



2019 HANDBOOK



**VETERANS TIME
TRIALS ASSOCIATION**

Founded 1943

THE VTТА - A SHORT CHRONICLE



E H Strevens September 1945

E H Strevens (initials were *de rigueur* in the past) established in the North London area in 1939 an organisation (indeed he was that organisation), by the name of Nor-O-Lon for the promotion of Veteran Time Trials and these he both ran, financed and developed until by his inspiration and enterprise there was formed, in the spring of 1943, the Veterans Time Trials Association with Mr Strevens as its first Secretary. The inaugural meeting was held at The Old Sal, Barnet, on Monday 7th March 1943 to which prominent veteran riders of the day were invited to attend and forty-five of whom did.

The VTТА, at its inception, visualised “a nation-wide organisation offering congenial membership and road competition for all over-40 cyclists, no matter where they may reside”.

It remained an all male organisation until 1971 when London Group finally managed to effect a change of rules which allowed applications from women to be accepted.

An early edition of the magazine contained the following proclamation:

“As we ‘grow up’ we discover that life is a series of revelations, each more attractive than the last. We call ourselves ‘Veterans’, but only the under 40s regard the word as meaning ‘has beens’. We know that the most

satisfying feature in life’s continuous approach to maturity is the stuff called experience and the wiser expertness that solidly emphasises the worthiness of achievement. Only the misguided folk who stop natural bodily exercise unwind from early middle age to decrepitude. The fit man blossoms as he takes on years.

One thing only we lose as we grow older – whip cord fleetness. But there still remains the competition, the club companionship and rivalry, the grand enjoyment of cycling and – The Game”.

By September 1944, membership was 157.

In June 1947 a ‘Special Luncheon’ was held which was attended by thirty people and the whole affair was paid for by the President, E H Strevens.

Much has changed since then. Membership rose rapidly in the post-war boom, and has steadied at around 3000 today.



Veterans Time Trials Association

National association for the 40 years old and over racing cyclist

HANDBOOK 2019

Containing details of National and Group Officers

Rules and Regulations

Event Programme for 2019

Results of 2018 Championships

Current National Age Records

Past Champions

Guide to Standard Awards

Standards Tables

CONTENTS

National Executive Committee	5
Past and Current Officials	6
National Championships for 2019	7
Group Officials and Events - East Anglian	8
Kent	11
London & Home Counties	13
Manchester & North West	14
Merseyside	15
Midlands	16
North	17
North Lancashire & Lakes	19
North Midlands	20
Nottingham & East Midlands	21
Scotland	22
South Wales	24
Surrey/Sussex	25
Wessex	26
West	27
Yorkshire	28
Constitution and Rules	29
Regulations -	33
Time Trials	33
Standard Awards	33
National Championships	35
BAR, 3 Dist. and Short Dist. Competitions	35
Meritorious Award (C W Cooke Trophy)	37
Bricknell Memorial Award	37
Return of Trophies	37
VTTA Standards Explained	38
National Competitions Explained	40
National Trophies and 2018 Recipients	41
Championship Awards 2018 - 10 Miles	42
15 Miles	42
25 Miles	42
30 Miles	43
50 Miles	43
100 Miles	43
12 Hours	44
24 Hours	44
Competition Awards 2018 -	44
Best All Rounder	44
Three Distance Competition	45
Short Distance Competition	45
Past Champions	46
National Age Records -	55
Road Time Trial	55
Track	62
Age Standards Tables	64

National Association for the 40 years old and over racing cyclist

NATIONAL EXECUTIVE 2018/19

President

Carole Gandy (Kent)
01622 762837 : carole.gandy12@gmail.com

Honorary Life Vice President

Keith Robbins

Vice Presidents

Mrs D Maher, E A Green, J Burgin

Chairman

Andrew Simpkins (Midlands)
Address - see website due to house moves this year
07767 835004 : chairman@vtta.org.uk

Treasurer

Mary Corbett (Wessex)
28 The Meadows
Lyndhurst, Hampshire, SO43 7EL
07837 551768
mary@mcaccountancy.co.uk

Records Secretary

Geoff Perry (London & Home Counties)
5 The Meadway
Loughton, Milton Keynes, MK5 8AN
07808 839811
geoffperry@aol.com

Editor & Advertising Secretary

Mike Penrice (Yorkshire)
Tawnylands, South Duffield Road
Osgodby, Selby, YO8 5HP
01757 291196
editor@vtta.org.uk

National Recorder

Glen Knight (Midlands)
6 Grange Field Road
Bredon, GL20 7AZ
07766 831267
recorder@vtta.org.uk

National Secretary

Rachael Elliott (London & Home Counties)
6 Pindar Place
Newbury, RG14 2RR
07931 722817
secretary@vtta.org.uk

Membership Secretary

Merv Player (East Anglian)
18 New Close
Knebworth, Herts, SG3 6NU
01438 814154
mervplayer33@gmail.com

Awards Secretary

Ian Greenstreet (London & Home Count)
Davandy, Long Lane, Shaw
Newbury, RG14 2TH
07980 301321
iangreenstreet@gmail.com

IT Manager

Jon Fairclough (Surrey/Sussex)
Romer Cottage, Long Reach
Ockham, Surrey, GU23 6PF
01483 285562 / 07976 558616
itmanager@vtta.org.uk

National Executive Committee Members

Robert Jones (South Wales), Barry Quick (London & Home Counties), Alan Colburn (Midlands)
John Hawkrige (Kent), Keith Dorling (East Anglian)

Website : vtta.org.uk and Facebook

PAST AND CURRENT OFFICIALS

President	E H Strevens	1945 - 1952	H G Gibbs	1953 - 1956
	E H Bricknell	1957 - 1970	R H Clarke	1971 - 1994
	Mrs E Brambleby	1995 - 1999	Mrs D Mahar	2000 - 2004
	J P Ogden	2005 - 2009	A Colburn	2010 - 2014
	Carole Gandy	2015 -		
Chairman	C W Cooke	1943	L F Dixon	1944 -1948
	A E Lang	1949 - 1959	M C Rees	1960 -1962
	W G Knight	1963 - 1980	S Harvey	1980 -1984
	I Jones	1985	Mrs E Brambleby	1986 - 1994
	E A Green	1995 - 2004	G Nowland	2005 - 2010
	J Burgin	2011 - 2016	A Simpkins	2017 -
Secretary	E H Strevens	1943	G Hibbs	1944
	H Webb	1945	C W Cooke	1946 - 1948
	J C Ballard	1949	H L Lincoln	1950 - 1964
	S E Hayward	1965 - 1995	M J Ellis BEM	1996
	W G Pickering	1997 - 2007	Ann Butterworth	2007 - 2013
	Rachael Elliott	2014 -		
Treasurer	E H Strevens	1943	C A Sturt	1944 - 1945
	E W Harman	1946 - 1948	L S Davis	1949 - 1952
	A E Tester	1953 - 1956	H L Lincoln	1957 - 1964
	S E Hayward	1965 - 1995	T N Anderson	1996 - 2000
	G Smart	2001 - 2005	J D Gresty	2006 - 2010
	C Grant	2011 - 2014	W J Gladwin	2014 - 2016
	Mary Corbett	2017 -		

VTTA NATIONAL CHAMPIONSHIPS FOR 2019

Date	Organising Club	Dist.	Course	Start	Fee	Closing Date	NEC Rep.
Sun 28th April	VTTA Surrey/Sussex	10 Mile	G10/41	7.00	£10	16 th April	Jon Fairclough
			Dave Pollard, 2 Harison Road, Seaford, East Sussex BN25 3PN. 01323 893455				
Sun 9th June	VTTA East Anglian	25 mile	E2/25	6.00	£12	21 st May	Rachael Elliot
			John Golder, 6 Middlemead, West Hanningfield, Chelmsford, Essex CM2 8UT. 07709 328113				
Sat 22nd June	VTTA Yorkshire	50 mile	V350A	13.30	£13	11 th June	Mike Penrice
			Mike Williams, 10 Manor Garth, Skidby, Cottingham, Hull HU16 5UF. 01482 849264				
Sun 14th July	North Lancashire TTA	100 mile	L10010	7.00	£20	2 nd July	Carole Gandy
			Nigel Clementson, 80 Shevington Moor, Standish, Wigan WN6 0SE				
Sat/Sun 20th/21st July	Mersey Roads Club	24 Hour	D24hr	13.00	£35	27 th June	Alan Colburn
			Jon Williams, 7 St Paul's Close, Rock Ferry, Merseyside, CH42 3XL				
Sun 11th August	CC Breckland	12 hour	B12/2	6.00	£25	16 th July	Keith Dorling
			Mark Fairhead, 19 Sawmill Close, Wymondham, Norfolk, NR18 0TJ. 01953 600497				
Sun 1st September	VTTA Scotland	30 mile	WM30/1	8.00	£12	18 th August	Andrew Simpkins
			Michael Devlin, 36 Erskine Hill, Polmont, Stirlingshire FK2 0UQ. 01324 310242				
Sun 8th September	VTTA North Group	15 mile	T154	9.00	£15	14 th August	Mike Penrice
			Gavin Russell, 2 Antrim Avenue, Fairfield, Stockton-on-Tees, TS19 7JF. 01642 654419				

GROUP OFFICIALS & EVENTS FOR 2019

EAST ANGLIAN GROUP OFFICIALS

President	Peter Horsnell	Skylarks, Pleshey, Chelmsford, Essex CM3 1HB	01245 237283
Chairman & Newsletter Editor	Andrew Grant	Rose Cottage, 42 High Street, Swaffham Prior, Cambridge CB25 0LD	01638 741433 chairman@vttaea.co.uk
General Secretary	Christine Holmes	6 Middlemead, West Hanningfield, Chelmsford, Essex CM2 8UT	07850 468341 gen.sec@vttaea.co.uk
Membership Secretary	Merv Player	18 New Close, Knebworth, Herts SG3 6NU	01438 814154 membership@vttaea.co.uk
Treasurer & Luncheon Organiser	Keith Dorling	Willows, Henham Road, Debden Green, Saffron Walden, Essex CB11 3LZ	07595 151315 treasurer@vttaea.co.uk
Recorder / Age Records Secretary	Ken Platts	7 Offa Lea, Newton, Cambridge, CB22 5PW	01223 870963 records@vttaea.co.uk
Awards Secretary & Auditor	Ian Davidson	154 Heath Row, Bishops Stortford, Hertfordshire CB24 4RA	01279 655927 awards.sec@vttaea.co.uk
Time Trial Secretary	John Golder	6 Middlemead, West Hanningfield, Chelmsford, Essex CM2 8UT	07708 328113 tt.sec@vttaea.co.uk
Press Secretary	Mrs Mary Horsnell	Skylarks, Pleshey, Chelmsford, Essex CM3 1HB	01245 237283
Webmaster & Group Administrator	Noel Toone	5 Sondes Close, Oundle, Peterborough, PE8 4QH	01832 274369 webmaster@vttaea.co.uk

EAST ANGLIAN GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sat 13th April	VTTA East Anglian	25	E33/25	14.00	£12	Mick Hodson, 8 Brickhill Close, Blunham, Beds, MK44 3NF. 07919 352227
Also includes 2-up and tandem events (fee per rider)						
Sun 21st April	VTTA East Anglian	10	B10/36r	7.30	£12	Anthony Birt, 4 Roundwood Road, Ipswich, Suffolk, IP4 4LX. 07512 745371
Sat 27th April	VTTA East Anglian	25	E2/25	14.00	£12	Michael Martin, 7 Penfold Close, Baldock, Herts, SG7 6UT. 07873 707876
Pref EA Group members. Also includes tandem event (fee per rider)						
Sat 25th May	Victoria CC	10	E1/10	8.00	£11	Christine Yareham, 3 Hailswood Close, Elsenham, Bishops Stortford, Herts, CM22 6EN. 01279 813683
Also includes 2-up and 3-up events (fee per rider)						
Thur 6th June	VTTA East Anglian	10	E2/10	19.00	£12	Gary Boyd, 3 Blundell Close, Hackney, London, E8 2RS. 07729 250305
Pref 60 EA Group members and 30 open						
Sun 9th June	VTTA National Championship	25	E2/25	6.00	£12	John Golder, 6 Middlemead, West Hanningfield, Chelmsford, Essex, CM2 8UT. 07709 328113
Also includes tandem event (fee per rider)						
Thur 13th June	VTTA East Anglian	10	E2/10	19.00	£12	Antony Stapleton, 35 Whitlock Drive, Great Yeldham, Essex, CO9 4EE. 07881 502505
Pref 60 EA Group members and 30 open						
Sun 16th June	Cambridge CC (East Anglian Viking 50)	50	E50c	6.00	£15	Chris Dyason, 2 Prime's Corner, Histon, Cambridge, 01223 236239
Also includes tandem event (fee per rider)						
Thur 20th June	VTTA East Anglian	10	E2/10	19.00	£12	Keith Dorling, Willows, Henham Road, Debden Green, Saffron Walden, Essex, CB11 3LZ. 07595 151315
Pref 60 EA Group members and 30 open						
Sat 22nd June	Victoria CC	10	E1/10	8.00	£11	Christine Yareham, 3 Hailswood Close, Elsenham, Bishops Stortford, Herts, CM22 6EN. 01279 813683
Also includes 2-up and 3-up events (fee per rider)						

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Thur 27th June	VTTA East Anglian	10	E2/10	19.00	£12	Michael Martin, 7 Penfold Close, Baldock, Herts, SG7 6UT. 07873 707876
Pref 60 EA Group members and 30 open						
Sat 13th July	VTTA East Anglian	10	B10/43	14.00	£12	Barry Freeman, Shrublands, Nuttery Vale, Hoxne, Eye, Suffolk, IP21 5BD. 01379 668749
Sun 14th July	EDCA	100	B100/4	6.00	£12	Richard Reade, 15 Kingfisher Road, Attleborough, Norfolk, NR17 2RL. 07702 305358
EA Group Championship						
Sat 27th July	Victoria CC	10	E1/10	8.00	£11	Christine Yareham, 3 Hailswood Close, Elsenham, Bishops Stortford, Herts, CM22 6EN. 01279 813683
Also includes 2-up and 3-up events (fee per rider)						
Sun 28th July	VTTA East Anglian	25	E2/25	6.00	£12	Gary Boyd, 3 Blundell Close, Hackney, London, E8 2RS. 07729 250305
Pref EA Group members. Also includes tandem event (fee per rider)						
Sun 11th Aug.	CC Breckland (VTTA National & EA Group Championship)	12hr	B12/2	6.00	£25	Mark Fairhead, 19 Sawmill Close, Wymondham, NR18 0TJ. 01953 600497
CTT and Group championship						
Sat 24th Aug.	Victoria CC	10	E1/10	8.00	£11	Christine Yareham, 3 Hailswood Close, Elsenham, Bishops Stortford, Herts, CM22 6EN. 01279 813683
Also includes 2-up and 3-up events (fee per rider)						
Sat 21st Sept.	VTTA East Anglian (Leo 30)	30	E2/30c	14.00	£12	John Golder, 6 Middlemead, West Hanningfield, Chelmsford, Essex, CM2 8UT. 07709 328113
Group championship. Pref 50 EA Group members and 100 open. Also includes tandem event (fee per rider)						
Sat 28th Sept.	VTTA East Anglian	10	E2/10	14.00	£12	Dominic Whitehead, 4 Dovehouse Close, Godmanchester, Huntingdon, PE29 2DY. 01480 380297
Also includes tandem event (fee per rider)						

KENT GROUP OFFICIALS

President	Mark Vowells	Penny Green, Round Street, Cobham, Kent DA13 9BA	01474 393402 markvowells@hotmail.co.uk
------------------	--------------	--	---

Chairman	Mark Vowells	Details above	
-----------------	--------------	---------------	--

Vice Chairman	John Hawkridge	12 Regent Drive, Loose, Maidstone, Kent ME15 6DG	01622 762837 john.hawklaw@googlemail.com
----------------------	----------------	--	---

General Secretary	Carole Gandy	12 Regent Drive, Loose, Maidstone, Kent ME15 6DG	01622 762837 carole.gandy12@gmail.com
--------------------------	--------------	--	--

Treasurer	Chris Bax	23 Garrard Avenue, Margate, Kent, CT9 5PY	01843 223146 chris.bax@talktalk.net
------------------	-----------	---	--

Social Secretary	Tom Morton	42 Chiltern End, Ashford, Kent TN24 8QJ	01233 665081 tommorton1@sky.com
-------------------------	------------	---	------------------------------------

Group Recorder	Ian Turner	6 Parkway, Tonbridge, Kent TN10 4RA	01732 358714 ic.turner@btinternet.com
-----------------------	------------	-------------------------------------	--

Group Reporter	Ian Turner	Details above	
-----------------------	------------	---------------	--

Time Trial Secretary	Robert Giles	91 Park Way, Coxheath, Maidstone, Kent ME17 4EX	07905 086613 robertggiles@icloud.com
-----------------------------	--------------	---	---

Kent Vet News Production	Neil Quarmby	Hatton House, Perry Street, Chislehurst BR7 6PU	02030153626 neil@islimited.co.uk
---------------------------------	--------------	---	-------------------------------------

Committee Members	Dave Wright, Antony Bee		
--------------------------	-------------------------	--	--

KENT GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sat 23rd March	VTTA Kent	10	Q10/24	15.00	£14	Mrs Val Peachey, 63 Beverley Road, Barming, Maidstone, ME16 9DU. 01622 727649 : valpe42@gmail.com
Also includes tandem event (fee per rider)						
Sun 28th April	VTTA Kent	30	Q30/2	7.00	£14	Tom Morton, 42 Chiltern End, Ashford, TN24 8QJ. 07791 666553 : tommorton1@sky.com
Also includes tandem event (fee per rider)						
Sun 16th June	VTTA Kent	25	Q25/8	6.30	£14	Robert Giles, 91 Park Way, Maidstone, ME17 4EX. 07905 086613 : robertggiles@icloud.com
BBAR for women. Also includes tandem event (fee per rider)						
Sun 30 th June	VTTA Kent	10	Q10/30	6.30	£14	Stephen Wilkinson, 9 Castle Mews, Castle Hill Avenue, Folkestone, CT20 2BU. 07769 675433
Also includes tandem event (fee per rider)						
Sun 14th July	VTTA Kent	50	Q50/11	6.30	£14	Robert Giles, 91 Park Way, Maidstone, ME17 4EX. 07905 086613 : robertggiles@icloud.com
BBAR event. Also includes tandem event (fee per rider)						
Sat 20th July	VTTA Kent	10	Q10/22	7.00	£14	Tom Morton, 42 Chiltern End, Ashford, TN24 8QJ. 07791 666553 : tommorton1@sky.com
Also includes tandem event (fee per rider)						
Sun 15th Sept	VTTA Kent	25	Q25/12	6.30	£14	Peter Rowe, 16 Vine Court Road, Sevenoaks, TN13 3UY. 01732 460358 : pcrowe64@yahoo.com
Also includes tandem event (fee per rider)						
Sun 13th Oct	VTTA Kent	15	Q15/1	8.00	£14	Robert Giles, 91 Park Way, Maidstone, ME17 4EX. 07905 086613 : robertggiles@icloud.com
Also includes tandem event (fee per rider)						

ENTRY FEE DISCOUNT SYSTEM FOR VTTA MEMBERS ON ALL THESE EVENTS

VTTA KENT CLUB 10@10 SERIES

Wed 3rd April, Wed 1st May, Wed 5th June, Wed 3rd July, Wed 7th Aug, Wed 4th Sept, Wed 2nd Oct, Wed 9th Oct (2-up TTT), Wed 11th Dec (road bikes)

All events are 10 miles, on course Q10/33 and start at 10.00. Enter (£5) at the event.

LONDON & HOME COUNTIES GROUP OFFICIALS

President	Jim Burgin	33 Pinelands Park, Welshman's Road, Padworth Common, Reading, RG7 4QB	0118 970 1147 jim.burgin1@btinternet.com
Chairman	David Guy	3 Gray's Inn Square, 3 rd Floor South, London, WC1R 5AH	07711 697900 ovcyclingclub@hotmail.co.uk
Secretary	John Hoskins	8 Ryvers Road, Langley, Slough, Berks, SL3 8SB	07717 086689 secretarylahc@btinternet.com
Treasurer	John Hoskins	Details above	
Recorder/ Records Sec.	Geoff Perry	5 Meadway, Loughton, Milton Keynes, MK5 8AN	07808 905879 : geoffreyperry@aol.com
Social Secretary	Katja Rietdorf	24 Vyne Crescent, Great Holm, Milton Keynes, MK8 9EJ	07543 852940 katja.rietdorf@gmail.com
Trophy Secretary	Geir Robinson	8 Landrock Road, London, N8 9HP	07773 771902 geir.robinson@bp.com
Committee Members	David Devine, Paul Marchant, Joy Payne, Stuart Stow (website)		

LONDON & HOME COUNTIES GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Mon 6th May	VTTA London & Home Counties	10	F11/10	14.00	£12	Geoff Perry, 5 Meadway, Loughton, Milton Keynes, MK5 8AN. 07808 905879 : geoffreyperry@aol.com
VTTA members only. 150 riders. Also includes tandem event (fee per rider)						
Thur 30th May	VTTA London & Home Counties	10	H10/2	14.00	£12	David Guy, 3 Gray's Inn Square, 3rd Floor South, London, WC1R 5AH. 0207 242 6543 / 07711 697900 ovcyclingclub@hotmail.co.uk
Pref. To VTTA members. Also includes tandem event (fee per rider)						
Sun 14th July	VTTA London & Home Counties	10	F11/10	8.00	£12	David Guy, 3 Gray's Inn Square, 3rd Floor South, London, WC1R 5AH. 0207 242 6543 / 07711 697900 ovcyclingclub@hotmail.co.uk
VTTA members only. 150 riders. Also includes tandem event (fee per rider)						
Thur 8th Aug	VTTA London & Home Counties	10	H10/2	14.00	£12	Joy Payne, 149 Penn Road, Hazlemere, High Wycombe, Buckinghamshire, HP15 7NA. 01494 817658 : joypayne27@gmail.com
Pref. To VTTA members. Also includes tandem event (fee per rider)						
Sun 6th Oct	VTTA London & Home Counties (Rocco 25)	25	H25/2	8.00	£12	Stuart Stow, 24 Tanglyn Avenue, Shepperton, Middlesex, TW17 0AE. 07657 355169 : sstowentries@ottimo.co.uk
Pref. To VTTA members. Also includes tandem event (fee per rider)						

MANCHESTER & NORTH WEST GROUP OFFICIALS

President	Jim Ogden	The Old Boundary Cottage, 3 Pexhill Road, Broken Cross, Macclesfield, SK10 3LL	01625 429594 ogdenjim@yahoo.co.uk
Chairman	Tony Farrell	Lealtad, Brookledge Lane, Adlington, Cheshire, SK10 4JU	01625 820210 f.t.a.1@icloud.com
Secretary	Neville Ashman	77 Hulme Hall Road, Cheadle Hulme, Cheshire, SK8 6JZ	0161 485 7969 neville.ashman@ntlworld.com
Treasurer	Edgar Reynolds	141 Main Street, Halton Village, Runcorn, Cheshire, WA7 2PP	01928 581416 e.reynolds2013@outlook.com
Recorder	David Wright	46 Coppice Green, Kingswood, Warrington, Cheshire, WA5 7WA	01925 710653 davidwright1000@btinternet.com
News Editor	Jim Ogden	Details above	

Committee Members Wilf Lewis, Roy Deakin, Barbara Wellings, Ken Workman

MANCHESTER & NORTH WEST GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Tue 9th April	VTTA Manchester & NW	10	J2/3	14.00	£10	Roy Deakin, 14 Heathend Road, Alsager, Stoke-on-Trent, ST7 2SQ. 01270 873978
Sat 25th May	Warrington RC / VTTA Manchester & NW	50	J4/16	14.00	£11	David Wright, 46 Coppice Green, Kingswood, Warrington, WA5 7WA. 01925 710633 Also includes tandem event (Fee is per rider)
Sat 8th June	Janus RC / VTTA Manchester & NW	25	J2/9	14.00	£10	Peter Brocklehurst, 14 Fawns Keep, Stalybridge, SK15 2UL. 01457 762639
Sat 27 th July	Seamons CC / VTTA Manchester & NW	25	J2/9	14.00	£10	Charles Carraz, 36 Barkers Lane, Sale, M33 6RG. 07789 747116

MERSEYSIDE GROUP OFFICIALS

President	Doreen Mahar	30 Bromborough Road, Bebington, Wirral, CH63 7RF	0151 645 5159
Chairman	Mel Griffiths	54 Kendal Road, Harlescott, Shrewsbury, SY1 4ES	07784 904954
Secretary	Vacant. All correspondence to Phil Guy		
Treasurer	Phil Guy	6 Old Farm Road, Hadnall, Shrewsbury, SY4 4BH	01939 210569 grandadguy@gmail.com
Recorder	Geoff Edgerton	10 Hazlitt Place, Wem, Shropshire, SY4 5JR	01939 234304 geoff.edgerton@btinternet.com
News Editor	Geoff Edgerton	Details above	
Web Admin.	Geoff Edgerton	Details above	

MERSEYSIDE GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sun 31st March	VTTA Merseyside	15	D315/1	9.00	£10	Phil Guy, 6 Old Farm Road, Hadnall, Shrewsbury, SY4 4BH. 01939 210569
Pref to VTTA members. Also includes tandem event (fee per rider)						
Sun 12th May	Mid Shropshire Whs	50	D50/4	7.00	£10	Simon Evans, 44 Bromley Road, Bicton Heath, Shrewsbury, SY3 5AZ. 01743 353671
Also includes tandem event (fee per rider)						
Sun 19th May	West Cheshire TTCA	30	D30/11	8.00	£10 .50	Roger Squire, Erw Las, Village Road, Llandegla, LL11 3AW. 07525 055435
Sun 2nd June	Chester RC	25	D25/8E	7.00	£10	Ian Taylor, 8 Greenbank Road, Hoole, Chester, CH2 3RP. 07799 431267
Sun 9th June	West Cheshire TTCA	10	D10/15	7.00	£10 .50	Mike Burns, 40 Abbey Road, Rhos on Sea, Conwy, LL28 4NU. 07899 062089
Sun 7th July	Liverpool Phoenix CC(Aintree)	25	D25/3	8.00	£11	John Hampson, 3 Kellit Road, Wavertree, Liverpool, L15 0ER. 0151 733 3984
Sun 11th Aug	Rhos on Sea CC	10	D10/15	7.00	£10	Mike Burns, 40 Abbey Road, Rhos on Sea, Conwy, LL28 4NU. 07899 062089
Sun 25th Aug	North Shropshire Whs	25	D25/23 t	7.00	£10	David Drew, 4 Pantulf Road, Wem, Shropshire, SY4 5LT. 01939 234073

MIDLANDS GROUP OFFICIALS

President	Peter Rose	11 Margreaves Lane, Winshill, Burton on Trent, DE15 0DY	02476 410010 mrpeter.rose10@gmail.com
Chairman	Alastair Semple	76 Ascot Road, Stafford, ST17 0AQ	07914 756796 ascoaching@outlook.com
Secretary	Scott Westwood	4 Woodpecker Way, Heath Hayes, Cannock, Staffs, WS11 7WJ	07764 952024 scott.westwood41@btinternet et.com
Treasurer / Membership Secretary	Margaret Colburn	The Willows, Jury Lane, Martley, Worcester, WR6 6PE	01886 888575 margaret.colburn@martley. org
Recorder	Steve Jenks	43 Kimberley Road, Olton, Solihull, B92 8PX	0121 684 5240 stevejmo7@hotmail.com
Social Secretary	Greta Spiers	Jasmine Cottage, 25 Cleeve Road, Marcliff, Bidford on Avon, B50 4NX	greta.aline@btinternet.com
Competitions Secretary	Norman Fenn	54 Bassnage Road, Halesowen, B63 4HQ	normfenn@hotmail.com
Competitions Secretary	Bob Franks		jacquelinefranks187@btinter net.com
Editor	David Steel	The Oast House, Ocle Mead, Ocle Pychard, Herefordshire, HR1 3RN	radfordmill@aol.com

MIDLANDS GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sat 6th April	VTTA Midlands (Welland Trophy)	15	K47/15	14.00	£12	Mike Amery, 18 Giffard Drive, Welland, Malvern, Worcs, WR13 6SE. 01684 587464 : mikeamery58@gmail.com
Solo and 2-up. Joint competition between VTTA and LVRC						
Sat 28th April	VTTA Midlands	25	K16/25	7.00	£12	Stephen Williams, 9 Ladbrook Grove, Gornal Wood, Dudley, DY3 2UP
Preference VTTA Midlands members						
Sat 14 th Sept	VTTA Midlands	10	K33/10 D	14.00	£12	Andrew Simpkins 07767 835004 : a.j.d.simpkins@btinternet.com

NORTH GROUP OFFICIALS

President	Albert Harrison	39 Ridley Avenue, Middlesbrough, TS5 7AR	01642 083431
Chairman & Treasurer	Paul Dawson	45 Yearby Close, Acklam, Middlesbrough, TS5 8LY	01642 850435 andrew.dawson9@btinternet.com
Secretary & Press Secretary	Gavin Russell	2 Antrim Avenue, Fairfield, Stockton-on-Tees, TS19 7JF	01642 654419 gavin_russell@hotmail.co.uk
Recorder	David Oliver	Ryhill, Kirk Merrington, Spennymoor, Co Durham, DL16 7DJ	d.oliversen@Btconnect.com
Points Comp. Recorder & Social Secretary	Ruth Crossley	Merle Cottage, 66 Cooper Lane, Potto, Northallerton, North Yorkshire, DL6 3HA	01642 701264
Committee Members	A Armstrong; P Wright		

NORTH GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sat 11th May	Cleveland Coureurs / VTTA North	10	T105	14.00	£12	Gavin Russell, 2 Antrim Avenue, Fairfield, Stockton-on-Tees, TS19 7JF. 01642 654419 : gavin_russell@hotmail.co.uk
Also road bikes and tandem events (fee per rider)						
Sat 25 th May	Hartlepool CC / VTTA North	10	T105	14.00	£12	Phil Wright, 265 Stockton Road, Hartlepool, TS25 5AU. 07702 244922 : jagryk@aol.com
Also road bikes and tandem events (fee per rider)						
Sat 1st June	VTTA North	10	T104/1	14.00	£12	Ruth Crossley, Merle Cottage, 66 Cooper Lane, Potto, Northallerton, DL6 3HA. 01642 701264 : ruth.crossley@lrqa.com
Also road bikes and tandem events (fee per rider). Paper entry only						
Sun 2nd June	Hartlepool CC / VTTA North	50	T502	7.00	£12	Paul Garstang, 20 Crocus Gardens, Hartlepool, TS26 0ZG. 07784 781221 : paulgarstang@ymail.com
Also tandem event (fee per rider)						
ALTERED DATE - NOT AS CTT HANDBOOK						
Sun 30th June	Cleveland Coureurs / VTTA North	25	T252/3	8.00	£12	Gavin Russell, 2 Antrim Avenue, Fairfield, Stockton-on-Tees, TS19 7JF. 01642 654419 : gavin_russell@hotmail.co.uk
Also road bikes and tandem events (fee per rider)						

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sun 21 st July	Hartlepool CC / VTTA North	25	T252/3	8.00	£12	Paul Garstang, 20 Crocus Gardens, Hartlepool, TS26 0ZG. 07784 781221 : paulgarstang@ymail.com
Also road bikes and tandem events (fee per rider)						
Sat 31 st Aug	Hartlepool CC / VTTA North	10	T105	14.00	£12	Phil Wright, 265 Stockton Road, Hartlepool, TS25 5AU. 07702 244922 : jagryk@aol.com
Also road bikes and tandem events (fee per rider)						
Sun 8th Sept	VTTA National Championship (VTTA North)	15	T154	9.00	£15	Gavin Russell, 2 Antrim Avenue, Fairfield, Stockton-on-Tees, TS19 7JF. 01642 654419 : gavin_russell@hotmail.co.uk
Also "all ages" and tandem events (fee per rider)						
Sun 22nd Sept	Cleveland Whs CC	Hill	THC33	10.00	£12	Steven Tilly, 6 Elgin Court, Darlington, DL1 3RQ. 07982 255809 : secretary@clevelandwheelers.com
Incorporating VTTA North hill climb championship. Also tandem event (fee per rider)						

2019 Teesside District Road Bike Specification

To enter a 2019 road bike specific event in the Teesside District, the following specification is appropriate to the conditions of entry:

The Rider:

- No time trial style pointy helmets (including Kask Bambino), or helmets with built in visors should be worn.
- No riding with elbows or forearms on the handlebars. If witnessed, competitor will be disqualified.

The Cycle:

- The frame should be constructed in the traditional pattern, i.e. built around a main triangle.
- No time trial style or triathlon forward extension bars with or without elbow pads should be present.
- Wheels should be of a spoked construction, with a minimum of 12 spokes and a maximum depth of 60mm.

Please apply the spirit of the road bike competition in your equipment choice.

NORTH LANCASHIRE & LAKES GROUP OFFICIALS

Chairman	Richard Taylor	23 Heywood Road, Castleton, Rochdale, OL11 3AU	07533 679101 rtaylor023@aol.com
Vice Chairman	Paul Fleming	21 Holland Avenue, Walton-le-Dale, Preston, PR5 4RJ	01772 316366 paul3665@tiscali.co.uk
Secretary	Sue Cheetham	25 Full View, Livesey, Blackburn, BB2 4QB	07790 949141 suecheetham63@gmail.com
Treasurers	Bob & Hazel Matthews	5 Clockhouse Avenue, Burnley, BB10 2SU	01282 438295 haz.matt@hotmail.co.uk
Recorder	Richard Taylor	Details above	
Press Secretary	Dave Brown	1 Prospect View, Harwood, Bolton, BL2 4FN	01204 776602 davebrown.cyclist@tiscali.co.uk
Lunch Secretary	John Leach	16 Rushbed Drive, Reedsholme, Rossendale, Rawtenstall, Lancs, BB4 8NQ	07922 013016 jsleach45@gmail.com
Committee Members	Frank Kerry, Geoff Duteson, Harry Haseley, Dave Shorrocks, Graham Sheard, John Leach, Dave Hargreaves		

NORTH LANCASHIRE & LAKES GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Wed 10th April	VTTA NL&L	25	L2521a	13.00	£10	Richard Taylor, 23 Heywood Road, Castleton, Rochdale, OL11 3AU. 07533 679101: rtaylor023@aol.com
Paper entry only. Also tandem event (fee per rider)						
Wed 12th June	West Pennine RC/VTTA NL&L	25	L256	19.00	£10	Richard Taylor, 23 Heywood Road, Castleton, Rochdale, OL11 3AU. 07533 679101: rtaylor023@aol.com
Paper entry only. Also tandem event (fee per rider)						
Sun 23 rd June	VTTA NL&L	50	L5012	7.00	£10	Richard Taylor, 23 Heywood Road, Castleton, Rochdale, OL11 3AU. 07533 679101: rtaylor023@aol.com
Paper entry only. Also tandem event (fee per rider)						

NORTH MIDLANDS GROUP OFFICIALS

Chairman	Peter McNally	17 Willow Place, Braithwell, Rotherham, S66 7BD	01709 817078 eleanorandpeter@talktalk.net
-----------------	---------------	---	--

Secretary	Dave Buxton	10 Gillott Lane, Wickersley, Rotherham, S66 1EH	07751 518488 rotherhamlad1@hotmail.com
------------------	-------------	---	---

Membership Secretary	Chris Lea	12 Sheraton Way, Buxton, SK17 6FA	01298 25642 chris.leacycling@btinternet.com
-----------------------------	-----------	-----------------------------------	--

Treasurer	John Slater	68 Spring Lane, Sprotborough, Doncaster, DN5 7QL	01302 851444 pandjslater@btinternet.com
------------------	-------------	--	--

Social Secretary	Ala Whitehead	55 Newhill Road, Wath-on-Deerne, Rotherham, S63 6JR	07887 409239 alaj2005@gmail.com
-------------------------	---------------	---	------------------------------------

Recorder	Phil Morgan	Address withheld	07710 793603 thefourlimes@btopenworld.com
-----------------	-------------	------------------	--

Trophies & Medals Secretary	Tbc
--	-----

Web & Press Secretary	Chris Lea Details as above
----------------------------------	---------------------------------

NORTH MIDLANDS GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sat 29 th June	VTTA North Midlands	10	O10/1	14.00	£12	Gordon Wordsworth, Wyncot, Coggers Lane, Hathersage, S32 1AL. 07942 318223

Also tandem event (fee per rider)

NOTTINGHAM & EAST MIDLANDS GROUP OFFICIALS

President	Bill Stanley	16 Kipling Drive, Melton Mowbray, Leics, LE13 1LW	01664 850627 william.stanley@sky.com
Chairman	Sue Bowler	14 Sunnyside Ave, Littleover, Derbys, DE23 1JP	01332 763775 suejbowler@gmail.com
Vice Chairman	Jim Goodwin	7 John Street, Eckington, Sheffield, S Yorks, S31 9DU	01246 434595
Secretary	Russell Gent	14 Westfield Road, Leicester, LE3 6HR	01162 858738 rwgent@btinternet.com
Treasurer	Kath Smith	14 Main Street, Wilsford, Grantham, Lincs, NG32 3NP	01400 230512 davidandkathsmith@btinter net.com
Recorder	Graham Green	6 Rumsey Close, Thringston, Coalville, Leics, LE6 7NY	01530 224385 grahamgreen42@btinternet.com
Trophies Secretary (Joint)	Ron Hallam Colin Parkinson	21 Church Street, Heanor, Derbys, DE75 7AH 12 Collingham Road, Leicester, LE3 2BA	01773 717985 reaphallam@gmail.com 01162 091371 cdp@lineone.net
Dinner Secretary	Gail Summerlin	19 The Paddocks, Sandiacre, Nottingham, NG10 5HQ	01159 398984 gailgs59@gmail.com
'Veteran' Reporter	David Herd	2 Meadows Close, Long Bennington, Newark, Notts, NG23 5EQ	01400 281116 davidherd63@outlook.com

NOTTINGHAM & EAST MIDLANDS GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sat 6th	Melton Olympic (incorp. VTTA Notts & East Mids	25	A25/34	14.00	£10	KR Gent 14 Westfield Road, Leicester LE3 6HR.
April	Jack Watts Memorial 25)	Slowest 120				0116 2858738
Sat 20th	VTTA Nottingham & East Midlands	10	A10/14	15.00	£10	D Yarham, 7 Torpel Way, Maxey, Peterborough, Cambs, PE6 9EQ.
April	(Brafman Cup 1st Club Team of 3 on Standard)	All ages. Preference VTTA members				
Sat 18th May	VTTA Nottingham & East Midlands	25	A25/34	14.00	£10	KR Gent 14 Westfield Road, Leicester LE3 6HR. 0116 2858738
		All ages. Preference VTTA members				
Sat 21st Sept	VTTA Nottingham & East Midlands	25	A25/34	14.00	£10	Mrs Julie Christian, Corner House, 1 Bentinck Street, Hucknall, Nottingham, NG15 7EH
		All ages. Preference VTTA members				

SCOTLAND GROUP OFFICIALS

President / Chairman	Michael Devlin	36 Erskine Hill, Polmont, Stirlingshire FK2 0UQ	01324 310242
Secretary	George McLaughlan	151 Netherton Road, Wishaw, Lanarkshire ML2 0AR	01698 374201 george.mclaughlan@blueyonder.co.uk
Treasurer	Steve Beech	Address withheld	01506 207232 beechs@blueyonder.co.uk
Recorder & Time Trial Secretary	Jim Harris	20 Lomond View, Condorrat, Cumbernauld, Glasgow G67 4JR	01236 730157 jimharris35@yahoo.co.uk
Track Secretary	Gordon Johnston	Reigmor, Stoop Loaning, Gasstown, Dumfries DG1 3JP	01387 263248 gordon@reigmor.co.uk
Press Secretary	James Skinner	84 Kirkwall Avenue, Blantyre, South Lanarkshire G72 9NX	01698 325902 jamesmskinner@hotmail.com
Web Secretary	Steve Nutley	Caitlins, Bottom Craig, Newport on Tay, DD6 8RN	01382 330081 info@svtta.org.uk
Records Secretary	Frank Anderson	26 Palmers Rise, Livingston, West Lothian, EH54 6NP	01506 281701 frank.anderson@westlothian.gov.uk
Vice Chairman & Social Secretary	George Skinner	14 Lambert Drive, Clarkston, Glasgow G78 7NQ	0141 638 5634 georgeskinner22@yahoo.co.uk
Committee members	Iain McLeod; Alex Munro; Tom Glendinning; Alan Solway		

SCOTLAND GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary	Org.
Sun 26 th May	Law Whs/SVTTA (J & B. Train Trophy)	10	WM10/01	8.00	£11	David Walker, 63 Kirknethan, Wishaw, ML2 0BU. 07407 158029 : davidwalker78@sky.com	CTT
Sun 16 th June	Alastair Speed Memorial (SVTTA H Roberts Trophy)	50		8.00	£12	Mrs. M. Laffoley, 22 Frankfield Place, Dalgety Bay, Fife KY11 9LR. 01383 822349 : mhairilaffoley@gmail.com	SC
			Closing date: 3rd June. HQ - Freuchie Cricket Club, Muir Road, Freuchie, Fife KY15 7HW.				

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary	Org.
Sun 23rd June	Aberdeen Whs Neish Low (SVTTA J Cramb Handicap Trophy)	25	AB25/8	9.00	£10	Daniel Ewing daniel.ewing93@yahoo.co.uk	SC
Closing date: 15 th June. HQ - Fordoun Memorial Hall, Fordoun, AB30 1NN							
Sun 23rd June	Tom Anderson Memorial (SVTTA J Connor & J Lyon Trophies)	RR	Falkirk	10.00		Murray Ferguson murrayferguson@gmail.com	SC
Closing date: 10th June. HQ - Grangemouth Rugby Club, Glensburgh Road, Grangemouth FK3 8XL							
Sun 7th July	Law Whs/SVTTA (Ben Smith Trophy)	25	WM25/1	8.00	£11	Robert Clements, 18 Holmwood Avenue, Uddingston, Glasgow G71 7AJ. 07722 013855 : rabclements@blueyonder.co.uk	CTT
HQ - Community Hall, St Ninians Road, Cambusbarron, Stirling FK7 9NU							
Sun 25th Aug	Ivy CC Auld Yins RR (SVTTA Jim Lyons Trophy)	RR (53)	Balfron	11.00	£?	Paul Hornby, 17 Allander Drive, Torrance, Glasgow G64 4LA. 07597 29811 : paul.hornby1965@gmail.com	SC
HQ - Balfron High School, Roman Road, Balfron - Open 9.30am							
Sun 1st Sept	VTTA National Championship SVTTA (Pinky Williams Trophy)	30	WM30/2	8.00	£12	Michael Devlin, 36 Erskine Hill, Polmont, Stirlingshire FK2 0UQ. 01324 310242	CTT
HQ - Community Hall, St Ninians Road, Cambusbarron, Stirling FK7 9NU							
Sat 14 th Sept	St Christopher's CC/SVTTA (Boomerang Trophy)	2up TTT	WW14/01	9.00	£12	Andrew Wilson, 6 Oak Fern Grove, Stewartfield, East Kilbride, G74 4UG. 01355 232832 : telemarker@live.co.uk	CTT
Closing date 6 th Sept. No postal entries - CTT on line only.							
Sun 29 th Sept	SVTTA (Stevens Trophy 1st on Standard)	15	WM15/01	9.00	£12	Mrs. M. Laffoley, 22 Frankfield Place, Dalgety Bay, Fife KY11 9LR. 01383 822349 : mhairilaffoley@gmail.com	CTT
HQ - Community Hall, St Ninians Road, Cambusbarron, Stirling FK7 9NU							
Sun 6th Oct	Ivy CC Tour de Trossachs (SVTTA Bill Lennon Trophy)	28.5 MTT	WW28/01	10.00	£15	Janette Hazlett, 9 Jane Rae Gardens, Clydebank G81 1HR. 0141 952 7337 : janette@hazlettcycling.org.uk	CTT
Closing date 25 th Sept. Also includes tandem event (fee per rider). Strip / Aberfoyle							

SOUTH WALES GROUP OFFICIALS

Secretary & Group Recorder	Robert Jones	16 Springhall Road Sawbridgeworth CM21 9ET	07873 353207 01279 821282 robert.jones33@virgin.net
Treasurer & 'Veteran' Reporter	Barry Williams	34 Millbrook Road, Dinas Powys, South Glamorgan, CF6 4DA	02920 514751 / 07833786132 bazspeed@gmail.com

SOUTH WALES GROUP CHAMPIONSHIP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sun 16 th June	Welsh CA	100	R100/8B Raglan	7.00	£15	Robin Field, 89 Velindre Road, Whitchurch, Cardiff, CF14 2TG robin.field@cyclingtimitrials.org.uk : 02920632358
Sat 13 th July	Ross on Wye & Dist CC	10	R10/17 Abergave nny	14.00	£11	Will Bevan, 22 Fountains Close, Belmont, Hereford, HR2 7XY will_bevan@hotmail.com : 07591 559275
4 events -including tandems. 180 riders total.						
Sun 4 th August	Cardiff 100 Miles RC	50	R50/1 Abergave nny	8.00	£14	William Pring, 14 Lon Yr Awel, Pontyclun, CF72 9AW will.pring@btinternet.com : 07504 348506
Sun 1 st Sept	Welsh CA	12 hour	R12/16 Raglan	6.00	£27	Robin Field, 89 Velindre Road, Whitchurch, Cardiff, CF14 2TG robin.field@cyclingtimitrials.org.uk : 02920632358
Includes tandem event (fee per rider)						
Sun 8 th Sept	Port Talbot Whs	25	R25/3 Hirwaun	8.00	£12	Les Thomas, 1 St Brides Close, Nottage, Porthcawl, CF36 3NR les.thomas_4@btinternet.com : 07976 601218
3 events -including tandems. 240 riders total.						

SURREY/SUSSEX GROUP OFFICIALS

Chairman	Keith Wilkinson	Croft House, Chapel Road, Smallfield, Horley, Surrey, RH6 9JH	07983 332792 keithwilkinson@talktalk.net
Secretary	Position vacant. Send correspondence to the Chairman and membership enquiries to the Treasurer.		
Treasurer & Membership Secretary	Jon Fairclough	Romer Cottage, Long Reach, Ockham, Surrey, GU23 6PF	01483 285562 jon.fairclough54@gmail.com
Recorder	James Rix	Information withheld	07739 542543 james_m_rix@hotmail.com
Time Trials Secretary	David Pollard	2 Harison Road, Seaford, East Sussex, BN25 3PN	01323 893455
Press Secretary	Jon Fairclough	Details above	
Social Secretary	Position vacant		

SURREY/SUSSEX GROUP EVENTS 2018

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sun 28th April	VTTA National Championship	10	G10/41	7.00	£10	David Pollard, 2 Harison Road, Seaford, East Sussex BN25 3PN 01323 893455
Sun 9 th June	Surrey/Sussex VTTA (Lewes Wanderers CC)	30	G30/88	7.30	£8	Robert Bone, 5 Heath Stables, Spital Road, Lewes Road, Lewes, East Sussex BN7 1LS 07944 161315
Sun 16th June	Surrey/Sussex VTTA (East Sussex CA)	50	G50/90	6.00	£11	Mark Gidney, 28 Chantlers Mead, Cowden, Kent TN8 7HU 01342 851255
Sun 11 th Aug	Surrey/Sussex VTTA (East Sussex CA)	100	G100/ 861	6.00	£13	Bob Harber, 51 Church Lane, Upper Beeding, Steyning, West Sussex BN44 3HP 01903 879598
Sun 18 th Aug	Surrey/Sussex VTTA (Bec CC)	25	G25/93	7.00	£12	Andrew Green, 164 Sorrel Bank, Linton Glade, Forestdale, Surrey CR0 9LZ 07791 578262
Sun 22nd Sept.	Surrey/Sussex VTTA	25	G25/89	8.00	£10	Keith Wilkinson, Croft House, Chapel Road, Smallfield, Horley, Surrey RH6 9JH : 07983 332792

WESSEX GROUP OFFICIALS

Chairman	David Collard-Berry	59 Midhurst Road, Fernhurst, Haslemere, Surrey GU27 3EN	01428 651 843 chair@wessexvtta.org.uk
Secretary	Lizzy Yates	42 Cauldron Barn Farm Park, Cauldron Barn Road, Swanage, Dorset BH19 1QQ	07786 006551 secretary@wessexvtta.org.uk
Treasurer	Mary Corbett	28 The Meadows, Lyndhurst, Hampshire SO43 7EL	07837 551768 treasurer@wessexvtta.org.uk
Recorder	Claire Newman	31 Main Road, Totton, Southampton SO40 7EP	02380 667394 recorder@wessexvtta.org.uk
Membership Secretary	Norman Harvey	Yonne, Beaulieu Road, Marchwood, Southampton SO40 4UQ	02380 863048 membership@wessexvtta.org.uk
Veteran Reporter	Bob Jolliffe	Sweetbriar, Vicarage Lane, Hordle, Lymington, SO41 0HS	01425 616525 veteranreporter@wessexvtta.org.uk
Trophy Secretary	Alan Sharpen	12 Bassett Close, Bassett, Southampton SO16 7PE	02380 768295 trophysecretary@wessexvtta.org.uk
Media Co-ordinator	Adrian Watkins	49 Hill View Road, Ensbury Park, Bournemouth BH10 5BT	01202 772254 media@wessexvtta.org.uk

WESSEX GROUP CHAMPIONSHIP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sun 28 th April	Charlotteville CC	50	H50/8	8.00	£12	Daniel Sharp 07519 648444 : charlotteville.tt@gmail.com
Includes tandem event (£10 fee per rider)						
Sat 18 th May	Sotonia CC	10	P164	14.00	£12	Julian Gee, Laurel Bank, Sandy Lane, Romsey, Hants, SO51 0PD. juliannge@aol.com : 01794 368773
Includes tandem event (£12 fee per rider)						
Sun 7 th July	Bournemouth Jubilee Whs (Pett Cup 1st on Standard)	25	P413/ 25	7.00	£11	Louisa Cooper, 17 Hilltop Road, Corfe Mullen, BH21 3PR. 01202 697606 : info@bjw.org.uk
Includes tandem event (fee per rider)						
Sun 15 th Sept	VTTA Wessex	25	P884b /25	7.00	£12	David Collard-Berry, 59 Midhurst Road, Fernhurst, Haslemere, Surrey, GU27 3EN 01428 651843 : dcb@a3crg.co.uk
3 events - GP de Gents (40-49), GP de Gents (50+), women's solo (any age)						

WEST GROUP OFFICIALS

President	Ted King MBE	48 Friary Grange Park, Winterbourne, Bristol, BS36 1NA	01454 778483
Chairman	Brian Barraclough	Seven Stars House, Lower Road, Hinton Blewitt, Bristol, BS18 5AU	01761 452643
Vice Chair	Mary-Jane Hutchinson	Mill Lodge, 1 Kingsmill, Stoke Bishop, Bristol, BS9 1BZ	01179 681105
Secretary	Gordon Scott	5 Pride Close, Moreton, Dorchester, DT2 8FN	01305 853281 westvetsec@gmail.com
Treasurer	Ian Pritchard	21 Channel View Road, Portishead, Bristol, BS20 6LZ	01275 845779
Recorder	Rob Hutchinson	Mill Lodge, 1 Kingsmill, Stoke Bishop, Bristol, BS9 1BZ	01179 681105
'Westvet' Editor	Paul Freegard	Kembrough, Foxley Road, Malmesbury, Wilts, SN16 0JE	01666 823249
'The Veteran' Contact	Brian Griffiths	27 Hobhouse Close, Henleaze, Bristol, BS9 4LZ	01179 622589 bricyclehenleaze@mypost office.co.uk
Webmaster (including national)	Tony Emery	Little Orchard, Overton Lane, Arlingham, Gloucester, GL2 7JJ	01453 860667 Website - www.westvet.org.uk

WEST GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Saturday 6 th April	VTTA West	10	UC861			
Group championship. Run as club event. HQ Goss Croft Hall						

YORKSHIRE GROUP OFFICIALS

Chairman & Press Secretary	Chris Goode	56 Raleigh Street, Scarborough, North Yorkshire, YO12 7LQ	01723 341050 cgoode@yorkshire.net
Secretary	Tony Stott	Brighton Hall, Brighton, Selby, North Yorkshire YO8 6DH	01757 288933 hazel.stott.t21@btinternet.com
Treasurer	George Young	59 Burton Fields Road, Stamford Bridge, York YO41 1JJ	01759 372832 g.young832@btinternet.com
Racing Secretary	Blair Buss	6 Bramley View, Lightcliffe, Halifax HX3 8ST	01422 202957 blairbuss@btinternet.com
Recorder	Jim Trevor	34 Cavendish Park, Welton Road, Brough, HU15 1AU	07970 966458 yorks.group.recorder@outlook.com
Website Administrator	John Hallas	Address withheld	07710 472498 john.hallas@gmail.com
Social Secretary	Mike Williams	10 Manor Garth, Skidby, Cottingham, Hull HU16 5UF	01482 849264 mikettbike@hotmail.com

YORKSHIRE GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Fee	Event Secretary
Sunday 14th April	VTTA Yorks	25	V236/1	8.00	£13	Blair Buss, 6 Bramley View, Lightcliffe, Halifax, HX3 8ST. 01422 202957 : blairbuss@btinternet.com
Preference to VTTA members. Also tandems and medium gear (fee per rider)						
Saturday 22 nd June	VTTA National Championship	50	V350/1	13.30	£13	Mike Williams, 10 Manor Garth, Skidby, Cottingham, Hull HU16 5UF. 01482 849264 : mikettbike@hotmail.com
150 riders. BBAR event. Also tandem event (fee per rider)						
Saturday 13th July	VTTA Yorks	10	V714	14.00	£13	Mike Penrice, Tawnylands, South Duffield Rd, Osgodby, Selby. 01757 291196 : mike@mrpenrice.plus.com
VTTA members only. Also tandems (fee per rider)						
Sunday 25 th August	VTTA Yorks	10	V714	10.00	£13	Blair Buss, 6 Bramley View, Lightcliffe, Halifax, HX3 8ST. 01422 202957 : blairbuss@btinternet.com
Preference to VTTA members. Also tandems (fee per rider)						

1. CONSTITUTION (2019 Updated)

The VTTA is the National Authority promoting Time Trialling for cyclists who are 40 years of age and older.

All VTTA events are open to any cyclist of 40 years of age and older and shall be conducted in accordance with Cycling Time Trials (CTT) or the Scottish Cyclists' Union (SC) Regulations.

2. RULES (2019 Updated)

2.1 The Association

2.1.1 The name of the Association shall be the VETERANS TIME TRIALS ASSOCIATION. Membership shall be open to all cyclists who are 40 years of age and older.

2.2 Management of the Association

2.2.1 The management of the Association shall be vested in an elected National Executive Committee (NEC) consisting of a President and Chairman, Treasurer, Recorder, Records Secretary, Awards Secretary, Editor and Advertising Secretary, Membership Secretary, and up to five Committee members.

2.2.2 A National Secretary may be appointed at the discretion of the NEC to manage the day-to-day business of the VTTA in accordance with the instructions of the NEC.

2.3 National Executive Committee Meetings

2.3.1 The NEC shall meet quarterly, or as required, to transact the affairs of the VTTA. Five members shall form a quorum. In the absence of the Chairman, an officer of the Committee shall be elected to take his/her place on the day. Any member of the Committee who is absent from three consecutive meetings without prior arrangement shall be deemed to have resigned from the committee who shall have the power to fill the vacancy.

2.3.2 Any VTTA member may attend and speak at NEC meetings, but may not vote. (The Chairman may decide that agenda items are not appropriate for open discussion and these items will be taken in private session with only NEC members in attendance.)

2.4 Powers of the National Executive Committee

2.4.1 The NEC shall have the power to appoint/dismiss a National Secretary and to determine the remuneration required. The National Secretary shall be co-opted as a member of the NEC and have full voting rights but need not be a member of the Association.

2.4.2 The NEC shall have the power to co-opt additional members in order to carry out tasks necessary for the smooth running of the Association. These members will have the same voting rights as other NEC members.

2.4.3 The NEC shall have the power to appoint sub-committees that shall prepare minutes of their proceedings. These shall be read at the next meeting of the NEC and duly recorded in the books of the VTTA.

2.4.4 The NEC shall have the power to take such steps as may be deemed necessary to carry out the programme of events for the current or following season.

2.5 NEC Expenses

- 2.5.1 NEC members may claim reasonable expenses (as agreed by the Committee) for attending meetings.

2.6 Duties of National Officers

- 2.6.1 The National Secretary shall take, or cause to be taken, minutes of all National meetings. The National Secretary shall carry out the duties defined in the National Secretary Job Description. The contents of the National Secretary Job Description may be amended as necessary by the NEC.
- 2.6.2 The National Treasurer shall keep, or cause to be kept, proper Accounts of the monies of the VTTA. Such monies shall be kept in the name of the VTTA in a Joint Stock Bank. No monies shall be withdrawn except with the sanction of the NEC. All cheques must be signed by any two of the current officers as follows: the National Treasurer; the National Secretary; the Chairman; the Editor. For online payments written authorisation must be provided to the National Treasurer by two of these other officers.

2.7 Financial Year

- 2.7.1 The VTTA's financial year shall commence on 1st November and end on 31st October, after which date the National Treasurer shall prepare a Balance Sheet and Accounts for the year. An Auditor elected at the previous AGM will audit these. The Balance Sheet and Accounts shall be submitted to the NEC for approval and subsequent presentation to the AGM for ratification.

2.8 Formation of Regional Groups

- 2.8.1 The VTTA shall be divided into Groups as may be necessary.
- 2.8.2 The minimum number of members to form a Group shall be ten. The NEC shall have the authority to sanction the formation of a Group with fewer than ten members if they consider the circumstances are justified.
- 2.8.3 A member shall have the right to choose the Group to which he/she wishes to be attached. A member wishing to change from one Group to another shall give notice to the Group Secretaries concerned and the change shall be effected as soon as possible.
- 2.8.4 All Groups shall affiliate to their local District Council of CTT.
- 2.8.5 Each Group shall elect its own officials for the purpose of local administration and the observance of the National Rules and Regulations.
- 2.8.6 All Group officials shall act in accordance with the instructions of the NEC.
- 2.8.7 Where Groups are not self-supporting the NEC may, when it is deemed necessary, afford financial support.
- 2.8.8 Each Group shall be run as a club, hold an AGM and make such extra rules and arrangements for the running of the Group as may be considered necessary, provided they do not conflict with the National Rules and Regulations of the VTTA.

- 2.8.9 In the event of the dissolution of a Group, monies and assets held by that Group should be distributed to such cycling organisations or charities as the Group's membership think fit.
- 2.8.10 Each Group Committee shall have the authority to suspend and/or expel a member for conduct considered detrimental to the VTTA. Such suspension/expulsion to be confirmed or reversed by a subsequent general meeting of the Group Membership.
- 2.8.11 Copies of the Minutes of all meetings (signed by the Group Chairman and Secretary) shall be available for submission to the NEC.
- 2.8.12 Each Group shall consider the Agenda of the National AGM, as issued by the National Secretary, in order to mandate its delegates on proposals on the Agenda.

2.9 Subscriptions

- 2.9.1 The annual subscription shall consist of two parts, payable together.
- (a) A National subscription which shall include the cost of *The Veteran* and will be determined annually at the National AGM.
- (b) A Group subscription which will be determined annually at the Group AGM.
- 2.9.2 The combined subscription for any member is payable on election and on 1st January of each year thereafter. New members elected after 30th September in any year will be entitled to membership until 31st December of the following year. Similarly, members renewing after 30th September will be entitled to membership until 31st December of the following year.
- 2.9.3 An applicant for membership must complete the prescribed form and submit it with the appropriate subscription to the Secretary of his/her chosen Group or using the VTTA website. If the applicant is not elected, the subscription will be returned.
- 2.9.4 Where one member of a household is a member or Life Member, other members of the household may join at a reduced rate to be determined annually at the National and Group AGMs as appropriate. Such members will have the same rights and privileges as other members but will not receive personal copies of VTTA publications. This will be referred to as 'joint membership'.
- 2.9.5 A member who has not paid his/her subscription by 28th February in any year shall forfeit all rights and privileges of membership.
- 2.9.6 At the end of each quarter the National Treasurer shall send to Group Treasurers a statement of all national subscriptions due from their group according to the National Online Membership System during the last quarter. Group Treasurers should then make the required payment within four weeks of receiving the statements. For the purposes of this rule, quarters shall consist of the three month periods ending 31st March, 30th June, 30th September and 31st December.
- 2.9.7 Where the National Treasurer has received any Group subscriptions in the previous quarter, he/she will prepare a statement of account detailing the Group subscriptions received and forward these to the Group Treasurer within four weeks after the end of each quarter or within two weeks of receipt of the items specified in Rule 2.9.6, whichever is the later.

2.10 Categories of Life Membership

There are three types of Life membership: Life Membership; Honorary Life Membership; and Distinguished Life Membership.

2.10.1 Life Membership

Note - This category of membership is discontinued with effect from 27th January 2018. Existing Life Members retain their benefits and must continue to pay for the Veteran at a rate to be determined annually at the National AGM.

2.10.2 Honorary Life Membership

Honorary Life membership will be granted to any member of 80 years of age (or over) who, in the opinion of their group committee, has made a significant contribution to the VTTA. HLM Membership will include receiving copies of *The Veteran* and the VTTA Handbook free of charge.

Where the Honorary Life Member holds a joint membership, the other partner may remain a member in his/her own right for an annual individual subscription less the cost of *The Veteran* as charged to Life Members. They will not receive an additional copy of *The Veteran*.

2.10.3 Distinguished Life Membership

Distinguished Life Membership may be awarded to members who, in the opinion of the NEC, have rendered singular and meritorious services to the VTTA. Distinguished Life Members will receive copies of *The Veteran* and the VTTA handbook free of charge.

Where the Distinguished Life Member holds a joint membership, the other partner may remain a member in his/her own right for an annual individual subscription less the cost of *The Veteran* as charged to Life Members. They will not receive an additional copy of *The Veteran*.

2.11 National Annual General Meeting

2.11.1 All VTTA members are entitled to attend the National AGM where they may speak, but they are not entitled to vote unless they are delegates for their Groups.

2.11.2 Those entitled to vote at the National AGM shall be:

Two delegates representing each Group plus a further delegate for every 100, or part of 100, members in excess of 200; and two delegates representing the NEC.

2.11.3 Voting at an AGM shall be by a show of hands unless the meeting demands that a ballot is taken. The Chairman shall have only a casting vote.

2.11.4 When a Group is not represented, any proposal tabled by that Group on the Agenda can be taken up by any Group who would have supported the motion if they so wish.

2.11.5 The National AGM shall elect annually a President, who may hold office for not more than five years. Nominations for President must be submitted to the National Secretary not later than 21st November for inclusion in the Agenda and publication in *The Veteran*. The AGM shall also elect the NEC for the ensuing year.

2.11.6 Not less than 14 days' notice of the AGM shall be given in *The Veteran*, on the website and sent to Group Secretaries who shall furnish the names of their delegates to the National Secretary as soon as they have been appointed. A copy of the agenda of the

meeting shall be published in the current issue of *The Veteran* and also sent to Group Secretaries and delegates. Fifteen delegates and/or ex-officio members shall form a quorum.

2.11.7 Motions for the National Annual General Meeting can be submitted only by:

(a) the NEC; and

(b) Groups – providing the motion has been agreed by a majority at the Group AGM.

Such motions must reach the National Secretary not later than 21st November of the respective year.

2.11.8 Any matter not on the National AGM Agenda may be brought forward without notice provided that it does not involve the alteration of any rule or regulation and subject to the consent of two-thirds of those present and voting.

2.11.9 A special meeting may be called by the NEC or, alternatively, by the National Secretary on receiving a request signed by 25 members. All members entitled to attend shall receive 14 days' notice of the special meeting with a copy of the agenda stating the special business to be transacted.

2.12 Alterations to Rules and Regulations

2.12.1 No alteration or addition to these Rules shall be made except with the consent of not less than two-thirds of the members present and voting at the AGM or at any special meeting for this purpose. Alterations or additions to Regulations at such meetings will be decided by a simple majority.

3. REGULATIONS (2019 Updated)

3.1 Time Trials Regulations

3.1.1 All VTTA time trials shall be run in accordance with the rules and regulations of CTT or SC. VTTA time trials will be Type A events: either '*Open*', '*Semi-open*' or '*Association*', as defined in the CTT regulations.

3.1.2 Any member wishing to enter a time trial shall submit to the Event Secretary a standard CTT entry form, properly completed, or enter via the Cycling Time Trials Entry System. Any member wishing to enter a time trial held in Scotland shall enter via the Cycling Time Trials or Scottish Cycling entry system as appropriate.

3.1.3 In all VTTA events, only VTTA members will be eligible for any of the awards made on Standard.

3.1.4 Only first-claim members of a club are eligible for team awards in events promoted by the VTTA.

3.1.5 Overall prizes in all VTTA events shall be decided on the basis of the official VTTA Standard Tables. Other prizes may be awarded at the discretion of the organiser.

3.2 Regulations for Standard Awards

3.2.1 Standard Medals will be awarded for rides at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours based on the VTTA Standard Tables. 12 hours and 24 hours distances shall be shown to two decimal places.

- 3.2.2 Any VTTA member may attempt to gain VTTA standard medals in any Open, Semi-Open or Association event authorised by CTT or the SC. Events that are eligible for Standards shall also be eligible for Records, Best All Rounder Competition (BAR), Three Distance Competition, Short Distance Competition and Trophies.
- 3.2.3 Applications for standards may be made as follows:
Any number of attempts per season at all distances or times on one type of machine.
- 3.2.4 Members' applications and payments for Standards must be made online or by post prior to any event for which they subsequently claim a standard.
- 3.2.5 Each Group shall be allowed to determine its own standard ride entry fees. Payment of one fee does not cover two types of machine.
- 3.2.6 Only one award for a ride at each distance will be made during any one year, but there is no limit to the number of attempts that may be made.
- 3.2.7 Claims for Standards must be submitted to the Group Recorder at the end of the racing season or not later than 31st October. A rider must have a minimum of four medals to qualify for a plaque in lieu.
- 3.2.8 Each VTTA Group may elect to have either Standard or Actual times engraved on Standard Medals/Plaques.
- 3.2.9 Once a rider has won a Standard Award, the rider must improve their previous best plus or minus against Age Standard in order to obtain another award in a later age group. However, a rider may elect not to count any rides done more than three years before if they have not received a Standard Award on that machine at that distance during that period.

3.3 Regulations for Age Records

- 3.3.1 Road record rides will be recognised only when achieved in events authorised by CTT or the SC, timed on watches complying with the requirements of those bodies and run in conformity with their regulations.
- 3.3.2 Record Certificates are awarded for rides at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours to riders of solo bicycle, solo tricycle, tandem bicycle or tandem tricycle (Men, Women and Mixed) in any Open, Semi-Open or Association event authorised by CTT.
- 3.3.3 The VTTA also recognises Indoor and Outdoor Track records on solo bicycle and tandem bicycle at the following distances: 5, 10 and 25 miles; 1 hour; 5, 10, 20, 50 and 100 km. Records in the VTTA Handbook are as at 31st October of the previous year. Indoor track records must be set on a track (fixed wheel) bike. Outdoor track records may be set on a track (fixed wheel) bike or on a road/time trial bike.
- 3.3.4 A claimant for any records must be a paid-up member of the VTTA at the time of the ride.
- 3.3.5 No record will be considered if a better time or distance has already been achieved by a record holder of a greater age.
- 3.3.6 Claims for records will be for the period from 1st November to 31st October and must be made to the National Records Secretary not later than 31st October of the current year

giving full details of the event together with a printed copy of the official result sheet or an electronic version of the result sheet. In the event of a discrepancy between a printed result sheet and an electronic copy, the printed result sheet will take precedence.

3.4 Regulations for National Championships

- 3.4.1 National Championships will be promoted on behalf of the NEC at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours. The dates of all National Championships will be published in the VTTA Handbook.
- 3.4.2 To be eligible for Championship awards, riders must be paid-up VTTA members at the closing date for entries. Riders who are aged 39, but who will be aged 40 by the day of the Championship, may apply to the National Membership Secretary for their membership to commence on their 40th birthday. If their application is accepted, they will be eligible for Championship awards.
- 3.4.3 Each of the Championships will incorporate men, women, bicycles and tricycles. Where the event is run by a VTTA Group and it is oversubscribed, acceptance of entries shall be in order of best on Standard with preference given to VTTA members.
- 3.4.4 The male and female riders with the biggest plus overall will be declared National Champions and will each receive a championship jersey.
- 3.4.5 Medals will be awarded to the first three male riders and to the first three female riders overall on Standard. The first on Standard will receive a gold medal. The second on Standard will receive a silver medal. The third on Standard will receive a bronze medal.
- 3.4.6 Club teams shall consist of three first-claim members of the same club. Group teams shall consist of three members of the same Group. In each case, the Team with the biggest cumulative plus on standard shall be the Championship Team and a medal will be awarded to each member of the team.
- 3.4.7 Tandem Championships will be run in conjunction with the solo Championships and the pair with the biggest plus on Standard will be the Tandem Champions and will receive VTTA gold medals.
- 3.4.8 All VTTA awards will be made regardless of the number of entries and irrespective of any prizes given by the promoting Group.

3.5 Regulations for the BAR Competition

Qualifying events must be Type A events approved by CTT or approved SC events.

- 3.5.1 A Best All Rounder competition is promoted annually by the VTTA and is open to all its members. Eligible rides must be done in events authorised by CTT or SC and shall be over 25, 50 and 100 miles and 12 hours.
- 3.5.2 The closing date for eligible events to count will be 15th October.
- 3.5.3 The BAR competition will be based on the rider's cumulative plus from all four events. The rider's plus or minus times for 25, 50 and 100 miles will be calculated from the Standards Tables.

Each rider's 12 hour distance will be converted to a 'plus or minus time' equivalent to completing 200 miles using a Standards table for a 200 mile event that is based on the same principles used for the other Standards Tables.

The plus or minus times for the four events will be added together proportionately, i.e. the plus or minus time for 25 miles;

the plus or minus time for 50 miles divided by 2;

the plus or minus time for 100 miles divided by 4; and the equivalent 12 hour 200 miles plus or minus time divided by 10.

The rider with the greatest combined plus or minus will be the winner of the Best All Rounder Competition.

3.5.4 Claim forms, supported by printed copies of official result sheets or electronic versions of the result sheets, must be sent to the Group Recorder for verification. The Group Recorder will then send the verified claim form to the National Recorder to arrive not later than 31st October of the current year. In the event of a discrepancy between a printed result sheet and an electronic copy, the printed result sheet will take precedence.

3.5.5 BAR Certificates shall be presented to all riders completing the four distances. Tandem riders who complete all distances with the same partner are eligible for certificates, but not for any other awards. Medals will be awarded to the first three male riders and to the first three female riders overall on standard in the BAR. The first on standard will receive a gold medal. The second on standard will receive a silver medal. The third on standard will receive a bronze medal.

3.5.6 Club teams shall consist of three first-claim members of the same club. Group teams shall consist of six members of the same Group. Medals will be awarded to each member of the winning teams.

3.6 Regulations for the Three Distance Competition

3.6.1 A Three Distance Competition will be promoted annually over 25, 50 and 100 miles.

3.6.2 The Three Distance competition will be based on the rider's cumulative plus or minus from all three events.

Each rider's plus or minus times for 25, 50 and 100 miles will be calculated from the Standards Tables.

The plus or minus times for the three events will be added together proportionately, i.e. the plus or minus for 25 miles;

the plus or minus for 50 miles divided by 2 and

the plus or minus for 100 miles divided by 4.

The rider with the greatest combined plus or minus will be the winner of the Three Distance Competition.

3.6.3 All other conditions of qualification to this competition shall be those of the BAR Competition. Awards shall be the same as for the BAR Competition.

3.7 Regulations for the Short Distance Competition

- 3.7.1 A Short Distance Competition will be promoted annually over 10 and 25 miles and shall be twice over 10 and 25 miles, giving four events in total.

Each rider's plus or minus times for 10 and 25 miles will be calculated from the Standards Tables.

The plus or minus times for the four events will be added together proportionately, i.e.:

the plus or minus time for the fastest 10 multiplied by 2.5;

the plus or minus time for the fastest 25 multiplied by 1.0;

the plus or minus time for the second fastest 10 multiplied by 2.5; and

the plus or minus time for the second fastest 25 multiplied by 1.0.

The rider with the greatest combined plus or minus for the four events will be the winner of the Short Distance Competition.

- 3.7.2 All other conditions of qualification to this competition shall be those of the BAR Competition. Awards shall be the same as for the BAR Competition.

3.8 Entry to, and Claims for, the BAR, Three Distance and Short Distance Competitions

- 3.8.1 There are no entry fees for the BAR, the Three Distance and the Short Distance Competitions. Claims for one, two or all competitions must be made on the current National BAR, Three Distance and Short Distance Claim Form.

- 3.8.2 In the three season long competitions riders can only make solo claim and/or one tandem claim.

3.9 Meritorious Award

- 3.9.1 The C. W. Cooke trophy is awarded annually to the rider whose performances are considered by the NEC to be the most meritorious during the season. Nominations from Groups should be received by the National Secretary no later than 21st November.

3.10 Bricknell Memorial Award

- 3.10.1 This award was created to perpetuate the memory of former President Ted Bricknell and provides for the presentation of an annual prize, new each year, in recognition of outstanding services to the VTTA. Nominations from Groups should be received by the National Secretary no later than 21st November each, following which the NEC shall decide the name of the recipient.

3.11 Return of Trophies

- 3.11.1 Should there be a time when a trophy or trophies is/are no longer required for presentation (e.g. the demise of the VTTA or abandonment of events at specific distances) then all reasonable measures will be taken to return them to the original donors or their heirs. In the event that they cannot be traced they shall be offered to such cycling organisations as the NEC think fit.

VTTA STANDARDS EXPLAINED

Competitions for VTTA members are based on 'Standards'. So what are they?

The Standards are effectively a handicapping system which takes into account a rider's age so even the oldest riders, some in their 80s and even 90s, can compete against "younger" veterans who are in their 40s and 50s. The handicapping system also allows men and women to compete against each other. They also cover riders on different machines - bikes, tandems and tricycles. The Standards system thus provides fair competition for all ages and both men and women.

The system works by setting a **standard time** for the distance, age and sex of the rider. For example:

- The standard time for a 40 year old man riding 10 miles is 25 minutes 50 seconds
- For a 70 year old man the standard for 10 miles is 29 minutes and 2 seconds
- For a 40 year old woman it is 28 minutes and 2 seconds
- And for a 70 year old woman, 31 minutes 24 seconds

You can see all the standard times for individuals riding solos, trikes, tandems or tandem trikes in tables at the back of this handbook or on the VTTA website.

Calculating your 'Plus' time

Many riders go faster than their standard time and the amount by which you beat your standard time is referred to as your **plus**. So if a 40 year old man completes 10 miles in 25 minutes exactly they will have beaten the standard by 50 seconds. This is referred to as a plus of 50 seconds. If a 70 year old man rides the same event in 28 minutes exactly, he will have beaten standard by 1 minute and 2 seconds. In this case the older rider has the greater **plus** and will have beaten the 40 year old **on standard**, despite going slower in real terms.

Thus your 'plus' is calculated by subtracting your standard time from your actual time (or distance in the case of 12 and 24 hour events)

(Riders do go slower than the standard and this will produce a **minus time**. There's no shame in getting a minus - it's quite common.)

Results on Standard

For veterans' events and competitions results are presented in order of performance **on standard** (actual times are reported as well). The **fastest veteran on standard** (or Best on Standard (BOS)) is the person with the biggest plus i.e. the person who beat their standard by the biggest margin.

So Standards provide VTTA members with a goal and motivation as they grow older and allow all members to compete against each other on a level playing field.

Historical Note: The Standards were first devised by EH Strevens in 1943. In 2011 and then in 2018, the VTTA convened a sub-committee to review the standards. We now have a database of over 100,000 performances by veterans in recent years, and the standards have been updated to reflect this latest performance data. While the base standard for a 40 year old man or woman is slightly arbitrary the annual increments thereafter are based on a statistical analysis of the actual age decline in performances. The standard tables are generated using a formula which includes, age, gender, distance, and type of machine. As a consequence standards can also be generated for non-standard distances or time durations.

The latest standard tables have been updated for the 2019 season with the aim of achieving as far as possible a level playing field for all VTTA members.

Claiming a Standard Award

Standard Awards may be claimed at the Standard distances and times (10, 15, 25, 30, 50, 100 miles and 12 and 24 hours).

To gain your Standard Award you have to improve on your previous best plus or minus for which you claimed a Standard Award. If you don't have a previous best at a particular distance you can claim your best plus or minus in the year to get you started. If you have not claimed an award at a time/distance for three seasons you can start again with your best performance in the current year.

Before you make any attempts at Standard Awards you should enter for your standards, either with your group recorder or on the website and pay the appropriate fee. A single entry covers you for any number of attempts at all standard distances. (Note, though, that some groups will accept claims and fees at the end of the season.)

To claim an award you must send a completed standards claim form to your Group Recorder together with the result sheets for the events in which you qualified, marking your name and time.

If your attempt is successful you will receive an engraved medal. If you get four medals or more in a season you can have an engraved plaque instead.

Your new best plus or minus becomes the target you need to beat if you want to win another Standard Award in subsequent years. Because the age standards give you an extra allowance as you get older this makes beating your previous plus an achievable target. However, you can elect to ignore any rides done more than three seasons ago.

The above is a simple summary of Standard Awards. The full rules are given in Regulation 3.2 of the VTTA Regulations.

NATIONAL COMPETITIONS EXPLAINED

There are three National Competitions held each season. During the season you have to complete the necessary qualifying rides for each competition. You can have as many attempts as you wish at any distance (or times for 12 and 24 hours) but they must be in open events (those listed on the CTT website or those under Scottish Cycling jurisdiction). At the end of the season you submit a claim form to your Group Recorder setting out the best plus times you have achieved at each of the relevant distances or times. A national result of all qualifying riders is produced – see the Championship Results pages of the website. Most groups also run their own local competitions based on the same criteria.

Best All Rounder (BAR) Competition

The BAR Competition is an annual season long competition in which competitors have to complete events at 25 miles, 50 miles, 100 miles and 12 hours. Rider's performance is taken as their Best Plus performance at each of these distances. (Note: the "plus time" for the 12 hour is converted, using a conversion factor, into an equivalent 200 mile plus time).

The resulting plus times are then weighted to ensure a balance between the various events. All qualifying riders are then listed in order of their aggregate weighted plusses with the Champion having the highest total.

It sounds complicated but basically all you have to do is ride as fast as you can! The competition calculations just allow riders of different ages and both men and women to compete on a level playing field (which is what standard times and plusses are all about).

Three Distance Competition

This works the same way as the BAR competition but riders only have to complete rides at 25 miles, 50 miles and 100 miles. Rider's performance is again taken as their Best Plus performance at each of these distances. All qualifying riders are then listed in order of their aggregate weighted plusses with the Champion having the highest total.

Short Distance Competition

Again the same principles apply as for the BAR and 3 Distance but for the Short Distance Competition competitors must complete two rides at 10 miles and two rides at 25 miles. Rider's performance is again taken as their Best Plus performance in the four events. All qualifying riders are then listed in order of their aggregate weighted plusses with the Champion having the highest total.

NATIONAL TROPHIES & 2018 RECIPIENTS

PETRONELLA TROPHY	1st on plus 4 Distance BAR	Jackie Field (CC Ashwell) +1:23:04
H LIONEL LINCOLN SHIELD	1st actual fastest mph 4 Distance BAR	Mat Ivings (Buxton CC) 28.044mph
SOUTHCOTT BOWL	1st woman on plus 4 Distance BAR	Jackie Field (CC Ashwell) +1:23:04
RALEIGH SHIELD	Best group team (6 riders) on plus 4 Distance BAR	No qualifiers
JOHNSON SHIELD	Best club team (3 riders) on plus 4 Distance BAR	Born to Bike (Katja Rietdorf, Ray Retter, Susan Semple) +3:17:36
DICK CLARKE CUP	1st on plus 3 Distance Competition	Peter Horsnell (Chelmer CC) +1:16:02
DON HACKING TROPHY	1st actual fastest mph 3 Distance Competition	Andy Jackson (AeroCoach) 29.350mph
BRAMBLEBY CUP	1st woman on plus 3 Distance Competition	Jackie Field (CC Ashwell) +1:00:14
LONDON GROUP SHIELD	Best group team (6 riders) on plus 3 Distance Competition	East Anglian (Peter Horsnell, Andrew Grant, Jackie Field, Gavin Hinxman, Julian Elliott, John Golder) +6:06:46
DOREEN HUGILL MEMORIAL SHIELD	Best club team (3 riders) on plus 3 Distance Competition	Born to Bike (Katja Rietdorf, Ray Retter, Susan Semple) +2:26:51
L DE CAMELLIS BOWL	1st on standard Short Distance Competition	Ron Hallam (South Pennine RC) +1:28:58
KEN MATTHEWS CUP	1st on standard in 10 Mile Championship	Ron Hallam (South Pennine RC) +8:34
DOUG BRUNWIN MEMORIAL SALVER	1st on standard in 100 Mile Championship	Richard Bideau (Pendle Forest CC) +1:10:20
FRED THORPE TROPHY	1st on standard in 30 Mile Championship	Andrew Grant (Cambridge CC) +18:00
CHARLIE COLE CUP	1st on standard in 25 Mile Championship	Simon Beldon (Team Bottrill) +17:45
CECIL PAGET CUP	1st on standard in 50 Mile Championship	Brian Sunter (Condor RC) +35:43
JIM PAINTER CUP	1st on standard in 12 Hour Championship	Stephen Williamson (...a3crg) +96.13
C W COOKE CUP	1st on standard in 24 Hour Championship	Andy Jackson (AeroCoach) +164.98
STREVENS MEMORIAL TROPHY	1st on standard in an event nominated annually by NEC 2019 - Scotland (SVTTA 15 - 29th Sept)	Karen Ledger (Team Bottrill) +7:01 (1st on standard in VTTA Notts & E Mids 10)
BRAFMAN CUP	Best club team on standard in an event nominated annually by NEC 2019 - NEM (VTTA NEM 10 - 20th April)	Alan Ross & Gary Bratt (Fruin RC) +26:46 (1st club team on standard in SVTTA 30)
PETT CUP	1st on standard in nominated event 2019 - Wessex (BJW 25 7th July)	Richard Gifford (TrainSharp RT) +11:34 (1st on standard in VTTA S+S 25)
C W COOKE TROPHY	Most meritorious racing performance of the season nominated by Groups to NEC	Kevin Tye (Velorefined Aerosmiths) for outstanding rides at 10, 25 and 50 miles, including six age records
TED BRICKNELL MEMORIAL AWARD	An award purchased annually for outstanding services to the Association, nominated by Groups to NEC. The award is retained permanently by the recipient.	Rachael Elliott (VTTA National Secretary) for outstanding service whilst overcoming personal adversity

CHAMPIONSHIP AWARDS 2018

10 MILES

7th May 2018 - London & Home Counties Group - Course F11/10

Champion and 1st Man on Std	Ron Hallam	Nottingham & E Midlands / South Pennine RC	+8:34
2nd Man on Std	Kenneth Stevens	Nottingham & E Midlands / South Pennine RC	+8:26
3rd Man on Std	Keith Ainsworth	North Midlands / Sheffrec CC	+8:03
1st Woman on Std	Jackie Field	East Anglian / CC Ashwell	+7:45
2nd Woman on Std	Liz Powell	Midlands / Drag2Zero	+7:34
3rd Woman on Std	Wendy Gooding	East Anglian / Team Bottrill - Vanguard	+7:09
Group Team Champs	Nottingham & E Midlands	Ron Hallam, Kenneth Stevens, Daniel Barnett	+24:30
Club Team Champs	Team Bottrill - Vanguard	James Rix, Daniel Barnett, Wendy Gooding	+22:11
Tandem Champions	David Stockley	Midlands / A5 Rangers	+6:47
	Murray Kirton		

Full result published in The Veteran June 2018 (number 57)

15 MILES

25th August 2018 - London & Home Counties Group - Course H15/1

Champion and 1st Man on Std	Ron Hallam	Nottingham & E Midlands / South Pennine RC	+10:55
2nd Man on Std	Keith Ainsworth	North Midlands / Sheffrec CC	+10:51
3rd Man on Std	Liam Maybank	London & Home Counties / Twickenham CC	+10:14
1st Woman on Std	Angela Carpenter	Wessex / ...a3crg	+9:18
2nd Woman on Std	Helen Reynolds	East Anglian / Hemel Hempstead CC	+8:38
3rd Woman on Std	Liz Powell	Midlands / Drag2Zero	+8:33
Group Team Champs	London & Home Counties	Liam Maybank, Greg Woodford, John Lacey	+29:18
Club Team Champs	Drag2Zero	Gavin Hinxman, Alan Murchison, Liz Powell	+26:56
Tandem Champions	Norman Harvey	Wessex / Sotonia CC	+6:32
	Mary Corbett		

Full result published in The Veteran December 2018 (number 59)

25 MILES

28th July 2018 - Nottingham & East Midlands Group - Course A25/34

Champion and 1st Man on Std	Simon Beldon	Yorkshire / Team Bottrill - Vanguard	+17:45
2nd Man on Std	Keith Ainsworth	North Midlands / Sheffrec CC	+17:34
3rd Man on Std	Brian Sunter	Yorkshire / Condor RC	+17:02
1st Woman on Std	Karen Ledger	Nottingham & E Midlands / Team Bottrill - Vanguard	+16:33
2nd Woman on Std	Liz Powell	Midlands / Drag2Zero	+14:31
3rd Woman on Std	Jo Corbett	Nottingham & E Midlands / Mapperley CC	+10:46
Group Team Champs	Yorkshire	Simon Beldon, Brian Sunter, Blair Buss	+50:06
Club Team Champs	Team Bottrill - Vanguard	Simon Beldon, Karen Ledger, Sean Vincent	+48:14
Tandem Champions	Richard Dixon	Yorkshire / Team Swift	+11:56
	Tim Humphries	North / Team Swift	

Full result published in The Veteran September 2018 (number 58)

30 MILES**29th April 2018 - Kent Group - Course Q30/2**

Champion and 1st Man on Std	Andrew Grant	East Anglian / Cambridge CC	+18:00
2nd Man on Std	Brian Sunter	Yorkshire / Condor RC	+16:39
3rd Man on Std	Andrew Meilak	Kent / VeloRefined.com	+16:31
1st Woman on Std	Katja Rietdorf	London & Home Counties / Born to Bike	+12:16
2nd Woman on Std	Janet Fairclough	Merseyside / St Helens CRC	+7:45
3rd Woman on Std	Alison Vessey	West / Didcot Phoenix	+7:30
Group Team Champs	Kent	Andrew Meilak, Mark Hill, Antony Bee	+45:09
Club Team Champs	Cambridge CC	Andrew Grant, Chris Dyason, Colin Lizieri	+43:53

Full result published in The Veteran June 2018 (number 57)

50 MILES**24th June 2018 - North Lancashire & Lakes Group - Course L505R**

Champion and 1st Man on Std	Brian Sunter	Yorkshire / Condor RC	+35:43
2nd Man on Std	Stephen Irwin	North Lancashire & Lakes / North Lancs RC	+32:58
3rd Man on Std	Derek Parkinson	North Lancashire & Lakes / Springfield Financial	+31:26
1st Woman on Std	Debbie Moss	North Lancashire & Lakes / Team Merlin	+25:42
2nd Woman on Std	Rachael Mellor	Yorkshire / Holmfirth CC	+25:06
3rd Woman on Std	Sue Cheetham	North Lancashire & Lakes / North Lancs RC	+23:52
Group Team Champs	North Lancashire & Lakes	Stephen Irwin, Derek Parkinson, David Hargreaves	+95:49
Club Team Champs	North Lancashire RC	Stephen Irwin, David Hargreaves, Sue Cheetham	+88:15

Full result published in The Veteran September 2018 (number 58)

100 MILES**28th May 2018 - Anfield BC - Course D100/2**

Champion and 1st Man on Std	Richard Bideau	North Lancashire & Lakes / Pendle Forest CC	+70:20
2nd Man on Std	Andy Jackson	Yorkshire / AeroCoach	+63:50
3rd Man on Std	Keith Murray	North / Drag2Zero	+1:00:17
1st Woman on Std	Katja Rietdorf	London & Home Counties / Born to Bike	+57:58
2nd Woman on Std	Sue Semple	Midlands / Born to Bike	+46:28
3rd Woman on Std	Lynne Biddulph	Midlands / Born to Bike	+43:23
Group Team Champs	North Lancashire & Lakes	Richard Bideau, Gethin Butler, Paul Russell	+167:26
Club Team Champs	Born to Bike	Katja Rietdorf, Sue Semple, Lynne Biddulph	+147:49

Full result published in The Veteran September 2018 (number 58)

12 HOURS**17th June 2018 - Farnborough & Camberley CC - Course H12H/8**

Champion and 1st Man on Std	Stephen Williamson	Wessex / ...a3crg	+96.130
2nd Man on Std	Paul Jackson	Surrey/Sussex / Team Bottrill-Vanguard	+84.297
3rd Man on Std	Ray Retter	West / Born to Bike	+81.792
1st Woman on Std	Jackie Field	East Anglian / CC Ashwell	+95.186
2nd Woman on Std	Katja Rietdorf	London & Home Counties / Born to Bike	+73.063
3rd Woman on Std	Lynne Biddulph	Midlands / Born to Bike	+72.858
Group Team Champs	Wessex	Stephen Williamson, Nigel Sign, Brian Hygate	+209.242
Club Team Champs	Born to Bike	Ray Retter, Katja Rietdorf, Lynne Biddulph	+227.713
Tandem Champions	Don McLean	Scotland / Stirling Bike Club	+44.38
	Mark Leadbetter		

Full result published in The Veteran September 2018 (number 58)

24 HOURS**21st/22nd July 2018 - Mersey Roads Club - Course D24hr**

Champion and 1st Man on Std	Andy Jackson	Yorkshire / AeroCoach	+164.98
2nd Man on Std	Doug Hart	Yorkshire / Ilkley CC	+137.03
3rd Man on Std	Ray Retter	West / Born to Bike	+92.27
1st Woman on Std	Christina Mackenzie	Stirling Bike Club	+98.05
2nd Woman on Std	Lynne Biddulph	Midlands / Born to Bike	+85.82
3rd Woman on Std	Kate Bradley	Nottingham & East Midlands / Born to Bike	+8.65
Group Team Champs	Yorkshire	Andy Jackson, Doug Hart, Michael Hutchings	+320.41
Club Team Champs	Born to Bike	Ray Retter, Lynne Biddulph, Bob Awcock	+229.83
Tandem Champions	Don McLean	Scotland / Stirling Bike Club	+87.89
	Mark Leadbetter		

Full result published in The Veteran September 2018 (number 58)

COMPETITION AWARDS 2018**BEST ALL ROUNDER****25, 50, 100 miles & 12 hours**

First	Jackie Field	CC Ashwell	East Anglian	1:23:04
Second	Mat Ivings	Buxton CC	Manchester & North West	1:15:38
Third	David Shephard	...a3crg	Wessex	1:15:27
First woman	Jackie Field	CC Ashwell	East Anglian	1:23:04
Fastest actual mph	Mat Ivings	Buxton CC	Manchester & North West	28.044mph
Club team of 3 winners	Born To Bike - Bridgtown Cycles	Katja Rietdorf	London & Home Counties	3:17:36
		Ray Retter	West	
		Susan Semple	Midlands	
Group team of 6 winners	No team qualified			

Full result published in The Veteran December 2018 (number 59)

THREE DISTANCE COMPETITION**25, 50 & 100 miles**

First	Peter Horsnell	Chelmer CC	East Anglian	1:16:02
Second	Andrew Grant	Cambridge CC	East Anglian	1:06:28
Third	Keith Ainsworth	Sheffrec CC	North Midlands	1:04:31
First woman	Jackie Field	CC Ashwell	East Anglian	1:00:14
Fastest actual mph	Andy Jackson	AeroCoach	Yorkshire	29.350mph
Club team of 3 winners	Born To Bike - Bridgtown Cycles	Katja Rietdorf	London & Home Counties	2:26:51
		Ray Retter	West	
		Susan Semple	Midlands	
Group team of 6 winners	East Anglian	Peter Horsnell	Chelmer CC	6:06:46
		Andrew Grant	Cambridge CC	
		Jackie Field	CC Ashwell	
		Gavin Hinxman	Drag2Zero	
		Julian Elliott	Finsbury Park CC	
		John Golder	Chelmer CC	

Full result published in The Veteran December 2018 (number 59)

SHORT DISTANCE COMPETITION**2 x 10 miles & 2 x 25 miles**

First	Ron Hallam	South Pennine RC	Notts & East Midlands	1:28:58
Second	Terry Icke	Poole Whs	Wessex	1:24:12
Third	Keith Ainsworth	Sheffrec CC	North Midlands	1:23:47
Club team of 3 winners	Cambridge CC	Andrew Grant	East Anglian	3:50:32
		Ken Platts	East Anglian	
		Chris Dyason	East Anglian	
Group team of 6 winners	East Anglian	Andrew Grant	Cambridge CC	7:42:21
		Peter Horsnell	Chelmer CC	
		Jackie Field	CC Ashwell	
		Ken Platts	East Anglian	
		Keith Dorling	Team Bottrill	
		Chris Dyason	East Anglian	

Full result published in The Veteran December 2018 (number 59)

PAST CHAMPIONS

(All on plus except where noted)

BEST ALL ROUNDER

1943 E H Strevens
1944 No winner
1945 J B Austin
1946 E W Miles
1947 J B Austin
1948 C Cole
1949 C Cole
1950 C G Baxter
1951 C Cole
1952 C Cole
1953 C Cole
1954 C Cole
1955 C Cole
1956 T H Henderson
1957 H Aspden
1958 A C Harding
1959 A C Harding
1960 A C Harding
1961 A C Harding
1962 A C Harding
1963 A C Harding
1964 A C Harding
1965 R B Smith
1966 R Waters
1967 A C Harding
1968 R G H Deering
1969 A C Harding
1970 K J Brooker
1971 H G Shawyer
1972 H H Hill
1973 H H Hill
1974 C Holland
1975 C Holland
1976 H G Shawyer
1977 H H Hill
1978 H H Hill
1979 P J Woodburn
1980 P J Woodburn
1981 D Kellaway
1982 A C Boutell
1983 H H Hill
1984 D Kellaway
1985 P J Woodburn
1986 G A Poole
1987 P J Woodburn
1988 P Bennett
1989 P J Woodburn

1990 H Featherstone
1991 H Featherstone
1992 D Hacking
1993 P Crofts
1994 L Benton
1995 J A Bailey
1996 J A Bailey
1997 J Goodwin
1998 O G Blower
1999 B Haskell
2000 K Platts
2001 T W Coging
2002 B Sunter
2003 B Sunter
2004 I Cammish
2005 M Shacklock
2006 M Shacklock
2007 K Platts
2008 K Platts
2009 J Gresty
2010 K Platts
2011 K Platts
2012 N Bowdler
2013 K Platts
2014 A Topham
2015 P Horsnell
2016 R Bideau
2017 R Bideau
2018 Jackie Field

BEST ALL ROUNDER (ACTUAL MPH)

1956 A C Harding
1957 A C Harding
1958 A C Harding
1959 A C Harding
1960 A C Harding
1961 A C Harding
1962 A C Harding
1963 R Murgatroyd
1964 A C Harding
1965 J C Park
1966 R Waters
1967 E Grocock
1968 N Carline
1969 N Carline
1970 W H Griffiths
1971 N Carline

1972 N Carline
1973 N Carline
1974 R W Buchan
1975 M McNamara
1976 M McNamara
1977 J B Byers
1978 J B Byers
1979 P J Woodburn
1980 P J Woodburn
1981 E C Holloway
1982 J Dixon
1983 P Spowage
1984 R Iddles
1985 P J Woodburn
1986 S Giles
1987 S Giles
1988 P Bennett
1989 E Adkins
1990 S Giles
1991 P J Woodburn
1992 D Hatton
1993 T W Icke
1994 G Nowland
1995 G Nowland
1996 J Blacker
1997 G Longland
1998 G Platts
1999 P Smith
2000 I S Cammish
2001 N Portess
2002 I S Cammish
2003 G Robinson
2004 I Cammish
2005 N Skellern
2006 N Skellern
2007 K Platts
2008 I Cammish
2009 N Bowdler
2010 J Jenkinson
2011 N Bowdler
2012 N Bowdler
2013 J Dewhirst
2014 A Topham
2015 A Topham
2016 R Bideau
2017 R Bideau
2018 M Ivings

WOMEN'S BAR

1971 Mary Horsnell
1972 Wyn Maddock
1973 Irene Southart
1974 L Campbell
1975 Ethel Brambleby
1976 Ethel Brambleby
1977 Ethel Brambleby
1978 Ethel Brambleby
1979 Mary Dawson
1980 Mary Dawson
1981 Mary Dawson
1982 Mary Dawson
1983 I Campbell
1984 Mary Dawson
1985 Mary Dawson
1986 Mary Dawson
1987 Mary Dawson
1988 Mary Dawson
1989 Mary Dawson
1990 Mary Dawson
1991 Mary Dawson
1992 Mary Dawson
1993 Mary Dawson
1994 Mary Dawson
1995 Janet Wilson
1996 Janet Wilson
1997 L Creese
1998 Christine Gasgoigne
1999 Janet Wilson
2000 Gil Henshaw
2001 Christine Roberts
2002 Janet Wilson
2001 Christine Roberts
2002 Janet Wilson
2003 C Smerdon
2004 K M Smith
2005 A Bath
2006 C Colquhoun
2007 K Smith
2008 Christine McLean
2009 Christine McLean
2010 Christine McLean
2011 Christine McLean
2012 Christine McLean
2013 Ann Shuttleworth
2014 Sharon Clifford
2015 Lynne Biddulph
2016 Katja Rietdorf

2017 Katja Rietdorf
2018 Jackie Field

BAR GROUP TEAMS

1959 London & Home Counties
1960 London & Home Counties
1961 London & Home Counties
1962 London & Home Counties
1963 London & Home Counties
1964 London & Home Counties
1965 London & Home Counties
1966 London & Home Counties
1967 London & Home Counties
1968 London & Home Counties
1969 London & Home Counties
1970 London & Home Counties
1971 London & Home Counties
1972 London & Home Counties
1973 Manchester & North West
1974 Manchester & North West
1975 Manchester & North West
1976 London & Home Counties
1977 London & Home Counties
1978 Manchester & North West
1979 London & Home Counties
1980 London & Home Counties
1981 Yorkshire
1982 Manchester & North West
1983 Manchester & North West
1984 West
1985 London & Home Counties
1986 Yorkshire
1987 London & Home Counties
1988 London & Home Counties
1989 Surrey & Sussex
1990 Surrey & Sussex
1991 Surrey & Sussex
1992 East Anglia
1993 Surrey & Sussex
1994 Yorkshire
1995 North Lancashire
1996 London & Home Counties
1997 North Lancashire
1998 Yorkshire
1999 Yorkshire
2000 East Anglia
2001 Yorkshire
2002 Yorkshire
2003 Yorkshire
2004 Yorkshire

2005 Yorkshire
2006 Manchester & North West
2007 North Lancashire
2008 East Anglia
2009 Manchester & North West
2010 East Anglian
2011 East Anglian
2012 East Anglian
2013 Yorkshire
2014 No team finished
2015 East Anglian
2016 East Anglian
2017 No team finished
2018 No team finished

BAR CLUB TEAMS

1959 Lancashire RC
1960 Leicester Forest CC
1961 Addiscombe CC
1962 Middlesex RC
1963 Middlesex RC
1964 Middlesex RC
1965 Glasgow Regent
1966 West Scotland Clarion
1967 Middlesex RC
1968 Leicester Forest CC
1969 Middlesex RC
1970 Luton Wheelers
1971 Verulam CC
1972 Luton Wheelers
1973 Oldham Century RC
1974 Norwood Paragon CC
1975 Addiscombe CC
1976 Rockingham CC
1977 Addiscombe CC
1978 Derby Mercury RC
1979 East Midlands CC
1980 East Midlands CC
1981 Birkenhead North End CC
1982 Altrincham Ravens CC
1980 Farnboro' & Camberley CC
1981 Farnboro' & Camberley CC
1982 Tees-Side RC
1983 Farnboro' & Camberley CC
1984 Farnboro' & Camberley CC
1985 Tees-Side RC
1986 Otley CC
1987 Farnboro' & Camberley CC
1988 Farnboro' & Camberley CC
1989 Norwood Paragon CC

1990 Norwood Paragon CC
 1991 Norwood Paragon CC
 1992 Farnboro' & Camberley CC
 1993 Tees-side RC
 1994 Long Eaton Paragon CC
 1995 Rockingham CC
 1996 Rockingham CC
 1997 Otley CC
 1998 San Fairy Ann CC
 1999 San Fairy Ann CC
 2000 East Anglian CC
 2001 East Anglian CC
 2002 Yorkshire RC
 2003 Yorkshire RC
 2004 Yorkshire RC
 2005 Otley CC
 2006 Congleton CC
 2007 Congleton CC
 2008 Chelmer CC
 2009 Team Swift
 2010 Yorkshire RC
 2011 Chelmer CC
 2012 Chelmer CC
 2013 Chelmer CC
 2014 No team finished
 2015 No team finished
 2016 Hounslow & District Wh
 2017 Born to Bike
 2018 Born to Bike

BAR CLUB TEAM - WOMEN

1998 Airedale Olympic CC
 1999 Airedale Olympic CC
 2000-2005 No team finished
 2006 Kingston Phoenix RC
 2007 Kingston Phoenix RC
 2008 Kingston Phoenix
 2009 - 2011 No team finished
 Discontinued

THREE DISTANCE

1995 J A Bailey
 1996 J A Bailey
 1997 B Haskell
 1998 E P Marsh
 1999 G Steers
 2000 E P Marsh (T)
 2001 D Hodgins
 2002 G L Dawson (T)
 2003 G L Dawson (T)

2004 J Goodwin
 2005 J Goodwin
 2006 R Hallam
 2007 D Hodgins
 2008 F Kerry
 2009 F Kerry
 2010 F Kerry
 2011 R Hallam
 2012 P Greenwood
 2013 K Platts
 2014 P Horsnell
 2015 P Horsnell
 2016 P Horsnell
 2017 P Horsnell
 2018 P Horsnell

**THREE DISTANCE
 (ACTUAL MPH)**

1995 G Nowland
 1996 S Giles
 1997 G Longland
 1998 G Platts
 1999 P Smith
 2000 I S Cammish
 2001 I S Cammish
 2002 I S Cammish
 2003 I S Cammish
 2004 I S Cammish
 2005 I S Cammish
 2006 I S Cammish
 2007 P Holdsworth
 2008 Barry Charlton
 2009 N Bowdler
 2010 J Jenkinson
 2011 N Bowdler
 2012 N Bowdler
 2013 J Dewhirst
 2014 A Topham
 2015 A Topham
 2016 R Bideau
 2017 R Bideau
 2018 A Jackson

THREE DISTANCE - WOMEN

1995 Mary Dawson
 1996 Carole Gandy
 1997 Carole Gandy
 1998 Carole Gandy
 1999 Carole Gandy
 2000 Carole Gandy

2001 Carole Gandy
 2002 Carole Gandy
 2003 Mary Dawson
 2004 Carole Gandy
 2005 Carole Gandy
 2006 A Scarsbrook
 2007 A Scarsbrook
 2008 A Scarsbrook
 2009 Carole Gandy
 2010 Carole Gandy
 2011 Christine McLean
 2012 Competition Discontinued

THREE DISTANCE - GROUP

1995 North Lancashire
 1996 North Lancashire
 1997 North Lancashire
 1998 Nottingham & East Mids
 1999 Nottingham & East Mids
 2000 Nottingham & East Mids
 2001 Nottingham & East Mids
 2002 Nottingham & East Mids
 2003 Yorkshire RC
 2004 Nottingham & East Mids
 2005 Nottingham & East Mids
 2006 North Lancashire
 2007 North Lancashire
 2008 North Lancashire
 2009 North Lancashire
 2010 North Lancs & Lakes
 2011 East Anglian
 2012 East Anglian
 2013 East Anglian
 2014 East Anglian
 2015 East Anglian
 2016 North Lancs & Lakes
 2017 East Anglian
 2018 East Anglian

THREE DISTANCE - CLUB

1995 Altrincham Ravens CC
 1996 Altrincham Ravens CC
 1997 Altrincham Ravens CC
 1998 Altrincham Ravens CC
 1999 Altrincham Ravens CC
 2000 Rutland CC
 2001 Tees-side RC
 2002 Tees-side RC
 2003 Tees-side RC
 2004 Yorkshire RC

2005 Yorkshire RC
2006 Lancashire RC
2007 Yorkshire RC
2008 Yorkshire RC
2009 North Shropshire Wheelers
2010 Yorkshire RC
2011 Yorkshire RC
2012 Chelmer CC
2013 Chelmer CC
2014 Chelmer CC
2015 Chelmer CC
2016 Chelmer CC
2017 Born to Bike
2018 Born to Bike

**THREE DISTANCE - CLUB
TEAMS - WOMEN**

1995 Wolsley RC
1996 San Fairy Ann CC
1997 San Fairy Ann CC
1998 San Fairy Ann CC
1999 San Fairy Ann CC
2000 San Fairy Ann CC
2001 Lancaster CC
2002 San Fairy Ann CC
2003 Wolsley RC
2004-2005 No team finished
2006 Kingston Phoenix RC
2007 Kingston Phoenix RC
2008 Kingston Phoenix RC
2009 Nil
2010 Born to Bike
2011 Nil
2012 Competition Discontinued

**SHORT DISTANCE
COMPETITION**

2013 T Icke
2014 T Icke
2015 R Hallam
2016 R Hallam
2017 R Hallam
2018 R Hallam

**SHORT DISTANCE
COMPETITION TEAM**

2013 South Pennine RC
2014 South Pennine RC
2015 South Pennine RC
2016 Cambridge CC
2017 North Lancs RC

2018 Cambridge CC

**SHORT DISTANCE
COMPETITION GROUP**

2013 Notts & East Midlands
2014 Notts & East Midlands
2015 Notts & East Midlands
2016 North Lancs & Lakes
2017 Notts & East Midlands
2018 East Anglian

10 MILES CHAMPIONS

1977 A C Boutell
1978 A C Boutell
1979 A L Wilkins
1980 H H Hill
1981 A C Boutell
1982 A C Boutell
1983 A Dwyer
1984 A C Boutell
1985 J E Sibun
1986 H H Hill
1987 H H Hill
1988 J E Sibun
1989 D McKellow
1990 D Longbottom
1991 D McKetlow
1992 J R McKellow
1993 G Steers
1994 E P Marsh (T)
1995 L King
1996 E P Marsh
1997 K Biddulph
1998 G L Dawson (T)
1999 B Haskell
2000 G L Dawson (T)
2001 G L Dawson (T)
2002 G L Dawson (T)
2003 B Haskell
2004 E P Marsh
2005 D Milsom
2006 D Milsom
2007 D Milsom
2008 D Milsom
2009 D Milsom
2010 R Hallam
2011 R Hallam & D Milsom
2012 R Pears
2013 R Pears
2014 R Pears & D Stewart

2015 D Stewart
2016 R Hallam
2017 R Hallam
2018 R Hallam

10 MILES TEAM CHAMPIONS

1977 VC Slough
1978 VC Slough
1979 Calder Clarion CC
1980 Birkenhead N E CC
1981 Altrincham Ravens CC
1982 VC Slough
1983 San Fairy Ann CC
1984 VC Slough
1985 VC Slough
1986 Otley CC
1987 North Lancs Clarion
1988 Polytechnic CC
1989 Farnboro' & Camberley CC
1990 Altrincham Ravens CC
1991 Tees-side RC
1992 Birkenhead N E CC
1993 Sheffield Phoenix CC
1994 San Fairy Ann CC
1995 Altrincham Ravens CC
1996 Stevenage RC
1997 Altrincham Ravens CC
1998 Altrincham Ravens CC
1999 San Fairy Ann CC
2000 Altrincham Ravens CC
2001 Rockingham CC
2002 PCA Ciclos Uno
2003 Huddersfield RC
2004 PCA Ciclos Uno
2005 Stourbridge CC
2006 Stourbridge CC
2007 Icknield RC
2008 South Pennine RC
2009 PCA Ciclos Uno
2010 South Pennine RC
2011 Team Swift
2012 Westmead Team 88
2013 Cambridge CC
2014 Cambridge CC
2015 Team Swift
2016 Notts & East Midlands
2017 Notts & E Midlands (Group)
Vision Racing (Club)
2018 Notts & E Midlands (Group)
Team Bottrill (Club)

15 MILES CHAMPIONS

2017 R Hallam
2018 R Hallam

15 MILES TEAM CHAMPIONS

2017 North Lancs & Lakes (Group)
Cambridge CC (Club)
2018 London & Home C (Group)
Drag2Zero (Club)

25 MILES CHAMPIONS

1959 C Cole
1960 A L Wilkins
1961 J E Brownhill
1962 J E Brownhill
1963 H A Wenman
1964 J E Brownhill
1965 A L Wilkins
1966 C Cole
1967 C Cole
1968 C Cole
1969 C Cole
1970 H H Hill
1971 A L Wilkins
1972 R Goodman
1973 B W Bentley
1974 H H Hill
1975 H H Hill
1976 C Holland
1977 H H Hill
1978 R Webber
1979 H H Hill
1980 H H Hill
1981 H H Hill
1982 H H Hill
1983 A C Boutell
1984 L Dexter
1985 J E Sibun
1986 G Poole
1987 J E Sibun
1988 P G Smith
1989 E G Smith
1990 P G Smith
1991 D McKellow
1992 E P Marsh
1993 J Brownhill
1994 W B Chapman
1995 V H Palk
1996 V H Palk
1997 R H Little

1998 B Haskell
1999 J Goodwin
2000 G L Dawson (T)
2001 E P Marsh
2002 J Goodwin
2003 J Goodwin
2004 J Goodwin
2005 P J Woodburn
2006 D Milsom
2007 D Milsom
2008 D Milsom
2009 R Hallam
2010 R Hallam
2011 D Stewart
2012 K Tye
2013 R Pears
2014 E Marsh
2015 D Stewart
2016 B Sunter
2017 P Horsnell
2018 S Beldon

25 MILES TEAM CHAMPIONS

1959 Middlesex RC
1960 Viking RC
1961 Glasgow Regent
1962 Southport RC
1963 Merseyside VTTA
1964 Sheffield Phoenix CC
1965 No team finished
1966 Luton Wheelers CC
1967 Luton Wheelers CC
1968 Stretford Wheelers CC
1969 Luton Wheelers CC
1970 Law Wheelers
1971 Verulam CC
1972 Luton Wheelers CC
1973 Luton Wheelers CC
1974 Walton C & A C
1975 Verulam CC
1976 Cwmcam Paragon Wheelers
1978 Cheshire Roads Club
1978 Glasgow Wheelers
1979 Luton Wheelers CC
1980 Oldham Century RC
1982 Calder Clarion C & A C
1982 Derby Mercury RC
1983 V C Slough
1984 Vegetarian C & A C
1985 Hillingdon CC

1986 Mapperley CC
1987 Famboro' & Camberley CC
1988 Tees-side RC,
1989 Tees-side RC
1990 Tees-side RC
1991 Altrincham Ravens CC
1992 Norwood Paragon CC
1993 Birkenhead N E CC
1994 Altrincham Ravens CC
1995 Altrincham Ravens CC
1996 Lindsey Roads CC
1997 Altrincham Ravens CC
1998 Altrincham Ravens CC
1999 Altrincham Ravens CC
2000 Altrincham Ravens CC
2001 Ciclos Uno
2002 PCA Ciclos Uno
2003 Team Clean
2004 Huddersfield RC
2005 Huddersfield RC
2006 Stourbridge CC
2007 M I Racing
2008 M I Racing
2009 South Pennine RC
2010 South Pennine RC
2011 PCA Ciclos Uno
2012 Datateam Allstars
2013 Kingston Wheelers CC
2014 Chelmer CC
2015 Bynea CC
2016 Yorkshire
2017 East Anglian (Group)
Cambridge CC (Club)
2018 Yorkshire (Group)
Team Bottrill (Club)

30 MILES CHAMPIONS

1967 T McGuiness
1968 J E Brownhill
1969 A L Wilkins
1970 C Cole
1971 A L Wilkins
1972 C W Hill
1973 B W Bentley
1974 B W Bentley
1975 H H Hill
1976 E Davie
1977 C Holland
1978 A L Wilkins
1979 J Baines

1980 A L Wilkins
 1981 A L Wilkins
 1982 H H Hill
 1983 L Dexter
 1984 G Ashley
 1985 L Dexter
 1986 J E Sibun
 1987 J Baines
 1988 P G Smith
 1989 J Brownhill
 1990 J Brownhill
 1991 D Longbottom
 1992 A Smith
 1993 V H Palk
 1994 D Hacking
 1995 B Haskell
 1996 K Biddulph
 1997 R Longstaff
 1998 J Goodwin
 1999 G Steers
 2000 G L Dawson (T)
 2001 D Hodgins
 2002 G L Dawson (T)
 2003 B Haskell
 2004 G L Dawson (T)
 2005 E P Marsh
 2006 J Goodwin
 2007 R Hallam
 2008 E Marsh
 2009 J Woodburn
 2010 D Hodgins
 2011 P Crofts
 2012 R Pears
 2013 R Pears
 2014 M Woods
 2015 B Sunter
 2016 K Tye
 2017 T Icke
 2018 A Grant

30 MILES TEAM CHAMPIONS

1967 Regent CC
 1968 Yorkshire RC
 1969 Luton Wheelers CC
 1970 Luton Wheelers CC
 1971 Calder Clarion C & AC
 1972 Verulam CC
 1973 Merseyside VTTA
 1974 Verulam CC
 1975 Clayton Velo

1976 Regent CC
 1977 Luton Wheelers CC
 1978 Hounslow & Dist Wheelers
 1979 Leicestershire Road Club
 1980 Norwich ABC
 1981 Altrincham Ravens CC
 1982 Altrincham Ravens CC
 1983 Bramley Wheelers
 1984 Chelmer RC
 1985 N Lancashire Clarion
 1986 Willesden CC
 1987 Mapperley CC
 1988 Norwich ABC
 1989 Birkenhead NE CC
 1990 Birkenhead CC
 1991 Altrincham Ravens CC
 1992 Altrincham Ravens CC
 1993 Altrincham Ravens CC
 1994 Sheffield Phoenix CC
 1995 Altrincham Ravens CC
 1996 Altrincham Ravens CC
 1997 Altrincham Ravens CC
 1998 Altrincham Ravens CC
 1999 Altrincham Ravens CC
 2000 Glasgow Wheelers
 2001 Birkenhead NE CC
 2002 Otley CC
 2003 Huddersfield RC
 2004 Huddersfield RC
 2005 Huddersfield RC
 2006 Sheffield Phoenix
 2007 South Pennine RC
 2008 M I Racing
 2009 Icknield RC
 2010 North Shropshire Wheelers
 2011 Icknield RC
 2012 Seamons CC
 2013 Team Swift
 2014 Lewes Wanderers
 2015 Hounslow & District Whs
 2016 Kent
 2017 East Anglian (Group)
 Cambridge CC (Club)
 2018 Kent (Group)
 Cambridge CC (Club)

50 MILES CHAMPIONS

1959 J E Brownhill
 1960 T Crowther
 1961 S Parker

1962 C Cole
 1963 J E Brownhill
 1964 J W Brooke
 1965 A Williams
 1966 A L Wilkins
 1967 C Cole
 1968 C Cole
 1969 C Cole
 1970 C Cole
 1971 A L Wilkins
 1972 H H Hill
 1973 B W Bentley
 1974 B W Bentley
 1975 H H Hill
 1976 S E Harvey
 1977 H H Hill
 1978 H H Hill
 1979 A L Wilkins
 1980 C W Hill
 1981 E Grocock
 1982 H H Hill
 1983 D Kellaway
 1984 A C Boutell
 1985 E Grocock
 1986 G A Poole
 1987 J E Sibun
 1988 J Brownhill
 1989 Mary Dawson
 1990 Mary Dawson
 1991 D Hacking
 1992 A J Smith
 1993 P G Smith
 1994 J A Bailey
 1995 J A Bailey
 1996 J Goodwin
 1997 J Goodwin
 1998 G L Dawson (T)
 1999 J Goodwin
 2000 G L Dawson (T)
 2001 J A Bailey
 2002 E P March
 2003 B Sunter
 2004 J Goodwin
 2005 P J Woodburn
 2006 B Fittes
 2007 D Hodgins
 2008 B Sunter
 2009 Derek Hodgins
 2010 D Milsom
 2011 D Milsom

2012 B Sunter
2013 B Sunter
2014 B Sunter
2015 B Sunter
2016 K Tye
2017 B Sunter
2018 B Sunter

50 MILES TEAM CHAMPIONS

1959 Sheffield Phoenix CC
1960 Salisbury R C
1961 Cheshire Roads Club
1962 Luton Wheelers CC
1963 Glasgow Wheelers
1964 Merseyside VTTA
1965 Houghton CC
1966 Luton Wheelers CC
1967 Luton Wheelers CC
1968 Luton Wheelers CC
1969 Luton Wheelers CC
1970 Luton Wheelers CC
1971 Luton Wheelers CC
1972 Addiscombe CC
1973 Luton Wheelers CC
1974 Walton C & A C
1975 Walton C & A C
1976 Bournemouth Jubilee
1977 Coalville Wheelers
1978 Walton C & A C
1979 Altrincham Ravens CC
1980 Calder Clarion C & A C
1981 Altrincham Ravens CC
1982 Bramley Wheelers
1983 Farnboro' & Camberley CC
1984 Hillingdon CC
1985 Derby Mercury R C
1986 Otley CC
1987 Farnboro' & Camberley CC
1988 Birkenhead NE CC
1989 Tees-Side RC
1990 Tees-Side RC
1991 Sheffield Phoenix CC
1992 Altrincham Ravens CC
1993 Norwich ABC
1994 Birkenhead NE CC
1995 Altrincham Ravens CC
1996 Altrincham Ravens CC
1997 Altrincham Ravens CC
1998 Altrincham Ravens CC
1999 Altrincham Ravens CC

2000 Icknield CC
2001 Rockingham CC
2002 PCA Ciclos Uno
2003 Huddersfield RC
2004 Huddersfield RC
2005 Huddersfield RC
2006 Lancashire RC
2007 Lancashire RC
2008 Lancashire RC
2009 Otley CC
2010 South Pennine RC
2011 North Lancashire RC
2012 Bynea CC
2013 North Lancashire RC
2014 North Shropshire Wheelers
2015 GS Stella
2016 Wessex
2017 West (Group)
Bath CC (Club)
2018 N Lancs & Lakes (Group)
North Lancashire RC (Club)

100 MILES CHAMPIONS

1959 J E Brownhill
1960 S E Armstrong (T)
1961 G Pooley (T)
1962 C W Hill
1963 W Harrison
1964 H A Wenman
1965 A L Wilkins
1966 J E Brownhill
1967 H A Wenman
1968 A L Wilkins
1969 A L Wilkins
1970 K Brooker
1971 H A Wenman
1972 R Narris
1973 R Webber
1974 B W Bentley
1975 R Webber
1976 L Dexter
1977 J Hatfield
1978 A L Wilkins
1979 F H Dale
1980 F H Dale
1981 H H Hill
1982 L Dexter
1983 B W Bentley
1984 No event
1985 F H Dale

1986 H Wilkinson
1987 H Wilkinson
1988 Mary Dawson
1989 J E Sibun
1990 Mary Dawson
1991 H Featherstone
1992 D Hacking
1993 D Hacking
1994 A J Smith
1995 B Haskell
1996 D Wright
1997 D J Hodgins
1998 J Goodwin
1999 J Goodwin
2000 J Goodwin
2001 G L Dawson (T)
2002 G L Dawson (T)
2003 J Goodwin
2004 J Goodwin
2005 F Kerry
2006 B Sunter
2007 S Giles
2008 D Hodgins
2009 P Wilson
2010 B Sunter
2011 No Event
2012 B Camfield
2013 J Gresty
2014 S Giles
2015 S Irwin
2016 D Hargreaves
2017 R Bideau
2018 R Bideau

100 MILES TEAM CHAMPIONS

1959 Sheffield Phoenix CC
1960 Addiscombe CC
1961 North Road Club
1962 Leicester Forest CC
1963 Stretford Wheelers
1964 Sheffield Phoenix CC
1965 Solihull CC
1966 Leicester Forest CC
1967 Bee CC
1968 Tyne RC
1969 Notts Castle BC
1970 Sotonia CC
1971 Verulam CC
1972 Farnham RC
1973' West of Scotland Clarion

1974 N Lancashire Clarion
 1975 London Clarion
 1976 Bramley Wheelers
 1977 Chippenham & Dist Whs
 1978 London Clarion
 1979 Bournemouth Jubilee
 1980 Derby Mercury RC
 1981 Tees-side RC
 1982 Altrincham Ravens CC
 1983 Birkenhead NE CC
 1984 No event
 1985 Hounslow & Dist Wheelers
 1986 Chelmer CC
 1987 Lewes Wanderers CC
 1988 Tees-side R C
 1989 Hounslow & Dist Wheelers
 1990 Tees-side RC
 1991 Farnboro' & Camberley CC
 1992 Birkenhead NE CC
 1993 Tees-side RC
 1994 Yorkshire RC
 1995 Altrincham Ravens CC
 1996 Medway Velo
 1997 Altrincham Ravens CC
 1998 Altrincham Ravens CC
 1999 Bath CC
 2000 Seamons CC
 2001 Tees-side RC
 2002 Tees-side RC
 2003 Lancashire RC
 2004 Southport CC
 2005 Lancashire RC
 2006 Icknield RC
 2007 Rye & District Wheelers
 2008 Congleton CC
 2009 Bath CC
 2010 Congleton CC
 2011 No Event
 2012 Lewes Wanderers
 2013 Stone Wheelers CC
 2014 Hemel Hempstead CC
 2015 North Lancs RC
 2016 Manchester & North West
 2017 North Lancs & Lakes (Group)
 Born to Bike (Club)
 2018 North Lancs & Lakes (Group)
 Born to Bike (Club)

12 HOUR CHAMPIONS

1959 J E Brownhill

1960 H Aspden
 1961 J E Brownhill
 1962 A L Wilkins
 1963 H A Wenman
 1964 J E Brownhill
 1965 L Jones
 1966 H Wilkinson
 1967 W Griffiths
 1968 C W Alexander
 1969 A L Wilkins
 1970 Not Held
 1971 C W Hill
 1972 R Goodman
 1973 R Goodman
 1974 J Welsh
 1975 G E Jones
 1976 H H Hill
 1977 D H Smith
 1978 G Thompson
 1979 G Thompson
 1980 Mary Dawson
 1981 C G Robson
 1982 D Jennings
 1983 C Smith
 1984 D Woodman
 1985 R J Maitland
 1986 S Giles
 1987 P J Woodburn
 1988 H Wilkinson
 1989 G A Poole
 1990 S Giles
 1991 J A Bailey
 1992 M W Winter
 1993 E A Green
 1994 P D Saynor
 1995 J A Bailey
 1996 B Wood
 1997 D J Hodgins
 1998 B Haskell
 1999 B Haskell
 2000 T W Cogging
 2001 M Evans
 2002 I S Cammish
 2003 R Retter
 2004 S Woodrup
 2005 M Shacklock
 2006 J Gresty
 2007 K Platts
 2008 K Platts
 2009 D Shepherd

2010 Ken Platts
 2011 Brian Camfield
 2012 N Bowdler
 2013 K Platts
 2014 R Retter
 2015 D Shepherd
 2016 C Scawn
 2017 R Bideau
 2018 S Williamson

12 HOUR TEAM CHAMPIONS

1959 No team finished
 1960 Phoenix CC (Aintree)
 1961 No team finished
 1962 London Clarion
 1963 Middlesex RC
 1964 Bec CC
 1965 No team finished
 1966 Stretford Wheelers
 1967 Middlesex RC
 1968 London Clarion
 1969 Walton C & A C
 1970 Not held
 1971 Verulam CC
 1972 Luton Wheelers CC
 1973 Luton Wheelers CC
 1974 Long Eaton CC
 1975 Birkenhead NE CC
 1976 No team finished
 1977 Bramley Wheelers
 1978 Norwich ABC
 1979 Birkenhead NE CC
 1980 Tees-side RC
 1981 Tees-side RC
 1982 Norwich RC
 1983 Leicester Forest CC
 1984 Cardiff Ajax CC
 1985 Tees-side RC
 1986 San Fairy Ann CC
 1987 Verulam CC
 1988 Oldham Century RC
 1989 Tees-side RC
 1990 Leo RC
 1991 Cleveland & Dist RC
 1992 No team finished
 1993 Farnboro' & Camberley CC
 1994 Thanet CC
 1995 Otley CC
 1996 Preston Wheelers
 1997 No team finished

1998 Bath CC
 1999 Otley CC
 2000 San Fairy Ann CC
 2001 Southborough & Dist Whs
 2002 Icknield CC
 2003 No team finished
 2004 Lancashire RC
 2005 Otley CC
 2006 North Shropshire Wheelers
 2007 Kingston Phoenix RC
 2008 Chelmer CC
 2009 Chelmer CC
 2010 Chelmer CC
 2011 Seamons CC
 2012 No team finished
 2013 Chelmer CC
 2014 Chelmer CC
 2015 No team finished
 2016 West
 2017 London & HC (Group)
 Born to Bike (Club)
 2018 Wessex (Group)
 Born to Bike (Club)

24 HOUR CHAMPIONS

1960 H S Spelling
 1961 C Smith
 1962 C W Alexandra
 1963 C W Alexandra
 1964 C Smith
 1965 C Smith
 1966 A J Cropper
 1967 C W Alexandra
 1968 C Smith
 1969 C Smith
 1970 L W Mills
 1971 R Griffiths
 1972 C Smith
 1973 S J King
 1974 P E A Carter
 1975 S J King
 1976 L Lowe
 1977 R W O'Dell
 1978 J McAllister
 1979 C Smith
 1980 J Brownhill
 1981 C Smith
 1982 C G Robson
 1983 D Spraggett
 1984 C G Robson

1985 K Usher
 1986 E Millington
 1987 K Usher
 1988 RC Newport
 1989 J R Crosby
 1990 R Sant (T)
 1991 J Baines
 1992 T Fouldes
 1993 T Fouldes
 1994 T Fouldes
 1995 G Hugill
 1996 J Hopper (T)
 1997 D Brabbin
 1998 J Hopper (T)
 1999 K Usher
 2000 J Hopper (T)
 2001 J Hopper (T)
 2002 D Shepherd
 2003 G Jones
 2004 G Barker
 2005 G Barker
 2006 G Barker
 2007 G Barker
 2008 J Gresty
 2009 B Fielden
 2010 G Barker
 2011 A Wilkinson
 2012 P Moon
 2013 P Yates
 2014 E Reynolds
 2015 P Jackson
 2016 E Reynolds
 2017 J McKenzie
 2018 A Jackson

24 HOUR TEAM CHAMPIONS

1960 No team finished
 1961 Wren Wheelers
 1962 No team finished
 1963 No team finished
 1964 No team finished
 1965 Wren Wheelers
 1966 No team finished
 1967 Balham CC
 1968 Balham CC
 1969 No team finished
 1970 Mersey Roads
 1971 Lea Valley CC
 1972 Farnboro & Camberley CC
 1973 Colchester Rovers CC

1974 South Lancashire RC
 1975 Bournemouth Jubilee
 1976 Cheshire Roads Club
 1977 No team finished
 1978 Cheshire Roads Club
 1979 No team finished
 1980 Abbotsford Park RC
 1981 Spalding CC
 1982 No team finished
 1983 No team finished
 1984 Spalding CC
 1985 Houghton CC
 1986 Edinburgh RC
 1987 No team finished
 1988 No team finished
 1989 No team finished
 1990 Weaver Valley CC
 1991 No team finished
 1992 Cardiff Ajax CC
 1993 No team finished
 1994 No team finished
 1995 Medway Velo
 1996 Prescott Eagle RC
 1997 Medway Velo
 1998 No team finished
 1999 No team finished
 2000 Coventry CC
 2001 No team finished
 2002 No team finished
 2003 No team finished
 2004 Johnstone Wheelers CC
 2005 Seamons CC
 2006 Congleton CC
 2007 Congleton CC
 2008 No team finished
 2009 Edinburgh RC
 2010 Edinburgh RC
 2011 Team Stella
 2012 No team finished
 2013 RNRMCA
 2014 Lewes Wanderers CC
 2015 RN & RM CA
 2016 Manchester & North West
 2017 Midlands (Group)
 Born to Bike (Club)
 2018 Yorkshire (Group)
 Born to Bike (Group)

NATIONAL AGE RECORDS - ROAD TT

(As at 31st October 2018)

Men Solo Bicycle - 10 Miles							
41	James Rix	2017	17:47	69	Terry Icke	2013	52:38
45	Steve Irwin	2016	17:49	70	Terry Icke	2014	53:11
46	Steve Irwin	2017	17:59	73	Terry Icke	2017	53:13
50	Ian Guilor	2017	18:02	74	Terry Icke	2018	54:45
56	Kevin Tye	2018	18:44	75	John Woodburn	2012	56:08
58	Keith Ainsworth	2017	19:11	77	Ron Hallam	2008	57:48
59	Keith Ainsworth	2018	19:21	78	Ron Hallam	2009	57:58
60	Peter Greenwood	2012	19:49	81	Dennis Milsom	2009	59:13
65	Roger Iddles	2009	19:51	82	Dennis Milsom	2010	1:00:38
73	Terry Icke	2017	20:21	83	Dennis Milsom	2011	1:00:52
74	Brian Sunter	2017	21:08	85	Eric Marsh	2015	1:03:02
75	Len Grayson	2012	22:20	86	Ron Hallam	2016	1:04:03
76	Vincent Jenkins	2016	22:26	87	Ron Hallam	2017	1:06:54
77	Frank Kerry	2012	22:31	88	Ron Hallam	2018	1:07:45
78	Derek Stewart	2015	22:35	89	Syd Wilson	2018	1:17:00
79	Ron Hallam	2009	22:42	90	Ray Dare	2016	1:20:14
80	Dennis Milsom	2008	22:56	Men Solo Bicycle - 30 Miles			
82	Dennis Milsom	2010	23:20	42	James Rix	2018	55:35
85	Ron Hallam	2015	23:46	47	Stephen Irwin	2018	56:17
86	Ron Hallam	2016	24:24	55	Kevin Tye	2017	58:19
87	Ron Hallam	2018	26:22	59	Keith Dorling	2018	59:36
88	Peter Horsnell	2018	26:39	63	Ken Platts	2015	1:02:21
89	Syd Wilson	2018	29:21	65	John Woodburn	2002	1:02:53
91	Jack Brownhill	2003	29:43	66	Ken Platts	2018	1:02:59
Men Solo Bicycle - 15 Miles				70	Chris Dyason	2018	1:04:02
55	Michael Ellerton	2016	28:27	72	David Hargreaves	2018	1:04:39
59	Keith Ainsworth	2018	30:41	73	Terry Icke	2017	1:07:45
65	Andrew Grant	2018	31:28	74	Peter Crofts	2012	1:08:37
69	Michael Allen	2016	32:03	77	Leonard Benton	2015	1:10:06
70	Chris Dyason	2018	34:00	78	Ron Hallam	2009	1:11:42
71	Graham Green	2014	34:35	79	Ron Hallam	2010	1:13:18
73	Brian Sunter	2017	34:56	83	Eric Marsh	2013	1:13:51
75	Ron Back	2014	36:13	85	Eric Marsh	2015	1:16:05
78	John Smith	2016	36:23	88	Peter Horsnell	2018	1:24:28
86	Ron Hallam	2017	41:15	89	Syd Wilson	2018	1:35:42
87	Ron Hallam	2018	42:01	Men Solo Bicycle - 50 Miles			
88	Ken Stevens	2018	45:00	45	Steve Irwin	2016	1:35:13
89	Syd Wilson	2018	47:44	46	Adam Topham	2014	1:37:19
Men Solo Bicycle - 25 Miles				47	Adam Topham	2015	1:38:10
42	James Rix	2018	46:35	54	Dave Green	2018	1:39:14
46	Steve Irwin	2017	46:53	56	Kevin Tye	2018	1:40:39
52	David Langlands	2018	47:01	59	Keith Ainsworth	2018	1:42:05
55	Kevin Tye	2017	47:08	65	Andrew Grant	2018	1:43:35
59	Keith Ainsworth	2018	48:00	66	Ken Platts	2018	1:47:11
60	Ken Platts	2012	49:57	68	Terry Icke	2012	1:50:29
66	Peter Greenwood	2018	50:36	70	Terry Icke	2014	1:50:56

Men Solo Bicycle - 50 Miles (Continued)

72	Brian Sunter	2015	1:50:57
73	Brian Sunter	2016	1:56:45
74	Derek Hodgins	2008	1:58:28
75	Jim Goodwin	2007	2:01:43
76	Ron Hallam	2006	2:02:13
78	Ron Hallam	2009	2:04:02
80	Ron Hallam	2011	2:05:24
83	Ron Hallam	2014	2:15:12
86	Ron Hallam	2017	2:15:45
87	Ron Hallam	2018	2:19:30
88	Peter Horsnell	2018	2:20:16

Men Solo Bicycle - 100 Miles

46	Richard Bideau	2017	3:18:54
47	Adam Topham	2015	3:22:40
53	Dave Green	2017	3:30:34
54	Rob Pears	2017	3:32:58
60	Brian Sunter	2003	3:39:03
65	Peter Greenwood	2017	3:43:16
68	Chris Nudds	2017	3:57:54
69	Rod Brooks	2014	3:59:05
72	David Hargreaves	2018	4:00:14
74	Frank Kerry	2009	4:09:52
75	Derek Hodgins	2009	4:14:11
76	Derek Hodgins	2010	4:28:36
77	Ron Hallam	2008	4:29:03
78	Ron Hallam	2009	4:32:39
80	Ron Hallam	2011	4:33:53
81	Peter Horsnell	2011	4:55:07
84	Peter Horsnell	2014	4:55:36
85	Peter Horsnell	2015	5:09:35
87	Peter Horsnell	2017	5:11:47
88	Peter Horsnell	2018	5:22:07

Men Solo Bicycle - 12 Hours

47	Adam Topham	2015	313.87
53	Dave Green	2017	291.65
54	Dave Green	2018	289.57
56	David Shepherd	2017	287.24
57	David Shepherd	2018	284.59
58	Ken Platts	2010	280.67
61	Ken Platts	2013	275.06
65	John Golder	2018	265.00
66	Owen Blower	1998	260.26
67	Brian Haskell	1996	254.21
70	Brian Haskell	1999	247.96
72	Ray Retter	2018	243.61
74	Brian Haskell	2003	227.84
75	Jim Goodwin	2007	227.22
76	Peter Wilson	2010	218.30
77	Peter Horsnell	2007	217.82

81	Peter Horsnell	2011	212.96
85	Peter Horsnell	2015	207.37

Men Solo Bicycle - 24 Hours

47	Andy Wilkinson	2011	541.17
48	Eamonn Deane	2007	501.04
50	Mick Potts	1991	486.65
51	Gerry Smith	1985	473.50
56	Graham Barker	2006	465.25
57	Robert Newell	1993	457.77
60	Cliff Smith	1981	450.60
68	Ray Retter	2014	440.62
70	George Fouldes	1996	393.25
75	W H Swann	1985	347.82
80	Peter Yates	2013	343.04

Women Solo Bicycle - 10 Miles

43	Karen Ledger	2016	20:27
50	Bronwen Ewing	2016	20:34
53	Jackie Field	2018	21:20
58	Sarah Matthews	2018	21:33
61	Carole Gandy	2005	22:09
66	Carole Gandy	2010	22:21
67	Carole Gandy	2011	22:28
68	Carole Gandy	2012	23:51
70	Arja Scarsbrook	2018	24:18
71	Cheryl Trueman	2016	25:07
74	Gill Henshaw	2008	25:41
79	Gill Henshaw	2013	26:02
80	Gill Henshaw	2014	26:35
82	Gill Henshaw	2016	27:05
83	Gill Henshaw	2017	27:30
84	Mary Dawson	2012	29:39
85	Connie Tapper	2014	30:09
86	Mary Dawson	2014	30:26

Women Solo Bicycle - 15 Miles

43	Karen Ledger	2016	31:47
58	Sarah Matthews	2018	33:55
61	Joy Payne	2018	36:02
67	Gillian Reynolds	2016	38:05
70	Arja Scarsbrook	2018	39:02
71	Cheryl Trueman	2016	39:25
79	Gill Henshaw	2013	41:28
80	Gill Henshaw	2014	42:10
81	Gill Henshaw	2015	42:58
85	Mary Dawson	2014	46:26

Women Solo Bicycle - 25 Miles

49	Angela Carpenter	2018	52:30
51	Bronwen Ewing	2017	53:47
53	Jackie Field	2018	54:31
58	Sarah Matthews	2018	55:24

Women Solo Bicycle - 25 Miles (Continued)

64	Carole Gandy	2009	56:30
68	Carole Gandy	2012	57:09
70	Connie Tapper	1999	1:03:38
72	Connie Tapper	2001	1:04:56
73	Connie Tapper	2002	1:06:50
78	Gill Henshaw	2012	1:07:54
79	Gill Henshaw	2013	1:10:11
82	Gill Henshaw	2016	1:12:40
83	Gill Henshaw	2017	1:13:49
84	Mary Dawson	2012	1:20:02
86	Mary Dawson	2014	1:25:05

Women Solo Bicycle - 30 Miles

49	Angela Carpenter	2018	1:03:23
53	Chris Melia	2017	1:09:53
67	Carole Gandy	2011	1:10:51
70	Connie Tapper	1998	1:18:18
72	Connie Tapper	2001	1:19:57
73	Connie Tapper	2002	1:21:40
74	Connie Tapper	2003	1:25:18
80	Gill Henshaw	2014	1:26:01
82	Mary Dawson	2010	1:35:56

Women Solo Bicycle - 50 Miles

45	Karen Ledger	2018	1:50:23
53	Jackie Field	2018	1:52:15
58	Carole Gandy	2002	1:56:42
60	Carole Gandy	2004	1:59:47
61	Mary Dawson	1989	2:01:37
68	Carole Gandy	2012	2:01:39
70	Mary Dawson	1999	2:19:26
75	Mary Dawson	2003	2:20:39
76	Mary Dawson	2005	2:30:02
77	Mary Dawson	2005	2:30:09
78	Mary Dawson	2007	2:31:53

Women Solo Bicycle - 100 Miles

46	Katja Rietdorf	2017	3:55:15
53	Chris Melia	2017	3:55:41
54	Carole Gandy	1998	4:09:48
56	Carole Gandy	2001	4:11:58
57	Carole Gandy	2002	4:13:52
60	Carole Gandy	2004	4:15:03
61	Mary Dawson	1990	4:15:25
66	Carole Gandy	2010	4:20:26
67	Mary Dawson	1995	4:45:15
69	Isobel Campbell	1983	4:56:46
75	Mary Dawson	2003	4:58:31
77	Brenda Littlefair	2013	6:01:59

Women Solo Bicycle - 12 Hours

53	Jackie Field	2018	273.38
54	Virginia McGee	2017	242.53

59	Mary Dawson	1988	241.11
65	Mary Dawson	1994	232.53
69	Isobel Campbell	1983	213.71
70	Isobel Campbell	1984	212.85
71	Brenda Littlefair	2007	203.60
73	Brenda Littlefair	2009	195.29
77	Brenda Littlefair	2013	179.66

Women Solo Bicycle - 24 Hours

41	Christina MacKenzie	2018	431.64
46	Sheila Simpson	1991	426.18
47	Lynne Biddulph	2016	418.07
48	Lynne Biddulph	2017	403.00
49	Lynne Biddulph	2018	397.74
50	Kathryn Smith	2004	395.56
52	Mary Horsnell	1983	394.15
59	Janet Wilson	1993	386.04
63	Ann Bath	2012	327.36
70	Janet Tebbutt	2006	313.46

Men Solo Tricycle - 10 Miles

49	Gavin Hinxman	2017	20:49
50	Gavin Hinxman	2018	21:10
60	Eric Marsh	1990	22:27
68	Eric Marsh	1998	22:56
71	Eric Marsh	2001	23:18
73	Les Dawson	1999	23:31
74	Les Dawson	2000	24:37
77	Les Dawson	2003	25:20
80	Eric Marsh	2010	25:35
81	Les Dawson	2008	26:55
82	Les Dawson	2008	27:23
83	Les Dawson	2009	28:04
84	Les Dawson	2010	29:03
85	Eric Marsh	2015	29:14
86	Les Dawson	2012	30:05
88	Les Dawson	2014	30:22

Men Solo Tricycle - 15 Miles

50	Gavin Hinxman	2018	32:41
65	Mark Vowells	2018	37:18
72	Bernard Lamb	2015	41:15
73	James Lawley	2016	45:56
88	Les Dawson	2014	47:22

Men Solo Tricycle - 25 Miles

49	Gavin Hinxman	2017	53:17
50	Gavin Hinxman	2018	54:33
53	Nick Wood	2008	58:06
59	Eric Marsh	1989	58:08
68	Eric Marsh	1998	1:00:00
69	Eric Marsh	1999	1:00:55
71	Eric Marsh	2001	1:01:03

Men Solo Tricycle - 25 Miles

74	Eric Marsh	2004	1:02:48
75	Les Dawson	2001	1:03:48
77	Les Dawson	2003	1:05:55
80	Eric Marsh	2010	1:06:24
81	Les Dawson	2007	1:09:22
82	Eric Marsh	2012	1:11:48
85	Les Dawson	2011	1:15:14
86	Les Dawson	2012	1:20:02
87	Les Dawson	2013	1:25:13

Men Solo Tricycle - 30 Miles

45	Carl Saint	2010	1:06:22
50	Ian Pike	2018	1:07:27
62	Eric Marsh	1992	1:11:14
71	Eric Marsh	2001	1:13:40
72	Bernard Lamb	2015	1:17:16
75	Eric Marsh	2005	1:19:26
77	Les Dawson	2004	1:23:52
81	Les Dawson	2007	1:25:09
82	Les Dawson	2008	1:31:03
84	Les Dawson	2010	1:32:35

Men Solo Tricycle - 50 Miles

49	Gavin Hinxman	2017	1:49:08
50	Gavin Hinxman	2018	1:50:30
53	P C Etheridge	1982	2:03:48
54	P C Etheridge	1983	2:04:43
62	Eric Marsh	1992	2:05:09
65	Mark Vowells	2018	2:05:41
68	Eric Marsh	1998	2:07:51
70	Eric Marsh	2000	2:09:53
73	Eric Marsh	2003	2:10:18
76	Les Dawson	2002	2:12:14
77	Les Dawson	2003	2:15:51
79	Les Dawson	2005	2:22:34
80	Les Dawson	2006	2:26:27
81	Les Dawson	2007	2:26:38
82	Les Dawson	2008	2:31:53

Men Solo Tricycle - 100 Miles

50	Gavin Hinxman	2018	3:56:33
55	P C Etheridge	1984	4:16:34
58	Eric Marsh	1988	4:28:34
61	Cliff Tremaine	1996	4:37:36
62	Ken Usher	1997	4:38:13
64	Cliff Tremaine	1999	4:39:38
67	Cliff Tremaine	2002	4:40:49
68	Eric Marsh	1998	4:40:53
69	Cliff Tremaine	2004	4:49:17
77	Les Dawson	2003	4:49:47

Men Solo Tricycle - 12 Hours

48	Howard Waller	2012	255.71
65	Ken Usher	1999	239.23
67	Cliff Tremaine	2002	223.30
69	D A Wright	1999	191.35
70	Ellis Smith	1993	189.96
71	J Smith	1985	182.61
75	Ellis Smith	1998	172.33
76	V L Lilley	1988	171.19

Men Solo Tricycle - 24 Hours

41	Eric Tremaine	1983	447.02
54	Jim Hopper	1996	417.30
59	Jim Hopper	2001	408.56
64	Jim Hopper	2006	393.24
65	Ken Usher	1999	381.77
68	J Smith	1982	345.56

Women Solo Tricycle - 10 Miles

48	Pauline Graystock	1989	26:48
59	Christine Minto	2000	27:09
61	Christine Minto	2002	27:58
62	Christine Minto	2003	30:53
64	Jacqueline Davey	1998	34:02
71	Jacqueline Davey	2005	36:46
80	Greta Spiers	2017	53:41

Women Solo Tricycle - 25 Miles

61	Christine Minto	2002	1:12:21
62	Christine Minto	2003	1:20:08

Women Solo Tricycle - 50 Miles

58	Christine Minto	1999	2:26:28
61	Christine Minto	2002	2:34:16

Women Solo Tricycle - 100 Miles

59	Christine Minto	2000	5:30:28
----	-----------------	------	---------

Women Solo Tricycle - 12 Hours

46	Jane Swain	2013	188.12
54	Sian Charlton	1987	171.58

Women Solo Tricycle - 24 Hours

45	Jane Swain	2012	333.63
54	Sian Charlton	1987	316.27
55	Sian Charlton	1988	309.60
56	Sian Charlton	1989	297.65
61	Sian Charlton	1994	282.99

Men Tandem Bicycle - 10 Miles

87	Mark Arnold & Glenn Taylor	2015	17:36
89	Mark Arnold & Glenn Taylor	2016	17:42
93	Mark Arnold & Glenn Taylor	2018	18:06
94	Mark Arnold & Glenn Taylor	2018	18:36
98	Kevin Neary & Alan Rochford	2003	18:45
103	Ray Manser & Bob Crayford	1988	18:49
107	Martyn Winter & Eddie Green	1987	19:07
109	Martyn Winter & Eddie Green	1988	19:08
118	Simon Beldon & Cliff Beldon	2017	19:28
129	Shaun Walsh & Dave Driver	2010	19:45
131	Jeff Bowler & Dave Bates	2012	20:39
135	Jeff Bowler & Dave Bates	2014	20:42
137	Martyn Winter & Ray Dare	1998	21:09
139	Jeff Bowler & Dave Bates	2016	21:20
141	Terry Anderson & T J O'Herlihy	2008	21:23
150	George Steers & Alan Steward	2009	21:56
154	Murray Kirton & David Stockley	2018	22:39
156	Vin Fitzgerald & Jack Brownhill	1997	25:12
158	Vin Fitzgerald & Jack Brownhill	1998	25:14

Men Tandem Bicycle - 15 Miles

90	Mark Arnold & Glenn Taylor	2016	26:53
101	Ian Marshall & Kevin Stokes	2016	29:37
105	Kevin Stokes & Geoff Perry	2014	30:13
111	Kevin Stokes & Geoff Perry	2017	32:23
134	Allistair Banks & John Swanbury	2018	33:13
141	Jeff Bowler & Dave Bates	2017	34:09

Men Tandem Bicycle - 25 Miles

92	Mark Arnold & Glenn Taylor	2017	44:50
94	Mark Arnold & Glenn Taylor	2018	48:22
109	Tim Humphries & Richard Dixon	2018	48:54
115	Jeff Bowler & Dave Bates	2004	50:16
123	Eric Beauchamp & J Evans	1997	50:58
127	Jeff Bowler & Dave Bates	2010	51:00
131	Jeff Bowler & Dave Bates	2012	53:12
135	Jeff Bowler & Dave Bates	2014	53:17
139	Jeff Bowler & Dave Bates	2016	54:07
141	Jeff Bowler & Dave Bates	2017	56:03
154	Murray Kirton & Michael Ives	2017	1:00:16

Men Tandem Bicycle - 30 Miles

108	Dean Lubin & John Iszatt	2018	57:50
113	Roy Manser & Laurie Broad	1991	58:48
126	Kevin Gill & Vic Haines	2011	1:02:50
131	Jim Bailey & Geoff Hick	1997	1:03:17
134	Allistair Banks & John Swanbury	2018	1:04:36
137	Martyn Winter & Ray Dare	1998	1:06:53
141	Terry Anderson & T J O'Herlihy	2008	1:10:32
152	Arthur Thackray & Brian Musson	2007	1:20:20
154	Arthur Thackray & Brian Musson	2008	1:21:42

Men Tandem Bicycle - 50 Miles

92	Mark Arnold & Glenn Taylor	2017	1:35:02
115	Jeff Bowler & Dave Bates	2004	1:44:23
127	Jeff Bowler & Dave Bates	2010	1:45:50
128	Alistair Banks & John Swanbury	2015	1:54:28
139	Jeff Bowler & Dave Bates	2016	1:54:35
143	Ken Hartley & Ronnie Bailey	1990	2:08:51
144	Joe Summerlin & Russ Elliott	2003	2:16:56
154	Murray Kirton & Michael Ives	2017	2:36:24

Men Tandem Bicycle - 100 Miles

95	Roy Manser & G Hodgson	1986	3:37:40
105	R W Smith & G W Irons	1986	3:49:57
127	Jeff Bowler & Dave Bates	2010	3:50:04
130	Ron Murgatroyd & Robert Newell	1994	4:04:02
141	Ken Hartley & Ronnie Bailey	1989	4:22:14

Men Tandem Bicycle - 12 Hours

86	Adam Broyad & Tim Bayley	2018	272.86
104	R W Smith & G W Irons	1985	263.96
118	Ken Hartley & Maurice Jones	1990	251.20

Men Tandem Bicycle - 24 Hours

94	Les Lowe & Pat Kenny	1982	430.51
105	Mark Leadbetter & Donald McLean	2016	407.56
132	Philip Jurczyk & George Berwick	2009	371.31
138	Philip Jurczyk & George Berwick	2012	362.61
142	Philip Jurczyk & George Berwick	2014	340.25
146	Philip Jurczyk & George Berwick	2016	332.23

Women Tandem Bicycle - 10 Miles

82	Gwen Cook & Lea Marshall	2010	20:33
84	Gwen Cook & Lea Marshall	2011	21:43
119	Sarah Matthews & Mary Corbett	2018	22:54

Women Tandem Bicycle - 25 Miles

82	Gwen Cook & Lea Marshall	2010	51:33
84	Gwen Cook & Lea Marshall	2011	57:09

Women Tandem Bicycle - 30 Miles

84	Gwen Cook & Lea Marshall	2011	1:06:26
----	--------------------------	------	---------

Women Tandem Bicycle - 50 Miles

82	Gwen Cook & Lea Marshall	2010	1:53:06
84	Gwen Cook & Lea Marshall	2011	1:56:09
90	Lindsay Clayton & Jane Swain	2013	2:32:11

Women Tandem Bicycle - 100 Miles

84	Gwen Cook & Lea Marshall	2011	4:04:15
----	--------------------------	------	---------

Women Tandem Bicycle - 12 Hours

95	Rachel Crowther & Christine Bell	2016	187.017
----	----------------------------------	------	---------

Mixed Tandem Bicycle - 10 Miles

104	Richard Dixon & Alex Deck	2017	18:22
116	Paul Bennett & Nikki Hunt	2000	20:24
119	Jeff Bowler & Ann Staley	2007	20:45
121	Phil Barnes & Sharon Clifford	2018	21:14

Mixed Tandem Bicycle - 10 Miles (Continued)

127	Terry Anderson & Connie Tapper	1998	21:28
132	W B Chapman & Wynne Clarke	1987	21:46
140	Les & Mary Dawson	1997	21:54
144	Les & Mary Dawson	1999	22:10
146	Peter & Janet Wilson	2007	23:00
150	Les & Mary Dawson	2003	23:03
152	Les & Mary Dawson	2003	23:12
154	Les & Mary Dawson	2005	23:55
158	Vin Fitzgerald & Wynne Clarke	2002	26:44
161	Bob Loader & Maryse Chapman	2018	31:58

Mixed Tandem Bicycle - 15 Miles

100	Richard Dixon & Alex Deck	2016	28:58
102	Richard Dixon & Alex Deck	2017	31:01
131	Brian Foran & Nikki Hunt	2018	37:30
150	Mike & Barbara Penrice	2016	38:17
152	Mike & Barbara Penrice	2017	41:54

Mixed Tandem Bicycle - 25 Miles

84	Alan & Christine Roberts	1999	49:50
93	Andy Fisher & Ruth Shorter	2009	51:15
95	Andy Fisher & Ruth Crossley	2010	51:18
113	Paul Bennett & Nikki Hunt	1999	51:50
115	Maurice Jones & Christine Minto	1997	53:09
119	Jeff Bowler & Ann Staley	2007	53:11
138	Terry Anderson & Connie Tapper	2004	55:29
139	Les & Mary Dawson	1997	1:00:15
149	Les & Mary Dawson	2002	1:00:31
152	Les & Mary Dawson	2003	1:05:32
156	Les & Mary Dawson	2005	1:07:57

Mixed Tandem Bicycle - 30 Miles

93	Andy Fisher & Ruth Crossley	2009	1:02:04
115	Maurice Jones & Christine Minto	1997	1:03:13
119	Maurice Jones & Christine Minto	1998	1:05:27
117	A E Bouchard & Rina Brown	1991	1:05:48
130	Terry Anderson & Connie Tapper	2000	1:06:34
132	Terry Anderson & Connie Tapper	2001	1:09:24
138	Terry Anderson & Connie Tapper	2004	1:10:23
139	Les & Mary Dawson	1997	1:13:40
149	Mike & Barbara Penrice	2015	1:15:45
150	Les & Mary Dawson	2003	1:19:05

Mixed Tandem Bicycle - 50 Miles

93	Andy Fisher & Ruth Crossley	2009	1:44:53
95	Andy Fisher & Ruth Crossley	2010	1:45:01
114	Paul Bennett & Nikki Hunt	1999	1:47:03
115	Maurice Jones & Christine Minto	1997	1:55:53
116	Mike & Barbara Penrice	1999	1:56:15
120	Norman & Sylvia Powell	1999	1:59:04
138	Peter & Janet Wilson	2003	2:01:01
139	Terry Anderson & Connie Tapper	2004	2:03:16
146	Peter & Janet Wilson	2007	2:09:06

148	Peter & Janet Wilson	2008	2:15:54
149	Mike & Barbara Penrice	2015	2:22:25

Mixed Tandem Bicycle - 100 Miles

94	Colin Knapp & Ruth Crossley	2009	3:45:03
98	Paul Holdsworth & Jill Bartlett	2011	3:56:49
102	Jim Churton & Rose Almond	2003	3:57:12
114	Robert & Noreen Newell	1992	3:59:40
116	Robert & Noreen Newell	1993	4:05:23
118	Norman & Sylvia Powell	1998	4:22:16
120	Norman & Sylvia Powell	1999	4:23:10
128	Norman & Sylvia Powell	2003	4:23:21
138	Peter & Janet Wilson	2003	4:29:12
142	Peter & Janet Wilson	2005	4:39:09
146	Peter & Janet Wilson	2007	4:41:55

Mixed Tandem Bicycle - 12 Hours

90	Dave & Eileen Brabbin	2002	263.91
116	Robert & Noreen Newell	1993	257.94
122	Norman & Sylvia Powell	2000	241.93
125	Mike & Barbara Penrice	2003	225.34
137	Mike & Barbara Penrice	2009	219.93

Mixed Tandem Bicycle - 24 Hours

90	Dave & Eileen Brabbin	2002	464.92
95	Colin Knapp & Ruth Crossley	2009	403.52
99	Simon Hall & Mary Corbett	2013	369.47
116	Norman Harvey & Mary Corbett	2003	366.92

Men Tandem Tricycle - 10 Miles

87	Dave Keene & Barry Charlton	2006	20:00
89	Ralph Dadswell & David Johnson	2006	20:32
90	Ralph Dadswell & David Johnson	2006	21:05
98	T Heron & T Graystock	1989	21:14
111	Bernard Lamb & L Colella	1991	22:22
119	Bernard Lamb & L Colella	1995	22:36
134	Peter Hopkins & Colin Bunnett	2011	23:31
145	John Nicholson & Vin Fitzgerald	2005	25:29
146	John Nicholson & Vin Fitzgerald	2005	25:55
149	Les Dawson & Peter Hopkins	2010	26:39
157	Ellis Smith & Vin Fitzgerald	2003	32:15

Men Tandem Tricycle - 25 Miles

87	Dave Keene & Barry Charlton	2006	50:13
90	Ralph Dadswell & David Johnson	2006	51:29
92	Ralph Dadswell & David Johnson	2007	53:27
104	A Jones & G Jenkins	1998	57:57
115	Bernard Lamb & L Colella	1993	58:28
118	W Finch & J Powell	1994	1:03:11
119	Bernard Lamb & L Colella	1995	1:03:41
136	Peter Hopkins & C Bunnett	2012	1:04:12
137	Ellis Smith & John Nicholson	1999	1:07:46
138	Ellis Smith & John Nicholson	2000	1:09:01
139	Ellis Smith & John Nicholson	2000	1:09:40

Men Tandem Tricycle - 25 Miles (Continued)			
140	Ellis Smith & John Nicholson	2001	1:10:05
144	Ellis Smith & John Nicholson	2003	1:11:18
148	Ellis Smith & W Fullwood	1993	1:19:24
Men Tandem Tricycle - 30 Miles			
87	Dave Keene & Barry Charlton	2006	1:02:42
103	A Jones & G Jenkins	1998	1:11:34
109	Bernard Lamb & L Colella	1990	1:11:44
134	Peter Hopkins & Colin Bunnett	2011	1:13:39
138	Ellis Smith & John Nicholson	2000	1:23:18
144	Ellis Smith & John Nicholson	2003	1:28:08
Men Tandem Tricycle - 50 Miles			
89	Dave Keene & Barry Charlton	2007	1:43:46
94	Colin Knapp & John Carr	2003	1:57:42
103	A Jones & G Jenkins	1998	2:02:10
136	Peter Hopkins & Colin Bunnett	2012	2:05:25
142	Ellis Smith & John Nicholson	2002	2:30:10
Men Tandem Tricycle - 100 Miles			
83	Ralph & Tim Dadswell	2008	4:22:01
99	Les Lowe & W J Ithell	1985	4:25:13
105	Les Lowe & W J Ithell	1988	4:32:25
128	Ellis Smith & John Nicholson	1995	4:56:53
131	Ellis Smith & John Nicholson	1996	5:01:13
136	Ellis Smith & John Nicholson	1999	5:05:03
Men Tandem Tricycle - 12 Hours			
99	Les Lowe & W J Ithell	1985	237.71
133	Ellis Smith & John Nicholson	1997	205.32
Men Tandem Tricycle - 24 Hours			
87	Ralph Dadswell & David Johnson	2005	466.72
97	Les Lowe & Jim Hopper	1985	419.15
109	Pete Holland & B Richards	1998	390.84
Women Tandem Tricycle - 10 Miles			
134	Greta Spiers & Gwyneth Holland	2006	39:22
Women Tandem Tricycle - 50 Miles			
90	Lindsay Clayton & Jane Swain	2013	2:32:11
Women Tandem Tricycle - 24 Hours			
91	Arabella Maude & Jane Swain	2013	349.60
Mixed Tandem Tricycle - 10 Miles			
92	Carl Saint & Ruth Crossley	2010	20:10
93	Colin Knapp & Ruth Shorter	2008	21:41

94	Colin Knapp & Ruth Shorter	2009	21:42
118	Dave & Eileen Keene	2009	21:52
119	Dave & Eileen Keene	2009	22:29
120	Les Lowe & Greta Spiers	1994	27:39
137	Ellis Smith & Christine Minto	2001	28:09
138	Mike Smith & Cheryl Trueman	2013	31:28
148	Don & Elizabeth Simpkin	1999	35:02
Mixed Tandem Tricycle - 25 Miles			
92	Carl Saint & Ruth Crossley	2010	53:36
94	Colin Knapp & Ruth Crossley	2009	55:45
95	Colin Knapp & Ruth Crossley	2009	56:34
118	Dave & Eileen Keene	2009	58:34
120	Les Lowe & Greta Spiers	1994	1:13:04
123	Les Lowe & Greta Spiers	1996	1:14:12
127	Les Lowe & Greta Spiers	1998	1:16:37
132	Mike Smith & Cheryl Trueman	2010	1:22:10
136	Les Lowe & Greta Spiers	2002	1:30:12
Mixed Tandem Tricycle - 30 Miles			
92	Carl Saint & Ruth Crossley	2010	1:07:00
95	Colin Knapp & Ruth Crossley	2009	1:07:33
96	Colin Knapp & Ruth Crossley	2010	1:13:53
105	Charles & Christine Willmets	2007	1:17:24
132	Peter Hopkins & Nikki Hunt	2011	1:25:18
Mixed Tandem Tricycle - 50 Miles			
94	Colin Knapp & Ruth Shorter	2009	1:59:09
96	Colin Knapp & Ruth Crossley	2010	2:09:47
97	Charles & Christine Willmets	2003	2:16:57
103	Charles & Christine Willmets	2006	2:19:28
105	Charles & Christine Willmets	2007	2:21:41
118	Les Lowe & Greta Spiers	1993	2:33:45
124	Les Lowe & Greta Spiers	1996	2:34:15
Mixed Tandem Tricycle - 100 Miles			
89	Colin Knapp & Ursula Betterton	2003	4:27:48
99	T & Pauline Graystock	1986	4:31:32
Mixed Tandem Tricycle - 12 Hours			
103	Mark Brooking & Jane Moore	2016	215.22
104	Jim & Vera Staines	1996	209.94
Mixed Tandem Tricycle - 24 Hours			
103	Mark Brooking & Jane Moore	2015	347.95

NATIONAL AGE RECORDS - TRACK

(As at 31st December 2018)

Men Indoor Solo Bicycle - 5 Miles

48	Steve McCaw	2011	10:39.97
64	Robert Gilmour	2015	10:44.498
65	Robert Gilmour	2016	10:48.780
68	Brian Newton	2007	11:26.82
70	Mike Cotgreave	2014	11:47.00
72	Ray Retter	2017	12:02.239
73	Ray Retter	2018	12:18:035
75	Trevor Fenwick	2005	12:32.45
80	Harry H Hill	1996	12:43.758

Men Indoor Solo Bicycle - 10 Miles

48	Steve McCaw	2011	21:25.09
64	Robert Gilmour	2015	21:34.618
65	Robert Gilmour	2016	21:39.728
68	Brian Newton	2007	22:43.58
70	Mike Cotgreave	2014	23:30.23
72	Ray Retter	2017	24:22.141
75	Trevor Fenwick	2005	24:56.45
80	Harry H Hill	1996	25:25.808

Men Indoor Solo Bicycle - 15 Miles

65	Robert Gilmour	2016	32:33.128
70	Mike Cotgreave	2014	35:09.97
72	Ray Retter	2017	36:49.741
73	Ray Retter	2018	37:41.774

Men Indoor Solo Bicycle - 25 Miles

64	Robert Gilmour	2015	54:24.553
65	Robert Gilmour	2016	54:26.671
68	Brian Newton	2007	57:36.78
70	Mike Cotgreave	2014	58:35.36
75	Trevor Fenwick	2005	1:02:09.84
80	Harry H Hill	1996	1:04:15.378

Men Indoor Solo Bicycle - 1 Hour

64	Robert Gilmour	2015	27.556 mi
65	Robert Gilmour	2016	27.509 mi
68	Brian Newton	2007	26.012 mi
70	Mike Cotgreave	2014	25.645 mi
72	Ray Retter	2017	24.352 mi
75	Trevor Fenwick	2005	24.129 mi
80	Harry H Hill	1996	23.352 mi

Men Indoor Solo Bicycle - 5 Km

48	Steve McCaw	2011	6:39.563
50	Roy Caspell	1997	6:42.310
64	Robert Gilmour	2015	6:42.39
65	Robert Gilmour	2016	6:44.130
68	Brian Newton	2007	7:14.00
70	Mike Cotgreave	2014	7:21.41
72	Ray Retter	2017	7:26.938
73	Ray Retter	2018	7:37.268
75	Trevor Fenwick	2005	7:52.13
80	Harry H Hill	1996	7:55.613

Men Indoor Solo Bicycle - 10 Km

48	Steve McCaw	2011	13:14.999
64	Robert Gilmour	2015	13:20.92
65	Robert Gilmour	2016	13:27.430
68	Brian Newton	2007	14:10.28
70	Mike Cotgreave	2014	14:37.64
72	Ray Retter	2017	15:01.526
73	Ray Retter	2018	15:20.751
75	Trevor Fenwick	2005	15:34.01
80	Harry H Hill	1996	15:48.155

Men Indoor Solo Bicycle - 20 Km

48	Steve McCaw	2011	26:38.754
64	Robert Gilmour	2015	26:54.27
65	Robert Gilmour	2016	26:56.084
68	Brian Newton	2007	28:16.89
70	Mike Cotgreave	2014	29:10.43
72	Ray Retter	2017	30:24.388
75	Trevor Fenwick	2005	30:57.27
80	Harry H Hill	1996	31:40.138

Men Outdoor Solo Bicycle - 5 Miles

44	J A French	1997	10:59.680
48	Steve McCaw	2011	11:06.37
60	Paul Bennett	1999	11:15.
61	Derek Hodgins	1995	11:24.890
63	Robert Gilmour	2014	11:46.400
68	Leslie King	1995	12:02.500
69	Leslie King	1996	12:24.000
70	Leslie King	1997	12:41.900
72	Leslie King	1999	13:25.99
77	John M Lee	2006	13:40.2
79	John M Lee	2008	13:51.9
80	John M Lee	2009	14:01.9
84	John M Lee	2013	14:32.010
87	John M Lee	2016	15:34.5

Men Outdoor Solo Bicycle - 10 Miles

48	Steve McCaw	2011	22:14.78
60	Paul Bennett	1999	22:36.3
61	Derek Hodgins	1995	23:07.240
63	Robert Gilmour	2014	23:25.380
68	Leslie King	1995	24:38.700
69	J P A Howell	2000	24:45.15
70	R Venis	1998	26:38.230
75	Trevor Fenwick	2005	27:14.05
77	John M Lee	2006	27:27.2
80	John M Lee	2009	27:52.8
84	John M Lee	2013	28:55.345
87	John M Lee	2016	31:04.8

Men Outdoor Solo Bicycle - 15 Miles

45	Howard Heighton	2018	34:03.340
51	Lawrence Wintergold	2016	34:36.226
63	Robert Gilmour	2014	35:08.600
87	John M Lee	2016	47:40.823

Men Outdoor Solo Bicycle - 25 Miles

44	J A French	1997	56:11.380
48	Steve McCaw	2011	56:20.19
51	Lawrence Wintergold	2016	57:37.855
63	Robert Gilmour	2014	58:33.670
67	Leslie King	1994	1:02:50.100
68	Leslie King	1995	1:04:00.000
79	John M Lee	2008	1:11:28.9

Men Outdoor Solo Bicycle - 1 Hour

44	J A French	1997	26.694 mi
48	Steve McCaw	2011	26.608 mi
51	Lawrence Wintergold	2016	26.022 mi
63	Robert Gilmour	2014	25.612 mi
67	Leslie King	1994	23.920 mi
68	Leslie King	1995	23.330 mi
75	Trevor Fenwick	2005	22.380 mi
80	John M Lee	2009	21.381 mi
84	John M Lee	2013	20.433 mi
87	John M Lee	2016	18.819 mi

Men Outdoor Solo Bicycle - 5 Km

44	J A French	1997	6:47.580
48	Steve McCaw	2011	6:55.58
60	Paul Bennett	1999	7:04.160
61	Derek Hodgins	1995	7:04.670
63	Robert Gilmour	2014	7:22.710
69	Leslie King	1996	7:41.500
70	Leslie King	1997	7:52.200
72	Leslie King	1999	8:17.37
73	Leslie King	2000	8:19.700
74	Leslie King	2001	8:28.180
77	John M Lee	2006	8:33.6
79	John M Lee	2008	8:37.8
80	John M Lee	2009	8:43.4
84	John M Lee	2013	9:03.700
87	John M Lee	2016	9:39.4

Men Outdoor Solo Bicycle - 10 Km

44	J A French	1997	13:42.830
48	Steve McCaw	2011	13:48.800
60	Paul Bennett	1999	14:04.3
61	Derek Hodgins	1995	14:14.400
63	Robert Gilmour	2014	14:34.770
68	Leslie King	1995	15:06.500
70	R Venis	1998	16:36.400
72	Leslie King	1999	16:49.560
77	John M Lee	2006	17:02.4
79	John M Lee	2008	17:17.8
80	John M Lee	2009	17:25.3
84	John M Lee	2013	18:01.640
87	John M Lee	2016	19:23.6

Men Outdoor Solo Bicycle - 20 Km

48	Steve McCaw	2011	27:41.99
51	Lawrence Wintergold	2016	28:42.900
61	Derek Hodgins	1995	28:48.930
63	Robert Gilmour	2014	29:08.970
68	Leslie King	1995	31:00.000
75	Trevor Fenwick	2005	33:40.73
77	John M Lee	2006	34:31.7
80	John M Lee	2009	34:51.4
84	John M Lee	2013	36:27.350
87	John M Lee	2016	39:26.235

Men Outdoor Solo Bicycle - 50 Km

63	Robert Gilmour	2014	1:12:56.450
----	----------------	------	-------------

Men Outdoor Solo Bicycle - 100 Km

42	K Gill	1989	2:32:09.410
----	--------	------	-------------

Women Indoor Solo Bicycle - 5 Miles

40	Auriel Forrester	1998	11:56.804
----	------------------	------	-----------

Women Indoor Solo Bicycle - 10 Miles

40	Auriel Forrester	1998	23:53.412
----	------------------	------	-----------

Women Indoor Solo Bicycle - 25 Miles

40	Auriel Forrester	1998	59:20.589
----	------------------	------	-----------

Women Indoor Solo Bicycle - 1 Hour

40	Auriel Forrester	1998	25.297 mi
63	Carole Gandy	2007	24.373 mi

Women Indoor Solo Bicycle - 5 Km

40	Auriel Forrester	1998	07:27.174
----	------------------	------	-----------

Women Indoor Solo Bicycle - 10 Km

40	Auriel Forrester	1998	14:50.146
----	------------------	------	-----------

Women Indoor Solo Bicycle - 20 Km

40	Auriel Forrester	1998	29:41.124
----	------------------	------	-----------

Women Outdoor Solo Bicycle - 5 Miles

54	Nikki Hunt	1999	13:16.
----	------------	------	--------

Women Outdoor Solo Bicycle - 10 Miles

52	Karen Taylor	2018	26:49.93
54	Nikki Hunt	1999	26:52.

Women Outdoor Solo Bicycle - 15 Miles

52	Karen Taylor	2018	40:24.04
----	--------------	------	----------

Women Outdoor Solo Bicycle - 25 Miles

52	Karen Taylor	2018	1:07:34.14
----	--------------	------	------------

Women Outdoor Solo Bicycle - 1 Hour

52	Karen Taylor	2018	22.229 mi
----	--------------	------	-----------

Women Outdoor Solo Bicycle - 5 Km

54	Nikki Hunt	1999	8:13.
----	------------	------	-------

Women Outdoor Solo Bicycle - 10 Km

54	Nikki Hunt	1999	16:38.
----	------------	------	--------

Women Outdoor Solo Bicycle - 20 Km

52	Karen Taylor	2018	33:26.88
----	--------------	------	----------

Women Outdoor Solo Bicycle - 50 Km

52	Karen Taylor	2018	1:24:16.17
----	--------------	------	------------

Women Outdoor Solo Bicycle - 100 Km

52	Karen Taylor	2018	2:49:50.40
----	--------------	------	------------

Men Outdoor Tandem Bicycle - 5 Km

132	Paul Bennett & Leslie King	1999	6:52.69
144	G H Edmonds & Leslie King	2000	8:13.1

AGE STANDARDS - MEN SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H	10M	15M	25M	30M	50M	100M	12H	24H
40	26:02	39:14	1:06:00	1:19:34	2:15:07	4:43:02	217.10	388.27	28:39	43:13	1:12:51	1:27:55	2:29:14	5:16:11	175.19	287.47
41	26:07	39:22	1:06:14	1:19:51	2:15:36	4:44:11	215.42	384.06	28:48	43:27	1:13:15	1:28:25	2:30:04	5:18:12	173.04	282.52
42	26:12	39:30	1:06:27	1:20:03	2:16:05	4:45:16	213.82	380.08	28:58	43:42	1:13:42	1:28:58	2:30:58	5:20:22	170.80	277.37
43	26:17	39:37	1:06:40	1:20:27	2:16:32	4:46:19	212.29	376.31	29:09	43:59	1:14:10	1:29:32	2:31:55	5:22:40	168.45	272.02
44	26:22	39:45	1:06:52	1:20:38	2:16:59	4:47:21	210.84	372.70	29:20	44:16	1:14:40	1:30:48	2:32:56	5:25:07	166.01	266.47
45	26:27	39:52	1:07:05	1:20:53	2:17:24	4:48:20	209.43	369.23	29:32	44:34	1:15:12	1:30:48	2:34:00	5:27:44	163.45	260.69
46	26:31	39:59	1:07:16	1:21:07	2:17:49	4:49:18	208.08	365.89	29:45	44:54	1:15:46	1:31:29	2:35:09	5:30:33	160.78	254.70
47	26:36	40:05	1:07:28	1:21:22	2:18:14	4:50:15	206.75	362.65	29:59	45:15	1:16:22	1:32:14	2:36:23	5:33:33	158.00	248.47
48	26:40	40:12	1:07:40	1:21:36	2:18:38	4:51:12	205.46	359.48	30:13	45:37	1:17:01	1:33:01	2:37:41	5:36:47	155.09	242.01
49	26:45	40:19	1:07:51	1:21:50	2:19:03	4:52:08	204.19	356.36	30:29	46:01	1:17:42	1:33:52	2:39:05	5:40:15	152.05	235.30
50	26:49	40:26	1:08:03	1:22:04	2:19:27	4:53:04	202.92	353.28	30:45	46:27	1:18:27	1:34:47	2:40:36	5:44:00	148.88	228.35
51	26:54	40:32	1:08:15	1:22:18	2:19:51	4:54:00	201.67	350.22	31:03	46:54	1:19:15	1:35:45	2:42:12	5:48:02	145.56	221.14
52	26:58	40:39	1:08:26	1:22:32	2:20:16	4:54:58	200.41	347.16	31:22	47:23	1:20:06	1:36:48	2:43:56	5:52:24	142.11	213.68
53	27:03	40:46	1:08:38	1:22:47	2:20:40	4:55:56	199.14	344.09	31:43	47:55	1:21:01	1:37:56	2:45:48	5:57:09	138.50	205.95
54	27:07	40:53	1:08:51	1:23:02	2:21:06	4:56:55	197.85	340.99	32:05	48:29	1:22:01	1:39:09	2:47:49	6:02:18	134.73	197.95
55	27:12	41:01	1:09:03	1:23:18	2:21:32	4:57:56	196.55	337.84	32:29	49:06	1:23:05	1:40:29	2:50:00	6:07:56	130.80	189.67
56	27:17	41:08	1:09:16	1:23:34	2:21:59	4:58:59	195.21	334.63	32:55	49:46	1:24:15	1:41:55	2:52:22	6:14:05	126.69	181.11
57	27:22	41:16	1:09:30	1:23:50	2:22:27	5:00:04	193.85	331.36	33:23	50:29	1:25:31	1:43:28	2:54:56	6:20:51	122.40	172.26
58	27:28	41:24	1:09:44	1:24:07	2:22:55	5:01:12	192.44	328.00	33:54	51:16	1:26:54	1:45:11	2:57:45	6:28:20	117.93	
59	27:33	41:33	1:09:59	1:24:25	2:23:25	5:02:23	190.99	324.54	34:27	52:08	1:28:25	1:47:03	3:00:49	6:36:37	113.26	
60	27:39	41:42	1:10:14	1:24:44	2:23:57	5:03:36	189.50	320.98	35:04	53:04	1:30:05	1:49:07	3:04:12	6:45:51	108.37	
61	27:45	41:51	1:10:30	1:25:04	2:24:30	5:04:54	187.94	317.30	35:44	54:07	1:31:55	1:51:23	3:07:56	6:56:14	103.27	
62	27:52	42:01	1:10:47	1:25:24	2:25:04	5:06:15	186.34	313.49	36:29	55:12	1:33:58	1:53:55	3:12:04	7:07:59	97.94	
63	27:59	42:12	1:11:05	1:25:46	2:25:40	5:07:41	184.66	309.55	37:18	56:32	1:36:15	1:56:45				
64	28:06	42:22	1:11:24	1:26:09	2:26:18	5:09:12	182.92	305.46	38:13	57:58	1:38:49	1:59:57				
65	28:13	42:34	1:11:44	1:26:33	2:26:59	5:10:48	181.11	301.22	39:15	59:35	1:41:43	2:03:34				
66	28:21	42:46	1:12:05	1:26:59	2:27:41	5:12:29	179.22	296.81	40:26	1:01:25	1:45:02	2:07:44				
67	28:30	42:59	1:12:27	1:27:26	2:28:26	5:14:17	177.25	292.23	41:47	1:03:31	1:48:53	2:12:34				

2019 version

AGE STANDARDS - WOMEN SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	28:14	42:33	1:11:35	1:26:18	2:26:32	5:06:58	193.45	342.70
41	28:20	42:42	1:11:50	1:26:36	2:27:05	5:08:14	191.95	339.16
42	28:26	42:51	1:12:05	1:26:54	2:27:36	5:09:26	190.53	335.80
43	28:31	42:59	1:12:19	1:27:12	2:28:07	5:10:37	189.17	332.61
44	28:36	43:07	1:12:33	1:27:29	2:28:36	5:11:45	187.87	329.56
45	28:42	43:15	1:12:46	1:27:45	2:29:05	5:12:51	186.62	326.63
46	28:47	43:22	1:13:00	1:28:01	2:29:33	5:13:55	185.41	323.80
47	28:52	43:30	1:13:13	1:28:17	2:30:00	5:14:59	184.24	321.05
48	28:56	43:37	1:13:25	1:28:33	2:30:27	5:16:01	183.08	318.36
49	29:01	43:45	1:13:38	1:28:48	2:30:54	5:17:04	181.95	315.71
50	29:06	43:52	1:13:51	1:29:04	2:31:21	5:18:06	180.82	313.10
51	29:11	44:00	1:14:04	1:29:20	2:31:48	5:19:09	179.70	310.50
52	29:16	44:08	1:14:17	1:29:36	2:32:15	5:20:12	178.58	307.89
53	29:21	44:15	1:14:31	1:29:52	2:32:43	5:21:17	177.45	305.28
54	29:27	44:23	1:14:44	1:30:09	2:33:11	5:22:23	176.30	302.63
55	29:32	44:32	1:14:58	1:30:26	2:33:40	5:23:30	175.14	299.95
56	29:38	44:40	1:15:13	1:30:44	2:34:10	5:24:40	173.95	297.21
57	29:43	44:49	1:15:28	1:31:02	2:34:40	5:25:53	172.73	294.41
58	29:49	44:58	1:15:44	1:31:21	2:35:12	5:27:08	171.48	291.54
59	29:55	45:07	1:16:00	1:31:41	2:35:46	5:28:27	170.19	288.58
60	30:02	45:17	1:16:17	1:32:02	2:36:21	5:29:49	168.85	285.53
61	30:09	45:28	1:16:35	1:32:24	2:36:57	5:31:15	167.47	282.38
62	30:16	45:39	1:16:54	1:32:47	2:37:35	5:32:45	166.03	279.11
63	30:24	45:50	1:17:14	1:33:11	2:38:16	5:34:21	164.54	275.72
64	30:31	46:02	1:17:35	1:33:36	2:38:58	5:36:01	162.98	272.21
65	30:40	46:15	1:17:57	1:34:03	2:39:43	5:37:48	161.36	268.55
66	30:49	46:29	1:18:20	1:34:32	2:40:30	5:39:40	159.68	264.75
67	30:58	46:43	1:18:45	1:35:02	2:41:20	5:41:40	157.92	260.80

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	31:08	46:58	1:19:11	1:35:34	2:42:13	5:43:47	156.08	256.69
69	31:18	47:14	1:19:38	1:36:08	2:43:09	5:46:02	154.16	252.40
70	31:30	47:31	1:20:08	1:36:44	2:44:09	5:48:25	152.15	247.95
71	31:41	47:49	1:20:39	1:37:22	2:45:12	5:50:58	150.06	243.31
72	31:54	48:08	1:21:12	1:38:02	2:46:19	5:53:42	147.87	238.48
73	32:07	48:29	1:21:48	1:38:46	2:47:31	5:56:37	145.59	233.45
74	32:22	48:50	1:22:26	1:39:32	2:48:48	5:59:44	143.20	228.22
75	32:37	49:14	1:23:06	1:40:21	2:50:09	6:03:04	140.71	222.79
76	32:53	49:39	1:23:49	1:41:14	2:51:37	6:06:39	138.10	217.13
77	33:10	50:05	1:24:35	1:42:11	2:53:10	6:10:31	135.38	211.26
78	33:29	50:33	1:25:24	1:43:11	2:54:50	6:14:40	132.54	205.15
79	33:49	51:04	1:26:17	1:44:16	2:56:38	6:19:10	129.58	198.81
80	34:10	51:37	1:27:14	1:45:26	2:58:33	6:24:01	126.48	192.22
81	34:33	52:12	1:28:16	1:46:41	3:00:38	6:29:17		
82	34:58	52:50	1:29:22	1:48:03	3:02:52	6:35:01		
83	35:24	53:31	1:30:34	1:49:31	3:05:17	6:41:16		
84	35:53	54:15	1:31:51	1:51:07	3:07:55	6:48:06		
85	36:24	55:03	1:33:16	1:52:51	3:10:46	6:55:37		
86	36:58	55:55	1:34:48	1:54:45				
87	37:35	56:53	1:36:29	1:56:49				
88	38:16	57:55	1:38:20	1:59:07				
89	39:01	59:04	1:40:23	2:01:38				
90	39:50	1:00:21	1:42:39	2:04:27				
91	40:45	1:01:46	1:45:11	2:07:36				
92	41:46	1:03:21	1:48:01	2:11:09				
93	42:55	1:05:09	1:51:15	2:15:10				
94	44:14	1:07:11	1:54:56	2:19:48				
95	45:43	1:09:32	1:59:13	2:25:10				

2019 version

AGE STANDARDS - MEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	29:17	44:08	1:14:14	1:29:30	2:31:58	5:18:22	183.58	324.50
41	29:23	44:17	1:14:30	1:29:50	2:32:33	5:19:41	182.15	321.19
42	29:29	44:26	1:14:46	1:30:08	2:33:06	5:20:58	180.80	318.06
43	29:35	44:35	1:15:01	1:30:27	2:33:38	5:22:11	179.51	315.08
44	29:40	44:43	1:15:15	1:30:44	2:34:09	5:23:22	178.28	312.23
45	29:46	44:52	1:15:29	1:31:01	2:34:39	5:24:31	177.09	309.50
46	29:51	45:00	1:15:43	1:31:18	2:35:08	5:25:39	175.94	306.85
47	29:56	45:08	1:15:57	1:31:35	2:35:36	5:26:45	174.82	304.28
48	30:01	45:15	1:16:10	1:31:51	2:36:05	5:27:51	173.72	301.77
49	30:07	45:23	1:16:24	1:32:08	2:36:33	5:28:56	172.64	299.29
50	30:12	45:31	1:16:37	1:32:24	2:37:01	5:30:02	171.57	296.85
51	30:17	45:39	1:16:51	1:32:41	2:37:29	5:31:07	170.51	294.41
52	30:22	45:47	1:17:04	1:32:57	2:37:58	5:32:14	169.44	291.98
53	30:27	45:55	1:17:18	1:33:14	2:38:27	5:33:22	168.37	289.53
54	30:33	46:03	1:17:33	1:33:32	2:38:56	5:34:31	167.28	287.05
55	30:39	46:12	1:17:48	1:33:50	2:39:27	5:35:42	166.17	284.54
56	30:44	46:21	1:18:03	1:34:08	2:39:58	5:36:55	165.04	281.97
57	30:50	46:30	1:18:19	1:34:28	2:40:30	5:38:11	163.88	279.35
58	30:57	46:40	1:18:35	1:34:48	2:41:04	5:39:29	162.69	276.66
59	31:03	46:50	1:18:52	1:35:09	2:41:39	5:40:52	161.46	273.89
60	31:10	47:00	1:19:10	1:35:31	2:42:15	5:42:18	160.19	271.02
61	31:17	47:11	1:19:29	1:35:53	2:42:53	5:43:43	158.87	268.07
62	31:25	47:22	1:19:49	1:36:17	2:43:33	5:45:23	157.50	265.00
63	31:33	47:34	1:20:09	1:36:43	2:44:15	5:47:03	156.08	261.82
64	31:41	47:47	1:20:31	1:37:10	2:45:00	5:48:48	154.60	258.52
65	31:50	48:00	1:20:54	1:37:38	2:45:47	5:50:39	153.06	255.08
66	31:59	48:15	1:21:19	1:38:07	2:46:36	5:52:37	151.46	251.51
67	32:09	48:29	1:21:45	1:38:39	2:47:29	5:54:43	149.78	247.79

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	32:19	48:45	1:22:12	1:39:12	2:48:24	5:56:56	148.03	243.92
69	32:30	49:02	1:22:41	1:39:48	2:49:23	5:59:17	146.21	239.89
70	32:42	49:20	1:23:12	1:40:26	2:50:25	6:01:47	144.30	235.70
71	32:54	49:39	1:23:44	1:41:06	2:51:32	6:04:28	142.30	231.33
72	33:07	49:59	1:24:19	1:41:48	2:52:42	6:07:19	140.22	226.78
73	33:21	50:20	1:24:56	1:42:34	2:53:57	6:10:22	138.05	222.04
74	33:36	50:43	1:25:36	1:43:22	2:55:18	6:13:38	135.77	217.10
75	33:52	51:08	1:26:18	1:44:14	2:56:43	6:17:08	133.40	211.97
76	34:09	51:34	1:27:03	1:45:09	2:58:15	6:20:54	130.92	206.63
77	34:27	52:01	1:27:52	1:46:08	2:59:53	6:24:56	128.33	201.07
78	34:47	52:31	1:28:43	1:47:12	3:01:37	6:29:17	125.62	195.30
79	35:07	53:03	1:29:39	1:48:20	3:03:30	6:33:59	122.79	189.29
80	35:30	53:37	1:30:38	1:49:33	3:05:31	6:39:05	119.84	183.05
81	35:54	54:14	1:31:43	1:50:52	3:07:41	6:44:36	116.75	176.57
82	36:20	54:54	1:32:52	1:52:17	3:10:02	6:50:36	113.53	169.84
83	36:48	55:37	1:34:07	1:53:50	3:12:34	6:57:08	110.17	162.86
84	37:18	56:23	1:35:29	1:55:30	3:15:19	7:04:18	106.65	155.61
85	37:50	57:13	1:36:57	1:57:19	3:18:19	7:12:11	102.98	148.09
86	38:26	58:08	1:38:34	1:59:18	3:21:35	7:20:52	99.14	
87	39:05	59:08	1:40:19	2:01:29	3:25:10	7:30:31	95.12	
88	39:48	1:00:14	1:42:16	2:03:52	3:29:05	7:41:16	90.93	
89	40:34	1:01:26	1:44:24	2:06:31	3:33:26	7:53:21	86.54	
90	41:26	1:02:47	1:46:47	2:09:28	3:38:15	8:07:01	81.94	
91	42:24	1:04:16	1:49:26	2:12:46				
92	43:28	1:05:56	1:52:25	2:16:29				
93	44:40	1:07:48	1:55:48	2:20:42				
94	46:02	1:09:56	1:59:40	2:25:33				
95	47:36	1:12:23	2:04:08	2:31:10				

2019 version

AGE STANDARDS - WOMEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	31:51	47:59	1:20:44	1:37:20	2:45:16	5:46:12	162.48	286.72
41	31:57	48:10	1:21:02	1:37:41	2:45:54	5:47:40	161.20	283.86
42	32:04	48:20	1:21:19	1:38:02	2:46:31	5:49:05	159.99	281.16
43	32:10	48:29	1:21:35	1:38:22	2:47:06	5:50:27	158.84	278.58
44	32:17	48:39	1:21:51	1:38:42	2:47:40	5:51:46	157.74	276.12
45	32:23	48:48	1:22:07	1:39:01	2:48:14	5:53:02	156.68	273.75
46	32:28	48:57	1:22:22	1:39:20	2:48:46	5:54:18	155.65	271.46
47	32:34	49:06	1:22:38	1:39:38	2:49:18	5:55:31	154.65	269.23
48	32:40	49:14	1:22:53	1:39:56	2:49:49	5:56:44	153.67	267.05
49	32:46	49:23	1:23:07	1:40:15	2:50:21	5:57:57	152.71	264.91
50	32:51	49:32	1:23:22	1:40:33	2:50:52	5:59:09	151.75	262.79
51	32:57	49:41	1:23:38	1:40:51	2:51:23	6:00:22	150.80	260.68
52	33:03	49:49	1:23:53	1:41:10	2:51:55	6:01:36	149.84	258.56
53	33:09	49:58	1:24:08	1:41:29	2:52:27	6:02:51	148.88	256.44
54	33:15	50:08	1:24:24	1:41:48	2:53:00	6:04:08	147.91	254.29
55	33:21	50:17	1:24:41	1:42:08	2:53:34	6:05:27	146.92	252.10
56	33:28	50:27	1:24:58	1:42:29	2:54:08	6:06:48	145.91	249.87
57	33:34	50:37	1:25:15	1:42:50	2:54:44	6:08:13	144.87	247.59
58	33:41	50:48	1:25:33	1:43:13	2:55:21	6:09:40	143.80	245.25
59	33:49	50:59	1:25:52	1:43:36	2:56:00	6:11:11	142.71	242.83
60	33:56	51:11	1:26:12	1:44:00	2:56:41	6:12:47	141.57	240.34
61	34:04	51:23	1:26:33	1:44:25	2:57:23	6:14:27	140.39	237.76
62	34:12	51:35	1:26:55	1:44:52	2:58:08	6:16:12	139.17	235.08
63	34:21	51:49	1:27:18	1:45:20	2:58:54	6:18:03	137.90	232.31
64	34:30	52:03	1:27:42	1:45:50	2:59:44	6:20:01	136.58	229.42
65	34:40	52:18	1:28:08	1:46:21	3:00:36	6:22:04	135.20	226.42
66	34:50	52:33	1:28:35	1:46:54	3:01:31	6:24:15	133.76	223.30
67	35:01	52:50	1:29:04	1:47:29	3:02:29	6:26:34	132.26	220.05

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	35:13	53:08	1:29:34	1:48:07	3:03:31	6:29:02	130.69	216.66
69	35:25	53:26	1:30:07	1:48:46	3:04:36	6:31:39	129.06	213.12
70	35:38	53:46	1:30:41	1:49:28	3:05:45	6:34:26	127.35	209.44
71	35:52	54:07	1:31:17	1:50:12	3:06:59	6:37:25	125.56	205.60
72	36:06	54:29	1:31:56	1:51:00	3:08:17	6:40:35	123.70	201.60
73	36:22	54:53	1:32:37	1:51:50	3:09:41	6:43:58	121.75	197.43
74	36:39	55:19	1:33:21	1:52:44	3:11:10	6:47:36	119.71	193.09
75	36:56	55:46	1:34:08	1:53:41	3:12:45	6:51:29	117.59	188.56
76	37:15	56:14	1:34:58	1:54:43	3:14:27	6:55:39	115.36	183.85
77	37:35	56:45	1:35:52	1:55:48	3:16:15	7:00:09	113.04	178.94
78	37:57	57:18	1:36:49	1:56:59	3:18:12	7:04:59	110.61	173.83
79	38:20	57:54	1:37:51	1:58:14	3:20:17	7:10:12	108.08	168.51
80	38:45	58:32	1:38:57	1:59:36	3:22:31	7:15:51	105.43	162.97
81	39:11	59:13	1:40:08	2:01:03	3:24:56	7:21:59		
82	39:40	59:57	1:41:25	2:02:38	3:27:32	7:28:39		
83	40:11	1:00:44	1:42:49	2:04:21	3:30:22	7:35:55		
84	40:45	1:01:36	1:44:19	2:06:12	3:33:25	7:43:53		
85	41:21	1:02:32	1:45:58	2:08:13	3:36:44	7:52:38		
86	42:01	1:03:33	1:47:45	2:10:26				
87	42:44	1:04:40	1:49:42	2:12:51				
88	43:31	1:05:53	1:51:51	2:15:30				
89	44:23	1:07:13	1:54:14	2:18:27				
90	45:20	1:08:42	1:56:52	2:21:43				
91	46:24	1:10:21	1:59:49	2:25:23				
92	47:36	1:12:12	2:03:08	2:29:31				
93	48:56	1:14:17	2:06:53	2:34:12				
94	50:27	1:16:39	2:11:11	2:39:35				
95	52:11	1:19:23	2:16:09	2:45:50				

2019 version

AGE STANDARDS (PER RIDER) - MEN TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	12:30:00	18:50:00	31:41	38:12	1:04:51	2:15:51	112:89	201:90	68	13:45:00	20:45:00	34:58	42:12	1:11:38	2:31:46	91:10	149:48
41	12:32:00	18:54:00	31:48	38:20	1:05:05	2:16:24	112:02	199:71	69	13:49:00	20:51:00	35:10	42:26	1:12:02	2:32:44	89:98	146:91
42	12:35:00	18:58:00	31:54	38:27	1:05:19	2:16:56	111:19	197:64	70	13:54:00	20:59:00	35:23	42:42	1:12:28	2:33:47	88:82	144:23
43	12:37:00	19:01:00	32:00	38:35	1:05:32	2:17:26	110:39	195:68	71	14:00:00	21:07	35:36	42:59	1:12:55	2:34:53	87:59	141:45
44	12:39:00	19:05:00	32:06	38:42	1:05:45	2:17:56	109:64	193:80	72	14:05:00	21:15	35:50	43:16	1:13:24	2:36:03	86:33	138:56
45	12:42:00	19:08:00	32:12	38:49	1:05:57	2:18:24	108:90	192:00	73	14:11:00	21:24	36:06	43:35	1:13:55	2:37:19	84:99	135:56
46	12:44:00	19:12:00	32:17	38:56	1:06:09	2:18:52	108:20	190:26	74	14:17:00	21:33	36:22	43:55	1:14:28	2:38:40	83:61	132:44
47	12:46:00	19:14:00	32:23	39:03	1:06:21	2:19:19	107:51	188:58	75	14:24:00	21:43	36:39	44:16	1:15:04	2:40:06	82:16	129:20
48	12:48:00	19:18:00	32:29	39:10	1:06:33	2:19:47	106:84	186:93	76	14:30:00	21:54	36:58	44:39	1:15:41	2:41:39	80:65	125:85
49	12:50:00	19:21:00	32:34	39:17	1:06:45	2:20:13	106:18	185:31	77	14:38:00	22:05	37:18	45:03	1:16:22	2:43:19	79:07	122:36
50	12:52:00	19:24:00	32:40	39:24	1:06:56	2:20:40	105:52	183:71	78	14:46:00	22:18	37:39	45:30	1:17:05	2:45:07	77:42	118:74
51	12:55:00	19:27:00	32:46	39:30	1:07:08	2:21:07	104:87	182:11	79	14:54:00	22:31	38:02	45:58	1:17:51	2:47:03	75:69	114:99
52	12:57:00	19:31:00	32:51	39:37	1:07:20	2:21:35	104:21	180:52	80	15:03:00	22:45	38:27	46:28	1:18:41	2:49:09	73:90	111:11
53	12:59:00	19:34:00	32:57	39:44	1:07:31	2:22:03	103:55	178:93	81	15:13:00	23:00	38:53	47:00	1:19:35	2:51:26	72:02	107:09
54	13:01:00	19:37:00	33:03	39:51	1:07:44	2:22:31	102:88	177:31	82	15:24:00	23:16	39:22	47:36	1:20:33	2:53:54	70:06	102:93
55	13:03:00	19:41:00	33:09	39:59	1:07:56	2:23:00	102:21	175:68	83	15:36:00	23:34	39:53	48:14	1:21:36	2:56:36	68:02	98:63
56	13:06:00	19:45:00	33:15	40:07	1:08:09	2:23:31	101:51	174:01	84	15:48:00	23:53	40:26	48:55	1:22:44	2:59:34	65:88	94:18
57	13:08:00	19:48:00	33:22	40:14	1:08:23	2:24:02	100:80	172:31	85	16:01:00	24:14	41:03	49:40	1:23:58	3:02:48	63:65	89:58
58	13:11:00	19:52:00	33:28	40:23	1:08:36	2:24:35	100:07	170:56	86	16:16:00	24:36	41:43	50:29	1:25:19	3:06:24	61:32	
59	13:13:00	19:57:00	33:36	40:31	1:08:50	2:25:09	99:31	168:76	87	16:32:00	25:01	42:26	51:23	1:26:48	3:10:23	58:90	
60	13:16:00	20:01:00	33:43	40:40	1:09:06	2:25:44	98:54	166:91	88	16:50:00	25:28	43:14	52:23	1:28:25	3:14:48	56:35	
61	13:19:00	20:05:00	33:50	40:50	1:09:22	2:26:21	97:73	165:00	89	17:09:00	25:59	44:07	53:28	1:30:12	3:19:48	53:70	
62	13:23:00	20:10:00	33:59	41:00	1:09:38	2:27:00	96:90	163:01	90	17:31:00	26:31	45:06	54:41	1:32:12	3:25:26	50:93	
63	13:26:00	20:15:00	34:07	41:10	1:09:55	2:27:41	96:02	160:97	91	17:54	27:08	46:12	56:02				
64	13:29:00	20:20:00	34:16	41:21	1:10:13	2:28:25	95:12	158:84	92	18:21	27:49	47:26	57:35				
65	13:33:00	20:26:00	34:26	41:33	1:10:33	2:29:11	94:18	156:63	93	18:50	28:36	48:49	59:19				
66	13:36:00	20:32:00	34:36	41:45	1:10:53	2:30:00	93:19	154:34	94	19:24	29:29	50:25	1:01:19				
67	13:41:00	20:38:00	34:47	41:58	1:11:15	2:30:51	92:17	151:96	95	20:03	30:29	52:16	1:03:38				

2019 version

A tandem combined standard is derived by adding the two individual standards from this and/or the facing table.

AGE STANDARDS (PER RIDER) - WOMEN TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	13:33:00	20:25:00	34:22	41:25	1:10:20	2:27:21	100:59	178:20
41	13:36:00	20:30:00	34:29	41:34	1:10:36	2:27:57	99:81	176:36
42	13:39:00	20:34:00	34:36	41:43	1:10:51	2:28:32	99:08	174:62
43	13:41:00	20:38:00	34:43	41:51	1:11:06	2:29:06	98:37	172:96
44	13:44:00	20:42:00	34:49	42:00	1:11:20	2:29:38	97:69	171:37
45	13:47:00	20:46:00	34:56	42:07	1:11:34	2:30:10	97:04	169:85
46	13:49:00	20:49:00	35:02	42:15	1:11:47	2:30:41	96:41	168:38
47	13:51:00	20:53:00	35:09	42:23	1:12:00	2:31:12	95:80	166:95
48	13:53:00	20:56:00	35:14	42:30	1:12:13	2:31:41	95:20	165:55
49	13:56:00	21:00:00	35:21	42:37	1:12:26	2:32:12	94:61	164:17
50	13:58:00	21:03:00	35:27	42:45	1:12:39	2:32:41	94:03	162:81
51	14:00:00	21:07:00	35:33	42:53	1:12:52	2:33:12	93:44	161:46
52	14:03:00	21:11:00	35:39	43:00	1:13:05	2:33:42	92:86	160:10
53	14:05:00	21:14:00	35:46	43:08	1:13:18	2:34:13	92:27	158:75
54	14:08:00	21:18:00	35:52	43:16	1:13:32	2:34:45	91:68	157:37
55	14:11:00	21:23:00	35:59	43:24	1:13:46	2:35:17	91:07	155:97
56	14:13:00	21:26:00	36:06	43:33	1:14:00	2:35:50	90:45	154:55
57	14:16:00	21:31:00	36:13	43:42	1:14:14	2:36:25	89:82	153:09
58	14:19:00	21:35:00	36:21	43:51	1:14:30	2:37:01	89:17	151:60
59	14:22:00	21:39:00	36:29	44:00	1:14:46	2:37:39	88:50	150:06
60	14:25:00	21:44:00	36:37	44:11	1:15:03	2:38:19	87:80	148:48
61	14:28:00	21:49:00	36:46	44:21	1:15:20	2:39:00	87:08	146:84
62	14:32:00	21:55:00	36:55	44:32	1:15:38	2:39:43	86:34	145:14
63	14:36:00	22:00:00	37:04	44:44	1:15:58	2:40:29	85:56	143:37
64	14:39:00	22:06:00	37:14	44:56	1:16:18	2:41:17	84:75	141:55
65	14:43:00	22:12:00	37:25	45:09	1:16:40	2:42:09	83:91	139:65
66	14:48:00	22:19:00	37:36	45:23	1:17:02	2:43:02	83:03	137:67
67	14:52:00	22:25:00	37:48	45:37	1:17:26	2:44:00	82:12	135:62

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	14:57:00	22:33:00	38:00	45:52	1:17:52	2:45:01	81:16	133:48
69	15:01:00	22:40:00	38:13	46:09	1:18:19	2:46:06	80:16	131:25
70	15:07:00	22:48:00	38:28	46:26	1:18:48	2:47:14	79:12	128:93
71	15:12:00	22:57	38:43	46:44	1:19:18	2:48:28	78:03	126:52
72	15:19:00	23:06	38:59	47:03	1:19:50	2:49:47	76:89	124:01
73	15:25:00	23:16	39:16	47:24	1:20:24	2:51:11	75:71	121:39
74	15:32:00	23:26	39:34	47:47	1:21:01	2:52:40	74:46	118:67
75	15:39:00	23:38	39:53	48:10	1:21:40	2:54:16	73:17	115:85
76	15:47:00	23:50	40:14	48:36	1:22:23	2:56:00	71:81	112:91
77	15:55:00	24:02	40:36	49:03	1:23:07	2:57:51	70:40	109:86
78	16:04:00	24:16	41:00	49:32	1:23:55	2:59:50	68:92	106:68
79	16:14:00	24:31	41:25	50:03	1:24:47	3:02:00	67:38	103:38
80	16:24:00	24:47	41:52	50:36	1:25:42	3:04:20	65:77	99:95
81	16:35:00	25:03	42:22	51:12	1:26:42	3:06:51		
82	16:47:00	25:22	42:54	51:52	1:27:47	3:09:36		
83	17:00:00	25:41	43:28	52:34	1:28:56	3:12:36		
84	17:13:00	26:02	44:05	53:20	1:30:12	3:15:53		
85	17:28:00	26:25	44:46	54:10	1:31:34	3:19:30		
86	17:45:00	26:50	45:30	55:05				
87	18:02:00	27:18	46:19	56:04				
88	18:22:00	27:48	47:12	57:11				
89	18:44:00	28:21	48:11	58:23				
90	19:07:00	28:58	49:16	59:44				
91	19:34	29:39	50:29	1:01:15				
92	20:03	30:24	51:51	1:02:57				
93	20:36	31:16	53:24	1:04:53				
94	21:14	32:15	55:10	1:07:06				
95	21:57	33:23	57:13	1:09:41				

2019 version

A tandem combined standard is derived by adding the two individual standards from this and/or the facing table.

AGE STANDARDS (PER RIDER) - MEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H	10M	15M	25M	30M	50M	100M	12H	24H
40	14:03:00	21:11:00	35:38	42:58	1:12:57	2:32:49	95.46	168.74	15:31:00	23:24:00	39:27	47:37	1:20:50	2:51:20	76.98	126.84
41	14:06:00	21:15:00	35:46	43:07	1:13:13	2:33:27	94.72	167.02	15:36:00	23:32:00	39:41	47:54	1:21:18	2:52:27	76.03	124.74
42	14:09:00	21:20:00	35:53	43:16	1:13:29	2:34:04	94.02	165.39	15:42:00	23:41:00	39:56	48:12	1:21:48	2:53:39	75.04	122.56
43	14:12:00	21:24:00	36:00	43:25	1:13:45	2:34:39	93.35	163.84	15:48:00	23:50	40:12	48:32	1:22:20	2:54:57	74.00	120.29
44	14:14:00	21:28:00	36:07	43:33	1:14:00	2:35:13	92.71	162.36	15:54:00	24:00	40:28	48:52	1:22:54	2:56:19	72.91	117.93
45	14:17:00	21:32:00	36:14	43:41	1:14:14	2:35:46	92.09	160.94	16:00:00	24:10	40:46	49:14	1:23:30	2:57:47	71.79	115.46
46	14:20:00	21:36:00	36:21	43:49	1:14:28	2:36:19	91.49	159.56	16:08:00	24:21	41:05	49:37	1:24:09	2:59:21	70.60	112.89
47	14:22:00	21:40:00	36:27	43:58	1:14:41	2:36:50	90.91	158.23	16:15:00	24:33	41:25	50:02	1:24:49	3:01:01	69.37	110.22
48	14:24:00	21:43:00	36:34	44:05	1:14:55	2:37:22	90.33	156.92	16:24:00	24:45	41:47	50:28	1:25:34	3:02:50	68.08	107.45
49	14:27:00	21:47:00	36:40	44:13	1:15:09	2:37:53	89.77	155.63	16:32:00	24:58	42:11	50:57	1:26:21	3:04:46	66.73	104.56
50	14:30:00	21:51:00	36:47	44:21	1:15:22	2:38:25	89.22	154.36	16:42:00	25:12	42:35	51:27	1:27:11	3:06:51	65.32	101.56
51	14:32:00	21:55:00	36:53	44:29	1:15:36	2:38:56	88.67	153.09	16:51:00	25:28	43:02	52:00	1:28:05	3:09:07	63.85	98.43
52	14:35:00	21:59:00	37:00	44:37	1:15:49	2:39:28	88.11	151.83	17:02:00	25:44	43:30	52:35	1:29:03	3:11:34	62.32	95.19
53	14:37:00	22:02:00	37:06	44:45	1:16:03	2:40:01	87.55	150.56	17:14:00	26:02	44:01	53:13	1:30:05	3:14:12	60.71	91.82
54	14:40:00	22:06:00	37:13	44:54	1:16:17	2:40:34	86.99	149.27	17:26:00	26:21	44:35	53:54	1:31:13	3:17:05	59.04	88.32
55	14:43:00	22:11:00	37:21	45:02	1:16:32	2:41:08	86.41	147.96	17:40:00	26:42	45:11	54:38	1:32:26	3:20:13	57.29	84.69
56	14:45:00	22:15:00	37:28	45:11	1:16:47	2:41:43	85.82	146.62	17:54:00	27:04	45:50	55:26	1:33:45	3:23:40	55.46	80.92
57	14:48:00	22:19:00	37:36	45:21	1:17:02	2:42:20	85.22	145.26	18:10:00	27:28	46:32	56:19	1:35:12	3:27:27	53.55	77.01
58	14:51:00	22:24:00	37:43	45:30	1:17:19	2:42:57	84.60	143.86	18:27:00	27:54	47:19	57:16	1:36:46	3:31:37	51.55	
59	14:54:00	22:29:00	37:51	45:40	1:17:36	2:43:37	83.96	142.42	18:46:00	28:23	48:09	58:19	1:38:29	3:36:15	49.46	
60	14:58:00	22:34:00	38:00	45:51	1:17:53	2:44:18	83.30	140.93	19:06:00	28:55	49:05	59:27	1:40:22	3:41:24	47.28	
61	15:01:00	22:39:00	38:09	46:01	1:18:11	2:45:01	82.61	139.40	19:28:00	29:29	50:07	1:00:44				
62	15:05:00	22:44:00	38:19	46:13	1:18:30	2:45:47	81.90	137.80	19:53:00	30:08	51:15	1:02:09				
63	15:09:00	22:50:00	38:28	46:25	1:18:50	2:46:35	81.16	136.15	20:21	30:51	52:32	1:03:44				
64	15:12:00	22:56:00	38:39	46:38	1:19:12	2:47:25	80.39	134.43	20:52	31:39	53:58	1:05:31				
65	15:17:00	23:02:00	38:50	46:52	1:19:35	2:48:19	79.59	132.64	21:26	32:33	55:35	1:07:32				
66	15:21:00	23:10:00	39:02	47:06	1:19:58	2:49:15	78.76	130.79	22:06	33:34	57:26	1:09:52				
67	15:26:00	23:16:00	39:14	47:21	1:20:24	2:50:16	77.89	128.85	22:51	34:45	59:35	1:12:34				

2019 version

A tandem combined standard is derived by adding the two individual standards from this and/or the facing table.

AGE STANDARDS (PER RIDER) - WOMEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	15:17	23:02	38:45	46:43	1:19:20	2:46:11	84:49	149:09
41	15:20	23:07	38:54	46:53	1:19:38	2:46:53	83:82	147:61
42	15:24	23:12	39:02	47:03	1:19:56	2:47:34	83:19	146:20
43	15:26	23:16	39:10	47:13	1:20:12	2:48:13	82:60	144:86
44	15:30	23:21	39:17	47:23	1:20:29	2:48:51	82:02	143:58
45	15:33	23:25	39:25	47:32	1:20:45	2:49:27	81:47	142:35
46	15:35	23:30	39:32	47:41	1:21:00	2:50:04	80:94	141:16
47	15:38	23:34	39:40	47:49	1:21:16	2:50:39	80:42	140:00
48	15:41	23:38	39:47	47:58	1:21:31	2:51:14	79:91	138:87
49	15:44	23:42	39:54	48:07	1:21:46	2:51:49	79:41	137:75
50	15:46	23:47	40:01	48:16	1:22:01	2:52:24	78:91	136:65
51	15:49	23:51	40:09	48:24	1:22:16	2:52:59	78:42	135:55
52	15:52	23:55	40:16	48:34	1:22:31	2:53:34	77:92	134:45
53	15:55	23:59	40:23	48:43	1:22:47	2:54:10	77:42	133:35
54	15:58	24:04	40:31	48:52	1:23:02	2:54:47	76:91	132:23
55	16:00	24:08	40:39	49:01	1:23:19	2:55:25	76:40	131:09
56	16:04	24:13	40:47	49:12	1:23:35	2:56:04	75:87	129:93
57	16:07	24:18	40:55	49:22	1:23:52	2:56:45	75:33	128:75
58	16:10	24:23	41:04	49:33	1:24:10	2:57:26	74:78	127:53
59	16:14	24:28	41:13	49:44	1:24:29	2:58:10	74:21	126:27
60	16:17	24:34	41:23	49:55	1:24:48	2:58:56	73:62	124:98
61	16:21	24:40	41:33	50:07	1:25:09	2:59:44	73:00	123:64
62	16:25	24:46	41:43	50:20	1:25:30	3:00:35	72:37	122:24
63	16:29	24:52	41:54	50:34	1:25:52	3:01:28	71:71	120:80
64	16:34	24:59	42:06	50:48	1:26:16	3:02:24	71:02	119:30
65	16:38	25:06	42:18	51:03	1:26:41	3:03:24	70:30	117:74
66	16:43	25:13	42:31	51:19	1:27:08	3:04:26	69:56	116:12
67	16:48	25:22	42:45	51:36	1:27:36	3:05:33	68:78	114:43

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	16:54	25:30	43:00	51:54	1:28:05	3:06:44	67:96	112:66
69	17:00	25:39	43:15	52:12	1:28:36	3:08:00	67:11	110:82
70	17:06	25:48	43:32	52:33	1:29:10	3:09:20	66:22	108:91
71	17:13	25:59	43:49	52:54	1:29:45	3:10:46	65:29	106:91
72	17:20	26:09	44:08	53:17	1:30:23	3:12:17	64:32	104:83
73	17:27	26:21	44:27	53:41	1:31:03	3:13:54	63:31	102:66
74	17:36	26:33	44:48	54:07	1:31:46	3:15:39	62:25	100:41
75	17:44	26:46	45:11	54:34	1:32:31	3:17:31	61:15	98:05
76	17:53	27:00	45:35	55:04	1:33:20	3:19:31	59:99	95:60
77	18:02	27:14	46:01	55:35	1:34:12	3:21:40	58:78	93:05
78	18:13	27:30	46:28	56:09	1:35:08	3:24:00	57:52	90:39
79	18:24	27:48	46:58	56:45	1:36:08	3:26:30	56:20	87:63
80	18:36	28:06	47:30	57:24	1:37:12	3:29:12	54:82	84:74
81	18:48	28:25	48:04	58:06	1:38:22	3:32:09		
82	19:02	28:47	48:41	58:52	1:39:37	3:35:21		
83	19:17	29:09	49:21	59:41	1:40:59	3:38:50		
84	19:34	29:34	50:04	1:00:35	1:42:26	3:42:40		
85	19:51	30:01	50:52	1:01:33	1:44:02	3:46:52		
86	20:10	30:30	51:43	1:02:36				
87	20:31	31:02	52:39	1:03:46				
88	20:53	31:37	53:41	1:05:02				
89	21:18	32:16	54:50	1:06:27				
90	21:46	32:59	56:06	1:08:01				
91	22:16	33:46	57:31	1:09:47				
92	22:51	34:39	59:06	1:11:46				
93	23:29	35:39	1:00:54	1:14:01				
94	24:13	36:48	1:02:58	1:16:36				
95	25:03	38:06	1:05:21	1:19:36				

2019 version

A tandem combined standard is derived by adding the two individual standards from this and/or the facing table.

Cover photo - Steve Irwin
(Norths Lancs RC / North Lancashire & Lakes Group)
Photo credit - Ken Platt

Contents designed and typeset by the Editor, to whom any errors or
omissions should be reported.

Printed, finished and distributed by
Quorum Print Services Ltd, Units 3 & 4, Lansdown Industrial Estate,
Gloucester Road, Cheltenham, GL51 8PL