



Number 62

September 2019

THE VETERAN



Karen Ledger - 50 Mile Champion



Gavin Hinxman gave his aero-trike a fast outing at Keswick to become 100 mile champion by a slim margin

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**Kimroy
Photography** 

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 62

September 2019

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EDITORIAL

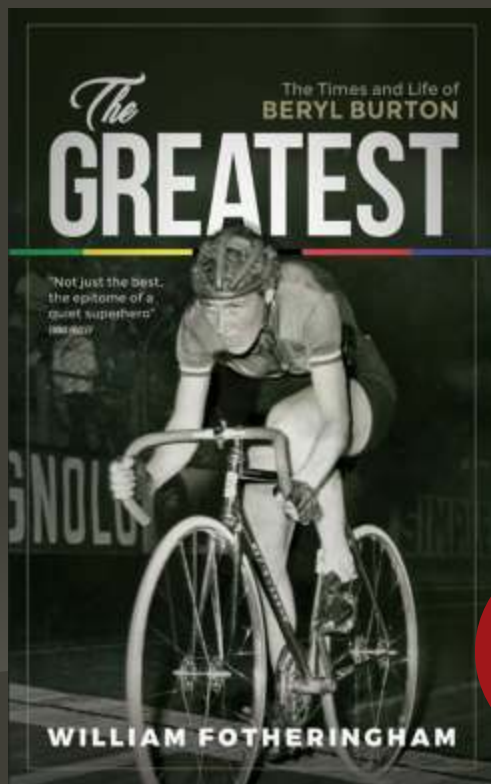
This September magazine covers the height of the time trialling season, starting with the 25 championship in early June. Then championships have come thick and fast, with the 50, 100, 24 hour and 12 hour, all reported on. Unfortunately the 12 hour result is delayed due to the non-veteran overall winner of the CTT championship, with which our VTTA championship was incorporated, allegedly departing from the official course. As we have only seen provisional distances for an incomplete field we must wait patiently, but the full result should be in the next edition along with the 30 (stop press headline result on page 58) and the 15. There has been a wide geographical spread of these championships - from the south coast of England to Central Scotland and the Welsh Borders to East Anglia. This has given many of our members the opportunity to ride a "home" championship and is something worth encouraging.

All this championship activity has created interest in the revised standards, especially as two championships have been won outright by two (different) women and two have been won by (the same) outstanding trike rider. It has certainly created a more level playing field for all our racing members, although with no massive winning margins any of these championships could have gone either way - it is giving all the opportunity to be more competitive. Whilst debates rage over the revised standards amongst the senior echelons of the VTTA I suspect the vast majority of our members are happy to accept them as they are and do not want any major changes nor a more complex system requiring use of a computer at events and competence in use of spreadsheets.

With all the racing activity inevitably some of the group reports are quite lengthy. A common theme in many reports however is cancellation or postponement of events caused by severe weather or disruptive roadworks, but on our increasingly crowded roads we just have to accept these inconveniences. A knock on effect of such a postponement is the late publication of this edition of The Veteran due to my own 10 mile promotion, which was carefully planned for a quiet period of mid-July, being postponed to then fall at the end of August when I am frantically trying to produce the magazine. Apologies, but as you will deduce I have finally got the magazine out and my event was a success, especially for Ron Hallam (who imparts some of the secrets of his success and longevity in the latest "Rider Q & A").

And finally, when you hang up your wheels for the year please remember to send claims for standards, competitions and (for some) records all to your Group Recorder.

Mike Penrice



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OUR PRESIDENT'S PERAMBULATIONS

The racing season is in full swing with many of the competition counting events having already taken place. I was privileged to be at the 100 mile VTTA National event and hand out the medals to the prize winners. This took place in one of the most picturesque parts of the country in the Lake District; the course was on a single carriageway except for a small length of dual carriageway and was 25 miles in length, with roundabouts at each end. Competitors had to complete four circuits.

The morning was good with sun shining and a fairly light breeze. For many the course proved to be good for them and they were able to achieve improvements on their previous results and obtain their standards. The day's outstanding ride was the only trike entrant, who didn't do the fastest overall time but won the championship on obtaining an extremely good plus against his age standard. The course probably was good for a trike rider as there were only two roundabouts at either end of the circuit and the rest of the course was mostly in a straight line with no other difficult stretches of road.

It is interesting that as soon as trike riders do well discussions begin that the standards are perhaps too generous for such riders and need to be tweaked again. I have always found riding a trike to be an art in itself as all I could achieve was to ride round in a circle in a car park. Watching individuals who have mastered this monster has always made me have great admiration for their expertise. Trike riders are no different from solo riders, they train hard, probably follow a strict training regime with most likely a coach and follow a strict dietary intake. They may also make sure that they have a good machine with good equipment' which is exactly what those wishing to excel on a solo bike do. Perhaps all who feel that they are missing out should bin their solo bikes and instead compete on a trike.

It can probably be said that the reason for trikes being in the minority in the racing world is because they are difficult to control, could be seen as a hazard to motorists because of their width and most of the courses can prove tricky to ride, even on dual carriageways where heavy lorries have made indentations in the road surface which can result in the trike handler having an eventful ride. At the moment we have two extremely good trike riders who are causing a stir but the vast majority of people who ride a trike cannot aspire to such heights but will still continue to enjoy riding and entering events on their three wheel machine.

I just feel that the ensuring discussions regarding yet another tweak to the standards for trikes is a storm in a tea cup. To quote Abraham Lincoln, "You can please some of the people all of the time, you can please all of the people some of the time, but you can't please all of the people all of the time."

Carole Gandy

The Fellowship of Cycling

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VIEW FROM THE CHAIR

The last few months have seen the season fully underway and I have been able to attend and ride four of the six VTTA championships so far. (I am not, and never will be, a 12 or 24 hour rider). It has reinforced my appreciation of the organisers and their helpers who put in so much time and effort so that we can enjoy these national events. One challenge in organising the championships is to check that entrants have current VTTA membership. The 'VTTA Details' section for members on the CTT site is not being completed or maintained by some members and so has become quite unreliable. So we have to do a manual check against our national database. I have written to the CTT to ask if we can implement an automatic link between our new online membership system and the CTT system and I am currently awaiting their reply.

I have been interested to see how the 2019 revised standards have played out in the championships so far. The slightly more favourable standards for younger women have helped them achieve the largest plus at both the 50 mile and 24 hour championships with Karen Ledger in the 50 and Christina Murray in the 24. We have also seen a trike winning a championship, with Gavin Hinxman just edging Richard Bideau in the 100. There have also been some medal winning rides from older members with bronze medals for David Hargreaves in the 50 and Peter Horsnell in the 25. Evidence for the revised standards has so far been fairly positive in the championships and we will have to see how they impact the season long competitions.

There is also of course the matter of personal standard medals and the revised standards have made it somewhat harder for riders over about 60 to improve on their previous best plusses and win medals this year. I managed to get my 100 standard by just 39 seconds thanks to the lakeside Keswick course rather than the rolling Anfield 100. It is a real challenge for a national standards system to reflect local factors and courses. Without getting into the technicalities, the way that standards work in terms of a subtraction of actual from standard times means that for purely mathematical reasons fast courses will tend to increase the plusses of older riders relative to younger ones while slower courses will tend to have the opposite effect and help the younger, faster rider. The NEC is aware that a different model or formula of 'proportional plusses' could address this but it requires a percentage calculation against a standard time. To be practical it would need a computer to work these out at an event. Some people may feel that the standards system is complicated enough without making it more so!

Another consideration, however, is this. I did a brief survey of groups last year to ask how many of their members had achieved one or more standard medals in 2018. The average answer came out at about 10%. This seems quite a low figure for a unique feature of VTTA membership. So perhaps the question should be, what can we do to make the achievement of standard medals a more popular and prominent feature of VTTA membership? This could mean adopting a different 'formula', but it also would seem to require us to communicate and promote standard medals better as an organisation. Thoughts from members on this subject are welcome as the NEC debates it in the autumn.

Andrew Simpkins

NATIONAL EXECUTIVE COMMITTEE VACANCY FOR NATIONAL TREASURER

After several years of diligently taking care of our national accounts Mary Corbett is stepping down as our National Treasurer and we are inviting interest from members in taking up this vital role in the VTTA.

The National Treasurer manages the financial affairs of the VTTA and is a member of the NEC. The move to online banking, and the implementation of the new National Online Membership System, have helped to modernise the processes involved in the role. Key tasks include liaison with groups over national subscriptions, managing the authorisation and payment of invoices and reimbursement of expenses, the submission of quarterly financial reports to the NEC, and the production of the annual accounts. NEC meetings are held quarterly, where the Treasurer provides an update on financial matters and may advise on the financial implications or consequences of decisions.

A full description of the role is available on request.

We are hoping to appoint a new Treasurer by the start of the new financial year on 1st November and Mary is willing to assist with the handover of the role.

If you would like to register a potential interest in the role please contact the Chairman, Andrew Simpkins, on 07767 835004 or email him at chairman@vta.org.uk.



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NATIONAL MEMBERSHIP SECRETARY'S REPORT

The new national website seems to be running smoothly as far as new members' registrations are concerned. During the last seven months (January – July 2019) 326 new members have been welcomed.

Comparisons with the last three years are as follows:-

On the 31st July the website indicated that 2706 members were Active, 121 had Resigned and 48 were Deceased. Of the large number who had their membership lapsed on the 1st March 2019, 557 still remain so marked.

	2016	2017	2018	2019
January	45	53	44	61
February	43	67	58	41
March	55	60	69	41
April	72	59	71	61
May	53	63	57	57
June	43	51	64	46
July	49	29	51	19
Totals	360	382	414	326

Honorary Life Membership.

39 members will reach the age of 80 this year. I have circulated all the groups of these and they are considering whether they should be given HLM status under the new rule or not. I have received, to date, confirmation that 8 members will be made HLM's and 6 will not. I await replies from other Groups.

Merv. Player

IT MANAGER'S REPORT

Last issue I wrote "*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*". Well this will be true this issue! The delay in the release of the system has been largely due to getting the complexities of tandem records correct. To access the system go to the VTTA website and you will find the National records under the Records tab and the Group records in the group tabs. You can find guides to the system in the About/Documents section. One of the features of the new system is that some group records have been rediscovered. This will be pleasing to the record holders but perhaps disappointing to those who thought that they had a record but didn't.

We now have 2055 registered users on the VTTA website, a 7% increase on the 1922 reported three months ago. If you have not been to the VTTA web site www.vtta.org.uk and registered yet, please do so. If you need any help doing this, please contact your group membership secretary or me.

I did qualify for the Paris-Brest-Paris by completing a Super Randonneur series of 200, 300, 400 and 600km events. To complete my preparations I did the Mersey Roads 24 hour for the first and (I promised my wife) the last time. After the event I learnt that if I had not stopped to fettle my wobbly light, Surrey/Sussex would have got the group team prize. I am off to Paris on Saturday to ride the PBP with several thousand other people. I have 90 hours to do the 1200km, so I think I will have time to stop and fettle... (*Editor's note - Jon completed PBP in a very impressive 79h 26m 23s. Well done!*)

Jon Fairclough

RIDER Q&A - RON HALLAM

Jon Fairclough Asks the Questions

The cyclist answering the questions this month is Ron Hallam, the 2018 National Short Distance BAR Champion and 2018 National 10 mile Champion. Ron has set 42 national and group age records on road and track. He will be 89 in September and is still racing and winning.

Q: When did you start time trialling?

A: 1946. I saw an advert in the local paper saying they were re-forming the Nottingham Sphere Cycling club after the war (I was 16 years old at that time and a member of the local CTC group for the past two years.) About thirty interested people turned up including five or six of the original members, all 40 years plus, riding bikes in various stages of disrepair. No car owners around at that time. When I joined the club, my parents bought me a second hand "Sun Blue Mist" machine for £5. This got me started on a youth hostel tour. The bike was on 89" fixed and I had no idea what that was. I rode my first 10 on this gearing and recorded 30:25. Next week I rode 79" fixed. The time came down to 24:39. The bug had bitten. That was the start!

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

A: I was a member of the National 25 championship winning team in 1959. In 1958 I won the 25 at Thrapston, near Corby, beating Alf Engers at the start of his career, who was second. I won the Charlotteville 50 mile on the Bath Road in Easter 1959. In 1967 I had my first 100 win in 4 hours 10 minutes. As a vet I have had many wins in national championships and I have set many age records. My best rides are 10 miles 22:11, 25 miles 56:30, 15 miles 41:15, 30 miles 1:9:20, 50 miles 1:57:30, 100 miles 4:10:20, 12 hours 251 miles.

Q: What is your TT bike?

A: I bought a second-hand Giant that had only been used for racing. The bike has a carbon fork, alloy frame, disk rear wheel, Corima front wheel and tri-bars. I have ridden it for 12 years and in that time I have only changed the chain and tubular tyres.

Q: What innovations in cycling technology have you found useful?

A: Tri-bars - you cannot compete without them. Other aids, such as coaching etc are too expensive for me.

Q: What is your approach to training?

A: Early season I use a turbo trainer with a heart monitor. I race at weekends. If a race is on a Saturday, then I will go out for a steady 30/40 mile training ride on the Sunday. On Tuesday I have a turbo session and on Wednesday I am out for a 50/60 mile reasonably hard training ride. For me, no amount of training replaces the fitness gained from racing.

Q: What have you done (and not done!) to allow you to keep racing into your late 80's?

A: No long miles, as in the past. Rides are usually total of about 40 miles with a café stop, and 99% I ride alone. All rides mostly on single free wheel 67" – 75" max (gears but no big gear hammering).

Q: How many more years do you plan to keep racing?

A: How long is a piece of string? As long as there are records to break or set, or health will allow me to!

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

A: 10 – 50 miles. All are a challenge.

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

A: Six months of the year racing takes precedence. This means we take many caravanning holidays in the areas where the races are taking place. I pick the main events: championships and record attempt possibilities. My wife Patricia, who drives and tows the caravan, will choose the events to ride in between and caravan sites we stay at. We can sometimes be away four or five weeks. We make a good team.

Q: What are you aiming to achieve this season?

A: My aim is to go faster each time I ride. While that does not always happen, conditions and fast courses would help these dreams come true. Also travelling great distances to such events is not always possible. I feel that our sport has now become a money sport where the latest equipment can gain vital seconds. In my opinion the VTTA no longer encourages the older rider as it was intended to. I am lucky as I can get in most veteran's events with my plusses, but many riders can't.

Q: How has your season gone so far?

A: My worst season ever. Six events have been cancelled because of snow, wind and rain. I understand health and safety must come first and fully accept the organiser's decisions when cancellations are necessary. This season I have ridden only half the events that I would normally ride. I punctured in one and went off course in the Veteran's National 25 (entirely my own fault, it comes with age). But I have to be pleased with the results so far. At least I am still able to race for the moment. I have been racing from 1946 – 2019 non-stop. I think I must be one of the lucky ones!



VTTA NATIONAL 24 HOUR CHAMPIONSHIP

Saturday/Sunday 20th/21st July 2019

NEC Representative Alan Colburn

West Cheshire and north Shropshire basked under grey skies for most of the 24 hour championship, but with no rain and a pleasant warmth there were some excellent performances both by the top riders and those further down the field. The good weather conditions started off with a tail wind for most of the first leg.

A good win on standard sees the C. W. Cooke Cup go to Christina Murray of Army Cycling with a +142.62 earned through achieving a CTT competition record (and VTТА age record) distance of 478.42 miles; both records are of course provisional. This seems to me a good recommendation for the recent amendments to our standards tables - there was a margin of just 1.5 miles over top man Paul Jackson of Team Bottrill.

Several riders expected to do well fell by the wayside, most notably defending champion Andy Jackson who clipped a stationary car during the evening, ending up in hospital. Others struggled to finish, hoping to make up a team result.

The Group Team award went to Kent with a hefty +316.97 with Martin Brown and Bob Bullyment separated by only a third of a mile! They finished less than 2 miles ahead of Surrey/Sussex group, whose third counter VTТА national IT guru Jon Fairclough now regrets the time he spent chatting at the roadside. But that is what the 24 hour is all about - it's as much a social event as an endurance test - and most of us will be back next year for more of the same.

The tremendous organisation and planning was handled in the usual excellent manner by Jon Williams and his team of thousands - maybe a slight numerical exaggeration, but a lot! Congratulations to the award winners, well done to all riders and as usual many thanks to the organiser.

AWARD WINNERS - 2019 VTТА NATIONAL 24 HOUR TIME TRIAL CHAMPIONSHIPS					
Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Paul Jackson	Team Bottrill	Surrey/Sussex	+141.12	Gold
2nd Man on Std.	Doug Hart	Ilkley CC	Yorkshire	+133.71	Silver
3rd Man on Std.	Martin Brown	7Oaks Tri Club	Kent	+118.65	Bronze
1st Woman on Std.	Christina Murray	Army Cycling	Wessex	+142.62	Gold
2nd Woman on Std.	Lynne Biddulph	Born to Bike	Midlands	+91.32	Silver
3rd Woman on Std.	Rebecca Wilson	Rye & Dist Whs CC	Surrey/Sussex	+89.58	Bronze
Group Team Champions	Martin Brown	7Oaks Tri Club	Kent	+316.97	Gold
	Robert Bullyment	Catford CC			Gold
	David Greenwood	Rye & District Whs CC			Gold
Club Team Champions	Russell Kesley	Dulwich Paragon CC	London & Home Counties	+162.70	Gold
	Samuel Crossley				Gold
	Hector Kidds				Gold
Tandem Champions	George Berwick	Edinburgh Road Club	Scotland	+61.10	Gold
	Phillip Jurczyk	West Lothian Clarion			Gold

First man and first woman on standard also each receive a champion's jersey and cap.
Christina Murray is also awarded the C W Cooke Cup for overall best solo on standard.

FINISH ORDER - 2019 VTTA NATIONAL 24 HOUR TANDEM TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	George Berwick	Edinburgh Road Club	Scot	M	78	251.18	312.28	+61.10
	Phillip Jurczyk	West Lothian Clarion	Scot	M	74			

FINISH ORDER - 2019 NATIONAL 24 HOUR TIME TRIAL CHAMPIONSHIP

Pos	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Christina Murray	Army Cycling	Wsx	F	42	335.80	478.42	+142.62
2	Paul Jackson	Team Bottrill	S/S	M	53	344.09	485.21	+141.12
3	Doug Hart	Ilkley CC	Yks	M	46	365.89	499.60	+133.71
4	Martin Brown	7Oaks Tri Club	K	M	58	328.00	446.65	+118.65
5	Robert Bullyment	Catford CC	K	M	46	365.89	484.21	+118.32
6	Angus Swanson	Stirling Bike Club	Scot	M	51	350.22	459.80	+109.58
7	Paul Russell	Springfield Fin'cl RT	NL&L	M	52	347.16	448.58	+101.42
8	Graham Barker	Rockingham CC	NMids	M	69	282.52	378.99	+96.47
9	Nigel Brooks	Stirling Bike Club	Scot	M	65	301.22	396.08	+94.86
10	Lynne Biddulph	Born to Bike	Mids	F	50	313.10	404.42	+91.32
11	Rebecca Wilson	Rye & District Whs CC	S/S	F	54	302.63	392.21	+89.58
12	Paul Winchcombe	Chippenham & Dist Whs	West	M	59	324.54	413.54	+89.00
13	Mark Nicholson	Border City Whs CC	NL&L	M	46	365.89	453.30	+87.41
14	Jon Fairclough	Woking Cycle Club	S/S	M	65	301.22	385.83	+84.61
15	Nigel Briggs	South Pennine RC	N&EM	M	58	328.00	410.04	+82.04
16	David Greenwood	Rye & District Whs CC	K	M	54	340.99	420.99	+80.00
17	Russell Kesley	Dulwich Paragon CC	L&HC	M	49	356.36	428.98	+72.62
18	Samuel Crossley	Dulwich Paragon CC	L&HC	M	41	384.06	437.30	+53.24
19	Roger Squire	Wrexham RC	Mer	M	50	353.28	403.04	+49.76
20	Jocelyn Chappell	Aylesbury CC	L&HC	M	59	324.54	374.09	+49.55
21	Hector Kidds	Dulwich Paragon CC	L&HC	M	42	380.08	416.92	+36.84
22	Bob Awcock	Born to Bike	Mids	M	75	248.47	284.23	+35.76
23	Bob Richards	RN & RM CA	West	M	61	317.30	336.96	+19.66
24	Kate Bradley	Born to Bike	L&HC	F	41	339.16	274.03	-65.13
DNF	Jackie Field (CC Ashwell), Richard Parrotte (Shaftesbury CC), John Hasall (Bossard Whs), Victor Chetta (Mid Shropshire Whs), Ray Retter (Born to Bike), Andy Jackson (AeroCoach)							
DNS -A	Chris Hanson-Jones (Frodsham Whs), Brian Kilgannon (RN & RM CA), Dave Pemberton (Born to Bike), Richard Walker (VTTA (North Mids)), Kevin Munt (Farnham RC), Martin Arundel (Verulam CC)							
DNS	Neil Fowler (Team Ciara Cycling)							



Overall champion Christina Murray smiling her way to women's 24 hour competition record



Paul Jackson's +141 miles earned him the men's championship



Bronze medallist Martin Brown skirmished briefly with tandem winners Philip Jurczyk and George Berwick



Doug Hart covered an impressive 499.6 miles for the men's silver medal

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 their 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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VTTA NATIONAL 50 MILE CHAMPIONSHIP

Saturday 22nd June 2019

NEC Representative Mike Penrice

Karen Ledger did the ride of the day to secure overall best on standard in the National 50 Championship. In beating all the men by doing so she became only the second rider to achieve this feat, following in the wheel-tracks of the legendary Mary Dawson.

The championship was held over almost two laps on a mixture of A-roads and quiet technical lanes in rural East Yorkshire and was ably organised by Mike Williams and Yorkshire Group. It was bright and sunny for this Saturday afternoon event with only a slight south-easterly zephyr, almost perfect conditions after the persistent showers of the previous few days.

The men's championship saw a fine win by Andy Jackson with a plus of 31:50, to go with his 2018 win in the 24 hour VTTA championship. Second and taking his third medal in three championships was Keith Ainsworth (plus of 30:55). Third and moving up one place from last year to claim a medal was Dave Hargreaves with a plus of 29:25.

The women's championship was won convincingly by Karen Ledger with her outstanding plus of 33:00. Debbie Moss took silver with a plus of 26:34 and Liz Ball took the bronze medal with a plus of 20:19, to claim her first VTTA championship medal.

Andy and Karen were also fastest man and woman with times of 1:45:09 and 1:56:33 respectively.

The group team award was inevitably taken by Yorkshire (Andy Jackson, Stephen Ayres and Mark Wolstenholme) and Yorkshire based but quite cosmopolitan Team Swift were best club team with local lad Mark Wolstenhome leading Steve Lorraine (Midlands) and Randle Shenton (Scotland).

The tandem gold medal was won by the evergreen A5 Rangers pair of Murray Kirton and Dave Stockley with +14:22. Their 2:19:48 also netted them a provisional age record.

Although not eligible for any awards the most impressive sight of the day was of reigning Paracycling World Champions in both road time trial and track pursuit Steve Bate and Adam Duggleby powering round such a technically demanding course in a phenomenal

1:35:33, only two minutes away from competition record, which they beat several weeks later. This is probably the first time that we have had world champions in any VTTA event and it is worth noting that Steve Bate is already over that magical age of 40.

The awards ceremony at the Seaton Ross Village Hall headquarters was graced by 1960s ace time triallist Pete Smith, former RTTC champion and competition record holder for 50 miles (1:49:22 in 1966), who presented the awards. These championships are certainly an opportunity to renew old acquaintances as Pete found out when meeting up with his old rival Bas Breedon of Rockingham CC, who he had many a battle with on the legendary Boro' over 50 years ago.

WANTED BY COLLECTOR
OLD RACING CYCLES,
FRAMES & COMPONENTS
1920-1990 VINTAGE
Can collect from most areas if
required
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AWARD WINNERS - 2019 VTTA NATIONAL 50 MILE TIME TRIAL CHAMPIONSHIPS

Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Andy Jackson	AeroCoach	Yorkshire	+ 31:50	Gold
2nd Man on Std.	Keith Ainsworth	Sheffrec CC	North Midlands	+ 30:55	Silver
3rd Man on Std.	Daviid Hargreaves	North Lancashire RC	N Lancs & Lakes	+ 29:25	Bronze
1st Woman on Std.	Karen Ledger	Ace Test Team	Notts & E Mids	+ 33:00	Gold
2nd Woman on Std.	Deborah Moss	Team Merlin	N Lancs & Lakes	+ 26:34	Silver
3rd Woman on Std.	Liz Ball	Valley Striders CC	Yorkshire	+ 20:19	Bronze
Group Team Champions	Andy Jackson	AeroCoach	Yorkshire	+ 84:18	Gold
	Stephen Ayres	Bronte Whs			Gold
	Mark Wolstenholme	Team Swift			Gold
Club Team Champions	Mark Wolstenholme	Team Swift	Yorkshire	+ 66:36	Gold
	Steve Lorraine		Midlands		Gold
	Randle Shenton		Scotland		Gold
Tandem Champions	Murray Kirton	A5 Rangers CC	Midlands	+ 14:12	Gold
	David Stockley				Gold

First man and first woman on standard also each receive a champion's jersey and cap.
Karen Ledger is also awarded the Cecil Paget Cup for overall best solo on standard.

FINISH ORDER - 2019 VTTA NATIONAL 50 MILE TANDEM TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Murray Kirton	A5 Rangers CC	Mids	M	78	2:34:10	2:19:48	+14:22
	David Stockley			M	78			

FINISH ORDER - 2019 VTTA NATIONAL 25 MILE TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Karen Ledger	Ace Test Team	N&EM	F	46	2:29:33	1:56:33	+33:00
2	Andy Jackson	AeroCoach	Yks	M	44	2:16:59	1:45:09	+31:50
3	Keith Ainsworth	Sheffrec CC	NMids	M	60	2:23:57	1:53:02	+30:55
4	David Hargreaves	North Lancashire RC	NL&L	M	72	2:32:56	2:03:31	+29:25
5	Adrian Hughes	Seamons CC	Mids	M	52	2:20:16	1:52:12	+28:04
6	Jim Moffatt	CC Luton	L&HC	M	62	2:25:04	1:57:20	+27:44
7	Stephen Ayres	Bronte Whs	Yks	M	40	2:15:07	1:48:09	+26:58
8	Deborah Moss	Team Merlin	NL&L	F	49	2:30:54	2:04:20	+26:34
9	Mark Wolstenholme	Team Swift	Yks	M	41	2:15:36	1:49:16	+26:20
10	Mark Sanders	Mid Devon CC	West	M	60	2:23:57	1:58:22	+25:35
11	Richard Dean	Rockingham CC	Yks	M	40	2:15:07	1:50:22	+24:45
12	David Leckenby	Ilkley CC	Yks	M	55	2:21:32	1:58:06	+23:26
13	Simon Smith	Shutt Ridley RT	Mids	M	44	2:16:59	1:54:15	+22:44
14	Gareth Metcalfe	Otley CC	Yks	M	60	2:23:57	2:01:45	+22:12
15	Lee Foster	Border City Whs CC	North	M	69	2:30:04	2:08:12	+21:52
16	Simon Dighton	Beacon Roads CC	Mids	M	56	2:21:59	2:00:30	+21:29
17	Darren Gough	Barnsley RC	Yks	M	50	2:19:27	1:58:20	+21:07
18	Andrew Askwith	Vive Le Velo	Yks	M	54	2:21:06	2:00:00	+21:06
19	Sean Quinn	Law Whs	Scot	M	46	2:17:49	1:56:45	+21:04
20=	Steven Loraine	Team Swift	Mids	M	63	2:25:40	2:05:00	+20:40
20=	Steve Clarke	TMG Horizon Cycling Team	EA	M	64	2:26:18	2:05:38	+20:40
22	Rob Vessey	Didcot Phoenix CC	West	M	56	2:21:59	2:01:25	+20:34



Top left - Mark Wolstenholme collected both a group and a team medal on his home roads

Top right - Pete Smith with men's 1/2/3 Keith Ainsworth, Andy Jackson and Dave Hargreaves

Centre left - Women's 1/2/3 Debbie Moss, Karen Ledger and Liz Ball

Centre right - Fastest and men's BOS Andy Jackson

Bottom right - Rainbow jerseys worn with pride, Adam Duggleby and Steve Bate



Championship
images courtesy

**Kimroy
Photography** 

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
23	Liz Ball	Valley Striders CC	Yks	F	65	2:39:43	2:19:24	+20:19
24	David Taylor	Ravensthorpe CC	Yks	M	63	2:25:40	2:06:00	+19:40
25	Randle Shenton	Team Swift	Scot	M	61	2:24:30	2:04:54	+19:36
26	John J Murphy	Gloucester City CC	West	M	79	2:42:12	2:22:47	+19:25
27	Jez Willows	Sherwood CC	N&EM	M	54	2:21:06	2:03:11	+17:55
28	Grant Whiteside	Pontypool Road CC	Yks	M	45	2:17:24	1:59:36	+17:48
29	Andrew Simpkins	Solihull CC	Mids	M	65	2:26:59	2:09:18	+17:41
30	Andy Whitehead	Rockingham CC	NMids	M	53	2:20:40	2:03:10	+17:30
31	Darren Caines	Bronte Whs	Yks	M	52	2:20:16	2:03:19	+16:57
32	Daniel Shaw	Halifax Imperial Whs	Yks	M	50	2:19:27	2:02:55	+16:32
33	Jan Scotchford	North Lancashire RC	NL&L	F	52	2:32:15	2:15:51	+16:24
34	Stephen l'Anson	Buxton CC	Mids	M	63	2:25:40	2:09:41	+15:59
35	Karen Taylor	Team Sportslab	Yks	F	52	2:32:15	2:16:54	+15:21
36	Chris Last	Rotherham Whs CC	Yks	M	55	2:21:32	2:06:19	+15:13
37	Jymmy Trevor	Hull Thursday RC	Yks	M	47	2:18:14	2:03:18	+14:56
38	Gary Bates	Team Swift	NMids	M	56	2:21:59	2:07:04	+14:55
39	Adam Hardy	Team Sportslab	Yks	M	42	2:16:05	2:01:27	+14:38
40	Louise Hamilton	Mountain Goat Coaching	North	F	49	2:30:54	2:16:57	+13:57
41	Vanessa Barker	Hull Thursday RC	Yks	F	44	2:28:36	2:15:26	+13:10
42	Mike Mcleavy	City RC (Hull)	Yks	M	64	2:26:18	2:13:30	+12:48
43	Richard Durham	VTTA (Yorkshire)	Yks	M	64	2:26:18	2:14:05	+12:13
44	Mark Symons	City RC (Hull)	Yks	M	58	2:22:55	2:11:00	+11:55
45	Michelle Highfield	Berwick Whs CC	Scot	F	53	2:32:53	2:21:51	+11:02
46	Simon Ward	Scarborough Paragon CC	Yks	M	46	2:17:49	2:05:57	+11:52
47	Jo Scott	Team Swift	North	F	55	2:33:40	2:23:03	+10:37
48	Mike Cole	Huddersfield RC	Yks	M	74	2:35:09	2:24:39	+10:30
49	Alan Gay	Team Swift	Yks	M	71	2:31:55	2:21:33	+10:22
50	Gary Simpson	Yorkshire RC	Yks	M	51	2:19:51	2:09:33	+10:18
51	Martin Gargett	Halifax Imperial Whs	Yks	M	46	2:17:49	2:07:37	+10:12
52	Paula Fisher	Rotherham Whs CC	Yks	F	61	2:36:57	2:27:48	+09:09
53	Paul Brierley	Huddersfield RC	Yks	M	52	2:20:16	2:11:19	+08:57
54	John Robertson	VTTA (Merseyside)	Mer	M	64	2:26:18	2:17:28	+08:50
55	Alison Vessey	Didcot Phoenix CC	West	F	65	2:39:43	2:31:32	+08:11
56	Paul Heggie	Birdwell Whs	NMids	M	65	2:26:59	2:19:46	+07:13
57	Brian Ward	Scarborough Paragon CC	Yks	M	84	2:52:22	2:46:31	+05:51
58	John Savage	Hull Thursday RC	Yks	M	58	2:22:55	2:19:26	+03:29
59	Michael Cox	North Lancashire RC	NL&L	M	73	2:34:00	2:33:12	+00:48
60	Michael Weaver	Rotherham Whs CC	NMids	M	70	2:30:58	2:32:50	-01:52
61	Paul Revell	Barrow Central Whs	NL&L	M	57	2:22:27	2:25:21	-02:54
62	Philip Worbey	Cyclesense CC	Yks	M	56	2:21:59	2:26:05	-04:06
63	David Percival	Team Swift	Yks	M	42	2:16:05	2:21:42	-05:37
64	Russell Carter	South Pennine RC	N&EM	M	58	2:22:55	2:35:09	-12:14
65	Derek Black	Wigan Whs CC	NL&L	M	70	2:30:58	2:44:15	-13:17
66	Ala Whitehead	Rockingham CC	NMids	F	45	2:29:05	2:47:24	-18:19
67	Christopher Gargett	Halifax Imperial Whs	Yks	M	40	2:15:07	2:45:36	-30:29

DNF : Cliff Beldon (Selby CC), Richie Grant (Hartlepool CC)

DNS-A : Ian Pike (Lincoln Whs), Sally Withy & Tony Ball (both Team Swift), Claire Jessop (Otley CC), Wayne Fuller & David Buxton (both Rotherham Whs), Chris Hanson-Jones (Frodsham Whs), Lee Watson & Russell Horner (both Team Sportslab), Frank Anderson (SVTTA)

AROUND THE GROUPS

EAST ANGLIAN

Mary Horsnell's musings

Further to my former frantic scribbblings - what a season, what weather - what more can I say? Even an accomplished raconteur like our chairman and newsletter editor Andy Grant, was reduced to using reminiscences to fill the May edition, although of course he was able to recount the considerable achievements of his famous team. This is more than I can say for the Chelmer, where team support for the senior vets is almost non-existent, while Cambridge CC continue to add to their palmares.

So many events have been suspended or cancelled, but the Group's 25 went ahead despite the now usual weather conditions, meaning 19 DNS and 4 DNF, with only 50 finishers. The main difficulty for those wearing spectacles was that they could not see in the heavy bursts of rain and had to exit the E2 via the nearest flyover or any available turning elsewhere.

The Counties' Terry Anderson Memorial 10 is lost for 2019 with so few dates left for fitting in re-runs. This is a big disappointment for organiser Rob Young and for the 145 entrants, including 41 ladies, many of them not often able to get a ride on a fast course. The Counties 12 hour has also been cancelled due to a lack on entries, possibly a result of the close proximity of the Breckland, which was the national championship.

The Counties 50 was aborted with Peter Horsnell actually on the start line when the call came through. Worse was to come in the Cambridge CC 50 (incorporating the now defunct Viking RC 50 for their famous trophy). He suffered a deflation at the far turn, later diagnosed as a leaking valve, and was unable to remove his tub; stopping twice to pump up his tyre he finished last with an ignominious 2:44:42.. In this event Gavin Hinxman won the Syd Parkinson Cup and a free dinner ticket for best on standard and Adam Duggleby the Viking Trophy as fastest rider.

The ECCA Association 100 one week later had reasonable conditions but was very cold for the early starters. Pete's hands were so cold that he

dropped his bottle, slip roads seem to be his bête noir.... but worse was to come.

It seemed too good to be true - the Breckland 50 on a Saturday afternoon. Despite impeccable organisation it was just unlucky that it happened to be the hottest day of the year. The cooling system of our car could not cope and we were like two roasted chickens. From an entry of 87 there were just 43 survivors, 16 preferring not to face timekeeper Val Hester and 28 dropping out, mainly suffering the effects of the sun. Notable DNFs from EA group included Bob Quarton, Noel Toone, Andrew Grant, Gavin Hinxman, Chris Nudds and.... Peter Horsnell, oh the shame of it! What a strange experience to see one after the other returning early to the HQ. Luckily the hall was cool and Margaret Hamon had kindly prepared her special recovery drink, plus a refreshing "cuppa". We had a nice chat about old times, remembering her outstanding rides with Verulam CC in the halcyon days.

What a crazy season! One week we are getting up at 12.30am for an early start and the next getting to bed at 12.30am after a late finish. Summing up, Peter has only managed 8 events and not an ideal programme. (Well I was asked to write more about my husband.) Others may well have worse tales of woe and I just hope that they have better results, even if it's not until 2020.

How pleasing it always is to have news of old friends. Ron Back recently called in on Bob and Mary Ward, but did not stay long as they had visitors. Bob is now 91 and "can't ride his bike much...". I used to see Bob often near Duxford, riding home from work, and he would often stop for a chat. that was before their move to Fornham All Saints, near Bury St Edmunds. At that time he was producing an excellent newsletter, as well as being i/c records etc. he sends his regards and best wishes to enquirers and would like news of Eddie Fone, knowing only that he is having care at home.

Ron tells me that we missed the best conditions so far, the evening 15, which was another CC Breckland promotion (on B15/1 on 15 July). Several vets age records are to be claimed - Andy Grant (31:07 age 66), Gillian Reynolds (38:12 age

70), Chris Nudds (33:52 age 71), Chris Roberts (34:44 age 74), John Murphy (38:50 age 79), Ron Back (39:09 age 80) and on tandem Glenn Taylor and Mark Arnold (28:34 aggregate age 96). The Saunders family were out in force along with another name from the past, Phil Hollingsworth, one time member of our group's National Vets BAR winning team when with East Anglian CC.

Only a few days later, Barry Freeman's 10 on B10/43 was not without its problems, with the time of start having to be changed due to footpath works. Jackie Field had a field day here, winning best on standard, ladies standard and being part of the winning CC Ashwell team. Notable names on the result sheet included Martin Pyne (now 62 and once unbeatable in these parts), Tony Howard (79) and Terry Law (84).

From the far east of our territory comes news of another lady time keeper - Lynne Evans. It's good to hear that she is carrying on the years of service of her father, Derek. Her parents were such hospitable people and would go out of their way to help anyone; they will not be forgotten.

Our Group 25 was scheduled for 17 August and after a sleepless night, interrupted by heavy rain, it was a relief to find that the forecasters were right - only waterlogged roads remained when we left home at 3.30am. Soon the full moon appeared, followed by a glittering sunrise, and most early starters reported a pleasant journey. Among these was Patrick Charlton, recording a PB 58:11 on fixed wheel. He recalls competing with the old Cambridge Town & County Wheelers and says "Can this be the same Peter Horsnell as of 40 years ago?", and adds "He was not young even then."

Sue Triplow, now with CC Sudbury and making a somewhat rare TT appearance, was delighted to beat the hour and take third amongst the ladies.

This re-run event was a triumph for organiser Michael Martin, who has found a splendid new HQ, the Mandeville Centre at Burwell, Cambs. This is a little further on from Eriswell, where the annual lunch and prize presentation will be held. General opinion was that it was not a day for records, as the wind gradually increased - what's new? This did not prevent yet another amazing achievement from tricyclist Gavin Hinxman for best on standard, putting Peter Horsnell into the runner up position.

Gavin is one of several group members travelling north to Stirling to take on the best that Scotland has to offer in the VTTA National 30.

The AGM has been brought forward and will now be held at the Comrades HQ in Uggleby at 2pm on Saturday 16th November. As last year, the prize presentation and lunch will be at the Roseberry Hotel in Eriswell, on Sunday 9th February, and will be organised by Keith Dorling.

KENT

Ian Turner

Results and comments on the Group's events since the last edition follow.

The Group's 100 mile championship was held on 9 June on course Q100, an event organised by Kent Cycling Association. Andrew Meilak (VeloRefined Aerosmiths) was winner on both vets standard (+1:16:44) and scratch (3:38:14). Second was Stephen Williamson (a3crg) with +1:05:21; third was Nick Wilson (Rye & District Whs) with +56:45 and fourth was Steve Gooch (Rye & District Whs) with +55:58.

The Group's 25 on 16 June for the Aubrey Sheather Shield was in fact relegated - if that's the right word - to a 20 kilometre race on QS20 (Challock-Thannington-Chilham). Andrew Meilak (VeloRefined Aerosmiths), who is again enjoying a brilliant season, won with a plus of 7:51. Andrew was also first vet on scratch with 25:51. Mark Hill (VeloRefined Aerosmiths) was second with +7:03, Adrian Hawkins (Thanet RC) and Keith Brown (Southborough & District Wheelers) were equal third with +6:35, and Simon Henderson (Thanet RC) fifth +5:53. Really great to see Simon racing this year following his serious accident two years ago. Team honours went to VeloRefined Aerosmiths - Andrew Meilak and Mark Hill with +14:54. First veteran lady was Susan Walbrook (Folkestone Velo) with 40:58.

Next event up was the 10 mile championship event on 30 June on Q10/30. Mark Vowells (CC Bexley and our President), took championship honours with a plus of 7:37. Second place went to Kevin Tye (VeloRefined Aerosmiths) with +7:08. Kevin was also first vet on scratch with 20:14. Third place went to Andrew Meilak (VeloRefined Aerosmiths), with +6:33. First team prize, and with it the Ernie

McMillan team 25 Shield, went to VeloRefined Aerosmiths - Andrew Meilak and Kevin Tye - with +13:41. Fastest lady vet was Sarah-Anne Lucas (Folkestone VC) with 24:57.

The 50 mile championship event for the Peter Philippott cup was held on course Q50/11 on Romney Marsh on 14 July. The event was won by Andrew Meilak with +32:12. Andrew once again combined this with fastest vet on scratch with 1:48:28. Mark Vowells (CC Bexley, +31:48), Nick Wilson (Rye and District Whs, +28:37), Rebecca Wilson (Rye & District Whs, +27:37), and Jane Wiley (7 Oaks Tri Club, +27:28) filled the other medal slots. First vet lady on scratch was Charmaine Pullen (Folkestone VC) with 1:48:28. The team prize was taken by Rye and District Wheelers (Nick and Rebecca Wilson) with +59:49.

The 10 mile event on Q10/1 held on 20 July was won by Antony Bee (Wigmore CC, +5:33), with Adrian Hawkins (Thanet RC, +5:15), Simon Henderson (Thanet RC, +5:09), Mark Baker (Abellio/SFA RT, +5:03) and Stephen Wilkingson (Folkestone VC, +4:50) filling the other medal spots. First vet on scratch was Mak Doxley (Abellio/SFA RT) with 21:22 and first lady vet on scratch was Sarah-Anne Lucas (Folkestone VC) with 25:12. The team prize went to Thanet RC (Adrian Hawkins and Simon Henderson) with +10:24.

The Group's 24 Hour Championship has been decided at the Mersey Roads event on 21 and 22 July, also the event for the RTTC and VTTA National 24 hour Championship. It was an extremely close run result between Martin Brown (Sevenoaks Tri) with 446.65 miles and a plus 118.65 miles, and Robert Bullyment (Cattford CC) with 484.21 miles and a plus of 118.32 miles, so Martin clinches our Championship by 0.33 of a mile! Robert however has set a group age record for his ride. Another wonderful achievement for our Group was that Martin Brown was third overall in the VTTA National Championship, and Martin, Robert and David Greenwood were Group Team Champions in the event with +316.97 miles. Special congratulations to Martin, Robert and David and to all riders from the Kent Group who competed in this event and made it a memorable one for the Group.

The monthly 10 at 10 series on course Q10/33 for the Melster Shield, after a shaky start with the April event cancelled, has now enjoyed an uninterrupted

calendar with the events in May, June, July and August all having run without a hitch. The events are run from April to September on the first Wednesday of the month starting at 10.00 am, with signing-on on the line. The table following the August result is as follows:

1 - Mark Vowells (CC Bexley)	+28:11 (4)
2 - Chris Bax (PMR)	+25:46 (4)
3 - Mike Hawkins (VTTA)	+15:27 (4)
4 - Ian Turner (Southborough Whs)	+5:50 (1)
5 - Colin Jarman (Southborough Whs)	+4:59 (1)
6 - Les Hayman (Southborough Whs)	+3:22 (3)
7 - Mike Perry (Thanet RC)	+2:38 (2)
8 - Rebecca Wilson (Rye & District)	+1:47 (1)
9 - Stewart King (Ashford Whs)	+1:05 (1)
10 - Mike Daniels (Southboro' Whs)	-0:51 (1)

(Results calculated on 2012 Age Standards. Best four rides count. Number of rides in brackets)

On June 20 Mark Vowells rode the CC Breckland '30' on the B30/1 (Attleborough) and managed to set a new national trike age record for age 66 of 1:13:28, just fractionally faster than Eric Marsh's 1:13:40 age 71 in 2001. Mark says: 'the good thing about vets' age records is that older riders can keep theirs, so Eric's record still stands.'

Then on July 21 Mark set a new '50' trike age record of 2:6:35 in the Shaftesbury '50', slower than his 2:5:41 in the same event last season, but a bit faster than Eric Marsh's 2:7:51 age 68 in 1998, so that record still stands as well. Mark adds that Eric did some fantastic rides twenty or more years ago when the courses and equipment were not as good as they are today. He won the national VTTA '10' on standard in 1994 at Harrietsham against a very good field.

August, and the season generally, seems to be passing very quickly and gathering of results will soon be facing us. Just a reminder to all Kent participants to get your claims in to me and/or the National Recorder or Records Secretary in good time. If you are unaware what you need to claim for and how to go about it please don't hesitate to contact me for advice, or refer to the article on page10 of the Spring issue of the Kent Vets News.

LONDON & HOME COUNTIES

John Hoskins

The season so far....

The August 10 on the H10/2 (HQ at Knowl Hill) was the first promotion by Joy Payne, helped by husband John. As a rider I can report that it was probably the best marshalled event I've ridden this century, although I haven't been riding much for the past 15 years! There was a really good atmosphere after the event at the HQ and although there wasn't a formal prize presentation riders and marshals stayed to hear the results, which were BOS men 1st Ian Greenstreet +5:43; 2nd Rod Macfadyen +5:08; 3rd Stephen Wilkinson +5:05. BOS ladies 1st Danuta Tinn+5:58; 2nd Joy Payne+5:02; 3rd Gill Reynolds +4:48. There was no complete team finished, so there was no team award. Ian Greenstreet was also the fastest actual time on the day with 21:29. Then there was a presentation of an Honorary Life Membership to Peter Cross, made by our President Jim Burgin, in recognition of his many years marshalling and helping in events for the group.

Previous to the August 10 was the oversubscribed 10 run by David Guy (possibly his last, at least for a while) on the F11 on the 14th July. As usual a full field, plus fifteen reserves, resulting in 139 solo finishers plus 5 tandems. A great success, with the course excellently marshalled as usual by members from across the home counties. David was struggling a little at the HQ as we only had use of part of the rugby club rather than the whole building as usual. But we managed, and it was the first use of our new result board for all to see.

Nick Dwyer was a clear winner on standard with +8:03, as well as being fastest on scratch with his 19.09, albeit only by a second from new L&HC member Nick English. Nine riders in all beat twenty minutes. The London & Home Counties ladies did well, with Claire Emons (+22.07) and Linda Dewhurst (+23.08) achieving 2nd and 3rd place in the ladies' BOS result. Gill Reynolds rode strongly with her 24:49 being a L&HC age record. The event went without a hitch thanks to the help David received.

Racing Results...

As has become the norm this season, the ladies are really flying the flag for the L&HC group. On 2st

July Gill Reynolds rode the Newbury 15, organised by Rachael Elliott, and won the first lady award in a very closely run battle as the first three ladies were within 9 seconds of each other. Gill also rode the Breckland CC 15 on 10 July and did a 38.12 which she thinks is a national age record and certainly a L&HC record. Joy Payne also rode and landed a national age and L&HC record.

Maybe the most impressive rider we have currently is Rachael Elliot. Now confined to tandem stoker with Ian Greenstreet following last year's stroke, Ian and Rachael seem to be achieving national records nearly every ride. Here's a summary....

5th June - a3crg 15m TT - 28:01, mixed tandem competition record and a national age record

9th June - VTTA National 25m Champs - 47:06 - Fastest and 1st on std with +20:28, mixed tandem competition record and a national age record

7th July - Welsh CA 30 Champs - 59:55 - 1st on std +21:38, mixed tandem national age record

13th July - a3crg 30m TT - 57:19, mixed tandem competition record and a national age record

24th July - a3crg 15m TT - 27:55, mixed tandem competition record and a national age record

Despite all this Rachael still has time to be National Secretary of the VTTA and a regular race promoter!

Now we come to Katja Rietdorf, committee member, luncheon organiser, and recently crowned VTTA National 100 Champion, this year when she not only won the (new) ladies champion's jersey and cap, but came a creditable fourth overall with an actual time of 4:8:02, giving her a plus of 67:59. Wonderful ride!

This was Katja's second 100 of the season. At the end of June Katja rode to a 4:3:49 in the ECCA event on the E2. Her comment was along the lines of "I had given all during the previous 4 hours 3 minutes and 49 seconds and am still chuffed about it...and walking like a cowgirl." She was the sixth fastest lady, with Alice Lethbridge taking the honours with 3:44:22.

Katja was also second lady in the Breckland 50 with 1:57:07. Joy Payne also finished the event in a 30 degree sweltering heat, with 44 of the 87 riders not finishing! Although Joy says "Not a lot to report as I'm not having a particularly good year so far, there seems to be a lot of wind this year and I'm not good

riding in it" she seems to have set two group age records. One of these may be a national age record (to be confirmed). Both were PB's: 15 miles in 35:21 (also 1st lady) on 10th July on the B15/1 and a 1:14:02 for a 30 on 13th July .

Of course our male members are racing too, I just haven't received many results from them!

We had four men in our own 10 on the 14th July placed in the first 14 on standard, led by Jim Moffatt (CC Luton) with 20:50 giving him a plus of 7:02 and 9th place overall.

Geir Robinson, another committee member racing at the sharp end came third overall in the Islington CC on F15/10, which was made interesting by how strong the tail wind was on the outward leg such that his average speed was 56.4kph for nearly 9km! He was also first in his age group in the VTTA National 25 on E2 with 6th overall and he took bronze in his age group in the Tour of Cambridge ITT. He is heading to Poland for the UCI world Championships Individual TT at the end of August, busy man.

And so to John Lee, possibly our oldest current rider. At the age of 90 years has just applied for the following national track age records to be approved!

5km - 10:13.8; 5mils - 16:28.4; 10km - 20:27.5; 10mils - 32:52.9; 1 hour - 18.067mils (29.070km). All rides were completed on 14th July this year. Well done John.

So a few reminders...

The season finishes with our only 25 - the Rocco 25, promoted by Stuart Stow on the 6th October on H25/2, HQ at Marlow athletics track. Please offer your help for the event to Stuart on 07957 355169 or email stuarts@ottimo.co.uk; all helpers are offered generous expenses or a free ticket to the Luncheon (on 17th November this year).

Then there is the Annual General Meeting. Once again to be held at Great Missenden Memorial Hall (in the large hall) on 3rd November at 10am for an 11am start. Refreshments will be available from about ten. There has been some controversy this season regarding giving preference to our own members in oversubscribed events – have you an opinion? You still have time to suggest a motion for the agenda of course (John Hoskins 07717 086689).

The last event of the year is the Annual Prize Giving Lunch at Aldenham Golf Club (normal venue) at 12 noon for 1pm lunch on Sunday 17th November. Tickets £20. Please contact Katja Rietdorf on 07543 852940 or email on katja.rietdorf@gmail.com for tickets or to confirm you are coming even if you have been offered free tickets. This is our main social occasion of the year, moved to November from January in order to miss other national prize giving events. Please make an effort to come and honour our prize winners!

And next season....

We will be running the VTTA Championship 10 next season, probably on the west of Newbury course the H10/3a. Details to follow when available. As this will possibly be in May, then our May 10 on the H10/2 will probably be moved to June. And don't forget that the Early May Bank Holiday has been moved to a Friday – which also affects our racing program.

MANCHESTER & NORTH WEST

Ken Workman

I concluded my last offering by hoping that the summer weather would look kindly on your racing endeavours, but what a mixed bag it has been. Like many parts of the country we have experienced tarmac melting days, but our perverse British climate has more than compensated by dishing out days when only the most committed (or possibly foolhardy) reported to a timekeeper.

Saturday, June 8th was one such day, when Janus RC promoted our group nominated 25. Unfortunately, one who turned up was Boreas, the god of the wind, and he certainly did his stuff, bringing plenty of rain with him! Out of a field of 100, 32 riders demurred and 7 of the 68 who did start yielded to the foul conditions - I'm surprised there weren't more; everyone who finished deserved a prize! By just 5 seconds, Darren Maironis (Transition Race Team) was actual fastest with 54:43, earning him the biggest plus of 12:33. This was followed by the 11:50 of Ade Hughes (Seamons CC), then the 10:56 of ABC Centreville's Daniel Shackleton. Although Jim Ogden has retired from official group duties, he was there to help, as were Tony Farrell and yours truly; Graham Lawrence and Ian Ross held the watches. Our

General Secretary, Nev Ashman, did what in my opinion was the harder job, by racing to an uncharacteristically sluggish time of 1:14:28 (+5:38).

In the Warrington RC 50 on 25th May, our group had a good turnout of 17 members of which we took four of the top six places. Darren Maironis recorded 1:49:16 for first, followed by two Seamons men - Alan Chorley in 3rd place with 1:51:07 and Ade Hughes in 4th with 1:51:25. Stockport Clarion's Rod Mason placed 6th with his 1:53:05. Daniel Shackleton (ABC Centreville) took 8th place with his 1:54:14. Also noteworthy was our 85 year-old stalwart, Derek Hodgins with 2:47:46, which could yet be a new Group age record.

Other than as shown above, Darren Maironis has had some good outright wins and Best on Standard. Other notable results are; Daniel Shackleton finishing 10th in the VTTA National 100, recording 3:55:14; in which David Wright posted 4:09:54 and new member Joanna Cebrat, 4:31:53. It is also worth mentioning that Jon Lloyd (Westmead Team 88) lowered his 50 time below 1:50:00 for the first time.

However, in the Weaver Valley 25 on 6th July, Darren M came up against comparative youngster Alex Royle, finishing second with 53:40. Daniel Shackleton and Ade Hughes both did 55 minute rides.

Another of our group nominated events was the Seamons CC 25 on 27th July, in which 18 group members rode. With a plus of 13:19, that man Maironis again came out as top vet; his 53:37 was 6th fastest. Seamons CC's Alan Chorley's actual time of 54.50 brought him a plus of 13:00, while his club-mate Ade Hughes recorded 54:44 for a plus of 13:52. The 57:27 ride of John Spearman (Seamons CC) gave him a plus of 9:49. We had 11 group members under the hour.

In the CTT Manchester & District Championship 50 on 3rd August, Darren Maironis' 1:49:31 this time got the better of his seeming nemesis, Alex Royle, by 33 seconds, which crucially gave him third fastest and biggest plus. Those two Seamons men Ade Hughes and Alan Chorley, were again to the fore, both recorded 1:51s, with Ade's 6th place 28 seconds too the good over Alan's 8th place.

In the re-arranged CTT Manchester & District 10 on 17th August, Seamons CC's Alan Chorley's 21:17 was good enough for fifth place and a best plus of the day of 5:23. On actual time, and on this occasion, Alan's ride gave him the beating by one second over a certain D. Maironis, who also took the second best plus of 5:13. Lower down the placings, the older vets found the breezy conditions hard going - on his trike, Vic Trigger managed 32.54 (+0:20), while his younger brother Ken did 28:06 (+0:33). The oldest on the card was 85 year old, Derek Hodgins who did 32:29 (+0:54), while our General Secretary, Nev Ashman did 29:07 (+2:15).

Cheshire's big event of the season was the RTTC National 50K TTT Championships on 16th June, meticulously organised by our own Mike Cotgreave, assisted by Group Chairman Tony Farrell as chief marshal. Our group members rallied round to help, as more than 60 marshals, back room and HQ staff were required, with plenty of support from district clubs. The feedback regarding the marshalling was positive and fulsome; Mike Cotgreave and Tony Farrell want to repeat their thanks to all, and say "Well done." Fortunately, the threatened bad weather held off until the afternoon, but then what a deluge it brought!

On the membership front we have had a reduced number of new people sign up to the group since the last "Veteran." These are: Joanna Cebrat, Robert Elstone and Mark Jones.

The Manchester & North West Group were very sorry to hear that David Hurst, the husband of our committee member, Denise Hurst, passed away earlier this year. He was 65 and had been a group member since 2004.

I must also advise that our Honorary Life Member, Vincent (Vin) Fitzgerald, formerly of Leigh Premier RC, passed away on 30th July. Vin was 93 and had been a group member since 1968.

Although it seems early days, if I don't mention it now and leave it to the next issue, our Group Luncheon/Prize Presentation will have already been enjoyed. So put a note in your diary that we'll be convening at the usual venue, Middlewich Masonic Hall on Sunday 24th November.

Back in the 1970s, one of my all-time favourite TV Police shows was 'Hill Street Blues' and if you were fortunate to see this you may recall that every

episode started with a sergeant holding an early morning briefing before the officers went out on duty. The sergeant always concluded by saying: "Hey, let's be careful out there!" Exactly the words I'd like to pass on to those of you when you're out on two wheels - whether for leisure or competition.

MERSEYSIDE

Geoff Edgerton

It only seems a short while ago that I was writing the May report and the cycling season was getting into full swing and now I am sitting here writing the August report with a matter of a few weeks left. Where did it go? I know time doesn't stand still but as the years advance it does feel that time is moving a little bit quicker. Enough of that. I know I have said this before but as a small group membership wise, we do have a high percentage participating in time trials which Phil and I take great satisfaction from. This is clearly evident in the racing reports below. This also leads me into giving another gentle reminder to all those who applied for their standards if they could supply me with their times by the end of October at the latest. Not forgetting the short distance, three distance and BAR as well.

I have a few group events to report so I will crack on. Early May saw the second group event taking place, the Mid Shropshire Wheelers 50 mile time trial. Held over four laps of Prees, Whitchurch, Quina Brook circuit, the group had twelve Mersey Vets competing. Fastest on the morning was Stuart McCormick of Pirate Juice CC, who finished in a time of 2:2:35 (+17:16) for which he wins the Eddie Graddon Trophy. He was pushed hard by Phil Warburton of Liverpool Phoenix CC who recorded 2:2:44. However Phil was the best on standard with a plus 20:11 to claim the Dick Corris Memorial Trophy. Phil Hill of Chester RC was just a second adrift as the third Mersey Vet with a time of 2:2:45 and a healthy plus 18:47. Port Sunlight Wheeler Kevin Larmer was next finisher with 2:5:49 (+12:49) with Tim Rex of North Shropshire Wheelers in fifth with 2:10:17 (+7:32). Just one lady competed, Helen Tudor of Oswestry Paragon, who completed the distance in a time of 2:31:51 (-0:32). Others competing were: Chris Lawson (Graham Weigh Racing), 2:12:33 (+9:33), Steve Cornish (Mid Shropshire Whs) 2:14:04 (+11:36), Jeff Mace

(Chester RC) 2:14:25 (+7:07), Dave Wilson (North Shropshire Whs) 2:22:31 (+16:34), Ian Casson (Birkenhead Victoria CC) 2:27:10 (+0:31), Les Boughey (North Shropshire Whs) 2:34:42 (-12:43).

A week later the West Cheshire Cycling Association held its 30 mile time trial and the group had an impressive 22 members competing. Newcomer to the group Dave Williams of the Velotik Racing Team quickly made his mark by finishing fastest vet in a time of 1:5:40 (+13:54), for which he wins the George Hayes Trophy; Dave was also second overall. Stuart McCormick was next home in 1:6:58, an impressive time good enough for fourth overall. However, Stuart was best on standard on the day with a plus 15:20 to claim the John Clucas Trophy. Another newcomer to the group, Victor Chetta of Mid Shropshire Wheelers, was third vet and sixth overall in a time of 1:7:14 (+12:37). Kevin Larmer finished fourth vet in 1:7:36 (+14:00) and the top five was completed by Phil Hill with 1:9:36 (+14:42). Three lady vets competed, with Jenny York of Mid Shropshire Wheelers recording 1:21:44 (+10:40), Helen Tudor finishing in 1:25:48 (+3:16) and newcomer Dianne Turner of Frodsham Wheelers completing the course in 1:27:06 (+3:20). Others competing were: Steve Aston (Wrexham RC) 1:9:49 (+10:18), Phil Warburton 1:10:13 (+13:54), Gareth Brookes (North Shropshire Whs) 1:13:53 (+8:25), Chris Lawson 1:15:03 (+7:59), Gina Trasatti (North Shropshire Whs) 1:15:25 (+13:00), John Flynn (Frodsham Whs) 1:18:46 (+7:00), Roger Squire (Wrexham RC) 1:20:20 (+2:58), Dave York (Mid Shropshire Whs) 1:20:59 (+5:10), George Aldridge (Birkenhead North End) 1:21:01 (+6:15), Chris Hanson-Jones (Frodsham Whs) 1:21:09 (+0:55), Dave Wilson 1:21:58, (+11:54), Ian Casson 1:22:54 (+4:05), Les Boughey, 1:24:22 (-0:48), Peter Norman (Wrexham RC) 1:54:44, (-16:46).

The Mersey Vets had seventeen members competing in the next group event, the Chester RC 25 mile time trial. Just a quick reminder that the group has a one member, one prize rule with the standard the premier award. Stuart McCormick had a particularly good morning, finishing fastest with a time of 55:33 and best on standard with a plus of 12:44 for which he wins the Colin Rutter Cup. Kevin Larmer is the recipient of the WJ Smith Rose Bowl with a time of 55:41 (+11:59), Phil Hill was third vet in 57:33 (+11:33) with Arthur Winstanley of

Liverpool Phoenix also under the hour with a time of 59:08 (+11:57). The top five was completed by Gareth Brookes in 1:00:42 (+8:35). Best lady on the day was Brigid Night of Frodsham Wheelers who recorded 1:4:58 (+9:46) with Dianne Turner finishing in 1:8:20 (+6:38). Other times were: Chris Lawson 1:1:41 (+7:10), Tim Rex 1:2:31 (+4:45), Paul Atkinson (Port Sunlight Whs) 1:3:47 (+5:16), Dave York 1:4:40 (+6:44), George Aldridge 1:5:40 (+6:47), Dave Wilson 1:5:57 (+11:45), Eurwyn Parry (Rhos-on-Sea CC) 1:7:23 (+0:17), Les Boughey 1:7:38 (+1:38), Ian Casson 1:9:59 (+2:06), Paul Edwards (Graham Weigh Racing) 1:10:31 (-2:05).

The final race to report on at this time is the West Cheshire 10 mile time trial. The D10/15 on the North Wales coast has become really popular, helped no doubt by the demise of the V718 up in Yorkshire. A full field had a complement of 24 Mersey vets competing, pretty impressive. Velotik Racings' Dave Williams had a really good morning, crossing the line in a time of 19:57 to finish first vet and fourth overall; he was also best on standard with a plus 6:05 to win the Ron Yates Trophy. Second vet was Steve Aston of Wrexham RC who finished in a time of 21:09 (+5:03) and wins the Leo Madden Trophy. Kevin Larmer was just a second adrift in 21:10 (+5:30) to finish third vet with Stuart McCormick in fourth with a time of 21:13 (+5:41). The top five was completed by Phil Hill in 21:34 (+5:38). Just one lady competed, with Jenny York finishing in a time of 25:18 (+4:51). Others competing were; Keith Jones (Bikmo Cycle Insurance) 21:42 (+4:45), Tony Harvey (Mid Shropshire Whs) 22:16 (+5:12), Arthur Winstanley 22:26 (+5:33), Jeff Mace 23:04 (+4:08), Simon Higgins (Liverpool Century) 23:21 (+4:12), Chris Lawson 23:51 (+3:16), Phil Guy (North Shropshire Whs) 24:40 (+4:18), George Aldridge 25:13 (+3:17), Chris Hanson-Jones 25:15 (+1:34), Dave York 25:29 (+2:37), Dave Wilson 25:43 (+4:46), Eurwyn Parry 25:52 (+0:48), Les Boughey 26:12 (+1:05), Geoff Edgerton (North Shropshire Whs) 26:35 (+2:34), Ian Corrin (Port Sunlight Whs) 26:43 (+1:30), Paul Edwards 27:50 (+0:52), Harry Cowley (Chester RC) 29:09, (+0:00), Peter Norman (Wrexham RC) 30:46 (+0:57).

Apologies if I have made a mistake or missed someone, hopefully not. The season will probably be over by the time you receive your copy of the

Veteran. I just hope you have all had a good season. Stay safe.

MIDLANDS *Steelie*

The positive news for the Midlands Group this season is that despite the tragic loss of our technical IT guru and points table maestro Steve Lockwood a few months ago, thanks to the valiant efforts of our tricyclist committee member Norman Fenn, we will still have a hotly contested points competition this year. We are also very pleased to confirm that this will continue to be generously sponsored by Echelon Cycles of Pershore.

To achieve this, Norman has single handedly, painstakingly and manually (!!) collated every result sheet from every Midlands event to calculate the pluses and minuses for every Midlands VTTA member! We feel certain that Steve, as the founder of our points system, would have been very proud of Norman's efforts to carry on his good work by



*Our Points Table Hero, Tricyclist
Norman Fenn*

making the points competition available to all the Midlands VTTA members once again.

Incidentally, we have deliberately referred to Norman as a “Tricyclist” because he has admitted falling off his bicycle at a stop sign, simply because he did not bother to unclip, forgetting that he was, on that occasion, astride a bicycle rather than his trusty tricycle!

Norman is of course not alone in this absent minded regard, and indeed we have other Midlands Group committee members who admit to unclipping when they come to a halt whilst using Zwift, but it is not clear whether this is due to the confusing side effects of unwise exertion in their advancing years, or possibly an over-zealous and totally misplaced regard for health and safety.

My personal opinion is that a much more likely explanation is simply they are experiencing a “Senior Moment”, but of course I would never express that opinion out loud, and certainly not if they were within earshot.

The Story so Far....

The 2019 summer season has been a fairly quiet one for VTTA events here in the Midlands but

despite this, 67 of our members have been actively racing on ‘K’ courses and clocking up valuable points in the Midlands VTTA rankings.

Our current top 10 riders are displayed below, but naturally nothing is yet decided, and indeed we are anticipating that with so many of this summer’s events having been cancelled due to bad weather, there will be some strong late season challenges with abundant opportunities for further movement in the rankings table.

You can see that with six events to count, the majority of the top ten are still potentially within striking distance of the top of the table, so August and September promises to be a busy time for riders here in the Midlands, with several counting events still to take place. On one weekend alone for example (14th and 15th of September), no less than five of the Midlands VTTA trophies will be decided on the K33/10d and the K33/50r courses, including fastest woman on standard, plus fastest on actual time.

Next Season.....

Motivated by Norman’s fine example of diligent dedication, and aided by a “*Dummies Guide to Excel*”, we have been picking the brains of anyone and everyone who seems likely to be able to spell the word “*Spreadsheet*”, and are making good progress towards producing an automated points system for the 2020 season.

Perhaps I should clarify that when I say “*Good Progress*”, imagine if you will the sheer unbridled optimism, impressive alacrity and mental agility with which a young iceberg develops, and then by halving that rate of change, you will have some grasp of what we mean by “*Good Progress*”!

NOTE: The useful and informative bits of this report have been brought to you by Alastair Semple and Norman Fenn, copiously (but completely unnecessarily of course) padded out by Steele!

NORTH Gavin Russell

The 2019 season has been very much, as I imagine in other groups, a very mixed bag of positives and negatives. Starting with a positive,

2019 VTTA MIDS POINTS COMPETITION to end of July					
Pos	Name	Club	Total Rides	Counting Rides	Total Points
1	Jon Simpkins	Drag2Zero	6	6	1156
2	David Dickerson	Team Echelon	6	6	1146
3	Jon Howard	Team Echelon	6	6	1111
4	Joseph Costello	Walsall Roads CC	7	6	1107
5	David Kiernan	Race Rapid	5	5	970
6	Richard Coleman	Stourbridge Velo	6	6	966
7	Simon Dighton	Beacon Roads CC	6	6	886
8	Steve Mountford	Solihull CC	6	6	826
9	Simon Adcock	Team Bottrill - Vanguard	4	4	794
10	Mike Anslow	Stourbridge Velo	6	6	771

Dave Herbert, who was very seriously injured riding home from an evening club event (albeit along the T105 Sedgefield course) in 2017, has now started riding his bike again. Whilst still experiencing difficulty walking and getting on and off his bike, he is making progress. It was great to see him at a local café stop recently.

Now the negative, again on the T105 course, and again in a club event, a young 24 year-old professional rider, Ben Hethrington, was hit by a car at same junction. He also was very seriously injured and is currently in hospital with life changing injuries. With the local police taking an active interest in time trials in evening events on this road, stating that the "low sun in the west has contributed to the accidents" (an excuse also used by the prosecuted drivers), in conjunction with the appropriate clubs, evening events on this course have been discontinued and will not be restarted. The police are quite happy for the course to be continued to be used for afternoon events. With other clubs experiencing extended periods of roadworks, thus causing numerous cancellations of club events, the opportunity for group members to test their heart and lungs during the week has been very limited. In respect to Ben and his family the Group's 10 mile time trial on Saturday 25th May was cancelled

The 2019 VTTA open event programme has continued with lower than normal entries being received. The introduction of the road bike events to be run alongside the main VTTA North Group event has not had the desired effect of encouraging those without bespoke TT bikes to partake in our sport, with low uptake experienced. However some new faces have appeared on the time trial scene through this.

Since the last report the following group events have been organised:

1st June Saturday - 10 mile on the T104 Catterick course, organized by Ruth Crossley for the North Group saw a poor entry of 27 riders. Fastest and showing the course's potential was young professional Harry Tanfield with a time of 19:10. Fastest on Standard was local group member Russ Richardson with a plus of 6:10 (21:42 actual). Second on standard (and second fastest on time) was new veteran member at 48 years young, Shaun Tyson of Ribble Pro Cycles rider, with 5:25

(21:15 actual). Third place on standard went to Gray Walker with a plus of 5:01 (21:39 actual)

Note: This is the road to be covered as part of the 2019 National VTTA 15.

2nd June Sunday – 50 miles on T502, A19 Crathorne to Topcliffe course, organized by Paul Garstang on behalf of Hartlepool CC/VTTA (North Group). This saw 43 entries in total with visitor Steve Ayres recording a super time of 1:41:24. Best North group rider was Steven Fullerton in 9th pace with a time of 1:53:59, followed closely by Gary Hunt with 1:54:11. On standard the spoils went to the visitors, with Dave Hargreaves at 72 years of age recording a time of 1:55:42 for a plus of 37:14. Darren Yarwood was next with a plus of 35:49 and then Steve Ayres recording a plus of 33:43. North Group interest was with Gary Hunt and David Robinson with plusses of 27:48 and 27:05 respectively.

30th June Sunday – 25 miles on T252/3, A19 Crathorne to Knayton course, organized by Gavin Russell on behalf of Cleveland Coureurs CC/ VTTA (North Group). This saw 72 riders entering (61 starting), with the honours being taken by visiting Chris Smart (a local lad who resides and works in Scotland) with 50mins 56secs. Best North group rider was new group member Philip Kennell with 54:18. On standard, the award went to visitor Ron Hallam with a plus of 16:48. North Group vets took the next two awards on standard with Philip Kennell and Gray Walker recording plusses of 14:08 and 12:44 respectively. Returning to the group this year, Lee Foster was 4th on standard with 10:16.

21st July Sunday – 25 mile T252/3, A19 Crathorne to Knayton course, organized by Paul Garstang on behalf of Hartlepool CC/VTTA (North Group) saw an entry of 72 riders. Fastest on time and on standard was visitor Michael Ellerton, who in his first season back from serving a drug ban, recorded a time of 51:15 (plus of 18:29) to beat Mark Flannery (51:25) by 10 seconds on time. Fastest group locals were Russ Richardson with 54:21 and Paul Felce with 54:55. Best on standard from the group were Russ Richardson with plus of 16:25 (2nd overall on standard) and Gray Walker with 55:20 (plus of 12:20).

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

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

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

As you may be aware the National VTТА 15 mile National Championship is being organized by the North Group this year on Sunday 8th September. The event is on a new designed course (T154) in North Yorkshire, running south from Catterick around to the Bedale North roundabout. At the time of writing with a week to go to the revised closing date, 51 riders have entered the championship event and 11 the accompanying open event. There has been an increase in interest after an appeal on Facebook regarding the disappointed entry. This attracted comment from a member of the VTТА National Executive Committee that it was not a “proper” national championship, something many of the past and current national championship medal winners would not agree with. At a time when some of us are trying to encourage participation in VTТА events, leading to increased interest in membership, comments as such are not helpful.

This year the group’s Nouva shield, is again being awarded to the North Group best rider on standard in the Sunderland Clarion 25 mile time trial. The result of this award will be announced in the next group’s “Veteran” report.

Please remember, as the time trial season draws to a close, the group’s competitions will soon be closing. For claims for standards and for inclusion in the Groups Best All Rounder competitions, please forward details of any qualifying rides (especially those completed outside the area) to Dave Oliver (contact details in the Group’s Year Handbook) or contact the writer who will provide the contact information.

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

NORTH LANCASHIRE & LAKES

Dave Brown

The highlight of the season for our Group to date has got to be the promotion of the VTТА 100 mile National Championship on the scenic Keswick/Cockermouth course on Sunday 14 July. It was a joint promotion between the North Lancashire Time Trial Association (NLTTA) and our VTТА Group and we must thank Nigel Clementson as Event Secretary for organising the event in conjunction with our own VTТА Chairman Richard Taylor. The event was the inaugural George Nowland Memorial promotion in memory the top rider and National VTТА Chairman and North Lancs. Time Trial Association Chairman and was graced by the presence of George’s wife and daughters.

Fastest ride on a decent morning for time trialling came from our own Richard Bideau of Pendle Forest CC but his time was not good enough to claim the VTТА National Championship. This went to Gavin Hinxman riding his trike and covering the distance in an excellent time of 4hours 11minutes 39seconds. This gave the Drag2Zero rider a plus of 79minutes 28seconds.

Richard returned back to timekeeper - the other Richard - in 3 hours 32minutes 29seconds which gave him the second best plus of the day of 78m 43s – just 45 seconds behind Gavin who already has a sub 4hour trike 100 to his name!

The fastest lady in the event was also Best Lady on Standard with Katja Rietdorf (Born to Bike/Bridgtown Cycles), returning an excellent 4hours 08minutes 02 seconds ride. This gave her a plus of 67m 59s – the fourth best plus overall on the day. Our own Group’s Debbie Moss (Team Merlin) finished in 4hours 15minutes 46seconds to give her second best plus of the ladies and an excellent 8th best plus of the 30 veteran finishers with 61m 18s. Our Theresa Taylor of Ribble Valley Crossroads Care Cycling Team took third lady on standard with a ride of 4h 36m 30s giving a plus of 51m 57s.

We were honoured to have National VTТА President Carole Gandy and National Chairman Andrew Simpkins – who had ridden the event – both involved in the prize presentation held in the lovely but busy town of Keswick as the usual HQ for the course was otherwise booked.

Full results are elsewhere in this magazine and on the VTTA Website.

Not long after going to press for the previous magazine issue that man Bideau (or RJB as we also call him) was winner of the famous Anfield 100 in 3:39:44, coming after three second places on the run in this event. Vets took the first three places with Andy Jackson Aerocoach 2nd with 3:41:17 and our own David Allonby of Springfield Financial RT 3rd in 3:44:21.

These were not the only successes our Richard Bideau has enjoyed this year, with a host of wins in promotions across the North Lancs. and Lakes area. In our mid-week Group VTTA promotion over 25 miles on the A59/Clitheroe by-pass course on 12 June - open to all ages - Richard returned fastest time on the evening with 51:56, which was also best on standard with a plus of 15:44. Second on standard was in-form David Hargreaves of the North Lancs. Road Club with a plus of 14:29 with Deborah Moss of Team Merlin showing the form she would prove in the 100 a few weeks later with a plus of 14:05 for third on standard.

In the result sheet for this 25 event secretary Richard Taylor commented "The standout feature was driving home in the Burnley direction only to pass the event winner putting in a supreme effort up a climb on his 64 tooth chainring on his ride back to base at 9-45pm in the gloom of a damp evening. Chapeau Richard in maintaining the standards of my formative years when life's luxuries included a lock on the outdoor toilet, a tent with groundsheet, and hopefully a tailwind home from Brock without suffering a puncture! Many thanks for that Richard T and keep them coming! RJB rides out to events – and home again -whenever possible.

Just for good measure RJB was overall winner of the annual Lakes and Lancs. SPOCO Series. He was followed by two more vets in the final table with Matt Moorhouse (Preston CC) overall second and Niall Patterson (VC Cumbria) third. The age categories winners were: M40 RJB, M50 Paul Fleming (Preston Whs), M60 Roy Flanagan (Rossendale RC), M70 Mike Westmorland (Border City Whs). Overall women's winner was Jan Scotchford (North Lancs RC). W40 winner was Clare Rushton and W50 Jan Scotchford. We must thank the Rossendale Road Club for having

organised the SPOCO Series for many years and also the NLTTA which will take over in 2020.

The North Lancashire Time Trial Association (NLTTA) have organised many various annual competitions - since its inauguration in 1928. Sadly the famous Lancashire Road Club 12 hour event was lost some years ago after a wonderfully long history. The NLTTA Association Championship is nowadays based on average speed over the year in open events of 25, 50 and 100 miles on 'L' courses.

The winner this year was RJB, of course, with an average of 29.08mph and second came another vet in the same 40+ category Andrew Whiteside of Bella in Sella Racing with an average of 28.41mph.

For anyone looking on here for RJB's school friend Steve Irwin - in their much earlier years in the primary school in Burnley - it appears that this 'working lark' has taken priority for Steve this year. Hope to see you back in action on the bike in 2020 Steve!

Our Lancashire area has very recently lost one of its best well known tricyclists - Terry Waring - after a long illness. Terry, a long time member of the North Lancashire RC, was a very good rider on two wheels but had a bigger name in the tricycle fraternity where he set straight out records apart from winning events. There was certainly a fine show of trikes outside the church where the service was held on Tuesday 6th August. RIP Terry who was 71.

All of the qualifying events for our Group VTTA Championship have now been held as we go to press. To have qualified for this competition Group members must have ridden at least 4 of the allocated events – last listed in the previous The Veteran – with a requirement to have ridden at least one of the four being 50 miles or further. Group members who have awards – national or local - or standards to claim at the end of this season will have emails from our Group Record Richard Taylor or can also claim direct to him.

We are happy to have several new members joining our Group since the last The Veteran publication and we hope that you enjoy your time and get involved on our Group activities. Welcome to Jan Scotchford (North Lancs. RC), Ian Travers Lilley, Mark Nicholson (Border City Whs), Andrew Whiteside, Mark Hulme (West Pennine RC), Warren

Mason (Vegetarian C&AC) and Neil Francis Hughes-Hutchins (Morden CRC).

Our VTTA Group Annual General Meeting will be held on Sunday 3rd November at a different venue - Cabus Village Hall, Lancaster Road (on the A6), Cabus, PR3 1WL - which will be open from 9-45 am for tea and coffee with the meeting starting at 10-15 am.

NORTH MIDLANDS

Chris Lea

Over the last three months there have been so many outstanding rides by North Midlands members that it's hard to know where to begin. Let's start with the longest.

In what is arguably the toughest event on the time trial calendar, Graham Barker (Rockingham CC) rode the National 24 Hour Championship. Graham holds several North Mids age records at this distance, a national age record set 13 years ago and won this VTTA championship himself 5 times, most recently in 2010. Despite his preparation in the preceding two months being unexpectedly disrupted, Graham was on the start line again. Conditions were windy throughout the first afternoon but, as evening turned into night, the wind dropped significantly and the temperature held up reasonably well. After dawn on Sunday, the wind picked up again, but fortunately some parts of the course were reasonably well sheltered. His support team, of Margaret Allen and Phil Ragsdale, "did a fantastic job, and I was never hungry or thirsty, and it wouldn't have happened without them". Completing the 24 hours with 378.99 miles, Graham was in esteemed company, as both the men's and women's comp records went. As usual, the event was "brilliantly organised, well marshalled and well supported". Well done to Graham, and the Mersey Roads Club.

In the National 12 hour Championship, promoted by the CC Breckland on 11th August, Lez Young (Lincoln Wheelers) and Martin Bullen (Peterborough CC) fought all day against a horribly strong south westerly on the B12/2 course, with sustained wind speeds of 22 to 25 mph and gusts of 35 mph. The vicious headwind on the exposed parts of the A11 provided a stern test of character. Fortunately the temperature was kind and it stayed dry until late in

the day when riders were on the finishing circuit. The results are currently provisional, but Lez piloted his trike to a distance of 189.96 miles, whilst Martin rode to 233.77 miles. Well done gents for keeping going.

Also at 12 hours, Trevor Mayne (Birdwell Wheelers) rode to a fine fourth place in Team Swift's event in late July, recording 253.94 miles.

Presently it appears that Lez Young and Mat Ivings (Buxton CC) are competing for who can ride the most 100 mile time trials in one season: three apiece so far. Lez has ridden the Welsh Championships, the Tricycle Association (SE), and the classic Anfield Bicycle Club events, recording 5:10:12, 5:17:14 and 5:51:56, respectively. Mat Ivings has done the EDCA, ECCA and Anfield events, recording 3:40:23, 3:38:02 (fastest North Mids 100 of the year so far and a new Group record at age 46), and 3:54:28. Averaged on a per-wheel basis, I think Lez' times are just a bit quicker than Mat....

Also competing over 100 miles have been Joe Le Sage (Rutland CC), Chris Lea (Buxton CC), Steve Cowlbeck (North Mids) and novice Ala Whitehead (Rockingham CC). Best times from each so far this season are 3:46:12 (Joe), 3:52:28 (Chris), 4:39:23 (Steve, in the National Championships) and 5:57:00 (Ala), although Joe and Chris targeted a fast course, and Ala debuted in the far from quick Team Swift event.

Keith Ainsworth (Sheffrec CC) has mainly focused on the medium and shorter distances, to superb effect. After his win in April in the VTTA National 10 Championships, Keith has ridden to second spots in two further VTTA National Championships; the 25 and 50. In the 25, he was only 17 seconds off the win. Keith has also recently set National Age Records, at age 60, for 10 miles (19:40) and 50 miles (1:43:20).

Syd Wilson (Sheffield Phoenix CC) has also been setting a series of stunning National Age Records, at 10 and 15 miles, at age 90. In the last few months, Syd has lowered his 10 record to 28:24 and set a 15 mile record of 50:05. That 28:24 represents a huge 41 second beating of his own aged 90 record. Absolutely wonderful.

At 50 miles, there have been quite a few rides from the North Mids. As well as Keith Ainsworth's

1:43:20, these include Joe Le Sage' 1:44:39 in the BDCA event on the A50; Mat Ivings' 1:45:44 and 1:45:44 in breezy events on the E2/50C course on the A11/A14, and Andy and Ala Whitehead (both Rockingham CC) rides in the brutally windy Yorkshire Cycling Federation event on the single carriageway V150 – in which they recorded 2:10:50 and 3:02:52.

Stuart Wells (Lindsey Roads CC) has been having an excellent season over 10 and 25 miles. In the Sherwood CC 10 on the A1-based A10/14 course he was only just outside a long 19, finishing in 20:03. In this same event, the Elmsall RC quartet of Karl Caton, Steve Scott, John Martin and Peter Stirk also had cracking rides, recording 21:03, 22:50, 22:56 and 26:38, respectively, whilst Tony Keyworth (Kiveton Park CC) did 24:06 and George Miles (Barnsley RC) finished in his best time since 2012, with 26:14, at age 77.

Also at 25 miles, Rob Barnard (Team Cystic Fibrosis) more than deserves a mention for setting a lifetime PB of 54:36 on the super-fast R25/3H course in South Wales, but on a day of such heavy rain that half the field was DNS.

There have been far too many rides at 10 miles to report all of them. But foremost amongst them was the VTTA North Midlands District event, organised by Gordon Wordsworth (Rutland CC) and run on the O10/1 course at Hatfield Woodhouse. First overall on standard (+7:07) and 2nd overall on actual time (by one second!, despite a course PB) was Keith Ainsworth (Sheffrec CC), who won the Cleethorpes Shield. Charlotte Ridsdale (Rutland CC) was fastest North Mids female, winning the Sheffield Central Cup. Fastest North Mids vet over the age of 70 was Paul Ruta (Barnsley RC) in 25:23, who won the Ron Blythe Trophy.

Fine performances all round, on a blisteringly hot day: Keith Ainsworth (Sheffrec CC) 20:32, Joe Le Sage (Rutland CC) 21:23, Michael Dodson (uk-featherflags/TRI Race Team) 21:35, Allan Wailoo (7 Hills CC) 22:19, Anthony Nash (Scunthorpe RC) 23:14, Daryl May (Sheffrec CC) 23:15, Paul Mapletoft (Kiveton Park CC) 23:17, Stephen Walker (Trent Valley RC) 23:19, Richard Lunt (Rossington Whs) 23:29, Andy Whitehead (Rockingham CC) 24:05, Steve Cowlbeck (VTTA NM) 24:18, Steve Scott (Elmsall RC) 25:02, Paul Heggie (Birdwell Whs) 25:09 (and a new club age record at 65

years), Paul Ruta (Barnsley RC) 25:23, Anthony Keyworth (Kiveton Park CC) 25:31, Michael Weaver (Rotherham Whs) 27:16, Ben Hamilton (Rutland CC) 27:43, Graham Barker (Rockingham CC) 28:02, Les Wilcockson (Chesterfield Spire CC) 28:02, John Slater (Doncaster Whs) 28:16, Stuart Radford (VTTA NM) 28:19, Patrick Giblin (Rotherham Whs) 29:40, Syd Wilson (Sheffield Phoenix CC) 30:02 (and the only rider aged 90), Charlotte Ridsdale (Rutland CC) 26:55, Ala Whitehead (Rockingham CC) 31:01 .

We close with possibly the shortest time recorded by a North Mids rider in the preceding few months, 14:35, set by Chris Myhill (Peak RC) in the Eat Plants Not Pigs hill climb on a headwind-plagued Long Hill, near Buxton, for 4th place overall.

My apologies to all those from the North Mids who I have not been able to mention or have inadvertently overlooked.

The next meeting of the North Mids Committee is on Monday 9th September, 19:30, at Brookland Club, Maltby. All members are welcome to attend.

Finally, we do still need a volunteer from the North Mids membership to organise the trophies and medals for the 2019 prize presentation.

NOTTINGHAM & EAST MIDLANDS

David Herd

The weather this season has been changeable at times being very warm, windy and/or wet, causing a number of events in the East Midlands to be cancelled.

South Pennine RC Men's 25 on the 11 May produced some fast times. Senior Leon Wright (Race Hub) was fastest with 48:16; Dan Barnett (Team Bottrill) was the fastest group member in sixth position on 49:20, with Ian Guilor (Mapperley CC) 11th on 50:34. The following group members sub-hour times were led by Ed Watson (Ratae RC) 54:52, then Nicholas Hitchens (Team Bottrill) 54:52, Michael Stevens (Melton Olympic) 57:38, Kevin Humphreys (Sherwood CC) 58:08 and Chris Spray (Ratae RC) 59:14. Other group members times were as follows: Paul Eveleigh (Lincoln Wheelers) 1:1:06, David Fear (South Pennine RC) 1:6:42, Rod Weston (Race Hub) 1:7:36, Ron Hallam (South Pennine RC) 1:8:34 and Michael Spurr

(Leicestershire RC) 1:15:34. In the ladies Jessica Beyer-Lyons (Nottingham Clarion) set a very creditable time of 1:5:34.

Event secretary Russell Gent ran our VTTA Group's Ivan Mohan Memorial 25 on 18 May on the A25/24 course. Ron Hallam was first on standard with +22:46 and also won the prize in the over 70's category. David Langlands (Team Bottrill) had a very impressive ride placing him in second overall on actual with 48:13, a plus of 20:25 and headed up his 50's age group, Ian Guilor was second in this section with an actual time of 49:50 and a +18:25 giving him 6th place overall. Nick Cave (Team Lutterworth) was third in the 50's group placed 15th overall with 51:29 actual +17:09. In third place on standard with +19:29 and fastest lady was Karen Ledger (Ace Test Team) with a female course record of 53:31, also giving her first place in the 40's group. Geoff Platts (Team Bottrill) headed up the 60's group with +19:09, 20th overall with an actual of 52:15, second in this group was his old team-mate John Quimby (Coalville Wheelers) +15:49 an actual 57:02 and pushed close by Michael Stevens with +15:34 and an actual 57:41. Well done to all those East Midland riders who took up eight of the top ten places on standard together with very good actual times. Well done also to Russell Gent who promoted an excellent event combined with his team of helpers who gave their time on behalf of the NEM Group.

Senior Adam Duggleby (Vive Le Velo) was fastest with 18:56 in Mapperley CC 10 on 25 May on the A10/19, with the conditions generally better than they have been in the last two years. Ian Guilor from the promoting club was the fastest NEM veteran with 20:11, then Geoff Platts 20:42. Karen Ledger, setting a female course record, headed a block of three riders with 21:25, with Shaun Eden (Born to Bike) with the same time and Ian Wroblewski (Team Lutterworth) on 21:29. Colin Parkinson (South Western RC) and Giles White (Sherwood CC) recorded 21:42 and 21:52 respectively.

Witham Wheelers CC open 10 was held on the Sleaford course on 1 June. The hard conditions gave the day to young riders with espoirs taking the four of the first six places; first place went to James Bentley (Team BP Performance) with 20:50 but, sandwiched among them was Ian Guilor on 21:10.

Other times: Geoff Platts 21:56, Shaun Eden 22:23, Nicholas Hitchens 23:11, Michael Smalley (Witham Wheelers) 25:40, Martin Lister (Witham Wheelers) 26:58 and Michael Church (Rockingham Forest Wheelers) 27:03.

Witham's open 25 on 29 June was again held on the Sleaford course and saw senior Roland Kiraly (Velo-One Cycling) as fastest with 52:57; it was a very warm but not necessarily a good day as riders had to push against a stiff wind on the return leg from Donington. Geoff Platts was fastest NEM rider with 57:18, Giles White (Sherwood CC) just over the hour with 1:0:04, Michael Smalley 1:4:21 and Rod Weston 1:13:53.

Lincolnshire Road Racing Association also held their 50 mile TT on course C50/1 (Donington-Osournby-Quarrington) on 16 June. Senior Andrew Whiteley (Sheffrec CC) set the fastest time of 1:49:54 on what can be a very hard course; the fastest NEM was Colin Parkinson with a fine 1:57:15, Spalding CC rider Neil Palmer came in on 1:58:33, Jez Willows (Sherwood CC) 2:2:55, Graham Wright (Velo-One-Cycling) 2:4:21, Michael Smalley 2:12:49. Kath Smith (Sleaford Wheelers) gave her husband a good run for his money coming in on 2:22:50 with David on 2:17:06 and finally John Scott (Sleaford Wheelers) 2:53:05.

The Leicester Forest CC 50 which was run the A50/13 (A46 Seagrave-Farndon) course saw Matt Bottrill (Team Bottrill) the fastest rider by nearly ten minutes with 1:42:47. Fastest NEM member, coming in third, was Robert Gibbons (Race Rapid) in 1:54:40 and only 2 seconds behind came Sean Vincent (Race Hub) with 1:54:42. Other NEM members who set good times were Richard Boot (Beeston CC) 2:1:31, Chris Spray 2:7:02, John Quimby 2:9:01 and Jez Willows 2:10:20.

Sherwood CC ran their open 10 on the A10/14 (Long Bennington-Gonerby Moor) course on 6 July. Senior Adam Duggleby took the honours again with a flying 18:01. Fastest NEM member on the day in 7th place was Dan Barnett with 19:38, Sean Vincent 20:09 and Robert Gibbons 20:13. Karen Ledger beat her time set in the Mapperley event held on 25 May by 44 seconds with a magnificent 20:41; not far behind was Colin Parkinson with another good season time of 20:45. Other NEM member times: Richard Boot 21:11, Jez Willows 21:12, Ian Pike (Lincoln Wheelers) 21:22, Craig Lamb (Alford

Wheeler) 21:34, Michael Wills (Team Lutterworth) 21:59, Ed Tarelli (Race Hub) was the last man to go under the 22 minute mark with 21:59, Chris Spray 22:06, Kevin Humphreys 22:48, Michael Stevens 22:59, Michael Wilkinson (North Notts Olympic) 22:59 and having a good season Gary Ison (Melton Olympic) 23:13. Rod Weston 23:36 Martin Lister 24:24, Michael Church 25:31, Ron Hallam 26:12 and Michael Davis (Beeston RC) 26:21.

Sleaford Wheelers CC ran their 25 on 14 July, where espior Jack Levick (Rose Race Team) was fastest with 51:35 and Geoff Platts did another good ride of 55:37. I would like to mention two riders that was nice to see on start sheets again - Anthony Nash (Scunthorpe Polytechnic CC) with 57:22 and Ian Dalton (Cherry Valley RT) 58:43. David and Kath Smith rode to times of 1:7:02 and 1:8:19 respectively.

I detect that the number of members of NEM are down this year; hopefully with a little encouragement we can achieve higher level membership next season. That's all for now, enjoy the rest of the season, go fast and ride safely.

SCOTLAND

James Skinner

News.....

Alasdair Washington has reported that he is recovering well from his black ice ordeal from last winter and along with his physio exercises he is managing around 100 miles per week, but still suffers from stiffness in his leg due to long immobility, the medical people were amazed with his good progress. Recently he rode a 1:09.29 in the Caithness CC 25, followed by a 27:17 in the Caithness 10 mile TT, winning first vet on standard in both and showing that he has not lost any fitness.

Mike Fergusson (Johnston Wheelers) continues to make good progress after his health setback last year and is out walking with Iain Cowden.

Geo Stewart spent some time in The QE Hospital, but is back home and seems to be doing ok; a couple of George's drawings will appear on the National 30 booklet.

Honorary Life Member John Culross of Johnston Wheelers has passed away. All in the SVTTA send condolences to the family.

In early August Christina Mackenzie of Stirling BC rode from Lands End to John O'Groats in 55h 19m 52s, becoming the third fastest lady ever, and may be confirmed as the fastest Scot to ride the distance. Well done to Christina and it was good to hear about all the roadside support during the attempt.

The Boomerang Trophy is now being run in conjunction with the Archie Speed Trophy on the Fife 16 mile TTT on Sunday the 15th September; see the BC website for details.

The SVTTA AGM will take place in McQs Bannockburn on the 17th November 2019 at 11am, with lunch available at 1pm.

This year's prize presentation will also be held in McQs in Bannockburn, but on Sunday the 19th January 2020; doors open at noon for a 1pm start and tickets, priced £13, can be obtained from George Skinner georgeskinner22@yahoo.co.uk

Some sad news as we go to press in the passing of Jackie Connor at 96, thoughts go out to all his family.

Racing.....

37 SVTTA members turned out for the Isobel Campbell MBE Memorial Trophy 10 Mile TT organised by the Glasgow Nightingale CC. Isobel was the first lady member of the SVTTA when she joined in 1974. Neil Pendrich was the fastest member with a 20:56, Jim Cusick (Dooleys RT) took the V50 in 21:13, James Petrie (Dundee Whs) won the V60 in 23:31, Patricia Baird took the LV50 prize with a 24:23, and Jenni Nicholson (RT23) the LV60 in a 27:23. Fastest V70 was Sandy Wallace of Fife Century with a 24.48: and Gordon Johnston of Team Terminator took the V80 prize with a 28:25.

The Scottish Cycling 10 mile Championships was organised by RT23 on the Monifieth course. Kyle Gordon of the promoting club took the SC title on a cold and windy morning with a 20:09. 22 SVTTA members took part. with Peter Ettles, also of RT23, returning their fastest time in a 22:21.

Seven members rode in the Sigma Sport Classic Series round 4 around Loch Ken, organised by Dumfries Cycling Club. Fastest to complete the rolling 26.3 mile course was Jim Cusick of Dooleys R.T with a 1:00:34

The Scottish Cycling 25 mile Championships was organised by Dundee Thistle RC. A rainy day in Forfar greeted the 20 members who returned times, the fastest member being Carlos Riise of Shetland Wheelers in 54:47

The Fife midweek series is running as well as ever, despite the increasing amount of roadworks in the area. Mhari and the team are keeping an eye on all roadworks that spring up unannounced, and with the cooperation of the council and contractors they manage to run a full programme with only minor changes; check the British Cycling website for event details.

Glasgow Green CC organised the CTT Scottish District 25 mile Championships on the Westferry course. 29 SVTTA members competed with Jim Cusick the fastest in 54:13. Douglas Watson won the event in a 49:43, and 55 riders returned times under the hour.

A good turnout for the Alistair Speed Memorial 50 mile TT, incorporating the Harry Roberts Trophy saw a popular winner of the open event in Alan Thomson (RT23) with a time of 1:49:04. The Harry Roberts trophy went to Brian Muir (Royal Albert CC) whose 1:57:37 gave him a +24:22.

Many thanks go out to Aberdeen Wheelers and Bob Gibson for incorporating the John Cramb Memorial Trophy into their Neish / Low event. James Robb of Deeside Thistle won the John Cramb trophy, his 1:05:03 earning a handicap of 13.31 and a net time of 51.21. 16 SVTTA members returned times at a slightly changed and safer finish line. Jamie Davidson of Bioracer Moriarty Bikes won the Neish Trophy, and John Kent the Brian Low Trophy for the fastest Aberdeen Wheeler.

Ross-shire Roads CC organised the Scottish Cycling 50 mile Championships at Invergordon. 17 members took part with Peter Ettles finishing fastest in 1:57:20; Amanda Tweedy gained second lady overall with 2:06:42. Congratulations also go to SVTTA members Steve and Elizabeth Clayton of RT23 who set a mixed tandem record of 2:01:14

In the north at the Inchberry 10 Mile TT at Fochabers Carol Middleton of Ythan CC returned a 27:09 and teammate Michael Giles a 23:47.

Reporting on several races across the border. In the Liverpool Phoenix CC 10 mile TT the Scottish group's senior veteran member, 86 year old Alex

Munro, competed and set a group age record of 29:51.

In the Nelson Wheelers 10 Mile TT on the Levens course, father and son George and James Skinner came back home with respectable times of 25 min 09 sec for George and James with 23 min 23 sec. George equalling his lifetime personal best, and James set a new one.

In the RTTC 24 hour Championships Angus Swanson of Stirling BC rode 459.8 miles, and clubmate Nigel Brooks 396.08 miles, whilst on the tandem George Berwick (Edinburgh RC) and Philip Jurczyk (West Lothian Clarion) rode 312.28 miles.

Alex Munro rode a 1:17:50 in the Lancashire Road Club 25 mile TT, with George Skinner riding a 1:11:34. The next morning George rode the Chorley CC 10 mile TT in 27:31, Robert Brown of EH Star rode a 25:22 and Jocky Johnstone of Icarus RT a 26:44.

One of our newest SVTTA members, Douglas Watson of GTR Return to Life, won his clubs 10 mile TT on the Eglington course in 18:55. 25 SVTTA members were in attendance that day.

The homes for three trophies were settled on the same weekend, with the Reilly 100 mile championship trophy going to Alasdair Washington of Caithness CC riding a 5:06:42, giving him a winning standard of +55:36. At the same event the Jim Sharpe 100 mile handicap trophy was awarded to David Ross of the Falkirk BC, whose 3:51:26 minus a 14:12 handicap earned a net time of 3:37:24.

Steve Nutley earned himself the Jim and Betty Train Trophy at the Fife 10. His 22:16 gave him a plus of 5.43, ahead of the 30 SVTTA members riding that morning.

Two road race titles to note are Bill Groves of the E.H. Star Cycling who won the Jacky Connor RR trophy at the Auld Yins Road Race, and William Turner of GJS Cruise Racing who took the Tom Anderson RR Trophy at the Falkirk CC Road Race.

The Scottish group welcomes the following new members.....

Alan Manson (SVTTA), Aileen Fisher (Ayr Roads CC), Andrew Williams (Fife Century CC), Brian Morrell (Dumfries CC), Craig McGowan (Pedal Power CC), Danny O'Neill (Regent Connor CC),

David Wallace (Fullarton Whs), David Conacher (Kennoway RC), David Ross (Falkirk BC), David Mitchell (Perth United), David Henderson (EH Star), Douglas Watson (GTR Return to Life), Eddie Addis (RT23), Erik Lornie (Kinross CC), Gerard McGuire (Pentland Velo), Ian Elliot (Hawick CC), John Lumley (Walkers CC), John Morton (Ayr Roads CC), John Owen Thomas (Inverness CC), Kathleen McCormac (Glasgow Whs), Kirsty Ellis (Synergy Cycles RT), Lindsay Foster (Aerodynamic Triathlon Club), Lorna Sloan (Fullarton Whs), Margaret McMillan (Deeside Thistle CC), Martin Copland (Condor RC), Martin Harris (Spokes RT), Michelle Highfield (Berwick Whs), Scott Hutchison (Dunfermline CC), William Bunyan (Dunfermline CC).

SOUTH WALES

Barry Williams

Since losing my wife I have become a frequent traveller, mostly to Spain and the Netherlands.

In June we enjoyed a beach holiday on the Costa del Sol, not planned as a cycling holiday, but with a chance that I could hire a bike for one day. Which is how I stumbled on the Fast Monkey Bike Rental near our hotel in Benalmodena. I enquired as to the one day hiring, yes, they had a carbon Orbea Shimano 105 with a necessary low gear of 34 x 32, similar to my own bike.

Not knowing that area, I asked where best to ride. "We can upload a route on Strava for whatever distance you wish to ride." So I accepted their offer of a 60K circuit. Being Spain I guessed it would involve climbing, the Sierra de Mijas looms above the coastal strip. I followed their route, a blue line on my phone heading to Alhaurin de la Torre, a steady climb for about 15K. Then along an attractive valley for another 15K to Alhaurin el Grande, an older town perched on the side of steep valley. At this point I lost the blue route line, to get back on course I needed to climb a really steep bank, which was the shape of things to come. The correct route was the A387 to Mijas, beautiful scenery but climbing all the way in hot conditions. On reaching the junction at Calvario I was delighted to find a filling station with a café for food, drink and recovery. Refreshed, I carried on climbing while gazing over the magnificent panorama of the

Mediterranean to the left and the pine clad mountainside on the right before descending to Mijas, a tourist resort above the Costas. From there, I held on to my brakes for the big drop to Fuengirola, leading to the coastal road back to Fast Monkey Shop. A four hour ride with 1,400 metres of elevation and a truly rich experience away from the beach.

Back in Cardiff, as a member of Cardiff 100 Miles RC I agreed to marshal in the club 50 on Sunday August 2nd. Over many years of racing I managed to avoid such obligations, however I owe a lot to our sport, it has given me much pleasure over the years, which is how I found myself marshalling on the drag by Raglan Castle, a good place to see the competitors at full stretch.

For VTTA South Wales members this was their group 50 championship, but unfortunately very few find 50 mile TT's to their liking. For those that took the trouble, Bob Jones posted 2:11:12, +17 John Shehan clocked 2:15:44 +18, Marco Marletta recorded 2:13:23 +7 but Rod Hicks produced the best ride with 1:56:40 +23, winning the cup. Unfortunately, Andrea Parish failed to finish due to injury in a delicate place, leaving the ladies prize unclaimed. I was pleased for our Chairman Andrew Simpkins (Midland Group), who rode well on the way to recording 2:1:59, afterwards he told me he was well pleased and enjoyed the ride. The event was held in the fine calm weather, many of the 81 entrants produced personal bests. Conrad Moss won with 1:39:40 and I noted several other competitors under the 1:50 minute mark. This reminds me that the current winning rides are at least 20 minutes faster than in the 1950s when I started time trials. I can only guess as to the many reasons behind such dramatic improvements.

On Sunday August 11th, Pontypool CC promoted the Welsh 10 Mile championship on R10/17. The winner was Tom Ward with 18:48 – of our members Leon Evans, Cardiff Ajax posted 21:28, John Shehan 25:59 and Derek Morgan 28:57. I also noted another Welshman, Vince Jenkins now living in the Midlands posting 25:27 – well done Vince!

Members should thank Martyn Heritage-Owen for promoting local events in South Wales under the name of Realteam. Their 25 on the Glynneath dragstrip, July 21st produced a surprise result when Chris Fennel 's 44:58 took 8 seconds out of record

holder Marcin Bialoblocki on 45:06. Marcin is still part of the professional peloton, perhaps we should always expect the unexpected. Some of our members posted times on the day: Leon Evans 53:47, Rod Hicks 54:18 and it was good to see Stewart Evans passing the time keeper in 1:00:37. There was an overflow event - my friend Calum Cheshire recorded his first 25 in 55:18, not bad for a beginner. Other finishers were: David Wilson-Evans 57:38, Andrea Parish 59:13, Clare Greenwood 1:2:14, Sue Shook 1:2:21, Bob Jones 1:2:43 and Diane Wilson-Evans 1:5:57.

I was pleased to see that almost 40 riders entered the West Wales 100 on 28th July. I know these roads, the first leg to Brecon has a long drag up to Trecastle and the second leg out and back to Carmarthen finds many punchy climbs. Local rider from Swansea, Chris Gibbard must have been supremely in form to record 3:42:57. Just two of our members completed a course that took no prisoners, Rod Hicks posted 4:40:46 and Bob Jones 4:54:02. The overall stats were: 38 entries, 5 DNS, 2 DNF. As with the 50, the longer distances are waning in popularity and I understand that the South Wales 12 hour has less than 20 entries at the time of this letter and therefore risks cancellation. If we lose this wonderful test of endurance, we may have to think of the future of our time trials. Cycling is booming for sportives like the Etape du Tour of which many copycat events have appeared in this country. The association of these promotions with charities has encouraged more participation, ride the bike, get healthy and contribute to a good cause has become a winning formula. Riding time trials requires commitment of time and money and maybe, due to modern life pressures, many cyclists are happy to just do the Sunday coffee and cake rides.

I am still making regular trips to the Netherlands, I have a bike out there and enjoy the safer cycling on their extensive network of cycling paths. Some of the best paths are along the dykes of the IJsselmeer. Last week on such a ride with a strong following wind I soon clocked up 50 kilometres, only to find the return against the breeze almost impossible. Luckily, there is an excellent train service, with no charge for bikes, I returned to base for a mere 8 euros.

On that note I would conclude my report, if any members see items of interest that I have omitted please contact me. I am available by phone, text and email. Safe cycling to all members.

SURREY & SUSSEX

Jon Fairclough

Welcome to new members

A welcome to five new members: Matt Williams (Peckham CC), Colin McDermott (Festival RC), David Earl (TrainSharp), Dale Lush (Kingston Phoenix) and Martin Scofield (Dittons Velo).

Surrey/Sussex open events

The Lewes Wanderers CC '30' was held on 9th June. The first four VTTA members on Standard were Robert Gilmour (Hounslow & District Wheelers) +14:06, Adrian Blacker (C and N Cycles RT) +13:54, Keith Brown (Southborough & District Wheelers) +12:25 and Andrew Quye (Southborough & District Wheelers) +9:15. Adrian wins the 2019 Mick Burgess Memorial 30 Mile Trophy for the first Surrey/Sussex member on standard. There was no winning team of three VTTA riders from the same club.

The ESCA '50' was held on the 16th June. The first four VTTA members on Standard were Nick Dwyer (Lewes Wanderers CC) +31:34, Don Parker (Brighton Mitre) +21:33, Robert Gilmour (Hounslow & District Wheelers) +20:08 and David Clark (Eastbourne Rovers CC) +19:49. Nick Dwyer wins the 2019 Aldershot Cup and VTTA Medal.

The ESCA '100' was held on 11th August. The first three VTTA members on standard were David Clark (Eastbourne Rovers CC) +44:03, Peter Baker (Lewes Wanderers CC) +28:32 and Peter Horsfield (Redmon CC) -02:31. David wins the VTTA medal.

Reports on the Bec CC '25' on 18th August and Surrey/Sussex '25' on 22nd September will appear in the next issue.

Records

Chris Lord is having a great season. He set a 10 miles group record for a 66 year old of 21:26 then bettered to 20:33. At 15 miles he set a record of 32:16 then bettered it to 31:51. At 25 miles he set a record of 54:03, and at 50 miles 1:50:28. Nik Allen set a 15 miles group record for a 47 year old of

32:14 then bettered it to 32:00. This was subsequently beaten by Chris Lord. Alan Robinson set 10 miles group record for a 78 year old of 25:01 and also one at 15 miles of 42:30. Congratulations to Chris, Nik and Alan. I also have one to report: I set a group record for a 65 year old of 385.83 miles at the Mersey Roads 24 hours on 20th July, beating Aubrey Wenman's record of 381.91 miles for a 64 year old set in 1959.

Claims

If you have set any records this year, please submit claims to our recorder James Rix any time before October 15th. With the new age records system, you should not wait until the end of the season to do this. The recorder can add records to the system on receipt of the claim.

If you have registered for standards this year, please submit your claims to James by October 15th

Strava Group News

The Strava Group is called "VTTA Surrey Sussex" and has 21 members. Peter Baker tops the leaderboard this week but next week it will be me as I am off to do the Paris-Brest-Paris event next week (unless Peter is doing it as well...). 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.

AGM

The AGM to be held on Sunday 17th November in the Handcross Parish Hall at 10:00 for 10:30am, with refreshments provided in that half hour giving members attending a chance to read the annual reports before the meeting starts.

Annual Lunch and Awards

Our annual prize giving lunch will be in Horsham on Sunday 2nd February 2020 and we would like to have all of the winners attend the event to receive their 2019 awards in person.

Committee News

We have vacancies 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.

WESSEX

Bob Jolliffe

Murray sets new 24 hour record

Wessex Group members have been turning in some cracking times this season, setting records left right and centre. Pick of a very big bunch has got to be Christina Murray's 24 hour ride in the National Championship event in Cheshire and Shropshire as the weather warmed up on the weekend of July 20/21. The Army Cycling rider broke Christine Roberts' national competition record of 461.45 miles, set way back in 1993, with 478.42 miles which, of course, was a new VTTA and Wessex age record. In achieving this Christina also beat all the men on standard to win the VTTA championship with +142.62 miles. She said that for most of the event she did not know what distance she would complete but, once she knew the record was a possibility, she rode hard for the final two hours.

Christina started her season well in the Wessex Championship 50, held at the end of April as part of the Charlotteville CC event at Bentley on the Hampshire/Surrey border, when she clocked 2:1:47 which gave her 37th place overall, a plus of 25:49, and a win in the Wessex women's competition. Then, on June 23, she became the first Wessex Group woman to beat four hours for 100 miles in the Eastern Counties Cycling Association event on the E2 with 3:58:18. Shortly afterwards in the same event, ...a3crg's Angela Carpenter whizzed past the timekeeper to record 3:53:16 to set a new National VTTA and Wessex record for 50 year old women. And most recently, Christina has taken the silver medal in the National 12 hour Championship with 266.37 miles, ten miles fewer than gold medallist, Drag2Zero's Vicky Gill from Winchester.

Parker's star shines

Greg Parker, now riding for Estrella Bikes, has won the Wessex 15, 25 and 50 mile championships on standard.

In the Charlotteville CC 50 he clocked 1:50:06 and an impressive plus of 31:00 to take the gold medal from New Forest CC's Antony Green (1:53:15 and +27:51), with Phil Watts of North Hampshire RC taking the bronze medal place with 1:56:26 and +26:59. Bournemouth Jubilee Whlrs' Nick Jones was fourth Wessex vet five seconds in arrears and +20:01.

Greg took the top medal in the 15 mile championship on a blowy evening in the ...a3crg event on P884/15 on Wednesday, June 16. The strong north-easterly breeze led to many riders claiming they had never ridden the downhill finishing mile so fast. Greg finished with 31:22 actual and a plus of 9:39. Sarah Matthews (...a3crg) was second on standard with 9:16 and an actual of 35:51. Blazing Saddles' riders Andy Langdown and Howard Bayley took the next two places on standard with +9:00 (31:26) and +8:31 (31:14). Sotonia CC's Mary Corbett and Norman Harvey took the tandem win with +5:20 (41:06).

Times were generally two minutes slower than the previous 15 on the same course on June 6 when Chris Fennell (The Independent Pedaler) set a new competition record of 27:33, Rachael Elliott (Newbury RC) and Ian Greenstreet (Aerocoach) set a new mixed tandem record of 28:01 and Emma Lewis (The Independent Pedaler), a new women's competition record of 29:48.

Men's comp record went again on the same course when ...a3crg staged a third 15 on July 24 when Marcin Bialoblocki hammered around in 26:35 to smash Fennell's record by 58 seconds. Another quick night when even birthday boy Yours Truly celebrated setting a New Forest CC 67 year old age record (38:54).

Greg also won the Wessex 25 Championship held as part of the Bournemouth Jubilee Wheelers' event on P413 near Poole in Dorset on July 7, clocking 52:06 for a plus of 16:57. Terry Icke (CCWeymouth) was second with +16:33 (actual 59:49), Antony Green (New Forest) was third with 53:18 and Neil Mackley (...a3crg) was fourth with

53:23. Fastest woman vet was Sotonia CC's Angela Burnikell with 1:01:58.

Carpenter's wheels turning well

A month earlier, on June 7, ...a3crg's Angela Carpenter was victorious in the VTTA National 25 on the E2 taking gold with 55:52 and a plus of 17:59. Best two Wessex men were Carpenter's teammate Neil Mackley in 13th on actual time with 51:06 (+17:57) and New Forest CC's Antony Green in 19th place with 52:15 (+16:36).

Before that on May 12 in South Wales, Angela set a new National and Wessex record for a 50 year old woman at 25 miles with a fine 53:29 and a week previously in the Welsh CA trial, Greg Parker set a new men's 54 year old record on the same R25/3h course of 50:04.

Back on home roads, Angela was third on standard in the final of ...a3crg's Wednesday evening series on the A3, held on the little used P884/10 course with its headquarters in the pretty village of Buriton. However, her 21:47 (+7:09) ride was eclipsed by that of teammate Sarah Matthews who took second on standard with 22:28 (+7:27). First was trike specialist Gavin Hinxman (Drag2Zero) with 22:05 (+8:12). The course is reputed to be the faster of the 10 courses on the A3 road, but the strong south-westerly wind and heavy shower led to a crop of slightly below par times for most.

The highly successful ...a3crg series is the brainchild of Wessex Group Chairman David Collard-Berry, otherwise known as 'DCB'.

Winds blow away Glenn's return

Storm force winds which hit 78mph at the Needles at the western end of the Isle of Wight on the night of Friday, August 9 and continued into Saturday led to the cancellation (possibly postponement) of the Bournemouth and District Women's Cycling Association two-up, due to be held of a 15km course on the Ringwood-Sopley road. The event, which features mixed pairs, was due to be the first race for Antelope RT's Glenn Longland (with wife Sue) since his crash in North Wales in early March, which led to a head injury and a spell in hospital and then specialist recovery unit.

True to form, mile eater Glenn had celebrated getting the medical experts' go ahead to get back

on his bike again, with a 47 mile ride, including coffee and pub stops, on July 21.

Stumble puts Tom in plaster

Spare a thought for Northover VT/Rudy Project/SCS's 65 year old Tom Cox, a West Country member of Wessex VTTA, who won his age group in the Welsh CA 25 with 56:06.

Three weeks later he stumbled when in Bridgwater and ruptured an Achilles tendon. "I am now nine weeks post-op, out of plaster and more or less boot-riding a gym bike on my heel, but planning for next year," he said in mid-August. The repair is a bit of a "good news/bad news" story. The good news is that the gym is only two miles from Tom's Taunton home. And the bad news? "It's 40 Commandos' gym and rehab centre, and they can't abide slackers. So it's a beating every time I go there," he said.

Like wine, Norman improves with age

Despite suffering a series of viral infections, Sotonia CC member and Wessex membership secretary Norman Harvey set a new Wessex 86 year old 10 mile record of 28:47 in early May and has since improved on it three times, reducing it to 27:49. Brilliant.

The most speedy riders may make the headlines, but there have been numerous excellent rides (simply too many to mention) like Norman's done by Wessex vets this year. And the season is not yet over. Watch this space.

WEST

Brian Griffiths

It's been a rather a lumpy, bumpy season weather wise with quite extreme conditions to greet us at events up and down the country. Let's hope it settles down a bit for the rest of the year.

When I set out from home in July to marshal the last three laps of the WTTA 100 in Wiltshire, the weather seemed ideal but as I drove up the course from Malmsbury towards the headquarters, I met riders coming towards me through inches of water in a torrential downpour which persisted almost to the end of the event. When I reached the changing rooms there were several riders there in a state of near hypothermia. Fortunately Mary Jane's

splendid tea and cakes soon put life back into them and also with the course being five laps, and passing near to the headquarters, desperate riders could opt out before things got too bad. I have to say that a high percentage of the riders did finish this gruelling test and some really good times were recorded too. Personally I can only remember one worse event, in the 60's when in a Shropshire 100 I rode, only 36 out of a field of 83 started and only 12 finished. I wasn't one of them.

To me things in the West seem to have gone awfully dead after our Prize Presentation. We seem to lack a lot of the regular events this year, so I hope we can find a few more to fill out our calendar for next year. It appears that the local evening 10's are very well supported so there must be a fair number of local riders available to ride. If only we could get them to ride the fifties and hundreds and other events at the weekends. Perhaps they are choosing to travel away for the fast courses, though I have no evidence to prove this. Any suggestions?

I continue to be amazed at the times recorded in open events, again minutes off the amazing time already done for the 100. I recently went to the Mersey Roads 24, an event I have supported for the past 25 years or more. One can only feel absolute admiration for the team that organise this event year in year out. Complex though it must be to put this lot together it always seems to run just like clockwork. With a top mileage for the men of 544 and 478 for the women it was obvious to see the dedication and expertise that these riders must apply to the ultimate cycling time trial test to produce such incredible results.

With the year passing quickly by it is my duty to remind members that all too soon it will, be time for our AGM, which is to be held on 3rd November at 10am at Sutton Benger Village Hall. Please try to get to this annual meeting, we need your opinions and suggestions and anyway its an interesting social occasion.

It seems to me that many of my ageing cyclist friends are being fitted with heart pacemakers, some of them seem to find an improvement, some of them find their performance reduced, some of them have given up cycling and some have converted to e-bikes. Why is there this sudden

need to fit people with heart pacemakers? Why are results often so very different? Are there different kinds of heart pacemaker, racing or pedestrian, and can they be tweaked for optimum performance? No one wants to answer these questions except with very vague answers. Whether it's true or not one little nurse told me they get £155-00 for each one recommended. Can anyone enlighten me with some answers before I get pressed to have one myself?

(Editor's note: Somewhere within the VTTA membership I suspect that we will have a cardiologist who could reply to Brian's question and provide some interesting information for all of us ageing cyclists. Space can be made available in a future magazine.)

YORKSHIRE

Chris Goode

When the latest copy of the Veteran appears through your letter box, the World Championships will be taking place in Yorkshire, hopefully with all bridges in full working order. We have certainly had plenty of rain, mixed in with strong winds. In contrast, as I write this, yesterday was superb on the North York Moors, with the heather at its best. I hope that you get to see some of the racing at the Worlds and get some good rides in before the end of the season.

Mike Williams and his helpers did a great job in organising the VTTA National 50 championship, on a new course to the east of York; well done and thank you. There were many excellent performances, with many pleasantly surprised at their times despite the very rural nature of much of the course; please see separate report.

We have two ten mile races in the second half of August, with the second event being the re-arranged event from mid-July. Thanks to Blair Buss, Tony Stott and Mike Penrice for organising these events.

Congratulations to Andy Jackson on getting a silver medal in the RTTC National 12 so soon after his crash in the National 24 hour race.

I was marshalling at the Team Swift 12 and saw good performances from our members Darren

Gough, Andy Askwith, Gary Simpson and one of our newest members, Stacey Stump (York Cycleworks), amongst many others. There is one other new member to welcome into the Yorkshire Group and that is Mark Higgins (Knottingley Velo). We hope that you both enjoy your membership.

The last of six races in the CTT National Series took place at the end of June and for three years Karen Taylor had set her sights on competing in these Sigma Sport Classics events. Four of the six were to count and Karen rode all but the first. There were two points between three women going into the last round; amusingly one of the places on the route was named Tiddlywink. It was a great result for Karen as she not only won the overall series in her age category, claiming an invitation to Champions' Night, but also came out on top in the Circuit Championship which doubled up, in this last event. Fiona Sharp (Team Swift) and Sarah Lewthwaite (Team Sportslab) have also impressed in the Veterans 50 mile Championship and in the YCF SpoCo series respectively.

A reminder to those seeking standard awards to get your results to Jymmy Trevor, the Group Recorder, by 14th October please. There has been a massive increase in those registering for their standard awards and we would very much like to see you at the lunch, on 26 January, at the Bridge Inn, Walshford. In order for the trophies to be engraved in good time, your cups need to be returned to Tony Stott, by the AGM on 16th November; This takes place at 10:30, at the Memorial Hall, Collingham LS22 5BX. On the question of volunteers and the future of the group if you have an interest in an official position please get in touch with Tony or another member of the committee. This is especially important as any new appointments will be made at the AGM. Come along and contribute.

Our secretary, Tony Stott, moved house at the end of August. He can now be found at 6 Damson Garth, Lund, Driffield, E. Yorks, YO25 9TH

Keep those wheels turning.

NOTE - ALL NATIONAL AGE RECORDS REFERRED TO IN REPORTS ARE SUBJECT TO RATIFICATION.

VTTA NATIONAL 25 MILE CHAMPIONSHIP

Sunday 9th June 2019

NEC Representative Andrew Simpkins

The National 25 mile championship was held on Sunday 9th June on the fast and well known E2/25 course south of Newmarket. The day dawned bright and sunny but quite chilly for the early starters, who began just after 6.00am. There was a noticeable southerly breeze that made it not the fastest of days although seven riders still got under 50 minutes.

In a fully subscribed event, there were 17 women on the start sheet with 14 finishers. Given that we have recently sought to raise the profile of women in championships with their own champion and medallists it would be good to encourage more women riders to enter this 'blue riband' event. Angela Carpenter proved a worthy winner and added the 25 mile championship to her win in the 10 mile earlier this season. Her excellent time of 55:52 and a plus of 17:59 gave her a 35 second margin on standard over Jackie Field in silver medal position with Deb Hutson-Lamb taking the bronze medal.

In the men's event there was a close finish between two of the top riders in the country with Kevin Tye winning on standard by just 17 seconds from Keith Ainsworth. Kevin at age 57 rode 49:42 while Keith at age 60 rode 50:43 - an indication of how high the standard is in vets' time trialling. Equally impressive was another fine ride from Peter Horsnell, aged 89, whose 1:13:02 secured him the bronze medal. Fastest rider on the day was James Rix in 48:07 which placed him fifth, just 5 seconds behind Andy Grant, who took fourth on standard.

I looked at the age spread of the top 20 finishers in the men's event. There were seven riders in their 40s, seven in their 50s, three in their 60s, one in his 70s, and two in their 80s. It may appear that the older riders did not fare so well under the revised standards but of course you have to relate the finishers to the numbers participating. There were fourteen riders aged over 70 among the 118 finishers, or 12%, while 3 riders over 70 featured in the top 20, or 15%. So overall we had a fairly even spread of ages in the top positions.

The tandem event saw an outstanding ride from Ian Greenstreet and Rachael Elliott, who not only won the gold medal and set a new VTTA age record, but also beat the national competition record for a mixed tandem, not something we often see in a Vet's championship! Their time of 47:09 was exceptional but mention should also be made of Glenn Taylor and Mark Arnold whose 49:01 placed them second fastest on both actual and standard. It was good to see seven tandems competing on the day.

Local riders took the team awards with the Cambridge CC trio of Andy Grant, Chris Dyason and Martin Reynolds taking the club team award from ...a3crg and Chelmer CC. Andy Grant also then featured in the winning East Anglian Group team award with Peter Horsnell and Jackie Field but they only beat Surrey/Sussex (James Rix, Mark Smith, Nick Dwyer) by the narrowest of margins, just 5 seconds.

Our thanks go to John Golder and his team who organised another excellent championship – good signage and marshalling, efficient handling of times, the result board, and the awards, and also thanks to those who stood in to help with the refreshments. Thanks also to Davey Jones who took pictures of all the riders which you can see on the East Anglian facebook page.

AWARD WINNERS - 2019 VTТА NATIONAL 25 MILE TIME TRIAL CHAMPIONSHIPS

Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Kevin Tye	VeloRefined.com Aerosmiths	Kent	+ 19:48	Gold
2nd Man on Std.	Keith Ainsworth	Sheffrec CC	North Midlands	+ 19:31	Silver
3rd Man on Std.	Peter Horsnell	Chelmer CC	East Anglian	+ 18:53	Bronze
1st Woman on Std.	Angela Carpenter	...a3crg	Wessex	+ 17:59	Gold
2nd Woman on Std.	Jackie Field	CC Ashwell	East Anglian	+ 17:24	Silver
3rd Woman on Std.	Deb Hutson-Lumb	Nova Raiders CC	Mids	+14:58	Bronze
Group Team Champions	Peter Horsnell	Chelmer CC	East Anglian	+ 54:55	Gold
	Jackie Field	CC Ashwell			Gold
	Andrew Grant	Cambridge CC			Gold
Club Team Champions	Andrew Grant	Cambridge CC	All East Anglian	+52:15	Gold
	Chris Dyason				Gold
	Martin Reynolds				Gold
Tandem Champions	Rachael Elliott	Newbury RC	Both London & Home Counties	+20:29	Gold
	Ian Greenstreet	AeroCoach			Gold

First man and first woman on standard also each receive a champion's jersey and cap.
Kevin Tye is also awarded the Charlie Cole Cup for overall best solo on standard.

FINISH ORDER - 2019 VTТА NATIONAL 25 MILE TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Kevin Tye	VeloRefined.com Aerosmiths	Kent	M	57	1:09:30	49:42	+ 19:48
2	Keith Ainsworth	Sheffrec CC	NMids	M	60	1:10:14	50:43	+ 19:31
3	Peter Horsnell	Chelmer CC	EA	M	89	1:31:55	1:13:02	+ 18:53
4	Andrew Grant	Cambridge CC	EA	M	66	1:12:05	53:27	+ 18:38
5	James Rix	Team Bottrill	S&S	M	43	1:06:40	48:07	+ 18:33
6	Geir Robinson	Regents Park Rouleurs	L&HC	M	50	1:08:03	49:44	+ 18:19
7	Mark Smith	Crawley Wheelers	S&S	M	45	1:07:05	48:53	+ 18:12
8	Nick Dwyer	Lewes Wanderers CC	S&S	M	55	1:09:03	50:58	+ 18:05
9	Angela Carpenter	...a3crg	Wsx	F	50	1:13:51	55:52	+ 17:59
10	Neil Mackley	...a3crg	Wsx	M	55	1:09:03	51:06	+ 17:57
11	Simon Norman	Bedfordshire Road RT	L&HC	M	48	1:07:40	49:47	+ 17:53
12	Andy Jackson	AeroCoach	Yks	M	43	1:06:40	48:54	+ 17:46
13	Ron Hallam	South Pennine RC	N&EM	M	88	1:30:05	1:12:32	+ 17:33
14	Jackie Field	CC Ashwell	EA	F	54	1:14:44	57:20	+ 17:24
15	David Mead	Race Rapid	Mids	M	42	1:06:27	49:08	+ 17:19
16	Joseph Costello	Walsall Roads CC	Mids	M	60	1:10:14	53:06	+ 17:08
17	Dave Green	CC Breckland	EA	M	55	1:09:03	52:00	+ 17:03
18	Peter Lawrence	High Wycombe CC	L&HC	M	47	1:07:28	50:26	+ 17:02
19	Chris Dyason	Cambridge CC	EA	M	71	1:14:10	57:14	+ 16:56
20	Martin Reynolds	Cambridge CC	EA	M	56	1:09:16	52:35	+ 16:41
21	Antony Green	New Forest CC	Wsx	M	54	1:08:51	52:15	+ 16:36
22	Andy Proffitt	Ipswich BC	EA	M	46	1:07:16	50:49	+ 16:27
23	Ken Platts	Cambridge CC	EA	M	67	1:12:27	56:31	+ 15:56
24	Julian Elliott	Finsbury Park CC	EA	M	48	1:07:40	51:50	+ 15:50
25	Michael Schofield	Bishop's Stortford CC	EA	M	53	1:08:38	52:53	+ 15:45

FINISH ORDER - 2019 VTTA NATIONAL 25 MILE TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
26	John Lacey	Hemel Hempstead CC	L&HC	M	55	1:09:03	53:26	+ 15:37
27	Antony Brown	Kettering CC	EA	M	59	1:09:59	54:24	+ 15:35
28	Darren Yarwood	Vive Le Velo	Yks	M	45	1:07:05	51:31	+ 15:34
29	Richard Hancock	Team Secret Squirrel	EA	M	51	1:08:15	53:06	+ 15:09
30	Tim Beaven	Bicester Millennium CC	L&HC	M	45	1:07:05	51:58	+ 15:07
31	Sean Vincent	Race Hub	N&EM	M	49	1:07:51	52:49	+ 15:02
32	Chris Jones	Bynea Cycling Club	L&HC	M	45	1:07:05	52:04	+ 15:01
33	Deb Hutson-Lumb	Nova Raiders CC	Mids	F	54	1:14:44	59:46	+ 14:58
34	Kevin Hobbs	Peterborough CC	EA	M	49	1:07:51	53:01	+ 14:50
35	John Golder	Chelmer CC	EA	M	66	1:12:05	57:19	+ 14:46
36	Chris Nudds	CC Breckland	EA	M	70	1:13:42	59:01	+ 14:41
37	Katja Rietdorf	Born to Bike	L&HC	F	48	1:13:25	58:49	+ 14:36
38	Steve Kaye	Fenland Clarion CC	EA	M	59	1:09:59	55:25	+ 14:34
39	Claire Emons	Newbury RC	L&HC	F	50	1:13:51	59:26	+ 14:25
40	David Clements	Eastbourne Rovers CC	S&S	M	47	1:07:28	53:07	+ 14:21
41	Colin Lizieri	Cambridge CC	EA	M	63	1:11:05	56:51	+ 14:14
42	Patrick Ellerbeck	St Neots CC	EA	M	65	1:11:44	57:35	+ 14:09
43	John Osborn	Folkestone Velo Club	Kent	M	48	1:07:40	53:36	+ 14:04
44	Robert Watson	Cambridge CC	EA	M	58	1:09:44	55:46	+ 13:58
45	Matthew Reader	Verulam CC	L&HC	M	49	1:07:51	53:58	+ 13:53
46	Richard Gifford	trainSharp	S&S	M	56	1:09:16	55:35	+ 13:41
47	Iain Boardman	Dulwich Paragon CC	EA	M	45	1:07:05	53:26	+ 13:39
48=	James Fawcett	...a3crg	Wsx	M	53	1:08:38	55:09	+ 13:29
48=	Steven Loraine	Team Swift	Mids	M	63	1:11:05	57:36	+ 13:29
50	Nik Allen	Worthing Excelsior CC	S&S	M	47	1:07:28	54:05	+ 13:23
51	Jon Surtees	CES Sport	N&EM	M	52	1:08:26	55:04	+ 13:22
52	Darran Bennett	Ely & District CC	EA	M	49	1:07:51	54:31	+ 13:20
53	Martin Bullen	Peterborough CC	NMids	M	66	1:12:05	58:46	+ 13:19
54	Paul Vickers	West Suffolk Wheelers	EA	M	48	1:07:40	54:24	+ 13:16
55	Colin Harrison	East Grinstead CC	S&S	M	54	1:08:51	55:37	+ 13:14
56	Sam Wightman	Chelmer CC	EA	M	41	1:06:14	53:01	+ 13:13
57	Ian Pike	Lincoln Wheelers CC	N&EM	M	51	1:08:15	55:05	+ 13:10
58	Richard Carrington	West Suffolk Wheelers	EA	M	43	1:06:40	53:40	+ 13:00
59	Andy Kennedy	Ipswich BC	EA	M	54	1:08:51	55:53	+ 12:58
60	Jez Willows	Sherwood CC	N&EM	M	54	1:08:51	56:00	+ 12:51
61	Andy Court	Bicester Millennium CC	L&HC	M	44	1:06:52	54:04	+ 12:48
62=	Michael Bennett	Bicester Millennium CC	L&HC	M	50	1:08:03	55:24	+ 12:39
62=	John Marinko	Brighton Mitre CC	S&S	M	54	1:08:51	56:12	+ 12:39
62=	Donald Parker	Brighton Mitre CC	S&S	M	70	1:13:42	1:01:03	+ 12:39
65	Chris Ward	Team Swift	N&EM	M	53	1:08:38	56:01	+ 12:37
66	Steven Bass	Maldon & District CC	EA	M	51	1:08:15	55:40	+ 12:35
67	Mandy Bunn	Datalynx-Parenesis Cycling	EA	F	50	1:13:51	01:01:24	+ 12:27
68=	Tony Ball	Team Swift	L&HC	M	50	1:08:03	55:37	+ 12:26
68=	Mark Greenhow	St Neots CC	EA	M	51	1:08:15	55:49	+ 12:26
70	David Guy	OV Cycling Club	L&HC	M	73	1:15:12	1:02:47	+ 12:25

NATIONAL 25 PHOTO GALLERY

Photos by Davey Jones and Stuart Field



Brian Foran & Mary Corbett



Ian Greenstreet & Rachael Elliott



Glenn Taylor & Mark Arnold



Deb Hutson-Lumb



Peter Horsnell



Kevin Tye



Keith Ainsworth



Angela Carpenter



Presentation Cambridge team



Presentation group



John Golder



Jackie Field



John Golder & James Rix



R Elliott, J Golder & I Greenstreet



A Simpkins & A Carpenter



A Simpkins & K Tye

FINISH ORDER - 2019 VTTA NATIONAL 25 MILE TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
71	Susan Triplow	CC Sudbury	EA	F	52	1:14:17	1:01:54	+ 12:23
72	David Crisp	3T-RACING	EA	M	42	1:06:27	54:06	+ 12:21
73	Amy Pritchard	Team Bottrill	L&HC	F	41	1:11:50	59:30	+ 12:20
74	Andrew Askwith	Vive Le Velo	Yks	M	54	1:08:51	56:34	+ 12:17
75=	Mark Hamer	Stratford Cycling Club	Mids	M	44	1:06:52	54:36	+ 12:16
75=	Andy Sharman	Baines Racing	L&HC	M	48	1:07:40	55:24	+ 12:16
77	David Wilson-Evans	Bynea Cycling Club	SWIs	M	62	1:10:47	58:39	+ 12:08
78	Daniel Homer (LS)	London Phoenix CC	L&HC	M	48	1:07:40	55:35	+ 12:05
79	Robert Pisolkar	Shaftesbury CC	EA	M	60	1:10:14	58:15	+ 11:59
80	Mark Stafford	Portsmouth North End CC	Wsx	M	43	1:06:40	54:45	+ 11:55
81	Tim Kingston	GS Invicta	Kent	M	44	1:06:52	55:02	+ 11:50
82	Cliff Beldon	Selby CC	Yks	M	72	1:14:40	1:03:07	+ 11:33
83	Lee Turner	Sigma Sports	EA	M	50	1:08:03	56:31	+ 11:32
84	Graham Wright	Velo-One Cycling Team	N&EM	M	48	1:07:40	56:11	+ 11:29
85	Spencer Kirkham	Worthing Excelsior CC	S&S	M	51	1:08:15	56:59	+ 11:16
86	Ray Retter	Born to Bike	West	M	73	1:15:12	1:03:57	+ 11:15
87	James Wood	West Suffolk Wheelers	EA	M	56	1:09:16	58:02	+ 11:14
88	Tony May	TMG Horizon Cycling Team	EA	M	61	1:10:30	59:17	+ 11:13
89	Andrew Simpkins	Solihull CC	Mids	M	65	1:11:44	1:00:34	+ 11:10
90	Tony Summers	Rapha Cycling Club	EA	M	58	1:09:44	58:37	+ 11:07
91	Jim Reed	Colchester Rovers CC	EA	M	70	1:13:42	1:02:37	+ 11:05
92	Daniel Shaw	Halifax Imperial Wheelers	Yks	M	50	1:08:03	57:02	+ 11:01
93	Steve Clarke	TMG Horizon Cycling Team	EA	M	64	1:11:24	1:00:32	+ 10:52
94	Janet Fairclough	St Helens CRC	Mer	F	58	1:15:44	1:05:00	+ 10:44
95	Richard Hutt	Harp RC	L&HC	M	61	1:10:30	59:47	+ 10:43
96	Trevor Leeding	Worthing Excelsior CC	S&S	M	53	1:08:38	58:12	+ 10:26
97=	Patrick Charlton	Wolsey RC	EA	M	61	1:10:30	1:00:05	+ 10:25
97=	John Murphy	Gloucester City CC	West	M	79	1:19:15	1:08:50	+ 10:25
99=	Cliff Voller	Newbury RC	West	M	68	1:12:51	1:02:32	+ 10:19
99=	Karen Dennett	Bishop's Stortford CC	EA	F	62	1:16:54	1:06:35	+ 10:19
101	Ed Watson	Ratae RC	N&EM	M	44	1:06:52	56:38	+ 10:14
102	Paul Townsley	Worthing Excelsior CC	S&S	M	70	1:13:42	1:03:41	+ 10:01
103	Chris Spray	Ratae RC	N&EM	M	52	1:08:26	58:26	+ 10:00
104	Richard Tully	Elite Cycling	EA	M	42	1:06:27	56:33	+ 9:54
105=	John Manlow	Ely & District CC	EA	M	50	1:08:03	58:13	+ 9:50
105=	Jon Fairclough	Woking Cycle Club	S&S	M	65	1:11:44	1:01:54	+ 9:50
107	Derek Ricketts	Ely & District CC	EA	M	56	1:09:16	59:28	+ 9:48
108	Claire Lee	Glendene CC	L&HC	F	48	1:13:25	1:03:59	+ 9:26
109	David Yarham	Peterborough CC	N&EM	M	66	1:12:05	1:02:44	+ 9:21
110	Simon Inman	OVb	N&EM	M	46	1:07:16	57:57	+ 9:19
111	Kevin Humphreys	Sherwood CC	N&EM	M	59	1:09:59	1:00:58	+ 9:01
112	Jon Talbot	Wisbech Whs	EA	M	47	1:07:28	58:39	+ 8:49
113	Graham Hurrell	Basildon CC	EA	M	60	1:10:14	1:01:29	+ 8:45
114	Diane Wilson-Evans	Bynea CC	SWIs	F	59	1:16:00	1:07:17	+ 8:43
115	Richard Gray	Norton Wheelers	NMids	M	65	1:11:44	1:03:34	+ 8:10

FINISH ORDER - 2019 VTTA NATIONAL 25 MILE TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
116	Geoff Perry	Born to Bike	L&HC	M	59	1:09:59	1:01:57	+ 8:02
117	Norman Harvey	Sotonia CC	Wsx	M	86	1:26:54	1:18:58	+ 7:56
118	Nigel Croxford	High Wycombe CC	L&HC	M	61	1:10:30	1:02:52	+ 7:38
119	Graham Pepperdine	Verulam CC	EA	M	55	1:09:03	1:01:42	+ 7:21
120	David Roe	Revo Racing	West	M	70	1:13:42	1:06:27	+ 7:15
121=	Paul Sexton	CC Breckland	EA	M	41	1:06:14	59:12	+ 7:02
121=	Dominic Whitehead	St Ives CC	EA	M	60	1:10:14	1:03:12	+ 7:02
123	Simon Keen	Crest CC	EA	M	40	1:06:00	59:08	+ 6:52
124	Marek Sasura	GS Avanti	Kent	M	43	1:06:40	59:50	+ 6:50
125	Paul Smith (LS)	VeloRefined.com Aerosmiths	Kent	M	47	1:07:28	1:00:55	+ 6:33
126	Jeremy Saynor	PMR	Kent	M	55	1:09:03	1:03:56	+ 5:07
127	Samantha Messenger	Bicester Millennium CC	L&HC	F	47	1:13:13	1:08:16	+ 4:57
128	B. Drew	Spalding CC	N&EM	M	71	1:14:10	1:09:18	+ 4:52
129	Harry Moore	Cycling Club Hackney	EA	M	56	1:09:16	1:05:07	+ 4:09
130	Michael Fry	Glendene CC	EA	M	58	1:09:44	1:06:05	+ 3:39
131	Annette Lacey	Hemel Hempstead CC	L&HC	F	56	1:15:13	1:11:35	+ 3:38
132	Stephen Messenger	Bicester Millennium CC	L&HC	M	50	1:08:03	1:10:42	- 2:39
DNF	Ed Tarelli (Race Hub), Richard Durham (VTTA (Yorkshire)), Mervyn Wilson (North Lancashire RC), Nicholas Hitchens (Team Bottrill), Martin Atkinson (Peterborough CC)							
DNS (A)	Justin Webb (Virtual Cycling Club), Bob Quarton (Wolsey RC), Aled Roberts (Energy Cycling Club), Barry Quick (Reading CC), Sean Hunt (Lincoln Wheelers CC), Matt Steel (Shaftesbury CC), Peter Tibbitts (Ford CC), Michael Cross (Yorkshire RC), Virginia McGee (...a3crg), Dena Ford (High Wycombe CC), Sally Withey (Team Swift), Matt O'Brien (Plomesgate CC), Jim Moffatt (CC Luton), Joe Le Sage (Rutland CC), Richard Weatherstone (C & N Cycles RT), Adrian Cox (Team Milton Keynes), John Dowling (Hemel Hempstead CC), Paul French (Bedfordshire Road RT), Stu Wright (QN Racing), Frank Anderson (SVTTA)							
DNS	Chris Jolliffe (Crawley Wheelers), Michael Parker (TMG Horizon Cycling Team), Vincent Jenkins (LeisureLakesBikes.com), Chris Tye (Plomesgate CC), David Langlands (Team Bottrill)							

FINISH ORDER - 2019 VTTA NATIONAL 25 MILE TANDEM TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Rachael Elliott	Newbury RC	L&HC	F	41	1:07:38	47:09	+20:29
	Ian Greenstreet	AeroCoach		M	55			
2	Glenn Taylor	Shorter Rochford RT	EA	M	51	1:04:57	49:01	+15:56
	Mark Arnold	VTTA East Anglia		M	45			
3	John Iszatt	Team Vision Racing	EA	M	60	1:06:17	51:25	+14:52
	Dean Lubin			M	49			
4	Peter Oliver	Fairly United CT	L&HC	M	54	1:06:00	51:12	+14:48
	Christopher Edginton			M	53			
5	Kevin Baumber	Shaftesbury CC	EA	M	45	1:04:35	50:47	+13:48
	Martin Baumber			M	47			
6	Murray Kirton	A5 Rangers CC	Mids	M	78	1:15:19	01:57	+13:22
	David Stockley			M	78			
7	Brian Foran	Lampard RC	L&HC	M	59	01:10:21	58:36	+11:45
	Mary Corbett	Sotonia CC	Wsx	F	61			
DNS(A)	Richard Dixon & Tim Humphries (Team Swift)							
DNS	Mike Logue & Simon Drewett (Fairly United CT)							

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

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



VTTA NATIONAL 100 MILE CHAMPIONSHIP

Sunday 14th July 2019

NEC Representative Carole Gandy



North Lancs TTA kindly hosted our 100 mile championship in their event, held on the predominantly flat and sheltered A66 between Keswick and Cockermouth. Four times up and down this road gave the riders ample opportunity to absorb the stunning Lake District scenery as they rode alongside Bassenthwaite Lake, with reflections of Skiddaw, towering over 3000ft on the opposite bank.

It was most fitting that this should be the VTTA championship as it was the first George Nowland Memorial event, George having passed away in late 2018 and him having been a former VTTA National Chairman and a very prolific competitor. George's wife Val and daughters Sue and Janet were present to hand out the open event awards, with Richard Bideau fastest overall in a scintillating 3:32:29.

Visiting riders Gavin Hinxman (on a very high tech aero trike) and Katja Rietdorf filled the top VTTA men's and women's spots, with their jerseys presented by VTTA President Carole Gandy, but local riders claimed all the other awards.

Special thanks to Nigel Clementson and his team for a very well run and friendly championship.

AWARD WINNERS - 2019 VTTA NATIONAL 100 MILE TIME TRIAL CHAMPIONSHIP

Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Gavin Hinxman	Drag2Zero	East Anglian	+79:28	Gold
2nd Man on Std.	Richard Bideau	Pendle Forest CC	N Lancs & Lakes	+78:43	Silver
3rd Man on Std.	Andrew Whiteside	Bella In Sella Racing	N Lancs & Lakes	+68:44	Bronze
1st Woman on Std.	Katja Rietdorf	Born To Bike	London & Home Counties	+67:59	Gold
2nd Woman on Std.	Deborah Moss	Team Merlin	N Lancs & Lakes	+61:18	Silver
3rd Woman on Std.	Theresa Taylor	Ribble Valley CT	N Lancs & Lakes	+51:57	Bronze
Group Team Champions	Richard Bideau	Pendle Forest CC	N Lancs & Lakes	+215:14	Gold
	Andrew Whiteside	Bella In Sella Racing			Gold
	Paul Fleming	Preston Whs			Gold
Club Team Champions	Derek Parkinson	Springfield Fin'cl RT	N Lancs & Lakes	+155:20	Gold
	Paul Russell		N Lancs & Lakes		Gold
	Matt Stell		N Lancs & Lakes		Gold

First man and first woman on standard also each receive a champion's jersey and cap.
Gavin Hinxman is also awarded the Doug Brunwin Memorial Salver for overall best on standard.



The Old Forge Bed and Breakfast and Holiday Barn
Knockin, Oswestry, Shropshire SY10 8HQ
www.oldforgeknockin.co.uk
e-mail: enquiries@oldforgeknockin.co.uk

The Old Forge B and B
Rated 4 Star by Shropshire Tourism



A warm and friendly atmosphere greets all guests to The Old Forge Bed and Breakfast, Knockin, which offers two twin en-suite bedrooms and one double/family room with en-suite. We pride ourselves on our full English breakfast using local produce. We offer a menu service so that guests can choose their own breakfasts. Wi-fi is available free of charge.

"Excellent in every way. Thank you very much". Victoria, Australia

Please visit our website and view our Customers' Comments section.

The Old Forge Self-Catering
Holiday Barn
Rated 4 Star by Cottages4You



In the garden of The Old Forge house stands the beautiful barn with south-facing views which is fully furnished and is let on a self-catering basis. It sleeps 4 guests. From the afternoon patio you are able to enjoy the use of the built-in barbecue with views of the local farmer's field where sheep, lambs and cattle are often seen.

"This was our 3rd New Year and 4th stay as guests of Colin and Wendy in their splendid 'Old Forge' Barn. As always, the warmth of the welcome and generous hamper that greeted us on arrival was simply lovely. The barn cannot be beaten for utility, charm and home comforts".
 England

The Old Forge B and B and Holiday Barn, which is run by Wendy and Colin Pearce, is located in the village of Knockin, half-way between Shrewsbury and Oswestry in Shropshire, which lies about two miles from the A5 which is the main road that links the South of England to North Wales. Knockin is a central point for horse-riding, golf, fishing, walking, cycling and visiting National Trust Properties. In the village is a local pub which serves good food. Nearby there are also numerous eating pubs and restaurants.

FINISH ORDER - 2019 NATIONAL 100 MILE TIME TRIAL CHAMPIONSHIP

Pos	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Gavin Hinxman (Trike)	Drag2Zero	EA	M	51	5:31:07	4:11:39	+79:28
2	Richard Bideau	Pendle Forest CC	NL&L	M	48	4:51:12	3:32:29	+78:43
3	Andrew Whiteside	Bella In Sella Racing	NL&L	M	45	4:48:20	3:39:36	+68:44
4	Katja Rietdorf	Born To Bike	L&HC	F	48	5:16:01	4:08:02	+67:59
5	Paul Fleming	Preston Whs	NL&L	M	54	4:56:55	3:50:08	+66:47
6	Craig Horseman	Beacon Whs	NL&L	M	45	4:48:20	3:41:50	+66:30
7	Carlos Riise	Shetland Whs	Scot	M	54	4:56:55	3:55:36	+61:19
8	Deborah Moss	Team Merlin	NL&L	F	49	5:17:04	4:15:46	+61:18
9	Derek Parkinson	Springfield Fin'cl RT	NL&L	M	45	4:48:20	3:47:14	+61:06
10	Ian Elliot	Hawick CC	Scot	M	69	5:18:12	4:20:00	+58:12
11	Daniel Shackleton	ABC Centreville	M&NW	M	48	4:51:12	3:55:14	+55:58
12	Andy Ashurst	Manchester Whs	M&NW	M	54	4:56:55	4:01:44	+55:11
13	David Wright	Warrington RC	M&NW	M	60	5:03:36	4:09:54	+53:42
14	David Rundall	Chorley CC	NL&L	M	69	5:18:12	4:25:35	+52:37
15	Theresa Taylor	Ribble Valley CT	NL&L	F	59	5:28:27	4:36:30	+51:57
16	Paul Russell	Springfield Fin'cl RT	NL&L	M	52	4:54:58	4:04:08	+50:50
17	Sean Quinn	Law Whs	Scot	M	46	4:49:18	3:59:25	+49:53
18	Andrew Simpkins	Solihull CC	Mids	M	65	5:10:48	4:21:45	+49:03
19	Gary Hunt	Hartlepool CC	North	M	56	4:58:59	4:15:14	+43:45
20	Matt Stell	Springfield Fin'cl RT	NL&L	M	41	4:44:11	4:00:47	+43:24
21	Kenneth Addison	Southport CC	NL&L	M	63	5:07:41	4:28:18	+39:23
22	Carl King	VTTA (Manch'r & NW)	M&NW	M	50	4:53:04	4:15:48	+37:16
23	Joanna Cebrat	Bury Clarion CC	M&NW	F	40	5:06:58	4:31:55	+35:03
24	Jon Fairclough	Woking CC	S/S	M	65	5:10:48	4:36:01	+34:47
25	Mark Hulme	West Pennine RC	NL&L	M	52	4:54:58	4:23:29	+31:29
26	Brian Morrell	Dumfries CC	Scot	M	59	5:02:23	4:33:53	+28:30
27	Howard Heighton	Ferryhill Whs	North	M	46	4:49:18	4:21:53	+27:25
28	Steve Cowlbeck	VTTA (North Mids)	NMids	M	49	4:52:08	4:39:23	+12:45
29	Phil Wright	Hartlepool CC	North	M	64	5:09:12	5:04:16	+04:56
30	Harry Cowley	Chester RC	Mer	M	71	5:22:40	5:22:38	+00:02
31	Clifford Degraff	Velo Club Cumbria	NL&L	M	54	4:56:55	5:05:36	-08:41

DNF - Gareth Metcalfe (Otlej CC), Keith Ainsworth (Sheffrec CC)

DNS-A - Janet Fairclough (St Helens CRC)

DNS - Randle Shenton (Team Swift)



At the finish board of the inaugural George Nowland Memorial 100 the winner Richard Bideau with George's wife Val and daughters Sue (left) and Janet (right)



*Andrew Whiteside took the men's bronze medal
Credit www.ridingforlove.com*



*Richard Bideau - 2nd man but fastest overall
Credit Kimroy*



*Katja Rietdorf won the women's championship
Credit Kimroy*



*Defending women's champion Debbie Moss rode
strongly for the silver medal
Credit www.ridingforlove.com*



OBITUARIES



JOHN MARSHALL

28th March 1935 - 22nd May 2019

John was a member of the Dundee Wheelers for over 40 years and served as treasurer, timekeeper and course measurer; in these roles he was a stickler for precision and adherence to cycling regulations. He joined the SVTTA Group in 1983 and when taking up the position of the group's age records secretary, a position he held until retiring from office in 2009, he brought the same attributes to his record keeping.

John was born in Retford, Nottinghamshire, one of a family of six, and started life on a farm where his father worked and his mother kept house. This was a period he looked back on with very fond memories of family life and love of the countryside.

The prelude to John's career started at school where he excelled by winning a scholarship, which set him on course to qualify as a mechanical and electrical engineer. The nature of his work saw him employed on a number of projects, many of which were Scottish based, and eventually he became a senior engineer with "Hydro Electric" in Dundee.

When residing in Nottinghamshire as a young man, John had taken to cycling, touring the 'shire and Derbyshire Dales on his fully equipped bike, i.e. mudguards and saddle bag. It was not long before he ventured into the competitive side of the sport – without mudguards and saddle bag - where he proved to be a force to be reckoned with,

and this continued when joining Dundee Wheelers and SVTTA.

When he retired from competitive cycling John continued his cycling passion by becoming a 'weekender' and also 'pass storming' with friends of a like mind until his fitness for this began to diminish, whereupon he and wife Morag spent many more hours enjoying their Morgan sports car. During these ventures, they soon became well know on their travels through the Angus countryside and glens. One such foray saw them celebrating New Year's Day having breakfast 'billy-up' at Blackwater Dam some 25 miles north of Dundee.

Sadly, John slipped away on the 22nd May while in the care of Ballumbie Care Home, where he and Morag had been resident for some time. He is survived by Morag, son Angus and daughter Fiona, to whom the club extended their sympathies at John's well attended service, which was held at Dundee Crematorium.

John was well respected and held in high esteem by his club, SVTTA Group, Scottish Cycling, and the cycling fraternity alike, as well as members from the Morgan Sports club.

*Dave McCallum, Dundee Wheelers C.C.,
on behalf of the family*

JOHN (JOCK) ELDER

12th May 1918 - 15th April 2019

Scotland Group's longest serving member Jock Elder celebrated his 100th birthday in May last year. Sadly, Jock passed away on 15th April this year, after having been in Kirkcaldy hospital for a few days.

Jock was born on 12th May 1918 in the family home in Inverkeithing, Fife, the elder of two brothers.

He trained as a surveyor, and worked in various locations in Fife, becoming a senior building control officer in Dunfermline, until taking early retirement in 1981.

Jock's interest in cycling seems to have started at a young age, as he did some exploring on a trike when he was only three years old! He joined the Dunfermline and District Cycling Club in 1938. Jock did service in the RAF during WW2. Part of

this was spent in Egypt, where he got the chance to cycle with the renowned Buckshee Wheelers. After the war it was through his cycling activities that he met and married Margaret Ritchie. They both enjoyed cycling, often with a large group of friends, including John Cramb, a name that will be recognised by many in the Scotland group. Their only daughter Anne started off on a tandem with her dad before joining in on her own bike. There were many family cycling outings in Scotland and beyond, including the Lake District and Ireland. Jock's wife Margaret passed away in 1991. Anne helped Jock to continue

with his cycling, including driving him and his bikes around Scotland and to the York Rally. He had been going to Mallorca for many years and had a cycling holiday in Canada. He was a member of the Tricycle Association and Fife CTC. No surprise then to learn that he was a member of the 300,000 mile club.



Jock also enjoyed the competitive side of cycling, with lots of time trialling in Fife and beyond. This led him to join the VTTA, with a particular interest in trike racing. He bagged many age records at 10, 25, 30, 50 and 100 miles, including twenty-five national trike records. Many of his group age records are still standing! He was cycling on the road until he was around 89 and on a turbo until his early 90's.

I got to meet Jock when, along with Scotland group chairman Michael Devlin, we visited Jock in his home in Cowdenbeath last year. The purpose of the visit was to present Jock with a certificate from the VTTA to mark his 100th birthday. It was a delight to talk with Jock about all things cycling and to have Jock showing us just some of his wonderful collection of books, photographs and trophies. I came away with the memory of an amazing man who was an inspiring example of the great cycling life that we all are so fortunate to enjoy.

Iain McLeod

RAY BURDEN

We (John Else and wife Barbara) arrived in Chippenham in 1968, at much the same time as Roy and Molly. We both rode for the Wheelers in the following years.

I learnt that prior to a long career in the RAF, Roy had ridden with the Barnstaple Imperial Wheelers and had often ridden very long distances to take part in BLRC road races. These long rides formed the basis for his penchant for long distance time trials. On one occasion Molly and I looked after him in a local 12. At the start he passed me his food for the day, two boxes of doughnuts..

However those early days with the league made him an enthusiastic supporter and treasurer at the foundation of the Cotswold Cycle Racing League, then a rider and helper with TLI age related races.

With responsibility for aircraft and subsequent work as a technical writer, Roy was known for his firm opinions, but this was coupled with a very good sense of humour and the ability to relate a tale from a fund of cycling and RAF anecdotes.

The purchase of a new bike should have meant a continued participation in the cycling that he loved, but he never got the chance to ride it. Sickness struck and despite the devoted care of Molly over the next three years, Roy had to leave us.

A good crowd of Western cyclists gathered to see Roy laid to rest at the RAF church in Lyneham.

Courtesy of John Else

JOAN DAY 1928 - 2019

Joan's achievements are not always well known with current members but she must have generated quite a reputation for herself in the forties and fifties when she was a life member of the Bath CC. She was successful in time trials and track events but probably her greatest claim was when she took the Western Counties Road Records Association Lands End to Bristol record in 1954 in a time of 10 hours 59 minutes and the 12 hour record with 215 miles. She held these records for 40 years until the superior power of Bridget Boon took them away from her in 1994.

When Joan ceased to race, along with her husband Roy she became a time keeper. She had many other interests including pony trekking and she even found time to gain a glider pilot's licence. Although she had no technical or academic training she became very involved with industrial archaeology and gained an enviable and much respected reputation in this field.

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CORRESPONDENCE WITH THE EDITOR

Dear Mike

Reading in the recent issue of the Veteran and especially the North Midlands Group report by Chris Lea he mentions the name of Syd Wilson who must be the same rider I rode against in BLRC (British League of Racing Cyclists) road races in the 1950's such as the Tour of the Peaks in Derbyshire. He had a club colleague named Johnny Pounds who was studying at the Dulwich Art School in South London and who rode many of the BLRC events in the south.

What crossed my mind is just how many current VTTA members held both BLRC and NCU licences back in the 1950's and are either still racing or just still riding today.

In my club there are two of us who still ride our bikes but no longer race and we have two others who no longer ride. In the North London area we also have Gino (John) Goddard of Kenton RC. Perhaps we could ask current VTTA members who held BLRC and NCU licences to write in so that we get a feel of those members who are still active in the sport of cycling who were involved in those heady days of road racing on the open roads in events like the 120 mile Tour of the Cotswold or the longer 168 mile Tour of the Chilterns.

Peter Tasker

Icknield Road Club and London Group HL member

STOP PRESS - HEADLINE RESULT OF NATIONAL 30 CHAMPIONSHIP HELD 1ST SEPTEMBER AT STIRLING

Men - 1st Gavin Hinxman (Trike) +21.47, 2nd Douglas Watson +20.33, 3rd Steve Nutley +16.38

Women - 1st Patricia Baird +14.26 ,2nd Catherine Logan +10.14, 3rd Aileen Fisher +8.26

Club Team on Standard (3 Riders) - SVTTA –Neil Pendrich (+14.29), Derek McMillan (+14.17), Alex Munro (+10.15) Total +39.01

Group Team on Standard (3 Riders) - Scotland – Douglas Watson (+20.33), Steve Nutley (+16.38), Iain Elliot (+15.46) Total +52.57

1st Tandem on Standard - 1st Isobel Fletcher/Alan McLean +6.40

REMINDER TO ALL RACING MEMBERS

As the season ends you should register your performances for group or national age records, national competitions and standards awards (assuming you have registered for these) with your Group Recorder. Forms for all these purposes are available to download from the VTTA website (VTTA > About > Forms). Do not rely on your Group Recorder already knowing of your performances. the onus is on members to submit the necessary forms.

Copy dates for the next two editions of *The Veteran* are 18th November and 17th February 2020

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

Contents designed and typeset by the Editor

Printed, finished and distributed by Quorum Print Services Ltd

Units 3 & 4 Lansdown Industrial Estate, Gloucester Road, Cheltenham, GL51 8PL



A Corinthian Endeavour

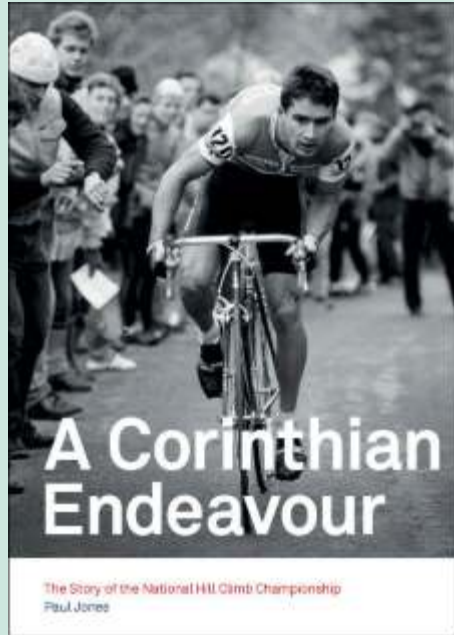
The history of the National Hill Climb championship

by Paul Jones

Every year on the last weekend of October the death knell of the cycling season is sounded by the National Hill Climb Championship. It has been won by luminaries like Brian Robinson, Chris Boardman and Malcolm Elliott, and yet the story of the championship is one of ordinary people doing extraordinary things, of amateur cyclists prevailing against the professionals. It's a tale of obsession, pain and asceticism – the key elements in the fight against the insidious grasp of gravity.

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