the way to the top during an Audax event).

Great Dun Fell is 7.3km in length with an elevation gain of 620m and an average gradient of 8%. It is known as our own Mont Ventoux and it starts from the village of Knock (the Audax event is known as 'Knock Ventoux'). At the very top there is a radar station owned by the National Air Traffic Services (NATS). On normal days you can only ride so far, the road to the very top is private and gated, but fortunately for the Audax event the organiser gains access for the participants to ascend to the very top, and on a clear day you can see for miles (apparently - as the day I rode to the top I found myself in a cloud!). The initial part is tree lined and pretty tough from the get go (and just gets tougher), the scenery gradually becomes barren and more exposed as you progress, the trees give way to snow-poles lining the road, and it becomes very steep as you approach the top (near 20%) and potentially very windy. At the top you have the satisfaction of knowing you have reached the highest point in the North Pennines and highest paved road in Britain.



So how does it compare to Mont Ventoux? Well, as I write this I am on holiday in Provence, France, staying in Bedoin; our gîte is at the foot of Mont Ventoux and the telecommunications tower at the very top is visible, cloud cover allowing. We caught an overnight ferry from Portsmouth to Caen and drove down during the day - it was a nine hour drive. On arrival, I could not wait, we quickly unpacked the car, and whilst my wife went to the supermarket I decided to ride part way up the hill. It was early evening (just after 7pm) and so I had a couple of hours before sunset.

As with previous iconic hills, mountains, stretches of cobbles etc., it felt surreal. The initial few kilometres are very gradual (a lovely opportunity to set a rhythm); from the base it is around 21kms to the summit (and 15kms to Chalet Reynard). I had the road to myself, there were very few cars and no other cyclists. After around 6kms the road turns sharply to the left and the gradient increases, it is essentially like this now till Reynard, with no real respite. As the climb progresses the temperature

drops, there are various features that have now become familiar (at the time of writing I have climbed this hill eight times) - the tall wooden statue of a woodsman and his dog, the traveller's shelters, the neatly manicured bushes, the large litter bins positioned for cyclists to drop their gel wrappers in without stopping, a couple of steep hairpins and then Chalet Reynard.

At Chalet Reynard you leave the trees and a barren landscape starts; you can now see your objective, weather allowing, the telecommunications tower at the top. At this point the plan was to turn back and get home before dusk but with only 6kms to go I pressed on. It was getting pretty chilly now but at least the gradient became easier for a while. At this point the view was fantastic, the sun was low and the top was visible, I had the road to myself and the finish was in sight. I rode past the Tommy Simpson Memorial, the gradient now picks up again as I rode to the finish. It is really atmospheric at the top and on a clear day the view is fantastic.



At this point I took a few photos, donned the rain cape and started for home; the light was fading so I switched the lights from day mode to constant. You literally do not need to pedal, 21kms all downhill and so cold, by the time I reached the gite I was frozen (and I had a vest, LS top, 3/4 tights, over-socks, rain cape and full finger gloves). I thought I had a headset issue as the steering was shaking but it was not the bike, it was me shivering!

So how does the Great Dun Fell compare, well it has many similarities, the radar station at the top, the super smooth road surface, the relentless gradient, the tree lined start and barren finish, the weather conditions at the top (windy and often in cloud), essentially a scaled down version of Mont Ventoux.

However Great Dun Fell only has one road in and out, Mont Ventoux has two with a further option at Chalet Reynard. This gives three possible ascents and there is a challenge called "Club des Cinglés du Ventoux" which translates into English as the Mont Ventoux Crazy Club! You have to tackle each of the ascents (in any order) in the same day, which I did. I tackled the Bedoin ascent first, and then descended into Malaucene (this road is currently closed to traffic - due to open again soon - but this did mean it was very quiet this side - just cyclists and walkers), turned in the town and started the ascent from the north side. I have read that the Bedoin ascent is considered the toughest and this is the option often used in the Le Tour, to me the Malaucene ascent felt just as tough with several very long steep sections, but there are some wonderful views. Once back at the top you descend down to Reynard and take the road to Sault, this is the longest road but also the easiest, with less severe gradients; at the base you are in lavender country. You turn tail in Sault and start the gradual climb back to Reynard and then on to the summit. With the climbing over you finally descend back down to Bedoin. For me, it was 7 hours in the saddle, around 85 miles and 14,600 feet of climbing and a great sense of achievement.

I have another week to go and plan to tackle the 'windy mountain' several more times before we leave. I find that each morning I leave the gite with a carefully planned route in the Garmin only to bin it and ride up the mountain the again - the Ventoux is calling, and I must go!

Editor's note - If you have done this triple ascent of Mont Ventoux in a single day and are a member of the "Club des Cinglés du Ventoux" go to our VTTA Facebook page and add your name. Malcolm is certainly not the only VTTA member to have done this, so let's read about your experiences.



EAST ANGLIAN

Dominic Whitehead

This winter brought about several changes to the running of VTТА East Anglian. Some would suggest that we have gone from the sublime to the ridiculous, with the replacement of Andy Grant (retired headmaster) by me, Dominic Whitehead (retired naughty schoolboy), as contributor to this magazine but we also Shanghai'd- sorry- elected, a new Chairman to replace Andy, whilst the gentleman in question wasn't even at the meeting. Still, we welcome Paul Wright to the role. The subsequent attempts to get the new committee all in the same room at the same time have been like playing bagatelle on a wobbly table, but we will get there eventually. With Cambridge in our area, we can still proudly boast one Emeritus Professor in the mix! Therein lay an amusing exchange between him and our treasurer at our early spring committee meeting, where the missing £2.17 in our otherwise healthy accounts gave rise to a "Jackie Weaver" moment that made me wish I had a grasp of mobile phone camera technology. Never let it be said that committee meetings are boring!

Sadly, not just our district, but the whole VTТА has lost a Titan with the passing of Merv Player (obituary elsewhere in the magazine). Merv was one of those rare stalwarts of the sport who was both a gentle man and a gentleman. His funeral was recently held in Knebworth and VTТА EA was represented by Chris Dyason, Ken Platts and John Golder. I have, in my mind, an image of Merv at the Golden Gates, looking down on proceedings, wryly muttering something about "Hear no evil, See no evil and Speak no evil". He will be sorely missed for his work for our sport, but equally for his unflinching good humour.

Out on the road, things have been a little more smooth. There have been early signs that we will give a good account of ourselves in 2025. Chris Dyason (Cambridge CC) has made remarkable post-op

progress and posted a very respectable 24:19 in the National 10 to just miss out on a medal. Peter Main (34 Nomads) came good at the National 30 with an actual 1:04:47 (59:45 AAT) to take the title and give us our first champion of the season.

Ian Short (CC Sudbury) has posted wins in both the Newmarket and Colchester 10s, a second in the CC Sudbury Hilly and third in the Stowmarket Hilly. I dread to think what damage he might do to the rest of us when he hits the flat, faster courses.

Last weekend, the Leo 30, which incorporates our championship, took place on the less fashionable but occasionally quick E33 course and Paul Pardoe (Peterborough CC) finished in a creditable 1:03:25. That gave him a share in the Herbie Neville Trophy along with Karen Aylen (Shaftesbury CC)

Keith Dorling (Team Bottrill) rode to a modest placing in the Finsbury Park Spoco 25 on the less than less fashionable Guilden Morden course but since, as he will readily tell anybody who is listening, nobody trains harder than him and God help the rest of us when he does!

It will be interesting to see how the rest of the season pans out here in East Anglia with the loss of so many fast flat courses. Having had the E2 restricted for several years and the F1 courses further disrupted by work at Black Cat, we are now being hampered by the A428 upgrade, which has taken out the F2A courses, which proved very popular for several seasons. The compromise courses we have are not as quick, unless you happen to be one John Archibald, who screamed round the cobbled-together 15 course in what is likely, when ratified, to be a new competition record.

Well, that's it for my first contribution and I expect the retired headmaster, when he reads it, might well get the red pen out and suggest, as I heard so often in the past, "Dominic can do better!"

EAST MIDLANDS

Jennifer Clegg

East Midlands Riders at National VTTA Champs

10 Mile Championship near Glasgow on WW10/03: congratulations to Richard Oakes for coming second on AAT with 18:26 (19:39 actual) and Team Ohten Aveas teammate Mike Twelves third in 18:37 AAT (20:29 actual).

30 Mile Championship in Kent on Q30/3: I (Jen Clegg, Team Bottrill) secured the Female 30-mile National Champion's jersey and was fastest rider on AAT overall with 58:17.

The remaining 2025 championships are listed in the VTTA Handbook, there are still plenty to go for. The Northern Closed Circuit 10 championship at Croft on 18th June draws a small number of talented East Midlands riders, but you will be equally welcome at the Southern championship at Goodwood one week later, 25th June.

Group Events

Melton Olympic CC 10, Saturday 12th April, A10/3

This season-opener ran in exceptional conditions, with a favourable wind resulting in a new course record and 11 riders inside 20 minutes! In addition, out of a field of 98 we had 94 finishers which must be a record. Results: Fastest open category rider was Yorkshire Group's 40-year old newest member Adam Duggleby (Addform Vive le Velo) in 17:32; fastest female was Poppy Cooke (Calder Clarion) in 22:31; fastest vet on AAT Richard Oakes 17:24; fastest road bike Lee Spiers (Army Cycling) 22:08. Fastest team were Team M I Racing Townsend, consisting of David Mead, Joe Murray and Simon Law.

Sean Vincent Memorial 10, Saturday 26th April, A10/3

Conditions were pretty amazing, with a light SW wind resulting in almost everybody beating their Spindata predictions, with many course and lifetime PB's achieved. This event was a fund-raiser so it had no prizes. Well done to Richard Oakes (Team Ohten Aveas) fastest on actual time and AAT, ahead of Jack Levick (Rose Racing), 29 years his junior, on time and to teammate Mike Twelves on AAT. Alison Winship-MacKay (Team Ohten Aveas) was fastest female on time; East Midlands treasurer Kathryn Smith of the

Sleaford Wheelers was fastest female on AAT, from Lindsay Clarke (Fenland Clarion CC).

All proceeds went to TOGETHER AGAINST CANCER in memory of Sean Vincent: time triallist and track cyclist, family man, designer and artist, taken by prostate cancer far too young. Organiser Colin Parkinson reported that over £1000 has been raised so far. He will continue to run book sales at East Midlands events to boost the amount, and urges people to donate online by visiting: <https://www.togetheragainstcancer.org.uk/>

Jack Watts 25, Saturday 17th May, A25/33

70 riders entered this new rolling course, slightly further down the A46 to avoid roadworks at the Farnon RAB. Organiser Russ Gent had wondered whether it might be quicker: the addition of a third climb in the first half could be counteracted by losing the final 2 miles on a poor road surface. Thanks to the experienced team of marshals, nobody took a wrong turn. On a slightly sultry afternoon some found the breeze a relief, while others complained of a mean headwind on the return leg. Times were close to previous years, headed by a storming open category ride from Thomas Lee (Team Bottrill) of 47:41. Denise Burrows (Aerocoach) was fastest female in 1:01:25; Simon Warren (Norwood Paragon) fastest road bike in 57:53; Jen Clegg (Team Bottrill) fastest AAT of 47:13. Thomas Lee, Ben Williams and Matt Uttley (Team Bottrill) took the team prize. Sue Semple and Mick Stevens had almost returned to form after injury, both taking second places.

Forthcoming events, to be reported in the September Veteran:

Ivan Mahon 25, Saturday 31st May, A25/33

Bert Christian 25, Saturday 16th August, A25/33

Sherwood CC leading the trend to TTs on road bikes

CTT is promoting Road Bike time trials, so that more cyclists can enjoy competing. Kevin Humphreys has taken his from Yorkshire to most of the East Midlands courses, coming 1st RB at Long Eaton A10/19 in 28:16, and 2nd RB at the A10/3 on 26 April in 26:00. His team mates competed at Sleaford on the C10/10: Tim Baggs came 2nd RB in 25:42 and Jez Willows came 3rd RB in 26:17.

Up and Coming

Matt Uttley, who previously featured in December's East Midlands report, got his first win in 3 years at the Matlock CC 10 in 21:13. He also met his goal of breaking 20 minutes for a 10 regularly by finishing in 19:42 on April 12th and 19:25 on April 26th. As a result, he now has a Spindata flame against his name. It looks like being coached through his first winter season with Team Bottrill is paying off.



Will Hayes (above) opened his account with prize money (£10!) for a 2nd place on the U72 in Gloucester.

There is no doubt more to come from him.

New VTTA Age Records

VTTA National and Group records are published for every distance and every year of age from 40 to more than 90, unless an older rider has gone faster, and for both gender categories and various machine types. Current national records are published in the handbook once a year and continuously updated online; group records are online only, but many of these are more achievable. Check the relevant national and East Midlands records for your age here: <https://www.vtta.org.uk/records> and https://www.vtta.org.uk/groups/records/notts_mids

In the past we were required to submit a claim form. From 2023 any record-breaking time achieved on a solo bike in open competition should have entered the record automatically. However, this process is not entirely reliable, probably because the CTT and VTTA websites have different architectures and get upgraded at different times. So, if you believe you have broken a record check whether it has been

ratified. If it does not appear within say a month, let group recorder Graham Green know: dgrahamgreen42@btinternet.com

For tandems and tandem trikes it is still necessary to submit a claim.

New Members

We welcome Milly Pinnock (Welland Valley CC), Saffron Small (Rugby RCC) and Tony Dineen (VC Lincoln) to East Midlands group.

KENT

Tim Carpenter

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

Bob Giles organised the Group's first event of the season with the '10' on Saturday 22 March on the Isle of Grain course. Mark Vowells (San Fairy Ann CC) was fastest Group member on AAT with 20:44. Mark was riding his "barrow" and did a very respectable 26:49 on actual. Mark wins the Mick Dansie Memorial 10 Mile Time Trial Trophy.

The Group 30 promoted by Simon Henderson incorporated the National VTTA Championship. See the championship report elsewhere. Of our own members Mark Vowells (San Fairy Ann CC) was once again Group fastest on AAT with a 1:00:58 (and was third man and fifth fastest overall on AAT). Mark takes the Charles Robson Trophy.

Mark also led Kent Group to the group team championship win along with Mark Hill (VeloRefined Rule5 Aerosmiths) and Anthony Westwood (Gravesend CC).

This was the second year that the riders turned up and completed our 30 in Kent. No roadworks 2 years in a row now! The event had reasonable conditions for cycling with cool temperatures, light winds and no rain. This was tempered by the mist and high pressure (1027mB) – cold for the marshals. Our thanks go to all the marshals and helpers, without whom we would not be able to ride in Kent on a regular basis.

Special thanks also to National representatives from the VTTA, Ian Greenstreet and Rachael Elliott, who

presented the prizes but also provided a lot of feedback and support in the week leading up to the event.

I have started to pull together the points competition. This is my estimate of the position after five events:

<i>Name</i>	<i>Points</i>
Female Road Bike	
Sally Smith (Medway Velo Club)	3
Open Road Bike	
Rob Kennison (Medway Velo Club)	3
Wayne Baker (Team Echelon)	3
Alan Thynne (Ashford Whs)	3
Vernon Schutte (...a3crg)	3
James MacCarthy (Greenwich Tritons Tri Club)	2
Chris Parker (Hastings & St. Leonards CC)	2
Open Time Trial Bike	
Mark Hill (VeloRefined Rule5 Aerosmiths)	9
Matthew Smith (Gemini BC)	3
Samuel Thienel (Elysium Kalas Race Team)	3
Simon Henderson (Thanet RC)	3
Huseyin Vardal (Gemini BC)	2
Anthony Westwood (Gravesend CC)	2
James Conolly (Hitchin Nomads CC)	2
Toby Raine (Ryedale Velo Club)	2
Dan Shipton (Eastbourne Rovers CC)	1
Andy Robinson (Ashford Whs)	1
Steve Gooch (Rye & District Wheelers CC)	1
Martin Brown (7Oaks Tri Club)	1

Here is a selection of results for Group members.

Kevin Tye won the Finsbury Park CC Spoco '25' on Saturday 12 April with a time of 54:07. This was on the F14/25 course in Bedfordshire.

On the morning of the same day the Sydenham Wheelers Centenary '10' was held on the Q10/19 with Stuart Hourigan (VeloRefined) 19:41 equal 2nd and Martin Kober (San Fairy Ann) 20:44 6th

The next day 10 Group members completed the KCA 10 at Ham Street: 2nd Andrew Meilak 21:25; 5th Mark Hill 21:52; 6th Matt Lister 21:55; 11th Simon

Henderson 22:39; 12th Steve Gooch 22:44; 13th Alex Pearson (Woolwich CC) 22:57 (1st RB); 14th Mark Cain (Lungs 2 Legs) 22:59 (2nd RB); 18th Tim Kingston (GS Invicta) 23:43 (3rd RB); 25th Mike Coulter (Gravesend CC) 27:12; 29th Mike Perry 32:45

It is good to see Mike Coulter racing again for the first time since his accident in the Group 50 last July.

Six Kent Group members finished the Wigmore CC (Bill Philbrook Memorial) '25' on Sunday 4 May on the new Q25/15 (Lenham-Ashford-Charing-Ashford-Lenham). It was obviously a hard morning looking at the times: Andrew Meilak 57:56 2nd fastest and 1st vet on AAT and Mark Hill 59:56 6th with Simon Henderson 1:1:37 7th

In the VTTA London and Home Counties '10' on the F11/10 at Tring on the same day - four Kent Group members finished with Mark Vowells (on trike) 25:15 (9th AAT).

The May 10@10 had to be cancelled - there were three set of roadworks on the course!

We would like to welcome the following new members to the Group: Richard Stead; Keith Walker; Steve Gooch; Simon Read; Denise Mackey and Jonathan Graciano.

Finally the Group lunch is planned for the 7 March 2026 at the Weald of Kent Golf Club

MANCHESTER & NORTH WEST

Barrie Whittaker

The season is now fully under way, with events occurring thick and fast. The weather to date has been kind, with the driest spring for many years, but while the rain has kept away the wind has provided a few 'challenges' during some of the events.

At the time of going to press our area has seen nine events held on the local 'J' courses, being generally what are classed as short or medium distances as defined on the new CTT events site, these being mostly 10-mile and 25-mile events. The exceptions being event number five, a 33-mile mountain time trial and the ninth and latest event, a 50-mile TT, heralding the start of the 'longer distance' events.

Personally, now having become a little more familiar with the new CTT events website I do think that it provides more information relative to each individual event and is becoming more familiar with use.

The first of our M&NW group's five events this season was on Saturday 5th April and incorporated within a Manchester & District TTA 10; this event was held on the single carriageway J4/20. This event saw 60 riders take to the start line with 15 competitors being members of our M&NW group.

In the female section the best placed group member was Gail Lowe (Congleton CC), finishing in third position with a time of 26:34 (actual). In the open road bike section we had two group members competing, with Paul Robinson (Stone Wheelers) finishing in third position posting a time of 25:38 (actual) and in fourth spot Paul Birkin (Buxton CC) recording a time of 26:58 (actual). In the open time trial bike section Alaster Ribbands (Congleton CC) gained a podium position finishing in second place with a time of 21:12 (actual), with his nearest rival in sixth position being fellow club member Richard Bowditch (Congleton CC) posting a time of 22:12 (actual).

The area's opening event of the season was an event promoted by Manchester & District TTA on 22nd March, a 10-mile event held on the J4/20 course. This event was also the opening event of the Season Long Cheshire Points competition. There were 62 riders taking part, with the eventual winner being Joshua Williams {Team Bottrill} posting a time of 20:36. The Group's highest placed rider was Alister Ribbands; his time on actual of 20:49 placed him in third place; completing the top five placings was group member Stephen Dooley (Seamons CC) with a time of 21:39 (actual). In the female event, the group had three riders in the top four: Lynsey Astles (G&B Cycle Team) in 2nd place with a time of 27:42, Jeanette Barber (Seamons CC) in 3rd position with 28:34, and Jacky Taylor (Manchester Tri Club) in 4th place with 31:15. In the open event, two group members from the same club tied for 16th position, Mick Hutchins and Mike Walker, both representing Congleton CC, recorded identical times of 23:10 (actual).

29th March 2025 was the Ron Spencer Memorial 25 mile TT promoted by Warrington Road Club and held on the J2/9 course, in which 46 riders competed for

the honours. In the female event Joanna Cebart (360 Cycling) posted a time of 01:04:54 (actual). The group's highest placed rider in the open category was Alister Ribbands (Congleton CC) finishing in fourth position and posting a time of 54:47 (actual) with group members Steve Dooley (Seamons CC) with a time of 56:32 (actual) and Tony Clarke (Total Tri training) recording a time of 59:53 (actual).

On 12th April the M&DTTA 25-mile Championship event held on the J2/9 single carriageway circuit course around the Cheshire Lanes had 59 riders taking to the start line, six of whom were on road bikes. In the female section the group had three members finishing in podium positions, with Joanna Cebart (360 Cycling) posting a winning time of 1:03:09 (actual) and completing the top three in third place was Gail Lowe (Congleton CC), posting a time of 1:04:24 (actual). In the open event group member Alister Ribbands posted a time of 52:27 to finish in 2nd position.

Buxton CC promoted the challenging mountain time trial on the J8/3x2 and J8/3x3 course, held on Good Friday 18th April and forming a round of the RTTC Classic Series. This promotion has effectively two events, the first being two laps of the 11-mile circuit and a 33-mile event consisting of three laps of the same circuit. The first event over 22 miles, saw 59 riders on road bikes take on the challenging course, with group members Paul Robinson (Stone Wheelers) and James Rees (Audax UK) both recording the same very creditable time of 1:08:54 (actual). In the female event also on a road bike, group member Susan Satchithananda (Crew Clarion W) posted a time of 1:15:46. In the three lap event a total of 5 riders took part with group member Alastair Ribbands riding a time trial machine, finishing in 1:32:30.

Easter Monday 21st April saw an early morning 10-mile event promoted by Manchester Bicycle Club, held on the undulating J10/1 course, a dual carriageway course incorporating three roundabout turns. 36 riders competed in the event with 11 riders being M&NW group members. The road bike category had five competitors with Nick Bailey (Congleton CC) recorded a time of 26:49. The female event saw Gail Lowe posting a time of 25:23 (actual); Lynsey Astles posting a time of 27:48 (actual); Jacky Taylor with 30:31 (actual). In the open event 3 of our 8 riders were

Steve Taylor (Manchester Tri Club) posting a time of 23:00 (actual); Peter Jackson (Macclesfield Wheelers) with a time of 27:39; William Renard (Macclesfield Wheelers) with a time of 30:21.

Saturday 26th April saw the racing back on the J2/9 course with a Macclesfield Wheelers promotion of a 25-mile event, 46 riders started this event with 6 road bike category machines competing. In the female event Gail Lowe recorded 1:04:35; Lynsey Astles recorded 1:12:18. Amongst the group riders in this event Phil Robinson (Janus Road Club) posted 1:00:07 (actual); David Wright (Warrington RC) posted 1:00:43; Stephen l'Anson (Buxton CC) recorded 1:02:10; Nick Welch (Total Tri Training) posted 1:02:17.

Sunday 11th May saw the first of the 'long' events with the Brian Clayton Memorial & 97th Open 50-mile time trial, held on the J4/9 course and organised by Dukinfield CC. The weather was considered good with a warm bright day and not much in the way of wind. The course however was subject to road works, but fortunately the organiser and his team quickly found a short loop around the issue, extending the event a fraction but enabling the it to be completed. Of the 63 riders who took to the start line for the area's first 50-mile event of the season there was 1 trike and 8 road bike machines. The event proved a challenge to both rider and machine with seven failing to finish the race.

The Manchester & North West group's next promotion will be the VTTA National 15-mile championship to be held on Saturday 21st June using the J4/32 course, so please get your entries in early.

LONDON & HOME COUNTIES

John Hoskins

The beginning of May saw the promotion of the London & Home Counties' first event of the season. Joy Payne, now one of our most experienced organisers, did a fabulous job, with much help of course from husband John, on this well supported event on the F11. We seemed to have avoided the noticeable down turn on entry numbers across the sport, with nearly 150 riders on the start sheet. It remains to be seen whether we can continue with close to full fields for the rest of our program! The

weather was pretty good for a Bank Holiday weekend with intermittent warm sun, no rain and not much wind. This resulted in ten riders going faster than twenty minutes on actual time, with double that number on AAT.

Richard Oakes (Team Ohten Aveas) won the open category with his 19:04 resulting in an AAT of 17:51. Second in the open category was Steven Cottington (Bath Cycle Club) with 20:39/18:29 on AAT and third was Pater Main (36 Nomads CC) with 20:06/ 18:30 on AAT.

Kate Allan (Team Bottrill) was the female category winner with her 20:46 resulting in a trio of awards – fastest female; fastest female on AAT; and with help from Jen Clegg and Keith Dorling, also led the Team Bottrill to the club team award with their AAT aggregate of 55:40. Jen Clegg - 25:24/18:40 on AAT – was second in the female category and Gretchen Zoeller (Born to Bike – Bridgtown Cycles) was third with her 23:21/21:12 on AAT.

The road bike awards were as follows: open category Jamie Bishop (Newhall CC) with 22:42/AAT of 2:34. female category Ruth Stapleton (Newhall CC) with 26:52/ AAT of 23:59

There was only one tandem, Ian Greenstreet (Newbury Velo) riding this event with new racing partner Gwen Kinsey (Newbury Velo) achieving a time of 20:43 (18:29 on AAT).

Of course the problem with this particular course is that it requires a lot of marshals, mainly concentrated at the first turn where seven marshals managed to guide all of the riders back onto the A41. This was despite the very best efforts of at least one rider who had to circle the double roundabouts twice to get back on course! Altogether the organiser listed over twenty people helping in the event, so genuine thanks are due to the members and friends of the London & Home counties who managed to attract this number of marshals, pusher-offers, time keepers, number spotters, signing on/off helper, results recorder and of course tea pourer Therese Hoskins! Cakes were made by Joy herself and all proceeds of the catering were donated to the Air Ambulance totalling over £150.



Group Secretary John Hoskins (L) was recently presented with a CTT Gold Badge for services to the sport by Jim Parker (R), CTT London West Secretary

On the subject of organisers and marshals we did consider that some form of seminar could be held to encourage new members to become event organisers or timekeepers – surely a problem that is present for all of our groups. It may also be an opportunity to suggest marshalling guidelines now that Cycling Time Trials are concerned that possibly some marshals are overstepping what they are allowed or at least advised to do. The L&HC held a similar seminar about five or six years ago and whilst we would be willing to take a lead in doing it again, we need to know what support we would get. As it could easily be held online, members and friends of all of the VTTA groups could take part, but before we start this particular ball rolling we need to know if we will get any support for the idea at least.

The London & Home Counties will continue to offer financial incentives to encourage people to marshal, as we believe that it is vital that at the very minimum, adequate marshalling ensures a better and safer event. So it is no huge surprise Joy received a number of emails thanking her for putting on such a fabulous event. Our next event is our first mid- week ten on the H10/3r, organised by Rachael Elliott. The result and report will be in The September “Veteran”, as will be the second of our F11 tens organised by Joy Payne.

The committee has been giving much thought to something originally brought up by the VTTA Forum, that is how we keep records of our Honorary Life Members, many of whom we are not in regular contact with. Currently, the secretary is trying to assemble a database with more than one way of contacting all of our HLMs (and some of our other older members too) including the contact details of a close friend or relative perhaps. This is hardly a complete answer however, unless the member does provide instructions of who they want contacting should they no longer be with us. We would really like this discussion to be continued both with the Forum and perhaps through these pages, to try to ensure that proper records are kept of our older members and friends – without whom this sport wouldn't exist now – and to try our best to continue to involve them in the VTTA and at least keep them informed of our activities. So what do other groups do for their older members?

Another current subject is the annual deletion (lapsing?) of so many of our members following non-payment of subscriptions. This is obviously a financial necessity, but how much work is put into chasing up non-payers by the groups, not only after the cut-off, but in the two months leading up to it? I assume, like us, most groups email (individually) and/or write to all those cut-off, but is that enough? And could we do more? The L&HC – temporarily I hope – lost over 30% of its members. I realise that once those members start to race again during the season some, maybe the majority, will re-join, but could we all do more to lessen the chances of this before it happens. Once again let's use these pages to help every other group to keep member losses to a minimum as a higher membership benefits us all.

Finally, I will end with the sad news of the passing of Sylvia Armstrong in March this year. Her husband John (always known as Jack, see Obituary in December Veteran) passed away in 2024. Both were Distinguished Life Members of the Association. Sylvia was renowned for her catering skills at events and for organising the Annual Lunch for the Group for many years. Jack and Sylvia were always mentioned together, always seen together and always worked together for the Group, and for the sport generally.

MERSEYSIDE

Brigid Night

What a fantastic start to the season Deb Hutson-Lumb has had with her new club, Legato Racing Team. Deb has won both the VTТА National 10 Mile TT Championships, with actual of 23:06, and also the Welsh Championship 25, with an actual of 58:54. Deb has been on a VTТА national podium in each of the last four years. We are delighted she has Gold this year. Each of these are brilliant achievements in themselves and to have achieved both in one season is outstanding. Really superb results Deb!

Deb's comments on her start

"This season's racing has been by far the best I've had for quite some time. A significant change to my winter training, under the guidance of Steve Loraine Coaching, and adjustments to my position on my bike have had a positive impact, and there is still work to do."

Winning the women's VTТА 10 and being part of the winning team was fantastic. It is very motivating being part of a team that focuses on VTТА events and I'm looking forward to the National VTТА 50 in June."

The surprise win was the Welsh Championship 25 on the R25/7a. An unfamiliar course and some poor pacing on my part meant that the last 5 miles turned into a grovel to the finish, so I was very pleased with the women's win, and also to be third on AAT."

Samantha Howard (Liverpool Century) has also had a great start to the season, winning cups in the first two group events. In the Liverpool Braveheart 10 Sam won the Ron Yates Trophy with 20:10 AAT and in the Mid Shropshire Wheelers 25 she scooped the Walvale Trophy, with AAT of 54:30. Both trophies are for best on AAT.

It was great to see Victor Chetta of Mid Shropshire Wheelers, back and winning. Victor was the fastest in the Mid Shropshire Wheelers 25, with 56:03, and won the Brooke Cup. Sadly, Victor has been involved in a serious road traffic accident, on his way to work, which has brought an abrupt end to his season. Everyone in the Merseyside group and friends from



Victor Chetta on his way to the Mid Shropshire 25 win (photo Rob Jones)

the Merseyside area wish Victor a full and speedy recovery.

In the Mid Shropshire 25 we had 15 members and their results are as follows: Victor Chetta, 56:03 actual (55:06 AAT); Jonathon Mills Keeling (Aerologic RT) 58:46 (56:44 AAT); Christopher Riley (Paramount CRT) 59:10 (56:01 AAT); Kevin Larmer (Port Sunlight Wheelers) 59:48 (57:14 AAT); Colin Hayes (Liverpool Century RC) 1:00:01 (57:10 AAT); Samantha Howard (Liverpool Century RC) 1:01:23 (54:30 AAT); Paul Charlie Edwards (Liverpool Century RC) 1:01:43 (59:25 AAT); Arthur Winstanley (Liverpool Century RC) 1:04:28 (56:33 AAT); Mark Fenn (Shropshire CCA) 1:04:44 (1:03:36 AAT); Mark Jones (Fibrax Wrexham RC), 1:09:22 (1:05:54 AAT); John Westhead (Paramount CRT) 1:09:38 (1:02:12 AAT); Nick Hickman (Paramount CRT) 1:13:04 (1:09:16); Ashley Kirkham (Wrekinsport CC) 1:14:57 (1:13:49 AAT); Helen Tudor (Oswestry Paragon CC) 1:15:21 (1:07:12 AAT); Geraint Catherall (Anfield BC) 1:22:54 (1:20:52 AAT).

Many thanks to Rob Jones, [MSW 25 13-04-2025 | Flickr](#), for the photos from the Mid Shropshire Wheelers 25, on the 13th April.

David Williams (Velotik Racing Team) was fastest in the Liverpool Braveheart 10 with 21:08 and he secured the Leo Madden Trophy. Well done to everyone who has taken part in events so far this season. The full set of results is as follows:

David Williams, 21:08 (20:54 AAT); Samantha Howard, 22:53 (20:10 AAT); Kevin Larmer, 23:02 (22:03 AAT); Jared Garrington (Velotik RT) 23:04

(22:11 AAT); Matthew Collins (Liverpool Century RC) 23:40 (23:29 AAT), Colin Hayes, 23:43 (22:37 AAT); James Meldrum (Mersey Tri) 23:53 (23:39 AAT); Richard Froud (Liverpool Century RC) 24:20 (23:07 AAT); Paul Charlie Edwards, 24:28 (23:35 AAT); Wesley Iyanda (Liverpool Century RC) 24:57 (24:15 AAT); Arthur Winstanley, 25:03 (22:01 AAT); Simon Fox (Port Sunlight Wheelers) 25:28 (23:52 AAT); Mark Jones, 27:31 (26:11 AAT); Michael Armstrong (Liverpool Century RC) 27:49 (24:47 AAT); Geraint Catherall, 30:43 (29:56 AAT); Lindsay Hobbs (Liverpool Century RC) 32:07 (30:15 AAT).

Our next group event is the 30TT on 18th May and we have 22 members entered.

SOUTH WALES

Chris Gibbard

As I write this I am recovering from another hard night of circuit racing at Pembrey Country Park in South Wales. I have, over the last 8 weeks, ridden down, raced the 3/4 and E/1/2/3 and then ridden back. 3 hours of riding and some seriously hard racing. I only realised last week that some of my strongest competitors are in fact still 'youth' category riders! I reasoned to my wife that rather than racing for myself I was providing competition to help improve the future stars of the sport. I just wish they would give me the respect I deserve and maybe let me ride away to a win rather than easily chasing down all my futile attacks. Although I have enjoyed the series I am now looking forward to a more 'time trial heavy' period of the season and some key races for my own personal ambitions as well as some local favourites.

Recently the opening event for South Wales district has been the Cardiff 100 Milers 15 in February. Organised by VTTA group secretary Bob Jones. This year was no exception and also the winner was no surprise, with VTTA star Anthony Jones (VMCC powered by Y Beic) taking the win on scratch and an age adjusted time of 29:15. Neil Gregory (Port Talbot Wheelers) was 44 seconds back in second with 29:59 (AAT) and John Aspell (Port Talbot Wheelers) 11th in 32:32 (AAT). For the women Emma Davies (Port Talbot Wheelers) was the fastest on scratch and AAT with 32:26.

Next up in the regular early season events was the Cardiff Ajax 10 on the popular 'club 10' course R10/16a. This is an event that I like to start my season with, being well marshalled and supported by the local clubs. I was fortunate enough to take the win on scratch with an AAT of 20:36, John Aspell was the second group member and Marco Marletta (VTTA South Wales) and Bob Jones (Cardiff 100 Miles RCC) the other group members registering a time.

The first group championship event of 2025 was another 15 promoted by Bob Jones and Cardiff 100 Miles RCC. Taking place on 29th March I was keen to get a good time and post an early marker against my local rivals. In the championship event Emma Davies took gold with an AAT of 34:20. The men were very competitive with Owen Burgess (UF Rowe & King) taking bronze in 30:53 AAT, myself (FTP Racing) silver in 29:33 AAT and Anthony Jones gold in 29:25. The full list of group members results is below

Open

Anthony Jones 29:25 - Gold
Chris Gibbard 29:33 - Silver
Owen Burgess 30:53 - Bronze
Dan Kingston (FTP Racing) 31:17
Hugh Davies (Port Talbot Wheelers) 31:41
Rob Powell (Team Bottrill) 33:23
Marco Marletta 34:46
Derek Morgan (Gannet CC) 39:32

Women

Emma Davies 34:20 - Gold

The remaining championship events are as follows
10 mile - Ross-on-Wye & District CC - 05/07/25 - R10/17
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

The first 25 mile event of the season saw Hereford and District Wheelers have to move their event onto the R25/7A course due to ongoing roadworks around the Monmouth tunnels. This course is well known to South Wales regulars as it features heavily in many of the longer distance time trials. Those riding the Welsh 12 hour will know the 25 mile lap like the back

of their hands after completing up to 6 laps of it. Anthony Jones was the first group member, taking third on scratch and holding off Owen Burgess by 4s. Dan Kingston took a creditable sixth on scratch and Emma Davies was third female overall with Charlotte Mead (PDQ Cycle Coaching) the other group member getting her first result of the season.

The next event, that is a personal favourite of mine, was the Port Talbot Wheelers 10. This event is always well supported and can provide fast times for April. Bethan Ousley (Pembrokeshire Velo) registered her first win of the season with Emma Davies coming in second. I had to settle for second on scratch and AAT with Anthony Jones again narrowly besting me with his 19:54 actual time, enough to beat my 19:33 by 13 seconds. There were strong showings from other group members with Mike Hall and Mike Broadbent (Port Talbot Wheelers) both off the mark for the season. Worth mentioning is the winner of this event, Dylan Sage as he really is another star for the future. He's breaking many course records in club events and winning continental time trials at a junior level.

The first Welsh Cycling Association Championship was the 25, also moved to the R25/7A. This event always attracts some real hitters from across the border and I guess is why it is missing from my collection. This year was no different with Dylan Sage taking the win over a trio of Team Bottrill riders in Robert Francis, Jake Sargent and Dylan Griffiths. These three will be a tough team to beat in the national championships. For the South Wales Group Emma Wyatt (Hereford and District Wheelers) was the highest placed, over Bethan Ousley and Emma Davies. For the men I was fifth, only 8 seconds ahead of Anthony Jones with 50:42. Owen Burgess in 11th and Dan Kingston in 13th made the top 20 and Daniel Wyatt (Hereford and District Wheelers), Neil Gregory, Rob Powell and John Aspell all registered actual times under the hour.

Challenging conditions greeted the riders of the Bike Pace 50 on 10th May. Jake Sargent and Alex Royal who took first and second in the event, just as they did in last season's BBAR, were probably hoping for faster conditions as they looked to register a fast 50. This is also why three group members, Emma Wyatt, Mike Broadbent and John Aspell failed to finish. Anthony Jones took the honours as the third fastest

on scratch and the fastest group member with 1:44:08, just ahead of Owen Burgess 1:44:35. Dan Kingston was 8th in 1:49:13 and Dan Wyatt a creditable 12th in 1:53:45.

That concludes the round up of the season so far and I wish everyone reading this a successful few months as we start to move into the busier part of the season. For me, I've entered my events for June and July and I've got some long TTs and some new courses to look forward to. Hopefully the fitness I've gained from taking a kicking at the hands of some of the most talented 16 year olds in the UK will come in handy!

MIDLANDS

Alastair Semple

Midlands TT Events Roundup

The 2025 season has got off to a cracking start with 32 of our members participating in at least one of the four K course events that have taken place so far this year. The prestigious Welland Trophy event in early April saw 17 of the Midlands VTTA take on the BMRC riders and again successfully defend the trophy, which is decided by the best six riders times on AAT. The fastest on AAT was Mike Lythgoe (Legato Racing Team) who was just back from a holiday overseas but had obviously lost none of his form, and the following week he arrived in Scotland, where he was crowned the VTTA National 10 mile Champion.

It was my pleasure to present standards, prizes and trophies to last year's Midlands VTTA winners in the HQ after the Welland Trophy. Overleaf is a picture of Simon Dighton, one of our most decorated winners, receiving his National medal for the 50 mile team competition, standards at 25 and 50 miles, the Birks Cup (fastest on K47/15) and Jones Cup fastest in age group 50-64yrs on the K34/10f.

Midlands Points Series

Michael Lythgoe is also leading the Midland Points series, but by just one point ahead of Joe Murray (Team M.I. Racing). It's early days yet and many more changes are predicted; this year we have adopted the VTTA Yorkshire's scoring system, which we believe will make it a much tighter contest and favouring those riders who support Midlands open events.



Simon Dighton collecting his haul of Midlands trophies after the Welland Trophy event

2025 Trophy Events

With no 50 mile events in the Midlands we adopted the R50/1b event in early May to contest three of our annual trophies. The fastest in the female event on AAT was Naomi de Pennington (Drag2Zero) and she has won the Victory Cup. Naomi was also fastest overall with an impressive finishing time of 1:51:12 and has won the Stoke Cup (fastest on scratch). In the open event VTTA National Chairman Andrew Simpkins (Team Echelon) was fastest on AAT and has won the Wells Cup.

Mention should also be given to Steve Loraine (Legato Racing Team) who has already this season won gold for the club team prize in the National 10 with his teammate Michael Lythgoe and also won the club team prize in the National 30 mile championships with team mate Mark Hamer (Lagato Racing Team). A superb start to the season for all three riders.

Congratulations to all the early season winners, both regionally and nationally. The next trophy event in the Midlands will take place on 13th July on the K46/10 course, where the Massie Plate, Jones Cup and Nomads Cup will be awarded to fastest in age groups (over 65, 50-64, under 50).

Have a fabulous 2025 season everyone and we hope to see you on the K46/10 in July challenging to win the above trophies.

NORTH MIDLANDS

Chris Lea

Fastest ride of the season thus far is Steve Gibson's (Peak RC) 19:57 recorded in the VTTA East Midlands 10 in late April on the A46-based A10/3 near Flintham. Only just outside the 30 mph mark was Andy Thomas (Lindsey Roads CC), in a similarly quick 20:08. Andy Newham (Lincoln Whs) forsook his usual trike for a TT bike and duly went under 21 minutes, with 20:45. There were several other fast rides in this event: Simon Abdy (Barton Whs) in 21:17 and his club mate John Gadie with 22:12, and Richard Napper (Sitwell CC) in 23:14. When conditions are good, the A10/3 is fast!

The same day, Ady Dench (Team Sheffield) was fifth overall on the slower roads of Sheffrec CC's 25, in 56:49. Club mate Sarah Harrison was the only female rider, but her 1:03:01 would have been hard to beat. Len Best (Matlock CC) did 1:05:31 and, in a welcome return to competition after a pothole-induced accident, club mate David Hayward did 1:12:23 on his converted road bike whilst he awaited a new TT machine (now obtained). In the 2-up competition Rutland CC's Dominic Watts and Danny Lowthorpe on their road bikes were well-pleased with a near 25 mph ride of 1:00:49. Top of the leader board however were North Midland's Nick Latimer (Team Lifting Gear Products), and Tobias Edwards, in a very rapid 52:20.

John Gadie (Barton Whs CC) and Andrew Keenan (Rotherham Whs CC) took a trip up to the fast L1015 at Levens on the first weekend of May, with John clocking 22:41 and Andrew 25:22.

Tracy Gregory (Buxton CC) has peppered the 10 mile distance with numerous rides already this year, lowering her time from an early season 34:13, to 29:52. Clubmates Anne and Miles Haslam have also had an outing at this distance, with 31:15 and 25:25, respectively. As have Mike Allen (Team MI Racing) with 26:50, and Ben Hamilton (Rutland CC) with 29:47, on the A50-based A10/19. In addition, Martin Nelson (Out of the Saddle CC) and Simon Abdy, did 22:37, and 23:30, in City RC (Hull)'s 10 on the V714 – an event in which the ever-impressive John Archibald did 18:16. Simon also did a faster ride, with

21:45, in Melton Olympic CC's 10, as did Mike Allen, with 24:19 – not bad for his 78 years!

As the season progresses, the longer distances are seeing some action from North Midlands vets. In the Dukinfield CC 50, early May, on the potholed and crumbling roads of Cheshire, but in glorious sunshine, Mat Ivings (Buxton CC) placed 5th overall, narrowly beaten by legendary roadman Mark Lovatt (on his road bike, naturally), with 1:55:50 and 1:55:44, respectively. That doesn't quite tell the whole story. Ivings had to dismount shortly after the start, to extract a stone stuck in his tyre, and the course was about ½ mile long due to a late alteration forced by roadworks and traffic signals. Stewart Day (Crewe Clarion Whs) rode on his trike, to a time of 2:30:01.

Looking back to mid-March on a day stolen from early Summer, Trevor Mayne (Birdwell Whs) rode the Matlock CC Hilly 25, which really is very hilly. He was on his road bike and enjoyed the warm, sunny conditions, finishing as first over 60 (on actual) with 1:14:31, and over 20 mph average speed for this tough course.

Hope I've not forgotten anyone who's been racing! That is, except Chris Lea (Buxton CC), who as we go to press finished his first event since crashing (broken road....) last July, recording 58:52 in Leek CC's 25 on the A50-based J5/8.

Saturday 16th August is the amended date for the VTTA North Midlands Group 10, O10/1, Hatfield Woodhouse, open to all categories and class of machine, including tandems. The three Group 10 trophies are awarded for this event: fastest female on AAT, fastest overall on AAT 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 is Monday 28th July 2025, at The University Arms, 197 Brook Hill, Sheffield, S3 7HG, 7-30pm, to which all members are invited.

Safe riding everyone..

WESSEX

Sarah Matthews

Finding his Mojo again?

I have 'fond' memories of seeing Eamonn Deane eight years ago at the top of Fair Mile Down, with his camera focused on the riders battling into a headwind in the closing stages of the Andover Wheelers Hardriders 24 miler. He gave me an encouraging 'dig in Sarah' shout as I struggled past gasping for breath. I did think "What do you think I'm doing?"

Years passed and we saw little of Eamonn, then he re-appeared this season on the Hurting on Harting start sheet, so I asked him what changes he'd seen since he'd last raced. This is his response:

"Everything and nothing. I thought.....I had been away from racing for some 15 years or so, I always rode a few club events, so was not too far away but not at the coal face of open races.

A change of job, working away, a broken elbow in a road race chute, maybe even a loss of mojo had all contributed to my absence from start sheets. Now there are no start sheets, at least not ones you can hold! Likewise there are no result sheets - I miss those. I have a shoebox full of them but now the internet has changed that. The internet has made the entry system so much better and, I imagine, made it easier for organisers, although there are less of those than a few years back.

I joined the Bournemouth Jubilee Wheelers in 1987 and rode my first club 10 that same year. Start



*Eamonn
Deane
(photo TT
Legends
website)*

timekeeper Bob Wareing did not want to let me ride as I was wearing a trisuit with bare shoulders. Bob was right, it contravened the rules, I was unaware, there was a bit of a stand-off before somebody intervened on my behalf and I was allowed to ride. Bob and I were still joking about that evening 30 years later. Had I not been allowed to start, would I have come back? Who knows? The need to encourage participation was there in 1987 and is without doubt here now.

The bikes are different, the wheels are different, the skinsuits are different, the helmets are different and I think all for the better. Any technical sport (or pursuit) has to evolve and will naturally, regardless of intervention. It is how they came about in the first place. It's watts instead of heart rate now, there are fewer courses, less races and less competitors, with many content to just ride the club 10, no interest in opens and no interest in longer distances. The sport has changed and so have the riders. Back when I joined BJW the club runs had finished by the end of February, there were no summer rides, it was all about racing. Newcomers want to ride in the sunshine (to start with), they want community, they want to feel included, all of which is not necessarily compatible with racing. You have to give your members what they want.

Of course it's not all negative, take Poole Wheelers as an example, they are doing a great job with their evening time trials, attracting upwards of 40 riders each week.

I like the simplicity of testing, perhaps it is too simple in these sophisticated times. However you dress it up it is still about suffering, It's a hard sell, so well done to the Poole club. I miss pushers-off - Covid is history, so please come back. I like the road bike category, even if it contradicts my comments on technical innovation. I always derided swimming as the only sport to come up with a way to cover the distance slower (backstroke) now we have done the same with road bikes and I like it. I like hand written result boards, I don't like text projected on a screen but I get it. The body numbers are too big and the arm numbers in national events are just not needed; I like village halls and serving hatches and I like the early mornings; I like the optimistic post race chat, that has not changed at all but maybe people don't hang around as long as they used to? The average age of

the field is getting older but probably has been for years. It's more expensive but so is everything I can offer no solutions (apart from my entries), only observations but one thing of which I am sure has changed, inevitably and depressingly – I am slower."

And like a true tester Eammon is depressed about being slower, but being second to Simon McNamara on AAT at Hurting on Harting wasn't a bad result!

Wessex Prize Presentation – the first instalment

On Sunday 4th May ..a3crg held a 10 mile TT in Hampshire, which led to fantastic wins for Kevin Chant (Wightlink CRT) in the open category and Izzy Sharp (Lidl-Trek) in the female category. To make the most of the gathering of some of the quickest riders on the south coast, the Wessex VTTA committee took the opportunity to present trophies, plaques, medals and certificates to some of the 2024 Wessex region winners. We would have liked to have had a more formal opportunity to recognise the fantastic achievements of 2024 but due to a low response, a meal and awards ceremony was not viable. Looking ahead, plans are already underway to hold a 2025 presentation later in the year, more details to follow.

Anyway, these are the award winners, who were available after the ...a3crg event awards were presented. Other awards will be presented as events allow. Well done all.

Trophies:

Pete Younghusband - 50 mile Champion

Championship Medals:

Claire Emons and Howard Bayley (...a3crg -
Wessex Short Distance Team

Claire Emons - Wessex 3 Distance 2nd Female
Malcom Cox - VTTA National 12 hour
Championship 1st place medal and
group team medal

Standards Plaques:

Adrian Talley - 10, 25 and 50 mile
William Sawyer - 10, 25 and 50 mile
Mike Garner - 10, 25 and 50 mile
Daniel Legg - 10, 25, 50 and 100 mile

Standard Medals

Andy Rivett - 100 mile
Stu Thompson - 10 mile
Vern Shutte 10 mile & - 50 mile
Mike Boyce - 15 mile

Wessex Group Championships

The Harold Cribb 25 mile TT was also the Wessex 25 mile championship this year. Hosted by Poole Wheelers this year on the P413/25 – a fast, flat course starting close to Lychett Matravers.

Congratulations go to ...a3crg's Howard Bailey for being the fastest vet on AAT, 42 seconds ahead of second placed Paul Jones of Primera-Teamjobs. Peter Tomlin (our Group Champs Coordinator) came third, at -1:34. Sadly there were no solo Wessex veteran women in the prizes as the first woman vet on a road bike was not a VTTA member (please would someone tell her what she's missing out on!) and no other vet women finished. Finally congratulations to Mary Corbett and Norman Harvey for being first tandem. They may have been the only tandem racing but seeing Norman refusing to act his age, and Mary refusing to allow ME to rule her life, deserves huge applause - and the tandem first place.

Sadly I was unable to enter as it was the weekend for my monthly trip to Wales to spend time with my 90 year old Dad whose physical ability is nothing like Norman's or I'd have borrowed a tandem and brought him along!

Dates for the following Wessex Group Championships are:

Sunday 1st June – The Wessex 50 incorporating the Wessex 50 mile Championship on P417

Sunday 20th July – Super Sotonia Summer 10 incorporating the Wessex 10 mile Championship on P612/10

Sunday 24th August – Newbury Velo Fast Fifteen incorporating the Wessex 15 mile Championship on H15/3

Depending on entry numbers of last season's Wessex prize winners more trophies will be presented at the above events.

Time Trials on Motor Circuits

With ever increasing volumes of traffic (and impatient drivers), deterioration of road surfaces, more and more riders have become less keen to time trial on open roads and are choosing to race on motor

circuits.... or leave our sport altogether and take up gravel racing instead.

There aren't many motor racing circuits that will permit cycling, and the cost of renting a motor circuit for an evening, or part of the day at a weekend, can be very high. However we are lucky to have two circuits in the Wessex region and races held at Thruxton and Goodwood show it is popular, plus it attracts far more spectators. From an organiser point of view fewer marshals are needed, which helps and the on-the-day risk assessment doesn't need a shovel in the car boot in case there's road kill to remove.

On 16th April Andover Wheelers ran an evening club 10 at Thruxton Motor Circuit. It was superbly organised and they had 64 entries. They have one on 8th July – just search on 'Pthruyton' in the Keyword of the club events section on the CTT website, you won't be disappointed.

For a number of seasons ...a3crg have run a summer time trial league at Goodwood Motor Circuit (Course P917). Again it's very popular and usually attracts 100-120 riders and often whole families participate, which is wonderful to see. It attracts pro-riders too. Dame Sarah Storey was a regular last year and a week ago Izzy Sharpe of Lidl-Trek raced, broke the course record and was the cause of a new phrase to enter the post-race banter 'to be pro-chicked.'

Tragic News

It's with a heavy heart that I'm sharing some very sad news I heard yesterday. Mike Garner - Wessex veteran, member of ...a3crg and friend died in hospital following a serious cycling accident. His obituary will be in the next issue. Our thoughts are with his family and friends at this sad time.

And finally.... other Group members may have been achieving heroic feats, and organisers having events they want to shout about so please email me your newsworthy snippets.

WEST

Paul Winchcombe

Has anyone else noticed how the best laid plans go astray? Having had several weeks of lovely weather, I was laid low by a chest infection - not so low that I

didn't race, but my times tell their own story. Now recovered, I find family commitments, which are all in the diary, getting in the way of just being out on the bike and of racing. Of course being in the diary does not guarantee that "the long haired Sergeant Major" doesn't have a view nearer the time. So how do you all ensure that you get to ride the races you want to or do the training rides you need to? (Rhetorical.) Answers on the proverbial post card.

The season is now in full swing with riders coming out blinking into the sunlight. Bare knees are now a common sight after some of the early season rather cold runs in Wales or in the West District VTТА Hardriders series. For myself, by the end of April I have competed in 11 open and club events and already suffered from diary clashes where I have had to make choices. I recently choose to travel to Kent for the VTТА 30 mile championship, described in the write up as a flat course, although it didn't feel that flat going North towards Ashford. Riders were rewarded with an excellently organised event and well managed course. Hopefully my next trip to the Vets 100, at Telford, will be equally successful. For those Vets in the West who have not considered travelling to VTТА National events, I say give it a go; you may get beaten but it will be by "class" and of course AAT gives us all a chance (well on paper).

We also have the VTТА National 25 Championship coming up on 6th July at Buckfastleigh, which should be one not to miss. This is organised by Mid Devon CC, with support from VTТА West, so if you don't intend riding I'm sure organiser Pete Loader will welcome your attendance in a supporting role.

The West Group piggy backed off a Bristol South event in April for its Group 10 and annual prize giving. There were some good rides by West Group members, with Kim Barfoot-Brace winning the Ladies time trial bike, Karl Norris achieving sixth in the Open category (just being pipped by Jonathan Besley of Dorking CC of Surrey/Sussex group) and Joanne Legge-Knight getting third place in the Ladies road bike category. Steve Cottington of Bath CC showed his form by winning the Harry Marsh Memorial Cup with an AAT of 19:33.

For the annual trophy awards after the 10 the plaudits went to Karl Norris for the BAR and the 6 x 25 mile



Kim Barfoot-Brace receives the Ladies BAR Shield from Robert Hutchinson

competition, Kim Barfoot-Brace took the Ladies BAR, with Mark Sanders securing the best 100 mile result and the 3 distance award. Photos of our prize winners from Paul Freegard with Robert Hutchinson (West Group Recorder) presenting the prizes. (I really do need to speak to them about the background!)

SCOTLAND

James Skinner

Thoughts go out to the family and friends of Bill Shewan. The revered, record-breaking cyclist from Dundee passed away a few weeks before his 100th birthday. A memorial ride in celebration of Bill's life was run on the 24th May, the day he would have turned 100.

On Easter Sunday 20th April the VTТА National 10 came to Ayrshire, where SVTТА riders showed good form, coming away with a clutch of medals, although the top spots eluded them. But still, it was nice to welcome some riders from a land to the south to one of the best courses in Scotland. Female riders upheld our honour with Liz Ball (Edinburgh RC) and Margaret McMillan (Dundee Thistle CC) taking silver and bronze, losing out in a very close tussle to Mersyside's Deb Hutson-Lumb. Liz had the additional honour of being part of the winning group team, along with Marc Anderson (GTR - Return to Life) and Andrew Gallacher (Vanelli-Project Go). The tandem championship went to our local couple John and Lorna Lumley of Ayrodynamic Tri Club.

It was also pleasing to see Alison Winship McKay back riding TTs again after several years concentrating exclusively on masters track racing, with considerable success. She is SVTTA but picked up a winning club team medal as part of Team Ohten Aveas. More especially it was good to see Alex Munro in action, at 91 years of age, he was 14 years older than anyone else and impressed all with his 33 minute ride.

All the times and more details are in the full event report, elsewhere in this Veteran magazine. Thanks go out to the Royal Albert Cycling Club for organising this event

The following week on the same course, but in conditions which proved to be some 30 seconds slower, saw the running of the Scottish CTT 10 mile championship, organised by GTR Return To Life p/b Streamline. Chris Smart riding for the organising club finish first equal in the open event with senior rider Graham Hollinger of Torvello Racing, both riding a 19:38. Alison Winship Mackay of Team Ohten Aveas battled the slightly harder conditions finishing first female, but equalling her time in the National 10 of the previous week with a 23:54. Elizabeth Wisdich of RT23 won in the female road bike category with a 28:27.

On the 15th June CTT Scotland and the Veterans Time Trials Association will be holding a Track Day at Caird Park Dundee DD4 9BX. The aim of this event is to promote track cycling in Scotland. There are only two Veterans age records at 5km in Scotland so this event is expected to result in a flood of new veteran records! Riders will race individually around the 402 metre outdoor track to complete 5km, i.e 12 laps and 176 metres. Each rider will have a 10 minute slot, that is estimated to allow the typical rider to have two warm up laps to get used to racing the bends before their record attempt. The event starts at 10:00 and ends at 15:00. The event capacity is therefore 30 riders.

The entry fee is £25 and riders must enter online at the CTT site from Thursday 13th March. Entry on the day will be allowed, but is not advised, as this event is expected to sell-out quickly.

Entrants must belong to a CTT affiliated club or the VTТА. Under VTТА regulations, to set an outdoor

track record, riders can use a time trial bike or a road bike that meets CTT regulations, just as you would use in a road time trial, or a Track (fixed gear) bike that is UCI legal. Tricycles will not be accepted for this track event. All ages are welcome, but 20 places will be reserved for Veterans. A start sheet with start times will be published before the event. If the event is oversubscribed, last three season personal bests at 10 miles will be used for selection. If the Veterans places are oversubscribed, last three season personal best age adjusted times at 10 miles will be used for selection. We aim to get a good range of ages racing the event.

Caird Park has an excellent velodrome with a car park and changing rooms, if not competing come along and support the next batch of age related, and Scottish group records being set.

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

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

SURREY/SUSSEX

Chris Lord

Firstly, I'd like to wish a warm welcome on behalf of the group to our five new members and one returning this year: Aaron Borrill (Farnham CC), Chris McNamara (Sigma Sport), Stephen Morgan (GS Stella), Jean Francois Phillips (Eastbourne Rovers), Stephen Summers (Worthing Excelsior CC) and Ben Tookey (Worthing Excelsior CC).

The height of the season is now approaching, and there have already been some superb rides by group members to report.

Simon McNamara (Sigma Sport) has been in great form, with wins in the 'Hurting on Harting' road bike TT and Southern Counties CU 10 in March, then the Brighton Mitre Hilly 27.3 in April, as well as podiums in several other events. Cris Coxon (Brighton Mitre) has also been flying, winning the East Sussex CA 10 in March by over a minute and the Crawley Wheelers 42 in April by a similar margin. David Pollard has also

been riding well, taking second place in the Central Sussex Hilly 10.

Jacqui Lane and Anita Turner (Eastbourne Rovers), have both been steadily notching up podiums, with Jacqui's third on Age Adjusted Time at the VTTA National Championships 30 in April particularly noteworthy, especially as this was her first 30.

During May, Cris Coxon scored a superb double, by winning the Sussex CA 10 in 19:39 and then the 25 on the following day in 50:37 while, also in the 25, Tracy Williams (Brighton Mitre) was first woman with Anita Turner second. Most recently, Chris McNamara won his first open TT of the year, taking the Southdown Velo 10 by 8 seconds from brother Simon, in 19:29, while in-form Paul Tippet (Destination Bike RT) scored his first ever open win in the East Sussex CA 25 with 54:57, David Clark taking third and David Pollard winning on AAT in the same event.

Back in April, the VTTA Surrey/Sussex 10 had to be postponed due to roadworks on the course and that event has now been rescheduled for June 14th. However, a week earlier on June 8th it's the group's flagship event this year, the VTTA National 50 Championships, organised by prolific event promoter Robin Johnson. This is being held on the challenging G10/50 course, which will guarantee that the riders certainly won't be bored.

NORTH

Gavin Russell

North Group Results & Events

With the social season now over, and a period of warmer, sunny weather currently with us, (as I write in mid-May), the serious stuff has now started, with group members racing with some success in various events across the region and country. Early season events have seen a number of very fast times recorded, with not only personal standards achieved, but group age records updated. Results are all recorded on the CTT and VTTA websites, so no need to repeat them here.

Currently, a number of local events have had to be postponed, due to a variety of reasons. Whilst this is not a desirable situation, especially for the organizers concerned, they do not take these decisions lightly;

these events have not been lost, but have been re-allocated to dates later in the season. Thanks to the organizers for their continuing commitment, so that the events are not lost.

With the introduction of the Cycling Time Trial's new website now in place, please ensure you have linked your profile on the new website to the existing VTTA website, otherwise your results will not be transferred.

The group's competitions are continuing for the current season. All are detailed in the 2025 North Group Handbook. If you have not received a copy, please do not hesitate to contact the group secretary. The 2025 Age Adjustment times and VTTA Standards are available to view on the VTTA website.

Personal Standards: Please remember that members need to pay for their standards (£12 for all distances on each type of machine) prior to riding the event(s) you wish to claim for.

Events and Dates to Note

Date for your diary! Wednesday 18th June 2025. The North Group VTTA Northern Closed Circuit "All Comers" Female and Open Championship takes place on the Croft Motor Racing Circuit. Champions jerseys and medals are available across both road bike and time trial bike categories for women and open competitors.

Date for your diary! Sunday 3rd August 2025: In a new event for 2025, a collaboration/initiative between the CTT Teesside and Yorkshire Districts, a 50 mile time trial has been introduced on the very fast Crathorne to Dishforth, T502, A19/A168 dual carriageway, in North Yorkshire. On what could be the fastest 50 of the year (weather permitting), this is your chance to secure a good BAR time, standard medal or personal best. Hopefully a good size field will enter to secure the event's future. Sadly, the corresponding 100 mile event, which was to be organized by the Yorkshire district, had to be cancelled due to ongoing roadworks at the Kirklevington/Crathorne end of the course.

Date for your diary! Sunday 16th October 2025: Teesside District, supported by members of the North Group are organizing the RTTC Closed Circuit Championship at the Croft Motor Racing Circuit, starting at 12 noon. In addition to championship jerseys and medals there are various age category

medals to be won. There is also accompanying para-cycle event, and a "Come & Try It" event, open to all.

All details for the above events are available on the CTT website. Do not forget, that any times recorded in open events, on approved CTT measured closed circuit course across the country, are eligible for age standard awards. The Croft closed circuit is an approved CTT 10 mile course.

Date for your diary! Whilst 2026 seems a long time ahead, plans are already being made and are in place for the North Group's next annual prize presentation and luncheon. It is confirmed that it will take place on Sunday 15 February 2026. Watch this space for further details in the next issue of The Veteran.

Croft Closed Circuit 10mile Time Trial Series

The group members are continuing to support the Croft 10 Mile Time Trial Series, now in its 9th year. Held on the Croft Motor Racing Circuit in North Yorkshire, this is a series of 10 mile time trials, open to all ages from 6 to 90+. They are based on the "Come & Try It" club event principle. All are Wednesday nights, with signing on starting at 5.30pm, with riders starting at 30 second intervals, commencing at 6:15/6.30pm. We have seen a number of members bring their grandkids to experience what they have been enjoying (!) for years. Quite a number under 12 years are taking part and are enjoying it even more more than the adults.

Outdoor Track Records

As in 2023, there are to be further attempts in 2025 at establishing both North Group as well as National records on the outdoor track at the Middlesbrough Sports Village Velodrome. Distances range from 5km up to 25mile. With those with greater aspirations, there is also the hour records to tempt you. If you require accreditation to use the track, there is currently a big drive to get more users of the facility, so accreditation sessions can be arranged. Some funding may be available to assist in paying for the use of the velodrome for the veteran record attempts.

If you require further information regarding the track record attempts or want to have a go, please do not hesitate to contact the writer either by email:

gavin_russell@hotmail.co.uk or by telephone on 01642 654419.

Plea for Help

In reminding 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. As a VTTA group we appear to be one of a few across the country, within the VTTA organization, that are trying to promote VTTA events. If you can ride, please do so, if not, please offer to help or get your partner to help, by volunteering support, as they will be much appreciated. Without such help, events cannot go ahead.

Further Information

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

NORTH LANCASHIRE & LAKES

Richard Taylor

Good weather has been an added bonus to the start of the 2025 season, even in the 'grim north' where people south of Crewe think we reside in a climate of eternal darkness. But as we Lancastrians know, the North Lincs and Lakes covers some of the most spectacular scenery these islands have to offer. Therefore, it's ironic that some of our iconic district events take place on the dark side, aka North Yorkshire, the Circuit of Ingleborough and the Circuit of the Dales are both based entirely in the white rose county. This year, the former was repeated on behalf of the CTT as the RTTC National Road Bike Championship and run by member Richard Bideau on behalf of the Pendle Forest CC.

A good field of 125 riders was assembled to compete on the 26.5 mile testing course starting just outside Ingleton on the Clapham back road and taking in Settle and Ribbleshead before finishing just before the descent back into Ingleton.

Simon Horsley of Legato RT was our fastest group member with 1:12:25 closely followed by the promoting club's Paul Braithwaite* with 1:13:05. His teammate and new recruit to our ranks, Martin Welsh* recorded 1:19:43. Other rides were:-

Debbie Moss* (Springfield Financial)	1:19:55
	3rd Female Vet
Gemma Mitchell (FTP)	1:20:03
(New member)	
Simon Phillips (VTTA NL&L)	1:21:02
Nick Higginson* (Cleveleys RC)	1:25:13
(New member)	
Dougi Hall* (Border City)	1:25:16
Andy Horner (Springfield Financial)	1:25:27
Dave Gibson (Border City)	1:25:36
Mike Westmorland (Border City)	1:30:38
	80+ Champion
Sue Cheetham* (North Lancs RC)	1:34:12
David Hilditch* (Springfield Financial)	1:39:08
	70+ Champion

Congratulations to the successful riders, and also a mention to the riders who completed all three Dales based events (marked*) and were recognised by the Pendle Forest CC with a commemorative medal.

VTTA NL&L Spring 25

A fine calm morning greeted a slightly reduced field compared to last season's Arctic like offering. Si Wilson of HUUB WattShop took the honours with a blistering 47:34, and even though his father is one of our members, I haven't quite persuaded (yet!) to get the speedy 42 year old to join our ranks. Very much a member, Group Secretary Debbie Moss was fastest female with a very creditable 58:25. Fastest on AAT was Peter Greenwood with a net 47:36. Many thanks to all who were involved in the running of the event, notably Tracy Moore the timekeeper, husband Brian was co-opted into marshalling after his 3 wheeled machine succumbed. Richard Belk reduced my workload considerably by placing all the signs on course, then retrieving them all afterwards, and manning the Lindale turn, a sterling effort. Gratitude also to Gethin Butler, Bill Maxwell and Mike Smith. Not to mention John Nixon who oversaw refreshments and sign on/off. Many thanks to all.

The Group Results (in order actual position/actual time/AAT/AAT position) were:-

Paul Braithwaite (Pendle Forest CC)	54:55 / 53:35	9th
Matt Stell (Springfield Financial)	55:58 / 55:01	12th
Simon Phillips (VTTA NL&L)	56:46 / 50:42	4th
Paul Russell (Springfield Financial)	57:58 / 54:11	11th
Peter Greenwood (Clayton Velo)	58:17 / 47:36	1st
Debbie Moss (Springfield Financial)	58:25 / 50:31	3rd
Paul Blackburn (Liverpool Century)	58:50 / 58:14	16th
Theresa Taylor (Springfield Financial)	1:04:30 / 52:14	7th
Mick Black (Springfield Financial)	1:05:28 / 51:25	5th
Mike Westmorland (Border City)	1:05:33 / 49:56	2nd
Sue Cheetham (North Lancs RC)	1:07:06 / 56:39	13th
David Hilditch (Springfield Financial)	1:07:18 / 57:13	15th
Dougi Hall (Border City)	1:07:50 / 1:2:58	21st
Willie Armstrong (VC Cumbria)	1:08:21 / 58:50	18th
Kevin Bedford (VTTA NL&L)	1:09:14 / 1:2:44	20th
Rachael Maxwell (Border City)	1:11:59 / 1:4:05	23rd
Cliff Degraff (VC Cumbria)	1:12:04 / 1:7:35	24th
Derek Black (Wigan Whs)	1:21:58 / 1:9:21	25th

Group age records were set by Peter Greenwood, Theresa Taylor and Mike Westmorland.

The team award went to Springfield riders Debbie Moss, Mick Black (welcome back to Blighty) and Theresa Taylor.

Age records were also smashed in the recent West Pennine 10 with 54 years old Richard Bideau timing 19:13, Peter Greenwood updated the 73 record to 21:42. Mike Westmorland at a majestic 80 years covered the Levens course in 24:02 and Theresa Taylor set an age mark at 24:23.

Our next open event is the 50 at Keswick on Sunday 8th June 7am.

YORKSHIRE

Chris Goode

The newly introduced VTTA Yorkshire Age Adjusted Points Competition is providing some additional focus this year and includes all the YCF Points Competition events (which are for all ages, on actual times and for member clubs only) and our four VTTA Yorkshire events.

The first Yorkshire VTTA promotion of the year, the Icebreaker 10, took place on St David's Day (1st March), on the old A1 south of Boroughbridge. Fastest overall was North Group's Marcel Schubert (Zurbaran Racing) with 20:41; Yorkshire Group riders Stuart Henderson 21:40 and Sean Sanders 22:06 (both Addform Vive Le Velo) also made the top ten. Other group times (all men on TT bikes) included Grant Whiteside (Harrogate Nova) 22:47, Matthew Asquith (Otley CC) 22:59, Phil Tyas (Barnsley RC) 23:21, Mick Flaherty (Seacroft Wheelers) 23:32, Martin Gargett (Halifax Imperial Wheelers) 24:20, Gareth Shepherd (Bramley Wheelers) 25:03, Chris Green (Drighlington BC) 25:07, John Eric Potter (VTTA Yorkshire) 25:40, Mark Burtonshaw (Harrogate Nova) 26:14, Paul Brierley (Huddersfield RC) 26:30, Andrew Vaughan (City RC Hull) 28:22, George Young (Clifton CC) 28:43 and Mel Bentley 29:20 (Calder Clarion).

On time trial bikes our fastest women were Angela Hannon-Flaherty (Seacroft Wheelers) 25:05 with Gretchen Zoeller (Born to Bike) close behind in 25:44. Road bike rider Marjorie Davison (Ravensthorpe CC) did 30:52 to beat Louise Watson (Bramley Wheelers) by just one second. We had two men on road bikes - Mike Furby (Valley Striders) with 28:05, obviously checking the course out for his own YCF promotion two weeks later, and Jonny Reid (Calder Clarion) with 32:06

The accompanying trike event had no Yorkshire group members, but was won by Steve Brown (Ravensthorpe CC) in 27:16, Wayne Baker (Team Echelon) 30:20, Lez Young (Tricycle Association)

33:55 and Paul Dawson (VTTA North) 36:35. Steve has now been encouraged to join our group, signing online 48 minutes before his start in the Ravensthorpe 10!

Our Racing Secretary, Jymmy Trevor, is very appreciative of all those who make these events possible and would like to thank the volunteers who made the Icebreaker such a success. Hopefully we can do a repeat with the 25 miles TT on 28th June at Topcliffe, with Andrew Vaughan and Jymmy organising the event. Chris Goode will be co-ordinating the marshals and pushers-off, so please get in touch with him (cgoode@yorkshire.net).

Top riders on AAT were Sean Sanders and Stuart Henderson, and this pecking order was repeated in the YCF 10 result.

Five weeks later it was much warmer for our next points event, the Otley CC 10, again on the Red Wall course.. Although he has been competing for many years, and is known as a fast rider, Steve Smales (Harrogate Nova) is new to VTTA competition and was surprised when his 21:45 gave him 20:17 AAT, top of that list and beating Seacroft's Mick Flaherty by 2 seconds. This event also saw the emergence of Addform Vive le Velo's new signing, Dave Meakin, with 21:25 actual, which was only 8 seconds behind actual fastest Yorkshire vet Mark Wolstenholme.

The next round of the VTTA points competition was included in the Yorkshire Coast Clarion 15.3 mile hilly TT in the Yorkshire Wolds, to the west of Bridlington. It was a tough day with a strong northerly wind making the finish particularly challenging on the hill before Boynton. Mark Wolstenholme (VTTA Yorkshire) was an excellent second actual in 37:33, behind senior rider Ben Williams (Team Bottrill) 35:08, who averaged 26mph to set an impressive course record which will take some beating. Samantha Bissell (City RC Hull) was the only female in the event and, on a road bike, set a good course record of 42:46, beating most of the men in the process.

Dave Meakin came out top on AAT with 36:53, beating "eternal second" Mark Wolstenholme by 6

seconds. John Eric Potter took over the lead of the points competition.

Mike Penrice is scorer for the points competition and was time keeping for Ravensthorpe CC's 10 miles TT, on 18th May so was able to report just ahead of his own magazine editor's deadline. It was tight at the top for the best age adjusted time, with Sean Sanders using his age advantage to beat Dave Meakin by 2 seconds, despite being 31 seconds slower on actual time. The Fairburn course does not offer much speed and the predominantly uphill outward leg conspired with a north wind to give some slow times. But at least with a points competition the actual time is of much less significance than finishing position. In the overall Matthew Asquith has returned to the top, with 221 points from 4 rides as opposed to John Potter's 216, although Sean Sanders is close behind with a perfect score of 180 from his 3 rides and Dave Meakin with 177, also from 3. After riders have begun completing 6 qualifying rides the picture will become clearer.

After 5 events these are the top 20 places (number of rides in brackets):

1	Matthew Asquith (Otley CC)	221 (4)
2	John Eric Potter (VTTA Yorkshire)	216 (4)
3	Sean Sanders (Addform Vive le Velo)	180 (3)
4	Dave Meakin (Addform Vive le Velo)	177 (3)
5	Mark Wolstenholme (VTTA Yorkshire)	174 (3)
6	Christopher Green (Drighlington BC)	161 (3)
7	Phillip Tyas (Barnsley RC)	156 (3)
8	Gretchen Zoeller (VTTA Yorkshire)	153 (3)
9	Mark Burtonshaw (Harrogate Nova)	151 (3)
10	Gareth Shepherd (Bramley Whs)	149 (3)
11	Mel Bentley (Calder Clarion)	140 (3)
12	Mike Cole (Huddersfield RC)	139 (3)
13	Steve Burrows (Vive le Velo)	138 (3)
14	Paul Brierley (Huddersfield RC)	131 (3)
15	Allen Bell (Yorkshire RC)	128 (3)
16=	Stuart Henderson (Addform Vive le Velo)	118 (2)
16=	Jonathan Reid (Calder Clarion)	118 (3)
18=	Marjorie Davison (Ravensthorpe CC)	117 (3)
18=	Mick Flaherty (Seacroft Whs)	117 (3)
20	Samantha Bissell (City RC Hull)	113 (2)

From these first 5 points competition events we have had 47 members completing 97 rides. 8 of these are new members, although with 21 new members so far in 2025 we are looking forward to seeing plenty more new faces competing.

The Points Competition is reported as soon as possible after each qualifying event on the [VTTA Yorkshire Members Facebook page](#).

Paul Gittins is sorry to report that a long term stalwart of Calder Clarion and VTTA Yorkshire, George Masson, has passed away. He was 92 and up to a couple of years ago was still active in club affairs. A native of Glasgow, George came to Wakefield in 1966 and joined Calder Clarion, riding in time trials, road races and cyclo-cross. In the 1970s and 1980s George was a part of the successful Calder veteran's cyclo-cross team that regularly won team awards both locally and nationally. He was a regular time trialist over the years in local opens and helped out/timed at club events. He will be greatly missed by older Calder members and more recent recruits. Many of you will be aware that Barry Hoban died over Easter and the best obituary that I have read can be found at www.cyclinglegends.co.uk He began his cycling career with Calder Clarion and had an exceptional career on the continent, winning 8 stages in Le Tour.

We would like to welcome new members and encourage all group members to get involved in our promotions both competitively and in their running. Keep those wheels turning and remember York Rally on 21st and 22nd June which is an opportunity to catch up with fellow cyclists. Grass track racing returned last year thanks to Steve Clarke (Fenland Clarion) and there are many rides to choose from, talks, music, classic bikes on display, an auction and stalls.

In September's issue of the Veteran you will also be able to read all about the Yorkshire 12 Hour which takes place on 8th June, organised by Steve and Sandra Burrows. Having been the VTTA National last year and delivered a females tandem competition record, it has stepped up to the RTTC championship for 2025 and has a field of 88 riders. Steve and Sandra have succeeded in turning the clock back to the good old days with the 12!

OBITUARY - DEREK JOHN HODGINS

Stockport Clarion and VTTA (Manchester & North West)

26th November 1933 - 26th January 2025

Cheshire time trialling is poorer following the death of Derek Hodgins in January, at the age of 91. Well known as a larger than life character, he and his late wife Barbara put in many hours for the sport, wearing many different hats in the process.

Derek was born in 1933 into a Manchester cycling family; his father John, who ran a cycle shop, and his uncle Bill, were members of Manchester Wheelers. From an early age Derek, his twin brother Frank and his younger brother Ken had a passion for bikes. Derek's famous "dodgy elbow" was the result of a fall as a wartime child evacuee in Wales - due to poor hospital treatment he suffered with it for the rest of his life.

As a 19 year old Manchester Clarion member, Derek met Barbara Berry at a CTC dance. By chance they met again the following day and soon became a couple. They married in 1954, the day after his 21st birthday, and honeymooned on bikes. They started married life running his dad's Old Trafford cycle shop, but after that closed he entered the engineering industry and in 1962 they emigrated to New Zealand and then Australia.

Derek brought his growing family home in 1972, but after many years off the bike he was very unfit and decided to shed some pounds by cycling. He soon began taking the sport much more seriously, then there was no stopping him. Derek was proud of being a working man so again he chose the Clarion, an organisation which supported the working classes, and he joined his local Stockport branch, where he became a popular member.

He was a good friend to many, always with a ready smile, but didn't take himself too seriously. He often said cycling was just a game, but when it came to competition his approach to training and preparation was disciplined and thorough. He and Barbara travelled to events around the country in

their motor home, with Barbara as his nutritionist, soigneur and manager.

Derek joined M&NW Group in 1989, serving several terms as a committee member. He was active at our functions and events, particularly prize presentation luncheons where he was always the star of the show as raffle master! He was also a highly valued member of the Manchester & District Time Trials Association where he fulfilled various positions, including being president from 2011 to 2015.

In later life Derek's commitment earned him seven VTTA championships; from 30 miles to 12 hours plus two Three Distance Best All Rounder titles. He holds two current national age records and nine past records. His talents on the track generated notable successes in breaking the UCI World Hour Age record and becoming the UCI World Masters Pursuit Champion. He also held, or formerly held, 20 other track records set at Manchester or Leicester.

When Barbara began suffering from Parkinsons disease Derek took a break from cycling and after 66 years together, the eventual loss of his soul mate hit him very hard. They had agreed that whichever one was left would continue to really live - and he did. He returned at the age of 85 as the oldest rider in a Group '10.' In 2020, Derek won four VTTA 'Zwift type' time trials on standard when Covid-19 halted our sport. After suffering a serious cycling accident in 2022 he endured poor health, but his cheerful disposition did not desert him and he continued to ride his smart trainer.

Derek had many friends in the cycling world and beyond, who joined his family at the funeral and wake in sharing memories and paying tribute to a much liked personality.

Written by Ken Workman and Tony Farrell

OBITUARY - KEITH STACEY
29th March 1945 - 23rd April 2025
Seamons Cycling Club and VTTA (Manchester & North West)

Keith Stacey, a valued member of Seamons Cycling Club, passed away after a long illness. He was a member of that one club his entire life and of VTTA M&NW from shortly after becoming a vet. His absence will be profoundly felt by all who had the privilege of knowing him.

Keith joined Seamons Cycling Club in 1961 and quickly established himself as a formidable competitor. His crowning achievement came in 1965 when he won the prestigious British Best All-Rounder (BBAR) title aged 20, marking a pinnacle in his racing career. Two years later, he represented the "Provinces" team in the 1967 Tour of Britain, then known as the Milk Race, further solidifying his status as one of the club's elite riders.

Beyond his competitive accolades, Keith was the embodiment of the Seamon Cycling Club's spirit. Even into his seventies, he remained an active participant in club rides, often seen leading groups with his characteristic enthusiasm and dedication. Keith's commitment to the sport and to Seamons was unwavering, serving as an inspiration to both seasoned cyclists and newcomers alike.

His presence at club events, time trials, and social gatherings was a constant, and his camaraderie and mentorship left an indelible mark on the club. Keith's legacy will continue to inspire future generations of Seamons cyclists.



Photo from The Bernard Thompson Collection

Acknowledgement to Seamons CC website

OBITUARY - CHARLES (CHAS) JEPSON
Becontree Wheelers and VTTA (London & Home Counties)
30th December 1930 - 26th September 2024

I knew Chas in his later years, when he was still active, both on the bike and working for the London & Home Counties Group as our treasurer. All of the Group accounts were produced hand-written by Chas – as far as I know he didn't own a computer. I took over from him as treasurer, inheriting a large pile of account books and figures, which meant I had to create totally new computer based accounts. His working career was with the Thames Conservancy (later to become Thames Water) during which time he studied to become a CIPFA (Chartered Institute of Public Finance Accounts). He ended up as the Financial Director and chose to retire in 1981 at the age of 51. So he was retired considerably longer than he had worked. However, this of course then allowed him to spend more time on two wheels!

Chas had been successfully time trialling since 1949 (co-incidentally the year I was born), and at

committee meetings there were frequent discussions regarding whether his latest ride was a Group record. Although I can only find one age group record he did hold (and still does) – the 15m record for an 83 year old with 46:16 (on the V728) in 2014. Had it not been for the outstanding rides done by the late Jim Sibun for the L&HC during the nineties, he would doubtless have been the holder of many more. He did however star in the records of the Becontree Wheelers, winning their Club BAR on five occasions between 1949 and 1959. His wife Barbara was also a Becontree Wheelers record holder at 25 miles in 1960. He was always willing to travel to fast courses (note his Group record on the V728 in Yorkshire) and frequently crossed over to the other side of London to ride the E2, from his home in Reading.

By John Hoskins

OBITUARY - MERVYN (MERV) PLAYER

Hertfordshire Wheelers and VTТА (East Anglian)

15th May 1933 - 1st April 2025

Merv Player enjoyed a lifetime of cycling. As our National Membership Secretary he was well respected and was our longest serving national official when he passed away peacefully, in hospital after a short illness, as he was approaching his 92nd birthday.

He was a stalwart of the East Anglian VTТА, having joined in 1977 at age 43. He served as Group General Secretary from 2006 until 2019 and continued as Group Membership Secretary until his passing.

Merv also took on the role of National Membership Secretary in 2009 until his passing. In this position he coordinated the group and national membership lists, when they were all spreadsheet based, handled membership queries and changes, and dispatched "welcome packs" to every new member. When the national online membership system was introduced in 2018 he saw the benefits of the new centralised system and adapted his processes with efficiency and enthusiasm.

In December 2023 Merv was awarded Distinguished Life Membership of the VTТА in recognition of his diligent work for the Association.

He joined Hertfordshire Wheelers as a junior in 1949 and took part in all of the club's endeavours, mainly racing and organising time trialling. This was only interrupted by National Service in the army, when he was stationed in Singapore for 16 months, although even then he continued to report for the club magazine, despite not having his bike with him. At various times he held several of the major official tasks in the club. Among them were time

trials secretary, club treasurer, sponsorship secretary, club coach, road race organiser, open '30' organiser (26 years), dinner & dance secretary (18 years). He remained a member of this one club for his entire cycling life.

Merv was very well-known amongst the time trialling community of London North District, the Eastern Counties Cycling Association and further afield. He had a very long time trialling career, having started in the early 1950s; he only finally hung up his wheels in 2017. Even after his retirement he continued to help out at race headquarters, being the ideal person to man the signing-on table, as he knew almost everyone and was quietly efficient.

In 1956 Merv married Pat, who was also a keen cyclist; they continued to live in the Hertford area and they loved touring together; sadly Pat died in 2016. They are survived by a daughter, Tracey, and her younger brother, Stephen, who lives in the USA.

Thanks to John Golder for this information



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