The VTTA Age Records System

DRAFT

Jon Fairclough, VTTA IT Manager

13th January 2020

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SYSTEM OVERVIEW

- The Age Records system has the following features
  - Viewing of current National and Group Age Records
  - Viewing the history of National and Group Age Records (as available)
  - Download of National and Group Age Records for offline analysis
- The production of a consolidated age records database has enabled us to:
  - See the full history of records by category (road & track), machine, gender and event type
  - Identify new group records – beaten national records may still be group records
  - Produce a group records database for groups that do not currently have one, or have not yet submitted one for upload
  - Process claims as soon as they are achieved, rather than waiting until the end of the season, so that all members can see the most current record data

SOURCES

- The Age Records database has been derived from the following sources:
  - The National Age Records database, containing all current records and records set and beaten since 2009
  - The National Age Records database compiled by Les Lowe, containing records from 1923 to 2009
  - Group record databases from Surrey/Sussex, London & Home Counties, West, Midlands, North Lancs & Lakes, Manchester & NW, Wessex (solo) and East Anglian

CLAIMING RECORDS

The process described below is being trialled in Nov/Dec 2019 and is being run in parallel with the process described in VTTA regulation 3.3.6.

- Records may be claimed as follows using the system:
  - A Member submits a claim to the Group Recorder (a form is available on the VTTA web site). The claim may be for a national record, group record, or both.
  - The Group Recorder reviews the claim and confirms that the information is valid
  - The Group Recorder adds the record to the Age Records database
  - The Age Records system determines if the new record is:
    - A National Record
    - A Group Record
    - Not a Record
  - National Records are marked "pending ratification" by the system
  - The National Road/Track Records Secretary reviews pending National Records and ratifies them as appropriate

VIEWING CURRENT NATIONAL RECORDS

Go to the VTTA website and select the Records tab and then Record Tables.

The National Records appear. Use the Filter to select the records you wish to view.

You can type in the name of the record holder and use the "all distances/times" option to find all the records by a person in a category.

VIEWING ALL NATIONAL RECORDS

In the filter, select the "Include Beaten Records" checkbox.

Current and beaten National Records appear.

Current records are marked with a trophy icon and a clear background.

Beaten records are marked with a B icon and a grey background.

VIEWING CURRENT GROUP RECORDS

Go to the VTTA website and select the Group and then Group Records

VIEWING CURRENT GROUP RECORDS
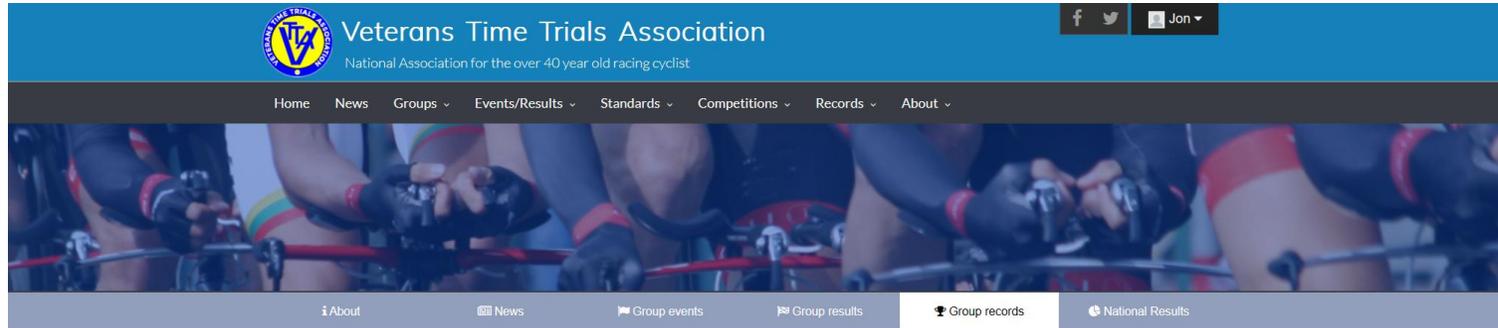
The Group Records appear. Use the Filter to select the records you wish to view.

Current national records have a trophy icon.

GROUP RECORDS FROM THE NATIONAL DATABASE

- For the Kent, Merseyside, North, North Midlands, Nottingham and East Midlands, Scotland, South Wales, Wessex (tandems) and Yorkshire groups, only national records held by group members and records that have been added to the system manually are shown.

ADDITIONAL FEATURES FOR GROUP RECORDERS & RECORDS SECRETARIES

- The Age Records system has the following features for Group Recorders and Records Secretaries in addition to those for Members:
  - Add, Edit and Delete Age Records
  - Ratify National Age Records by the National Road/Track Records Secretary
  - Automatically compute whether a record is a
    - Current National Record
    - Beaten National Record
    - Current Group Record
    - Beaten Group Record
    - None of the above

VTTA National AGM

A Way Forward for Our Season Long Competitions

Andrew Simpkins

Saturday 25th January 2020

Progress with the Website in Last Two Years

- National Online Membership System

- Online Payments System

- VTTA Events and Results linked to CTT System

- National and Group Age Records

Current Limitations

- Season long competition results (BAR, 3 Distance and Short Distance) are only available at the end of the season
- Claim forms have to be submitted by members for these competitions (and for standards)

- Issues:
  - No idea of the competitions' status during the season
  - Some members don't submit forms even though they qualify (should not entry be a free benefit of membership ?)
  - Members have to collate their results as evidence and complete the form
  - Manual / postal process subject to errors
  - National Recorder has to review submissions for groups and handle revisions

Conclusion

- Form filling is increasingly antiquated as more and more members see other performances available immediately in digital form e.g. Zwift, Strava

- We should modernise how the competitions work so that they enable and motivate our members' participation

A Way Forward

- Using the website technology we could:
  - Link ours and the CTT system so VTTA membership is automatically included in results
  - Download all VTTA members' individual results from the CTT site
  - Automatically calculate their best performances that qualify for the season long competitions (updating them as the season progresses)
  - Automatically include members in competitions for which they have the qualifying rides
  - Display status of the competitions on the website throughout the season – for individuals, clubs and groups
  - Eliminate all the paperwork

- Note: Such a system could also automatically calculate members' standard claims (but would need their history to validate them)

Conditions to Proceed

- GDPR – we must have members' explicit consent to process their results from the CTT site. This should be asked for when they join or renew (or could be updated subsequently)

- CTT co-operation – initial contact has been positive but we need to agree formally the GDPR policy and to implement some changes on their website

- Money ! – we have to fund this development

The Money

- 3 years ago the comfortable balance in the NEC account was supplemented by Les Lowe' legacy of £12,000

- We used the legacy and surplus to fund the website developments for members' and officials' benefit

- We have now used up the surplus funds and our current income (even with the last subs increase) only just covers our expenditure

- To fund another significant website development requires us to raise some money

Options

- The cost of an 'Online Competitions System' including linking our membership database with the CTT system is estimated at £8-11,000. To raise this we could:

1. Increase subs/fees (but this would not generate funds quickly)
2. Ask groups for a one-off contribution – say £2.50 per member
3. Ask individual members for donations – e.g. 75 members giving £100 each (the price of 2 good quality tubulars)
4. Sponsors ???
5. Some combination of the above depending on AGM and Group feedback

Next Steps

- Progress the funding options in the next couple of months

- Agree policy with the CTT

- Prepare a full specification of the system

- Agree a budget with Xncreations

- Decide whether we can proceed this year
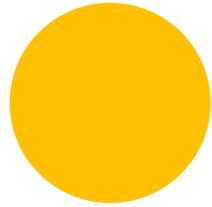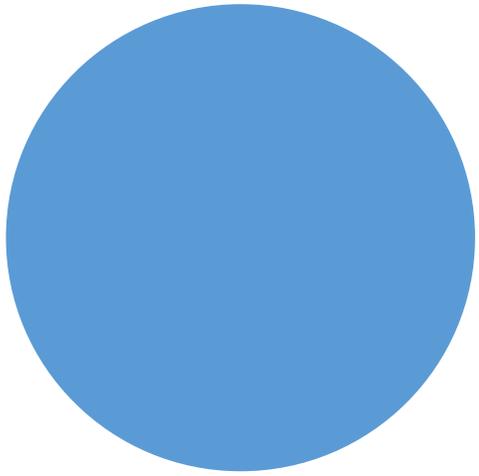
Report on Investigation into Proportional Standards

Geoff Perry

NEC AGM 2020

Proportional Standards - Background

- First mention in 2012 Standards Review by Steve Lockwood
- Various comments over the years, as issues have arisen, and perhaps a feeling that they might be a better solution
- 2019 AGM agreed to investigate further and report back at this AGM

Proportional Standards – what are they?

- For Time events (10m-100m)
    - PS(t) = Standard Time/Actual Time
    - Resulting metric could be shown as either a number or a percentage (not hh:mm:ss like current standards)
    - e.g. if you achieved the exact standard time for your age/gender your result would be shown as 1.0 or 100%

    - For Distance events (12,24 hours)
    - PS(d)=Actual Distance/Standard Distance
    - Similar result metric to Time events

Proportional Standards – Using the 'Elite' Standard

- 2019 'Elite' standards – These are based on the top 10 percentile of riders

- The actual 2019 standard tables add the 'time shift' so that the standard for a 40yo man for 25 miles is 1.06.00

- The elite standard for 40yo man at 25miles is 53.00

- Decision was to use the elite standard

Results – Womens' Championships 2019

Championship	Women 2018	Women 2019
10m	WBOS 1-2-3 unchanged	WBOS 1-2-3 unchanged
15m	WBOS 1-2-3 unchanged	????
25m men	WBOS 1-2-3 unchanged	WBOS 1-2-3 unchanged
30m	WBOS 1-2-3 unchanged	WBOS 1-2-3 unchanged
50m	WBOS 1-2-3 unchanged	WBOS 1-2-3 unchanged
100m	WBOS 1-2-3 unchanged	WBOS 1-2-3 unchanged
12hr	WBOS 1-2-3 unchanged	WBOS 1-2-3 unchanged
24hr	WBOS 1-2-3 unchanged	WBOS 1-2-3 unchanged
Leo 30	WBOS 1-2-3 unchanged	WBOS 1-2-3 unchanged

Women Championship results in 2018 & 2019

- The podium rankings of the women's results are unchanged irrespective of using 2019 standard times or Proportional standards.

- This is because of fewer women competing, of a more variable performance ability, so the time gaps between riders are greater, and as consequence the difference between rider pluses are greater

- The difference in plus between 2019 and Proportional Standards is not significant enough to change the podium positions.

- Technically dividing the Plus by the ….time has no impact on the rankings

- Indeed in the 10 mile and 25 mile championships none of the 10 – 12 women competing changed position against each other.

Results – Mens' Championships 2018 & 2019

Championship	Men 2018	Men 2019
10m	Hallam Champion=>6th Ainsworth 2nd=>Champion Stevens 3rd=>9th Rix 8th=> Podium Barnett 9th=>Podium	MBOS 1-2-3 unchanged
15m	MBOS 1-2-3 unchanged	Ainsworth improves 2nd=>1st Hallam drops 1st=>2nd Murray drops 3rd=> off podium Richardson up =>3rd
25m men	MBOS 1-2 Unchanged Sunter Podium to 4th man Guilor 4th 3rd man	MBOS 1-2-unchanged But Hornell 3rd drops to 10th O/A replace by Rix on Podium
30m	MBOS 1-2 Unchanged Sunter Podium to 4th man Vowells on Trike 4th => 3rd man	MBOS 1-2-3 unchanged
50m	MBOS 1-2-3 unchanged	MBOS 1-2-3 unchanged
100m	MBOS 1-2-3 unchanged	Bideau improves 2nd => 1st Hinxman Trike drops 2nd=>1st MBOS 3rd unchanged
12hr	MBOS 1-2-3 unchanged	MBOS 1-2-3 unchanged
24hr	MBOS 1-2-3 unchanged	MBOS 1-2-3 unchanged

Mens' results

- This is not the same for men - because there are a greater number of male competitors of a higher performance ability

- So rankings (podiums) can vary from 2019 standards to proportional standards.

- More noticeable at 10 miles -top 40 year olds do relatively better, 80 year olds worse

- But overall the changes in position are quite modest at 25 miles
  - (typically 1 or 2 positions)

- and tend to disappear at 50m+
  - (where again fewer competitors, or variable quality which makes the actual time differentials greater and the key driver of the results).

Conclusion

- Proportional Standards are not making such a significant difference that would justify their additional complexity to administer and the need to agree their implementation at an AGM.

- If we think Proportional Standards are unpalatable for all VTTA events we could use them for (some?) VTTA Championships where results could be calculated by NEC

- However, the impact may prove relatively minor for the additional complexity involved

Next Steps

- Continue to monitor impact of 2019 standards

- Assess any new ideas on standards as they emerge e.g. Rudyard Ryder's letter in last Veteran
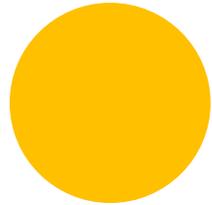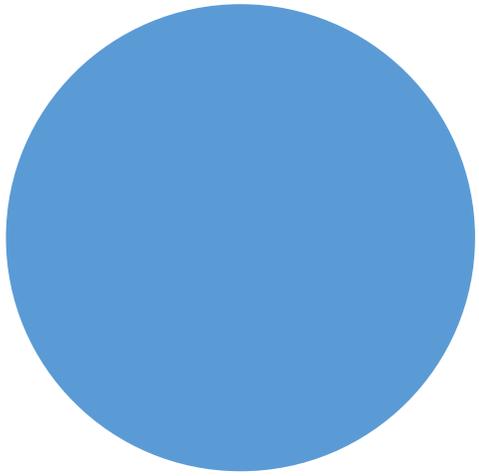
2020 VTTA AGM

A response to an article written Rudyard Ryder

By Geoff Perry

25 January 2020

The Veteran Dec 2019 - Correspondence

- p73 of the December 2019 edition of The Veteran

- A letter from Rudyard Ryder suggesting an alternative way to display the results on standards

- This presentation is an exploration of the ideas presented

CORRESPONDENCE WITH THE EDITOR

Dear Editor

We have all seen the large number of younger vets riding time trials, who cannot see any benefit in joining the VTTA and who are perplexed by the standards system in determining what appears to be a random finishing order. Those of us who have been in the sport long enough know that it is based on solid evidence of performance decline due to ageing - it's just that the results are not presented in the most meaningful manner, so here is another way of resolving this issue.

Plusses achieved mean little outside the context of a particular event, so let's ditch them! Replace them with an age/gender adjusted time, which would give a more easily understood result and a time with relevance across all events and which could be compared easily with your mates and rivals. Under such a new system the standards tables would get rewritten as 'age adjustments' and the random benchmark times for 40 year olds disappear. These 'age adjustments' are the increase in standard time compared to a 40 year old male bike rider (even for women and trikes).

The recent 25 mile championship traditional and new style result would look like this:
** These adjustments are the current age standard minus the 40 year old men's standard (1:06:00).

	Rider	Age	Actual time	Traditional result calculation		New result calculation	
				Standard	Plus	25M adjustment**	Adjusted time
1M	Tye	57	49:42	1:09:30	+19:48	03:30	46:12
2M	Ainsworth	60	50:43	1:10:14	+19:31	04:14	46:29
3M	Horsnell	89	1:13:02	1:31:55	+18:53	25:55	47:07
1W	Carpenter	50	55:52	1:13:51	+17:59	07:51	48:01
2W	Field	54	57:20	1:14:44	+17:24	08:44	48:36
3W	Hutson-Lumb	54	59:46	01:14:44	+14:58	08:44	51:04

Tables would be produced in a new format to provide these adjustments.

This method will always give the same finishing order as the current system, but creates a more easily understood result. We would all prefer to see a 'proper' time against our names than some random 'plus'. The maths involved is also a bit easier and nobody has the ignominy of a 'minus' result.

But what about the personal standards award system? In fact that becomes much simpler as we only need to look for a year-on-year improvement in a season's best adjusted time at each distance.

........and the season long competitions? They also become simpler - take the best adjusted times in each season (no need to worry about anyone with a mid-season birthday as that's already taken care of in arriving at the adjusted time), calculate an average speed for each distance and then an average of these averages (just like any normal BAR calculation). For the BAR competition there is no need to convert a 12 hour performance to an equivalent 200 mile time - an adjusted 12 hour distance can be used for a speed calculation.

In all these changes the same winners and finishing orders would exist, but we dispense with plusses achieved and replace them with adjusted times, more relevant to today's levels of performance than standards based on a 40 year old 'crack' rider of 1943. These adjusted times would gain the status of personal bests for vets competition and may encourage more over 40s to join the VTTA.

Sincerely
Rudyard Ryder

2019 VTTA Championship 25m

The recent 25 mile championship traditional and new style result would look like this:
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				Standard	Plus	25M adjustment**	Adjusted time
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3M	Horsnell	89	1:13:02	1:31:55	+18:53	25:55	47:07
1W	Carpenter	50	55:52	1:13:51	+17:59	07:51	48:01
2W	Field	54	57:20	1:14:44	+17:24	08:44	48:36
3W	Hutson-Lumb	54	59:46	01:14:44	+14:58	08:44	51:04

- 1st Man – Kevin Tye 57yo
  - Adjusted time 46:12
  - ..this is the equivalent time of Kevin as a 40 yo man on a solo bike (*yeomans*?)
  - ..based on the calibration of the 'elite' table

Standard Tables Vs Adjusted Tables (25m)

Standards	25	25	25	25
2019	M	F	M	F
Age	B	B	T	T
40	1:06:00	1:11:35	1:14:14	1:20:44
41	1:06:14	1:11:50	1:14:30	1:21:02
42	1:06:27	1:12:05	1:14:46	1:21:19
43	1:06:40	1:12:19	1:15:01	1:21:35
44	1:06:52	1:12:33	1:15:15	1:21:51
45	1:07:05	1:12:46	1:15:29	1:22:07
46	1:07:16	1:13:00	1:15:43	1:22:22
47	1:07:28	1:13:13	1:15:57	1:22:38
48	1:07:40	1:13:25	1:16:10	1:22:53
49	1:07:51	1:13:38	1:16:24	1:23:07
50	1:08:03	1:13:51	1:16:37	1:23:22
51	1:08:15	1:14:04	1:16:51	1:23:38
52	1:08:26	1:14:17	1:17:04	1:23:53
53	1:08:38	1:14:31	1:17:18	1:24:08
54	1:08:51	1:14:44	1:17:33	1:24:24
55	1:09:03	1:14:58	1:17:48	1:24:41
56	1:09:16	1:15:13	1:18:03	1:24:58
57	1:09:30	1:15:28	1:18:19	1:25:15
58	1:09:44	1:15:44	1:18:35	1:25:33
59	1:09:59	1:16:00	1:18:52	1:25:52
60	1:10:14	1:16:17	1:19:10	1:26:12
70	1:13:42	1:20:08	1:23:12	1:30:41
80	1:20:06	1:27:14	1:30:38	1:38:57
90	1:33:58	1:42:39	1:46:47	1:56:52

Adjusted	25	25	25	25
Table	M	F	M	F
Age	B	B	T	T
40	00:00	05:35	08:14	14:44
41	00:14	05:50	08:30	15:02
42	00:27	06:05	08:46	15:19
43	00:40	06:19	09:01	15:35
44	00:52	06:33	09:15	15:51
45	01:05	06:46	09:29	16:07
46	01:16	07:00	09:43	16:22
47	01:28	07:13	09:57	16:38
48	01:40	07:25	10:10	16:53
49	01:51	07:38	10:24	17:07
50	02:03	07:51	10:37	17:22
51	02:15	08:04	10:51	17:38
52	02:26	08:17	11:04	17:53
53	02:38	08:31	11:18	18:08
54	02:51	08:44	11:33	18:24
55	03:03	08:58	11:48	18:41
56	03:16	09:13	12:03	18:58
57	03:30	09:28	12:19	19:15
58	03:44	09:44	12:35	19:33
59	03:59	10:00	12:52	19:52
60	04:14	10:17	13:10	20:12
70	07:42	14:08	17:12	24:41
80	14:06	21:14	24:38	32:57
90	27:58	36:39	40:47	50:52

- For 25m
- The standard time is 66:00 for a 40 yo man.
- Subtract 66:00 from all the standard times
- The 40 yo man is now on scratch

2019 VTTA Championship 25m Men

2019 Actual Veteran	Rider	age	T/B	Actual Time	2019 Std Time	2019 Plus	New Position 2019	Adjustment	New Adjusted Time (+/- mm:ss)	New Position Adj
1	Kevin Tye	57	B	0:49:42	1:09:30	19:48	1	0:03:30	46:12	1
2	Keith Ainsworth	60	B	0:50:43	1:10:14	19:31	2	0:04:14	46:29	2
3	Peter Horsnell	89	B	1:13:02	1:31:55	18:53	3	0:25:55	47:07	3
4	Andrew Grant	66	B	0:53:27	1:12:05	18:38	4	0:06:05	47:22	4
5	James Rix	43	B	0:48:07	1:06:40	18:33	5	0:00:40	47:27	5
6	Geir Robinson	50	B	0:49:44	1:08:03	18:19	6	0:02:03	47:41	6
7	Mark Smith	45	B	0:48:53	1:07:05	18:12	7	0:01:05	47:48	7
8	Nick Dwyer	55	B	0:50:58	1:09:03	18:05	8	0:03:03	47:55	8
10	Neil Mackley	55	B	0:51:06	1:09:03	17:57	10	0:03:03	48:03	10
11	Simon Norman	48	B	0:49:47	1:07:40	17:53	11	0:01:40	48:07	11
12	Andy Jackson	43	B	0:48:54	1:06:40	17:46	12	0:00:40	48:14	12
13	Ron Hallam	88	B	1:12:32	1:30:05	17:33	13	0:24:05	48:27	13
15	David Mead	42	B	0:49:08	1:06:27	17:19	15	0:00:27	48:41	15
16	Joseph Costello	60	B	0:53:06	1:10:14	17:08	16	0:04:14	48:52	16
17	Dave Green	55	B	0:52:00	1:09:03	17:03	17	0:03:03	48:57	17
18	Peter Lawrence	47	B	0:50:26	1:07:28	17:02	18	0:01:28	48:58	18
19	Chris Dyason	71	B	0:57:14	1:14:10	16:56	19	0:08:10	49:04	19
20	Martin Reynolds	56	B	0:52:35	1:09:16	16:41	20	0:03:16	49:19	20

Adjusted Times - Familiarity

Adjusted times have a familiarity about them

- The ***yeoman*** times are in the ball park of competition record (CR), as these championship times were set on a fast course (E2/25) by highly trained & motivated cyclists using the best equipment
- Not many riders are setting CR at 40yo
  - But not out of line against the current CR of 42:58 (R25/3) or
  - 2016 CR when it was set on the same course by Alex Dowsett with 44:29
  - By younger riders in their late 20s / early 30s
- As we always tend to remember our fastest rides (or our yeomans times?) they could easily be used as bragging rights in the carpark!

Golf handicap?

This is a well-known system in Golf – a novice golfer is allowed an extra 28 shots compared to a scratch/professional golfer

- The novice has 28 (max) shots reduced from his score

- The professional has no adjustment and is expected to get around (a PAR 72) course in 72 shots

- In this way a novice can compete against a professional on a level playing field

It's a bit like this in the VTTA except we don't tend to describe it as such and there is an 'arbitrary' allowance to equate it to a '1943 25mile 66 minute man. This adjustment system might be clearer?

What about Women?

The recent 25 mile championship traditional and new style result would look like this:
** These adjustments are the current age standard minus the 40 year old men's standard (1:06:00).

	Rider	Age	Actual time	Traditional result calculation		New result calculation	
				Standard	Plus	25M adjustment**	Adjusted time
1M	Tye	57	49:42	1:09:30	+19:48	03:30	46:12
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1W	Carpenter	50	55:52	1:13:51	+17:59	07:51	48:01
2W	Field	54	57:20	1:14:44	+17:24	08:44	48:36
3W	Hutson-Lumb	54	59:46	01:14:44	+14:58	08:44	51:04

1st Woman – Angela Carpenter 50yo
- Adjusted time 48:01
- ..this is the equivalent time of Carpenter as a 40 year old man on a solo bike

- ..Not quite the same ring about it..but could adjust to a 40yo woman?

© Channel 5 / Inside the Tower of London

2019 VTTA Championship 25m Women

2019 Actual Veteran	Rider	age	T/B	Actual Time	2019 Std Time	2019 Plus	New Position 2019	Adjustment	New Adjusted Time (+/- mm:ss)	New Position Adj
9	Angela Carpenter (W)	50	B	0:55:52	1:13:51	17:59	9	0:07:51	48:01	9
14	Jackie Field (W)	54	B	0:57:20	1:14:44	17:24	14	0:08:45	48:35	14
33	Deb Hutson-Lumb (W)	54	B	0:59:46	1:14:44	14:58	33	0:08:45	51:01	33
37	Katja Rietdorf (W)	48	B	0:58:49	1:13:25	14:36	37	0:07:26	51:23	37
39	Claire Emons (W)	50	B	0:59:26	1:13:51	14:25	39	0:07:51	51:35	39
67	Mandy Bunn (W)	50	B	1:01:24	1:13:51	12:27	67	0:07:51	53:33	67
71	Susan Triplow (W)	52	B	1:01:54	1:14:17	12:23	71	0:08:17	53:37	71
73	Amy Pritchard (W)	41	B	0:59:30	1:11:50	12:20	73	0:05:50	53:40	73
94	Janet Fairclough (W)	58	B	1:05:00	1:15:44	10:44	94	0:09:44	55:16	94
99=	Karen Dennett (W)	62	B	1:06:35	1:16:54	10:19	99	0:10:54	55:41	99
108	Claire Lee (W)	48	B	1:03:59	1:13:25	09:26	108	0:07:26	56:33	108
114	Diane Wilson-Evans (W)	59	B	1:07:17	1:16:00	08:43	114	0:10:00	57:17	114
127	Samantha Messenger (W)	47	B	1:08:16	1:13:13	04:57	127	0:07:12	1:01:04	127
131	Annette Lacey (W)	56	B	1:11:35	1:15:13	03:38	131	0:09:12	1:02:23	131

Standard Tables Vs Multi-Adjusted Tables (25m)

Standards 2019 Age	25 M B	25 F B	25 M T	25 F T
40	**1:06:00**	**1:11:35**	**1:14:14**	**1:20:44**
41	1:06:14	1:11:50	1:14:30	1:21:02
42	1:06:27	1:12:05	1:14:46	1:21:19
43	1:06:40	1:12:19	1:15:01	1:21:35
44	1:06:52	1:12:33	1:15:15	1:21:51
45	1:07:05	1:12:46	1:15:29	1:22:07
46	1:07:16	1:13:00	1:15:43	1:22:22
47	1:07:28	1:13:13	1:15:57	1:22:38
48	1:07:40	1:13:25	1:16:10	1:22:53
49	1:07:51	1:13:38	1:16:24	1:23:07
50	**1:08:03**	**1:13:51**	**1:16:37**	**1:23:22**
51	1:08:15	1:14:04	1:16:51	1:23:38
52	1:08:26	1:14:17	1:17:04	1:23:53
53	1:08:38	1:14:31	1:17:18	1:24:08
54	1:08:51	1:14:44	1:17:33	1:24:24
55	1:09:03	1:14:58	1:17:48	1:24:41
56	1:09:16	1:15:13	1:18:03	1:24:58
57	1:09:30	1:15:28	1:18:19	1:25:15
58	1:09:44	1:15:44	1:18:35	1:25:33
59	1:09:59	1:16:00	1:18:52	1:25:52
60	**1:10:14**	**1:16:17**	**1:19:10**	**1:26:12**
70	**1:13:42**	**1:20:08**	**1:23:12**	**1:30:41**
80	**1:20:06**	**1:27:14**	**1:30:38**	**1:38:57**
90	**1:33:58**	**1:42:39**	**1:46:47**	**1:56:52**

Make the 40 yo scratch for all categories of:

- Man solo
- Women solo
- Men trike
- Women trike

But then they would all need to be 'separate' events

Multi-Adjusted Table Age	25 M B	25 F B	25 M T	25 F T
40	**00:00**	**00:00**	**00:00**	**00:00**
41	00:14	00:15	00:16	00:18
42	00:27	00:30	00:32	00:35
43	00:40	00:44	00:47	00:51
44	00:52	00:58	01:01	01:07
45	01:05	01:11	01:15	01:23
46	01:16	01:25	01:29	01:38
47	01:28	01:38	01:43	01:54
48	01:40	01:50	01:56	02:09
49	01:51	02:03	02:10	02:23
50	**02:03**	**02:16**	**02:23**	**02:38**
51	02:15	02:29	02:37	02:54
52	02:26	02:42	02:50	03:09
53	02:38	02:56	03:04	03:24
54	02:51	03:09	03:19	03:40
55	03:03	03:23	03:34	03:57
56	03:16	03:38	03:49	04:14
57	03:30	03:53	04:05	04:31
58	03:44	04:09	04:21	04:49
59	03:59	04:25	04:38	05:08
60	**04:14**	**04:42**	**04:56**	**05:28**
70	**07:42**	**08:33**	**08:58**	**09:57**
80	**14:06**	**15:39**	**16:24**	**18:13**
90	**27:58**	**31:04**	**32:33**	**36:08**

2019 VTTA Championship 25m Women – Rebased to 40yo Women

2019 Actual Veteran	Rider	age	T/B	Actual Time	2019 Std Time	2019 Plus	New Position 2019	Adjustment to 40yo women	New Adjusted Time (+/- mm:ss)	New Position Adj
9	Angela Carpenter (W)	50	B	0:55:52	1:13:51	**17:59**	9	0:02:16	53:36	65
14	Jackie Field (W)	54	B	0:57:20	1:14:44	**17:24**	14	0:03:10	54:10	75
33	Deb Hutson-Lumb (W)	54	B	0:59:46	1:14:44	**14:58**	33	0:03:10	56:36	100
37	Katja Rietdorf (W)	48	B	0:58:49	1:13:25	**14:36**	37	0:01:51	56:58	103
39	Claire Emons (W)	50	B	0:59:26	1:13:51	**14:25**	39	0:02:16	57:10	105
67	Mandy Bunn (W)	50	B	1:01:24	1:13:51	**12:27**	67	0:02:16	59:08	117
71	Susan Triplow (W)	52	B	1:01:54	1:14:17	**12:23**	71	0:02:42	59:12	119
73	Amy Pritchard (W)	41	B	0:59:30	1:11:50	**12:20**	73	0:00:15	59:15	120
94	Janet Fairclough (W)	58	B	1:05:00	1:15:44	**10:44**	94	0:04:09	1:00:51	122
99=	Karen Dennett (W)	62	B	1:06:35	1:16:54	**10:19**	99	0:05:19	1:01:16	125
108	Claire Lee (W)	48	B	1:03:59	1:13:25	**09:26**	108	0:01:51	1:02:08	127
114	Diane Wilson-Evans (W)	59	B	1:07:17	1:16:00	**08:43**	114	0:04:25	1:02:52	129
127	Samantha Messenger (W)	47	B	1:08:16	1:13:13	**04:57**	127	0:01:37	1:06:39	130
131	Annette Lacey (W)	56	B	1:11:35	1:15:13	**03:38**	131	0:03:37	1:07:58	131

What about Trikes?

- Trike Age Record – Gavin Hinxman
  - Age record in 2017 of 53:17 as a 49yo
  - less 10:24 is 42:53 adjustment time, is the equivalent time of a 49yo Trike as a 40 year old man on a <u>solo</u> bike

Adjusted	25	25	25	25
Table	M	F	M	F
Age	B	B	T	T
40	00:00	05:35	08:14	14:44
41	00:14	05:50	08:30	15:02
42	00:27	06:05	08:46	15:19
43	00:40	06:19	09:01	15:35
44	00:52	06:33	09:15	15:51
45	01:05	06:46	09:29	16:07
46	01:16	07:00	09:43	16:22
47	01:28	07:13	09:57	16:38
48	01:40	07:25	10:10	16:53
49	01:51	07:38	10:24	17:07
50	02:03	07:51	10:37	17:22
51	02:15	08:04	10:51	17:38
52	02:26	08:17	11:04	17:53
53	02:38	08:31	11:18	18:08
54	02:51	08:44	11:33	18:24
55	03:03	08:58	11:48	18:41
56	03:16	09:13	12:03	18:58
57	03:30	09:28	12:19	19:15
58	03:44	09:44	12:35	19:33
59	03:59	10:00	12:52	19:52
60	04:14	10:17	13:10	20:12
70	07:42	14:08	17:12	24:41
80	14:06	21:14	24:38	32:57
90	27:58	36:39	40:47	50:52

What about Tandems?

- 25m Mixed Tandem Age Record – Rachael Elliott/Ian Greenstreet (41/55yo) in 2019
  - Actual Time 47:09
  - Adjustment (5:50+3:03)/2 *96% = 4:16
  - Adjusted Time 42:53 is the equivalent time of a 96 yo Mixed Tandem as a 40 year old **man** on a **solo** bike

Adjusted	25	25	25	25
Table	M	F	M	F
Age	B	B	T	T
40	**00:00**	**05:35**	**08:14**	**14:44**
41	00:14	05:50	08:30	15:02
42	00:27	06:05	08:46	15:19
43	00:40	06:19	09:01	15:35
44	00:52	06:33	09:15	15:51
45	01:05	06:46	09:29	16:07
46	01:16	07:00	09:43	16:22
47	01:28	07:13	09:57	16:38
48	01:40	07:25	10:10	16:53
49	01:51	07:38	10:24	17:07
50	**02:03**	**07:51**	**10:37**	**17:22**
51	02:15	08:04	10:51	17:38
52	02:26	08:17	11:04	17:53
53	02:38	08:31	11:18	18:08
54	02:51	08:44	11:33	18:24
55	03:03	08:58	11:48	18:41

Impact on VTTA Competitions

Calculate the results as per the "CTT" based on average speeds using the Adjusted Times (AdT) or Adjusted Distances (AdD)

- But usual criticism of bias, towards the shorter distances in any of the competitions

Short Distance (2x10m & 2x25m)

- SD= (10m/AdT +10m/AdT + 25m/AdT +25m/AdT) / 4

BAR(25m, 50m, 100m & 12h)

- BAR= (25m/AdT +50m/AdT + 100m/AdT +AdD/12hr) / 4

3 Distance (50m, 100m & 12h)

- 3D = (50m/AdT + 100m/AdT +AdD/12hr) / 3

So what are My Yeomans?

Distance/Time	Actual (PB)	Age	Adjustment	Adjusted Time (Yeomans)
10m	20:59	57	1:20	19:39
15m	34:02	59	2:19	31:43
25m	52:56	51	2:15	50:41
30m	1:03:43	51	2:44	1:00:59
50m	1:49:34	52	5:09	1:44:25
100m	4:12:09	50	10:02	4:02:07
12h	246.90	52	16.69 miles	263.59 miles

Discussion

So what do you think?

- More understandable than the current standards?

- Easier to calculate – figures to subtract are smaller

- A more useful benchmark?

- Easier to compare against your competition? – how much better you need to perform

- Easier to understand the decline of performance with age

- Men Vs Women, Solo Vs Trike, Bike Vs Tandem issues?

Appendix

- 10m adjusted table

Standard Tables Vs Adjusted Tables (10m)

Standards	10	10	10	10
2019	M	F	M	F
Age	B	B	T	T
40	26:02	28:14	29:17	31:51
41	26:07	28:20	29:23	31:57
42	26:12	28:26	29:29	32:04
43	26:17	28:31	29:35	32:10
44	26:22	28:36	29:40	32:17
45	26:27	28:42	29:46	32:23
46	26:31	28:47	29:51	32:28
47	26:36	28:52	29:56	32:34
48	26:40	28:56	30:01	32:40
49	26:45	29:01	30:07	32:46
50	26:49	29:06	30:12	32:51
51	26:54	29:11	30:17	32:57
52	26:58	29:16	30:22	33:03
53	27:03	29:21	30:27	33:09
54	27:07	29:27	30:33	33:15
55	27:12	29:32	30:39	33:21
56	27:17	29:38	30:44	33:28
57	27:22	29:43	30:50	33:34
58	27:28	29:49	30:57	33:41
59	27:33	29:55	31:03	33:49
60	27:39	30:02	31:10	33:56
70	28:58	31:30	32:42	35:38
80	31:22	34:10	35:30	38:45
90	36:29	39:50	41:26	45:20

Adjusted	10	10	10	10
Table	M	F	M	F
Age	B	B	T	T
40	00:00	02:12	03:15	05:49
41	00:05	02:18	03:21	05:55
42	00:10	02:24	03:27	06:02
43	00:15	02:29	03:33	06:08
44	00:20	02:34	03:38	06:15
45	00:25	02:40	03:44	06:21
46	00:29	02:45	03:49	06:26
47	00:34	02:50	03:54	06:32
48	00:38	02:54	03:59	06:38
49	00:43	02:59	04:05	06:44
50	00:47	03:04	04:10	06:49
51	00:52	03:09	04:15	06:55
52	00:56	03:14	04:20	07:01
53	01:01	03:19	04:25	07:07
54	01:05	03:25	04:31	07:13
55	01:10	03:30	04:37	07:19
56	01:15	03:36	04:42	07:26
57	01:20	03:41	04:48	07:32
58	01:26	03:47	04:55	07:39
59	01:31	03:53	05:01	07:47
60	01:37	04:00	05:08	07:54
70	02:56	05:28	06:40	09:36
80	05:20	08:08	09:28	12:43
90	10:27	13:48	15:24	19:18

- For 10m
- The standard time is 26:02 for a 40 yo man.
- Subtract 26:02 from all the standard times
- The 40 yo man is now on scratch