

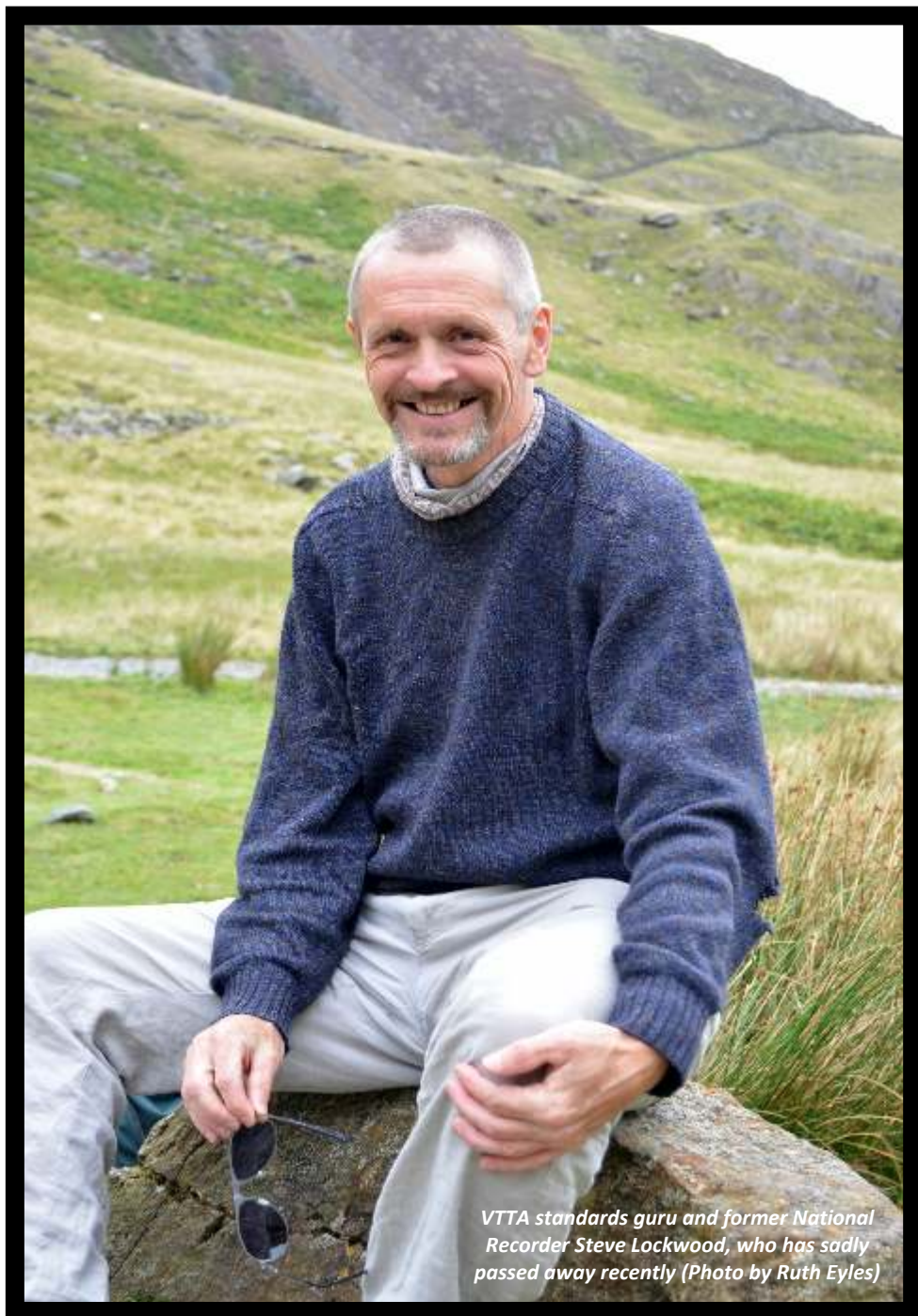


Number 60

March 2019

# THE VETERAN





*VTTA standards guru and former National Recorder Steve Lockwood, who has sadly passed away recently (Photo by Ruth Eyles)*

*Cover - Robin Vessey (Didcot Phoenix) on his way to an age group award in the 2018 CTT National Circuit Championship held in East Yorkshire (Photo by Craig Zadoroznyj)*

*National Association for the 40 years old and over racing cyclist*

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# THE VETERAN

## THE QUARTERLY MAGAZINE OF THE VETERANS TIME TRIALS ASSOCIATION

*Founded in 1943 to promote cycle time trialling for those aged 40 and over*

Number 60

March 2019

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### EDITORIAL

As I began to contemplate putting this magazine together in the cold, dark and wet days of early January I honestly believed that I would struggle for content. However material then came in from various sources and we have our usual varied content with (I hope) something to interest all our members.

Sadly we have more obituaries than we would hope for and these include some VTTA notaries. Steve Lockwood has passed away long before his time and you will find several tributes to him - he has been such a key part of the most recent and the previous standards reviews. Other notable figures include former National Treasurer Jim Gresty as well as several who have devoted their energies to group, CTT or BC matters. In my own area we were saddened to note the passing of Stan Chadwick, at 102 years old he was the oldest VTTA member and he was a regular VIP guest on the Tour de Yorkshire whenever it visited his home town of Scarborough. There are always some remarkable stories hidden in the obituaries section.

In my earlier days as a VTTA member I confess that I only glanced through The Veteran, reading the report from my own group and perhaps those from adjacent areas. I now urge you all to read further - there are some really entertaining contributions, such as the Burns Night celebrations report (which sounds an absolute riot) from Scotland, or the Wessex story of the member of a support team on the Race Across America. Whatever our members are doing, we are interested, so please keep your own group correspondent informed - they cannot be expected to know everything and they will be pleased to hear from you.

This edition also, of course, includes a report and photographs of the prize presentation and AGM. This was at a new venue in Solihull and I think that most of those present found it to be most satisfactory. The day also included a detailed presentation of the standards review process and its outcome. This was ably made by our Chairman, Andrew Simpkins, but I am sure he missed the support of Steve Lockwood, who had done most of the number crunching. A summary of the standards review is included in this magazine; the new standards are now on the website and in the 2019 Handbook and should be used with immediate effect.

Finally, there is also a rider Q&A, which this time focuses on Jackie Field, who made VTTA history in 2018 by winning our Best All Rounder, beating all the men. We look forward to seeing what she achieves in 2019, which brings us nicely round to looking forward to good days and exciting racing as our season unfolds.

Best of luck with your 2019 aspirations, whatever they may be.

*Mike Penrice*

## LETTER FROM THE PRESIDENT

Spring appears to have arrived early this year with many spring flowers in full bloom and many people waking up their gardens a good month early. Even the birds appear to be celebrating the good weather with their dawn chorus singing out loud and clear even if winter returns. Yet uncertainty of what is happening which will undoubtedly affect us all continues to be churned out in the media.

I liken our politicians to warriors of the past who went out and fought battles whilst the vast majority of the population got on with their lives and eventually discovered their fate a good deal later. This of course is not the case these days as the media constantly bombard us with information whether we are interested or not. Brexit D-Day is looming and one way or the other we will know our future by the end of March which hopefully means we should be clearer on what our long term fate is to be. What will be, will be I am sure.

Thankfully we have our love of the bike to fall back on. Whether we are racing or just cycling for pleasure there is nothing better than to don the cycling gear and get out in to the lanes and enjoy the rush of the wind and the warmth of the sunshine upon us. There is always something to do and see in our wonderful countryside and long may it continue.

*Carole Gandy*

## VIEW FROM THE CHAIR

December and January proved a busy period with preparations for the AGM and the completion of the Standards Review. The latter was marred by the unexpected and tragic death of Steve Lockwood, our former National Recorder, and a key figure in our review of Standards in both 2011 and 2018. Steve was a great asset to the cycling community and we will miss his generous help and valuable expertise. A detailed presentation on the Standards Review was given at the AGM workshop and you can read a report about it elsewhere in the magazine. It was pleasing to see a good attendance of winners at the awards presentation and of officials for the AGM. A number of constructive motions were passed including more awards for our women members in the hope that this will encourage more women to join and participate in our competitions.

When I became chairman I saw the need for two major related projects that would be vital for the future development and growth of the VTTA. These were the redevelopment of our website in a modern and user-friendly format and secondly the provision of an online membership system. I am pleased to say that with the help of Xncreations these have both now come to fruition and we are seeing the benefits of them. Almost 75% of membership renewals are now being made online while 85% of new members are joining online. We are keeping the website up to date with key news items, where you can also access event and competition results, the latest national age records, and downloadable versions of the revised 2019 standard tables. I am encouraging groups to make the most of their news pages on the website to both inform current members and attract new members. In the next few months we plan to add group age records to the site, which will enable those groups who wish to do so to hold all their group information on the national website. With a Standards Review also completed in 2018 the question is what should be the next challenge we set ourselves? Suggestions welcome!

On a personal note my wife and I have left the Solihull area after 27 years and are temporarily living in Worcester while we wait for the build of our new house in Tewkesbury to complete in April. This is giving me the opportunity to explore some new training terrain. I have found that Worcester is well situated on the National Cycling Network and there are some very pleasant and quiet routes into the surrounding countryside. I have been a supporter of Sustrans for many years but never used the Network near Solihull.



It has been a pleasure to find these well signed routes including one that takes you right across the city on quiet back roads and cycle paths. One can only hope that we will see further investment in our cycling infrastructure that will encourage people to get out and enjoy cycling. Best wishes to all our members for an enjoyable and hopefully successful 2019 season!

*Andrew Simpkins*

**REMINDER - YOU SHOULD BE USING THE NEW VTТА STANDARDS FOR THIS SEASON.  
REFER TO 2019 HANDBOOK OR THE VTТА WEBSITE**

## NATIONAL SECRETARY'S PIECE

It only seems like last week that we were scouring the 2018 handbook to find some late season events to ride before descending into months of dark nights, frostbitten fingers and, for the less adventurous of us, turbo trainers. However, with the crocuses and snowdrops arriving early this year, our thoughts have perhaps turned to time trialling a little earlier than they did a year ago when the country was under a thick layer of snow, paralysed by the 'beast from the east'.

Whilst I always rather enjoy the winter season – primarily as I enjoy indoor training – it is also the time of year where we reduce the training to concentrate on the administration side of the sport. For me, one of the highlights is always planning of the January AGM and prizegiving and this year was no exception. We had one of the healthiest turnouts of award winners that I've ever seen: twenty award winners were awarded their prizes in front of a full room of attendees; each one of them highly deserving of their medals and silverwear. Even more inspiring is delving a little more into the back story for each (and, believe me, there's a massive back story for every winner!). I uncovered some absolute gems this year!

Rather like the early blooming crocuses, I am starting to get prematurely excited about the season ahead: we have a new set of standards to get our teeth into, we have a more cutting edge website than many multinational corporations do and we are seeing parity move to another level this year with the introduction of women's caps and jerseys in Championship events.

However, I can't possibly write this piece without a personal "thank you" to the Association for awarding me the Ted Bricknell award this year for outstanding services to the Association. I may have won a fair few awards over recent years in cycling, but I can put my hand on my heart and say nothing meant more than this one. When I suffered my stroke in early 2018, I had no idea what the future held – but I've entered 2019 in a happier place than I've ever been, and with a whole set of new opportunities to look forward to which would never have happened if I hadn't had the setback. The VTТА played a massive part in this – every single event I attended, I was buoyed by the support from the VTТА community, not just from the spoken and practical help so readily given and offered, but by continuing to see the joy in riders' faces when they outperform their own expectations. Ultimately, this is just what the VTТА is here for and, with the changes on the horizon for the upcoming season, we should start to see even more joyful faces in the year to come!

*Rachael Elliott*



*Rachael winning the CVR World Cup event at the Paris Velodrome in 2017*

## IT MANAGER'S REPORT

Most of you will have received renewal invitations from the VTTA website and have renewed, thank you. A few people had problems with renewing and had to get assistance from me. Typical problems were date of birth or email address not matching the those held on the system. Resolving these issues means we get the correct data on the members affected, whilst securing it from people trying to access the system illegally. We now have 1682 registered users, the majority of the membership, so fewer problems with renewal are expected in the future.

Work is starting on an enhancement to the Age Records part of the website. The aim is to allow members to see group age records as well as national age records. You will also be able to access historical age records which have been beaten. We will also include Les Lowe's database of 5000 age records going back to the 1920's. As Les's bequest funded the development of the website, it is fitting that his database of age records, a major piece of work, is made accessible to everyone.

My training for next season got somewhat interrupted by a fall on Boxing Day when, riding along with two cyclists I chanced to meet on the road, I came off at a bend when my back wheel slid away on an adverse camber. Nothing broken, but some serious road rash and a sprained wrist. I am now recovered in time to attempt my first Paris-Brest-Paris qualifier next week.

*Jon Fairclough*

## THE STANDARDS REVIEW Andrew Simpkins

The NEC approved a review of the standard tables in September 2018 following various concerns raised by members. Although the new standards introduced in 2012 were generally considered to be working well there was evidence that they were not always achieving the goal of a level playing field. A proposal explaining how the review was to be undertaken was sent to Groups in October 2018. The review was undertaken between October and December by a working party of the NEC assisted by Steve Lockwood, a former National Recorder, who had been a key member of the previous review in 2011.

The aim of the review was to identify where changes to the standards were necessary in order to maintain as far as possible a 'level playing field' for all our members. There are a number of ways we can determine the fairness of the standards:

1. A broadly even spread of ages and men and women in the top places of VTTA events and competitions (relative to participation).
2. The best riders in each age band achieve broadly similar plusses – the best riders in any age group should not require 'superhuman' performances to achieve the plus of the best riders in other age groups.
3. The age records for both men and women should show broadly similar plusses on standard.

It must be stated, however, that the standards can only be 'estimates' of performance and there is no 'perfect' handicapping solution.

As part of the review we obtained a further 86,000 anonymised veteran results from the CTT database covering the years 2016-2018 which when added to the results obtained in 2011 provided a database of around 110,000 results. It is important to note that we are using 'real world' data specific to veteran time triallists – not a 'theoretical' model about age decline in athletic performance.

Using this additional and more recent data we re-ran the model created in 2011 and performed a number of iterations in order to introduce some additional refinements. A significant amount of 'back-testing' was undertaken of recent BAR results, national championships and some other events to establish if the revised standards appeared to give a fairer result across all ages and for both men and women.

Overall the conclusions were that changes were needed and we should update the standards using the more recent data. It was not necessary, however, to produce a fundamentally different model on which to base the calculations. This helps make the changes straightforward to implement. There are still some issues which are noted below. The impact of the revised standards may be summarised as follows.

In general, the revised standard tables are a little harder reflecting the fact that overall average speeds have increased since 2011. The impact does vary however according to the distance or duration of the event. The revised standard will be more noticeably harder for older men as their speeds are not declining as quickly as had been estimated in 2011 especially for those over 80. This can be seen by the fact that the best over 80s men have been achieving plusses beyond what is reasonably achievable by the best riders in younger age groups. Other notable adjustments are that there should be a more generous adjustment for trikes compared to solos and that for younger women the standard should be somewhat easier.

For those interested in the detail here are some more findings and observations from the review.

### **The 'Lockwood' Formula**

The statistical modelling approach basically works as follows. We consider the top 10% of performances for each age of male riders on a solo bike. Taking the top 10% provides a better, more consistent sample of performances across the ages. A 'weighting' factor is added to ensure that all age groups carry equal significance. A regression analysis is run to establish a "line of best fit" for the age decline and distance ridden. This then leads to a formula to calculate a standard for men for any distance or time. From this 'scaling' factors are derived for women and trikes. The formula and the factors are then used to calculate a new version of all the tables and an adjustment percentage (4%) is provided for tandem bikes and trikes.

The formula models the decline in speed with age and event distance (or time). It reflects the fact that the power required to cycle increases as speed increases, so this is consistent with the underlying principle that power and speed decline with age and the duration of an event. In terms of statistical validity an "r-squared" value measures how well our formula fits the data. A value of 1 would be a perfect fit. So the closer to 1, the better the model fits the data. Our 2018 analysis provided an r-squared value of 0.895 compared to a value of 0.803 in 2011.

### **Impact on Standard Claims**

In the revised tables the 'base point' is retained as 1:06:00 for a male 40 year old for 25 miles. This means that personal standards will not need to be 'reset' in 2019. Members' previous standard plusses will remain valid for calculating their 2019 standard targets.

### **Data Limitations**

Although as noted above we have a large database of results this is by no means evenly spread across the membership. While we have over 32,000 results for 10 mile events we have only 423 for 12 hour events. 89% of the results in the database are for men and only 11% for women. We have over 31,000 results for 40 year olds but only 500 or so for 80 year olds. Future reviews of standard will be able to add more data from the CTT. However, the statistical model compensates to some degree for the limitations in the data by the way it can plot the 'curve' of decline. In the case of trike results, the limitations in available results mean that we have made more use of the age records as a guide for the trike standard.



*Table 1 - Back test of 2018 Short Distance Competition showing effect of application of revised standards*

Age	Gender	New plus	New Posn	Old plus	Old Posn	Diff in plus	Diff in posn
87/88	M	1:23:07	2	1:28:58	1	-05:51	-1
74	M	1:22:24	4	1:24:12	2	-01:48	-2
59	M	1:23:43	1	1:23:48	3	-00:05	2
65	M	1:22:29	3	1:23:02	4	-00:33	1
88	M	1:14:59	12	1:21:08	5	-06:09	-7
42	M	1:18:36	6	1:18:19	6	+00:17	0
53	F	1:18:49	5	1:17:05	7	+01:44	2
58	F	1:18:23	7	1:16:50	8	+01:33	1
49	F	1:18:01	8	1:16:10	9	+01:51	1
46	M	1:15:59	9	1:15:37	10	+00:22	1
45/46	M	1:15:52	10	1:15:29	11	+00:23	1
66	M	1:14:20	16	1:15:00	12	-00:40	-4

### **'Back testing'**

It was judged vital to test the revised formula and tables by 'back-testing' previous results. These tests can both be quantitative and objective in terms of movement in

results and subjective in terms of 'perceived fairness'. A range of back-tests was undertaken building on the tests that we undertook in 2011/12 and these led to some further iterations in the proposed revised tables. The back-tests covered the 2017 and 2018 results for all three season long competitions (which cover distances of 10, 25, 50, 100 miles and 12 hour), most of the 2018 national championships, and the 2017 Yorkshire VTTA 10 and the 2018 Leo 30 in both of which multiple age records were set. The key question asked was, does the revised standard produce changes in the results which, taken as a whole, give a fairer and credible outcome?

For example, table 1 is a back-test of the 2018 short distance competition (two 10 mile and two 25 mile events).

Here you can see that the top four have swapped places but there are not huge changes to the result. What is significant is that the top ten times are noticeably closer, so the revised standard has created a more competitive result and by implication a more level playing field. The oldest riders do have a reduced plus as expected, and the top three women have moved up a little.

Another test carried out was to compare the age record plusses under the revised standard. In theory these should be broadly commensurate. The analysis for the male 10 mile records is shown in table 2.

Age	Age Record	Old standard	Old plus	New standard	New plus
41	0:17:47	00:26:04	+08:17	0:26:07	+08:20
45	0:17:49	00:26:23	+08:34	0:26:27	+08:38
50	0:18:02	00:26:45	+08:43	0:26:49	+08:47
56	0:18:44	00:27:14	+08:30	0:27:17	+08:33
60	0:19:49	00:27:38	+07:49	0:27:39	+07:50
65	0:19:51	00:28:14	+08:23	0:28:13	+08:22
73	0:20:21	00:29:39	+09:18	0:29:32	+09:11
74	0:21:08	00:29:53	+08:45	0:29:45	+08:37
80	0:22:56	00:31:37	+08:41	0:31:22	+08:26
86	0:24:24	00:34:20	+09:56	0:33:54	+09:30
87	0:26:22	00:34:56	+08:34	0:34:27	+08:05
89	0:29:21	00:36:18	+06:57	0:35:44	+06:23

From this result the 89 year old record seems like it might soon be beaten. If we exclude that 'outlier' the average plus is 00:08:34. Given that age records are by their nature exceptional performances we do seem to have a reasonably close clustering of times across the age range.

*Table 2 - Men's 10 mile age records - comparison of plusses under old and new standards*

Table 3 - Difference between old and new 25 mile age standards

Age	Men		Women	
	New standard	Diff	New standard	Diff
40	1:06:00	0	1:11:35	+00:21
50	1:08:03	-00:01	1:13:51	+00:23
60	1:10:14	-00:07	1:16:17	+00:16
70	1:13:42	-00:24	1:20:08	0
80	1:20:06	-00:56	1:27:14	-00:31
90	1:33:58	-02:08	1:42:39	-01:40

### Impact on Plusses

The impact of the revised standard was considered across the different age bands and distances (or times). Table 3 is an example of the new standard for 25 miles and the difference to the previous standard. The changes are fairly modest with a slightly easier standard for younger women and a somewhat harder standard for the oldest men.

### Outstanding Issues

The review has clarified some issues that would benefit from further investigation and discussion:

- Fast/slow courses or events** - The way the maths works with the current 'subtractive' plusses means that fast events will 'favour' slower (or older) riders and slow events will favour faster (or younger) riders. An alternative approach that would remove this bias would be to use 'proportional plusses'. Instead of calculating plusses by subtracting the time from the standard they would be calculated by dividing the standard by the time. Using this approach would reduce the disproportionate effect that particularly fast or slow events have on riders. However, it would need event organisers to use an automated spreadsheet to calculate such plusses.
- Multiple purpose of standards** – standards are used for two rather different purposes.
  - To provide the 'level playing field' for national championships and competitions (where the impact is particularly felt by 'elite' riders) and for all VTTA events;
  - To determine achievement of personal standard awards (where the impact is more on the 'average' riders. But only around 10% of members claimed standards in 2018. How can we make competing for standard awards more attractive?
- Women's standards** – while the Standards seek to achieve 'gender neutrality' we have moved to having women medallists in championships and in season long competitions in order to encourage and recognise their participation. Is it best to continue this 'mixed' approach?

### Conclusions

We have achieved the overall aim which is to provide a more level playing field for our members which reflects the data of more recent results. The revised standards should demonstrate a narrowing of plusses in the top places in events/championships/BAR competitions, so they become more competitive.

The revised tables should therefore be implemented for 2019. We should also make an assessment of 2019 results as they come in to judge how well they reflect 'objective' and 'perceived' views of their fairness.

The NEC will consult with the Groups on alternative approaches during 2019, notably the option of using proportional plusses, but recognising we need to have as simple and workable a system as possible.

We should plan for another update in say 4-5 years' time.

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REFER TO 2019 HANDBOOK OR THE VTTA WEBSITE**

## RIDER Q&A - JACKIE FIELD

### *Jon Fairclough Asks the Questions*

The cyclist answering the questions this month is Jackie Field, who is the 2018 VTTA BAR Champion, the first lady to win it. She is a member of the East Anglian group. Jackie started time trialling comparatively late, showing that there is hope for us all!

Q: When did you start time trialling?

I think it was 5 or 6 years ago. I had done a couple of years cyclocross at CC Ashwell and decided to have a go at the weekly club 10. It was on a Cannondale R400 with clip on bars. I progressed the following year to doing a couple of inter club events as well, but only started open time trials 4 years ago when I did sporting courses in the N&DCA League and the RTTC classic series.

Q: Could you describe the races that made you BAR champion?

I didn't target the BAR at all, I hoped to maybe get a couple of age records last year and duly filled in the VTTA paperwork. I had no idea I had won the East Anglian BAR until I had a phone call from Mary Horsnell and then it was at the East Anglian VTTA dinner that I looked through the programme on the table and realised I had won the BAR overall!! It was a bit overwhelming actually and probably the thing I am most proud of in cycling to date.

The races that made up my BAR were the Velovelocity 25 on the E2, which was in September and my last attempt to get an age record for that distance, which I managed. The 50 was the Shaftesbury CC, also on the E2 (I only live one mile away, so it is my all-time favourite course) and I think I pedalled as hard as I could because I was on a mission to get to our club championships the same morning. Unfortunately, the pad on my aero bars sheared off as I crossed the finish line, which put paid to the club championships, but I knocked 4 mins 30 off my PB, and 1 min 40 off the age record so I was happy enough. The 100 was the National 100 in the Lake District on the A66 (L10010) and I really struggled with this. It was only three weeks after the 12 hour and I don't think I had recovered fully. It seemed quite windy and there was a lot of traffic, so I didn't really enjoy that one. The 12 hour was the National 12hr on H12H/10. I quite like this course - I did my first fast 25 on this course and managed third in the 100 on it back in 2017. I had absolutely no expectations going into the event - it was my challenge for the year to see if I could manage 12 hours. I get very nervous before events and I wanted to do something I hadn't done before with no pressure. It was a little drizzly to start with and there was a quite a head wind on the way back which seemed to get stronger. I had no schedule planned, just to ride at a pace I thought I could sustain for as long as possible. Not a very technical approach but it seemed to pay off. I was really pleased with the result and again it will probably remain one of the highlights for me.

Q: What are you aiming to achieve this 2019 season?

I did a huge amount of travelling to races last year with the RTTC Classic series and most of the RTTC National events, so I would like to take it a bit easier this year and do some more events closer to home. I would like to try for some more age records and to ride the R25/3H this year as I have never ridden it. I will



probably try a 12 hour again but am not sure about stepping up to the 24 hour - I think I will just see how training goes. I have just joined Audax UK as well as I quite like the idea of some nice long rides with no pressure. I have on my bucket list to ride LEJOG at some time and would love to do the Marmotte as well - but not this year.

Q: Could you describe your TT bike and your road bike?

My TT bike is a second hand 2012 model Scott Plasma with aero bars that look like armchairs and need updating. It is a little quirky and I have to push the wire in at the top of the tri bar to make it change gear. I have a Corima disc on the back and a set of Knight Composite carbon wheels which I won in the RTTC classic series. My road bike is an older model Trek Madone. Both nice bikes but a little tired now.

Q: What sacrifices do you make to ride your bike?

Well the house and garden aren't as tidy as I would like! Mostly it is just about making sure it doesn't eat too much into family time. I think in all fairness it is my husband Stuart who makes the most sacrifices - I get to ride, he generally just gets to drive me everywhere and stand for hours on the side of a dual carriageway. I think I would find it very difficult without that support.

Q: What is your approach to training?

Well I don't have a coach, but I enjoy the science behind training, so I read up quite a lot and like planning my training and looking at data. I do quite a lot of my training on the turbo just because I like structure but doing the 12 hour last year meant I had to get out on my bike more, which was a good thing and something I hope to do again this year when the weather improves. I don't take enough rest and I hate tapering sessions!

Q: Who has been your biggest influence and/or role model in cycling?

CC Ashwell club mates James McKenzie and Richard Glover who have advised, encouraged and supported me since I took up time trialling and have inspired me with their own achievements.

Q: What are your favourite training and racing routes?

I still enjoy cyclocross over the winter as it just makes a big change from time trialling and stops things getting stale. I like racing on courses I know and the E2 has been a good course for me so far plus very close to home. If I go out on a long ride it's nice to find new routes when I can.

Q: Do you prefer to ride in a group or alone?

I do most of my training on my own, but it was nice riding with my husband in preparation for the 12 hour - we would do three hours together and then I would carry on, which breaks it up a bit. I don't really like it when I can't see the road ahead so I am not very good at riding behind people, which is a skill I should probably practice but the beauty of time trialling is that generally you don't have to worry about that!

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*"This was our 3rd New Year and 4th stay as guests of Colin and Wendy in their splendid 'Old Forge' Barn. As always, the warmth of the welcome and generous hamper that greeted us on arrival was simply lovely. The barn cannot be beaten for utility, charm and home comforts".*  
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The Old Forge B and B and Holiday Barn, which is run by Wendy and Colin Pearce, is located in the village of Knockin, half-way between Shrewsbury and Oswestry in Shropshire, which lies about two miles from the A5 which is the main road that links the South of England to North Wales. Knockin is a central point for horse-riding, golf, fishing, walking, cycling and visiting National Trust Properties. In the village is a local pub which serves good food. Nearby there are also numerous eating pubs and restaurants.

# NATIONAL PRIZE PRESENTATION & ANNUAL GENERAL MEETING Saturday 26<sup>th</sup> January 2019

*By Mike Penrice*

The 2019 National AGM took place on Saturday 26th January at the Ramada Hotel in Solihull. It was preceded in the morning by a workshop where the Chairman gave an update on developments to the website and the online membership system. This was followed by a detailed presentation on the review of standards, explaining the analysis and evaluation that had been undertaken, and the reasons for changes to the standards for 2019. This was well received by delegates. A summary of the standards update appears elsewhere in this edition.

Following a hot buffet lunch there was the awards presentation with a good number of winners present to receive their trophies and medals. Present to receive their plaudits were the following:

**Alison Vessey** (West) 3<sup>rd</sup> lady in 30 mile championship and a regular in our championships up to 12 hours.

**Bob Awcock** (Midlands) 24 hour club team champion with Born to Bike.

**Chris Dyason** (East Anglian) 30 mile club team champion with Cambridge CC.

**David Stockley and Murray Kirton** (Midlands) proved that two old guys on a tandem can see off the competition when they won the tandem 10 championship.

**Debbie Moss** (N Lancs & Lakes) is a new name on the scene, having only started racing in 2017, but she improved rapidly and was rewarded by becoming ladies 50 mile champion..

**John Golder** (East Anglian) was present as part of the winning group team in the 3 Distance Competition. John is better known for being king of organising the fastest events in the country and is probably responsible for more age records than any other organiser in the country.



*All the winners at Solihull (left to right) - Ray Retter, Sue Cheetham, Chris Dyason, Norman Harvey, Ken Stevens, Matt Ivings, Alison Vessey, Murray Kirton, Kevin Tye, Peter Horsnell, Jackie Field, Derek Parkinson, David Stockley, Katja Rietdorf, Ron Hallam, Debbie Moss, Rachael Elliott, Brian Sunter, Sue Semple, Andrew Grant,*





*Debbie Moss receives her women's 50 mile winners medal from Alan Colburn*



*BAR club team winners Born to Bike - Sue Semple, Ray Retter and Katja Rietdorf*

**Kevin Tye** (Kent) won the C W Cooke trophy in recognition of season long outstanding performances, including six national age records and second in the UCI World Masters Championship.

**Norman Harvey** (Wessex) took the 15 mile tandem championship with Sotonia CC clubmate Mary Corbett.

**Derek Parkinson** (N Lancs & Lakes) had a stunning ride in the 50 mile championship on home roads. His 1:45 fastest on actual gave him third on standard and leader of the winning group team.

**Ken Stevens** (Notts & E Mids) has had a busy season which saw him storm round the 10 mile championship for second place and a member of the group championship team.

**Sue Cheetham** (N Lancs & Lakes) helped keep the spoils of the 50 championship close to home, taking third lady and a member of the winning North Lancs RC club team.

**Mat Ivings** (Manchester & NW) was another new name in our award winners, taking second (on standard) in the BAR but also winning the actual fastest award'

**Peter Horsnell** (East Anglian) trod his well worn path to collect the 3 Distance Championship for a fifth time and also his medal as part of the winning group team in that competition.



*3 Distance Competition group team winners John Golder, Jackie Field and Peter Horsnell*



*Rachael Elliott was delighted to receive the Ted Bricknell Award from Alan Colburn*

**Sue Semple** (Midlands) collected medals for second woman in the 100 mile championship, and a club team medal (with Born to Bike) in that same 100, and a member of the winning club team in both the BAR and the 3 Distance Championship.

**Andrew Grant** (East Anglian) is no slouch despite being group chairman. In an outstanding season he won the 30 mile championship and led the winning Cambridge CC team and in the 3 Distance Competition he was second overall and a member of the all-conquering East Anglian group team.

**Brian Sunter** (Yorkshire) is a very consistent championship performer; having taken medals of various hues for longer than anyone cares to remember. For a sixth time he won the 50 mile championship, backed up with silver in the 30 and in the 25 he was third and led the winning Yorkshire group team on an horrendously hard day.

**Ray Retter** (West) spreads his talents between track record attempts to 24 hour time trials and pretty much everything between. He collected bronze medals for third and gold medals for club team wins in both the 12 hour and 24 hour championships. As a member of the dominating Born to Bike team he also formed part of their winning teams in both the BAR and the 3 Distance Competition.

**Ron Hallam** (Notts & E Mids) added to his not inconsiderable hoard of gold! Gold for winning the 10 championship. Gold for winning the 15 championship. Gold for winning the group team in the 10 championship. Gold (and a bit of silverware) for winning the Short Distance Competition, for a fourth time.

**Katja Rietdorf** (London & HC) is another collector of the yellow metal, winning gold for the 30 and 100 mile and 12 hour women's championships and for participating in the winning Born to Bike teams in the BAR and the 3 Distance Competition.

**Jackie Field** (East Anglian) was next. A relative newcomer in the gnarly old world of veterans time trials, she has risen to the top to win the ladies championships over 10 miles and 12 hours. She was first woman in the 3 Distance Competition and a member of the winning group team. In the BAR not only was she best woman but she was the first woman ever to win this competition outright, beating all the men.

There was particular appreciation for **Rachael Elliott** as National Secretary taking the Ted Bricknell Award following her remarkable progress since her stroke a year ago; in making this award National Chairman Andrew Simpkins recounted the many difficulties overcome by Rachael and the esteem in which she is held by the membership in her fight back to full health.

Then it was on to the business of the AGM. Reviewing the accounts, there was a loss of £9761; this had been anticipated and was the result of ongoing spending on website development, funded by the Les Lowe legacy received in 2017. Additional website features identified during the development had resulted in some extra cost.

The cost of The Veteran was reported as within budget, although as the traditional 'big spend' item for the Association it inevitably drew scrutiny. It was noted that approximately 20% of the membership now take the magazine by email, but that the majority still take and prefer the print version. One delegate questioned the need for colour pages, to which the

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Editor replied that it was strictly only 8 inside pages (which to get technical is a single side of one large printed sheet before cutting and compiling) and the extra cost is known and controlled.

A three year forward projection was again produced and this showed the ongoing effect of the subs increase, coupled with an expected gradual increase in membership, although there was a question raised over whether this growth was realistic and sustainable.

There then followed several non-contentious rule change proposals, aimed at streamlining administration and based on changing procedures in the light of the new online membership system.

Emotions were raised over the NECs proposal regarding cost of The Veteran magazine to Honorary Life Members. It was pointed out that whilst groups appoint HLMs it then falls to the NEC to fund the cost of their free magazine, amounting to £2370 annually. Whilst it was noted that many HLMs make a donation to cover this cost, that goes to the groups. The NEC proposal would have required the groups to pay for their own member's magazines (which they could fund as they wish - either from general funds, donations or a charge on those HLMs). After some lively discussion the motion went to a vote, requiring two thirds in favour, but was lost (15 for, 16 against).

Moving on to the procedures for standards awards, it was agreed to abolish single attempt and single distance applications; registration is now for any number of attempts and distances and must be made online or by post prior to any event subsequently forming a claim. NECs further attempt to streamline the standards process by introducing a single national fee was lost; delegates pointed out that they make their own arrangements to source the standards medals and plaques and must be allowed to manage their own finances.

Track age record attempts have assumed greater prominence recently, as members seek new challenges, and in response to a member query NEC placed a proposal to clarify that outdoor track attempts could be made either on a track (fixed wheel) bike or on a road/TT (freewheel) bike. After some discussion on this the traditionalists gave ground and the motion was passed 27 to 6.

A proposal to allow championship entrants to join the VTTA up to the time of issue of the start sheet, rather than to be members at the closing date, was considered. Protests at the extra administrative burden were made, primarily by those championship organisers present at the meeting, and the motion was lost unanimously.

With a view to further encouraging women's participation, it was agreed to award a women's and a men's winner's jersey at national championship events. It was also agreed to award separate women's and men's medals in the season long competitions as well as in national championships.

Election of officers was made seamlessly with all present incumbents re-elected, including those co-opted during 2018 - Glen Knight as national Recorder and Keith Dorling as a committee member.

Finally it was agreed to appoint Jim Burgin of London and Home Counties Group, former National Chairman and Magazine Editor, as an Honorary Vice President.

The revised Constitution is now on the website and will be published in the 2019 Handbook due out in March. The revised standards are now on the website and should be used for all events.

**REMINDER - YOU SHOULD BE USING THE NEW VTTA STANDARDS FOR THIS SEASON.  
REFER TO 2019 HANDBOOK OR TO VTTA WEBSITE**



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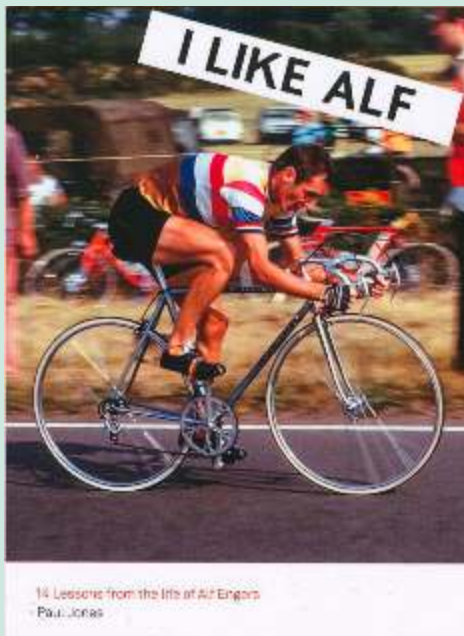
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# AROUND THE GROUPS

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**Editor's note - Several group correspondents have included a reminder about paying subs. Unfortunately this magazine will no longer reach those late payers; all benefits of membership now cease at 28th February.**

## **EAST ANGLIAN**

### **Mary Horsnell's musings**

Christmas seems a long way away and so does the old year but a few matters are still arising.

A request was made to name and shame in this column certain riders who failed to submit their details for the VTTA BAR. Gray Turnock is exonerated as he was ruled out, having rejoined after the closing date. The other chap has not yet been interrogated. However these two were well placed in the ECCA final results, as was group chairman Andy Grant. Andy was well pleased to receive the handsome punchbowl, which will soon be filled for a grandchild's christening.

### ECCA BAR Results

Men (Caspian Cup) over 50/100/12 : 1. Gray Turnock (Finsbury Park CC) 26.262mph; 2. Kevin Baumber (Shaftesbury CC) 25.362mph; 3. John Golder (Chelmer CC) 24.544mph

Women (Bates Trophy) over 10/25/50 : 1. Becky Murley (Wisbech Whs) 26.802mph; Lauren Kirchel (Chelmer CC) 26.427mph; Mandy Bunn (CC Sudbury) 25.775mph

Veterans (Bill & Maude Temme Trophy) over 25/50/100 : 1. Andrew Grant (Cambridge CC) +8.025mph; 2. Gray Turnock (Finsbury Park CC) +7.146mph; 3. John Golder (Chelmer CC) +6.173mph

Every year someone asks a question about the veterans BAR. The system used is the original VTTA +mph method, but using the current standards (which were designed to eliminate the +mph method). Does that make sense? Anyway they are sticking to it and some think it is fairer. One interesting point is that claims are not

necessary, riders are automatically entered; this system may well be adopted by the Group in due course.

The venue for the ECCA presentation was again the Top Meadows Golf Club at Bulphan, with clear views of the Langdon Hills on a bright day - so different to the fog and snow of former years. The long table was filled from end to end with magnificent trophies, some of which are very valuable. Half of these went unclaimed, following the trend as it seems they have no place in modern homes.

The same applies with the Group's lunch, where even free tickets failed to attract more prize winners, meaning that the unfortunate officials have to find transport and storage for unclaimed awards. The new venue was considered more central, with a few improvements promised for next year, but a survey for future arrangements has been circulated. Matt Bottrill proved to be a most suitable Guest of honour. His talk was interesting and well received and he patiently answered all questions. Our two youngest visitors, Jackie Field's teenage sons, sat obviously enthralled, and afterwards said that they had enjoyed it all very much and it was not at all boring. Matt's protégé, Keith Dorling, has offered to be organiser next year, following the retirement of Ian Mackenzie after 19 years of faithful service. Ian found it difficult this time without the involvement of his wife, Vivienne, for whom he has become a full time carer. She has been a much valued helper - in fact, an equal partner, preparing menus, place cards, raffles and much more. They well deserve our grateful thanks and our good wishes.

Ian is one of those people who have become somewhat disenchanted with the time trialling scene, not able to get into many events, but will continue to keep up with the Tricycle Association and not forsake his running (although at the moment he has damaged his leg playing table tennis, so get well soon).

John Golder wants to see something about the Chelmer in this column. Certainly he has had a

good season; there has been little interest in backing for vets teams, though he with Tim and Cathy Wood were the only Chelmer prize winners with the ECCA open 100 team. This is a far cry from the days when the club would take home a box of medals from the lunch.

The adventurous Woods plan to concentrate on triathlons, such as the Ironman, this year. Former team leader Antony Stapleton, whose racing has been much reduced since his nasty accident when leading a clubrun, is now more often to be seen organising and leading cycling groups to Majorca, having exchanged the leafy lanes of Essex for sunnier climes (and climbs). Of the one-time backing boys Graham Painter, who is still not fully recovered from a serious accident, has his wedding to Jenny planned for April, while Chris and Pat Regan travelled to Iona for their marriage - without a car! The always reliable Ann Shuttleworth has joined first claim a club nearer home, where there is "less pressure to compete" and intends to spend more time on lengthy mountainous climbs abroad and on the Yorkshire Tour stages. All this and more, has meant that John has been the only Chelmer rider to record a 12 hour mileage in 2018 and therefore that distance has been deleted from their BAR. Hardly encouraging for others. Could there be a change of policy in 2019, one can only hope?

John himself has an ambitious plan to ride across the Pyrenees in the company of his friend Ian Cammish, and probably thousands of others. His partner Chris will provide support in the new camper van, bought for their retirement.

At our recent group AGM in addition to John's multi-tasking, Chris nobly stepped forward to fill the post of group secretary, there being no other volunteers, while Mervin remains responsible for membership. Noel Toone has done sterling work on our new website and can now send out bulk mailings. He has set up a copy of the original website and with the new national website now being in operation he would seek to avoid duplicating its functions, but before retiring our own free standing system would ensure that the national system was user friendly and robust. He has been warmly thanked for his work.

A sub-committee of Noel, John and Chris has been formed to discuss matters that older members may find difficult to understand. It is assumed that some of these are the figures on the screen presentation prior to the national AGM. Chris is well qualified here, having only recently retired from heading a large department in local government, specializing in sports management.

Looking through some old files the other day I found, not what I was looking for, but some old newsletters of 1988 and this is what interested me:

"On a not very good evening on B10/40 near Ipswich, 81 year old Wally Spencer (Mildenhall CC) did a grand 30:54 to break his age record. Unfortunately a couple of weeks later he had the disappointment of seeing it being beaten by his old mate George White (Eagle RC), also 81, who did 30 minutes dead in the Combine 10 on E71." Everyone crowded round George - it was a fantastic breakthrough. Moving on nearly 30 years to the last time the Eagle Hut was used for an HQ, before its closure - there was a little cup on a shelf, with G White engraved on it. We had to explain who he was and what it was for - so soon forgotten.

There has been so much improvement by the over 80s since those days and this has been a subject of discussion for quite a while. Particularly at the national presentation, remarks were banded about the room and directed mainly at certain named persons. The two venerable gentlemen themselves were amused by all this and took it all in good part. They had an enthusiastic reception at the prize giving, as did Jackie Field who appeared as the first ever lady winner of the national BAR. It has been officially stated that changing of standards was already envisaged before these happenings, as I would hate to accuse those who are our good friends of ageism, sexism and/or elite-ism.

"Old soldiers never die, they only fade away" so the song says and that is exactly what Bill Thorncroft did. After giving up riding and then becoming virtually housebound (during which time his once familiar presence no longer graced the cycling scene) he then had six weeks in hospital before finally fading away. These last years must have been anathema after such a long, interesting and distinguished active life. An avid reader of this



column, he would digest it on arrival and phone me very late that evening to discuss certain items or corrections. Typically was when I mentioned organising of three 25s in one day, which should have been four events, with over 600 entries, as the Counties guaranteed everyone a ride in those days. Just for the record the courses were E3 (Southend Road), E4 (the Lower Road), E1 (32nd course) and the one I had overlooked, the old E2 (Bishops Stortford - Leaden Roding). When there was no phone call, after the last 2018 Veteran and no Christmas card, I realised that something was wrong.

For many years Bill had attended the annual lunch; when he was no longer able a card and menu were sent, which were always acknowledged by this most courteous of gentlemen. Most modest in his achievements, never boastful, his claim to fame was of having once beaten the great Reg Harris in a flying 1/4 mile on the rollers during the Isle of Man Cycling Week. Of course there was also the RTTC Gold Badge of Honour, which he wore with pride.

It might be thought that Bill was only a respected official and prolific time triallist but touring was his favourite part of cycling. Over the years he covered England and Scotland, as far as Shetland and the Orkneys, extensively, with occasional forays into Wales and Ireland. Europe was grist to his wheels, with him visiting Holland, Belgium, France, Spain, Portugal and Italy. Further afield he toured in Italy, Nepal, Australia and New Zealand. A lot of mileage was stacked up in 12 visits to the USA, both on solo and tandem, covering every state with the exception of Alaska and Hawaii. There is no doubt that the dogged determination which characterized him also carried him safely through some difficult and dangerous situations on these travels and during his war service.

Bill was an old and valued friend; he loved to tell the tale of how he first spotted me, cycling 6 or 7 miles each way to school. That however is another story and as this chapter closes, the memory is of him riding down Pangbourne Lane with perhaps Vic Gibbons, Arch Harding, Ray Booty and the other heroes of that era who he so admired.

A full obituary for Bill appears elsewhere in this magazine.

## **KENT** **Ian Turner**

The Group's Annual Lunch and Prize Giving was held on Saturday 2nd February, once again at the Weald of Kent Golf Club, which has an excellent Carvery and we have to book early to be sure of securing the venue. The reason for choosing a Saturday is because we know that as long as we get enough guests we can guarantee the use of the whole of the venue. This year, 80 members and guests attended - slightly down on the 97 attending last year. A huge vote of thanks is due to Tom Morton, our Social Secretary, and his wife Barbara who once again ensured a highly successful and enjoyable event.

Our Guest of Honour this year was Andy Hawes. Andy is a professional cycling event manager and has been key to the organisation of the UK Women's Tour, Prudential Ride London and the Tour of Britain, as well as designing and delivering many of the Tour of Britain and Women's Tour stages. Andy kept the guests entertained with a stimulating talk followed by a question and answer session.

MC duties at the lunch once again fell to Paul Mephram even though he promises year on year that this is going to be his last. Tom Morton did the speech for Ladies and the Guest of Honour and Mark Vowells, in his third year as President, did the concluding speech. Again this year the number of prize winners attending the luncheon was rather small, with only ten attending. That said, Andy Meilak, who was present, picked up a significant proportion of the trophies on offer - 8 of the 18 awarded this year - and this clearly had a bearing on the number of overall prize winners, there being only two winners of trophies not present, but a number of medal winners as well.

The Group's programme of events for 2019 kicks off on Saturday 23rd March with the ten mile event on Q10/24 for the Mick Dansie Cup. This is always an enjoyable, if chilly, event brilliantly organised by Val Peachey.

Sadly, we have been informed that Brian Debonnaire, CC Bexley, and a former member of

the Kent Group, died last Saturday, 9 February, aged 81. Brian had suffered a major stroke in 2005, a life-changing occurrence which ended his cycling. He had raced up to the previous year but he is best remembered for his outstanding rides in the 1970s, when he won a number of open events, including the Redbridge CC '25' on the E72, and he led his club to many team awards during that period.

We also hear that both Laurie Broad, our treasurer until 2017, and Geoff Abraham have passed away very recently. It is hoped to include obituaries for Brian, Laurie and Geoff in the June edition, but in the meantime we pass our sympathies on to the families.

Winter this year seems to have been fairly kind so far, although there is still time for the dreaded 'Beast from the East' of course! However, I understand that many group members are getting plenty of training in. Best of luck for the 2019 season.

## **LONDON & HOME COUNTIES**

**See Page 40**

## **MANCHESTER & NORTH WEST**

**Jim Ogden**

February is usually a quiet time in the cycling year; the pros may be racing on the Continent, but here it's mainly cyclo-cross. However I do have one event to report. Dave and Caroline Fearon promoted their eighth annual Christmas '10' for the M&DTTA on Sunday 16<sup>th</sup> December. The event had to be cancelled due to bad weather last year, but this time it was blessed with quite a good day for December. This was reflected in the times, the first three all recording 21s! Actual fastest was visitor Ryan Morley (RAF CA) 21:29 ahead of Scott Burns (Drag2Zero.com) 21:49 and Sam Anderton (Transition RT) who recorded 21:49 and also led the winning team.

Alan Chorley (Seamons CC) was the fastest Vet with 22:50 whilst the fastest lady was Kim Baptista (Torelli Beastware-brother) in 25:23. The popular fancy dress section was again won by Tony and Valerie Baxter with their Sociable Tandem.

The last luncheon and prize presentation is always that of the Manchester and District Time Trials Association (M&DTTA). It was a pretty full house at Middlewich Masonic on Sunday 27<sup>th</sup> January. Several of our Manchester Group vets featured on their prize list, most prominent amongst them being Adrian Hughes of Seamons CC. Adrian was again their middle distance vets champion and won the Nick Carter Trophy for best on standard in their 100 mile championship; he also led the winning team completed by Rouan O'Cualain and Daniel Mathers. He was also in the winning Seamons team in the 50 mile championship with Alan Chorley and Daniel Mathers. Both the 50 mile and 25 mile Championships were won by our Group Best All Rounder, Matt Iving (Buxton CC).

Our group vets featured in the season long points competition, which is spread over 20 events held on local courses. Adrian Hughes finished second overall of the almost 300 who qualified and was first veteran in the 50 – 59 age group category. Daniel Shackleton (ABC Centreville) was placed fourth overall and first veteran in the 40 – 49 category, whilst Matt Stephenson was in the winning Congleton Team and David Steel (Lyme RC) won the 70+ category. Claire Harrison (Vision Racing), placed 20<sup>th</sup> overall, was the first lady ahead of Polly Wilding (Congleton CC) and Sarah Grant (Vision Racing). As usual it proved to be another excellent social occasion.

I feel very sad in reporting the death, aged 94, of Hilda Fox of Dukinfield CC. She was such a joy to be with and we thought she would go on for ever. Although not a member of the VTTA, Hilda had raced and, in 1958, was placed third in the RTTC Ladies Championship 100 behind Beryl Burton and Millie Robinson. Hilda was head of a cycling family and almost a founding member of the Rough Stuff Fellowship. I remember being with her on one particularly hard day when at the end, the rest of us were just glad to have finished without injury, whereas Hilda was enthusiastically saying she would happily have done the same again the next day. She did the end to end when she was 70, with her dear friend Chris Ashworth, so it was no surprise that it was standing room only at the Stockport Crematorium on the 4<sup>th</sup> February.

Two days later there was another crowded memorial service, this time held at Manchester Cathedral for Paul Sherwen. "The racing career of the amiable, nomadic and idiosyncratic" Paul Sherwen was the subject of William Fotheringham's tribute in the current issue of Pro Cycling Magazine. For those of us in Cheshire, Paul will always be cherished as 'one of ours'

The early season events will be reported next time, including the first Group 10 on the 9<sup>th</sup> April and I hope your training brings the results you all wish for.

## **MERSEYSIDE**

### **Geoff Edgerton**

Christmas and New Year seem a long memory ago now. Mid January saw the Mersey Vets hold our prize presentation and dinner, the last social event for that period. Although numbers were slightly down on last year, this did not detract from a thoroughly enjoyable Sunday afternoon. We have had positive feedback which is particularly rewarding. It's a big thank you to Phil Guy for organising it. I know he has had enough practice, probably too much with not only this event but the West Cheshire Association as well.

Bill Hanson was the guest and presented the awards to the prize winners. Bill was a previous recorder of the Mersey Vets. Most of the prize winners attended which was gratifying and a big thank you to them as well. Also to all who provided prizes for the draw; much appreciated.

There was a new name on the Mersey Vets BAR with Simon Higgins of Liverpool Century claiming the top award and the Tom Johnson Memorial Cup for his efforts. Simon also won 12 hour Cup with a distance of 247.40 miles, the BW Bentley Rose Bowl for best on standard in the 12 hour and the Eddie Gradden Trophy for fastest in the Mid Shropshire Wheelers 50 mile time trial. Simon was pushed close by Arthur Winstanley of Liverpool Phoenix who finished a close second but had the satisfaction of finishing three distance champion on standard and the Wally Gradden Cup. Arthur also claimed the Walvale Trophy for best on standard in his club's 25 mile time trial, the Ron Yates Trophy for best on standard in the West Cheshire 10 miler

and the Colin Rutter Cup for best on standard in Chester RC 25 miler.

Port Sunlight Wheelers Kevin Larmer also had a particularly good season culminating in winning the Bill Taylor Memorial Shield for best on actual time in the three distance championship. Kevin also took home the Brooke Cup for fastest in the Liverpool Phoenix 25, the Leo Madden Cup for fastest in the West Cheshire 10, the WJ Smith Rose Bowl for fastest in the Chester 25, the John Clucas Memorial Trophy for best on standard in the West Cheshire 30, the Oscar Dover Shield of best on standard in the Rhos-on-Sea 10, the Gomersall Cup for fastest in the North Shropshire Wheelers 25 and the Dave Towell Cup for fastest 100 mile time trial of the year. An impressive haul.

The Short Distance Distance Competition was again won by Andy Hazell of Nova Raiders for which he retains the Harry Mahar Memorial Salver. I'm not sure how many times Andy has won this but he dominates by some distance. The Group Ladies Competition was again won by Janet Fairclough of St. Helens CRC who won the Doreen Mahar Rose Bowl on standard and the Dave Swales Cup on actual time. There was a welcome return to the top table for Phil Warburton of Liverpool Phoenix who won the Dick Corris Memorial Trophy for best on standard in the Mid Shropshire Wheelers 50 and the Bill Hanson Cup for best 100 mile time trial on standard for the year.

Mid Shropshire Wheelers Jenny York claimed the Hilda Dover Cup for best lady on standard in the Rhos-on-Sea 10 mile time trial with North Shropshire Wheeler Richard Kay winning the Joe Brooke Trophy for best on standard in the Norths 25 miler. There were two new faces claiming silverware. Luke Vallance of Wrexham RC won the Derek Ireland Cup for fastest in the Rhos-on-Sea 10 and North Shropshire Wheelers Gino Trasatti claiming the George Hayes Trophy for fastest in the West Cheshire 30 mile time trial. The final presentations were that of standards with twenty one claiming. We are one of the smallest groups numerically but have the highest number of claimants percentage-wise relevant to the membership.

There are times during the course of your lifetime that difficult decisions have to be made - decisions that have a big bearing on your life. Luckily, this position hasn't happened to me very often, but when they did I usually went for the wrong option. In fact, until recently, I cannot remember the last time I was confronted with a hard, difficult decision. During my working years I had no aspirations of advancement, the greasy pole held no attractions. Now that I have retired, the only real decisions that have to be made are where are we going for a cycle ride today or where are we planning to go on holiday this year. I don't even have an alarm clock now and had forgotten that there were two 6 o'clocks in the same day. So you can imagine my dismay that in January I was confronted with difficult decision to be made. I thought that this was a thing of the past!

Anyhow, this is it. Do I commit myself to a long standing engagement or do I go and watch my beloved Shrewsbury Town Football Club play Wolverhampton Wanderers in the fourth round of the FA Cup. I hope you can now see what I mean about a difficult decision. To elaborate, the long standing engagement is, together with Phil Guy, the AGM of the Veterans Association held in Solihull, an all day event with no chance of doing both. I would like to say straight away I have no problem sharing a car and conversation with Phil, in fact I enjoy his company, I may see as much of Phil as I do see of my wife. Now I know the Town aren't doing so well this year, in fact relegation is a real possibility, which is a big disappointment after last year when we missed promotion by a whisker and also had two visits to Wembley which we unfortunately lost on both occasions. I have been a supporter of the Town for many years, I think my first match I can remember was in 1959 when they played Coventry City in the old Division Three North. There was a spell in the early years which I missed because I was playing amateur football myself. During that time I actually played at the old Gay Meadow in the final of the Shropshire Junior Cup which was definitely the highlight of my football triumphs. When I say triumphs, we actually lost. Losing is becoming a recurring theme with this thread of my story. Anyhow, a difficult decision had to be made and

ultimately I went with my long standing arrangement of attending the Vets AGM - I know!

Off we go to Solihull for said event. The AGM did last well into the afternoon and I did listen to the last twenty minutes of the game when I got into range of Radio Shropshire. Incidentally, the game ended two all. You can see why I do not like to make too many hard, difficult decisions because invariably I get them wrong.

Just quickly about the AGM, I have reported on the outcome in the Mersey Newsletter which you will probably receive before the Veteran. I will say the NEC are tinkering with the standards. Most will not be affected, only a slight adjustment for the 75+. As I write, the new tables are now on the VTTA website.

The racing season is practically on us and at the moment the weather for mid February is really mild. I hope you have all had a good winter training and continue to do so in the build up to the new season. Good luck to everyone and I hope you all do well and stay safe.

## **MIDLANDS**

**See Page 42**

## **NORTH**

**Gavin Russell**

To start, may I confirm thankfully, that at the time of writing no new information has been received on any accidents happening to our current membership. Many members will know Arthur Caygill, a past member from Richmond, who was a very successful time triallist and roadman. Unfortunately he was the subject of a hit and run, in the Thirsk/Northallerton area and sustained a broken hip. His accident was featured on the local TV station and included a lengthy interview with Arthur.

I am sure that all our group members wish Arthur and our recovering members a speedy and full recovery.

The Group annual luncheon, at our regular venue of Hardwick Hall Hotel, saw an increased number of 61 diners, sit down to enjoy a four course meal. With very positive feedback received from attendees, it was pleasing to see an increased number of members and guests, compared to previous years. The Guest of Honour, Mick Bradshaw of GS Metro, was assisted by recorder Dave Oliver in presenting the prizes for the veteran's annual awards, personal standards and a number of North group certificates for records established in the 2018 season. Additionally, the presentation of a number of local CTT district competitions medals and certificates were made by our guest. The luncheon raffle, with prizes donated by those present; this benefited from two additional generous prizes from the hotel itself enabled the event to make a profit of £44.26. The group's thanks go out to Ruth Crossley for making this annual occasion such a success.

Plans are already being progressed by Ruth for next year's luncheon at the same venue on Sunday 5 January 2020. Please put a note in your diary.

Our recorder Dave Oliver has a trophy that he would very much like to award. It was last awarded in 2002 and is for two riders from the same team completing the group 3 distance best all rounder.

On reviewing the 2019 group time trial programme an amendment has been made to change the date of the group 50. This decision was made to move the event from the same date as the CTT National 100, so encouraging local riders to enter the 100, as well as trying to increase participation in the 50. Thanks go to Phil Wright and the Hartlepool CC, the event organisers, for accommodating this change.

The 2019 North Group VTTA events have now been confirmed and are as follows:

Saturday 11th May 10 T105  
Cleveland Cour. CC/ VTTA (North Group)(All Ages)

Saturday 25th May 10 T105  
Hartlepool CC/VTTA (North Group)(All Ages)

Saturday 1st June 10 T104  
VTTA (North)(All Ages)

Sunday 2nd June 50 T502  
Hartlepool CC/VTTA (North Group)(All Ages)

Sunday 30th June 25 T252/3  
Cleveland Cour. CC/ VTTA (North Group)(All Ages)

Sunday 21st July 25 T252/3  
Hartlepool CC/VTTA (North Group)(All Ages)

Saturday 31st August 10 T105  
Hartlepool CC/VTTA(North Group)(All Ages)

Please note that all the above events (except the 50) have both tandem and road bike events organised to run on same course and day.

Sunday 8th Sept. 15 T154  
VTTA (North Group) VTTA National Championship  
(VTTA Members Only)  
and.... 15 T154  
VTTA (North Group) (All Ages)  
and.... 15 T154  
VTTA (North Group)(Tandem)(All Ages)

Sunday 22nd Sept. HC THC33  
Cleveland Whs CC (Incorporating VTTA North  
Group Hill Climb Championship)

The Group's Nouva Shield, competed for as best on standard, is to be awarded in the Sunderland Clarion 25 mile time trial.

All event details are included in the Group and National VTTA handbooks, as well as the CTT National Handbooks and Teesside CTT District Booklet.

Please Note, All North Group events (except National 15 Championship) are open to all ages and are eligible for points in the National CTT ranking system.

Appeal for Help: May I make our annual appeal, that if you can assist in any way the event organizers with their events, please do not hesitate to contact them and offer your services. It will be much appreciated by both the organizer and the competitors.

2019 membership subscriptions & standards: The North group subscription is set at £15 (£16.50 for couples). The standards charge has been set at £12, regardless of whether a single or multiple

distances/attempts. You can pay either by cheque to Paul Dawson or on line at VTTA website.

At the February group committee meeting, feedback from delegates to the VTTA national AGM was discussed together with the received minutes. Amongst the issues discussed, concern was expressed at the NEC decision to try and pass the cost of the "Veteran" onto the membership, if they do not receive it by email. It was considered that this discriminates against some of the older generation who do not have access to computers and also to those who like a printed copy but do not have the capacity to print a received email. The current subscription includes the provision of the "Veteran" and is a benefit that comes with membership. It is considered by the North Group Committee that any erosion of this part of membership should be robustly resisted.

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

## **NORTH LANCASHIRE & LAKES**

### **Dave Brown**

The Crofters Hotel on the A6 road at Garstang was once again the venue for our Group Luncheon and Prize Presentation on the first Sunday of 2019. We had the pleasure of National Chairman Andrew Simpkins along with wife Sarah with us to present our local awards and then give us some words of support.

Our previous Group Chairman John Leach had organised the function and our present Chairman Richard Taylor co-ordinated things on the day.

All went well, but certainly the numbers attending this long established once in a year function seem to reduce each time round. Around 60 members and partners/friends were present. It was nearer 200 who regularly met at the Preston Masonic Hall 20 years ago. I put it down to so-called social media which makes keeping in contact with friends

nowadays easier electronically and less 'need' to meet up with them in person. Not all will agree!

Certainly the majority of our 2018 season prize winners were present and collected their awards from Andrew who was supported by Richard. The 2018 Trophy winners were given in the December edition of The Veteran.

At VTTA national level three of our male members set National Records for their age in events during the 2018 season:

- At 25 miles Peter Greenwood of Team Swift clocked a 50minute 36seconds time to reset the national previous best for 66 year olds.
- At 30 miles Dave Hargreaves of the North Lancs. Road Club set a new record at 30 miles for 72 year olds at 1h 04m 39s. Dave also set a new '100' record for the same age of 4hours 00 minutes 14seconds – just a miniscule quarter of a minute short of beating the 4 hour 'barrier'.
- Steve Irwin also NLRC - at the age of 47 set an incredible new record time of 56minutes 17 seconds for 30 miles – surely a target for many much younger time triallists for 25 miles!

In the final tables for the VTTA 3 Distance BAR – over 25, 50 and 100 miles - based on age standards Dave Hargreaves had another superb performance in finishing fourth overall nationally with a plus of 1h 00m 56s out of 100 qualifiers. Paul Fleming of Preston Wheelers wound up his own successful season with 19<sup>th</sup>place overall from a plus of 51minutes 25seconds.

In the 3 Distance BAR competition in 2018 our group certainly enjoyed more than their share in the top 100 places with 19 members qualifying. Derek Parkinson (Springfield Financial) finished 27<sup>th</sup> with a + 47m:39s, Richard Bideau (Pendle Forest CC) 30<sup>th</sup> with +46:07 – Richard was of course overall winner of this competition two years ago. Craig Horsman (Beacon Whs) 33<sup>rd</sup> in +45:33, Nigel Clementson (Wigan Wheelers) 36<sup>th</sup> + 43:55, Deborah Moss (Team Merlin) 44<sup>th</sup> +39:52, Gethin Butler (Preston Wheelers) 46<sup>th</sup> +39:22, Sue Cheatham (North



## CYCLE IN THE ORANGE AND LEMON GROVES OF PORTUGAL

If you want the most pleasant winter escape, you can do little better than the Sotavento district of the Algarve in southern Portugal.

We can offer luxury accommodation for cyclists and this is a pleasure as I am myself a lifelong cyclist. I can advise on routes, destinations and perhaps more importantly, cafes and restaurants. You can hardly go wrong eating here. A typical Casa de Pasto (rough translation, house of food) will serve you a meal, wine and coffee for around five to eight euros.

You can bring your own bike or borrow one of mine. If you advise in advance, I could sort out the best option for fit and style.

The accommodation comprises an independent house with two bedrooms (sleeps four), bathroom and kitchen. There is an outside covered area overlooking the garden. It is difficult to explain how quiet and secluded we are here. At night the cicadas are all you will hear unless there is a southern wind bringing the distant whisper of the sea.

You can fly economically from many UK airports to Faro which is 30 minutes away by car. You can get to Faro centre by bus and take a magnificent coastal train journey to within 3 km of our house where we would happily collect you. Alternatively, car hire is cheap in the winter months.

I live next door and share the garden with the holiday cottage. My partner is Italian and she will probably be making bread and/or pasta at some point.

If you have ever thought of going somewhere apart from Majorca, then I thoroughly recommend this area. It has a reputation for tranquility and good roads so your only concern may be how many kilometres it takes to work off one of the local sweet cakes. My estimate is one hour riding per cake - make it two hours if you drink beer (One Euro is an average price for a beer. Eighty cents for a milky coffee, "uma meia de leite")

Inland there are modest hills whereas the coastal area, away from the one busy road, is fairly flat and quiet. It is the perfect place for cycling in safety.

I hope to see you here, Stephen Howells

Tel +351 281961820 or email [steveinjava@gmail.com](mailto:steveinjava@gmail.com)

Stephen Howells  
Quinta das Corujas CXP1317G  
Luz de Tavira 8800-111  
Portugal



Lancs. Road Club) 47<sup>th</sup> +39:09, Sean Owens (Croston Velo) 52<sup>nd</sup> 37:26, Danny McCabe (Garstang CC) 57<sup>th</sup> +35:40, Matt Stell (Springfield Financial) 61<sup>st</sup> +34:14, Paul Russell (Springfield Financial) 62<sup>nd</sup> also +34:14 – a dead heat for those two of the same club with the placing maybe in the fractions of a second? David Hilditch (Ribble Valley) 69<sup>th</sup> +30:37, Carol Westmorland (Border City Wheelers) 74<sup>th</sup> +28:54, Theresa Taylor (Ribble Valley) 76<sup>th</sup> +26:17, Kath Finn (Kendal CC) 95<sup>th</sup> +03:51, Paul Revell (Barrow Central Whs) 96<sup>th</sup> +01:39 and Clifford DeGraff (VC Cumbria) minus 1:51 98<sup>th</sup> out of 100 qualifiers.

Looking forward to the new season our group recorder – yes, workhorse Richard – has confirmed the events that will qualify for our 2019 group championship and the qualifying events for our individual championships. There are ten qualifying events for our group championship of which a minimum of four events must be ridden with one of those being 50 miles or longer.

Wed. 10th April 25 miles L2521A Winmarleigh  
VTTA NL and L promotion

Saturday 11th May 10 miles L109 A59  
Clitheroe  
West Pennine RC

Monday 27th May 100 miles D100/2A  
Shawbury  
Anfield BC

Sunday 9th June 25 miles L2525 Garstang  
Preston Whs

Wed. 12th June 25 miles L256 Clitheroe  
VTTA/West Pennine

Sunday 23rd June 50 miles L5012 Keswick  
VTTA NLand L

Sunday 14th July 100 miles L10010 Keswick  
NLTTA (VTTA Nat Championship)

Sunday 21st July 25 miles L2525 Garstang  
Lancashire RC

Sunday 4th August 50 miles L5012 Keswick  
VC Cumbria

Sunday 18th August 30 miles L308 Levens  
Wigan Wheelers

Time of start is available in the Cycling Time Trials Handbook or on their website.

I would think that the '100' on the Keswick course will be popular – with Marcin Bialoblocki having been within one minute of competition record on it with a 3h 17m ride last year!

Our selected events of individual championships for our Group Trophies in 2019 are:

Traders Cup - Winner of Group Championship

Ladies Championships - Leading Lady in General Classification

Dobson Trophy - Best on Standard in VTTA 25 on 10-04-19 or WPRC/ VTTA 25 on 12-06-19

Paddy Maloney Trophy - Best on Standard in VTTA 50 on 23 June

Crowther Shield - 7<sup>th</sup> on Standard in NLTTA 100 on 14 July

Baxter Rose Bowl - Winner on handicap in NLTTA 100 on 14 July

Karrimor Saddle - Best on Standard in NLTTA 100 on 14 July

Ken Priestley Trophy - Best 12 Hour on Standard in any event

Team Shield - Team of three in General Classification

For further information on these two sets of competitions just contact our group recorder, Richard Taylor, whose contact information is in the latest VTTA Handbook.

I received a very nice and welcome 'thank you' letter from Val Nowland after the publication in the previous issue of The Veteran of the articles - including an obituary - about the extremely sad loss of husband George. Amongst many other positions in our sport George was of course the National VTTA Chairman for 5 years. He was an extremely well liked person locally – and a top racing cyclist also. Val said that it had been a very difficult time

for herself and family without him. She passed on her thanks for the additional The Veteran magazines supplied and that she and her two daughters Sue and Janet will treasure them

We are happy to welcome six new members to our Group since the last copy of The Veteran.

Barbara Bell, Karen 'Kaz' Cooper, Peter Wormleighton, David Leslie Blackett, Douglas Holmes and returning member Rod Goodfellow. We hope that you enjoy your time with the NL and L Group.



*North Lancs & Lakes : NLRC trio of Dave Hargeaves, Steve Irwin and Sue Cheetham - winners of the Team Shield, presented by Andrew Simpkins.*

## **NORTH MIDLANDS**

### **Chris Lea**

Racing machines put aside for the onset of winter 2018, VTTA North Mids members warmed themselves at their annual prize presentation and luncheon, at the Carlton Park Hotel in late November, ably organised by Alan Sides and Alex

Deck, with guest speaker Mike Penrice. The major competition winners were Keith Ainsworth (Sheffrec CC), Alex Deck (Rutland CC), Chris Lea (Buxton CC), Chris Myhill (Peak RC) and Darryl Wall (Out of the Saddle CC), with Joe Le Sage of the Rutland CC taking on a Poulidor-like role with a host of 2<sup>nd</sup> and 3<sup>rd</sup> places. Special mentions must go to Syd Wilson (Sheffield Phoenix CC) and Keith Ainsworth who between them set eight national age records in 2018.

New volunteers to the North Mids Committee have ensured the continuation of the Group, whose survival was looking rather doubtful at one point. Stepping forward to take on new roles are Peter McNally (chair), Dave Buxton (secretary), Ala Whitehead (social secretary) and Chris Lea (membership and communications). John Slater and Phil Morgan kindly continue as treasurer and recorder, respectively, whilst Peter McNally also continues in his role as auditor. Thanks are due to those Committee members standing down, Alex Deck and Alan Sides, for their many contributions over several years, and to those continuing as members of the Committee. A volunteer to organise the trophies and medals for the 2019 annual prize presentation is still sought.

And it seems that no sooner have racing machines been set aside, than they are taken out of hibernation, dusted down, and pressed into action. The Coalville Wheelers 10 on 16<sup>th</sup> February saw several of the North Mids keen to begin their season. Blustery but unseasonably warm conditions greeted the riders, on what was a rolling course over quiet roads. Results included Steve Gibson who was 4<sup>th</sup> overall and 1<sup>st</sup> vet, Andy Hicklin at 9<sup>th</sup>, and Andy Clark who took more than 2½ minutes off his time from this event last year!

## **NOTTINGHAM & EAST MIDLANDS**

### **David Herd**

The AGM held on the 18<sup>th</sup> November 2018 at Granby Village Hall was well attended, all officers were re-elected, our CTT representatives this season are Michael Spurr and Jan Preston and the National AGM Representatives are Graham Green, Colin Parkinson and Ron Hallam.

Please note that VTTA subscriptions for 2019 are now due, these can either be paid online via the VTTA membership system or can still be sent direct to our treasurer Kath Smith (address: 14 Main Street, Wilsford, Grantham, Lincs NG32 3NP); please ensure that cheques payable to VTTA. Subscriptions should be paid by 28th February at the latest, after which your membership will cease.

Membership fees are:

Single £14  
Joint £16  
Life £6 (if you wish to receive the Veteran magazine, £1.00 if not)

Honorary Life Members have nothing to pay and get the Veteran free.

To keep postal costs down, please let Kath know if you want a receipt.

On reflection the group had a very active and successful year, with 2018 membership up by over 40, from 2017 which was reflected the Group hosting National VTTA 25. Our treasurer Kath Smith reports that our accounts look healthy, despite teething troubles with on-line subscriptions and direct payments. The group was therefore able to make a substantial donation to the Air Ambulance despite only a £9 entry fee; for 2019 event entry costs are increased to £10 due to the increase in CTT levy.

The group would like to thank Colin Parkinson for his efforts in promoting on behalf of the group the National VTTA 25. On the day Colin had everything thrown at him, starting with a non-cycling road traffic accident delaying the event start time and then gales and rain causing a number of entrants deciding not to ride.

I now turn to the Group Presentation Luncheon held at The Risley Park, Risley, which unfortunately I was unable to attend. It was a good turnout again, and pleasing that most of the prize winners were present to collect their trophies. Our chair Sue Bowler welcomed everyone including our two special guests: Clare Ella an ex-rider of some pedigree and also a Group member, who has belonged to number of clubs including Born to Bike, and also Brian Hall, photographer.

Clare responded for the guests and spoke about her love for cycling and why through ill health she decided to give up competitive cycling. Clare still rides her bike but mainly concentrates in running her aromatherapy business. Brian also gave an account of his life in cycling and how he got into photography. Brian also suffered from ill health but still enjoys riding his electric bike.

Ken Stevens thanked the guests and commented on the importance of taking part in cycling as a sport, and that the prize winning is a bonus. Many thanks to Gail Summerlin and Sue Bowler for another successful event despite the delays in getting the food out.

The Group BAR, Standards and Trophies for 2018 were awarded as follows:

Three Distance BAR

1	Karen Ledger	+58:50
2	John Quimby	+44:15
3	Nick Cave	+42:24
4	Russell Carter	- 03:03

Senior BAR (Over 70 )

1	Ron Hallam	+60:51
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Ladies BAR

1	Karen Ledger	+58:50
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Prestige Points

1	Karen Ledger	53 points
2	Ron Hallam	50 points
3	Chris Ledger	36 points
3	Sean Vincent	36 points

Group Trophy winners

Ivan Mahon 25	Ron Hallam	24:07
Bert Christian 25	Ron Hallam	21:17
Jack Watts 25	Sean Vincent	51:28
Joe Baines 30	David Longlands	24:02
Fred Smith 50	Karen Ledger	32:36
Hermes 100	Karen Ledger	1:18:55

Well done and congratulations to all the award winners, in particular Karen Ledger who picked up a number of honours across a range of events and distances. It was nice to see my friend John Quimby doing so well by coming second in the three distance BAR and this made me even more annoyed that I missed the lunch this year.

Looking forward to the coming season the following events are planned for 2019:

VTTA (Notts and East Mids.) 10  
Saturday 20<sup>th</sup> April A10/14 David Yarnham

Ivan Mahon 25  
Saturday 18<sup>th</sup> May A25/34 Russell Gent

Bert Christian 25  
Saturday 21<sup>st</sup> Sept. A25/34 Robert & Julie Christian

Jack Watts 25  
Saturday 6<sup>th</sup> April A25/34 Russell Gent  
(in assoc. Melton Olympic)

Other Events:

Fred Smith 50 / Nottingham Clarion 50  
Sunday 2<sup>nd</sup> June A50/5

Hermes 100 / BDCA  
Saturday 7<sup>th</sup> Sept. A100/4

CTT National 25 Championship  
Saturday 27<sup>th</sup> July A25/11 Juniors/ Women  
Sunday 28<sup>th</sup> July A25/11 Men

In all cases please see CTT handbook or CTT Events site for details.

Please note that if you are a member of the VTТА make sure that whether you are making a paper entry, or entering on-line you include your correct personal details and they are up to-date, also indicate that you are a member of the VTТА.

Prior to the AGM we received the VTТА NEC-Briefing notes on Standards Review so we can look forward to the findings early in 2019 when it will be commuted to groups.

I would like to convey my thanks to our Group Secretary Russell Gent in helping me with the content of this report, through his excellent minutes, newsletter and notes from the Presentation Luncheon.

I hope you have a good season and please ride safely.

## SCOTLAND James Skinner

### News

MQs in Bannockburn was the location for our Prize presentation lunch; many thanks go out to the 93 in attendance, the best turnout for many years. 33 prize winners collected various plaques trophies and medals, including one for Marion Wilson thanking her for the efforts in providing your post race cakes and refreshments over the years, and many thanks go out to all who provided raffle prizes and donations.

Mike Ferguson of Johnston Wheelers had his winter training set back with a minor stroke whilst on holiday late last year, we all wish him a speedy recovery and hope to see him back at his best this year.

The Scottish group wishes a speedy recovery to multiple prize winner Alasdair Washington of Caithness CC, who was involved in a mass pile up after hitting some black ice during a group ride in late December. This resulted in a broken hip and a few days in Raigmore Hospital Inverness. Unfortunately Alastair could not travel to the prize giving, but we all hope to see him back to fitness come the racing season.

Another casualty of the dreaded black ice was Iain Cowden, now of the Ivy CC, who came a cropper resulting in a broken hip. He is now managing some light sessions on the turbo, but was unable to attend the Ivy CC Burns night due to the injury; see below for the report on the Ivy CC Burns supper

The following is a report on the annual Ivy CC Burns celebrations.

Group member Gus McLafferty extended a cordial welcome to members and friends of the Ivy CC. Gus then followed this by giving a fine rendition of "Caledonia" accompanied by instrumentalist Allan McGinley. Thereafter, the Haggis was duly piped in to a rousing tune by group member Iain McLeod, with his new set of bagpipes, which were again in action later playing the Piper's Pook.

With the Haggis laid out in front of him, the evening's MC, Gus then gave a fine oration of his

'Address to the Haggis' while, at the same time, causing some concern to those seated next to him when waving his knife prior to opening (digting) the haggis's gushing trencher. After which, all enjoyed the time honoured meal of Haggis, Neeps and Champit Tatties.

The opening formalities now over, a toast to the Ivy was provided by group member, Willie McLuskie, who was to play a further part later in the evening. This was followed by Gus and Allan with the song "I wish I was in Glasgow" and then followed by a poem from Richard (Dick) Barnes.

Although a night in recognition of "Burns", Dick provided the members with a very fine presentation of the Dorset poet William Barnes poem "Spring". This was penned by the poet in the mid 1800s and, like Burns, he has a dedicated band of enthusiasts. Unfortunately, no relation to Dick!

"My Love is like a Red Red Rose" and the touching "Ay Fond Kiss" by Jimmy Goldie held the audience in rapture throughout, and received a warm applause afterwards. Between Jimmy's songs, Gus enthralled the company, as he does each year without fail, with his recitation of the tale of Tam O' Shanter and his grey mare Maggie's efforts to escape the nightmares of Kirk-Alloway.

Willie McLuskie, alias Sulkie McWilliam, entertained the members to an exceptional piece of accordion playing, as well as facial expressions. This followed by Dick, who, under pain and penalty by his wife, provided an abridged version of a satirical poem, as opposed to his oft times ribald ones: I think the committee will have to have a word with Dick's wife.

Before Kenny Clark gave a vote of thanks to all who contributed to the evening by way of entertainment and assistance, Gus and Allan were again entertaining the company with "The Braes O' Killecrankie". After Kenny's vote of thanks they then led the company with Auld Lang Syne to finish the evening's ongoings.

### Racing 2018

It is very encouraging to read the published list of 2018 Ladies BAR results from Scottish Cycling, with a total of six SVTTA members in the top nine.

Amanda Tweedy (RT23) is first lady with 24.279mph, closely followed by Christina Mackenzie of Stirling Bike Club and Jennie McColl of Aberdeen Wheelers.

In the mens BAR the SVTTA have 11 members in 17 results posted, with Brian Muir of Royal Albert CC best in 3rd overall with 26.033mph, SVTTA members then fill the placings from 3rd to 10th. Well done to all to produce such results.

### Racing 2019

Just as we go to print, thanks to Jim Harris the first race report of the season has arrived. The Fullarton Wheelers 10 mile 2-up TT got off to a good start with 120 names on the start sheet. 53 teams returned times to the timekeeper, three teams were DNF and four teams DNS. Fastest on the day was Karl Farmer and David Morrison of the VC Glasgow South club with a time of 22:14. With a 22:35 equal third place goes to the pairing of Mark Skilling and Michael Robb of Carrick Cycling Club and Angus Wilson and Stewart Irvine of Dundee Thistle Road Club

### Events 2019

Thanks go out to the many clubs and organisers, without which we could not present our many championship trophy winners, championship events with dates and entry methods listed below.

10 Mile, J & B Train Trophy - Sunday 26th May at 08:00, organised by Law Wheelers at Cambusbarron - organisation Cycling Time Trials (CTT)

50 Mile, Alastair Speed Memorial - 16th June at 08:00, organised by Mhairi Laffoley, at Freuchie Cricket club - organisation Scottish Cycling (BC)

25 Mile, J Cramb Handicap Trophy - Sunday 23rd June at 09:00, organised by Aberdeen Wheelers at Furdoun - organisation Scottish Cycling (BC)

63 Mile Road Race, Tom Anderson Memorial, incorporating the Jackie Connor Trophy - Sunday 23rd June at 10:00, organised by Falkirk Bicycle Club at Grangemouth Rugby Club - organisation Scottish Cycling (BC)

25 Mile, Ben Smith Trophy - Sunday 7th July at 08:00, organised by Law Wheelers at Cambusbarron - organisation Cycling Time Trials (CTT)

53 Mile Auld Yins Road Race, Jim Lyons Trophy - Sunday 25th August at 11:00, organised by Ivy CC at Balfron Campus - organisation Scottish Cycling (BC)

30 Mile National VTTA Fred Thorpe Trophy, incorporating our Pinky Williams trophy - Sunday 1st September at 08:00, organised by Michael Devlin at Cambusbarron - organisation Cycling Time Trials (CTT)

14.5 mile TTT Boomerang Trophy - Saturday 14th September at 09:00, organised by St Christophers CC at Fairweather Hall Newton Mearns - organisation Cycling Time Trials (CTT)

15 Mile Speed Family Trophy, incorporating the National VTTA Strevens Memorial Trophy - Sunday 29th September at 09:00, organised by Mhairi Laffoley, at Freuchie Cricket club - organisation Cycling Time Trials (CTT)

28.5 MTT Tour de Trossachs, including the Bill Lennon Trophy - Sunday 6th October at 10:00, organised by Janette Hazlett Ivy CC, at Aberfoyle - Organisation Cycling Time Trials (CTT)

As yet we have to assign the Reilly and Sharpe 100 mile trophies to a suitable event

For a printable version of the 2019 championship events calendar visit our website at [www.svttta.org.uk](http://www.svttta.org.uk)

Our webmaster Steve Nutley has produced a Facebook page showing news and results, for more SVTTA information visit our Facebook page at [www.facebook.com/SVTTA-1994011730646045](http://www.facebook.com/SVTTA-1994011730646045)

### New Members

The Scottish group welcomes the following new members: Kirsty McBride Ellis of Auchterarder (Synergy Cycles RT), John Morton Gemmell of Cummock (Ayr Roads / H Fairbairn), Kathleen McCormac of Glasgow (Glasgow Wheelers CC), Richard & Lucy McTaggart riding for Gala CC, Scott

Hutchinson of Dunfermline CC and finally John Gemmell of Ayr Roads Cycling Club, who has been around for a few years mostly doing road racing.

One of the new members (rejoined) is Dave Mitchell - Perth United, who has rejoined after an absence of two years due to a serious accident. Although rejoined and out and about, he is no longer cycling due to his earlier incident, but wishes to continue supporting the Group, The Scottish Group wishes David all the best and hopes to see him at events in 2019.

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

## **SOUTH WALES**

### **Barry Williams**

Looking back on the 2018 season in South Wales. I would first congratulate Kieron Davies, Drag2Zero, on winning the British BAR, I am almost certain that Kieron is the first rider from South Wales, (he formerly rode for the Bynea Club, based Llanelli ) to achieve victory in this traditional elite event. I would also congratulate Anthony Jones, Towy Racing Cycling Club, (a former VTTA member) for making it into the top twelve. Well done to both for keeping South Wales cycling on the map.

We have many talented riders in VTTA South Wales and I have always hoped that they would enter the VTTA season long competitions. Congratulations to following members who actually posted their results:

### Three Distance Competition – 100 competitors

25<sup>th</sup> Andrea Parish, Velo Sistas TTTeam - 72<sup>nd</sup> Bob Jones, Cardiff 100 Miles RCC

### Short Distance Competition – 289 Competitors

56<sup>th</sup> Andrea Parish, Velo Sistas TT Team – 143<sup>rd</sup> Leon Evans, Cardiff Ajax CC – 192<sup>nd</sup> Bob Jones, Cardiff 100 Miles RCC

Our Secretary, Bob Jones has arranged the following events qualifying for South Wales Group Championships for 2019 – The Trophies for these events are only open to South Wales Group members:

16th June, 2019 - The WCA Welsh 100 Mile Championship on course R100/8

13th July 2019 – The Ross on Wye Open 10 on course R10/17

4th August 2019 – The Cardiff 100 MRCC Open 50 on course R50/1b

1st September 2019 – The WCA Welsh Championship 12 hour on course R12/16

8th September 2019 – The Port Talbot Wheelers Open 25 Mile on course R25/3h

South Wales Members qualify for an additional BAR trophy based the highest plusses on standard over 25 miles, 50 miles and 100 miles..

In my travels I find STRAVA, a data collecting facility really useful for ordinary cyclists, STRAVA provides interesting information, such as recording details of our rides for distance, elevation, time and calories used etc., also a map of the route taken. I have to say that it's absolutely useful, with friends able to post data on the same site. In late November we stayed in Maspalomas, Gran Canaria and used STRAVA every day, enabling us to find the routes to cafes that other cyclists were using. As an all season visitor to Mallorca, I am aware that it can be cold between November and February, which is the thinking behind these trips to Gran Canaria, finding conditions that are a comfortable 30c most days. All the routes we used featured long climbs, but the road surfaces were good and even veterans like us were able to reach the high passes using 34 x32 bottom gears. One of the stiffest climbs is to Soria, GC 505 including some 8 kilometres of 12% to 14% and I think Butch Davies and I took our time on that particular steep section before a welcomed recharge in the café at the top. We sat there sipping mango juice before noticing two familiar faces on the next table. They were none other than Simon and Adam Yates enjoying some end of season relaxation. We were able to offer our congratulations to Simon for his epic win in La Vuelta a Espana and they were able to give us a brief insight into the tough reality of professional cycling. My conclusion from the meeting was, they deserve every accolade that comes their way, and

in no way are there any free lunches at the top end of cycling sport

In my last contribution, I mentioned cycling in the Netherlands, I was there last October when for fun I borrowed the girlfriend's heavy shopping bike to take a ride on one of the dedicated cycling routes which encompass every part of the Almere township, just to the north of Amsterdam. The bike probably weighed near to 15 kilograms, had three Sturmey-Archer style gears and provided a good climbing test over each of the many bridges crossing the equally numerous canals which are an ever present feature in so many Dutch towns. I fantasised about riding a time trial on a Dutch shopping bike with the handle bars tucked close to the body, you would probably need to adopt the Graeme Obree TT style. It's hearsay among locals that Wout Poels, Team Sky professional, has actually ridden a time trial on one of these bikes.

The Dutch government started constructing cycling routes back in the 1920s and because most Dutch people grow up riding bikes in safe zones, ease of access to cycling undoubtedly contributes to the success of many Dutch professional teams. As a cycling country, Holland is worth a visit but not in the winter when there can be snow and ice. However, I am hoping to give these trails a serious test riding my own bike this coming spring – the terrain will be flat but there will be plenty of lakes and canals to test me including some high winds beside the IJsselmeer

Back home in UK, it was December and unfortunately, like many other cyclists, I found myself nursing a chest infection accompanied by the usual periods of coughing. I spent the New Year in Holland in the same cold damp conditions and as I should have expected, the cough did not go away. Antibiotics failed to bring any relief. Therefore, with options narrowing, I booked myself a return trip back to Maspalomas, Gran Canaria. Conditions were cooler than experienced in November, but average 22c and plenty of sunshine cured the cough within the first 2 days.

I hired an Ultegra equipped Bottecchia, something of a bargain at Euros 110 for 6 days and rode to Las Filipinas situated at the foot of the climb to



Soria GC505. The café at Las Filipinas, has tables spread over a large garden area surrounded by eucalyptus trees, a pleasant venue for tired cyclists

I joined a group of English cyclists for a beer and some lunch and soon found that they were VTTA members from Otley Cycling Club, Yorkshire. Like me, they were in the Canaries to enjoy some warm weather cycling. Liz Hills, their group leader and club president, told me she was hoping after this extra training in the sun, to beat all her previous standard times during the coming season, hopefully she will succeed. I joined them for a photo which I promised would appear in the next edition of The Veteran.

According to STRAVA, I clocked up 280 kilometres in the 6 days including over 4000 metres of elevation, proving that there are no flat roads in Gran Canaria. Riding alone on different days, I found interesting fellow cyclists from Ireland, Holland and Italy to take lunch with. Later in the trip, I pushed myself to finish the 14% climb to Soria and enjoy the usual pint pot of mango juice and a cheese and bacon sandwich. Gran Canaria in my experience is the most cycling friendly of the Canary Islands. By comparison, Lanzarote is too windy and Tenerife suffers from too much heavy traffic.

I will conclude by asking members from our South Wales group to email with any interesting stories either about their racing feats or just general happenings in their clubs or any touring adventures or other local cycling news. Good luck and safe cycling.

## **SURREY & SUSSEX**

**Jon Fairclough**

### Welcome to new members

A welcome to two new members: Neil Crowther (Blazing Saddles) and Spencer Kirkham (Worthing Excelsior).

### Annual Lunch

The VTTA Surrey/Sussex Group annual prize-giving lunch was held on Sunday, 3rd February 2019. Andrew Simpkins, the VTTA Chairman gave a speech and handed out the 2018 awards.

Congratulations to all who received them. See the photo of Richard Gifford receiving two trophies. As well as being awarded our Robin Buchan Cup for winning the event on standard he also got the National Pett Cup, which was allocated to Surrey/Sussex this year for our September '25'.

Andrew outlined the work that has been done on minor revisions to the standards again now that a much larger database of statistics is available from the CTT website and he highlighted the problem of some exceptional riders in their 80s producing performances that would mean that a 40 year old would have to break competition record by several minutes to beat them on standard. Andrew admitted that his own performances wouldn't get him onto the front cover of Cycling Weekly, but he felt that he had his moment of fame recently when the head tube badge on his classic Colnago bike was photographed on the cover noting that an article on the famous Italian manufacturer appeared in the magazine.

Keith Wilkinson, chairman, noted the passing of three of our members during the last year - Dave Cox, a former committee member and time trial secretary; Dick Newport, a former committee member and lunch organiser who was also the



*Surrey/Sussex : Richard-Gifford receiving the Pett and Robin Buchan cups from Andrew Simpkins*

VTTA National 24 hour champion in 1988; and Gerry Marks one of the Group's life members.

37 people attended, a few less than usual. Alas I could not attend myself as I was visiting New Zealand. I already have the date in my diary for next year's event on Sunday 2nd February 2020 to make sure it does not clash with other activities next year. People who go to training camps please note!

### Surrey/Sussex Open Events

The first open event of the year, the Surrey/Sussex 10, is also the VTТА National Championship 10, and will be held on the G10/41 course on Sunday 28th April. We hope that many Surrey/Sussex riders will take part. If you are not intending to ride, please consider helping on the day as we will need more people than usual to ensure that the Championship event runs smoothly. The other open events are on 9th June (Lewes Wanderers CC '30'), 16th June (ESCA '50'), 11th August (ESCA 100), 18th August (Bec CC 25) and 22nd September (Surrey/Sussex 25).

### Strava Group news

The Strava Group is called "VTТА Surrey Sussex" and has 19 members. I compiled a leaderboard for 2018 showing the usual weekly Strava leaderboard stats of total distance, total time, elevation gain, and average speed. The top two on distance and time were Peter Baker (20,092 miles and 1416 hours) and Matthew Whittaker (8,373 miles and 523 hours). Peter Baker (896,353 ft) and Mike O'Gorman (388,271 ft) were the top two on elevation gain. Mike O'Gorman (20.03 mph) and Simon Lyon (19.04 mph) were the top two on average speed. If you want to join, just send me an email or get onto Strava, find the group and ask to join. It's a fun way of seeing what other S/S members are doing on the bike.

### 300,000 Mile Cycling Club

The 300,000 club is for people who have recorded at least this distance in their lifetime. For details see <https://300k-cc.co.uk/>. Not surprisingly Peter Baker (568,174 miles) is a member of this exclusive club, but there are a few other Surrey/Sussex group members who have qualified: Pete Swetman

(447,379 miles), Robin Johnson (429,019 miles), Peter Horsfield (422,117 miles), Keith Wilkinson (331,645 miles) and Geoff Goat (317,603 miles). Pete Swetman's wife Sue is no longer a VTТА member but she is the leading lady with 690,841 cycling miles recorded. I have estimated I will be about 116 years old when I will have done enough recorded mileage to qualify! Just shows that you should start recording your cycling mileage when you throw away the stabilisers...

### Committee News

We have a vacancy for a Social Secretary and Group Secretary. The main responsibility of the Social Secretary is to organise the Annual Lunch. Effort is mostly needed in December and January for the lunch in February. The Group Secretary is an administrative position dealing with any correspondence and preparing the agenda and minutes for the two meetings each year. We also welcome new Committee members. Please consider helping the Group by taking on one of these roles and if you can, or you would like any further information, please contact Keith Wilkinson at [keithwilkinson@talktalk.net](mailto:keithwilkinson@talktalk.net).

### **WESSEX**

**See Page 38**

### **WEST**

**Brian Griffiths**

The National Annual General Meeting as usual proved interesting in many respects.

The morning session set out in some detail the difficulties faced in adjusting the standards to make them as fair as it is possible to be for everyone. With such a diverse range of requirements one has to have sympathy for those tasked with this almost impossible problem.

The computerisation of all our systems appears to be nearing completion. Whilst I can see the advantages of doing this I know that many members who are not computer literate are often confused and feel that they are being left out in many ways, especially when "Twitter" and

"Facebook" are mentioned. That is my impression anyway.

The prize presentation came straight after lunch and it was pleasing to see good numbers present to collect their prizes. The West was represented by Alison Vessey and Ray Retter who went forward to collect their well earned rewards. Although not enjoying the best of health at the moment we sincerely hope Ray finds a solution because I know he has serious cycling ambitions for 2019.

It always seems a shame to me that the handsome trophies which are graciously handed to recipients are then intermediately taken back, though of course I understand why this is necessary.

After the Prize Presentation the AGM was soon underway with a number of interesting items on the agenda. I assume they will be well covered elsewhere so I will not bore you with my impressions.

As I write, the new season is just weeks away and it certainly will not be long before our prize presentation comes into view. Make a note in your diary for Saturday 6<sup>th</sup> April and make sure you send £4-00 per person to Gordon Scott to get tickets for this popular event. Don't forget that there is a time trial that you can ride prior to the prize presentation costing an additional £3-00.

The first copy of the WestVet from our new editor Paul Freegard has just arrived. Favourable comments have already been heard and I must agree it was indeed very attractively presented and so augers well for the future.

## **YORKSHIRE**

### **Chris Goode**

Thanks to Mike Williams for organising an enjoyable lunch and excellent raffle, at the Bridge Inn, Walshford.; it was attended by 60 guests. The star attraction and guest was Margaret Allen, accompanied by Graham Barker. Margaret was several times BBAR and national champion at various distances in the 1980/90 era; we heard some amusing tales from her very successful career. Amongst the award winners were Brian

Sunter and Karen Taylor (short distance champions), Brian at 10 miles, Norman Griffin at 25 miles, Simon Beldon at 50 miles and six awards for Andy Jackson. Andy is both CTT and VTTA national 24 hours champion at his first attempt. For the Yorkshire BAR he was best on standard and fastest veteran; he also picked up the 100 miles, 12 hours and Yorkshire 24 hours best performance with 530.61 miles. Well done to all prize winners and those who got plaques and medals. Also worth noting that Doug Hart and Michael Hutchings made up the winning team on standard in the National 24 hour race, in July.

Jimmy Trevor is to be congratulated on an excellent job in co-ordinating all results, medals and standard awards, as well as Tony Stott for preparing the trophies to be awarded. Many thanks and there has been renewed interest in the standard awards - this time last year four people had signed up compared with 33 in February 2019. The new website is clearly helping and remember your subs if you have not paid yet!

Our new members to the group are Grant Whiteside (Pontypool RCC, but lives in Boroughbridge), Mike Cross (Yorkshire RC), Anthony Boynton (City RC), Greg Kershaw, Sean and Susan Sanders, and Christopher Green (all Drighlington BC), Maria Mulleady (Team Swift), Rob Hill and Russell Horner (both Team Sportslab), Darren Gough and Crispin Swinhoe (both Barnsley RC), Steve Ayres (Bronte Wheelers), Gareth Metcalfe (Otley CC), Joanna Lockwood (Hopey Bicycle Repairs), Patricia Barton (Airedale Olympic) and Simon Richardson (VTTA Yorkshire). There are some good names there, who will challenge for group awards, and also a few newbies who will be unknown quantities. I understand that Simon Richardson is one such newbie, having taken up cycling only after a long and successful distance running career, when his knees could no longer take a pounding. We wish all new members a warm welcome to Yorkshire VTTA.

The race programme for this season includes a 25 miles race (14th April at Topcliff), the National VTTA 50 Championship (22nd June on the same weekend as York Rally) and two 10 miles time trials (13th July and 25th August, both at Gilberdyke). Help is

required for these events so please get in touch with Blair Buss, Mike Williams and Mike Penrice.

The 50 championship is our big event for the year, so Mike Williams needs as much support as possible. It is on a new course variant, based at Seaton Ross near Pocklington. The course is flat and uses mainly quiet country roads, almost two laps of Everingham - Thorpe le Street - Allerthorpe - Melbourne - Rossmoor - Bubwith - Foggathorpe - Seaton Ross. Those who have ridden the Team Swift 12 hour or supporting 50 and 100 mile events will be familiar with all these roads. It is on the Saturday afternoon of York Cycle Rally weekend, which takes place only 17 miles away. York Cycle Rally offers camping and caravan facilities and lots of cycling related activities with like minded people so it is well worth travelling to Yorkshire and making a long weekend of it. Go to the rally website for more details - <http://yorkrally.org/>

Put "I Like Alf" on your reading list, a quality book by Paul Jones on the King, Alf Engers. Paul has already written an excellent history of the National Hill Climb Championship and two more books are in the pipeline on the End to End and a history of the RTTC/CTT.

There is sad news to report of the deaths of Brian Rose (Goole RCC) and the legendary Hull wheelbuilder, Eric Suffill. Brian was a member of the VTTA and was well-known as a competitor in the East Riding and as a Yorkshire official for the CTT. Rest in peace.

Best wishes to VTTA national 25 champion Simon Beldon for a full recovery, after a collision with a car whilst cycling. Simon suffered multiple injuries and it is likely to be a long road to recovery, but he is made of stern stuff and we know he will fight his way back to fitness.

Also unwell is Allen Bell (Yorkshire RC), who has been in hospital for some time following a stroke. Best wishes, we hope you get out to some races this year.

We look forward to the warmer weather and the lighter nights.

## **WESSEX Bob Jolliffe**

With only two weeks to go before the start of the 2019 time trialling season in the south, Wessex Vets celebrated their achievements from the previous year at their annual Prize Presentation Lunch. With sun streaming in through the windows of the Railway Institute in Eastleigh, the new and successful venue for the event, some might have wished they were steaming around the lanes getting the miles in. But instead, after dining, they loosened their belts, settled back and enjoyed the illustrated story of four other riders collectively getting 3,000 miles under their belts during last year's Race Across America: The RAAM.

Stewart Ward, a soon-to-be veteran, told the tale of how he was part of the seven-man support team that helped Ian Patterson, John Sibley, Nick Buis and Lee Spoor, known collectively as Team New Forest, win the four-rider team award and raise more than £10,000 for Cancer Research UK.

The RAAM, between Oceanside in California and Annapolis in Maryland, also took in the states of Arizona, Utah with its spectacular Monument Valley, the mountains of Colorado which reach to 11,000 feet, Kansas, Missouri, the long straight roads of Illinois with temperatures of 40 degrees, Indiana, Ohio, Virginia and Pennsylvania.

After a 20-mile processional start, two team members rode individually in shifts while the other two rested up in the team's RV (a recreational vehicle, in this case a motor home) which despite the cramped quarters was used for eating and sleeping. They took it in turns to ride individual stages of between five and ten miles, depending on weather conditions, leapfrogging between two support cars and the RV, which at times was 100 miles or more ahead. There were between 400 and 500 changes of rider which involved an overlapping of wheels, preferably on an uphill section, and 20 or 30 whole-crew changes in the vehicles.

At a little over half distance, in the state of Ohio, Team New Forest was more than five hours ahead of its nearest competitors, an American outfit known, confusingly, as Team NF. But then the

weather turned: it started to hammer down with rain and dry clothing ran out, John Sibley became ill, and the time gap began to tumble. The next morning's Pennsylvanian sunshine lifted spirits and the British team began to claw back precious minutes.

The triumphant four eventually crossed the line together after spending six days, three hours and 56 minutes racing across America leaving just the processional ride to the coast to complete the marathon adventure. Team NF eventually finished second with a time of six days, six hours and 41 minutes.

After questions had been answered and the applause had died down, Stewart, a member of New Forest Cycling Club, then presented the trophies, medals and certificates to the winners present. He was ably assisted by group treasurer Mary Corbett and lunch organizer Norman Harvey, who stood in for group recorder Claire Newman who was absent through illness.

Nigel Sign (Fareham Whlrs) won the 50-mile Championship Trophy. He was also second in the group 10 Championship and part of the winning 10 team, third in the group 25 and set an age 61 record of 243.56 miles for 12 hours, plus various standard awards.

Ten-mile Champion was New Forest CC's Antony Green with 20:10 for +6:49. He was second in the Group 25 and also set a 54-year-old age record of 51:00. He also collected certificates and plaques.

Brian "Sid" Hygate of Fareham Whs won the Ray Price Memorial Trophy for best performance by an over-70 rider with his 191.29 miles in 12 hours at the age of 80.

CC Weymouth's Greg Parker won the Wessex Short Distance BAR, the Ray Price Trophy for best plus at 50 miles with +38:10, second in the Group 15 Championship and also set 54-year age records of 19:37 for 10 miles, 30:30 for 15 miles, 48:46 for 25 miles, and 1:43:39 for 50 miles.

Mary Corbett and tandem partners, Sotonia CC clubmate Norman Harvey, Aran Stanton of VC St Raphael and Sarah Matthews of ...a3crg took

centre stage together for many and various awards. With Aran there were champions' medals for 50 miles in 2:00:26, with Norman the 15-mile medal, the combined age award of 146 years with 26:32 for 10 miles, 39:44 for 15 miles in the Wessex 15 and first in the national VTTA 15-mile championship. With Sarah, Mary clocked a national tandem record of 22:54 for 10.



*Wessex : Sarah Matthews, Mary Corbett, Norman Harvey and guest speaker Stewart Ward*

Then it was ...a3crg's time in the limelight. Sarah took the Wessex 15 Championship with 33:35 for a plus of 11:08 and led the winning team. It was also the second time in the season she had beaten the national 15-mile record, previously clocking 34:52. She also set national age records at 10 miles (21:33) and 25 (55:24) and was second in the national Short Distance BAR.

Wessex BAR was Sarah's ...a3crg teammate Angela Carpenter, who started 2018 late after fracturing her pelvis and elbow. Undaunted she set 49-year-old national records at 25 miles (52:30) and 30 miles (1:3:23) and Wessex records of 20:56 for 10 miles and 1:56:21 for 50 miles. In addition, she was ninth overall and third woman in the national Short Distance BAR, Wessex BAR with +1:2:59 and National 15-mile Women's Champion. Like many others, she also took home a hatful of standards awards.

Then it was ...a3crg's David Shepherd's turn who, with +1:15:27, was Wessex BAR and third in the

national BAR. He also set a new 57-year-old age record of 284.59 miles for 12 hours and a Wessex 100 record of 3:46:22.

Others collecting various awards were: Mike Boyce, Ken Rayson and John Glaysher (all ...a3crg), Phil Watts and Barry Eeles (North Hants RC), Catherine Pascoe and Bob Jolliffe (both New Forest CC), Ian Hayden, Richard Wyeth and Adrian Watkins (all Tornado RCC), Mike Stevens and Neil Mackley (both Fareham Whs), Norman Harvey (Sotonia CC) and Dave England (Crabwood CC).

Another Fareham Wheeler, Alan Emmott, was also on hand to receive awards for breaking records at age 71 at 15 and 100 miles. Unfortunately he also broke his left femur after falling on ice while cycling at Southwick on December 14. Stick in hand, after the lunch he said: "I'm just starting to get back on the turbo trainer and, fingers crossed, I'll be racing this season."

### AGM

The group's 28 Honorary Life Members and two Life Members are to be consulted about whether the group should fund the £174 cost of VTTA Handbooks and The Veteran to them following a proposal by the National Executive Committee. Alan Emmott proposed the group should send a letter explaining the costs, pointing out it is available on the website and inviting those who wish to have hard copies to inform the secretary by October 31 this year.

The committee also agreed to review annual subscriptions at this year's AGM. They currently stand at £15 for individuals and £17 for couples.

Group membership in 2018 was up by seven to 153. Female membership was up by three to 16 of which eight raced and there were currently five riders aged 80 or more still competing: Stan Bennett, Barrington Day, Brian Hall, Norman Harvey and Sid Hygate.

### Stan Dackombe

Wessex HLM Stan Dackombe has recently died. He joined the VTTA on his 40th birthday and became an Honorary Life Member on his 80th birthday in 2011.

Information on Stan is thin on the ground as he appears to have drifted away from the sport in his later years. However, he was a member of Harlequins CC, was living in West Wittering, and South DC records show he was no mean rider in his day.

He clocked 2:7:24 for eighth place in the New Forest CC 50 in 1975, did 59:13 for 11th in the Sotonia 25 and 4:32:12 for fifth in the Bournemouth Jubilee 100 the same year. In 1971 he finished sixth behind fast-peddalling Dennis Brown's 56:39 in the Bognor 25. He also appears to have amassed 456,842 miles as a member of the 300,000 Mile Club.

I believe that when he was working he lived in Ottershaw, Surrey. If anyone knows more about Stan, they can telephone me, Bob Jolliffe on 01425 616525 or email me at [bob.jolliffe@btinternet.com](mailto:bob.jolliffe@btinternet.com), and I will write a more detailed obituary.

Here's wishing everyone a safe and successful 2019.

## **LONDON & HOME COUNTIES**

### **John Hoskins**

The Group Prize Giving Luncheon, held in January, was a great success. There were nearly 60 members and friends there to listen to the chief guest, Michael Broadwith, who gave an excellent talk about his recent record breaking "end to end" success, beating the existing record by a margin of nearly 40 minutes. Interesting to note that Michael is pictured on the front cover of the CTT handbook for 2019, just as last year's luncheon chief guest, Alice Lethbridge was on the 2018 handbook. Michael then gave out the awards to a long line of deserving prize winners. However, immediately prior to that Jim Burgin, our group chairman, made a very special presentation. It was to Roy May, who for so long worked so hard for the Group and he was awarded a Distinguished Life Membership. Roy joined the London & Home Counties Group on his 40<sup>th</sup> birthday in 1974, becoming an integral part of the L & HC. Amongst his achievements was how he was the "go to" man for storing, mending and putting out (and collecting back) all of the signs for



all of our Open events. Many of you will know how big a task that can be. As a recipient of the DLM he joins the existing trio of DLM's in the L & HC group – Jack & Sylvia Armstrong and of course Jim Burgin himself. Jim Burgin's long service has also been recognised recently when he was appointed as an Honorary Vice President of the VTTA at the recent National AGM.

The presentation of the award medals and trophies was mainly made possible due to the time and effort put in by our new Trophies secretary, Geir Robinson. We have now updated the trophies with all of the winners from the past few years and hope to be able to keep them up to date and have them at every future Luncheon for people to see, enjoy and be to be awarded to each years' winners. This was no small task and Geir was ably helped by David Guy, Geoff Perry and Jim Burgin, Jim having kept meticulous records over the last seven years when the trophies had not been presented.

#### Trophy Winners 2018

Arthur Wilkins Trophy (Fastest 25 of the Season)

Liam Maybank

Russ Cup (Season's Best 25 on Standard)

Liam Maybank

Tom Drew Medallion (Fastest 50 of the Season)

Liam Maybank

Charlie Cole Cup (Season's Best 50 on Standard)

Liam Maybank

Laurie Dixon Bowl (Season's Fastest at 100 miles)

Howard Waller

Members' Cup (Season's Best 100 on Standard)

Katja Rietdorf

Mal Rees Shield (Best 12 Hour on Standard)

Katja Rietdorf

Don Byham Cup (Second on Standard in the May Bank Holiday 10)

Ben Allen

Autumn 25 Cup (Fastest Rocco 25)

Richard Hutt

Rocco Trophy (Overall Winner of the Rocco 25)

Sarah Matthews

Sturt Cup (Team Winners Rocco 25 - Two Riders)

John Lacey & John Dowling

Jim Burgin Award (Aggregate of Group Events)

Joy Payne

Best 24 Hour on Standard

Joscelyn Chappell

Screwed Down Trophy (Best All Rounder Runner-up)

Howard Waller

Mae and Dolf Lang Medallion (Best All Rounder - Women)

Joy Payne

BAR Trophy (Best All-rounder - Men)

John Lacey

With thanks to Geoff Perry, Geir and Jim Burgin for providing the above details.

The group committee, once again under the chairmanship of David Guy, are looking at ways that the group can become more of a "club" in its own right and would welcome suggestions as to how this can be achieved. Possibilities could include clubruns, hill climbs, an informal summer lunch and who knows what else. We have the manpower, we have the organisational ability, and we have 300 members or so – suggestions please to me at [westerleyjohn@btinternet.com](mailto:westerleyjohn@btinternet.com) or on 07717 086 689. We are already distributing a regular newsletter in addition to these notes in "The Veteran" and we are slowly establishing channels to keep our successful riders more in the spotlight.

The National website of the VTTA is now up and running, which can be a rich source of information and where you can pay your annual subscriptions (those who aren't Life members) by card. But for those of you who wish to stay in contact by post or in person, you're all very welcome and I'm always ready to accept cheques or even cash.

For your information, at the end of this letter is a list of the 2019 promotions. As always we need marshals and helpers, and it is now established that all members who help will be paid expenses or will receive free tickets to the January Lunch. I'm happy to co-ordinate marshals, just let me know (or ring the organisers directly).



*London & Home Counties : Jim Burgin welcomes Roy May to the very select group of Distinguished Life Members*

### 2019 events and promoters

- Monday 6th May 10m F11 14.00  
Organiser Geoff Perry (07808 839811)
- Thursday 30th May 10m H10/2 14.00  
Organiser David Guy (0207 242 6543)
- Sunday 14th July 10m F11 08.00  
Organiser David Guy (0207 242 6543)
- Thursday 8th August 10m H10/2 14.00  
Organiser Joy Payne (01494 817 658)
- Sunday 6th October 25m H25/2 08.00  
Organiser Stuart Stow (07957 355169)

## **MIDLANDS**

### **Steelie reporting**

#### Presentation Dinner

After a very successful 2018 season, our recent annual awards lunch was action packed, with many excellent achievements being celebrated, including those of multiple award winners:

#### Sue Semple

- 4 distance B.A.R.
- 3 distance Cyclo Shield
- Short distance Baylis Cup
- Victory Cup (BOS Midlands 50)

#### Tim Wood

- Billy Steer Cup (BOS 25)

- Stokes Cup (Scr 50)
  - Nomads Cup (BOS 4 x 50)
- Joseph Costello
- Short distance Godiva Cup
  - Les Lowe Trophy (K course mileage)
  - Jones Cup (BOS 4 featured events)
- Philip Brown
- Wells Cup (BOS Midland 50)
  - Massie Plate (over 64 4x events)

There were many other achievers of course, including David Kiernan who won the hotly contested season long points series sponsored by Echelon Cycles, with Jon Howard in second place on exactly the same number of points, leading the rest of his Team Echelon-Rotor colleagues, Dave Dickerson, Tim Wood and Norman Fenn to the team victory.

Guest Speakers Glen Knight and Rachael Elliot gave a fascinating presentation about Zwift, with Rachael's account of her recovery from a serious stroke early in 2018 adding an extremely inspirational element to the whole afternoon.

#### Looking for a Standards Award?

Then sign up right away for a rare early season "15", the Welland Trophy Circuit TT on K47/15, Sat. 6th April. Enter via CTT website in the usual way or post entries to: Mike Amery, 18 Giffard Drive, Welland, WR13 6SE. (Tel: 01684 310168)

[Mikeamery58@gmail.com](mailto:Mikeamery58@gmail.com)

Closing date for entries is 26th March.



*Midlands : Glen Knight with Sue Semple, who was the major award winner in that group*



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- Minimum 15 garments (can be mixed styles/sizes), includes embroidered logo or badge
- Embroidery set-up free to VTTA members
- Hi-vis printed back £3.00 each, minimum 25 garments
- T-shirts with single colour print £2.50

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# OBITUARIES



## STEVE LOCKWOOD

16<sup>th</sup> April 1955 - 10<sup>th</sup> January 2019

The cycling community generally and members of the VTTA particularly will have been shocked to hear of the sudden death of Steve Lockwood at the comparatively young age of 63. He died doing one of the things he enjoyed most, riding his bike, mercifully suddenly but cruelly young.

Steve was born on April 16<sup>th</sup> 1955, in Hollywood, SW Birmingham. He attended the local infants and junior school, and then King Edwards, Camp Hill.

Having been introduced to cycling there through Stan 'SPV' Bray, Steve decided to join the Speedwell Bicycle Club then newly relocated at Wythall, and of which he remained a key member for the rest of his life.

Good A levels won Steve a place to study mathematics at Birmingham University. However, at some point Steve seems to have lost his motivation for the course and in the end just scraped a pass, which did not reflect the brute intellect and intelligence of the man.

Choosing to follow an accounting career, he joined the Birmingham office of Peats, better known today as KPMG. Steve's corporate life was spent there, reaching a senior level; he reveled in the title National Data Architect, being in the vanguard of what is now known as 'big data'. This until his disdain for politics, ego, and self publicity that he so loathed became too much and he left in 2002 to go self employed, a status he maintained until his death. Together we formed Matlock Business Solutions Ltd in 1999, which provided the vehicle to pursue the

passions and interests that really fueled his life, money not being one of them.

Steve retained a keen and eclectic interest in many things. Music featured strongly, originally a piano player, in his 20's he took up the classical guitar, which was probably his weapon of choice.

And always cycling. There were many big tours to France – The Alps, Pyrenees and the Massif Central; regular summer tours to all parts of the UK and most Sundays on a random rota of cafes and ale houses throughout the Midlands with longstanding club mates from the Speedwell. More recently he had returned to some racing, but it wasn't the serious stuff that had seen him win the Salford Park Track League and become a first category road man in his 20's, but it kept him amused.

In the last 20 years, Steve had become very involved in cycling administration. Together we organized the National 100 and GHS national final on 2 occasions, and also many open events. My name would appear in the handbook, but Steve would be supporting, sharing the burden. Steve would provide the technology to make it all easy, for which I was extremely grateful. He never wanted the limelight or to sit in interminable meetings. Steve was the reliable Lieutenant. Always there supporting the plans and goals of others and quietly taking pleasure in their success.

However, gradually his wish to make a difference in his chosen sport seems to have got

the better of him, and from about 2010 he began volunteering for various roles in his own right for both District CTT and National VTTA.

And what a difference. It's an impressive list of innovations and changes that he initiated.

He was behind various packages to support event organisers being amongst the first to pioneer the use of data projectors for result sheets, and automating the entry and result processes in the early 2000's.

He was behind the first district website, making courses available on line, getting a list of club events published as a calendar and automating their running.

He created the original website for the Midlands Women's TT Series and carried out various upgrades to the online Time Trial Forum.

However if that weren't enough, his major work will be remembered in two very specific areas - the reworking of the VTTA National Standards and the Midland Rankings. When the full and proper history of time trialling is written this contribution will be seen as nothing less than seminal.

For the Midland Rankings he worked with Ruth Eyles, who later became his partner, taking her original ideas and producing a ground-breaking ranking system based on finishing positions rather than times. It gave Midlands riders motivation to compete and beat rivals regardless of the course or weather conditions. An online results service gave the competition an unmatched profile and immediacy, all this 10 years before the CTT grudgingly and independently attempted something similar. Arguably the new National Rankings are a poor imitation of what

Steve and Ruth created and maintained in the Midlands.

The work for which he was even better known in these pages, was his reworking of the National VTTA Standards, as a key player in the working group that Andrew Simpkins put together. Andrew has written of that work elsewhere.

Midlands Group were able to take these two ideas of rankings and revised standards and combine them and produce a unique season long competition for Vets, 'The Points Series'. This has provided huge enjoyment for members of that group for nearly 10 years since it was initiated.

Steve's life was commemorated in a humanist celebration held at Great Witley Village Hall on 3<sup>rd</sup> Feb. Over 170 were in attendance to hear from friends and family in an act of remembrance and thanks for his life.

Steve leaves his mother, a daughter Lucy, and son Alex along with grandson Elijah, aged 3, who he very often looked after. Incidentally, Alex has just won a BAFTA for best short film, '73 Cows'. Steve knew of the nomination but died two weeks before the award was announced.

Steve found great happiness with Ruth Eyles when they discovered many other interests, hobbies and shared views beyond time trialling. They had set up home together in a cottage in rural Worcestershire and gardening was a big part of their lives.

Our heartfelt condolences go to her and to his family in this time of sudden and untimely loss.

*Jeff Matthews*

## STANLEY CHADWICK

### Scarborough Paragon Cycling Club

13th April 1916 – 23rd November 2018

It is with a heavy heart that I report the passing of our dear Honorary Life President and co-founder of Scarborough Paragon Cycling Club, Stanley Chadwick (Stan), at the grand age of 102 years, following a short illness.

Stan was a loyal supporter of the Veterans Time Trial Association, sponsoring local annual events and he used to attend the Yorkshire Group get togethers at Otley to catch up with people and have a chat. In later years eyesight and mobility restricted Stan's activities but he loved to keep in touch with everyone's cycling exploits. He was the oldest surviving VTTA member nationally until his passing on 23<sup>rd</sup> November.

Stan learnt to ride a bike when he was 11 years old and continued until well into his eighties. His lifelong passion for the two-wheeled pastime began in earnest when he joined the Scarborough based Eagle Touring Club at the age of 16 and he then enrolled with the Scarborough & District Cycling Club the following year. His first competitive time trial race was over 25 miles from Beverley to Driffield and back in the Hull & East Riding Road Club event. Stan enjoyed getting out into the countryside on two wheels in the company of other cyclists. Back then, there were not many cars but more people on bikes; Stan never owned a car.

Stan had a stint away from the East Coast, living in Surrey and Leicestershire, but returned to rejoin the Scarborough & District club in 1948. In 1953 he teamed up with friends Len Raine and Ken Atkins to found the current Scarborough Paragon Cycling Club. One of his last races was

in the City Road Club Grand Prix de Gentlemen 2-up team time trial on 23<sup>rd</sup> September 2001 with Paragon secretary Elaine Ward on the V718 course at Hull, which resulted in a time of 34:25 at age 85. Stan enjoyed his last social ride at the age of 90.

Stan's Paragon membership was only broken by a ten year spell in Leicester from 1959 to 1969. He has contributed a lot to the club over the years, having encouraged and inspired other members through his generosity of spirit, humour

and wisdom, for which past and present members are thankful. Rather modestly, Stan recalls that he had "only been a medium rider all his life" and "was never a star or anything like that".

Up until recent years he was an avid reader of all the cycling publications, newspaper sports reports and books,

keeping up to date with all the modern trends and developments in the sport. Indeed, he has said to us "I can't quite get my head around carbon fibre", having been in engineering for the latter part of his working life. He knew what riders' results were, from the local boys and girls to the continental stars.

When the Tour de Yorkshire came to Scarborough Stan sat in a chair outside his nursing home with a cup of tea, waving his Tour de Yorkshire banner, listening to the Tour de Yorkshire riders and cavalcade passing by – a spectacle he never dreamt he would ever experience. Not only that, but Sir Gary Verity kindly made time in his busy schedule on Stan's 100<sup>th</sup> birthday to pop into his residential home to show him the Tour de Yorkshire trophy and invited



him to be a VIP at (what turned out to be) three editions of the Tour. A year on from the 100<sup>th</sup> birthday, Sir Gary did not forget Stan and ran over to him on Scarborough seafront at the end of the stage to shake his hand. Stan told me he would never forget that moment – what a great man! Stan said to reporters after the first Tour finish that it was “the best day of my life”. Thanks to the Scarborough & Ryedale Community Cycling scheme, Stan “rode” the Final Mile along the Scarborough seafront prior to the stage finish on three occasions, with octogenarian Brian Musson using pedal power to steer him along at the head of the charity ride in a specially adapted cycle.

On a personal basis and from the Paragon members, Stan will be sadly missed; he was a true inspiration. Although he felt frustrated at not being able to contribute so much to the club and VTTA in later years due to his mobility issues, he retained a sharp mind full of information to share. Indeed, we always had this annual discussion about how he

wished to stand down as President and I always refused on behalf of the committee!

It seems like the end of an era to me. I had known Stan for around 30 years and he was always very encouraging. My partner Mick Storey has known him since Mick was a teenager, 50 years or so - calling round for advice on how to fix bikes and pottering about in Stan's shed learning from him. Stan has left a legacy of being a great ambassador to the sport and one of encouragement to young riders coming through the ranks.

Sir Gary Verity attended the funeral at Scalby with many cycling friends from near and far. James Gullen, now a professional rider who started out at a very young age with Paragon, rode with Stan when he was a little boy and also joined the 23 riders who cycled with the cortege to the church. Stan would have been so proud! RIP.

*Elaine Ward (Honorary Life Member of SPCC)*

## BILL THORNCROFT

29th September 1921 - 23rd January 2019

Bill was born in 1921 and began cycling, as most youngsters did, when he was given a bike in 1934 to cycle to school. His enjoyment of cycling freedom grew and in 1937 he was one of the founder members of Brentwood Road Club. He became a club official and in 1940 he was voted onto the local RTTC and ECCA committees.

When Bill left school he joined his father at a small stockbroking company, and then joined the First British and American Corporation. It was a friendly firm, always remembered birthdays and wedding anniversaries etc., and Bill realised he had a strong empathy with financial figures and strategy.



*Bill riding his first 24 hour race - the Catford - in 1953 (aged 21)*

May 1941 and everything changed when Bill was called up and drafted into the Royal Tank Regiment. Following training he ended up in North Africa in 1942 in the drive to conquer

Rommel's army. For Bill there was no armour protection or guns to defend himself because his job was to drive a lorry laden with high octane fuel for the tanks as they advanced across the desert.

Like most of his contemporaries Bill did not talk much about the fighting. However a lighter moment occurred when following a period of illness he was in a recovery unit and was told to report to the O.C. pronto. "What have I done wrong now?" was his first thought. The O.C. wanted to know what a trooper was doing receiving a telegram in a

Diplomatic Box. On receiving the said telegram Bill opened it with some misgivings, to find it was from one of the Directors of his stockbroking employers wishing him well on his 21st Birthday! it was signed by Bob Boothby, who was a drinking buddy of Winston Churchill and who later became Lord Boothby!

Bill was finally demobbed in September 1946 and went back to his old firm, before being head-hunted by a larger firm, where he was put in charge of a department and where he remained until his retirement in 1984.

On the cycling front Bill went back to the Brentwood Road Club. Most cycling clubs and organisations lost many of their members and officials due to enemy action and the immediate post war years saw them struggling to "pick up the pieces".

Bill threw himself whole-heartedly into the fray, not only with the Brentwood RC but also with London East RTTC and the ECCA and then the ECRA. One wonders how Bill found the hours to do it as well as riding a bike and earning a living; his cycling CV included:

- Treasurer, then General Secretary, followed by Chairman of Brentwood RC until it ceased to function in 1977.
- Hon. Secretary of RTTC London East and then Chairman for many years.
- Secretary of the Eastern Counties Cycling Association for 31 years, then as Chairman followed by President.
- Chairman of ECRA for 30 plus years.
- Joined the 40 Plus Club when old enough and has been both Chairman and President.

When the Brentwood RC merged with the recently revived Essex RCC in 1977 Bill might have thought that he could take a back seat as far as club jobs were concerned. The much venerated Ernie Munson was the current Chairman but he became ill and was hospitalised in 1978; Bill was voted into the chair and remained Chairman until 2005.

With all this administration work it is surprising that Bill found time to ride a bike, but he did, and

with a vengeance. Bill rode mainly time trials but also participated in circuit races in parks and on old airfields. Grass track racing was also in vogue post war and Bill competed in many of the Essex meetings. He also did a bit a hard track riding and, mainly in the winter, roller racing.

Bill featured in a number of team races in the 40s, 50s and 60s, often in the vital third man position. His merit was in the Mastermind saying, "I've started so I'll finish." Bill started and finished thirteen 24 hour races, forty-eight 12 hour races and over one hundred 100 mile races. 25 and 50 mile events are too numerous to count.

The peak of Bill's medal achievements was in 1967 when he won an RTTC National Team Medal in the 24 Hour Championship, alongside Dick Poole and Dave Miesner.

Bill was an Honorary Life Member of the VTTA, having joined on his 40th birthday in 1961. He achieved four national age records on solo trike at distances between 10 and 30 miles from 1996 to 1999.

Bill promoted over 200 ECCA events, events for the Brentwood RC and the Essex RCC and has also promoted national championships at 10, 25, 50 and 100 miles. He made a remarkable contribution to cycling in his lifetime and has seen many changes - from the days of compulsory wearing of all black, so as to be inconspicuous, to the present day wearing of bright colours to aid visibility.

He had two sons, Richard and David, five grandchildren and one great grandchild to all of whom we extend our deepest sympathies..

*From an article by the late Dick Spanton published in the Essex RCC newsletter of March 2005 and with thanks to Mary Horsnell for finding it.*

*The family would like to thank those present at the crematorium. A collection was made on behalf of the Royal British Legion.*

## JAMES (JIM) GRESTY

1st January 1945 – 28th November 2018

It is with great sadness that Manchester and Northwest Group report the recent death of Jim Gresty. Jim passed away in hospital nearly three years after the accident that left him with multiple injuries that confined him to intensive hospital care.

Up to the time of his accident Jim was a very active and passionate cyclist competitively and touring. He was the incumbent treasure for the Group, a position he had held for more than 20 years, and during that period, National Treasurer for a period of five years.

In recognition of the services he willingly and enthusiastically gave to the sport, he was awarded the Group's Meritorious Plate at the 2015 Luncheon.

Jim was born and brought up in Urmston, Manchester, until the family moved to Pensarn when Jim was in his mid teens. This was the first of many moves during his and Helen's lives as his work took him not only around the UK but as far as South Carolina working for Michelin.

Although he had cycled whilst at Leeds University and for Withington Wheelers, it was not until 1981 that Jim returned to cycling seriously. At the grand weight of 15 stones, Jim, and possibly Helen, sought out a Dawes Galaxy costing £126, the most expensive in the shop. Over the next few years the weight fell away, with the help of some (?) gin and tonics post training.

So central to his life was the bike, he and Helen bought their first tandem, a mode of transport that saw them complete many challenging but enjoyable miles both locally and in Europe.

Jim eventually ducked under the hour for 25 miles and his competitive career took off from there. Riding a bike was his preferred form of training covering LeJog, Paris- Brest- Paris and Trafalgar

in Spain to Trafalgar Square, London. If it could be ridden Jim would do it.

Time trialling was his forte. In 2009 Jim was the VTTA National BAR winner. Previously he had been 12 hour champion in 2006 and achieved the ultimate distance accolade when crowned National Vets 24 hour Champion in 2008, when he also set at age 63 record of 437.87 miles. Jim was the first rider aged 60 to ride under 4 hours for 100 miles when he recorded 3hr 52 min 03 sec at age 64 in 2009.



In 2005 he and Helen marked their 60th birthdays riding from Market Drayton to Santiago De Compostella, a total of 2, 300 miles....on a tandem!

Between the years 1998 and 2009 Jim won the Group's BAR, local courses, championship on seven occasions. He was a regular winner of the annual multi distance competitions within the Group. In fact Helen and he still hold local age records for 55 years in the 25, 30 and 50 tandem time trials, two lives very entwined!

Their final sortie on a tandem was in 2015 when they completed Lands End to John O'Groats at the age of 70.

Jim, and Helen, led a varied and active life: a camper van was their second home - often in Denia, Spain, or France. It was their changing room for races and the base for many of Jim's 12-hour time trials; he rode up to 18 in all.

For a period of 15 years they explored the canals of the country in their canal boat. One often wondered where he found the time to ride his bike let alone race as frequently as he did.

A gentleman, a sensitive person, Jim was respected by all who came into contact with him. He will be missed.

Helen and their children Kate and Chris survive him.

## BOB KNIGHT

1943 - 2018

Sadly West Group report the passing of Bob Knight after an extended period of health problems which he tackled with great courage.

Bob began his cycling with the Kingswood Road Cycling Club, where he achieved early success in road racing and indeed held a first category licence in this branch of the sport. He then moved on to the Gordano Valley Cycling Club but an unfortunate and serious motorcycle accident left him with restricted use of his right arm, which made him change his interest to time trials. Much to his delight he soon began to achieve good results at all distances.

His preference seemed to be for longer events and he quickly began to prove this when he won the WTTA "12" hour event at his first attempt, with a distance of 243 miles on this very testing course. Following this ride he led his Gordano team to second place in the 1978 National Championship "24" hour, incorporated that year into the Wessex event.

With the demise of the Gordano, Bob became a loyal and successful member of the Clevedon and



District Road Club. For many years he continued to produce reliable season long, consistent, time trial results. He joined the VTTA in 1984 and remained a member throughout the following years.

Born in Bristol, Bob spent an interesting working life as a much respected and highly skilled turbine engineer with Rolls Royce at their Filton Factory.

Bob's wife was and still is a keen cyclist and offered him every support, especially over these last few difficult years. They spent many happy hours a-wheel both at home and abroad. Bob always used the very best of equipment which was always immaculately turned out.

The attendance at his funeral at the Memorial Woodlands at

Tytherington was ample evidence of the respect that he was held in and many glowing tributes were made to various aspects of his success during a busy and eventful lifetime.

Heartfelt sympathy should be extended to his wife Carol, his son David and indeed to the whole of his close family who will certainly be missing him.

## FRANK MINTO

### Conisborough Ivanhoe Cycling Club

Frank Minto was a founder member of the North Midlands VTTA in 1978. Events for the Yorkshire Group had been held on North Midlands courses for many years but in 1979 it was decided that there was enough support for a new local group. Jim Carr ran the first 25 on behalf of the group the following year.

Frank started cycling to work in 1947 with longer rides at the weekends to get fit. In 1948 he joined his local club, Conisborough Ivanhoe CC, and was soon representing them at District level only interrupted by National Service in North Wales. He eventually became the RTTC North Midlands DC Secretary in

1967. Election onto the RTTC National Committee followed, before taking over as Competitions and Records Secretary in 1978 for the next 22 years, then remaining for a further 2 years on the National Committee. During this time he also served as District Secretary, Chairman and Courses Secretary until retiring in 2009.

He raced at all distances up to 12 hours but for over 50 years organised, marshalled, timed, clerked and helped in innumerable events from club 5s to the Mersey Roads 24.

*Christine Minto*



## DEREK LUSHER 1948-2019

Derek Lusher who has died at the age of 70 was President of the Norwich Amateur Bicycle Club and a rider who quite early in his career found long distance events had a special attraction.

In later years Derek and his wife Jenny formed a much sought-after timekeeping partnership, while Derek continued to ride shorter distance time trials until recently

- when they could be fitted in between his many other commitments as a road racing commissaire and as a long-serving Regional Cycling Administrator for British Cycling.

Derek was a Norwich railwayman's son who took to cycling as soon as he got hold of a bike. He joined the East Anglian CC around 1964 and at the age of 17 was already moving beyond the shortest distances – doing 2:26:36 in his own club's 50, one of several time trials of that distance he rode in 1965. Next year he did 5:25:40 in the Norwich Amateur BC 100 (won in 4:17) and 215 miles in West Suffolk Wheelers 12 Hour. In 1969, still only 21, already experienced at 24 hours, he covered his eventual PB of 419.8 miles for sixth place in the North Road CC 24.

In 1970 Derek joined the Norwich Amateur BC, staying with them for the remaining 49 years of his life, organising many events and serving

successively as club secretary, captain and president.

Derek and Jenny were also very active in organising for the then English Schools Cycling Association, eventually bringing the ESCA International to East Anglia.

For the last 20 years Derek has been best

known as a road race official. In the front line as a commissaire, Derek made good use of his regional accent and lorry drivers' no-nonsense approach to keep fired-up road race bunches in line and safe. Behind the scenes, he had been Eastern Regional Cycling Administrator for British Cycling since 2001. As such he was responsible for assessing and approving circuits, co-ordinating dates and liaising with the authorities - a job he continued almost to the last, closely supported by Jenny.

Derek was a member of VTTA East Angia since 1994.

There was a large gathering of cyclists from all over the region at the funeral in Norwich. Since then Jenny has been elected to succeed him as President of the NABC - in its 140<sup>th</sup> year.

*Fergus Muir, with photo by John Swanbury*



## MEMORIES OF GEORGE NOWLAND AND JIM GRESTY

Contemplating my past, as we oldies do as the years mount up, I realised that I have spent my life as a member of committees.

I joined a Youth Club at the age of 14 and was on the Committee the following year. I was in the RAF at 18 and was on the 'Station Social Committee' at 19.

After demobilisation in 1950 and becoming a member of a cycling club, I became a Committee Member within eight months. There I discovered there were Committees galore and I loved them! Since those far-off days, I have been a member of varying Committees for the rest of my life – you may well conclude what a sad case I am.

In my vindication I make the claim that, in the study and assessment of people deeply involved in the world of the Time Trial Cyclist, there is no other place to discover the real people that make up the membership of our atypical sport. Ask me of the make-up of this or that person over the past last 60 or more years and I'll make an assessment. I don't claim accuracy of course, just an assessment.

And so it is that I wish to write a few words about two of the myriad people I have met over the years, two who have left us so abruptly

In 2005 I met George Nowland. He was a 'new' Chairman and I was a newish member of the National Committee. His approach was 'refreshing'. He reminded me of a special Chairman I had met in my young days as Secretary of a Plumbing Trades Union Branch; apposite, terse even, and never short of giving his own opinion (notionally not allowed in a Chairman). I enjoyed this almost pugnacious approach and often wrote to him following a meeting questioning his decisions. His answer was always: "If you have anything to say, say it at the meeting." There were several contentious matters during his term, two threatening legal action; one against a member and another of the NEC itself. He favoured the introduction of membership numbers and cards, of regular forums and a referendum. He lamented any move for a member of the NEC to take on more than one job and was not in favour of Committee members "...who didn't do any work". Perhaps his most noticeable action was, following an emergency meeting of the NEC, asking for the resignation of a recalcitrant official.

I remember most his telling one NEC member who continually interrupted; "If you don't shut up, I'll hit you!" The culprit replied that he'd hit back, to which George replied "No you won't – once I knock someone down they stay down!".

His relinquishing of the Chairmanship after five years and my taking his place caused me to wonder if I had been too critical in our personal correspondence whilst he was in office. I was so pleased when, years later, soon after I vacated the Chair, he telephoned me to wish me well and to tell me what a help to him I had been.

It was a year after George's arrival that Jim Gresty joined the NEC as Treasurer. In no time at all, he made it clear that his responsibility wasn't just to do bookkeeping.

His first action was to instigate the insistence upon two signatories to the Association's cheques and he wouldn't allow the second signature until the payee and amount had been shown.

This was followed by the illustration that the rules regarding Life Membership were too cheap. His move to rectify this at the beginning of the following year produced a surge of applications from one particular Group before the price went up!

He calculated that, without an increase in subscriptions, the Association could become bankrupt. In discussion on the AGM: cost of food, invitations to prizewinners and delegates, his opinion on what to charge became law. Committee travelling and accommodation expenses were defined and anyone spending more had to pay it themselves. Thus, within a short time, no member of the NEC would incur any expense without Jim's prior approval. When the meeting would turn to discussing any matter which involved spending money, Jim would sit silently listening until he would give his approval – or not!

Not mentioned in this letter is the fact that both of these special people were top class athletes. George moved from a somewhat dissolute youth with a taste for alcohol to become a top rider, albeit not mentioned in the record books\*, whilst Jim, in addition to many other rides of note, was the 100 mile Champion in 2013.

I am so delighted to have known them.

*Jim Burgin*

(\* George was actual fastest in the National BAR in both 1994 and 1995.)

## TRIBUTE TO STEVE LOCKWOOD

I was very disappointed not to be able to attend the celebration of Steve's life, but unfortunately I had a commitment to be elsewhere in my capacity as National Chairman of the Veterans Time Trial Association (VTTA). I was glad, however, to send a few words regarding the immense contribution Steve made to our Association and these were read out to those present.

Steve served for many years as a national and group official of the VTTA. I first met him in 2011 when I was the chairman and he was the 'technical expert' on the Working Party set up to conduct the first major revision of the VTTA's Standards. This is an age handicapping system for time triallists, originally created back in 1943, and determines the results in our national championships and competitions. Steve brought his considerable mathematical, statistical and computer skills to the task together with his unflinching goodwill, helpfulness and common sense. He was able to produce a sound and credible solution based around an ingenious mathematical formula that he developed for calculating the age handicaps.

In September 2018 it was agreed to undertake a further review of the Standards in the light of more recent racing performances. Once again Steve conducted the technical side of the work and it was a pleasure to work with him closely again over the last four months. He completed his customary thorough and professional review just a week before he died. We had planned to give a presentation together at the VTTA National AGM which took place recently. On the day I had to make the sad announcement of his death to the delegates, and the response to this made clear the affection and respect in which Steve was held nationally by the time trialling community.

Steve was someone who not only loved riding his bike but also gave very generously of his time and excellent skills to serve the cycling community. His outstanding contribution to the VTTA will be long remembered and appreciated, as will his personal friendship with those of us who had the pleasure to serve with him. The brilliant formula he devised during his work on the Standards we have decided to refer to in future as 'The Lockwood Formula'. I can imagine the gentle smile on Steve's face if we could tell him that part of his legacy to posterity is to have given his name to a mathematical formula.

Thank you, Steve.

*Andrew Simpkins (National Chairman)*

## ENTER RACES BY POST ON PAPER FORMS? READ HERE

If you enter events using an old style postal entry form you should now be using the latest version. This can be identified by having "MAY 2018" printed in its bottom right hand corner. It now includes permission to use your personal data for event administration (in compliance with its Privacy Policy and the GDPR Regulations), so without this permission the event organiser should reject your entry.

Almost all race organisers now use the CTT online system for event administration and this can handle both online and postal entries. Details of all riders are held on the CTT system, under your unique CTT ID Number.; this will have been entered onto the system by an event organiser from a previous race. To make the organiser's job of processing postal entries much simpler it is important that you know your number and quote it on your entry form (top left below the CTT logo). Without this information the organiser is required to search the system to find your number, if he/she believes you will already be on there, or set up a new account containing your personal information and performance details. In some cases this may result in you having duplicate or multiple accounts.

Times change and none of us can avoid the impact of computers. If you do not have access to a computer you should ask someone to download the current entry form from here:

<https://www.cyclingtimetrials.org.uk/documents/index/riders> and search out your rider ID here:

<https://www.cyclingtimetrials.org.uk/find-registered-users>

If any race organisers are still reading - please help these riders by giving them an up to date form and informing them of their CTT number.

**REMINDER - YOU SHOULD BE USING THE NEW VTTA STANDARDS FOR THIS SEASON.  
REFER TO 2019 HANDBOOK OR TO VTTA WEBSITE**

### VTTA PUBLICATIONS ARCHIVE

On behalf of the Association the editor holds an archive of old VTTA publications, which is a useful source of historical information for researchers. However there are a few gaps in the collection. Can anyone please supply any of the following missing publications?

#### THE VETERAN MAGAZINES

Any before December 1964

April, June and August 1965

June and August 1966

Issues numbered 273 to 283 inclusive (between December 1999 and August 2002)

#### HANDBOOKS/YEAR BOOKS

1951 and earlier, 1953, 1957

Please contact the editor, Mike Penrice, on 01757 291196 or [editor@vttarug.uk](mailto:editor@vttarug.uk)

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

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# GROUP CORRESPONDENTS IN ACTION



Mary Horsnell (East Anglian)



Brian Griffiths (West)



Jon Fairclough (Surrey/Sussex)



Barry Williams (South Wales) with his new friends from Otley CC



Bob Jolliffe (Wessex) with celebrity pusher-off Jens Voigt



Chris Goode (Yorkshire)



Chris Lea (North Midlands)



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1800	Each add £15 + vat

