



Number 61

June 2019

# THE VETERAN





*Above - VTTA 10 Mile Champions for 2019 - Keith Ainsworth (Sheffrec CC / North Midlands Group) and Angela Carpenter (...a3crg / Wessex Group)*

*Cover - Claire Swododa (VC St Raphael / Manchester & NW Group) tackling Kent Valley RC's 'Circuit of Wild Boar Fell' in Cumbria*

*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 61

June 2019

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### EDITORIAL

We are now rapidly approaching the best days of summer and with most of our members racing every weekend both group and national age records continue to be broken. Times get ever faster thanks to improvements in scientific training techniques, bike technology and aerodynamics. This despite the fact that with increasing traffic levels time trialling is being driven to anti-social early morning starts or off major roads completely. By the time you read this magazine our 25 mile championship will have been decided on the fast E2 course and we can expect a few records in this 'blue ribband' event of the VTTA calendar.

On the subject of age records our IT Manager, Jon Fairclough, has been very busy creating a comprehensive facility to provide full details on the website of all current and beaten national age records right back to the formation of the VTTA; group age records are now also being added. A report on this project is included in this magazine, making interesting reading as it shows improvement in times and highlights the most prolific record breakers, a list topped by Les Dawson of North Group with 173 national age records. Les received the 2017 Ted Bricknell Award for services to the VTTA and has only recently had to retire from active participation in the Association.

Another long standing member who has served the association well over very many years is Jim Oden of Manchester & NW Group; Jim joined the VTTA in his 40th year, was soon installed as M&NW group correspondent and has reported on their activities for 44 years. Due to ill health he has now had to hand the group quill and vellum over to a younger man, although I am sure he will continue to be as involved as is possible. His involvement has also included a variety of group and national positions, including five years as National President. On behalf of this editor and my predecessors who he has 'seen off' I would like to offer my thanks for his dedication and the example which he has set. In Jim's many guises he will be a hard act to follow.

On a personal level although I am unlikely to compete this year I look forward to seeing as many of you as possible at events. May the weather be kind to you and all your aspirations be achieved.

*Mike Penrice*

## LETTER FROM THE PRESIDENT

Thank goodness for cycling. Whether we are racing or just cycling for pleasure the weather is becoming better and we can forget the overwhelming gloom of the country and get out in the countryside and turn our pedals as fast or as slow as we like. Throughout the land old and new courses are coming into use. The revised veteran standards are in operation encouraging riders to strive for their standards which are possibly the main reason riders of 40+ choose to join the VTTA and even the weather is not too bad.

This year has seen the national membership database coming in to its own and whilst there have been a few problems generally it has been a great success and I do have to say as the membership secretary for the Kent Group it has resulted in much less work for myself. My treasurer has had a few problems but has been able to work through them. Membership will always fluctuate with members leaving but it does appear that news of the easy way to join electronically has attracted new members. The VTTA is a great way to continue cycling and it is great to see a broad spread of ages enjoying racing. The national events have begun and will continue throughout the season ensuring that the competitive spirit between veterans is alive and kicking.

For those people who prefer cycling for pleasure either by touring or getting in their camper vans and caravans and exploring many interesting places throughout Britain as well as the continent it is always great to be able to pack up the bikes after having planned a holiday and enjoy many hidden delights of the English countryside.

However you intend to cycle just enjoy it – it's great to be out and alive.

*Carole Gandy*

## VIEW FROM THE CHAIR

The new season is now well underway and we are finding how much the winter training has paid off or how much age is slowing us down, or perhaps some confusing combination of both. One of the benefits of being a member of the VTTA is that one is continually inspired and challenged by the performances of other members. Even when one is not an elite rider there is still the goal of sustaining and actually improving the times we have recorded in the past. A particular recent inspiration for me was seeing Keith Ainsworth winning the National '10' championship. At age 60 Keith is turning in notable performances and followed his well-deserved victory in the '10' with a new 25 mile age record of 49:41. Not the first 60 year old to go under 50 minutes as Ken Platts did a 49:57 in 2012 but pretty special nonetheless. Many of us were reminded last year of the 40<sup>th</sup> anniversary of Alf Engers' first sub 50 minute 25 back in 1978. Who would have thought then that sub 50 minute rides would become possible for 60 year olds! Jon Fairclough's work on upgrading the age records information on our website, which you can read about elsewhere in the magazine, will provide endless entertainment for those who enjoy exploring the history of times and records and how we now compare with performances of the past.

The National 10 was a first major test of the revised standards introduced this year and overall it seemed to produce a pretty fair result. It was also good to see us awarding a champion's jersey to the first women on standard, Angela Carpenter, and medals to both men and women following the proposal approved at this year's AGM. We also saw Rachael Elliot return to racing, despite her sight impairment, and to win the tandem gold medal in partnership with Ian Greenstreet. As I explained when introducing the revised standards at the AGM our challenge is to update the standards using actual event data while recognising that the availability of data is

limited in some categories. For example, we have nine times as much data on men's time trial performances as women. On machines there is understandably a wealth of data on solo bikes, but much less on solo trikes, such that for the latter we had to take trike age records as our main guide. The NEC will monitor carefully how results unfold as the season progresses and consider if we need to make further adjustments. By the way you can see the results of all VTTA championships and events on our website where you can view the results in either standard or actual order (unlike the CTT site).

Finally, a word about membership numbers. This year as agreed at the 2018 AGM we automatically lapsed members who had not renewed by 28<sup>th</sup> February. This resulted in around 600 members, about 20% of the membership, being lapsed although a proportion of these can be expected to renew subsequently. The good news is that by early May we had gained over 300 new members. You can see, however, that it remains a challenge for us to retain and recruit members. One solution is to encourage over 40 year old non members who enter our events to join the VTTA. Groups and their organisers can just send them an email with a link to the website for online applications or a postal application form. And we can all encourage and invite our cycling friends to join!

*Andrew Simpkins*

## IT MANAGER'S REPORT

By the time this article is published, work is expected to be complete on an enhancement to the Age Records part of the website that will 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. See the article on age records that appears elsewhere in this issue.

We now have 1922 registered users on the VTTA website, a 14% increase on the 1682 reported three months ago. If you have not been to the VTTA web site and registered, please do so. If you need any help doing this, please contact your group membership secretary or me.

My attempt to qualify Paris-Brest-Paris continues. I have done the 200km and 300km qualifier events and am intending to ride the 400km and 600km events in May and June. The 300km started at midnight in Manningtree in Essex and was a tour of East Anglia called the "Green and Yellow Fields 303km BRM". The first five hours were obviously in the dark, I think the longest night ride I had ever done. I purchased a powerful front light that floodlit the back lanes of Suffolk and Norfolk for me. I will be using it for my first 24 hour time trial this year. Audax riding is quite different to time trialling. You stop every 100km or so to get you card stamped and have coffee, cake and a chat. I think I could get to like it.

*Jon Fairclough*



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## NATIONAL SECRETARY'S PIECE

I discussed in my previous piece how I was devastated that, on turning 40 in 2018, I was unable to ride the events of the Association I'd been secretary of since 2014 due to my suffering a serious stroke.

Many people had mentioned I might like to try tandem time trialling in the months following my stroke. At the time, I didn't feel it was something I could consider – if a blood vessel can pop once, it must be able to do so again? Doctors reassured me this wasn't the case, but I still wasn't entirely convinced. However, when spring reared its beautiful head, I was once again reminded how much I missed riding on our roads. Indoor training has its place, but it cannot fully replace the joyfulness of being out on the roads.

My good friend Ian Greenstreet suggested we might try a few rides on a tandem. We acquired a touring tandem and, despite the initial scares of starting a ride (tandem riders will be able to relate), we soon got the hang of it and termed our machine "The Beast". We were both genuinely shocked at the speed you could get on a machine that would have looked far more at home on a local audax and encouraged by this, we entered some local time trials and found we could do rather well. The side positive of tandem riding is you actually find you ride harder – when you have another person to let down if you switch off the power for a few seconds, you suddenly find a whole new pain barrier exists.

Our modest success on The Beast prompted us to invest in a better tandem and we successfully managed to win our first VTTA Championship at the National 10, wonderfully organised by the Surrey/Sussex Group (we were the only tandem, but no-one has to know that). Improved times have followed, and the new journey is replicating the joy a beginner time trialist has when they first become acquainted with the dark art of testing. Which helmet should I use? Where should I put my head? Are these strange looking bars *really* quicker?

Our real challenge comes at the National 25 on 9 June. John Golder's legendary Championship organisation skills have attracted a field of no less than nine (yes, *nine*) tandems. Tandem riding is clearly becoming more popular and we are very lucky that the Association provides separate tandem championships. We are a forgotten breed in CTT championships!

I now look forward to a summer of meeting members at events and, unlike last year, being able to relate to the chat around the results board about the terrible atmospheric conditions, the traffic blocking up roundabouts and di2 failing midway through events. I've missed this terribly, and it's great to be back.

*Rachael Elliott*

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# EARLY FINDINGS FROM THE AGE RECORDS PROJECT

## Jon Fairclough

By the time this article is published the VTTA website will have features that allow you 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. The new records database includes Les Lowe's database of age records. 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.

The Les Lowe database contains national records from 1923 to 2009. As the 2018 National Records database contained records from before that date, duplications had to be identified and removed. In addition, records in the Les Lowe database that have been beaten since 2009 had to be identified and marked as such. The output of this merger is a database of 5945 National Records, 1825 from the 2018 National Records database and 4120 from the Les Lowe database. 1002 Age Records are current and 4943 Age Records have been beaten.

The new National Age Records database contains some interesting statistics:

- The top ten national record setters are:

Rank	Rider	Solo Bike	Solo Trike	Tandem Bike	Tandem Trike	Total
1	Les Dawson	3	149	20	1	173
2	Mary Dawson	140		20		160
3	Aubrey Wenman	99		2		101
4	Carole Gandy	70		15		85
5	George Pooley		84			84
6	Les Lowe		3	1	72	76
7	John Woodburn	73				73
8	Charlie Cole	67		3		70
9	Eric Marsh	14	55			69
10	Arthur Wilkins	61	4			65
10	Ellis Smith		8	1	56	65

- For solo bikes, Aubrey Wenman has set the most records for men (99) and Mary Dawson for women (140).
- The oldest person to have set an age record is Jack Brownhill, aged 91.
- The oldest age record was set by A G Keen in 1923 – solo trike – 24 hours – 310.25 miles.
- The age record for 10 Mile Solo Bike Men 40 to 44 has reduced from the 22:14 set by Peter Walthall in 1975 to 17:47 set by James Rix in 2017 – a 20% improvement.
- In 2018, 84 records were broken, just one less than the peak years of 1996 and 1999 when 85 were broken.
- Members from London and Home Counties group have set the most age records (1025), followed by East Anglian (658) and Nottingham and East Midlands (644).
- If you want to set a National Age Record, buy a tandem trike and ride a 15 mile time trial. No national age record has been set at that distance by men, women or a mixed pair!

Prior to the formation of the VTTA in 1943 there was no formal recognition of age records. In 1943 one of the primary functions of the VTTA became as “the record hall-marking authority” and initially they recognised all records by over-40s, not only VTTA members. A plea was made in the cycling press for information on known best times prior to 1943. The initial list showed 23 such records by six riders, aged from 40 to 72.



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The Age Records system will allow you to download data and chart it. As an example, I have made this chart that shows how the age record for 25 miles solo bike for men in the 40-44 age band has changed since 1939. The data points are the age of the rider. On the left is the record time, and along the top the year the record was set. You see a 21 minute improvement in eighty years.

## **CAROLE GANDY'S MISSING VTTA TRACK RECORD IN 2007**

**By Geoff Perry**

Whilst looking through the paper records of the previous National Age Records Secretary, Les Lowe, to update rider's first names, club and VTTA group, I came across a claims record from Carole Gandy which was not in our handbook nor on our website. Quite by coincidence at the same time, I received an e-mail from Mr B Newton, who I now know as Brian, on the same subject of adding more identity and context to riders. We're all on first name terms now!

Following correspondence with Brian and Carole it turned out by pure coincidence that Brian (Team Echelon and Midlands Group) actually rode on the same day as Carole (Kent Cycles RC and Kent Group) in the Newport Velodrome on 4 November 2007.

They both set VTTA age records but unfortunately only Carole set a UCI record, of 39.224km / 24.373 miles.

As this would have missed the usual VTTA claim cut-off date (of 15 Oct) the form shows a claim date of Oct 2008 (so almost a year later), which is most probably how it was missed/forgotten the following year when the records were drawn up for the handbook.

Carole set the date for her attempt. She and John (both current NEC members) made the arrangements with the Newport Velodrome (one of which was to raise the temperature to around 23 degrees - which was not done). Arja Scarsbrook and Brian volunteered to make an attempt on the same occasion in order to share the costs, which seemed to be heavy at the time, never mind the final cost.

Each had their own full team of commissaires, doctors, helpers and taggers on. Afterwards and quite independently, Carole organised her own claim with the UCI which Brian recalls took virtually a year to be processed - and accepted - as a newly established 60-64 Women's record. Carole was 63.

Her distance was well below her capability due to cramp in the quads, which was not helped by the low temperature.

Brian's attempt was for 41+ km and he was three laps ahead of the schedule when he cramped up in the calves with around 15 minutes to go, and he failed to beat the record, by only 185 metres.

Les Lowe picked up the matter on his own accord to process the attempt as a VTTA record. Fortunately Brian had a copy of the electronic timing record and Les translated the distances from kilometres into UK miles with the appropriate times. Les spent a long time, certainly a couple of months to complete that work and the results were registered in the VTTA indoor track records at that time.

Afterwards the commissaires stated they should not have made the attempts as it was too cold in the velodrome, despite asking for and being prepared to pay for heating !. It cost each of them £1000+ for the attempts - that's a lot of 50p's for the electricity meter. It was most disappointing, especially considering that Brian's commissaire had travelled from Canada but it was not entirely in vain as he was a 'smashing bloke' and they have kept in touch ever since.

Brian was determined to have another go at the UCI Men's 65-69 record in the following year, 2008, and 'trained like hell' through the winter only to succumb to a nasty accident in May 2008 that changed his life and destroyed the dream.

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## MANCHESTER & NORTH WEST

### Ken Workman

Welcome to this first edition of Workman's Witterings from God's own county of Cheshire, plus its environs of course.

However, I must first pay tribute to Jim Ogden, who is winding down his official VTTA activities due to ill-health. Jim joined the Yorkshire Group in 1970 before moving to M&NW Group, where for 44 years and with great distinction he served as Group Chairman and News Correspondent. Among many other 'VTTA hats' Jim wore was that of National Chairman from 2005 to 2009. Our new Group Chairman, Tony Farrell, has a class act to follow! In taking over as Correspondent, I'll also try to live up to your reporting skills. Chapeau, Jim!

Although my very short Group committee membership hardly qualifies me to do so, I must also welcome and thank David Wright of Warrington RC, who has stepped up to fill the key position of Group Recorder.

As I start to write, it's still early season; our first Group event was our '10' on 9th April, again admirably promoted by Roy Deakin. It's usually held on a Tuesday afternoon so is unlikely to attract anywhere near a full field. The day before the event, Roy learned of road works with traffic lights on the course and considered switching to the nearby J4/10, only to find the same hazards there! At one point on a fine Spring afternoon the riders were waiting to sign-in but it seemed unlikely they would have any sport. However, the event did go ahead, using the original course but moving the start beyond the road works, thus reducing it to 9.7 miles.

We welcomed back our Group stalwart, Derek Hodgins, after a two year lay-off. Aged 85,

Derek was the oldest on the start sheet and reported that most of his riding lately has been on the turbo. *(Derek, a former national champion several times over and 3 distance BAR achieved a modest plus of 0:55 - Ed)*

The men's results 'on standard' were a close run thing: 1st Gav McDonald (Derwent Valley CC) +5:35; 2nd Adrian Hughes (Seamons CC) +5:26; 3rd Alan Chorley (Seamons CC) +5:10; 4th Jonathon Lloyd (Westmead Team 88) +4:42; 5th Andy Ashurst (Manchester Whs) +4:38. Fastest Team: Seamons CC +14:04; Adrian Hughes +5:26, Alan Chorley +5:10, Barry Armstrong +3:28. The Ladies results 'on standard' were as follows: 1st Claire Harrison (Pro Vision Cycle Clothing) +4:20; 2nd Jeanette Barber (Seamons CC) +2:44; 3rd Tracy Rowlinson (Lyme Racing Club) +2:13. Fastest Veteran not a VTTA member: Andy Bennett (Onimpex Bioracer RT) +4:43.

On actual times, Alex Royle, a former juvenile and junior competition record holder, but who isn't nearly old enough to join us, came out on top with 20:18, over a minute ahead of Gav McDonald's 21:23. Alan Chorley of Seamons CC, was third, a further 3 seconds down, leading his club-mates Adrian Hughes and John Spearman to take fourth and fifth places - these three were all within 37 seconds of each other. Other local group members posted some good early season times.

Alan Chorley, Ade Hughes and Jon Lloyd have put in some very decent performances this season. In the BDCA '25' on 13th April, Darren Maironis finished third with a very good time of 49:53. Our Group had at least seven riders in the event, four others under the hour. Well done all!

Darren Maironis also rode well enough to take fifth on standard in the VTTA Championship '10' with an actual time of 21:11, earning him a plus of 5:20!

The M&DTTA '25' on 4th May saw Team Dimension Data and former Team Sky man Steve Cummings win impressively with 50:21, in the colours of Birkenhead North End CC. Our Group Vets, (19 competing), did well in the overall results: Darren Maironis was best on standard with +14:04 and also took 3rd place in 53:12; Lynsey Astles was fastest lady vet in 1:08:42; Daniel Shackleton finished with 55:05; Alan Chorley did 55:45 and Ade Hughes rode to 56:09. Other Group members put in decent rides on a cool day on a revised course. Our Group members were amongst the prize-winners, but with one rider one prize, they were spread amongst the various categories. All credit to organizer, Paul Ekgren, who had a nightmare lead up to the event; road closures on various parts of the course meant switching to the Byley/Middlewich area. But a well organised and incident free event.

The remaining M&NW Group events are as follows: May 25th - Warrington RC 50 (J4/16), June 8th - Janus RC 25 (J2/9), July 27th - Seamons CC 25 (J2/9).

Please see further details in the Handbook. As the above clubs are doing the Group a favour, surely, don't the event organisers deserve assistance from our members? When you read this, at least one of these events will have taken place, but thanks are due to the organisers for putting in the effort, so allowing our members to compete.

Please note; this year's CTT National 50 Km TTT Championship is to be held in Cheshire on Sunday June 16th, starting at 09.00. If you read this in time, our Group member, Mike Cotgreave, is the organiser, and even at this late stage I'm sure he'd welcome offers of help. The course; J4/31, will use three circuits of the A50; the newly re-surfaced B5082 (Penny's Lane); and as much as 150 metres of that fondly remembered A556 dual

carriageway aka the Chester Road. It then turns South to head down King Street (A530), then via Byley Lane to complete the circuit.

We're happy to welcome the following new members to M&NW Group: Lynsey Astles, Krista Patrick, Claire Swoboda, Graham Balshaw, Anthony Bowles, William Campbell, Robert Ian Harcourt, John Kirkham, Scott Lewis, Jonathan Lloyd, Mark Pickles, Christopher Mark Southworth and Paul Martin Whittaker.

Whilst on the topic of new members, our group could do with even more! So can I ask each member to encourage their club-mates aged 40 and over, to join us? You undoubtedly know the benefits of our organisation, not least the camaraderie, so why not spread it around?

I'd also like to get the message over to my group's new and existing members that I'm anxious to hear of your TT performances, and not necessarily just the better ones. If you'd like to see your name mentioned here, please remember I can only report on what I get to hear of. Feel free to contact me at: [kenworkman66@gmail.com](mailto:kenworkman66@gmail.com)

In the December issue, Jim Ogden named those who would be due to receive trophies at our Group Luncheon/Prize Presentation at Middlewich Masonic Hall in November. Being a relatively new boy it was my first visit, and, just as I was advised beforehand, the food was excellent and there was plenty of it! What Jim didn't know was that to mark his long service, our committee presented him with a cycling themed art print. Also, as Jim had been a big admirer of my late father-in-law, Jack Brownhill, my wife Pat agreed to my suggestion that we present Jim with one of Jack's VTTA Championship caps.

I recently learned that after suffering a bout of pneumonia, my old friend Doreen Cartwright, (whose late husband, Cyril, set the 1944 competition record for 25 miles) received a get-well-soon phone call from none other than Eileen Sheridan, the great 1940s/1950s time triallist and place-to-place



**VTTA President  
2005 - 2009**



**Canal Zone road race in Egypt in early 1950s**



**Jim (from the Bernard Thompson collection)**



**The all-conquering Altrincham Ravens vets team of (L to R) Val Palk, Roger Little and Jim Ogden**



# **JIM OGDEN VTTA ICON FOR NEARLY 50 YEARS**



record-breaker. This was a blast from the past as I hadn't seen or heard anything of Eileen in years, so I'm happy to report she is now 95 years old and living with her family in Surrey.

When you read this, sunnier climes will hopefully have begun to herald the summer. However, Rex Coley described summer as 'the milder part of the English winter' when writing as 'Ragged Staff' in 'Cycling' of yesteryear. Whatever weather conditions you encounter, enjoy your sport - but do take care.

## MIDLANDS

### Steelie

The season has started well with up to expectations membership and interest in Standards awards, so no adverse effects of the slight increase in price now in effect, and we have already run three events.

### The Welland Trophy "15"

We started with a newly measured accurate "15" on the Welland circuit in early April (run

jointly with the LVRC), which has attracted a lot of interest now that it is eligible for standards awards. Feedback on the revised course has been very positive, especially from trike exponents, as it is a qualifier for the Tricycle League Series.

Race day was fine and dry with the occasional splash of sunshine – unlike the previous 24 hours which were more fitted to a swimming gala!

The idea behind this annual event is to provide friendly rivalry between the two main associations that promote racing for the Over 40's – some years we have organised under LVRC rules to "even the playing field". With around £400 prize money on offer we are most grateful to Tim Wood of Echelon Cycles for his continuing sponsorship of this event, and also for his efforts to win back some of his own money!

This year we were also approached by the Tricycle Association to include tricycles which we were very pleased to do, and delighted to say that the three wheelers were very appreciative of the circuit.



*HQ line-up after the Welland Trophy (L to R): Carl Bullingham, Richard Shimmell, Gavin Francis, Alan Colburn, Mark Corbett, Richard Oakes, Richard Coleman, Chris Davis, Mark Wise*

So, remember all you aspiring two or three wheel award chasers, a date for your diary next spring is our early season "15" for you to open your 2020 standards account!

### VTTA Midlands "25"

Towards the end of April we promoted a "25" on the fast K16 course, and on a cold, wet and windy morning, only the strongest triumphed over the adverse conditions, with Daniel Barnett (Team Botrill) delivering a very impressive winning time of 51:59, (which also gave him fastest on standard), followed by Carl Shaw (Race Hub) 53:48, and Jon Surtees (CES Sport) 55:04.

Beating evens with a 1:14:44 at age 68 on such a morning was also quite an achievement for fastest lady Anne Staley (Mercia-Lloyds Cycles CC).

### The Midlands VTTA Birks Cup "10"

In May there were some great performances in the Reg Pearce Memorial Race on the K48/10 north of Stafford, with 21 Midlands VTTA members participating out of a field of 79 riders (61 of whom were vets).

Just 2 seconds was the deciding factor between John Lucock (Born to Bike – Bridgetown Cycles) with a plus of 5:39 and in second place Joe Costello (Walsall RC) with a plus of 5:37, and Joe's team mate Phil Brown in third place with a plus 4:58.

### Midlands Points Competition

On a sad note, having lost Steve Lockwood earlier this year (see previous issue of The Veteran), we are reviewing our season long points system which Steve designed and operated for many years.

We always knew it was an excellent mechanism Steve had devised, and like most organisations reliant upon the voluntary efforts of a gifted few, we were delighted to benefit from such a sophisticated and effective system whilst we had such talents available.

Regrettably however, we remaining lesser mortals on the group committee now need to review the system to find a reliable

mechanism which is within our talents to operate. Naturally this will need to be of a more straightforward design, but after discussions with various stakeholders, we intend to have something in place to trial this season, so keep clocking those rides ladies and gents, and watch for updates in our Group Newsletter, 'Standard Times', and here in 'The Veteran'.

### **EAST ANGLIAN**

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

It was reported earlier in the year that the one-time 'cyclist's carol service' at St. Mary's, Lawford, near Manningtree, was very poorly supported in 2018; in fact, there were only two bikes outside. A far cry from the days when club groups would arrive from all directions and ride home after tea, 30 or even 40 miles. There would be a line of riders from there to Colchester, as the Rovers supported in large numbers, packing the gallery (since removed) and trying to drown the choir. The church itself would be packed - it is hard now to imagine the scene. The instigation of all this, in 1950, was Herbie Neville, founder of the East Anglian Group, together with the Revd. E. J. Strother - a veteran of the South African (Boer) War, who had some very interesting tales to tell. His wife was also an interesting character, who lived to be well over 100 and won a bet on it!

Turn the clock back even further and the scene is Fyfield, near Ongar, but still in Essex, where the unusual looking church would perhaps look more at home in Belgium. It was here that the then rector, Dr L. Elwyn Lewis, was a keen cyclist; he was described by a friend as "an ardent devotee of the wheel", as well as being a great benefactor of his church. He established half hour services for cyclists, with tea at sixpence a head. For the first such service in 1899 about 800 cyclists turned up and sang a hymn in hearty style. The sermon was limited to 5 minutes and the message was that "rest.... did not mean laziness or sloth, but refreshment and change", a philosophy which is still preached

by general consent today - although the world is a vastly different place, and this corner remains unspoiled.

Connie Tapper does not go back so far! For long one of the elite band of lady members, she is shortly to become a nonagenarian. Hopefully she is fully recovered from a rather nasty operation. John remains his usual spritely cheerful self. Connie is one of those lucky people whose birthday falls mid-season, so enabling them to have two bites of the cherry in adding to her formidable list of age records. These are unlikely to be beaten in the foreseeable future, at least in the East Anglian Group. Well done indeed!

At the time of writing Peter Baumber is still waiting for his hip operation. He is now a full time carer for his wife, Rosemary. They keep in touch with the group through their time keeping son, Alec.

Talking of timekeepers and of the Colchester Rovers, it was sad to hear of the death of Neil Pears. Neil had a very long and distinguished record of service to his club, working in partnership with their president, Geoff Keeble, once senior man in Essex and who of course still survives. Neil excelled in cyclo-cross and his name often appeared as top veteran in the excellent and very comprehensive reports by Fergus Muir in the East Anglian Daily Times.

Another name which crops up in these reports is that of one-time Rover, but since a mainstay and past president of the Wolsey RC, Mick Pepper. He was delighted again with a good entry of ladies for the Pat Pepper Memorial 25 and was there to present the trophy, foregoing breakfast after sleeping late. Mick, an ever resourceful and resilient person, is at present recovering from his latest escapade - yes, another broken bone. As a friend remarked "Surely he must have used up all of his nine lives." Amazingly he is back on his bike, doing 50 mile outings and hoping to add 5 miles each week - good luck!

Not such good news of Brenda Tate, although now out of hospital. Brian is her sole carer.

Both are very tired and would appreciate that their friends, however well meaning, do not try to contact them for a while.

It must be said that these older members are those that have loyally supported the group and helped to make it what it is today. So often one hears "I have packed up racing." Why not pay up and give a hand as these people have done. I think it's a generation thing and none the better for that. It was good to see Brian Swallow at the ECCA 10, helping out in charge of numbers and having his photo taken with the new generation of Maldon riders.

So far this year we are welcoming 32 new members to the East Anglian Group. The bad news is that 63 have resigned or simply failed to pay up; it's not too late to contact Mervyn, who continues to do a great job in spite of problems.

At a recent event I was told that I should include something about my husband, Peter, so here in his own words he tells how difficult it is to plan the season:

"This season, as last, has been dominated by the whim of the capricious weather and other unforeseen happenings.

"The group's season opened with the Circuit 25 on E33 - weather too cold for many but entries supplemented by those hoping for SPOCO placings. There were 50 finishers, 4 DNF, 19 DNS, with Matt Smith adding to his silverware collection with 51:58.

"Previously the ECCA 10 on E2 was a reasonable day and warmer, which resulted in respectable times. Daniel Northover won in 18:52, 109 finished and 12 DNS.

"My entry form was returned from the Lea Valley 25, which closed on a 56, thus excluding some notable vets. Everyone missed out the following week when our group 25 was cancelled due to gale force winds, which continued until the Lea Valley M/M 10. This should have been a chance for the older, slower, vets - but, no! Half the field decided not to start and seven turned back.



## Mousehold Press

**It is 21 years since we published our first cycling book and to celebrate that we are offering some substantial reductions on a number of our books this summer.**

*Master Jacques: the enigma of Jacques Anquetil*, Richard Yates £7.00

*Indurain: a tempered passion*, Javier García Sánchez £9.50

“Not often has a book as insightful as this been written about a leading cyclist.”

John Wilcockson, *Velo News*

*In Pursuit of Stardom*, Tony Hewson £10.00

“Tony Hewson’s story of how three young pioneers with stars in their eyes set off to make their names in 1950s France is both amusing and unforgettable.”

Keith Bingham, *Cycling Weekly*

*This Island Race*, Les Woodland £6.00

Why did Britain’s top time trialist sit on a dustbin to annoy the RTTC? Why did Anquetil want to put the ‘25’ record on the shelf for three decades?

Les Woodland has all the answers.

*Brian Robinson: Pioneer*, Graeme Fife £15 (h/back) ; £10 (p/back)

“This full and fascinating story about the first Brit to win a TdF stage, over 60 years ago, reveals a different age, tougher in many respects, but it reads as fresh as if it were yesterday.” *Cycling Weekly*

*From the Pen of J. B. Wadley*, Jock Wadley £8.00

A selection from the work of the first British journalist to cover the TdF and the great one-day Classics; his were the words that put us in among the continental peloton.

*Lapize...now there was an ace*, Jean Bobet £8.00

A beautifully written, heartfelt biography of the winner of the 1910 Tour de France, who shouted, “Vous êtes des assassins,” at the Tour officials on the summit of the Col d’Aubisque. It was the first time the great Pyrenean climbs had been included in the race.

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Not too many riders in our area are still in this category and some were hoping for a ride the week after, but worse was to come. The ECCA 50 was called off with the first rider on the line, due to an earlier accident which had caused the road to be coned off on the short single carriageway section. This was a big disappointment, as was the cancellation of the ECCA 100 last year, which made life very difficult for BAR contenders due to a shortage of such events. Organisers such as Michael Martin and Chris Lodge deserve our sympathy for all the extra work. Thanks to them and to all timekeepers, marshals and other helpers who are inconvenienced.

"A dream came true as the day dawned for Dave Nock's ECCA 10 - a misty start but warmer, and with flags hanging limply from their poles and the wind farms having a day off, sails at a standstill. Hopes were high and most recorded improvements or times near their best. Some thought that they should have done better, as it was not really a float, but felt rather strange, maybe due to lack of oxygen or to high air pressure. However there is always 'next time' - after all, that is what keeps us going. See you up the road."

Mary adds, do please help me to keep in touch, with result sheets of time trials, although there are an increasing number without prize winners being named, which seems rather odd. Any news by post (or phone?) will be welcome. Thanks to the few who do help ....and here's to more good times ahead and maybe more good weather.

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

The Group's 2019 events kicked off on 23 March with the open 10 on the Q10/24 course on the Isle of Grain. This event, for the Mick Dansie Trophy and organized with friendly efficiency by Val Peachey, was won by Mark Vowells (CC Bexley) riding a trike with a plus of 5:55. Other prize winners were: 2nd - Nick Wilson (Rye and District) + 5:24; 3rd - Adrian Hawkins (Thanet RC) +4:10; 4th -

Antony Bee (Wigmore CC) +3:55; 5th - Tom Morton (PMR) +3:52.

In commenting on the event, Val Peachey wrote "Thankfully we were once again blessed with dry fine weather, if a bit chilly. Everyone stayed upright and just seven riders were non-starters. My thanks to those who let us know in advance of the day for your intentions of not starting. It goes without saying that these events don't run themselves; therefore I am ever grateful for the willing helpers who put their names forward and gave their assistance, I really could not cope without you."

Our second event was the Group's 30 mile Group Championship on Q30/2 (Kingsnorth - Brookland - Kingsnorth) held on 28th April. This event, for the Charles Robson Trophy, was won by Andrew Meilak (Velorefined) - both scratch and OAS - with a time of 1:04:55 (+17:37). Last year's winner, Nick Wilson (Rye and District) lost out by 17 seconds to take second with +17:20. The other medal slots were taken by Mark Hill (Velorefined) in third with +14:50 and John Osborn (Folkestone Velo) in fourth (+14.40). The team prize was taken by Velorefined (Andrew Meilak and Mark Hill) with +34:57.

In addition to winning our ten mile event on a trike, Mark Vowells has also set a solo trike record for 25 miles for age 66 at 58:24. This was achieved at the Shaftsbury CC middle markers event on E2/25 on 20 April. I suspect there will be more than a few bicycle competitors, myself included, who never having achieved that sort of performance on a bike, let alone a trike, will be inspired to train somewhat harder and/or smarter! Very well done Mark.

The Group's Wednesday 10 Series continues, albeit with rather small fields, all events being held on the first Wednesday each month on the Q10/33 course at Tenterden. After the April and May events, the leader table is: Mike Hawkins (Velocity Multisport), two events; Chris Bax (PMR), Colin Jarman (Southborough), and Mark Vowells (CC

Bexley), all one event.. The fastest four events in the season count towards the final result, the winner receiving the Melster Shield each year.

The Group's Committee met on 28th April immediately following the 30 mile event. Reports were received from the secretary on current membership - 157 compared to 170 last year; the treasurer reported finances were healthy and on track, although too early to judge the financial performance of the time trial programme. The social secretary said the February Annual Lunch and Prizegiving had been another success; the time trial secretary reported that both events held so far had run smoothly with the number of entrants generally in keeping with previous years if the effect of the 30 mile national championship for the last two years is discounted. There was also discussion on the publication and distribution of the Kent Vets News, the passing of Laurie Broad leaving a huge gap in the distribution of the publication. It is hoped a volunteer will come forward, but in the mean time Mark Vowells, our president, is holding the fort.

The date of the AGM has been set for Sunday 17th November at the Lenham Community Hall.

Finally, it is with great sadness that I must report the recent passing of our members John Smith, Fred Jackson and Keith Mills. The passing of our members Laurie Broad and Geoff Abraham was reported in the March Veteran and obituaries are included in this edition.

Be safe training and racing out there.

## **LONDON & HOME COUNTIES**

### **John Hoskins**

**The Bank Holiday Ten....**The first promotion of the year is now over, the result published and as far as we all know – a thoroughly excellent event. 150 riders, plus 15 reserves and a tandem and we had over 140 riders complete the event. Huge thanks to Geoff Perry and Katja Rietdorf for organising and of

course to all of the marshals, timekeepers and helpers (both out on the course and at the HQ). Unfortunately due to the reputation for fast times that the F11/10 holds, we had to turn away thirty riders or so – including some L&HC members. This prompted the discussion regarding whether we should give preference to Group members on accepting entries if there is a full field. This was discussed at the AGM last year and turned down – but if there is a groundswell of opinion to reverse that decision – it's up to all of you!

The headquarters at Aylesbury Rugby Club in Aston Clinton are excellent, albeit a little expensive. There are some who feel it's too far from the start – but the committee would welcome thoughts from any members/riders with an opinion on the matter. Don't hesitate to let us know (probably through me) if you can contribute to the discussion. I'm happy to keep it confidential if you'd prefer.

As to the result, the L&HC group had four riders whose actual riding time was inside 20 minutes and 12 riders who had a plus of 6 minutes or more. Best on standard from the group was Jim Moffatt (CC Luton) with his 20:39 giving a plus of 7:13. He was followed (on BoS) by Geir Robinson who was also the group's fastest rider, riding to a 19:40 and a plus of 7:09.

Our leading results were: Jim Moffatt (CC Luton) 20:39 (+7:13); Geir Robinson (Regents Park Rouleurs) 19:40 (+7:09); Grant Woodthorpe (Twickenham CC) 19:46 (+6:54); Mark Jones (Drag2Zero) 19:48 (+6:48); Alan Murchinson (Drag2Zero) 19:59 (+6:41).

Our leading ladies were: Linda Dewhurst (Team Milton Keynes) 23:33 (+6:29); Claire Emons (Newbury RC) 23:00 (+6:06); Lauren Davies (GS Henley) 22:31 (+5:55); Danuta Tinn (Maidenhead & Dist) 23:36 (+5:51); Joy Payne (Amersham Road CC) 24:26 (+5:50).

**May 30<sup>th</sup> Ten...**Unfortunately our next open event, the ten on May 30<sup>th</sup>, has had to be cancelled due to extensive roadworks on the A4. These roadworks could cause London



West District CTT huge problems this season, both for club and open events.

**Other racing results...** However, as always group members are racing all over the south of England and Joy Payne was very pleased with two early season performances of a 24:13 (H10/22) and a 1:00:52 on the E2/25. Geir Robinson, on the same course, achieved a PB with a 48:08 recently. Joy, along with many time triallists this year, has had numerous events cancelled – which is a growing problem it would seem.

Meanwhile, on the tandem, Rachel Elliott and Ian Greenstreet (both national officials and L&HC members) rode our Bank Holiday 10 and recorded 19:16, then ten days later won the Farnham RC 10 on H10/8 with an outstanding ride of 18:31 - a new age record for mixed tandem in the group.

**News of members...** Jonathon Williams (Amersham Road CC) followed a near PB in our recent F11 event by falling off his bike in a criterium and breaking bones so is out of action for a while. Dave Devine (Bath Road) is slowly but surely recovering from a heart attack with the help of 8 stents. He is hoping to be out at our mid-season promotions.

**The committee...** The London & Home Counties committee has had difficulties getting together recently for a meeting, mainly due to the large area we cover and committee members being spread all over it. So, with inspiration from Stuart Stow (Twickenham) who is organising the Rocco 25 this year, we decided to leap into the 21<sup>st</sup> century and hold the meeting online. I had huge misgivings but it was very successful, with all of the committee having visual contact and clear sound (except Joy couldn't get her camera to work). So we have decided to subscribe to an online meeting service and will repeat the exercise. This of course is very much cheaper than paying the travel expenses of the committee. Whether this is the future of committee meetings remains to be seen, but on this occasion it worked very well.

**Next season already...** Although this season has hardly got off the ground the committee are already having to think about 2020; we will have to find a new event organiser (or two) as David Guy is cutting down his cycling admin responsibilities somewhat next year. David has made a huge contribution to the group over the short time (three years) he has been involved and will be difficult to replace. He is responsible for the May ten on the H10/2 and the July ten on the F11. Anyone who feels they could contribute by organising/help organise please get in touch with me ([secretarylahc@btinternet.com](mailto:secretarylahc@btinternet.com) or 07717 086689). Lots of help will be available from the group committee to anyone who volunteers.

**And then this winter....** At last year's AGM we tentatively set the AGM date to 17<sup>th</sup> November. However, the committee has made a revolutionary decision to move the January prize-giving luncheon from January 2020 to 17<sup>th</sup> November 2019. This has meant that the AGM will be moved to a date two weeks earlier, the 3<sup>rd</sup> November. The two committee members arranging engraving/prizes agree they can get them all ready by November and the move from January was generally approved by those who regularly attended the lunch in January. Both these dates have to be confirmed but I will keep everybody informed.

## **MERSEYSIDE Geoff Edgerton**

It's late April and I am making a start on the Mersey Vets contribution to The Veteran magazine. It isn't due for another three weeks but it needs to be done in the next few days. I usually send it to the editor on the final day, so I just hope he is sitting down when this e-mail hits his computer. However the reason for this early start is I am off to Mallorca for a fortnight of cycling and hopefully plenty of sun. As I keep saying - retirement is a hard life, but something I am getting used to. Saturday morning and it is raining, blowing a gale and seven degrees

Celsius, all in the name of Storm Hannah so a good time. But what a contrast from the previous week when we were all out in our shorts enjoying one of the hottest Easters on record. One thing for sure in this country, if you are struggling to make a conversation with anybody, you can always fall back on the weather.

We are one of the smallest groups in the Vets in membership but numbers are up this year with 72 members and 17 honorary life members. We have quite a few new members which is good but our problem, which is certainly not unique to the Mersey group, is that a few only join for a year. But what we do have as a group is a very active membership. Out of the 72, we have had 37 claiming for their standards. Whilst it makes it a bit harder for me as recorder, it really is good and makes for healthy competition for the short distance, three distance and BAR. Just quickly, I think I have sent out details to everybody who has claimed but if there is anybody that I have missed, please get in touch.

Again this year the group organised its 15 mile time trial. We decided to run this event to offset losses which we were incurring and our second year saw a field of 75 entering with 68 making it to the start line. I am pleased to say that we had an amazing 26 Mersey vets competing and supporting this event.

Mid Shropshire Wheelers' Victor Chetta proved he will be a force in the group this year by claiming second place overall and first Mersey vet with a time of 33:02 and was also first on standard with a plus 6:20. Stuart McCormick, racing under the colours of Pirate Juice CC, claimed a top ten place to finish second Mersey vet with a time of 34:34 and also second on standard with plus 5:58. New member Dave Williams of Velotik Racing finished third vet with 35:08 (+4:06) but was hit with mechanical problems near the end. I was marshalling on the final turn and unfortunately he had to run the final six hundred yards to the finish and still recorded a pretty good time.

Phil Warburton of Liverpool Phoenix showed good early season form to finish in 35:27 (+5:57) with Port Sunlight's Kevin Larmer close behind in 35:39 (+4:33). Phil Hill of Chester RC sneaked under the thirty-six minute barrier with a 35:54 (+5:07) whilst Liverpool Phoenix's Arthur Winstanley stopped the clock at 36:53 (+5:08). North Shropshire Wheelers filled the next three places with Gareth Brookes finishing in 37:08 (+3:24), Tim Rex recording 37:32 (+2:00) and Gino Trasatti in 38:02 (+5:25). Newcomer to the group, John Westhead of Paramount CRT was next rider home in 39:34 (+2:17) with another newcomer in Paul Atkinson of Port Sunlight Wheelers recording 39:54 (+0:59). Nova Raider's Steve Chapman was next to finish in 40:03 (+1:21) with North Shropshire Wheelers Andrew Clarke suffering with mechanical issues in his time of 40:26 (+1:07). A first ride as a Mersey Vet for Chris Hanson-Jones resulted in a finish of 40:31 (-0:05) with Mid Shropshire Wheelers Dave York recording 41:08 (+1:14). Janet Fairclough of St Helens CRC was first Mersey lady vet with a time of 41:11 (+3:47) with Jenny York of Mid Shropshire Wheelers second lady in 41:18 (+4:10). Frodsham Wheeler John Flynn finished in 41:31 (+0:41) with another two North Shropshire Wheelers, Dave Wilson and Les Boughey, finishing in 41:46 (+4:15) and 42:02 (-0:54) respectively. Ian Casson of Birkenhead Victoria tested his early season form with a time of 42:23 (+0:23) with Oswestry Paragon's Helen Tudor recording 43:41 (+0:11) pipping Nova Raider Jade Chapman's time of 43:42 (+0:26). The field was completed by Frodsham Wheeler Dianne Turner who finished in 44:30 (+0:02) and club mate Susan Wilde in 52:52 (-7:35). And finally, commiserations to Brigid Night, also of Frodsham Wheelers who in her first appearance as a Mersey Vet had to retire as another rider to suffer with mechanical problems. I think I have included everybody, but apologies if I have missed someone. A big thank you to Phil Guy for organising this event and a big thank you to the vets who helped with marshalling duties and to the Norths for



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also helping out. Without being biased, it was run to a high standard and we received positive feedback for our efforts which were much appreciated. And again without being biased, a big thanks to Adelaide Edgerton and Marie Guy for providing the refreshments for the event.

By the time you receive The Veteran, our racing will be well under way and without mentioning the weather, conditions will be much more favourable. I hope everybody has a good season and reaches their aspirations. Above all, stay safe.

## **NORTH**

### **Gavin Russell**

At the time of writing I am not aware that any of our group members have sustained any further injuries or experienced ill health. With a number of our members currently sunning themselves (and undoubtedly stacking the miles in) in Majorca, some of the early season events are showing a marked decrease in participants. Hopefully as the weather improves (or at least gets a bit warmer) the numbers will increase.

The first group event, the Cleveland Coureurs/VTTA (North Group) 10mile time trial, was held on Saturday 11 May on the T105 Sedgefield course. With an entry of 47 riders, 22 being association members, they experienced a dry, but windy afternoon. Fastest on standard was Keith Murray with +6:18. Second place went to Shaun Tyson with +5:43. Other notable rides were completed by Wayne Coates +5:12, Gray Walker +5:06, Philip Kennell +4:49 and Gary Hunt +4:02. Best lady was new member Kerry Gowland with +3:38. Fastest on the day was Yorkshire visitor Adam Duggleby, too young to be member, with 19mins 39secs.

It was interesting that there were a number of those who entered, joining the association after the closing date of the event. Members are reminded that to qualify for the standard medals/plaques, they must make payment for their standards, prior to counting qualifying

rides. Group officials are continuing to try and encourage the large number of those over 40 years young to come and join us. With no national publicity available, some has been produced locally to help spread the message.

The next event in the 2019 group programme is the Hartlepool CC/VTTA (North Group) 10 mile time trial on Saturday 25<sup>th</sup> May. 61 entries have been received.

To assist event organizers, entrants who use the Cycling Time Trials internet entry system, are reminded to complete the section that identifies them as a member of the VTTA.

The remaining **2019 North Group VTTA events** are confirmed as follows:

- |                  |  |
|------------------|--|
| <b>01 June</b>   | <b>Saturday</b>  |
| 10 T104          | VTTA (North)(All Ages)                                 |
| <b>02 June</b>   | <b>Sunday</b>  |
| 50 T502          | Hartlepool CC/VTTA (North Group)(All Ages)             |
| <b>30 June</b>   | <b>Sunday</b>  |
| 25 T252/3        | Cleveland Coureurs CC/<br>VTTA (North Group)(All Ages) |
| <b>21 July</b>   | <b>Sunday</b>  |
| 25 T252/3        | Hartlepool CC/VTTA (North Group)(All Ages)             |
| <b>31 August</b> | <b>Saturday</b>  |
| 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.

- 22 September Sunday**  
HC THC33 Cleveland Whs CC  
(Incorporating VTTA North Group Hill Climb Championship)

**The National VTTA 15 mile National Championship** is being organized by the North Group this year. The event is on a newly designed course in North Yorkshire, running south from Catterick around to the Bedale North roundabout. Event details are:

## 08 September Sunday

- 15 T154 VTTA (North Group) VTTA National Championship (VTTA Members Only)  
15 T154 VTTA (North Group) (All Ages)  
15 T154 VTTA (North Group)(Tandem)(All Ages)

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

A reminder to group members is that this year's Nouva shield, is again being awarded to best on standard in the Sunderland Clarion 25mile time trial.

**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 any of 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.

**Reminder that 2019 membership subscriptions & standards are due.** 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 cash/cheque to Paul Dawson or on line at VTTA website.

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

It has been a mixed start to the 2019 season for our North Lancs. and Lakes members. Nevertheless there have been some excellent

performances amongst the mixture of road works and weather that riders have had to contend with.

Certainly one of the top performances from our Group members this year to date has got to be from Dave Hargreaves. The North Lancs. Road Club member has already done enough to take the Veteran Target Time Category award in the Cycling Time Trials ongoing Sigma Sports Classic Series. This is despite the fact that the competition still had two rounds to go.

Dave scored the maximum points in each of the first four rounds of the Veterans on Target Time category. All credit to Dave as the first round was based in Wessex and the fourth one at Castle Douglas! The two middle counting events were at least not quite so far away from his Lancashire home.

Our only Group promotion to date this year managed to give us some problems. Event organiser – our Chairman Richard Taylor – again found ongoing engineering works on the course – almost a carbon copy of last year! That has got to be more than somewhat unbelievable as much of the course is on country lanes. In fact the road where the start and finish are located is so



*Dave Hargreaves*

quiet that during my 20 year stint as CTT courses secretary I was doing a traffic count on that stretch and there was not a car in sight for the allocated 10 minutes of the check – so officially a zero traffic count!

However I do recall one of our greatest veteran cyclists Harry Hill – born locally in Padiham – breaking the silence by riding up and stopping for a chat! Harry died in Bury age 92 in 2009. Amongst many successes Harry was a member of the bronze winning pursuit team in the Berlin Olympics way back in 1936 and was first to clock 25 miles on an outdoor track – in Milan – in 1937.

After delaying the start of the event by an hour we started off aiming to do one lap – as last year – but then the workmen disappeared and some riders did the full 25 miles and some one lap or half distance!

In other events on our local 'L' courses – most of which were counters for the Lakes and Lancs. SPOCO series - Pendle Forest's Richard Bideau has made a good start to his season. This is based on performances on actual time so not dependent on age allowances. Way back on February 23<sup>rd</sup> Richard was equal fastest along with much younger Fraser Martin of Cornwall based Saint Piran in the Rossendale Road Club hilly '10+' in the Ribble Valley with a time of 23m 42s. A week later RJB was outright winner in the new North Lancs. Road Club promotion over 30 miles on the A59 road. This event replaced the much missed 'Circuit of Pendle' that was originally proposed by Rod Goodfellow 40 years ago. Sadly the course became another one lost due to traffic lights. Richard's time of 1h 07m 31s sets the record for that new '30' course which happens to include the very long accent of Sawley Brow as well as several other ups and downs. Richard went on to win two more 'SPOCO' events outright promoted by the Barrow Central Wheelers. Richard was of course the winner of the CTT British Best All Rounder Competition on 2016. As we go to print he heads the table for the Lancs. and Lakes Sporting Courses Competition.

I have been surprised by the number of over 40 year old 'veterans' in the top placings in these events who are not VTTA members. Perhaps some mentions may encourage them to join us.

There is still time to qualify for our North Lancs. and Lakes VTTA Group Championship for 2019. To qualify you must complete at least 4 of the allocated events – some of which have already been held – and at least one of those 4 must be 50 miles or longer.

Sunday 9 June - Preston Wheelers 25 miles L2525 (Garstang)

Wednesday 12 June - VTTA/WPRC 25 miles L256 (Clitheroe A59 by-pass)

Sunday 23 June - VTTA NL and L 50 miles L5012 (Keswick)

Sunday 14 July - NLTTA 100 miles L10010 (Keswick) (VTTA National Championship)

Sunday 21 July - Lancashire Road Club 25 miles L2525 (Garstang)

Sunday 4 August - VC Cumbria 50 miles L5012 (Keswick)

Sunday 18 August - Wigan Wheelers 30 miles L308 (Levens)

The 100 on Sunday July 14<sup>th</sup> should be the aim of most members as apart from being the VTTA National Championship it is the perfect opportunity to set a new 100 mile personal best.

Additionally we have a long list of other individual championships for our excellent range of Group Trophies and these were given in the March edition earlier this year.

Many of our Group will be sad to hear of the death of Lionel Lea of Wigan Wheelers. Lionel was a true 'mile eater' and has over half a million miles to his name on the 300.000 Mile Club website. He was a also a hard worker for our sport and was made a Vice President of the North Lancashire Time Trials Association (NLTTA) in recognition of this. After a long illness Lionel passed away shortly before I began writing these notes.

We welcome several more new members to our group. Richard Tyson (Rock to Roll CC), Paul and Wendy Drake (Clitheroe Bike Club),



John Morgan (Coveryourcar.co.uk) and a return for Michael Ellerton (SheHair Racing Team). We hope to see you all active in our promotions during this year.

## **NORTH MIDLANDS**

### **Chris Lea**

Our focus is on a selection of riders from the North Mids, some of whom have been winning, others making an impact with their dedication in riding early season events in all weathers or just modestly but impressively building their form for later in the season.

We begin with Keith Ainsworth (Sheffrec CC), who has been simply superb this season, most notably in winning the VTTA National 10 Championship. This was the culmination of a series of strong performances in early season windy events on sporting Lincolnshire Wolds courses. His time of 21:07 “on a gnarly sporting course in the Surrey Hills” gave him a plus of 6:32 and also second fastest on actual time. The following weekend Keith clocked 49:41 in the Welsh National 25 Championships, on the renowned fast R25/3H course, despite unhelpful cold conditions. That ride is a new National Age Record, obviously a new North Mids Record, and also won Keith a Welsh National Age medal. The results have just kept coming, including second place overall in the Birdwell Wheelers 10 on the O10/1 course, in 20:50. Well done Keith.

Syd Wilson (Sheffield Phoenix CC) defies his 90 years, going 16 seconds faster than last year over 10 miles, in April’s VTTA Notts and East Mids 10 on the A10/14, recording 29:05. This is a new National Age Record, beating Syd’s own 2018 record - a superb achievement.

Trevor Mayne (Birdwell Wheelers) has been racing all sorts of events, beginning with the Matlock CC’s hilly time trial in early March, followed by 10s and 25s on the O10/1 and the O25/11 courses, with a fastest 25 time of the season so far being 54:05 in the BDCA event on the A25/11 course. Keeping things fresh,

last week he rode the immensely hilly Saddleworth Clarion mountain time trial, which crosses The Pennines, twice, and then the pan flat CTT North Mids District 25 Championship on the O25/11 to record 57:28 and fastest in his age group.

Ala and Andy Whitehead (Rockingham CC) have been competing almost every week since early April, often riding in very cold and windy conditions, but not letting that stop them. This early season work is beginning to pay off, with both setting big course PBs in the VTTA Notts and East Mids 25 on the A25/34 course on Saturday 18<sup>th</sup> May.

Another rider who has been battling through all weathers, from even earlier in the season, and recently against injury, is the Rutland CC’s Andy Clark. Perhaps his best results so far this season were his rides in the VTTA Notts and East Mids 10 and Sleaford Wheelers 10, in the same afternoon!

Riding somewhat under the radar, but posting impressive times, have been Joe Le Sage (Rutland CC), Mat Ivings (Buxton CC) and Stuart Wells (Lindsey Roads CC). So far this season, Stuart has broken his 25 PB, twice, with a fastest time of 50:06 in the recent VTTA Notts and East Mids 25 on the A25/34 - a ‘49’ is within ‘touching distance’. Mat Ivings is building form with a 54:30 for a 25 on the sporting J4/8 Cheshire course, and a 50:10 25 on S. Wales’ fast R25/3H course. Joe Le Sage has a 51:22 to his name this season in the South Pennine RC 25 on the A25/11 course, and also posted an excellent 59:35 in the Buxton CC mountain time trial on Good Friday. It’ll be very interesting to see the performances of these riders as the season continues.

Also very active so far this season have been Steve Scott and John Martin, both of the Elmsall RC, Gordon Wordsworth (Rutland CC) with a course PB in the CTT North Midlands District 25 Championship on the O25/11 course, and Andy Hicklin (Peak RC) who blasted round several early season hilly events. Alix Archer (Maxx RT), Charlotte

Ridsdale (Rutland CC), Oliver Wright (Common Lane Occasionals), Peter Stirk (Elmsall RC), Paul Heggie (Birdwell Wheelers), Gary Clarke (Rutland CC) and others too numerous to mention have also been racing this season. Apologies if you've not been mentioned! (Ed - Chris modestly 'forgot' to include himself in this list as he has not done much yet, although one of his two rides this year rewarded him with 55:16 in the VTTA N&EM 25.)

Finally, the new Committee seems to be working well. A meeting was held on 18<sup>th</sup> March and the next one is due on 10<sup>th</sup> June. All North Mids members are welcome to attend. However, we do still need a volunteer from the North Mids membership to organise the trophies and medals for the 2019 prize presentation.

In addition, it would be great to have more North Midlands VTTA open events for 2020. Please do consider putting your name forward as an event organiser for 2020. There are plenty of courses to choose from, or you could even propose your own course. See

<http://cttnorthmidlands.org/Courses.html>

Please contact any member of the Committee to put your name forward to volunteer to help out.

## **NOTTINGHAM & EAST MIDLANDS**

### **David Herd**

The 2019 racing season is on us whether we are ready for it or not, we did have some nice weather during the Easter holidays but generally it has been cold and you could say very cold in some cases, with high winds at times. As I write the weather seems to have settled down, so let's hope we can finally put the thermal clothes away and get on with some racing.

Spalding CC ran their popular early season 18 mile TT on 7 April on the undulating CS/5 Edenham (near Bourne) to Colsterworth course. With a cool breeze blowing the riders

out to the turn it was Brett Harwood (Team Botrill) who was fastest with a 38:45. The fastest group member was Colin Parkinson (South Western RC) 14<sup>th</sup> on 45:20 and Nicholas Hitchens (Team Botrill) 16<sup>th</sup> in this grouping with 45:26. Further down the rankings with a fine early season ride was Michael Smalley (Witham Wheelers) with 50:52. I think that this race, although on a different course, was known a few years ago as the infamous Spalding Hilly and a great season opener.

Melton Olympic's 10 mile 16 March on the A10/3 had to be cancelled because of high winds. In contrast their 25 mile event held on 6 April, which used part of the same stretch of the A46, received a high level of entries and although there were a number of non-starters some very fast early season times were achieved. Senior riders took the first three positions with Michael Smith (Raw Sport) fastest in 51:07. Sean Vincent (Race Hub) headed up the NEM Group of vets taking fourth place with 53:04 and close behind came Ian Guilor (Mapperley CC) in 53:17. Colin Parkinson (South Western RC) has started the season well with a fine 55:52. Ian Wroblewski (Lutterworth Cycle Centre) came in on 57:02, Giles White (Sherwood CC) 57:23, Jez Willows (Sherwood CC) 58:14, Craig Lamb (Alford Whs) 58:28 and Michael Stevens (Melton Olympic) 59:29 completes the NEM Group members to go under the hour. Unlucky not to 'go under' was David Smith (Sleaford Whs) on 1:00:38, with Kevin Humphreys (Sherwood CC) 1:01:10, Steve Howgill (Leicestershire RC) 1:01:55 and David Yarnham (Peterborough CC) 1:02:27. The rest of the group members times are as follows: Michael Wilkinson (North Notts Olympic) 1:03:26, Michael Smalley (Witham Whs) 1:03:27, Michael Church (Rockingham Forest Whs) 1:05:55, Kath Smith (Sleaford Whs) 1:06:41, Russell Carter (South Pennine RC) 1:10:12, Ron Hallam (South Pennine RC) 1:14:37 and John Scott (Sleaford CC) 1:17:40.

BDCA women and juniors section event held 13 April on the A25/11 was won by senior Keri

Parton (Pro Vision Cycling Clothing) with an excellent 58:18, second fastest was veteran Deborah Sheridon (Warwickshire RC) on 1:01:09, with veteran Sarah Harrison (Sheffield Tri-Club) third on 1:01:11. Jessica Beyer-Lyons was the fastest NEM rider on 1:06:05, with Gillian Campbell (Derby Mercury RC) 1:10:35.

In the men's event Andy Jackson (Aero Coach) was fastest, setting an impressive early season time of 48:48; in fact the first three places were set all by veterans averaging above the 30 mph mark, with Mark Turnbull (TORQ Performance) on 49:47 and Darren Maironis (Transition Race Team) on 49:53. NEM group members Sean Vincent (Race - Hub) and Ian Guilor (Mapperley CC) also rode excellent races, setting times of 51:40 and 51:47 respectively. Colin Parkinson is another NEM group member continuing to achieve good early season times with a fine 53:52. There were good rides also by Michael Wills (Lutterworth Cycle Centre) 54:19 and Nicholas Hitchens (Team Bottrill) on 54:55. Ian Pike (Lincoln Whs) was well under the hour with a 55:02, also Richard Boot (Beeston CC) and Ed Watson setting under the hour times of 55:34 and 56:33. Steve Howgill (Leicestershire RC) appears to be well on the way to getting back to his previous times with a respectable 59:50. Finally, the South Pennine gang of Russell Carter, Ron Hallam and Ken Stevens set good times of 1:07:39, 1:08:43 and 1:17:58.

On 20 April Sleaford Wheelers promoted their annual Charity 10 on the C10/10 and attracted a field of 117 riders. On probably the warmest Saturday of the year so far there were some good times with senior Billy Jarrish (Rose Race Team) fastest with 20:55, second was veteran Keith Ainsworth (Sheffrec CC) just 4 seconds behind on 20:59. Not far behind the leaders, Ian Guilor (Mapperley CC) was the fastest group member coming in fourth on 21:14. Eddie Humphreys (Loughborough Phoenix CC) was in the mix with 21:46 and Sean Hunt (Lincoln Whs) set an excellent time just 3 seconds outside a '21'

with 22:02. Other group members times: Garry Lee (Mapperley CC) 24:33 and David Smith (Sleaford Whs) 24:43 completed this section. Michael Smalley (Witham Whs) finished in 25:31, Rod J Weston (Team Bottrill) came in on 26:42 and not far behind Kath Smith (Sleaford Whs) 26:46 and finally Martin Lister (Witham Whs) 27:51.

On the same day and at the same time, on the A1 at Long Bennington, the VTTA (Notts and East Midlands) were running their 10 mile TT on the A10/14. Brett Harwood (Team Bottrill) was fastest in 19:20. The first group member was Chris Ledger (Ace Test Team) placed 11<sup>th</sup> with a very good time of 20:15; wife Karen, riding for the same team was next fastest group member and also the fastest lady on 21:13. The next group members included Nicholas Hitchens (Team Bottrill) 21:17, Giles White (Sherwood CC) 21:40, Michael Wills (Lutterworth Cycle Centre) 21:49, Jez Willows (Sherwood CC) 21:50, Ed Tarelli Race Hub 21:58 and unlucky Craig Lamb (Alford Whs) just going over the 21minute mark on 22:02. Michael Stevens (Melton Olympic) came in on 22:54 with Stephen Howgill (Leicestershire RC) on the comeback trail, just behind on 23:03. Further group member's times: Michael Church (Rockingham Forest) 25:20, Ron Hallam (South Pennine RC) 26:19, Rod Weston (Race Hub) 26:20, Russell Carter (South Pennine RC) 26:27, Rob Bennett (Ratae RC) 27:54, Ken Stevens (South Pennine RC) 28:30 and Michael Spurr (Leicestershire RC) 29:21. All round some very good times for an early season event - well done everyone. On behalf of the NEM Group a special thanks to organiser David Yarnham (Peterborough CC) promoting the event and also to everyone who helped on the day.

Finally I would like to thank all those that were involved in awarding me the Harold Bloodworth Memorial Trophy last year, I am sorry I was not at the presentation event to receive it personally.

That's all I have for this issue, I'm looking forward to the season although I have been unable to do any serious training, so I am

starting from point zero this Saturday with NEM Group VTTA 25. Have a good season, and please send me any news items.

## **SCOTLAND**

**James Skinner**

No report.

## **SOUTH WALES**

**Barry Williams**

If you read my contributions, you will guess that I am a guy who enjoys cycling abroad. One of the pluses of the travel experience is eating local foods, I particularly enjoy the Mediterranean diet of olives, fruits and tasty salads, which is how I found myself in Mallorca during the last week of April with a group friends, including one brave lady who had entered the Sportive - Mallorca 312. In recent years this event has assumed dynamic proportions, no exception this time, with over 8000 participants on the line in Alcudia at 7.00am on Saturday April 23rd. The event featured three levels, with everyone having to ride through the mountains to Soller then on to Esporles, where the 160km group turned. My friend, who has 2 young children, carried on to Andratx with the 220km group, returning via Esporles and Campanet to finish in 9 hours - a good result for riding 140 miles over mountainous terrain. For those who completed the 312km ride there was an additional loop via Arta in the north east of the island, almost 200 miles; something like our 12 hour events, but with the addition of climbing.

From the South Wales point of view, the Sportive 312 date clashed with the well-established "Cardiff-Ten" Sportive covering 100 miles between Cardiff and Tenby, Pembrokeshire. Unfortunately, some dodgy weather in South Wales caused this year's event to be cancelled; nothing unusual, just storm force winds from the west. However, it's worth noting that on the previous weekend while UK basked in the Easter

sunshine, Mallorca suffered torrential rain and storms. My take on weather, wherever you are, is "never to be surprised".

I participated in L'Etape du Tour on many occasions, which was always a fantastic uplifting experience, but even in July when for policing reasons L'Etape usually coincided with a Tour de France rest day, we found some unexpected weather. My first L'Etape was 1998, Grenoble to Les Deux-Alpes including Col du Glandon, Col de la Croix de Fer, Col du Telegraphe, Col du Galibier and finish at Les Deux Alpes, over 200km in intense heat. Of 6000 starters only just over 2000 made the finish, most non-finishers suffering the effects of dehydration. By contrast in the year 2000, Carpentras to Mont Ventoux, half the field was eliminated due to a freezing Mistral at Le Chalet Reynard. For those of us who actually reached Mont Ventoux, the organisers handed out bin liners and plastic gloves to hold the brakes on the descent to the finish village, Malaucene. The south of France in summer can get floods, heat waves and, in the mountains, some very cold Mistral winds. Anything can happen to the weather, "always expect the unexpected".

Our time trialling season started with Cardiff 100 Miles RCC 15. Committee member, Bob Jones organised this early season event on Saturday March 9<sup>th</sup>. 15 miles is not a popular distance, only 29 entries, all dedicated time trial enthusiasts putting themselves to the sword around the familiar roads of the Abergavenny circuit. Chris Smith was the winner with 33:05 closely followed by local member Paul Hayward, from Pontypool recording 33:46. Three tandems made the course, with Ian Greenstreet and our National Secretary, Rachael Elliott, posting fastest in 33:45. Well done to Rachael, I am sure that speaking for South Wales members, they would wish her an enjoyable return to racing and also good luck for the remainder of the season.

By comparison, the week following saw 92 entries for SportzMad 10 on nearby course R10/17. The winner here was Ross Phelps

(Bristol RC) posting a challenging time for a March event with 20:38. I note my friend Andy Hoskins (Cardiff JIF) coming 7<sup>th</sup> with 21:37 and Chris Massey leading member in 21:45. Other members to finish were Jason Streater 21:49, Leon Evans 23:05 and Jo Buckland 24:57

The next week March 23 we had the Cardiff Ajax 10 on the Cwmcarn course R10/16A, the winner was Scott Davies in 19:23. Scott is currently with World Tour team Dimension Data, to which I would add our congratulations to him for his selection for this year's Giro d'Italia. I am sure many of the other competitors were happy to compete against a professional preparing for such a big event. Surprisingly few of our members showed up on the day. Leon Evans recorded 22:47 and Bob Jones 26:15.

The month ended with Merthyr CC promoting a 25 on R25/3H or as many call it, "the Glynneath dragstrip" on Sunday 31<sup>st</sup> March. Winner Ioan Smallwood (Cardiff Ajax) passed the time keeper under the 50 minute mark in 49:35. Our members gave some good performances with Davis Wilson-Evans posting 58:59, Marco Marletta, 1:01:17, Les Thomas back on regular training recording 1:04:30 and Bob Jones finishing in 1:04:35. The Overflow Event saw two ladies posting respectable times, Jo Buckland 1:02:39 and Diane Wilson Evans in 1:10:08.

Ogmore Valley Wheelers have promoted a 25 on R25/3H over many years, I remember riding this event when it was held in mid-May; now it has become an early season event in April. Just a week after the Merthyr 25, glancing through the times recorded, this was a much better day. Professional, Scott Davies posted 48:50 but I think he must have been surprised to be beaten by over two minutes by Christopher Fennell who recorded 46:45. Our members recorded the following times, showing a distinct improvement on the previous week: Paul Hayward 52:43, David Wilson-Evans 57:56, Marco Marletta 59:31, Andrea Parish 59:26 and Diane Wilson-Evans 1:05:55. Another feature in this event was

the participation of Magnus Backstedt, former Paris-Roubaix winner clocking, 53:20. Having both Magnus and Scott in their event was a deserving boost to Ogmore Valley Wheelers and event secretary, Terry Anthony.

The bare figures tell a story of the Bynea CC 30 event on Sunday April 14<sup>th</sup> - 46 entries but only 26 finishers - had me wondering what sort of day it was. I checked my diary for weather, cold 5c and windy and knowing that area, conditions must have been demanding. Five DNFs including John Shehan who almost never gives up and 15 DNS including Stuart Evans. Philip Tucker was the winner with 1:06:51, which was good in the context of others. Only one of our members finished on the day, Rod Hicks with 1:13:22.

The final South Wales event in April was the WCA Hilly 22 on the Talgarth course. This event has been around for many years, I remember riding it in the mid-1970s. Ioan Smallwood was the winner by quite a margin with 46:08. Three members rode: Leon Evans 54:45, Michelle Fishbourne 1:03:11 and Bob Jones 1:06:40.

The final event for this report was the Welsh Championship 25 on Sunday May 5<sup>th</sup> in cold but calm conditions. The winner was Tom Wind who recorded 47:15 which is no more than par for winning times on this course. Members posted the following times, almost certainly their best performances this season: Paul Hayward 52:01, Rod Hicks 52:34, Leon Evans 53:25, Davis Wilson-Evans 55:29, Les Tomas 58:03, Marco Marletta 58:32, Stuart Evans 1:00:05 and John Shehan 1:02:16. For the ladies Diane Wilson-Evans posted 1:03:49 which is almost a 7 minute improvement from her performance on the same course on March 31<sup>st</sup>. Diane Hynam clocked 1:12:48 her first ride this year and I am sure she will improve later in the season.

I am not sure if an Audax ride would be considered competitive but the two events I participated in certainly stretched my lungs. - April 7<sup>th</sup> was 'Barry's Bristol Bash', 116K with 2010 metres of elevation and featured some

surprisingly steep climbs and also some very tasty cakes at the two refreshment stops.

The second event six days later on Saturday 13<sup>th</sup> 'The Gwent Gambol', 101 K and 1100 metres of elevation, slightly easier than the Bristol event, but covering some beautiful parts of Monmouthshire including the Usk and Wye Valleys.

Finally, I am wondering if any South Wales member would be prepared to take over writing this column. I think I have been the correspondent since 2004. Now, unfortunately due to age, I am no longer able to compete seriously enough to ride the events. So my reports are founded purely on CTT internet figures. Hopefully, there is somebody out there who is prepared do this job.

## **SURREY & SUSSEX**

**Jon Fairclough**

### Welcome to new members

A welcome to new members: David Clark (Eastbourne Rovers CC), Nolan Heather (Worthing Excelsior CC), Colin Harrison (East Grinstead CC) and Stephen Shrubsall.

### Surrey/Sussex open events

The Surrey/Sussex VTTA Open 10 mile was held on 28<sup>th</sup> April on G10/41. This was the National 10 mile championship. Our first group member on standard was Steve Dennis (East Grinstead CC/Merlin Coaching) with +04:53, he wins the Stan Harvey Memorial trophy. The first club team of three S/S group members was Worthing Excelsior CC (Nik Allen, Spencer Kirkham, Nolan Heather) +0:10:08, they win the Wilf How Cup. A full championship report appears elsewhere in this issue.

The remaining open events are on 9<sup>th</sup> June (Lewes Wanderers CC 30), 16<sup>th</sup> June (ESCA 50), 11<sup>th</sup> August (ESCA 100), 18<sup>th</sup> August (Bec CC 25) and 22<sup>nd</sup> September (Surrey/Sussex 25).

### Southern Counties Cycling Union (SCCU)

If your club is affiliated to the SCCU, you are eligible for its awards. The SCCU has five season long awards of interest:

Men's BAR (Claud Butler Trophy) - based upon the best average speed at 25, 50 and 100 miles.

Team BAR (Amateur Cup) - best of three (men or women) from the same club.

Veteran's BAR (John Smith Cup) - based upon VTTA standards.

Women's BAR (Fleming Cup) - based upon the best average speed at 10, 25 and 50 miles.

Rawson Shield - awarded annually to the club with the highest number entrants in SCCU events.

There are also several awards for specific achievements in SCCU events.

The SCCU held a Sporting weekend on March 23<sup>rd</sup>/24<sup>th</sup> featuring a 10 mile time trial on course G10/46 and a 25 mile time trial on course G25/43.

The veteran results for the 10 were: 40-44, Martin Williamson (London Dynamo) 24:35; 45-49, Nik Allen (Worthing Excelsior CC) 23:19; 50-54, Colin McDermott (Festival RC) 24:19; 55-59, David Shepherd (...a3crg) 24:02; 60-64, David Churchill (Direct Power CT) 26:15; 65-69, Robert Gilmour (Hounslow & Dist Whs), 27:29; 70-74, Robin Johnson (Brighton Mitre CC) 33:15; 75-79, Alan Robinson (Central Sussex CC) 31:38.

The veteran results for the 25 were: 40-44, Howard Bayley (Blazing Saddles) 1:00:36; 45-49, Mark Smith (Crawley Whs) 0:56:30; 50-54, Gareth Williams (Twickenham CC) 1:01:58; 50-59, Adrian Blacker (C & N Cycles RT) 1:03:43; 60-64, Peter Davies (Brighton Mitre CC) 1:17:43; 65-69, Don Parker (Brighton Mitre CC) 1:08:16; 70-74, Robin Johnson (Brighton Mitre CC) 1:25:43; 75-79, Mike Morley (Kingston Phoenix RC) 1:36:08.

### Surrey/Sussex Age Records

The Surrey/Sussex Group age records have been migrated from the Surrey/Sussex website to the National VTTA website. See the tab on the Group page. You can view



current and beaten records, so the history of members' achievements is visible.

### Surrey/Sussex website

As the National VTTA website provides all the facilities for managing our group: membership, records, news, VTTA information, it has been decided that the Surrey/Sussex web site is no longer needed. The website will be retired when its service contract expires later this year. Members should now go to the National VTTA website for all group information. Many thanks to Tim Carpenter for developing and supporting the Surrey/Sussex website for many years.

### Strava Group news

The Strava Group is called "VTTA Surrey Sussex" and has 19 members. If you want to join, 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. I am not aware of other VTTA Strava groups, so if VTTA Strava members in other groups want to join you are welcome.

### 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**

### **Bob Jolliffe**

#### Team Wins for ...a3crg and Wessex

Fully recovered from last season's injuries ...a3crg's Angela Carpenter took gold in the woman's competition in the VTTA National 10

mile Championship on a tough course in Surrey, backing up her win in last year's National 15-mile race. Her time of 23:02 gave her a plus of 6:04 and led ...a3crg to team victory and Wessex to the group win. She was backed by Neil Mackley, who was runner-up in the men's race, with +5:56 (21:16) and Sarah Matthews, who was second woman with +5:28 (24:21).

Hampshire Road Club's James Fawcett was eighth overall with 21:45 and ninth on standard which would have made him fourth counter in the group competition. Other Wessex Group times are listed in the full report in this magazine.

### Fast times on the F11

Angela followed up her win with a fine 21:36 in the VTTA London and Home Counties 10 on F11/10 and 53:39 in the Sportzmad 25 in South Wales. Other Wessex times in the L&HC 10 were: Andy Langdown (Blazing Saddles) 19:54, Neil Mackley (...a3crg) 20:08, James Fawcett (HRC) 21:01, Edward Jardine-Skinner (Sotonia) 21:12 and David Butt (CCW) 21:47.

### Parker 50 Star

Estrella Bikes' Greg Parker was victorious in winning the Wessex Group 50 Championship held in conjunction with the Charlotteville CC event at Bentley clocking 1:50:06, which gave him a plus of 31:00. He beat New Forest CC's Antony Green into second place. Antony finished with 1:53:15 for +27:51. North Hampshire RC's Phil Watts was third on standard with +26:59 (1:56:26). Other Wessex times: Christine Murray (Army Cycling) 2:1:47 (+25:49), Nick Jones (Bournemouth Jubilee Whlrs) 1:56:31 +20:01, Jerry Bromyard (...a3crg) 2:8:14 (+18:04), Greg Harding (Farnham RC) 2:4:28 (+17:59), Evan Jardine-Skinner (Sotonia) 2:00:07 (+15:58), Virginia Mcgee (...a3crg) 2:18:10 (+15:30) and Stuart Peckham (New Forest CC) 2:3:59 (+14:39).

### Shaw Thing as Two Women Get Bigger Plusses

New Forest CC's Antony Green took the gold medal in Wessex Vets' Men's Championship 10 in the first open event on a tough but popular Forest course which has previously hosted numerous club competitions. However, Julia Shaw (Drag2Zero) and Sarah Matthews (...a3crg) actually had bigger pluses to take first and second in the Women's race on P164 near Lyndhurst. Former multiple CTT champ Shaw showed she's still a class act when she passed the timekeeper in 23:23 for +5:58 while Matthews was not far adrift with +5:44 (24:11). Army Cycling's Christina Murray was in the bronze medal position with +5:15 (23:11).

Fifty-four-year-old Antony Green's 21:24 was good enough for third place overall behind 27-year-old Andover Wheelers' Matthew Buckley who clocked 20:58 and VC Venta's James Fox (36) who recorded 21:13. Green's standard plus of +5:43 soundly beat Utage RT's silver medallist James Patterson's +4:59 (22:04 actual). CC Weymouth's David Butt took the bronze medal with a plus just one second slower from his actual of 23:08. Terry Icke (CC Weymouth) was fourth on standard with +4:50 from 25:09 and Nigel Sign (Fareham Whlrs) fifth with +4:48 from his 23:04.

Conditions were relatively good for the rolling (some might say "hilly") course with a favourable wind on the long first leg. However, the start and first half-mile was held in a heavy shower which led to a few riders going DNS.

Bournemouth Jubilee Whlrs' couple Louisa and Andrew Cooper won the tandem race in 21:44. A round dozen pairs took part in the competition, held as part of the Tandem Tarts' weekend, which raised - an as-yet unknown - amount money for research into ME.

### Group Championship 15 Date

The Wessex Vets' Championship 15 will again be held on the fast P884B/15 course by ...a3crg on the evening of June 26, group

chairman David Collard-Berry has announced. The club is also running an "open" 15 on the same course on June 5.

### Altitude Not Necessary for Andy

Forget heading to the hills and finding thin air to set track records. Blazing Saddles' Andy Langdown shot over to Holland and the Alkmaar Stadium, which is below sea level, to create two new VTTA indoor records for a 50-year-old male in March. He clocked 6mins 18secs for 5km and went on to record 13:02 for the 10km. The previous record for 5km of 6:42.310 was set by Roy Caspell in 1997 while 48-year-old Steve McCaw set a time of 13:14.999 for 10km in 2011.

### Glenn on the Mend

Time trialling legend and Wessex committee member Glenn Longland is on the mend after suffering a head injury while out riding with the Warrington Road Club in late February. First man to beat 300 miles for 12 hours, Antelope RT's Glenn is president of the Warrington club and was out on a ride with members in North Wales when he took a tumble and collided with a wall. Shortly after the accident his wife Sue said: "He was airlifted air-lifted to Stoke on Trent neuro specialist hospital. He was very poorly: a small bleed on his brain, gash to the side of his head and plastic surgery on his ear." However, he was later taken back to Southampton General Hospital and later, after further treatment, sent to a specialist rehab unit from which he was sent home recently.

### Death of John Stepney

John Stepney, a member of Glenn Longland's Antelope RT for about 20 years, died at the age of 74 when he was struck by a car while walking along the A31 Alresford Road near his Winchester home at night on February 23. Clubmate Roger Wakeling said: "John joined Antelope RT over 20 years ago and was very proud to be a member of Glenn's club . . . John's greatest joy was his Cervelo P5 bike. He was quite a quirky individual but could always be relied on to marshal at time trials,

often walking miles to get to events' HQs." John only rode a few time trials a year but was always ready for a chat afterwards. He did not own a car but was usually given a lift to events by a neighbour.

## WEST

### Brian Griffiths

Not a lot of news from this quarter, little has been reported and little it seems has been happening that I can get hold of. However I'm sure I can scrape a bit of text together to help you fill your pages.

I've just heard the sad news that an old and loyal member of the West Vets, Roy Burden has recently passed away. I don't have any details at the moment but I'm sure I will have something to report for next time.

Gordon Scott and his dear wife Gemma put on a super afternoon for us early in May. A 10 mile time trial, a really superb buffet and our annual prize presentation. There were some comments about it being moved to an earlier date this year but in the end it all worked out very well indeed and I am sure it will continue like this in the future. It has to be said that word seems to have got round and it is definitely our top social event of the year and becoming even more popular as the years go by. It's always seems a pity that that there

are not more social events but that seems to be the modern trend. Even time trials seem to me to have lost the grand social atmosphere that I have always looked forward to and enjoyed. Anyway, full marks to Gordon and Gemma - you really have put your finger on the pulse of the West Vets and are giving them exactly what they want.

I won't give you a comprehensive list of all the prize winners, no doubt this will be better covered in the "West Vet," but I will mention the worthy joint winners of the Janet Wilson Trophy this year - Dave Galley and Jeff Fry; they have audited our books for many years and at last have decided that it is time for someone else to take over. Well done chaps.

Like everyone else I suppose we have had some pretty variable weather so far this year, although we certainly couldn't complain about Easter. Latest news is that we might have to suffer a 90 day Spanish heat wave. Is this speculation or will it really happen?

Many of our members have been asking me why I am not riding my bike these days. It certainly is not through choice. Simply put, as a result of a recent apparently unnecessary hospital stay when it was suspected, only suspected I emphasise, I had had a slight stroke, I have been diagnosed with Chronic Fatigue Syndrome, probably more widely known as ME. One of the main symptoms of which is that I very easily get tired. It is an extremely complex problem and there is no recognised cure. However with specialist help I am pleased to say that I am sorting the pieces of the jigsaw bit by bit and after eighteen months I am joyfully back on my bike. It will be a long way back as severe muscle wastage has taken place but I am determined to get there. A recent full medical examination found that I was amazingly fit and strong and despite being very near to my eightieth birthday I am told that I have the biological age of a 62 year old. Confusing stuff for most people!

I hope you have all booked your accommodation for the World



*Dave Galley and Jeff Fry receiving the Janet Wilson Trophy from Ted Kings at the West Group*

Championships in Yorkshire in September. I have been told of ridiculous prices being asked for accommodation. So if you haven't already booked, beware.

## **YORKSHIRE**

### **Chris Goode**

Blair Buss organised the 25 mile time trial on 14th April on the Topcliffe to South Kilvington course. The top three on standard (all men) were Nev Martin (GS Metro) +14:20, Steve Ayres (Bronte Wheelers) +13:27 and Anthony Ashworth (Wetherby Wheelers) +13:10. Best on standard for the women were Fiona Sharp (Team Swift) +10:23, Carol O'Connor (Calder Clarion) +6:23 and Liz Ball (Valley Striders) +5:38. First year vet Steve Ayres won the Bernard Wood Trophy for best on standard Yorkshire group member and was fastest overall with 52:33 on a far from easy day. There was also a medium gear event which was won by Nick Frewin (Bournemouth Jubilee Wheelers) with an outstanding ride of 59 minutes and 6 seconds. Group recorder Jimmy Trevor (Hull Thursday) was second with 1:02:43 and Blair punctured. The tandem event was won by the Team Swift pairing of Richard Dixon and Tim Humphries, with 57:08. For the full result please see the National VTTA website and go to the Yorkshire section.

The National Championship VTTA 50 mile time trial is on a new course, based on the 12 hour circuit, near Pocklington. Mike Williams is the organiser and the race comprises of two circuits, partly on the A1079, Market Weighton to York road. The headquarters will be at Seaton Ross Village Hall and special guest is Pete Smith (Clifton CC), former competition record holder at this distance from 1966-69 and the first man to go under one hour fifty minutes. The race starts at 13:30, on Saturday 22<sup>nd</sup> June. Also on this weekend is York Rally, at the Knavesmire, so you could have a couple of days away?

Two other events for your diary are Mike Penrice's 10 mile time trial on Saturday, 13<sup>th</sup> July, on the Gilberdyke to Howden course, plus Blair's 10 mile TT on Sunday, 25<sup>th</sup> August. Offers of help will be appreciated, particularly as Blair's brother is getting married that day. Tony Stott is stepping up to organise the event.

As Secretary, Tony has sent a certificate to Johnny Mapplebeck on reaching 100 years old. He is now living in Canada with his daughter. Tony has also been in touch with another member who has returned to South Africa. Terry Burrell was in Yorkshire RC in the late 1970s and lived in Tadcaster; he was friends with Robert Brown and John Hardy. He has ridden 20 of the Cape Argus sportive and sends his regards to all.

Other news: Karen Taylor plus Sarah Lewthwaite are doing well in the CTT National Circuit series. Andy Jackson is in sparkling form, setting a PB at 50 miles with a sub one hour 40 minute ride and looking good for his defence of his 24 Hour Title.

We have some strong new members joining the Yorkshire VTTA and we hope that you enjoy your membership. They include Fiona Sharp, Nick Rogers (both Team Swift), Anthony Boynton (City RC Hull), Grant Whiteside (Pontypool RCC), Ian West (Selby CC), Colin Birchall (HD Revolution), Mark Whitmarsh (VTTA Yorkshire), Guy Lewis (Holmfirth CC), Chris Last (Rotherham Wheelers) and Richard Dean (Rockingham CC).

Notice is given of our general meeting on 5<sup>th</sup> August, at the Memorial Hall, Collingham, at 19:30. It will be good to see you and in the meantime have a fabulous summer out on the road.

**NOTE - ALL NATIONAL AGE RECORDS REFERRED TO IN REPORTS MUST BE CLAIMED AND ARE SUBJECT TO RATIFICATION.**

## 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  
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Portugal



# VTTA NATIONAL 10 MILE CHAMPIONSHIP

## Sunday 28<sup>th</sup> April 2019

*NEC Representative Jon Fairclough*

The Surrey/Sussex Group was pleased to host the 10 Mile National Championship on 28<sup>th</sup> April. The event was held on the G10/41 course south of Dorking, which proved a fair and challenging test for riders on a bright and dry, but cold, morning. There were 75 riders on the start sheet. The course went north on the A24 and about half-way turned south down the A29.

First on standard was long distance traveller from the North Midlands group, Keith Ainsworth (Sheffrec CC), taking his first ever VTTA championship at age 60 after several near misses. First woman on standard was Angela Carpenter (...a3crg), who became the first woman to win a national champion's jersey following their introduction for this year. Notably Angela was also second best overall, closely ahead of her clubmate Sarah Matthews who finished in fifth position. Second best man was Neil Mackley, also of ...a3crg, so together these three swept up both the club team award and the group team award on behalf of neighbouring Wessex Group.

VTTA national officials Ian Greenstreet and Rachael Elliot won the Tandem Championship with a standard time which compared very well with the solos, but then they are both very good riders in their own right.

This event was made possible by the efforts of many people. Special thanks go to David Pollard, Event Organiser; Keith Wilkinson, Event Results; Mrs Lesley Donington, Timekeeper; Mr Richard Blackmore, Timekeeper; Mr Mick Irons, Timekeeper; and Mr Brian Jones Official Event Photographer.

Photographs of the event can be viewed and purchased at [www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk).



*Tandem champions Rachael Elliott (Newbury RC) and Ian Greenstreet (AeroCoach)*






*Andrew Grant (Cambridge CC) riding to bronze medal position*



*Second woman team winner Sarah Matthews (...a3crg)*

## **NATIONAL 10 MILES CHAMPIONSHIP**

Championship images courtesy of **Kimroy Photography** 

*Neil Mackley (...a3crg) took his first national medals - second man, club team and group team*



*Helen Roby (Spirit Bikes CC) was another new name at national level as third woman*



**AWARD WINNERS - 2019 VTТА NATIONAL 10 MILE TIME TRIAL CHAMPIONSHIPS**

Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Keith Ainsworth	Sheffrec CC	North Midlands	+6:32	Gold
2nd Man on Std.	Neil Mackley	...a3crg	Wessex	+5:56	Silver
3rd Man on Std.	Andrew Grant	Cambridge CC	East Anglian	+5:44	Bronze
1st Woman on Std.	Angela Carpenter	...a3crg	Wessex	+6:04	Gold
2nd Woman on Std.	Sarah Matthews	...a3crg	Wessex	+5:28	Silver
3rd Woman on Std.	Helen Roby	Spirit Bikes CC	London & Home Counties	+4:22	Bronze
Group and Club Team Champions	Angela Carpenter	...a3crg	Wessex	+17:28	Gold
	Neil Mackley				Gold
	Sarah Matthews				Gold
Tandem Champions	Ian Greenstreet	AeroCoach	London & Home Counties	+5:43	Gold
	Rachael Elliott	Newbury RC			Gold

First man and first woman on standard also each receive a champion's jersey and cap.  
Keith Ainsworth is also awarded the Ken Matthews Cup as overall best on standard

**FINISH ORDER - 2019 VTТА NATIONAL 10 MILE TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Keith Ainsworth	Sheffrec CC	NMids	M	60	00:27:39	00:21:07	+06:32
2	Angela Carpenter	...a3crg	Wsx	F	50	00:29:06	00:23:02	+06:04
3	Neil Mackley	...a3crg	Wsx	M	55	00:27:12	00:21:16	+05:56
4	Andrew Grant	Cambridge CC	EA	M	65	00:28:13	00:22:29	+05:44
5	Sarah Matthews	...a3crg	Wsx	F	58	00:29:49	00:24:21	+05:28
6	Darren Maironis	Transition Race Team	M&NW	M	46	00:26:31	00:21:11	+05:20
7	Steve Dennis	East Grinstead CC	S&S	M	55	00:27:12	00:22:19	+04:53
8	Nik Allen	Worthing Excelsior CC	S&S	M	47	00:26:36	00:21:45	+04:51
9	James Fawcett	Hampshire Road Club	Wsx	M	53	00:27:03	00:22:15	+04:48
10	Angus MacInnes	RAF CA	S&S	M	54	00:27:07	00:22:24	+04:43
11	Howard Bayley	Blazing Saddles	Wsx	M	44	00:26:22	00:21:45	+04:37
12	David Shepherd	...a3crg	Wsx	M	58	00:27:28	00:22:56	+04:32
13	Keith Lea	Paceline RT	S&S	M	49	00:26:45	00:22:23	+04:22
14	Helen Roby	Spirit Bikes CC	L&HC	F	52	00:29:16	00:24:54	+04:22
15	Colin McDermott	Festival Road Club	S&S	M	51	00:26:54	00:22:36	+04:18
16	Chris Dyason	Cambridge CC	EA	M	71	00:29:09	00:24:54	+04:15
17	Colin Lizieri	Cambridge CC	EA	M	63	00:27:59	00:23:46	+04:13
17	Mark Newton	Elite Cycling	EA	M	52	00:26:58	00:22:45	+04:13
17	Stuart Stow	Twickenham CC	L&HC	M	53	00:27:03	00:22:50	+04:13
20	Tony Ball	Team Swift	L&HC	M	50	00:26:49	00:22:38	+04:11
21	David Butt	CC Weymouth	Wsx	M	64	00:28:06	00:24:02	+04:04
22	Michael Parker	TMG Horizon CT	L&HC	M	54	00:27:07	00:23:10	+03:57
23	Steven Loraine	Team Swift	Mids	M	62	00:27:52	00:24:06	+03:46
24	Donald Parker	Brighton Mitre CC	S&S	M	70	00:28:58	00:25:22	+03:36



**FINISH ORDER - 2019 VTTA NATIONAL 10 MILE TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
25	Colin Harrison	East Grinstead CC	S&S	M	54	00:27:07	00:23:37	+03:30
26	Neil Crowther	Blazing Saddles	S&S	M	45	00:26:27	00:22:59	+03:28
27	Adrian Blacker	C and N Cycles RT	S&S	M	55	00:27:12	00:23:48	+03:24
28	Gary Grayland	CC Bexley	Kent	M	54	00:27:07	00:23:53	+03:14
29	Ralph Carter	London Dynamo	Mids	M	58	00:27:28	00:24:16	+03:12
30	Spencer Kirkham	Worthing Excelsior CC	S&S	M	51	00:26:54	00:23:45	+03:09
31	Rob Vessey	Didcot Phoenix CC	West	M	55	00:27:12	00:24:05	+03:07
32	Drew Hosie	...a3crg	Wsx	M	55	00:27:12	00:24:09	+03:03
33	Andrew Simpkins	Solihull CC	Mids	M	65	00:28:13	00:25:15	+02:58
34	Jason Davies	RAF CA	EA	M	47	00:26:36	00:23:53	+02:43
35	Kenneth Stevens	South Pennine RC	NEM	M	88	00:35:04	00:32:29	+02:35
36	Alan Robinson	Central Sussex CC	S&S	M	78	00:30:45	00:28:13	+02:32
37	Conor Boyle	Woking Cycle Club	S&S	M	46	00:26:31	00:24:07	+02:24
38	Steve Skinner	Bognor Regis CC	Wsx	M	64	00:28:06	00:25:45	+02:21
39	John McGlashan	Redmon CC	Kent	M	67	00:28:30	00:26:10	+02:20
40	Nolan Heather	Worthing Excelsior CC	S&S	M	43	00:26:17	00:24:09	+02:08
41	Jon Fairclough	Woking Cycle Club	S&S	M	65	00:28:13	00:26:19	+01:54
42	Michael Gowan	Festival Road Club	S&S	M	75	00:29:59	00:28:28	+01:31
42	Glen Knight	KISS Racing Team (KRT)	Mids	M	41	00:26:07	00:24:36	+01:31
44	Barrie Foster	Anerley BC	S&S	M	69	00:28:48	00:27:19	+01:29
45	Tom Cosgrove	VTTA (London & HC)	L&HC	M	52	00:26:58	00:25:48	+01:10
46	John Glaysher	...a3crg	Wsx	M	41	00:26:07	00:25:01	+01:06
47	Robert Royle-Evatt	Addiscombe CC	S&S	M	51	00:26:54	00:25:59	+00:55
48	Eimear D'Arcy	Woking Cycle Club	S&S	F	49	00:29:01	00:28:07	+00:54
49	Barry Quick	Reading CC	L&HC	M	74	00:29:45	00:29:02	+00:43
50	Alison Vessey	Didcot Phoenix CC	West	F	64	00:30:31	00:30:07	+00:24
51	John Allen	Redmon CC	S&S	M	59	00:27:33	00:27:16	+00:17
52	Roger Moon	Coalville Whs	NEM	M	65	00:28:13	00:28:28	-00:15
53	Robin Johnson	Brighton Mitre CC	S&S	M	70	00:28:58	00:29:50	-00:52
54	Gary Holder	VTTA (Surrey/Sussex)	S&S	M	53	00:27:03	00:32:17	-05:14
DNF	Paul Townsley (Worthing Excelsior CC)							
DNS(A)	Chris Brewer (Redmon CC), Alan Harvey (Finsbury Park CC), Darren Yarwood (Vive Le Velo), James Rix (Team Bottrill)							
DNS	Nick McCormick (Epsom CC), David Patten (Bognor Regis CC), Robert Charles (Blazing Saddles), Martin Winter (Twickenham CC)							

**FINISH ORDER - 2019 VTTA NATIONAL 10 MILE TIME TRIAL TANDEM CHAMPIONSHIP**

Pos.	Name	Club	VTTA Group	Gdr	Age	Std.	Actual	Plus
1	Ian Greenstreet	AeroCoach	L&HC	M	55	00:26:39	00:20:56	+05:43
	Rachael Elliott	Newbury RC		F	41			

## RIDER Q&A - ANDY JACKSON

### Jon Fairclough Asks the Questions



The cyclist answering my questions this month is Andy Jackson, the 2018 RTTC (and VTTA) National 24 Hour Champion. He has also been the Ultra Marathon Cycle Association (UMCA) six hour and twelve hour world champion.

*Q: When did you start time trialling?*

A: I started around 2006 after 4 years racing ironman triathlon. I decided my biking was by far my strongest asset and wanted to see what I could do at that. I started racing locally in Yorkshire and did all distances, from 10's up to 12 hours. I was initially best at shorter distances, 10's and 25's, with decent pbs of 18:02 (10) and 46:56 (25). As I have aged (as we all do!) I have then progressed and focused on longer distance, utilising my strength and endurance gained from the Ironman racing - and I love racing long distances because of the mental and physical aspects. This culminated in me winning the WUCA (World Ultra Cycling Association) 6hr in 2016 and 12hr in 2017. I also got bronze in the UK National 12 in 2017, before winning the 24hr in 2018.

*Q: Could you describe your TT bike?*

A: I have been racing an evo2max Kronos r-9 TT bike, kitted with full SRAM etap, Ceramic speed bearings and AeroCoach wheels. This has been optimised through testing (track and wind tunnel). This season I will be racing both that bike as well as a Cervelo P5. See the picture from the 24 hour last year

*Q: What is your approach to training?*

A: I have a very structured and focused training regime. Unlike a lot of long distance racers, I still work hard on short distance and threshold speed sessions. I aim to work on both maintaining and increasing my FTP through various intervals as well as long endurance rides. I find the key is to maintain a high FTP, this ensures I have large endurance zones below to be able to ride hard and fast in longer distance TT's. I probably train 10-20 hours a week. Through the winter I have a massive focus on building a huge base, at home and also with a lot of training in Tenerife, where I have a place. I find the hills, heat and altitude really help me get the best from my body and training.

*Q: What is your favourite type of time trialling event?*

A: I love racing the undulating, single carriageway sporty type races, even though I am less well suited to these! I love the challenge of not only the course, but bike handling and climbing too. The Nelson Wheelers 50, where I placed second this year, is probably one of my favourite events! I also love the camaraderie and feel of the long events such as the 12 and 24 - everyone is on survival mode and it really makes for a great event, race and spectacle.

*Q: What do you think about on long rides and how do you stay focused?*

On long rides I usually have specific interval targets that make it interesting and breaks it up, so within those it's focusing on maintaining the required power in the intervals and of course then remembering to focus on eating and drinking at the right time.

I also am always trying to think of the long game, I see each ride as a tiny banking of miles towards the season's ultimate goals. For me the only way to stay focused through a long season is be thinking of what I need to do and what my competitors will be doing. If I can hit my targets and goals in training, it gives great confidence come race day.

*Q: What are your greatest achievements in your time trialling career?*

A: Greatest achievements... Winning the UK CTT 24 hour (at my first attempt) last year is probably my greatest. Then my bronze in the 12 hour is something I was really proud of.

*Q: What sacrifices do you make to perform so well in time trialling?*

A: Sacrifices - this is certainly not only by me, but by those around me. My partner Helen is massively supportive both around training and racing and I couldn't do it without her help! I focus on my sessions, ensuring I achieve my plan. As I have got older, watching both what I eat and focusing hard on recovery I find are the key things that help me get the best from what I do. In a lot of ways, it's a 'way of life' rather than sacrifices as such - I just enjoy it! Also I do the coaching and development of the athletes I coach (and bike fit) via my business [www.peakssportsconsultancy.com](http://www.peakssportsconsultancy.com)

*Q: As a cycling coach, do you have any advice for other riders seeking to improve their performance in time trials?*

A: My five key bits of coaching advice to time trialists would be:

1. Be clear on your goals - hardly anyone can excel at all distances, pick your focus or to your strengths (be it long or short) and train specifically to the demands of the event.
2. Optimise your kit and position as much as possible and you can afford. £400 spent on say a decent aero testing and positional analysis will help you way more than the latest new wheel or 'fad' we see coming.
3. Be honest - with yourself, about HOW you are performing and how you need to develop. Employing a coach can be a great way to get some quality, impartial support, advice and feedback. But also, it's not rocket science!
4. Consistency is ABSOLUTELY key, in training, recovery and preparation. The best thing you can do is to maintain a consistent approach to training and racing.
5. Remember to enjoy it! It's just a hobby and fun. Too many people get too hung up and lose perspective. Perspective is key!

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

A: This season I will be back to defend my 24 hour title, as well as heading to California in November to participate in the WUCA 24 hour champs. I will be also entering a number of VTTA events. I would also like to do some fast shorter stuff, but we will see!

*Q: How has your season gone so far?*

A: This season has started well for me, with one win and two second places so far (win in the BDCA 25 in Etwall in 48:48, 2nd in Levens 10 in 19:39 to Adam Duggleby and 2nd at the Nelson Wheelers 50, with a big course PB). I have lost some weight (about 5kgs) and that has helped massively, not only climbing but also my aerodynamics. So, hoping to continue the good start!



# OBITUARIES



## JAN RICHARDSON

1930 - 2018

It is six months now since Jan left us – too long to have not recorded the fact in the annals of the VTTA.

Like so many members of our fraternity who joined us back in the 1950s, she “Came to the ultimate enjoyment in cycling – becoming a member of a cycling club”, to paraphrase Chris Lovibond’s words in the Hounslow and District Wheelers’ magazine. Chris goes on to write, “To a modern young person this statement is probably incomprehensible, but to many of us, including those quite a few years younger than Jan, it expresses just how we felt when we found ourselves accepted by a club.”

Those words perhaps encapsulate what the cycling world means and meant to the ‘oldies’ in the VTTA. It is perhaps unlikely that later generations can expect to inherit that special world.

Membership of that world began for Jan when she was accepted into the Feltham Road Club, only to transfer to the Hounslow a little later.

There she became, like so many back then, not tremendously concerned with their own performances but more in supporting her club. This involved membership of the committee, the production of the club magazine, the shared responsibility of the

famed Hounslow Club Dinner, qualification as an approved timekeeper and the shared Club Presidency with husband Ron. Many will remember the raffle she organised, where the first prize was a British Airways ticket to anywhere in the world.

Jan was, for many years, a driving force behind the South West London Ladies’ Cycling Association.

Almost as soon as she qualified, both she and

Ron became members of the VTTA and were subsequently awarded Honorary Life Membership.

Sorry to be late in saying goodbye Jan.

*Jim Burgin*



## REG HIGGINS

13<sup>th</sup> December 1927 - 30<sup>th</sup> January 2019

Reginald Edward Higgins was born in Whitley Wood, Reading, on the 13 December 1927. Always an individualist, as an infant he rejected the customary accompaniment to school: "I took myself" he said, "I knew the way there and I knew my name was Reggie Higgins". He often spoke of how he taught himself to swim in the River Loddon, after his Dad had thrown him in.

He left school at 14, worked on the railway where his Dad worked, then became an apprentice carpenter. Yet another of his anecdotes was how, working in the women's toilets at Windsor Central Station, he got locked in, resorting to shouting for help from the window.

He went to night school and became a productivity engineer. In the latter half of the 1940s, whilst riding his bike to and fro from Hayes to Ealing, Reg was passed by two 'proper' cyclists. They would say hello as they passed and, after a few weeks of this, Reg started to get on their back wheels. He discovered that they were brothers, Norman and Peter Russell of the Middlesex Road Club and, as was so often the case back then, he discovered the world of the cycling club and the time trial.

Those who remember those halcyon days are becoming fewer but it was then, without doubt, the best time to become a 'real' cyclist. Reg joined the Westerley Road Club (as it then was) and was a frequent participant in time trials, both club and open events.

Almost as soon as he qualified by age, he became a member of the VTTA London Group. He retired just before his 56th birthday and settled down to enjoy life to the full, riding regularly and winning many cups and medals.

He helped with collecting for Christian Aid and raising money for Save the Children. He served on the Parish Church Council and, along with his wife Renée, also raised funds for Slough Mencap.

There was no doubt that his finest achievement was riding from Land's End to John O' Groats without back-up or prior bookings. He just filled his saddlebag and started riding until he thought it time to stop at the end of the day. He would then seek lodgings, often unsuccessfully and, on occasion, sleeping in a bus stop. One imagines that, on arrival at John O' Groats, he would heave a sigh of relief and head for the nearest station. Reg turned around and started to ride back down south! (He confessed to catching a train once he was in Yorkshire!) Not content with this epic achievement, he later did the trip the other way around.

I loved the story he told of how he and Renée would catch a train to Reading, walk to the footpath on the River Kennet and start going west until the end of the day. They would then catch a train back home from that point, returning to continue from where they left off; repeating the exercise until they reached Bristol. What a satisfying way to spend retirement.

The London Group have always run five or six events annually; in addition they have promoted VTTA Championships from 10 to 100 miles. Doing so has created the need for a regular band of helpers and Reg was one of that band.

Reg died on the 30 January this year at the age of 91. He was an Honorary Life Member of the VTTA and a lovely man.

*Jim Burgin*

## LAURIE BROAD

26<sup>th</sup> April 1935 - 21<sup>st</sup> February 2019

We are very sorry to have to report that Laurie Broad died on 21 February, following a period of ill health. Laurie was a lifelong cyclist who grew up in Barming, Maidstone, and began riding as a teenager. Although he joined the San Fairy Ann CC as long ago as 1952, he had already been in two other cycling clubs before this: a youth cycling club – Barming Lions CC, and then a cycling section of the Maidstone YHA Group. Both clubs had only a brief existence but his membership of the San Fairy Ann endured and he became an honorary life member in 1989, and was President from 1978-1980 and from 1990-91.

Laurie was an all-round club cyclist in the 'old mould'; while producing some excellent performances in time trials, especially as a vet, he probably gained as much enjoyment from club riding and touring as he did from racing. If he could cycle somewhere rather than go by car, he would, and for many years he did all his training on his daily ride to and from work. Laurie was also a prolific worker for his club and for the Kent Group, and always a strong voice of reason at any committee meeting or AGM.

Laurie's working life began in 1950 when he became an apprentice electrician at Reed's Paper Mill, Aylesford. Once qualified he became part of the maintenance team, which meant having to work nearly every Sunday. This restricted his competitive riding but he still raced at all distances up to

100 miles during this period, with a personal best '25' of 1-4. He also produced some notable tandem performances in partnership with Roy Manser.

Laurie's first phase of racing ended in the late 1950s, at least partly as a result of a persistent knee problem. However, ordinary riding presented no problem and he was a near ever-present on the Saturday afternoon club runs for a full 25 years,

including 17 years as Saturday Captain, from 1972-1989.

Laurie surprised us when he returned to racing in 1978, but his knee held up and he went on to beat many of his earlier times. He reduced his personal best '25' to a '56' in 1988, aged 53. Laurie also resumed his tandem partnership with Roy and, as well as gaining a number of wins, their 1991 '30' time of 58-48 bettered

the time of Graeme Obree and his partner on the day. This remains a VTTA national record for the combined age of 113.

Laurie was Kent Group Treasurer for 14 years from 2003, having served on the Group committee for many years before that. He was also an open promoter for the Group for many years and he looked after the Kent Vets News distribution. He was Group President from 2011-2013.

I would like to offer our deepest condolences to Laurie's wife Rosemary, son Richard and to their family.

*Mark Vowells*



## BRIAN WILLIAM DEBONNAIRE

### November 1937 - 9<sup>th</sup> February 2019

Our dear friend and fellow cyclist 'Deb' passed away peacefully on February 9 this year following a long illness which included two strokes. His determination to fight the effects of the first stroke in 2005 continued throughout, demonstrating the sheer mental strength of the man that we all knew.

'Deb' was born in South-East London in November 1937. He won a scholarship to attend a Grammar School nearby. His father was employed by Brabys so when the company moved down to Crayford/Slade Green so followed the family.

In 1955 he was persuaded by the local 'Chippy' Alan Binks, to join the then infant Thames Road Club, formed just eight years earlier. Cycling at the time was a big participant sport there being about ten such clubs within a few miles. It took only a few years for 'Deb' to start turning heads and indeed, there is a club record of him winning his first club event with the caption beneath his photo: 'The day that 'Deb' stopped smiling for the cameras.'

His career was interrupted by a call for National Service, where he served in the army in Cyprus. Upon returning he became the first club member to beat the hour. In those heady days he often led our little club to team honours in association and open events.

At the same time that his cycling was progressing, so was his career, firstly as a messenger/clerk for the Houston Shipping Line, which merged first with the Clan Line,

then the Union Castle Line and finally became part of the South African Marine Corp (SAFMARINE). His career there really took off and it was in the 60's that he first met Rhonwyn in Cape Town. They married in July 1963 in her home town, Port Elizabeth and shortly after he was appointed to the Board.



When he returned to live in the UK he found the Thames was now the CC Bexley and it was in Bexley colours that he produced some of his greatest rides, although by then nearly 40 years of age. Clubmate, and fellow seeded rider Bob Mellor admitted once that 'Deb' was 'a real class act'. As an example Deb flew into London after a lengthy Board meeting in Geneva, Bob met him at the airport drove off to somewhere

on the Great North Road and they came first and second in a top '25'.

Always highly disciplined, always a true amateur, always a loyal clubman, always a good friend and as I discovered from the tributes paid by his children at his 'Celebration of his life' Service, a strict but very fair man and always a good husband and father.

Brian leaves the lovely Rhonwyn and their four children Andrew, Tracey, Alan and Richard and a growing band of grandchildren to whom our expressions of love and sympathy are extended.

*David Nash (Clubmate and life-long friend)*

## EVA DRINKWATER 1925 - 2019

MORE than 100 friends and family of Eva Drinkwater crammed into the chapel at Southampton Crematorium to pay their last respects to a woman whose credo was “only boring people get bored”.

The widow of Frank Drinkwater, mother of three Eva died in March aged 94. She was President of Sotonia Cycling Club and an Honorary Life Member of Wessex VTTA. As well as being a respected track rider and time triallist in her day, she was latterly a keen member of the WI, Southampton Canal Society and the Romsey Ramblers, of which organisation she was a founder member. Many VTTA members will remember Eva and Frank cheerily dispensing teas and cakes, and encouragement, at numerous Southampton area time trials in the 1970s and 1980s.

Sotonia CC's Julian Gee gave an appreciation of Eva to the funeral congregation on April 8. They were founder members of Sotonia CC in 1967 after their club, Southern Paragon, folded and cycling in the

Southampton area was in the doldrums, he said. Prior to starting a family, Eva was a regular prize winner on the track and in time trials when women's fields often had more than 50 entrants. She and Frank also enjoyed camping with other members of Southern Paragon in the 1950s and 1960s.

“When Eva's days of club cycling came to an end, she maintained her links with Sotonia,” said Julian. “One of the club's social highlights for many years was Eva and Frank's summer barbecue where they threw open their garden to members and their families. I've also discovered Eva became something of an activist for cycling rights as part of Southampton Cycling Campaign, writing to the city council to suggest improvements to cycle routes in the city.

“Back with Sotonia, Eva was elected as a Vice President for her contribution to the club and then in 2011 became the club's President, an honorary role that Frank had also performed some years earlier. Eva took her role seriously and was a regular at the

AGM and the annual dinner and prize presentation where she could always be relied on to say grace.”

*Bob Jolliffe*

*Photo from the Jim Love collection*





**KEITH MILLS**  
**Sydenham Wheelers CC**  
**18TH October 1934 - 29th December 2018**

Keith was a member of the Blackheath Touring Club when it amalgamated with the 'Sydenham' in 1959, because both clubs' memberships needed a boost, and became the Sydenham Wheelers CC incorporating the Blackheath Touring Club. Both memberships then relaxed in the belief that the clubs were saved from going out of existence. Unfortunately, numbers dwindled once more so the Blackheath name was dropped and the 'Sydenham' continued because of its history.

Keith was one of the stalwarts from his club and became club runs leader in the 'Sydenham' mainly for the youngsters, namely the later flyers Nick Gritton, Simon Cope and Matt Miles (who in 1980 broke the 10 miles national juvenile team record, which they held until 1991). Others who contributed socially as well as racing were Mike Thoroughgood, Terry Day, Del Taylor, Pete Mahoney and Luke Evans. Keith's generous good nature and devotion to the part he was playing gained respect from everyone; his stock in trade was a saddlebag full of tools for every kind of bike problem and nothing was too much trouble for him to get the lads rolling again.

On writing this article I realize what influence Keith had in looking after our future champions who to this day still respect and admire him, as was shown at his funeral.

Off the bike his generosity extended to a down and out who made a home sleeping in his beloved old Rover classic 3 litre car, until the road licence ran out and so he had to sell it. He also paid cash to someone to buy a car but on the journey back and with no insurance cover it was written off, as was Keith's cash, which with his income he could ill afford. His sense of duty and public service probably stems from the awards he received in the Boys Brigade, and for which he was very proud. He never married, never smoked and was teetotal, so was reluctant to go onto a pub.

He took part in time trials over the years, riding up to 12 hour events and managed a best '25' of 1:05, but not with a state of the art bike, just his stripped down touring bike. I remember him climbing up 'Laughing Water' in a '25' on the A2 twiddling a small gear, when everyone else would be stamping the highest gear they could muster in order to sprint to the finish. He also made a state-of-the art huge result board for the club's open '25' on the A2 complete with large easel.

Keith and I were club mates in the 'Sydenham' but were surprised to discover that we had come into contact much earlier. He showed me a 20-odd years old newspaper cutting from 1943, showing two boys out in front kicking a football whilst convalescing at Himely Hall, Leicester, having been victims of the German bombings of Sandhurst Road School. Keith said "That's me kicking the football", to which I replied "Guess who that is beside you?"

In later years he became less mobile and therefore relied on all the gadgets he had rigged up at his home over the years, of levers, pulleys and ropes to support and bring things to him. Although by then less involved with the club he was a life member and gave generous donations. It was therefore a great shock and sorrow to hear that he was admitted into intensive care at Lewisham Hospital with pneumonia aged 84 and that he died so suddenly on the day that his brother, sister-in-law and I were visiting.

Rest in Peace, Keith.

*Bob Loader*

## **VTTA EVENT ORGANISERS PLEASE NOTE**

### **GUIDANCE NOTE TO VTTA ORGANISERS ON COMPLETING THE STANDARD RESULT FOR UPLOADING TO THE CTT WEBSITE**

The CTT website allows event organisers to upload their results and to include both actual time and the VTTA standard plus or minus. For all events shown in the annual VTTA handbook the result can also be seen in the Results section of our VTTA national website [www.vtta.org.uk](http://www.vtta.org.uk). On our website the results can also be viewed in standard order. However, the CTT and ourselves have experienced some problems with the display of standard pluses and especially 'minus' times. This note explains how to input results on standard using the CTT template so that they are then shown correctly on the VTTA site:

1. For each VTTA member participating, include the result on standard (in column Q of the CTT template) as a plus or minus time (or distance for 12/24 hours).
2. Result on standard should be entered with a single apostrophe ('), followed by a sign (+/-), followed by the time in the format hh:mm:ss, or mmm.mm for 12/24 hour events. e.g. '+00:03:45 as a time or '+028.25 for a distance. The apostrophe (') forces Excel to accept the input correctly as literal text otherwise minus times will default to #####; the apostrophe will not be displayed by Excel when you press return – however if you click on a cell you will see the apostrophe in the display box at the top of the Excel screen under the icons.
3. The correct number of digits in the input is also essential. Use leading zeroes to ensure this e.g. '-00:01:45 is a valid time input for a minus but '-1:45 is not. Likewise '+098.45 is a valid distance but '+98.45 is not.

#### **NOT TOO LATE FOR STANDARDS**

Members are advised that they can register and pay for standards at any time on the website. However subsequent claims must relate to events completed after this registration and no later than 31<sup>st</sup> October.

Copy dates for the next two editions of *The Veteran* are 20<sup>th</sup> August and 18<sup>th</sup> November  
**WHEN RESPONDING TO ADVERTISERS PLEASE MENTION 'THE VETERAN' AND THE VTTA**

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# Escape to the Sun

This beautiful villa now available for rent is located in the province of Valencia on the Costa Del Azahar. The large 3 double bedroom property is set in the foot hills of Monte Corona offering panoramic views over orange groves with a Pine Forest backdrop which really is the perfect place to relax and get away from it all.

Apart from the large lower terrace with its pool and raised sunbathing area, there are 3 large upper terraces offering partial shade and extreme privacy. The fully equipped outdoor kitchen and barbeque has adjoining indoor and outdoor dining offering absolutely breath taking views over open countryside, of an evening with dim lighting this becomes your own personal chill-out zone.

The Villa which has been equipped to a high standard with no expense spared has 3 double bedrooms and two bathrooms, a fully fitted kitchen with dishwasher and washing machine. The Lounge which has 2 low-slung settees that could accommodate 2 additional people also has dining furniture and double door access to the large under cover terrace. Outside there is a large family playroom and under-build and not to mention again the 4 separate terraces ensures there is plenty of room for everyone to find there own space.

For the adventurous, there are plenty of places to explore, winding roads through open countryside via small traditional villages take you to the historic towns or ancient castles and all that real Spain has to offer. 15/20 minutes takes you to some of the best blue star beaches the Mediterranean has to offer. From the local City of Gandia and adjoining Gandia Playa with its own 5 mile long Palm lined promenade, to natural beaches of Oliva backed by sand dunes and dotted with 24/7 Salsa bars, you really need little else.

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