

# THE VETERAN

Number 67

September 2020



Liz Ball got on the turbo when she tired of ironing!



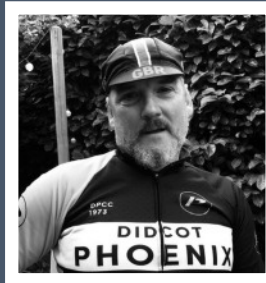
Jimmy Trevor could not wait to sign on for the first post lockdown time trial



Paul Rogoll was just miserable without his racing fix!



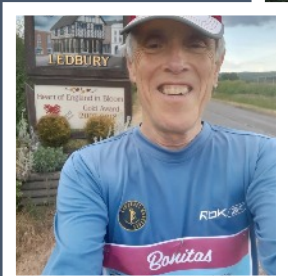
Rob Vessey let the facial hair grow



Brian Lewis was pleased to get started again at age 82



Socially distanced start for VTTA(EA) 10 on the E2



Phil Howells ran a South African virtual half marathon (in Ledbury)



Justin Robbins indulged himself in his 'no expense spared' pain cave

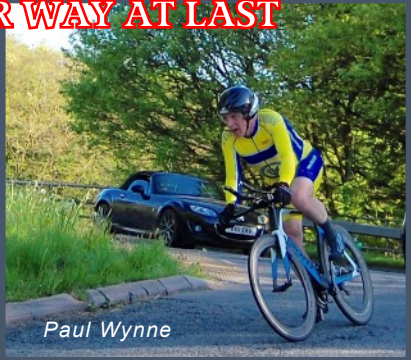
**VETS GETTING THROUGH THE CORONAVIRUS PANDEMIC**

# RACING GETS UNDER WAY AT LAST

Debbie  
Hutson-Lumb



Paul Wynne



Jennie Page



Simon  
Collins



Derek  
Ricketts



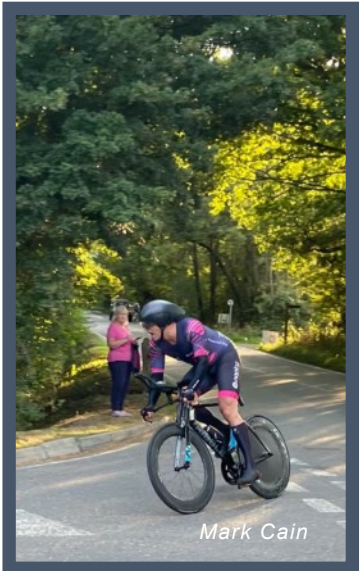
Jackie Field



Paul Hayward



Mark Cain



Thanks to members for providing the photos above and on the front cover

# VETERANS TIME TRIALS ASSOCIATION

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

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Website : [vtta.org.uk](http://vtta.org.uk) and Facebook

# THE VETERAN

## THE QUARTERLY MAGAZINE OF THE VETERANS TIME TRIALS ASSOCIATION

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

Number 67

September 2020

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Somewhat belatedly our time trialling season is now underway as the best medical scientists race to protect us from the coronavirus pandemic. The phrase "these unprecedented times" has become well worn in the media recently and we can only hope it becomes consigned to history soon and we can resume our regular activities in a normal way. It is pleasing that time trialling has found a way to resume, even under strict social distancing stipulations, and we can still get out on our bikes of course.

Although the world paused for several months in 2020 the VTTA has continued to move forward with developments and new innovations. National Chairman Andrew Simpkins covers these in his report and in more detail in our 'decrees' feature.

Elsewhere Geoff Perry has become a staunch advocate for the VTTA adopting an age handicaps system instead of standards (the 'Rudyard Ryder' proposal). Some momentum has been lost due to the pandemic, but it is hoped to be able to use the system as a trial in an event before the end of the season and to get feedback from riders (whether VTTA members or not).

One of the first events to take place after the resumption was the VTTA National 50 Championship, with thanks to Colin Parkinson.

These have been followed in rapid succession by the 12 hour and the 100 championships; all were very well supported and are reported on in this edition.

Sheffield's short and middle distance specialist Keith Ainsworth earned one gold and three silver medals in 2019 championships and admitted to being disappointed! He has obviously worked hard during lockdown in anticipation of racing re-starting and he came out a convincing winner of the 50. Keith is the subject of our very enlightening rider Q&A feature, with thanks to Jon Fairclough.

Sadly we have more obituaries than is normal, although we have gone 6 months since the last magazine and are in a serious pandemic, so this is not unexpected. The VTTA are sorry to note the passing of our Vice President Keith Robbins (of Beekay fame), Manchester live wire Joe Pilling, Mancunian turned Yorkshireman (and cycling commentator) Mike Smith and too many others. Deepest sympathy to all their families and friends, they all did a lot for our sport and will be sadly missed.

As I write this there is a lot of racing to squeeze into the next six weekends. Good luck and keep up the pressure.

*Mike Penrice*

# REFLECTIONS OF THE PRESIDENT

These are unprecedented times; 2020 has turned out so very differently from what everyone was expecting. No part of society or activity has been able to avoid the restrictions that have been put in place in order to minimise as much as possible the devastating effect which covid-19 has wrought on the whole world. Not one country has been lucky enough to escape its consequences, but the resilience of the human race has ensured that there is light at the end of the tunnel and we are trying to do everything possible to minimise any spikes that may occur.

In our sport complete disruption has occurred with no events, be it time trialling or road racing, for half the year and we are only now seven months on beginning to pick up the pieces and start to enjoy our sport again. Many competitions have been shelved for this year but where possible the various governing bodies of our sport have done their utmost to get cycle racing back on track by ensuring that it is run in as safe a way as possible. Many events have been cancelled but as the season progresses more events are now being run and it is great to see that competitors are ready and willing to participate in these events. HQ's are now essential for all open events and thankfully more and more halls and centres are prepared to allow

them to be used, which has helped to ensure that events may proceed.

The NEC have been extremely busy this year by developing and getting our automated season long competitions system up and running; this has been designed to allow riders to be able to keep track of their results and achievements as well as being able to see what other members achieve. As many national and group competitions are not being run this season it does give everyone a chance to see now how this will pan out next season and assess better that it will achieve all that is hoped for both in national and group season long competitions.

Riders have also been able to take part in virtual racing using the Zwift events, so not all has been lost this season. Looking at results that have been published since racing has resumed it certainly shows that serious training has been undertaken during lockdown.

Good luck to everyone who has been able to restart serious racing as well as those who enjoy social riding, as clubs are again beginning to run their club rides. These are probably not quite the same format as they used to be, but have been modified to permit social distancing. Just keep those pedals turning.

*Carole Gandy*

## CHAIRMAN'S DISCOURSE

After a strange and difficult year, it's good to see signs of a return to a more normal, or 'new normal', life. I have enjoyed a return to racing both club and open events and it has made me appreciate those organisers who have been willing to make the extra effort required to run their events under the current CTT Covid-19 guidelines. I am particularly grateful to our VTTA organisers Colin Parkinson, Phil Guy, Russell Gent, and Rachael Elliott and Glen Knight who have made it possible for us to run our 10, 15, 25 and 50 mile national championships this year. We are seeing over-subscribed fields for these championships, reflecting the pent-up demand for racing.

With the absence of events (and an unfortunate knee injury) Jon Fairclough was able to give a

generous amount of his time to successfully managing the project with Xncreations to automate the results of our season long competitions. This is now live and you can see riders' qualifying performances and their position in the 'league tables' in the Competitions section of the website. We trust this new service (saving you filling in paper forms) will be a real benefit and motivator for members. We continue to look at ways of using technology to move the Association forward.

We have also put live the facility to link your VTTA and CTT accounts and already approaching 900 of you have done so. Please see elsewhere in the magazine an exhortation and guidance to link your accounts if you have not already done so.

This year has reminded us that the world does not stand still and that we have to cope with changes – hopefully good ones as well as negative ones. The National Executive has started a process to look at how we can better market the VTTA and promote its events and competitions. Part of the challenge in developing the VTTA at both Group and National level is finding people who are willing to give some of their time to improving our sport as well as

enjoying the training and racing and personal friendships. With nearly 3000 members we must have a wealth of talent and experience amongst our membership. I do encourage more of you to actively support your Groups through helping on their committees and with their events so we can continue to improve what the VTTA offers our members.

*Andrew Simpkins*

## I.T.MANAGER'S REPORT

In February I was looking forward to racing in 2020 and had my season planned out. The following month I went to Cape Town intending to take part in the Cycle Tour, the race formerly known as the Cape Argus. It is the largest timed cycle event in the world with 35000 riders of all ages and abilities. While most are there for a fun day, the early starters departing from near Table Mountain at dawn are aiming to set a personal best. Unfortunately, this year I did not get to the start line. Two days before the race I dislocated my knee and limped around for three weeks. Then the pandemic arrived, and South Africa went into lockdown. Unlike the UK, people were not allowed out of the house to exercise. I got back the UK on a repatriation flight in April but shortly after that I twisted my knee again and the doctor advised an arthroscopy. That happened at the end of June and I have spent most of the time since then recovering.

I have tried to put that downtime to good use. I collected the software and data produced by the late Steve Lockwood to analyse and produce the standards that are the foundation of the VTTA. The tools used a variety of languages understandable only to IT professionals, so I decided to try and convert them to more familiar Excel. When I started I had no idea whether it was possible. I am glad to report it is, and we now have a set of Excel tools that can process CTT results data and produce a standards tables. When more race data has accumulated in a few years' time we will need to revise the standards – the performances of VTTA members are continuously improving for a variety of reasons. I am going to get the latest trike data and analyse that later this year.

I finished that standards tools project in May. We were still in lockdown and I had to self-isolate for my operation, I needed another project. In the past, people have asked me for a tool to produce results on

race day. There are quite a few good ones out there, but I have found their owners are reluctant to share them, mainly because they have only been designed to be used by the owner and are not easily usable or maintainable by anyone else. I therefore decided to produce a tool that could be used by anyone with basic Excel skills. I am pleased to say that the development of the event tool is nearly finished and it will be released by the time this Veteran issue goes to print. The tool can be used for events of any distance or time and works out results on scratch, on VTTA standard and on age band. Startsheets can be imported from the CTT website, results entered during the race, and result sheets exported for upload to the CTT site. Rather than typing data into cells, the tool uses macros to do all the work. I will support the tool as part of my IT manager job.

In parallel with the above projects, the main VTTA IT project has been to automate competitions. Andrew Simpkins and I developed a requirements specification for our IT supplier XNcreations in February. Aaron Bird and Peter Braganza from XN developed the system which was delivered for testing in June. Andrew and I then performed three cycles of system testing using dummy accounts and events at all distances. Aaron and Peter dealt with all the issues that were raised and the system went live at the end of last month. The VTTA website now shows the league tables of individuals, clubs and groups that is updated within a day of results being uploaded to the CTT website. I hope you find this dynamic view of competition status as interesting, exciting, and motivating as me.

The completion of these projects has coincided with my knee being ready for cycling, so I am hoping to make up the field in some short events in September and October.

*Jon Fairclough*

# NATIONAL AGE RECORDS STILL BEING SET

In addition to L&HC records and the very early tandem trike record, I have become aware of a few national age records claims (subject to ratification), by either riding or marshalling at the event. Claim forms still need to be completed and submitted to group recorders etc. but I have loaded them onto the website, although they remain 'subject to ratification', until I get more paperwork.

## Pre-Covid National Age Records

### **Tornado RCC 10m (P164) 15 March 2020**

Norman Harvey & Mary Corbett (WSX) 149yo Mixed Tandem Trike 34:45

## Post-Covid National Age Records

### **VTTA Championship 50m (A50/2) 14 July**

Ian Greenstreet & Rachael Elliott (L&HC) 98yo Mixed Tandem 1:45:48

### **CC Breckland 50m (B50/20) 15 August 2020 - warm, drizzling/rain with a gentle NW breeze**

Jackie Field (EA) 55yo Women Solo Bike 1:51:27  
 Andrew Grant (EA) 67yo Men Solo Bike 1:45:56  
 David Hargreaves (NL&L) 73yo Men Solo Bike 1:52:24  
 Ian Greenstreet & Rachael Elliott (L&HC) 98yo Mixed Tandem 1:37:47

### **CC Breckland 12 hour (B12/3 revised) 2 August 2020, sunny with a gentle SW breeze**

David Shepherd (WSX) 59yo Men Solo Bike 293.76 miles  
 Adam Broyad & Tim Bayley (KNT) 90yo Men Tandem 300.11 miles

*Geoff Perry*

*National Age Records (Road) Secretary*

# NATIONAL MEMBERSHIP SECRETARY'S REPORT

The National Website is running smoothly, with just a few members having trouble joining.

During the last 12 months, January – December 2019, 392 new members had been received. This year (2020) the number of new members has been down considerably, even before the coronavirus pandemic in March, but has increased since the lockdown was eased in July

Comparisons with the last four years are as follows:-

## Current Membership

On 31<sup>st</sup> July 2020 the website indicated that 2437 members were 'Active' (31/1/20 - 2764), 194 had 'Resigned' (31/1/20 - 153) and 101 were 'Deceased' (31/1/20 - 75). 934 members were marked as 'Lapsed' (31/1/20 - 542) and these will be deleted from the website on the 1<sup>st</sup> March 2021, unless they rejoin in the interim. There were also two members marked as 'Pending', not having completed their application or payment.

## Honorary Life Membership

39 Members will be 80 this year. Their various Groups will be advised of this and asked to decide if they will be granted Honorary Life Membership or not.

There are now 442 Honorary Life Members, Distinguished Life Members now number 8 and Life Members remain the same at 73.

	2016	2017	2018	2019	2020
Jan	45	53	44	61	38
Feb	43	67	58	41	38
Mar	55	60	69	41	11
Apr	72	59	71	61	7
May	53	63	57	57	7
Jun	43	51	64	46	20
Jul	49	29	51	19	41
Aug	19	30	36	23	
Sep	15	6	23	13	
Oct	21	3	16	12	
Nov	11	10	20	9	
Dec	14	9	31	9	
Total	440	440	540	392	162

*Merv.Player*

# VETERAN'S AGE HANDICAPS - THE FUTURE?

By Geoff Perry

The March edition of The Veteran had the NEC response to Rudyard Ryder's December letter, explaining how the 'Vet's Handicap Time' could be an easier way to display standard plus/minuses. This 'vets handicap time' is comparable to the traditional time trial handicap competition, but uses age handicaps which have been derived from the standards. A dying breed of modern day time trials include traditional handicap awards, but most riders have experience of the idea. Your VHT is a time that a younger version (40-year-old clone) of yourself should have been able to achieve and as such remains an almost constant (but beatable) benchmark whilst ever you compete. Fundamentally you get slower every time you have a birthday but your handicap allowance increases by a corresponding amount.

The recent VTTA 50m championship, is a good illustration of what the VHT represents as the event included a few younger/faster riders, which is not usually the case for the shorter championship events (10m, 15m & 25m) as these are typically VTTA members only events. When the actual times of the

younger faster riders are ranked alongside and amongst the vets times, it illustrates how the 40-year-old clones fare against the absolute fastest (younger) riders in the same event.

40-year-old versions of Keith Ainsworth and Matt Bottrill squeeze themselves between the actual times of John Archibald (1:34:11) and Alex Royle (1:41:41), who are both under 30 and riding at the peak of their performance. Matt has only recently entered the ranks of the vets so his vets handicap time is only a little bit faster (1 min) than his actual ride time. Keith, who can now travel to events using his senior railcard, although he can most probably cycle faster than many trains, has his actual ride time reduced by a far greater margin (9 minutes).

Keith's actual time of 1:49:13 translates into the usual VTTA standard plus of 35:17, but becomes 1:39:50 on vet's handicap time (VHT), so about 6 minutes slower than John but 2 minutes quicker than Alex. See table below.

At the other end of the field the slower riders lose the ignominy of a minus and the arithmetic and Excel manipulation all becomes much simpler.

So in summary the vets handicap times, are much more comparable to the fastest times which riders were or might have been able to achieve in their younger faster days (Back To the Future III?), more comparable to the age records of the youngest vets and the fastest riders within an event, and even in some cases comparable to competition record. Overall they are just a more useful benchmark number to remember than say a 'plus of 30 minutes for 50 miles'.

There has been plenty of discussion on this proposal and no serious objections. What we now need is a few organisers to grasp the nettle and run some events on veteran's age handicap and let's get some feedback from the riders, whether VTTA members or not. We may just discover why so many young vets do not see the VTTA as being for them.

Pos		Age	Act.Time	Plus	Vet.Age Hcp.	Vet.Hcp. Time	
1	John Archibald	M 29	1:34:11			1:34:11	NV
2	Keith Ainsworth	M 61	1:49:13	+35:17	09:23	1:39:50	
3	Matthew Bottrill	M 43	1:42:17	+34:15	01:25	1:40:52	
4	Anna Turvey	F 40	1:52:42	+33:50	11:25	1:41:17	**
5	Alexander Royle	M 27	1:41:41			1:41:41	NV
6	Andy Jackson	M 44	1:44:33	+32:26	01:52	1:42:41	
7	Andy Proffitt	M 47	1:46:00	+32:14	03:07	1:42:53	
8	Mark Smith	M 46	1:46:09	+31:40	02:42	1:43:27	
9	Adam Bidwell	M 43	1:45:16	+31:16	01:25	1:43:51	
10	Adam Duggleby	M 35	1:44:13			1:44:13	NV
11	Darren Yarwood	M 46	1:47:06	+30:43	02:42	1:44:24	
12	Philip Kennell	M 53	1:50:19	+30:21	05:33	1:44:46	
13	Keith Murray	M 45	1:47:25	+29:59	02:17	1:45:08	
14	David Hargreaves	M 73	2:04:27	+29:33	18:53	1:45:34	
15	Ian Pike (Trike)	M 52	2:08:44	+29:14	22:51	1:45:53	
86	David Barry	M 71	2:36:52	-04:57	16:48	2:20:04	
87	John Scott	M 76	2:46:52	-09:11	22:34	2:24:18	
NV - Non-vet. Actual time			* Anna Turvey included for comparison but not a VTTA member				



# VTTA NATIONAL 50 MILE CHAMPIONSHIP

## Sunday 26<sup>th</sup> July 2020

*Report by Rachael Elliott*

With Covid-19 threatening to shut down time trialling for the entire 2020 season, Colin Parkinson's dogged determination to ensure the 50 mile championship he was promoting on behalf of the Notts and East Midlands Group would still go ahead was evident throughout the period of lockdown. In June the CTT thankfully gave the go ahead to open time trialling recommencing in July and, with the VTTA National 50 penned for just a week later, the traffic lights switched to green.

The event attracted a full and very glittering field, perhaps drawn in by the potential of not just winning a VTTA title, but also the chance to obtain a good standard time on the promising new A50/2 course. The weather had different plans however, and a strong south-westerly wind made conditions tough and resulted in many DNFs – a peril of a two-lap course which passes the HQ at halfway.

Nevertheless, for the many who completed the course, there were some rides that were nothing short of exceptional. Keith Ainsworth (Sheffrec CC & North Midlands Group) put in a stunning ride to cross the line in 1:49:13 resulting in a standard of +35:17. This earned him not just the male championship title, but also the esteemed Cecil Paget Cup for the overall best solo on standard. Keith's standard time was over a minute ahead of his nearest competition, Matthew Bottrill (Team Bottrill & Notts & East Midlands Group). Matthew finished in 1:42:17 equating to a plus of +34:15. Last year's champion, Andy Jackson (Aerocoach & Yorkshire Group) could not quite manage the top step this year, but with a difficult year behind him, a bronze medal for his 1:44:33 (+32:26) must surely be some consolation.

Amongst the women, it was Sue Cheetham's chance to shine. 57-year-old Sue (North Lancashire RC & North Lincs & Lakes Group) was the convincing winner of the women's championship with a plus of +20:17 (2:14:23), over five minutes ahead of her nearest competition. Still, Joanna Cebrat (Bury Clarion CC & Manchester & NW Group) showed gutsy determination to earn the silver medal with a plus of +15:13 (2:11:52), whilst Emma Bexson (Stratford CC & Midlands Group) was just over a minute behind with a plus of +13:59 (2:15:06).

In the tandem competition, Ian Greenstreet and Rachael Elliott (Aerocoach & London & Home Counties Group) crossed the line in 1:45:48 equating to a plus of +33:12. Author's prerogative means we can report that a jammed chain at the summit of Bingham Hill cost the pair a whole two minutes and some marginal blood loss on the part of Ian Greenstreet – but it was not enough to stop them netting a new national age record.

The Group gold medal went to the deserving home group, Notts & East Midlands. The team of Matthew Bottrill, trike-rider Ian Pike and Jim Boyle took the honours with a joint plus of +92:16. The team gold medal went to Yorkshire-based club, Team Swift. The veritable trio of Steve Loraine, Mark Burtonshaw and Simon Geraci won the medal with a joint plus of +55:33.

With no prizes on the day due to Covid restrictions, Colin Parkinson and his team of helpers from Notts & East Midlands Group still managed to make the day a wholehearted success, with riders still reporting it had a championship "feel", even if cakes were in sealed bags and sanitizer was in more plentiful supply than chamois cream. Congratulations to the Group for a first-class event.

**AWARD WINNERS - 2020 VTТА NATIONAL 50 MILE TIME TRIAL CHAMPIONSHIPS**

Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Keith Ainsworth	Sheffrec CC	North Midlands	+35:17	Gold
2nd Man on Std.	Matthew Bottrill	Team Bottrill	Notts & E Mids	+34:15	Silver
3rd Man on Std.	Andy Jackson	AeroCoach	Yorkshire	+32:26	Bronze
1st Woman on Std.	Sue Cheetham	North Lancashire RC	North Lancs & Lakes	+20:17	Gold
2nd Woman on Std.	Joanna Cebzat	Bury Clarion CC	Manchester & NW	+15:13	Silver
3rd Woman on Std.	Emma Bexson	Stratford CC	Midlands	+13:59	Bronze
Group Team Champions	Matthew Bottrill	Team Bottrill	Notts & E Mids	+92:16	Gold
	Ian Pike (Trike)	Lincoln Whs CC			Gold
	Jim Boyle	Born to Bike			Gold
Club Team Champions	Steve Loraine	Team Swift	Midlands	+55:33	Gold
	Mark Burtonshaw		Yorkshire		Gold
	Simon Geraci		Yorkshire		Gold
Tandem Champions	Ian Greenstreet	AeroCoach	London & Home Counties	+32:57	Gold
	Rachael Elliott				Gold

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

**FINISH ORDER - 2020 VTТА NATIONAL 50 MILE TANDEM TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Ian Greenstreet	AeroCoach	L&HC	M	56	2:19:00	1:45:48	+33:12
	Rachael Elliott			F	42			

**FINISH ORDER - 2020 VTТА NATIONAL 50 MILE TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Keith Ainsworth	Sheffrec CC	NMids	M	61	2:24:30	1:49:13	+35:17
2	Matthew Bottrill	Team Bottrill	N&EM	M	43	2:16:32	1:42:17	+34:15
3	Andy Jackson	AeroCoach	Yks	M	44	2:16:59	1:44:33	+32:26
4	Andy Proffitt	Arctic Aircon RT	EA	M	47	2:18:14	1:46:00	+32:14
5	Mark Smith	Crawley Whs	S&S	M	46	2:17:49	1:46:09	+31:40
6	Adam Bidwell	Kingston Whs CC	S&S	M	43	2:16:32	1:45:16	+31:16
7	Darren Yarwood	Almerico Vive Le Velo	Yks	M	46	2:17:49	1:47:06	+30:43
8	Philip Kennell	GS Metro	North	M	53	2:20:40	1:50:19	+30:21
9	Keith Murray	Drag2Zero	North	M	45	2:17:24	1:47:25	+29:59
10	David Hargreaves	North Lancashire RC	NL&L	M	73	2:34:00	2:04:27	+29:33
11	Ian Pike (Trike)	Lincoln Whs CC	N&EM	M	52	2:37:58	2:08:44	+29:14
12	Jim Boyle	Born to Bike	N&EM	M	55	2:21:32	1:52:45	+28:47
13	Sean Vincent	Race Hub	N&EM	M	50	2:19:27	1:50:55	+28:32
14	Alan Chorley	Seamons CC	M&NW	M	49	2:18:38	1:50:09	+28:29
15	Keith Doring	Team Bottrill	EA	M	61	2:24:30	1:56:27	+28:03
16	Mat Ivings	Buxton CC	NMids	M	47	2:18:14	1:50:19	+27:55
17	Nicholas Cousins	Ilkeston Cycle Club	N&EM	M	40	2:15:07	1:48:21	+26:46
18	Joseph Costello	Walsall Roads CC	Mids	M	61	2:24:30	1:58:22	+26:08
19	Simon Smith	JRC Shutt Ridley RT	Mids	M	45	2:17:24	1:51:23	+26:01
20	Ben Harrison	Crimson Orientation	North	M	40	2:15:07	1:49:28	+25:39
21	Simon Dighton	Beacon Roads CC	Mids	M	57	2:22:27	1:56:51	+25:36

Sue  
Cheetham



Keith  
Ainsworth

Emma  
Bexson



Ian Greenstreet & Rachael Elliott

Championship images  
courtesy of

**Kimroy  
Photography** 



Matt Bottrill

Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
22	Jamie Murray	Peterborough CC	N&EM	M	41	2:15:36	1:50:36	+25:00
23	Shawn Gough	Tuxford Clarion C C	NMids	M	47	2:18:14	1:53:20	+24:54
24	Mathew Stonley	Mapperley CC	N&EM	M	47	2:18:14	1:53:46	+24:28
25	Mark White	Mark White Coaching RT	N&EM	M	50	2:19:27	1:55:06	+24:21
26	Michael Stevens	Melton Olympic CC	N&EM	M	70	2:30:58	2:06:57	+24:01
27	Duncan Emery	Twickenham CC	L&HC	M	47	2:18:14	1:54:15	+23:59
28	Adam Laycock	VTTA (EA Group)	EA	M	53	2:20:40	1:56:54	+23:46
29	Stu Wright	QN Racing	N&EM	M	52	2:20:16	1:56:33	+23:43
30	Geoff Reynolds	Hemel Hempstead CC	EA	M	54	2:21:06	1:57:39	+23:27
31	Cliff Beldon	Selby CC	Yks	M	73	2:34:00	2:10:46	+23:14
32	Ed Tarelli	Race Hub	N&EM	M	48	2:18:38	1:55:25	+23:13
33	Steven Loraine	Team Swift	Mids	M	64	2:26:18	2:03:09	+23:09
34	Grant Whiteside	Pontypool Road CC	Yks	M	46	2:17:49	1:55:05	+22:44
35	Roy Flanagan	Rossendale RC	NL&L	M	63	2:25:40	2:03:00	+22:40
36	Jez Willows	Sherwood CC	N&EM	M	55	2:21:32	1:58:56	+22:36
37	Robin Short	Cotswold Veldrijden	West	M	44	2:16:59	1:54:29	+22:30
38	Ian Wroblewski	Team Lutterworth	N&EM	M	46	2:17:49	1:55:28	+22:21
39	Ian Peacock	Leek CC	M&NW	M	68	2:29:14	2:06:58	+22:16
40	Jonathan Lloyd	Westmead Team 88	M&NW	M	52	2:20:16	1:58:19	+21:57
41=	Mark Sanders	Mid Devon CC	West	M	61	2:24:30	2:02:44	+21:46
41=	Mark Hamer	Stratford CC	Mids	M	45	2:17:24	1:55:38	+21:46
43	Sean Quinn	Law Whs	Scot	M	47	2:18:14	1:56:45	+21:29
44	Stephen l'Anson	Buxton CC	M&NW	M	64	2:26:18	2:05:03	+21:15
45	Scott Povey	MediaVelo	Mids	M	41	2:15:36	1:54:23	+21:13
46	Andrew Simpkins	Team Echelon	Mids	M	66	2:27:41	2:06:55	+20:46
47	Sue Cheetham	North Lancashire RC	NL&L	F	57	2:34:40	2:14:23	+20:17
48	Andy Newham	Lincoln Whs CC	NMids	M	47	2:18:14	1:58:09	+20:05
49	Phil Guy	North Shropshire Whs	Mer	M	72	2:32:56	2:12:52	+20:04
50	Andrew Halliday	Westerley CC	L&HC	M	48	2:18:38	1:59:25	+19:13
51	Martin Gargett	Halifax Imperial Whs	Yks	M	47	2:18:14	1:59:14	+19:00
52	Robert Barnard	Team Cystic Fibrosis	NMids	M	48	2:18:38	2:00:02	+18:36
53	Daryl May	Sheffrec CC	NMids	M	46	2:17:49	1:59:29	+18:20
54	Nigel Wood	Seamons CC	M&NW	M	57	2:22:27	2:04:12	+18:15
55	Steve Cornish	Mid Shropshire Whs	Mer	M	64	2:26:18	2:08:15	+18:03
56	Mike Dalton	Stockton Whs CC	North	M	40	2:15:07	1:57:07	+18:00
57	Steve Shore	Southend Whs	EA	M	73	2:34:00	2:16:37	+17:23
58	Mark Burtonshaw	Team Swift	Yks	M	62	2:25:04	2:07:56	+17:08
59	Martin Bullen	Peterborough CC	NMids	M	68	2:29:14	2:13:06	+16:08
60	Simon Geraci	Team Swift	Yks	M	52	2:20:16	2:05:00	+15:16
61	Joanna Cebrat	Bury Clarion CC	M&NW	F	41	2:27:05	2:11:52	+15:13
62	Chris Sprott	Ratae RC	N&EM	M	44	2:16:59	2:01:48	+15:11
63	Graham Wright	Velo-One CT	N&EM	M	49	2:18:38	2:03:41	+14:57
64	Andrew Curley	Warwickshire RC	Mids	M	57	2:22:27	2:07:58	+14:29
65	Emma Bexson	Stratford CC	Mids	F	45	2:29:05	2:15:06	+13:59
66	Barrie Whittaker	Lyme Racing Club	M&NW	M	63	2:25:40	2:11:43	+13:57
67	Geoff Edgerton	North Shropshire Whs	Mer	M	72	2:32:56	2:19:26	+13:30
68	Mark Shore	Walsall Roads CC	Mids	M	61	2:24:30	2:11:10	+13:20
69	Loz Staples	Velo-One CT	N&EM	M	47	2:18:14	2:05:16	+12:58
70=	Tim Fowler	PSSA CC	L&HC	M	54	2:21:06	2:08:12	+12:54

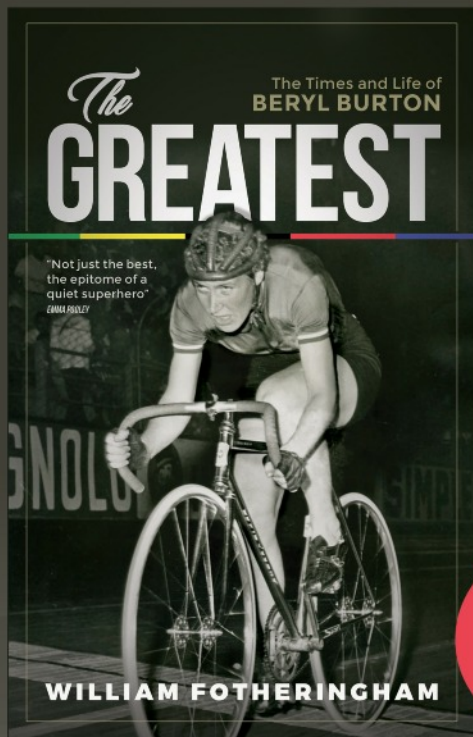
Pos.	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
70=	Robert Jones	Cardiff 100 Miles RCC	SWIs	M	68	2:29:14	2:16:20	+12:54
72	Martin Horrobin	Horwich CC	NL&L	M	53	2:20:40	2:07:47	+12:53
73	Richard Durham	Settle Whs	Yks	M	66	2:27:41	2:15:25	+12:16
74	Michelle Morley	Team Swift	Yks	F	54	2:33:11	2:21:21	+11:50
75=	Chris Spray	Ratae RC	N&EM	M	53	2:20:40	2:09:12	+11:28
75=	Nigel Briggs	South Pennine RC	N&EM	M	59	2:23:25	2:11:57	+11:28
77	Lee Thomas	Velo-One CT	N&EM	M	47	2:18:14	2:07:18	+10:56
78	Paul Brierley	Huddersfield RC	Yks	M	53	2:20:40	2:09:49	+10:51
79	Fenella Brown	Beacon Roads CC	Mids	F	51	2:31:48	2:22:00	+09:48
80	Andrew Cross	Velo-One CT	Mids	M	44	2:16:59	2:08:24	+08:35
81	John Forbes	Birkenhead NE CC	Mer	M	55	2:21:32	2:14:32	+07:00
82	Michael Wilkinson	North Notts Oly CC	N&EM	M	60	2:23:57	2:17:47	+06:10
83	Pamela Moore	Coalville Whs	N&EM	F	53	2:32:43	2:29:10	+03:33
84	Howard Leach	North Lancashire RC	NL&L	M	45	2:17:24	2:16:16	+01:08
85	Russell Carter	South Pennine RC	N&EM	M	59	2:23:25	2:25:40	-02:15
86	David Barry	sportfagley	N&EM	M	71	2:31:55	2:36:52	-04:57
87	John Scott	Sleaford Whs CC	N&EM	M	76	2:37:41	2:46:52	-09:11
88	Ala Whitehead	Rockingham CC	NMids	F	46	2:29:33	2:53:52	-24:19
DNF	Rob Vessey (Didcot Phoenix CC), Robert Gibbons (Race Rapid), Andy Whitehead (Rockingham CC), Anne Staley (Mercia CC), Neal Parkin (Team Bottrill), Antony Gough (Velo-One CT), Paul Eveleigh (Lincoln Whs CC), Nick Hanson (Seacroft Whs), Sean Sanders (Drighlington BC), Paul Fleming (Preston Whs), David Stockley (A5 Rangers CC), Mike Kirby (Banbury Star CC), Richard Gray (Norton Whs), Peter Lloyd (Lindfield Coffee Works), Fiona Sharp (Team Swift), Stve Hilton (Warrington RC), Dan Barnett (Team Bottrill)							
DNS /A	Adrian Gorham (Kettering CC), Daniel Shaw (Halifax Imperial Whs), Simon Adcook (Team Bottrill), Simon Garrett (Team Echelon), Karen Taylor (Team Sportslab), Frank Anderson (SVTTA), Daniel Barnett (Team Bottrill), David Pittman (Banbury Star CC), Alex Garner (VeloElite RC), Nick Cave (Team Lutterworth), Chris Womack (VC Baracchi)							
DNS	David Percival (Team Swift)							
RES	Colin Parkinson (South Western RC)							

#### CLUB TEAMS

Pos.	Club	Names	Plus
1	Team Swift	Steven Loraine, Mark Burtonshaw, Simon Geraci	+55:33
2	North Lancashire RC	David Hargreaves, Sue Cheetham, Howard Leach	+50:58
3	VeloOne Cycling Team	Graham Wright, Loz Staples, Lee Thomas	+38:51

#### GROUP TEAMS

Pos.	Group	Names	Plus
1	Notts & East Midlands	Matt Bottrill, Ian Pike, Jim Boyle	+92:16
2	North Midlands	Keith Ainsworth, Mat Ivings, Shawn Gough	+88:06
3	Yorkshire	Andy Jackson, Darren Yarwood, Cliff Beldon	+86:23
4	North	Philip Kennell, Keith Murray, Ben Harrison	+85:59
5	East Anglian	Andy Proffitt, Keith Dorling, Adam Laycock	+84:03
6	Midlands	Joseph Costello, Simon Smith, Simon Dighton	+77:45
7	Manchester & North West	Alan Chorley, Ian Peacock, Jonathan Lloyd	+72:42
8	North Lancs & Lakes	David Hargreaves, Roy Flanagan, Sue Cheetham	+72:30
9	London & Home Counties	Duncan Emery, Andrew Halliday, Tim Fowler	+56:06
10	Merseyside	Phil Guy, Steve Cornish, Geoff Edgerton	+51:37



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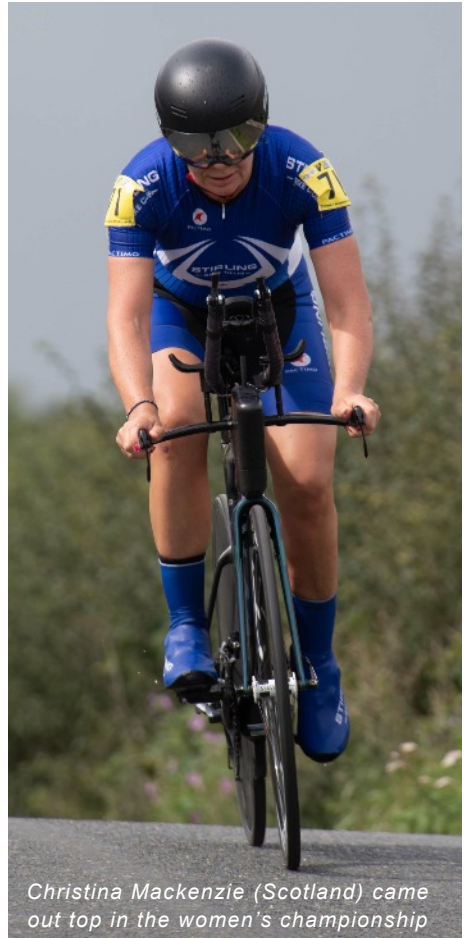
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# VTTA NATIONAL 12 HOUR CHAMPIONSHIP

## Sunday 23<sup>rd</sup> August 2020

*Report by NE Representative Jon Fairclough*

The VTTA 12 Hour National Championship was held in conjunction with the RTTC/CTT national championship. The event was efficiently organised by the Mersey Roads Club team led by Jon and Ruth Williams on the D12/1 course. The course was changed on the day due to roadworks, resulting in the riders doing four circuits between Prees Heath and Battlefield Church instead of one. Conditions were overcast with rain showers, sometimes heavy, occurring sporadically all day. Eighty-four riders were on the startsheet and sixty finished. The final results



are as follows. The top three in the men's VTTA championship were: Andrew Whiteside (Bella in Sella Racing) +76.24, Darren Yarwood (Almerico Vive le Velo) +74.98, and Mark Smith (Crawley Wheelers) +74.16. The top three in the women's VTTA championship were: Christina McKenzie (Stirling Bike Club) +62.76, Lynne Biddulph (Born to Bike – Bridgtown Cycles) +50.63, and Lisa Davis (trainSharp) +49.49. The winning VTTA group was the Yorkshire

team of Darren Yarwood, Sean Sanders, and Andy Jackson with a total plus of 158.77. There was no winning VTTA club.

Andy Whiteside gave this account of his day: "I travelled down the day before with my long suffering wife (and helper for the race, who did a sterling job I hasten to add) and stopped in a camper van that a friend generously lent to us. The alarm clock went off at the ungodly hour of 4:30am and we arrived at the HQ to sign on, wake up with a coffee, have some porridge and get ready for my start time of 6:15am. Leading up to the event I was hoping for a distance PB for a 12 (that I set last year on this course) but due to a last minute amendment of the route because of roadworks I didn't think that would've been possible (the new route added nearly 1700ft of climbing) But it wouldn't be for the want of trying I thought to myself as I set off! The new part of the course (the Battlefield circuit) was tough, a very undulating, honest part of the race.

"Four hours went by and I was met by my wife for the first of only two feed stops. I use a camelback bladder down the front of my skinsuit for hydration then carry the necessary food and gels in a top tube bag. The changeover went well, and I set off again onto the day circuit. Around 1pm the rain that was forecast turned up and along with the increasing winds made it pretty unpleasant in places. I had the unfortunate occurrence of one of my contact lenses coming out but thankfully after fifteen miles my wife supplied me with a fresh one at my last feed stop.

"Then it was onto the finishing circuit; by now it had stopped raining, but the wind had picked up quite a bit giving us all some challenging headwinds to contend with. When the 12 hours was up I was certainly glad I had a tailwind back to the HQ!

"I would just like to thank the organisers, timekeepers, and marshals for putting on a fantastic event in these strange covid times. Also, the support at the roadside around the course was second to none, the shouts of encouragement certainly gave me a lift when needed".

Christina also told her story: "Receiving the update that the course was going to be changed due to roadworks and we would be doing four circuits of the Battlefield loop I knew it was going to be a harder day than anticipated. That coupled with the weather forecast would mean my distance expectations would be reduced.

"The first few hours were "pleasant", and I enjoyed the nice dry conditions although dealing with a westerly wind, but so was everyone else. Out of nowhere the

heavens opened and it started to rain heavily, the pleasantness quickly turned to unpleasant as the rain pelted down. Coming from the Outer Hebrides I am familiar to training in these kinds of conditions, so it was a case of head down and keep the pedals turning. The rain was persistent and let up on only a few occasions in the next 4 hours, making it pretty grim riding. During this time, we were moved to another section of the course, where we would do smaller loops - that also had its disadvantages from lots of corners and oncoming cars. At this point I was unsure of my position as I could not see any of the other females, unlike the out and back. I had to just stick to my plan and concentrate on my own race and keep it consistent.

"It was with a sigh of relief when we were marshaled onto the final straight to take us to the finishing circuit, but still having 3 hours to go I knew the remaining few hours could be tough. At this point I was aware I had a lead, but was not given the opportunity to cruise the last hour as my support crew were giving me encouragement to keep going hard to get to 250 miles. At 11 hours in and 238 miles completed I knew this was do-able but would hurt. Not wanting to disappoint my team I continued the charge to get to 250 miles, enjoying the tailwind on one side of the circuit then paying dearly for the headwind on the ascent on the other side. The shorter circuit meant seeing more riders and support which was also a great advantage and a fantastic morale boost, getting encouragement from other riders support teams and the riders too. I was watching my Garmin and willing the time to complete 12 hours. Once I achieved 251 miles I got to the final check point and was relieved to hear I could stop. Time was up and I completed 251.93 miles, which under the circumstances with the course change and weather conditions I was delighted to achieve and to learn that it was 1st place female."

Defending RTTC/CTT champion Andy Jackson was credited with (for him) a lowly 240 miles and only third place in the winning team. He reports crashing out of the event after about four laps of the finishing circuit when "some idiot decided to turn right across me whilst I was doing just under 30mph. I managed to avoid being hit but smashed into the curb, went over the bars and totally wrote off my bike. I have quite a few cuts and bruises and badly torn ligaments in my shoulder, otherwise I'm okay."

Congratulations to riders – it was a tough day, and thanks to the organisers and marshals for the massive effort it takes to hold this long distance event. See the full final results below.



### MEN'S 12 HOUR CHAMPIONSHIP FINAL RESULT

Pos	Rider	Age	Club	Group	Distance	PlusD
1	Andrew Whiteside	46	Bella in Sella Racing	North Lancs & Lakes	284.32	76.24
2	Darren Yarwood	46	Almerico Vive Le Velo	Yorkshire	283.06	74.98
3	Mark Smith	46	Crawley Wheelers	Surrey/Sussex	282.24	74.16
4	Carl Donaldson	40	GS Metro	North	290.20	73.10
5	Angus Wilson	51	Dundee Thistle	Scotland	264.04	62.37
6	Arthur Winstanley	64	Liverpool Phoenix CC (Aintree)	Merseyside	240.16	57.24
7	Sean Sanders	50	Drighlington BC	Yorkshire	255.25	52.32
8	Victor Chetta	42	Pirate Juice CC	Merseyside	257.66	43.85
9	Graham Hurrell	61	Basildon CC	East Anglian	230.13	42.19
10	Ian Peacock	68	Leek CC - Den Engel Belgian Bar	Manchester & North West	217.13	41.94
11	Robert Jones	68	Cardiff 100 Miles RCC	South Wales	215.38	40.19
12	Jez Willows	55	Sherwood CC	Nottingham & East Midlands	235.00	38.45
13	Paul Russell	53	Springfield Financial Racing Team	North Lancs & Lakes	236.19	37.05
14	Nigel Briggs	59	South Pennine RC	Nottingham & East Midlands	226.98	35.98
15	Tim Fowler	55	PSSA Cycling Club	London & Home Counties	228.83	32.28
16	David Barry	71	sportfagley	Nottingham & East Midlands	200.51	32.06
17	Andy Jackson	45	AeroCoach	Yorkshire	240.90	31.47
18	Kevin Munt	63	Farnham RC	Wessex	215.65	30.98
19	Stuart Peckham	50	Velo Club St Raphael	Wessex	232.53	29.60
20	Ian Casson	68	Birkenhead Victoria CC	Merseyside	202.69	27.50
21	Steve Orriss	68	Fareham Wheelers CC	Wessex	202.06	26.88
22	Martin Beale	47	Velo Club St Raphael	Wessex	207.47	0.71
DNF	Harry Cowley (Chester RC), John Forbes (Birkenhead NECC), Robert Corry (Fareham Whs), Steve Cornish (Mid Shrops. Whs)					
DNS	Malc McAllister (Seamons CC), Nigel Sign (Fareham Whs), Simon Higgins (Liverpool Century RC)					

### WOMEN'S 12 HOUR CHAMPIONSHIP FINAL RESULT

Pos	Rider	Age	Club	Group	Distance	PlusD
1	Christina MacKenzie	43	Stirling Bike Club	Scotland	251.93	62.76
2	Lynne Biddulph	51	Born to Bike - Bridgtown Cycles	Midlands	230.33	50.63
3	Lisa Davis	45	trainSharp	Surrey/Sussex	236.12	49.49
4	Joanna Cebrat	41	Bury Clarion CC	Manchester & North West	236.69	44.74
5	Brigid Night	55	Frodsham Wheelers	Merseyside	214.62	39.48
6	Emma Bexson	45	Stratford Cycling Club	Midlands	217.81	31.19
DNF	Michelle Lee (PDQ Cycle Coaching)					
DNS	Mandy Bunn (Datilyn-x-Parensis), Theresa Taylor (Ribble Valley Crossroads CT)					

### GROUP TEAMS 12 HOUR CHAMPIONSHIP FINAL RESULT

Pos	Group	Names	Plus
1	Yorkshire	Darren Yarwood, Sean Sanders, Andy Jackson	+158.77
2	Merseyside	Arthur Winstanley, Victor Chetta, Brigid Night	+140.57
3	Notts & East Midlands	Jez Willows, Nigel Briggs, David Barry	+106.49
4	Wessex	Kevin Munt, Stuart Peckham, Steve Orriss	+87.46

# VTTA NATIONAL 100 MILE CHAMPIONSHIP

## Sunday 30<sup>th</sup> August 2020

Report by NEC Representative Mike Penrice

Darren Yarwood - men's champion



A running diversion through a field was not what riders were expecting, but this was necessary due to a police road closure after a lunatic driver mowed down a Sunday cycling group.

The VTTA championship was this year incorporated into a very well organised and marshaled Tyneside Vagabonds 100 in the far north of England, in Northumberland. The open event was very well supported with 75 riders and attracted a good smattering of VTTA members both local and from Scotland and Yorkshire and further afield. Furthest travelled was probably National Chairman Andrew Simpkins.

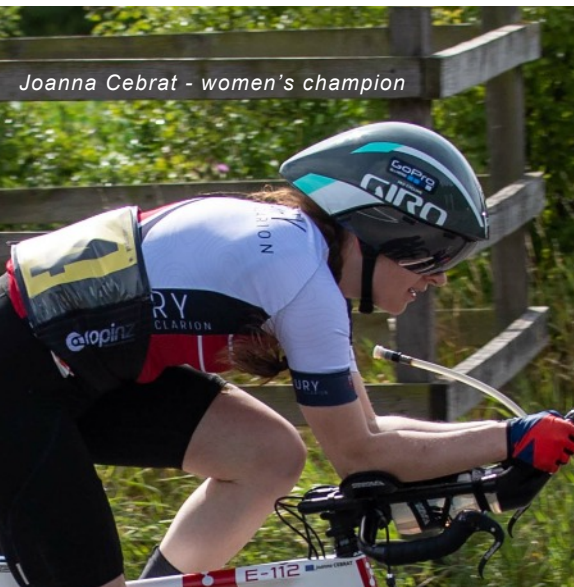
Roads in that area are not the fastest and a fresh westerly breeze further hampered riders as they completed four laps of a rolling all single carriageway circuit. Several areas of traffic calming did not slow the riders, nor the madman who, whilst riders were on their third lap, drove into the back of a group of six cyclists causing serious injuries to the two at the rear. Police closed the road but the report now is that the injured parties are in hospital but not in danger. The car driver attempted to leave the scene but was restrained and subsequently arrested.

Riders in the event were delayed and several retired. However it was then realised by a resourceful triathlete in the event that it was possible to continue by running through an adjacent field, which is what most did - losing perhaps 2 minutes in the process.

Yorkshire strongman Darren Yarwood came out top yet by 8 minutes when his 3h 53m ride yielded +55:22; he also led the winning group team (as he did in the previous week's 12 hour) supported this time by Grant Whiteside and Jymmy Trevor.

Thanks must go to event organiser Nick Wild and his team of Vagabonds. Whilst many VTTA entrants had a significant journey promoting here should encourage more veterans from north of the Tyne to join the VTTA.

Joanna Cebzat - women's champion



**FINISH ORDER - 2020 VTTA NATIONAL 100 MILE TIME TRIAL CHAMPIONSHIP**

Pos	Name	Club	Group	Gdr	Age	Std.	Actual	Plus
1	Darren Yarwood	Almerico Vive Le Velo	Yorks	M	46	4:49:18	3:53:52	+55:26
2	Philip Kennell	GS Metro	North	M	53	4:55:56	4:08:32	+47:24
3	Derek McMillan	SVTTA	Scot	M	60	5:03:36	4:23:06	+40:30
4	Grant Whiteside	Pontypool Road Cycling Club	Yorks	M	46	4:49:18	4:12:55	+36:23
5	Sean Quinn	Law Wheelers	Scot	M	47	4:50:15	4:13:55	+36:20
6	Andrew Simpkins	Team Echelon	Mids	M	66	5:12:29	4:37:42	+34:47
7	Neil Fearn	Harrogate Nova CC	North	M	40	4:43:02	4:11:57	+31:05
8	Bud Johnston	SVTTA	Scot	M	61	5:04:54	4:34:27	+30:27
9	Jez Willows	Sherwood CC	N&EM	M	55	4:57:56	4:28:11	+29:45
10	Jymmy Trevor	Hull Thursday RC	Yorks	M	48	4:51:12	4:23:59	+27:13
11	Roger Clarke	Tyneside Vagabonds CC	North	M	49	4:52:08	4:26:34	+25:34
12	Gary Simpson	Yorkshire Road Club	Yorks	M	52	4:54:58	4:30:49	+24:09
13	Nigel Briggs	South Pennine RC	N&EM	M	59	5:02:23	4:43:38	+18:45
14	Trevor Mayne	Birdwell Wheelers	NMids	M	57	5:00:04	4:47:01	+13:03
15	Joanna Cebrat	Bury Clarion CC	M&NW	F	41	5:08:14	4:57:36	+10:38
16	David Hilditch	Ribble Valley C&RC	NL&L	M	67	5:14:17	5:05:10	+9:07
17	Alan Davison	Tri Northumberland (Tri North)	North	M	57	5:00:04	4:51:38	+8:26
18	Brian Morrell	Dumfries CC	Scot	M	60	5:03:36	5:05:01	-1:25
DNS-A	Stacey Stump (York Cycleworks), Paul Roberts (Hambleton RC), Roy Flanagan (Rossendale RC)							
DNS	Randle Shenton (Team Swift), Andy Jackson (AeroCoach)							
DNF	David Nichol (Ferryhill Whs), Warren Mason (VTTA (North)), David Robinson (Tyneside Vagabonds CC), Miles Haslam (Buxton CC/Sett Valley Cycles), Crispin Swinhoe (Barnsley Road Club)							

**GROUP TEAMS**

Pos.	Group	Names	Plus
1	Yorkshire	Darren Yarwood, Grant Whiteside, Jymmy Trevor	+1:59:02
2	Scotland	Derek McMillan, Sean Quinn, Bud Johnston	+1:47:17
3	North	Philip Kennell, Neil Fearn, Roger Clarke	+1:44:03

**AWARD WINNERS**

Award	Name	Medals
1st Man on Std.	Darren Yarwood	Gold
2nd Man on Std.	Philip Kennell	Silver
3rd Man on Std.	Derek McMillan	Bronze
1st Woman on Std.	Joanna Cebrat	Gold
2nd Woman on Std.	Only woman VTTA entrant	
3rd Woman on Std.		
Group Team Champions	Yorkshire	Gold (x3)
Club Team Champions	No VTTA club entrants	
Tandem Champions	No tandem entrants	
First man and first woman on standard also each receive a champion's jersey and cap. Darren Yarwood is also awarded the Doug Brunwin memorial Salver for overall best solo on standard.		

# RIDER Q & A - KEITH AINSWORTH

## Jon Fairclough Asks the Questions

The cyclist answering the questions this month is Keith Ainsworth, who has just won the 50 mile National Championship. A late comer to time-trialling, he has already accumulated two national VTTA championship wins and many other awards.

### Q1: What is your sporting background?

I was brought up in Blackpool when it was the start of the halcyon years for UK dominance of world middle / long distance running and a huge sport. As a school kid I was a 'star' runner, represented (Old) Lancs throughout school years....but by 17 I identified there were more interesting shapes to consider (one was a beer glass, and the others were.... you can imagine!) Also, in Blackpool there was little encouragement for athletics. I packed running in.

By 22 years old I finished university in Liverpool with no job. I went jogging to get fit for football. I was in the vicinity of the famous Liverpool Harriers and decided to give running a go. Within one year I had done 68 mins for half marathon, sub 30 for a 10K and eventually after a 'play' on the track I did 1:53 for 800m and 3:50 for 1500m and got invited to join the BMC (British Milers Club). Less than 6 months after that, aged 25, I moved to London with a gang of pals and within 3 months packed the sport in for good...the social draw (again) was too strong!

This experience has undoubtedly contributed to my enthusiasm for racing so late in life – it's all relative of course because of my age now, but that wastefulness has fuelled my enthusiasm for having a go now, when I realised a decent level was possible – inspired by the likes of Rob Pears and Kevin Tye.

### Q2: When did you start time trialling?

2013. For my 50th birthday in 2009 I did a series of charity road rides with slicks on my mountain bike. Eventually I bought a Planet X entry level road bike, joined 2 clubs. After 2 years, the guys persuaded me to race (as I was getting so strong) – did 2 years of road and cross racing but found it

so frustrating and opportunistic...I raced aggressively...and it was suggested I try TT. For six races I put clip-ons on my road bike, and did rather well relatively, I then bought a Planet X entry level TT bike – by the third race I'd done a 53 mins 25 and soon won the Team Swift (slow) 10m on the V718 in 20:34.

### Q3: What are your greatest achievements in your time trialling career?

Not easy to answer because there are differing facets, but here are some of them: two National VTTA Championship wins (four silvers), two gold age RTTC medals (in 2019 at 10 & 25 miles), North Midlands Regional (Open) TT Champion 2018 / Runner-Up 2019. Three times 4th in Welsh National Open 50 Championships (2017, 18, 19). In 2018 and 2019 I finished 24 open races in the top five.

I have broken every Sheffrec CC club record from 5 miles to 100 miles (including wiping out the records of ex-National 12 hour Champ, Rob Townsend). I have also broken 17 national age records at various distances. The fastest times I am most proud of are a 48:00 25 in 2018 and 3:42:20 100 also in 2018. The 100 was a one off!

### Q4: What is your TT bike?

Trek Speed Concept (started on a PX Stealth but got to the level where my peers were on top bikes, so I had to upgrade if I wanted to compete)

### Q5: What is your approach to training?

I think the contemporary cycling press call it "structured periodisation"; as an ex-runner, we called it, wait for it...."training"! Periodisation means doing certain things at certain times of the year (training phases or periods), to build that ultimate pyramid of fitness for the race season. Even in the 70s as a teenager, all runners followed a standard template of structured periodisation, simply because in running you HAVE to....the approach has certainly been fine-tuned with the increase in physiological understanding, but the

raw template is not too dissimilar. I genuinely believe those from pure endurance backgrounds (also including rowers and swimmers) have a distinct advantage over pure cyclists, as we bring an ingrained mentality with us, on how training should be done – it's bread and butter, it's what we had to do!

Less so these days but I encountered opposition and I must say derision to my methods, from "pure cyclists", and especially "old schoolers".... "intervals in November", how dare he!! As a close friend reminded me recently, they've since been wiping mud off their faces!!

Timewise/mileage – in the race season I hardly do 100 miles per week. However in the off season and especially in Mallorca (where I have an apartment) I may do 300+ miles per week, but varied stuff, from Fartlek, using inclines, also intervals of varying distance and effort to group café rides (*Fartlek means "speed play" in Swedish, and is continuous training with interval training – Ed*).

Richard Simmonds has been my coach since 2015...Richard has been a top Elite level road rider and tester but has also been the World Duathlon Silver medalist....I like that fact he has a running background.

**Q6: What have you done (and not done!) to allow you to keep getting so many podium finishes?**

Pete Read (RIP) invited me to an end of season test after winning his (Team Swift) V718 slow in 2013 – he told me then that as I started from scratch so late, it could take 7 years to reach a peak. I remember thinking there was absolutely no way I would be racing at 60! 2018 (aged 59) was my best year for fastest times, but 2019 (aged 60) I improved all my power averages in races...so the answer is, I have just kept improving. When I race I look at actual times, and always target the front of the results board...I get quite miffed if I finish lower than expected – even if it appears decent to others (especially "for my age")...I wasn't happy with the performance at the VTTA 50M Champs this month for example – I wanted top 10 actual!

**Q7: How many more years do you plan to keep racing?**

Depends on personal circumstance – I assess at the end of each year (I've retired every year since 2018! ) – there are so many things I want to do, and have neglected and would like to return to...but while I seem to be continually improving it's hard to make that decision and hang my cleats up!.

**Q8: What is your favourite type of time trialling event?**

I do not really differentiate whether it be course type, although rolling suits me best, or DC vs SC....distance wise, 50 miles is long enough, although I am not discounting having another go at a 100, that 3-42 I know is vulnerable!

**Q9: What do you think about when you are racing?**

I think initially it is important to control that early enthusiasm and false strength - I occasionally get it wrong though, so I try and stay smooth and "let the bike do the work". No panics, no surging. Towards the end, pain is just the brain's failsafe, so I try and ignore it and think of the chequered flag!

I can use family members to "shout me on". My Dad passed in 2000 and he is sometimes with me. He was a decent time triallist in his day. In the early 90's I took my mountain bike to the then well-known Tony Butterworth cycles in Sheffield for maintenance. Tony recognised my accent was from Lancashire and asked if I was related to the "Lancashire Ainsworth Brothers". When I said my Dad (Phil) and Uncle's names (Geoff) - he said "yep, they were top time triallists, especially Phil". I never spoke to my Dad about it. I bought my TT bike 13 years after he had died.

**Q10: What sacrifices do you make to perform so well in time trialling?**

Outside cycling, previously I organised "walking and beer" breaks with my pals to places like the Lakes and Snowdonia, and easier walking places like the Peaks, Wye Valley and the Northumberland coastline. They were great socials, but they have taken a back seat. I used to

scuba dive too all over the place overseas (tropical waters). My pals still do touring bike breaks with panniers, usually including plenty of beer; they have just done Cornwall. I miss all that!

On the bike – of all the disciplines I chose time trialling! In Sheffield everyone goes out into the Peak District, I cannot really do that on a regular basis, so I train on my own “out east” in North Nottinghamshire and Lincolnshire as Billy-No-Mates. When in Mallorca I have a nice little training crowd, although for specialist sessions I go out on my own.

**Q11: How has the pandemic affected your training?**

I was in Mallorca just starting my 6 week pre-season block, when full lock down occurred in Spain, I managed to get a rescue flight – but did not do the same quantity of training that I would have back in the UK. However, lockdown has been more “time crunched” (70 min max trainer quality sessions) and a couple of 3 hour max outdoor sessions per week, so it will be interesting if my performance levels are as expected, with the

reduced time input. I have tried Zwift, but I am not a fan – I deleted my account straight after my first (‘proper’) race!

**Q12: What are you aiming to achieve this season?**

I am happy racing and so grateful to those that are organising. Although now I’ve won the first VTTA Championship, I’ll probably target the 10 & 15, and 25 if it is rescheduled.

**Q13: What do you do outside cycling?**

I decided to retire during lockdown (third attempt but now must be serious, as I’ve placed a deposit on a campervan conversion!) and have been rediscovering a lot of the local footpaths mainly on the edge of Sheffield but also further afield. I’ve always had an interest in the outdoors and especially nature, and have really picked this up much more recently...Chris Packham is one of my heroes, he should be on the Government – there has been a lot of emphasis on nature and mental health, with programs like Springwatch....and it really does reinvigorate.



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# IMPORTANT DECREES



## Why You MUST Link Your VTТА and CTT Accounts

One of the privileges of being a VTТА member is that you get preferential entry to VTТА events and championships. For this to happen the event organiser must know you are a VTТА member. They get this information from the listing of event entrants provided to them by CTT. However, from August this year, CTT will only have your membership information if you have linked your VTТА and CTT accounts as instructed in our July newsletter. Linking your accounts ensures CTT has your accurate and up to date membership information from one season to another.

By mid-August about 850 members had used the simple process to link their accounts. But clearly not all racing members have done so. If you want to qualify for preferential entry to our events then you **MUST** do so. Organisers have **no** responsibility to chase you for membership information.

**For instructions on linking accounts** go to the About/Documents section of the website [www.vtta.org.uk](http://www.vtta.org.uk) for the Guidance Note.

**To check if you have linked accounts** – if so, your CTT ID number will be shown on your 'My Profile' page on the VTТА website, and your VTТА membership number will be shown in the VTТА tab on your Dashboard page on the CTT website.

Linking your accounts is also required to participate in our season long competitions (Short Distance, Three Distance and BAR). The final part of the linking process is to select which competitions you wish to participate in. Once you have linked your accounts and selected the competitions then your best qualifying rides in each competition will automatically update our website. You will be able to see your performances in the 'league table' of all riders in each competition by visiting the Competitions section of the website and the Individual display of results. You will no longer have to submit a claim form for these competitions at the end of the season as your results will be automatically included (but see note below for 2020). This is a major bonus of the new system and means

that your inclusion in the season long competitions (if you wish to participate in them) becomes another direct benefit of your membership.

## Note on Season Long Competitions in 2020

As reported in the July newsletter we are not making awards for the season long competitions this year due to the limitations Covid-19 has placed on events. However, we are using the new automated results facility to provide a 'results listing' of performances as a 'pilot' of the new system. As explained above, once you have linked your accounts your best qualifying results will be automatically included and you can see these on the website.

In 2020, however, the website will not have any rides you achieved prior to you linking your VTТА and CTT accounts. This therefore includes any events you rode prior to the lockdown in March.

If you achieved your best performances prior to linking your accounts, then you will need to submit a claim form with the appropriate details to your Group Recorder as in the past. These results can then be manually added to the website system and included in the end of season results list. Group Recorders have been given further guidance on dealing with such claims, and you can find the national competitions claim form in the About / Forms section of the website.

## Note for Racing Members who are not Email / Internet users

If we understand you are still racing but do not have an email address then together with the July newsletter you will have received a consent form for linking your accounts, asking you to sign and return. If you returned the form your accounts have now been linked. As a 'default' option you are included in the Short Distance Competition if you complete the qualifying rides (two 10 and two 25 mile events). Also, if you participated in the Three Distance Competition in 2019 (25, 50 and 100 miles) you have been registered for that as well. If any member requires a consent form, please contact the chairman.



## EAST ANGLIAN

### Mary Horsnell's musings

Although the group was founded in 1964 it was not until 1966 that the first luncheon was held; this was at the White Lion, at Hadleigh in Suffolk, a popular cyclist's venue. In the winter of 1969/70 we were invited to be their guests, if I would make a suitable response to "The Visitors", which I duly did. After thanking our hosts I concluded with "Like a little girl at a party I have brought you a gift - a new member, in the shape of my husband Peter!" It brought the house down and he was enrolled, a very new 40 year old.

Another year passed and then women could join the VTTA. I signed up on my 40th birthday, just in time to enter the VTTA National 25 Championship, to be held at Easter in Essex on our local E72 course. I qualified time-wise though ten members of my club had their forms returned (entry was on age standard and there were no concessions for gender back then).

It was a shock to receive a phone call from a very apologetic organiser Jack King, asking if, to save any further embarrassment, would I withdraw my entry? As Jack was a founder member of the group and serving as TT secretary since then and was an old friend, I felt obliged to comply and give my place to another and to whilst marshal instead. It was a bitter blow, as the London East committee of the RTTC (or was it the national committee) had ruled that women could not compete in VTTA events that year as these had not been entered in their national handbook as mixed events!

However I had recorded times in opens to put forward for the BBAR contest and submitted these to the VTTA at the end of the season:

25 miles - 1:04:48

50 miles - 2:18:38

100 miles 0 5:02:13

12 hours - 219.476 miles

Rather to my surprise I was declared to be the first lady winner; there were no awards, although I did receive a plaque for beating the (men's) standards. Only in 1973 was a concession made to women when they began to compete using the 3rd class men's standards and a winner's medal was not awarded until 1975. During these years several senior women age-wise had come forward - Wyn Maddock, Isabell Campbell in Scotland and the redoubtable Ethel Brambleby. During Ethel's tenure on the national committee, where she was Chairman 1986-94 and President 1995-99, she kindly ensured my name was added to those on the Ladies BAR Southcott Bowl. This trophy was first mentioned in the archives in 1983 and it is assumed that Ethel, a kind and generous lady, had donated it, but why the name? No one seems to know.



*Mary H finally got to hold the Southcott Bowl many years after winning the first Ladies BAR*

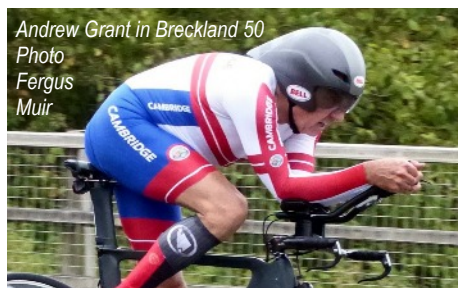
The local VTTA at that time was certainly male orientated. In Brian Jones's forthcoming book "Not Another Joe" ladies are only mentioned with seven lines at the foot of the sixth and final page. All these above reminiscences are from this book, which is due out in September. The author's interest is in the motivation and determination which drives those who have been competitive cyclists for long years. He is a contemporary of William Fotheringham, whose "The Greatest: the Times and Life of Beryl Burton" received great acclaim. Together they used to race



on the track at Halesowen, the latter achieving a good degree of success.

Congratulations to everyone who has helped to keep some sort of programme going through these difficult times, especially Mark Fairhead for spearheading the team for the Breckland 12 Hour. Timekeepers and marshals were all the old familiar faces. Deserving of a special mention was Ron Back who kindly donated £100 toward the veteran's awards. On a day of very hot weather and spectacular records it is hardly fair to single someone out but Dave Green figured well, although disappointed with his mileage. He was third on standard and for the EDCA first on both scratch and standard.

Two weeks later, on the same roads, conditions were tricky; mist and heavy storms produced more oxygen but put Fergus Muir's camera out of action and soaked him through when he moved down the slip road to shout a warning to riders of the notorious roundabout, where six riders had fallen. Yes, the Breckland were in action again, this time with Adam Cross in charge. Fortune favoured the brave, with two national age records - Jackie Field did 1:51:27 at age 55 to displace her own existing 53 and 54 records and our Chairman Andy Grant with a fearless 1:45:46 at age 67. Well done to both of them, riding in very difficult conditions. Not so fortunate was Cambridge team mate Peter Tibbits, who was nevertheless pleased to beat 2 hours after two stops to clear his visor. Amid tales of woe there were many spectacular records.



The group having decided to scrap the whole season are making a late attempt at salvage. Sadly after drawing a full field for our 25 on E2 on 9th August it had to be cancelled when the event secretary went down with the dreaded virus.

The ECCA 10 (incorporating the Terry Anderson Memorial) drew a maximum field of 180 riders, but had to be stopped when an early starter was knocked

off by a car. One can only hope that Dominic Whitehead's group 10 on 22nd August fares better.

It only remains for me to thank those who have helped me with material for this report and by keeping me informed. Looking back it seems unbelievable that some lucky people have been able to continue a relatively normal cycling life, and even get themselves fitter by not commuting.

Good luck and good times to you all and much sympathy to those less fortunate.

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

The only event we have been able to run so far this year has been the first of our Wednesday 10 series, normally held on the first Wednesday of each month in the season on the Q10/33 Tenterden course. This event took place on the 4<sup>th</sup> August with ten competitors, in good weather if a little blustery. Mark Vowells (Bexley CC – competing on a bike rather than his off preferred trike – was first on standard, with Chris Bax (Thanet RC) and new member Colin Jarman (Southborough Wheelers) completing the podium. There are three more events planned for this series: 2nd September, 16th September and 7th October. Entries are limited to VTTA members with possible exceptions for potential new members to come and try a time trial with prior permission.

We have two further open events planned: our 25 mile championship on 13th September and our championship 10 on 11th October (this date was originally planned to be a 15 but altered to accommodate the championship 10).

A number of our members have taken the opportunity to compete in various events and I highlight some of these below, with apologies to the many I have no doubt missed. Those mentioned I have been told about but I do not have the time to search through results to identify all of our members competing. In no particular order:

Mark Vowells (CC Bexley):  
Sussex CA 30 - 26th July on G30/91 riding trike – 1:22:22

SE Road Club 10 - 1st August riding trike – 26:15 (First OAS)

Medway Velo Club 10 - 9th August on Q10/1 riding trike – 25:31

Diss & District CC 25 - 16th August on B25/17 riding trike – 1:05:44.

Adam Broyad and Tim Bayley (Arctic Aircon RT) (Tandem):  
CC Breckland 12 hour - 2nd August on B12/3 - 300.11 miles (first place)

Andrew Meilak (VeloRefined Rule 5):  
Sussex CA 30 - 26th July on G30/91 – 1:06:09  
Sussex CA 50 - 2nd August on G50/10 – 1:50:09

Kevin Tye (VeloRefined Rule 5):  
Addiscombe CC 10 - 25th July on G10/42 – 21:30  
Sussex CA 50 - 2nd August on G50/10 – 1:53:22  
Medway Velo 10 - 9th August on Q10/1 – 20:44

At the time of writing, the Group is planning how it might organise its AGM this year to ensure social distancing. Also, whether or not it will be possible to run our annual lunch and prizegiving next February. There will be very few trophies to award of course, but the general feeling is that it would be great to have a get together if practicable.

Finally, and sadly, I have to report the death of George Rogers of Woolwich CC in April. His obituary appears elsewhere in this edition.

For those managing to race, make the best of what remains of the season and, above all, be safe.

## **LONDON & HOME COUNTIES**

### **John Hoskins**

I'm sure that most of the group reports will be starting with the same comments as I am, there's not a lot to say with the relative lack of racing to report on.

However, as I write, time trialling is beginning to start again, and the VTTA are hoping that all of the championships will still happen this season (except the 24). The London & Home Counties will be promoting the 10 championship on the West of Newbury course at about the same time as this magazine goes to print, with National Secretary and London & Home Counties committee member Rachael Elliott at the helm.

Rachael, alongside Glen Knight, of the Newbury Velo, has been instrumental in getting time trialling re-started in our area and many local riders are entering every event available, so there should be results aplenty available for the next edition of the

Veteran. However, the likelihood is that many of our season long trophies will not be awarded this year, although the committee is still considering how to approach that. No decision has been made yet (mid-August) as to whether the Rocco 25 will be going ahead on the 4<sup>th</sup> October.

Anyway, the events that are being promoted, many with full fields, have spurred a flurry of new members into the group. So this is a warm welcome to the following riders: Andrew Harbourne; Kyle Bateman; Chris Loake; Andy Tucker; Teresa Robbins; Tom Simpson; Adam Bishop; Ian Stokes; Phil Manly; Jayne Paine; Martin Stanley and Richard Jones. The re-start has also prompted a few of those whose membership had lapsed, so welcome back to those too.

It seems likely that there will still be coronavirus restrictions on meetings for the rest of this year, so there is every possibility that our AGM will be held online (via Zoom) this year, which will be a novel experience. London West CTT has already decided that their AGM will be conducted in that way. The London & Home Counties committee has been meeting via Zoom for most of the year. Whilst we really don't want to discourage some of our older members who may not be internet savvy, we see little alternative. And who knows – perhaps the ease of logging onto a meeting from the comfort of your living room may increase attendance!

One event that can't be held online is the annual Prize Giving Luncheon. We are not yet able to make any plans until government guidelines are relaxed and perhaps made a little clearer – but the L&HC is still hoping that the event will take place at some time early next year, with or without a lot of trophies to be given out!

## **MANCHESTER & NORTH WEST**

### **Ken Workman**

I had hoped this version of "Workman's Witterings" might feature more whimsical happenings, but a certain, very unwelcome oriental import seems to have put the damper on that.

However, first I must offer big thanks to Ian Peacock who I commend as the first M&NW group rider to advise me of not only his own performance, but also those of other group members in the VTTA championship 50. Ian related how, on Sunday 26th

July, on allegedly the windiest day ever encountered on the A46 Fosse Way since Roman legions first trod that road, six brave souls sought to uphold the honour of our group. The outward leg was into a block headwind which made it seem like trying to ride through a brick wall. Despite recording a personal worst 2:06:58, Ian, as our 'elder statesman of the day' finished second on standard within our group team with a plus of 22:16. His ride was sandwiched between Alan Chorley's 1:50:09 (+29:29) and Stephen l'Anson's, 2:05:03 (+21:15).

Ian states he cannot begin to understand how Alan Chorley managed such a ride - he can only assume he had indulged in that nasty foreign habit of practising beforehand!

Other results were: Nigel Wood, 2:04:12 (+18:15); Barrie Whittaker, 2:11:43 (+13:57); and Joanna Cebat, 2:11:52 (+15:13). A cause for celebration is that with a 2:31 margin, Joanna recorded the fastest time of the day by a VTTA woman. However, as our organisation uses best-on-standard times, Joanna, as a mere lass (in VTTA terms), could only earn the silver medal for herself. Well done that girl!

Ian; don't beat yourself up about your performance, at least you got a time on the board, unlike more than 30 riders who were either DNS or DNF. In thanking Ian for his news I commented that at last, it was great to have some TT performances to report on!

Reports of our members' performances are like the proverbial double decker bus - you wait for ages, then two, or more come together! I was therefore pleased to hear from Louise Cuming, daughter of our venerable group President, Jim Ogden, that she came 4th in the first 'Zwift 10' organised by 'Cycling Weekly'. Louise was happy that not only did the magazine print a full page report, but that her daughter-in-law, Kess Cuming, took 3rd place, making it a family affair!

Our stalwart, Derek Hodgins, had previously reported competing in the VTTA Saturday morning 11-mile 'virtual' TT on four occasions, winning the standard each time with times of 27:32, 26:24, 29:09 and 28:53! Derek added he was enjoying himself, doing some turbo work, but was anxious to get back on the road when allowed. But being temporarily enforced to remain home, that's just what he was doing - at least for a little longer.

Late news of a highlight in what might seem a barren year; Alan Chorley has hit a good streak of form as he created a group 10 mile age record for a 49 year-old. On Saturday 15th August he travelled up to the popular L1015 (Levens) course in Lakeland to record 19:39. That surreptitious training Alan might have been indulging in seems to have paid off! But from viewing event sheets it appears he might not be alone, as I see a new (to me) club mentioned; Secret Training CC. This training lark might yet catch on!

M&NW group had a new awards structure for this season, to be known as the President's Award, with a new trophy for group members. But due to the prevailing situation this didn't happen. Another victim of these difficult times was the mid-season social event the group committee were looking to organise. As there have been no group competitions this season, coupled with the ongoing uncertainty regarding social gatherings, the committee have reluctantly decided that our Luncheon and Prize Presentation will not take place this year. This is a great pity as not only was it an opportunity to meet up and gossip with old friends, the food was excellent and plentiful.

As mentioned in the 2020 season's events update - Manchester & NW of 1 July, there will be no medal or trophy awards for this season. Those riders who have achieved a Standard and those who might do so in the few remaining events, are asked either to claim or carry over their Standard entries to next season. Any successful claims will be recognised with a certificate rather than a medal or plaque. All members who have paid for Standards this year will qualify for Standards next year with no further charge in 2021.

All members were notified in the last newsletter of the new software linking VTTA to CTT, but only 26 of our members have taken advantage of this. Surprisingly some of our faster riders have not yet done so, this is disappointing considering the number of different awards we present.

Now that Ian Peacock has taken the lead, I'd still like to hear of performances by M&NW members. So please advise me of your high (and perhaps even some occasional low) spots. Contact me at: [kenworkman66@gmail.com](mailto:kenworkman66@gmail.com).

M&NW Group is saddened to report we have lost two members recently; Wilf Lewis, a committee member

passed away in July; also we recently heard of the loss of Christine Ashworth. These news items came too late to have their obituaries included in this issue, but they will appear on the Group section of the website and in The Veteran in due course.

Unfortunately, the Knutsford Great Race; the penny-farthing event I mentioned in June, due to be held in that Cheshire town this month, has fallen victim to the current situation. I enjoyed the last version held in 2010, and forgive me for sounding depressing, but it's unlikely I'll get to the next.

Looking ahead to the Manchester & District TTA Christmas 10, Sunday, 13th December. Organiser Dave Fearon states he is still planning that this popular event will go on, but obviously subject to prevailing restrictions. I'm keeping my fingers crossed!

So, the 2020 season just about got under way. For some hardy souls it seemed like a halt was called upon it almost as soon as the first pedals were turned in anger. So I'll sign off by wishing you all the best in whatever endeavours you can bring to our sport. But do be careful out there!

## **MERSEYSIDE**

### **Geoff Edgerton**

Well, I suppose we are up and running and it's good to be able to race again. First of all, I would like to thank all the organisers who have managed to keep time trials on the calendar and to those that have been cancelled, I fully understand your reasons. I also realise that decision may have been taken for you with certain districts adopting different measures. Probably the only good thing about the situation was the lack of cars on the highway. I cannot remember the last time I cycled down the A41 and around the Whitchurch by-pass, it was practically deserted. But that was March and all that has changed and we are back to square one. So busy, I won't even race on it.

The National Vets 50 mile Championship was my first time trial. I'm still not sure how I got talked into it, my last race at this distance was four years ago. But I have to say it was ok, I started steady and somehow managed to go even steadier for the second half. Anyhow, four Mersey vets made the trip across to Newark to compete. That's not completely true because Mid Shropshire Wheelers' Steve Cornish

lives in Nottingham, so was in his back yard. Steve was the pick, recording a time of 2:08:15 with a plus 18:03. However, North Shropshire Wheelers' Phil Guy claimed the honours on standard with a plus 20:04 and an actual time of 2:12:52. Newcomer to the group John Forbes of Birkenhead North End, finished in 2:14:32 with a plus 7:00 while I managed 2:19:26 to give a plus 13:30.

We have actually managed a group event and sincere thanks to Nova Raiders for running their 10 mile time trial, well organised and well marshalled. I would imagine it was a treat racing down Peplow with a good surface. However Shropshire Council managed to put a top dressing close to Epsley Island; it wouldn't be Shropshire without a few chippings. It was only three quarters of a mile but probably felt longer. Fittingly, Nova Raiders dominated proceedings with Tim Beardmore putting in a strong ride to finish first Mersey vet in a time of 21:19 (+5:17) to claim the Derek Ireland Cup for fastest time. Deb Hutson-Lumb finished second fastest with a time of 23:57 but was best on standard overall and best lady with a plus of 5:35 to win the Oscar Dover Cup on overall and the Hilda Dover Cup for best lady. Mid Shropshire Wheeler Tony Harvey finished third vet in 24:53 (+2:40) with fellow club mate Steve Cornish next in 25:05 (+3:01). The North's Phil Guy finished in 25:08 for a healthy +4:24 with Steve Chapman of Nova Raiders next rider home in 25:22 (+2:17). Regular supporter of group events Ian Casson of Birkenhead Vics recorded 25:52 to give a plus 2:47 with Jenny York of the Mid's second lady with a time of 25:54 (+4:16). The North's Les Boughey recorded 25:58 (+1:24) with the Mid's Dave

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Can collect from most areas if  
required

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York stopping the clock at 26:00 to give a plus 2:13. Jenny Newton of Nova Raiders was next to finish in 26:19 (+2:47) with Oswestry Paragon's Helen Tudor recording 27:30 (+1:41). Last but not least was chairman of the Mersey Vets Mel Griffiths who finished in a time of 37:48. I was talking to Mel before the race and it was his aim to beat the 40 minute barrier and he did with quite a bit to spare.

Just quickly with regard to standards; if you don't apply I will carry them over to next season when hopefully things will be nearer to normal but we will have to see. Enjoy what is left of the season and stay safe.

## **MIDLANDS**

### **Alistair Semple**

#### Haunting Words

My report in The Veteran's March issue began with the apocryphal words: *"I am very pleased to report that 2020 looks like it is going to be a busy year on our K courses . . ."*

Rather galling therefore that our Group Editor felt it necessary to point out to me (rather patronisingly I thought), that it was a pity I had not been prudent enough to add the cautionary words: *"But don't quote me on that!"* (You see what I have to contend with!!)

#### Current Situation

Adhering strictly to substantiated facts this time therefore, I am very pleased to report that despite the lack of racing, our group membership is now barely a handful less than last year's figures at this time.

The recent boost to our membership has no doubt been stimulated by online racing and of course the imminent start of both TT and track events, and with the 2020 racing season finally underway we have seen a good representation of Midlands VTTA members competing in both club and open events around the region.

#### Impressive Performances

We had six members compete in the National 50 with Emma Bexson and Joseph Costello being our best performers on standard, and as the 15 and 25 mile National VTTA events are close to our region, we are optimistic we will acquit ourselves well on both occasions.

We were also delighted to see two of the Midlands' most talented riders make a welcome return this year, with Liz Powell and Scott Povey delivering great results on their first outing with 22:38 and 21:49 on the K11/10T course.

#### Dates For Your Diary 12/13 September

As I write this there are 6 open events remaining on K courses but these include the Midland VTTA event on the K48/10 (12 September) and if you are looking for a fast time, ride the new 50 mile event on the K10/50 (13 September), which incorporates the K11/10, a "PB" course many of you may already know.

#### Best Wishes

So from everyone on the Midlands Group Committee we wish you a fast finish to your abridged 2020 season, which after such a prolonged abstinence from competition, combined no doubt with a copious array of home comforts, may prove more challenging for some than for others, even assuming your skinsuit still fits!

Keep fit, take care, and stay healthy!

## **NORTH**

### **Gavin Russell**

In writing this input to the September edition of the Veteran, I hope that you are all keeping safe and have avoided the covid-19 virus. If not, I hope that you are on a good path to recovery and that your cycling, where possible, is continuing to return you to good health.

#### Sick Parade

From those still able to cycle, I have had reported that Paul Fountain, (Hartlepool CC) on a training ride, had a coming together with a car, sustaining cuts and bruises and his carbon time trial bike was a write off. In better news, Ben Lane of GS Metro, who was wiped out by a vehicle last year, leaving him with many broken bones and lacerations is continuing with his recovery and did put a number on his back in mid-August for the first time. Ben was a member of the winning club team (GS Metro) and the North Group VTTA team who won the National 15 titles in 2019. In addition, Steve Fullerton, (Darlington CC) is continuing with his recuperation after surgery. Word is he is stacking the miles in with a view to possibly making a return to racing in 2021. In the meantime,

he has volunteered at his club events, to holding the starter's watch, something that is assisting his club to continue with their weekly club events. We wish all of them well in their recoveries.

### 2020 Events

With the number of 2020 events being devastated by the restrictions imposed due to the covid-19 pandemic, the group's committee agreed that all trophies and competitions, in line with the national VTTA executive, would be suspended until 2021. With all but two of Teesside District open events cancelled, together with North East districts preference being given to their own district riders, it was not considered that sufficient events were available to all for fair competitions to take place.

Open events that have been held throughout the group's geographical area, have shown increased participation. At the time of writing, the National VTTA 100 is due to take place in late August as part of the Tyneside Vagabonds 100. This event has seen a recent increase in membership of the North Group from those who do not want to miss out on the chance of winning a medal. Best wishes go out to our group riders in the hope that they can replicate the success achieved in the 2019 national 15, held at Catterick. Riders also get the opportunity in early October to ride the CTT National 50, also being held on Tyneside.

As a reminder, if you have paid for your standards for 2020, you may claim for any medals/plaques you have achieved or you can defer the standard claims until the end of October 2021. Any claims should be forwarded as usual to Dave Oliver.

Let us hope that 2021 brings further relaxation of restrictions, so that we can all experience the opportunity to meet and socialize at the event headquarters following the events.

**In preparing for 2021, the district should be shortly preparing their 2021 programme of events. If your club is organizing an open event, please try and get them to include a veterans section, based on standards, that can be used to expand the current competitions across a larger geographical area.**

### Annual Luncheon

Following on from the 2020 annual luncheon & prize presentation at Hardwick Hall Hotel, Sedgfield, and as a consequence of all the North group's VTTA

events, Ruth Crossley, the Group's Social Secretary, contacted the 2020 attendees, and asked, that with the absence of trophies and medals being awarded, should a social luncheon be held instead. With a good response, although not all in agreement, it was decided that, subject to government restrictions relevant at the time, the 2021 luncheon should proceed as a social event at the usual venue. The proposed date for the luncheon is Sunday 10<sup>th</sup> January 2021. Please contact Ruth for further details. An email will be sent to all members (those that have provided email addresses) later in the year when the events of this nature have been confirmed to go ahead.

### Departed Friends

Since our last contribution to The Veteran magazine (February 2020), we have been made aware of a number of our members passing away.

Early in the year we sadly lost relatively young Colin Chandler (Darlington CC) who, whilst battling against and undergoing treatment for a life threatening illness, suffered a heart attack in the hospital car park, from which he sadly passed away. Colin was a very outgoing character, who you knew was about. He will be sadly missed at events and on club runs.

Also, early in the year we sadly lost Roy Lofthouse (Cleveland Wheelers) who suffered from heart issues. Roy was an enthusiastic time trialist over quite a number of decades, starting in the sixties and continuing through to later in the century. He was a strong supporter of the group and attended the annual luncheon each year.

From the north of our area we have received information that Eddie Hall, a life member of the North groups, sadly passed away following getting coronavirus. He had prior to his death just moved into a care home.

Sadly, in recent days, another old member, Adrian Dodds (Ferryhill Wheelers) has also passed away after a number of years of ill health. Adrian was a well known time trialist who rode from the late fifties across the North East, Yorkshire and Lancashire as well as in a number of national championships.

Our condolences go out to all their families and friends during the trying times they have or are experiencing.

### Plea for Help

As the North Group has developed over the years, it has been noticeable that the concentration of VTTA events has migrated south to the Tees Valley. This is also reflected in the makeup of the committee and officers who administer the group. Allen Armstrong (Sunderland Clarion) who, for a number of years has been the sole attendee at meetings from the north of the group area, has tendered his resignation, as he can no longer travel for the meetings. Our thanks go out to Allen for his considerable contribution over the years. Members from the north of the group would be made very welcome at the group meetings (3 per year). Meetings can be moved from the Tees Valley to accommodate any interested parties from the north of the region.

If there is anyone interested in taking on a committee role within the group especially from “up north”, please do not hesitate to contact the group chairman (Paul Dawson) or group secretary (Gavin Russell), who will be only too willing to provide relevant information. It is important that all geographical areas are reflected in the decision making of both the group and nationally.

With the season (or what is left of it) now under way, may we remind all members that without the few who each year are prepared to organize and assist at events, we would not have a programme of events and group competitions to compete in or for. If you can assist in any way, i.e. organize an event, become a timekeeper (as Steve Fullerton has) or just assist at an event, please step forward and volunteer your services. You will be much appreciated, as without such help events cannot go ahead. If you need assistance in undertaking any role on behalf of the group, help is available from the current group officers and committee.

### Further Information

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

## **NORTH LANCASHIRE & LAKES**

### **Dave Brown**

It has certainly been a different season than any we have had in the past. I will initially try and include in these notes all that is relevant to our VTTA Group for the rest of the 2020 season.

Our Group Recorder Richard Taylor has produced a modified set of counting events for our group competitions for 2020, all on the basis that Cycling Time Trial events were only restarted in July. Note that some of these quoted events have already been run as we go to press.

VC Cumbria 50, Wigan Wheelers 10, Wigan Wheelers 30 all complete since events started again in July. Tyneside Vagabond 100 (VTTA Championship) 30th August - so too late to enter. As is also probably the BDCA 100 on the 5th September. Our VTTA NL and L Group 25 on 16th September at Winmarleigh in The Fylde can hopefully still be held and is open to entries.

Events selected for our group annually presented trophies are: VC Cumbria 50, Burton 100 and our own Group 25 as above on 16th September. It is hoped that we can include a committee meeting of our group officials after that 16<sup>th</sup> September 25. It is not possible to use the local village hall as is usual, because of the virus issue, but there is plenty of room outside for that – weather permitting! That meeting will discuss whether we can have our usual Annual General Meeting which is normally held in early November.

Certainly one of our top performances up to this point of the season has to be the superb ride of our Group Secretary Sue Cheetham in the VTTA National ‘50’ Championship held on 26 July on the A50/2 course near Newark. Sue - a member of the North Lancs. Road Club -clocked an excellent time of 2h 14m 23s which gave her a ‘plus’ of 20 minutes 17seconds on her standard time – dare I say at age 57?. This ride gave her the gold award as VTTA Women’s 50 mile National Champion. Good to keep some trophies in the family Sue - as your scribe just happens to be Sue’s Uncle!

Not long after Sue’s ride another North Lancs. Road Club member, Dave Hargreaves, was setting a new VTTA National Age Record on the 15 August. His excellent time of 1h 52m 24s is the fastest ever

ridden by a 73 year old making the long journey to the CC Breckland 50 mile all worthwhile.

The VTTA National 15 mile Championship promoted by the Merseyside Group could well be of interest to our own members. The course is near Market Drayton with a 9am start on Sunday 20th September with closing date very soon on 9th September.

Sadly we lost one of our long-time VTTA members when John Draper passed away after a short illness in June at the age of 83. John was also a long time member of the North Lancashire Road Club. John lived latterly in the Fleetwood area and his wife Brenda and daughter Janet said he had been out earlier this year training for his new season. RIP John.

We welcome seven new members to our Group since the last The Veteran of March this year as follows:

Kath Finn (Kendal CC), Vivien Hanson (Harry Middleton CC), Martin Horrobin (Horwich CC), David Martin Tolson (club unknown), Roy Flanagan (Rossendale Road Club), Paul Blackburn (Cover Your Car - co.uk Race Team) and Andy Horner (Bury Clarion). Welcome all of you to our VTTA Group and we hope you enjoy your cycling with us.

Our usual prize presentation luncheon organiser John Leach has booked our normal venue – The Crofters on the A6 at Garstang – for Sunday 10th January. It is very much hoped that we will be able to enjoy that meal and afternoon function dependent on virus issues at that time.

I think that it is time that I offered this North Lincs. and Lakes Group press secretary role to some younger group member! At age 82 it is time to cut back somewhat. I have been active in the group since I joined 42 years ago so have done my share in various roles! If you are interested please either contact our Group Chairman/Recorder Richard Taylor or myself.

## **NORTH MIDLANDS**

### **Chris Lea**

The first open event to take place since March was the Shaftesbury CC 50 on 19<sup>th</sup> July. A cold and wet one, but with the wind not too bad and from the right direction (for the E2/50c course, from the NNW). It was a difficult event to get in, with almost 160 entries. But the forecast wet conditions and the very real

prospect of cancellation meant that there were only 84 starters. Those who did ride found that the rain was not as heavy as anticipated and, with very light traffic, road spray wasn't a problem, although these were far from summer conditions, with the temperature just nudging 14C at best. Nevertheless, the event was very well organized and the covid-19 mitigation measures were impeccable.

To the racing. Keith Ainsworth (Sheffrec CC) reached the 25 mile point in a rapid 53:10, then turned on the speed some more for a superb 51:17 second 25, to finish in 1:44:27. Chris Lea (Buxton CC) did 1:53:46, being reasonably content all things considered. The following weekend saw the VTTA National 50 Championships take place on the wind exposed A46 southwest of Newark, essentially covering two laps of the well known A25/34 course. And the wind blew really hard. Mat Ivings (Buxton CC) reported that his average speed against the headwind to the southerly turn only just nudged 23 mph, whereas he covered the return tailwind assisted leg at an average of well over 32 mph. Warp speed was attained on the descent of the hill at Bingham.

Returning to the 'top of the podium', a position familiar from his 2019 exploits, was the North Midlands' Keith Ainsworth (Sheffrec CC). Superb riding saw Keith cover the distance in 1:49:13 for a plus of 35:17, more than a minute faster on standard than the legendary Matt Bottrill. What a ride, what a ride! At the other end of the field Ala Whitehead (Rockingham CC) was brought to a halt when clipped by a very close passing car, but finished with her usual stoical determination. See the full report elsewhere in this magazine for all our group times.

The following weekend saw the first of just two 12 hour events to run in 2020: the CC Breckland 12 hour. Chris Lea (Buxton CC) rode a distance of 260 miles. Actually, that's not true, the official result was 259.99 miles! The weather was dry, mostly full sun apart from a brief cloudy period around midday meaning that it was somewhat on the hot side. With a brisk 13-14 mph westerly for much of the day they were pretty decent but not brilliant conditions. What to make then of the new comp record set by Joe Skipper, a frankly stunning 325.55 miles, at an average speed of 27.1 mph.

More of the North Mids vets emerged from racing hibernation on the afternoon of Saturday 8<sup>th</sup> August to ride the Tickhill Velo 10 on the O10/1 at Hatfield.



Fastest of the North Mids on absolute time was Stuart Wells (Lindsey Roads Club) in 21:13, for a course PB. Close behind was Keith Ainsworth (Sheffrec CC) in 21:20 who just pipped Peak RC's Steve Gibson who finished in 21:25. Steve's clubmate, Chris Myhill, was a shade over 22 minutes, in 22:04. Also dusting off their racing machines were Andy Newham (Lincoln Whs) 22:40, Allan Wailoo (7 Hills CC) 23:10, Andy Whitehead (Rockingham CC) 23:34, Trevor Mayne (Birdwell Whs) 23:50, Dominic Watts (Veloviewer) 24:34, Mike Allen (MI Racing) 24:56, Gordon Wordsworth (Rutland CC) 25:00, Gary Clarke (Rutland CC) 26:16, Paul Heggie (Birdwell Whs) 26:39, Ben Hamilton (Rutland CC) 27:11, Gary Hibbard (Bolsover & District CC) 28:41, Zoe Hibbard (Bolsover & District CC) 29:32, and Ala Whitehead (Rockingham CC) 32:26. Fastest female was Fiona Sharp in 23:19, whilst fastest overall was pro Connor Swift, in 19:09.

The same weekend, Andy Hicklin (Peak RC) rode the Coventry CC 10 on Saturday, on the K11/10T course which uses the A45 dual carriageway to the south-east of the city. A crosswind out meant a slightly faster return, with Andy recording 21:57. Sounds a nice course, apparently with fairly light traffic. Fastest male was Travis Bramley in 19:10, whilst Hayley Simmonds was fastest female in a rapid 20:31.

On the previous Wednesday, Peak RC organised a closed road hill climb up Longstone Edge. Quickest of the North Mids vets, by some margin, was the promoting club's Chris Myhill, in 5:09, followed by Dominic Watts (Veloviewer) in 6:16. Lez Young (Lincoln Whs) battled the additional weight of a third wheel, on his trike, to record 8:19. There were several riders who didn't sign out after the event, resulting in a significant number of DNFs, but fortunately no North Mids vets made that mistake. Fastest overall was 2018's national hill climb champion, Andrew Feather, in 4:23.

The Sherwood CC 25, on the A25/34 course on 15<sup>th</sup> August, attracted a large contingent of North Mids riders. The course was one lap of the road ridden three weeks previously in the 50 championship. Riders were helped along on the outward leg, benefitting from the tailwind and appreciating the assistance up the climb at Bingham, but then had to work hard against the headwind all the way back to Newark – an exposed 12.5 mile leg.

Fastest of the North Mids vets was Keith Ainsworth (Sheffrec CC) in 51:45, followed by Stuart Wells (Lindsey Roads CC) with 52:42, just ahead of Mat Ivings (Buxton CC) in 52:59. Steve Gibson (Peak RC) did 53:42, Andy Newham (Lincoln Whs CC) 55:44, Daryl May (Sheffrec CC) 57:28, Rob Barnard (Team Cystic Fibrosis) 58:08, Alan Cooke (Peak RC) 58:44, Richard Gray (Norton Whs) 1:03:45, Paul Ruta (Barnsley RC) 1:05:17 and Paul Heggie (Birdwell Whs) 1:05:46. Keith Ainsworth reported that this being his fourth race, he had now found his racing legs; is this a universal phenomenon? If so, those on three events or less can look forward to a step change improvement in form.

The same day, Andy Hicklin (Peak RC) and Chris Lea (Buxton CC) trekked to Norfolk for the CC Breckland 50 on the B50/20. This course uses a stretch of the A11 southwest of Norwich. Very gently rolling, with each 22 mile lap consisting of 15 miles of really well surfaced road and 7 miles of cratered, patched and rutted concrete that is a stern test of mechanical if not dental integrity. Nevertheless, in the right conditions it is fast. And so it was, despite much drizzle, a bit of dry, some proper rain, and some torrential rain. Wind speed at the nearby Tibenham airfield (ex WWII and USAAF 445<sup>th</sup> Bomb Group from Sioux City, Iowa, flying Liberator bombers, now used by Norfolk Gliding Club) was just 7mph throughout, from the northeast. Both of the North Mids vets rode PBs, 1:48:49 for Andy and 1:49:12 for Chris. Fastest male was Mark Smith in 1:38:51, with fastest female being the 2018 VTTA BAR Jackie Field in 1:51:27. The super fast Dan Bigham was DNF due to a problem with an insecure rear wheel, which fortunately manifested itself prior to the bombed concrete.

We look forward to the remaining events in 2020, not least the Rutland CC and VTTA North Midlands 10 on the O10/1 course at Hatfield on the afternoon of Saturday 29th August, which is the North Midlands Championships, and kindly organised by Gordon Wordsworth (Rutland CC).

## **NOTTINGHAM & EAST MIDLANDS**

### **David Herd**

Well, at the risk of stating the obvious it has been a very strange season, with time trialling never really getting going before lockdown curtailed the normal

racing activities of all racing cyclists. I suppose we must be grateful that our chosen sport gave most of us the ability to ride in relative safety and freedom; the early days of lockdown gave us quiet roads and a peaceful environment in which ride and train.

Over the last four weeks local clubs have resumed their weekly club time trials, this has been with some difficulty but applying some innovative methods of social distancing at the same time has allowed riders to continue their enjoyment of the sport. Speaking to a number of different club members many of them have employed different ways of signing on and paying for race fees but all have employed self starting, allowing the pusher-off to have break. We need to thank those organisers that have had a can do attitude and have stepped up to the mark to take over from more senior vulnerable members who had to self isolate, by putting on these club time trials.

The VTTA National Championship 50 was promoted by the Nottingham and East Midlands Group on the A50/2, which is basically two laps of the A25/34 (25) course. The event attracted a full field plus reserves and was open to riders of all ages. Senior John Archibald (Ribble Weldtite Pro Cycling) was fastest overall with 1:34:11, with senior Alexandra Royle (Manchester Bicycle Club) second fastest with 1:41:41.

Well-done to Keith Ainsworth (Sheffrec CC) who took the VTTA title with a plus of 35:17 from an actual of 1:49:13 and Matt Botrill (Team Botrill) who came in third fastest with 1:42:17 and a plus of 34:15.

Senior Emily Meakin (The Independent Pedlar-NopinZ) was fastest of the women with 1:46:25, with congratulations to veteran Anna Turvey (Drag2Zero) on 1:52:42.

Tandem pair Ian Greenstreet and Rachael Elliott (both Aero Coach) were the only entrants in this section with a time of 1:45:48.

Well-done and thanks to race Secretary Colin Parkinson in heading-up the promotion of this event during the early days of social distancing and all the restrictions that this brought. Also many thanks to the NEM Group of helpers that gave up their time on the day.

The Bert Christian 25, which has been cancelled this year, would have been the last time Julie and Robert Christian acted as Event Secretaries. However the

good news is that Roy Oakes is taking on the running of this event and provisional dates are still being discussed. We will await the actual date after the date fixing meeting has taken place. Thanks very much to Roy for stepping forward and thanks to Julie and Robert for their past work on this event.

Finally, the group has taken over the VTTA national 25 mile championships, unable to be run by Wessex group in July as originally planned; it will be held on Saturday 3rd October on the A25/34 Fernando near Newark course. The event secretary has modified the entry criteria to veterans only with priority given to VTTA members. See the CTT events website for details.

## **SCOTLAND**

**James Skinner**

### News

Several group members paid their respects at the funeral of Jacky Hill, with several more watching online from home; our Group's thoughts and condolences go out to all of Jacky's family.

At present there are only four CTT events listed in Scotland, and none on British Cycling, but with any luck we may have a result from the Tour of the Campsies by the time this goes out. The other events not cancelled are the 22 mile 2-up TT from Edinburgh RC, and two hill climbs from GTR Return To Life, one at Lyle Hill Greenock and the other at Johnston.

### Racing

With the resumption of racing being south of the border, Alex Munro got his season off to a good start in the Pendle Forest 10 at Levens riding a 29:05.

Alex then rode a 1:35.09 in the Wigan Wheelers 30 using the same roads, with Douglas Watson taking an excellent second place overall with a 1:01.12

Angus Wilson of Dundee Thistle rode a very respectable 1:51.58 in the Velo Club Cumbria 50 Mile event at Keswick. This event was won by John Archibald with a 1:32.57.

The Scottish group welcomes the following new members:

Sarah Emslie from Edinburgh

Ian Dobbie of West Lothian Clarion

Luke Bates riding for EH Star Cycling Club

You can check out our Facebook page for information and pictures, and if readers have any information, news, or gossip, get in touch at [jamesmskinner@hotmail.com](mailto:jamesmskinner@hotmail.com) or [info@svtta.org.uk](mailto:info@svtta.org.uk)

## **YORKSHIRE** **Chris Goode**

Earlier in the month of August the group officials held a Zoom meeting to replace the usual half yearly general meeting at the Memorial Hall, Collingham. Thanks to our IT wizard, John Hallas, for creating the meeting and to Mike Penrice for suggesting the changed format. We are going ahead with the ten mile race on 19<sup>th</sup> September on the Gilberdyke course, which will incorporate a new award for the best group rider on plus - the Stan Chadwick Memorial Trophy. There will be no drinks after the race and special arrangements will be followed to allow social distancing, as recommended by CTT.

The Zoom meeting also confirmed that Yorkshire Group may make awards for our season long competitions, subject to sufficient qualifiers. Our race calendar for 2021 will again be Blair's early 25 at Topcliffe and late 10 at Gilberdyke, whilst Mike hopes to be able to run the VTTA National 30 at Boroughbridge in June. Decisions are still pending on the practicalities of holding the AGM in November and the lunch/presentation in January.

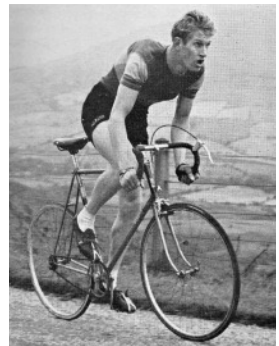


*Doug Hart & Mark Bourgeois (Ilkley CC)  
RRA Edinburgh - London 17h.52m.28s.  
Photo Martin Purser*

Our recorder, Jymmy Trevor, took part in some of the first time trials of the second part of the season in the Newbury area. He is now training hard for the Tyneside Vagabonds/VTTA Championship 100 at the end of August.

Some of you may have read the article in Cycling Weekly, in August, about Simon Beldon's excellent recovery after a serious collision with a car early last year. He won his first race back last September and in the few races available in 2020 he has been a high finisher, so clearly has come back into racing without any lasting damage.

In other news, Doug Hart and Mark Bourgeois (both of Ilkley CC) successfully took the Edinburgh to London tandem record, a distance of 386 miles in 17 hours 52 minutes and 28 seconds; in doing so they beat the existing record by 50 minutes. Congratulations on a fantastic ride. Doug is making a habit of getting new records and received RRA certificates for his earlier achievements at the YCF lunch earlier this year.



On a sad note our group has lost Tommy Oldfield (Huddersfield RC and former Viking professional), Alan Wray (Calder Clarion), Sheila Whitfield (Hull and East Riding), noted timekeeper of the 70s and 80s Gordon Turner (Condor RC) and renowned cycling commentator Mike Smith (East Bradford and Team Swift) over the past few months.

Tommy Oldfield was born in 1932 and was one of the stars of Huddersfield RC in their 50s heydays. He won the Manx Mountain Time Trial in 1953 and after turning professional for Viking (riding with Brian Haskell) his biggest wins were the Tour of the Peak and the Deeside Grand Prix. After stopping racing in the early 60s he only came back when he joined the VTTA in 1994. He teamed up with Brian Haskell (again) and Harry Dixon and was a consistent member of championship winning teams, taking eight medals from 2003 to 2005.

Our thoughts are with the families and please remember these people for their achievements, warmth, humour and contribution to the VTTA and cycling generally.

Keep those legs spinning into the autumn and feast on the classics and national tours that are now appearing on our screens.

## **SOUTH WALES** **Barry Williams**

Since last March, it's been a crazy situation, especially as regards our sport. The news is dominated by Covid 19, a devastating Chinese virus bringing loss of many lives and a crashed national economy. For us cyclists, the March to June lockdown gave us unreal freedom to ride on empty roads, most cyclists could hardly believe their luck. Unfortunately, that's now finished and our roads have returned to hell again.

The restrictions of lockdown stopped organised sport with all competitions being cancelled. It's pleasing that the last few weeks have witnessed something of

a revival. Regarding South Wales district, there is not much to report, the spectrum remains blank.

Luckily events are being promoted in other districts and the West excelled with their sponsorship of the National 100 Championships on August 16<sup>th</sup>. Looking through the results the event was won by Adam Wild in 3:28:50, but I was particularly impressed by the number of females posting super-fast rides. Katrina Matthews clocked 3:55:22 with others posting near or around the 4 hours mark. Junior Jos Turling from Bristol recorded another awesome time at 3:54:29. South Wales were represented by Phillip Turner from Bynea CC 4:22:47 and our secretary, Bob Jones, was happy to get it done in 4:54:18.

Bob Jones also rode in the VTTA Notts and East Midlands 50 mile event on July 26<sup>th</sup> posting 2:16:20 which I thought was pretty good with limited preparation. I guess this was well eclipsed by winner John Archibald from Ribble Pro Cycling, who passed the timekeeper in a near record 1:34:11. The Merseyside National 12 hour result remains outstanding, but I would mention Amanda Lane from Bynea CC recording 231 miles and Bob Jones keeping our Club, Cardiff 100, Miles RCC on the map with 216 miles.

Hopefully, I can provide a more comprehensive report in the next edition.

## *The Fellowship of Cycling*

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## **FELLOWSHIP NEWS**

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76 Foredown Drive, Portslade  
Brighton, BN41 2BE  
Email: [adampride@talktalk.net](mailto:adampride@talktalk.net)  
Website: [www.fcot.org.uk](http://www.fcot.org.uk)



## **SURREY & SUSSEX** **Jon Fairclough**

### Member news

A welcome to three new members: Colin Jarman (Southborough & District Wheelers), Melanie Wasley and Paul Deen (both Epsom CC).

John Reynolds passed away on 7<sup>th</sup> August at the age of 88. He and his wife Hilda were prominent members of the East Surrey Road Club before they transferred to the Surrey Road CC. In later years John was also a member of the Tricycle Association. He won the Surrey/Sussex BAR in 2002 aged 70, competing especially hard that year because it was an age landmark. John set five national age records on a trike and two on a tandem with his wife Hilda. He set 29 group age records on a trike, all but one of which still stand. With Hilda, he set 20 group age records for mixed tandem bike.

### Surrey/Sussex Open Events

The Sussex CA 30 was held on 26<sup>th</sup> July on G30/91. The first five VTTA members on standard were Don Parker (Brighton Mitre CC) +13:19, Nik Allen (Worthing Excelsior CC) +12:59, Peter Baker (Lewes Wanderers CC) +08:36, Andrew Quaye (Southborough & District Wheelers) +08:31 and Nolan Heather (Worthing Excelsior CC) +07:00. Don Parker wins the Mick Burgess Memorial Cup and a VTTA medal. The first team of three group members from the same club was the Worthing Excelsior CC team of Nik Allen, Nolan Heather and Trevor Leeding (+26:36). They each win a VTTA medal.

The Sussex CA 50 was held on 2nd August on G50/10. A near-record field of 71 entries competed to blow away the lockdown blues. The first five members on standard were Andy Critchlow (Norwood Paragon) +32:23, Mark Smith (Crawley Wheelers) +28:32, Don Parker (Brighton Mitre CC) +23:01, Adrian Blacker (C & N Cycles RT) +18:43 and Peter Baker (Lewes Wanderers CC) +15:18. Andy Critchlow wins the Aldershot Cup and a VTTA medal. The first team of three group members from the same club was the Brighton Mitre CC team of Don Parker, John Marinko and Robin Johnson (26:33). They each win a VTTA medal.

The BEC 25 was held on 16<sup>th</sup> August on G25/93. The first five members on standard were Colin McDermott (Festival Road Club) +15:23, Nick Dwyer (Lewes Wanderers Cc) +15:12, Chris Lord (Brighton Excelsior Cc) +14:20, Justin Webb (London & Home Counties) +12:49, Nik Allen (Worthing Excelsior Cc) +12:38. Colin McDermott wins the Aubrey Wenman Trophy for the best on standard.

The remaining Open events in Surrey/Sussex are:

- East Sussex CA 10 on G10/87 on 12<sup>th</sup> September
- Sussex CA 15 on G15/93 on 19<sup>th</sup> September
- Surrey/Sussex 25 on G25/89 on 20<sup>th</sup> September.

### Strava Group News

The Strava Group is called "VTTA Surrey Sussex" and has 22 members. If you want to join, just send me an email or get onto Strava, find the group and ask to join. It's a fun way of seeing what other S/S members are doing on the bike.

### Committee News

We still have a vacancy for a Social Secretary and a

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

### Dates For Your Diary

Our 2020 Group AGM will be on Sunday, 15th November at 10:00am in Handcross and our next annual lunch to present the 2020 Group awards will be on Sunday, 7th February 2021 in Horsham.

### **WESSEX Bob Jolliffe**

COVID or not, Wessex vets seem to have been keeping pretty fit during the lockdown with some impressive rides being recorded.

The best so far is VTTA reigning 12 champ David Shepherd's 293.76 miles in the CC Breckland event on August 2. At age 59 he improved on his record distance of 289.45 miles by 4.31 miles, a huge plus of 102.77 miles. He thanked his ...a3crg clubmates John Glaysher and Angela Carpenter for their support around the course. The event was won by triathlete Joe Skipper with a magnificent new competition record ride of 325.55 miles.

David then went on to take seventh place in the Breckland 50 in mid-August with a stunning 1:44:01 which will take him a long way to retaining his BAR title. Winner was Crawley Wheeler Mark Smith with 1:38:51.

### Goodwood is Glorious

While David was munching up the miles in East Anglia other ...a3crg members were either assisting at, or competing in, Wessex Group chairman David Collard-Berry's second foray into promoting an open event on the super-smooth tarmac of the Goodwood motor racing circuit. Wessex vets put up some sterling performances over five laps totalling 11.9 miles in the Glorious Goodwood event.

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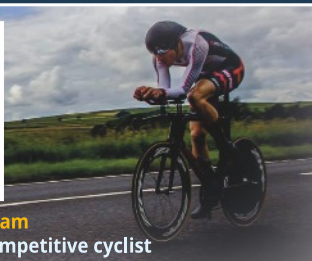
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In the time trial bike race, ...a3crg's James Fawcett claimed fourth place overall with 24:06, with teammates Neil Mackley, Mark Stafford and Jerry Bromyard not far behind with 24:25, 25:58 and 28:10 respectively. Gary Chiverton of Bournemouth Jubilee Whlrs was 32<sup>nd</sup> with 29:05. In the middle markers' race ...a3crg's Mike Boyce was 15<sup>th</sup> with 29:45. Bob Jolliffe (New Forest CC) 21<sup>st</sup> with 33:12, Simon Craig-McFeely (...a3crg) 22<sup>nd</sup> with 34:36 and teammates Martin Whitty 35:00 and Ken Rayson 35:02. Another ...a3crg rider, Mike Garner was 16<sup>th</sup> in the road bike completion with 31:05 and in the women's time trial bike category it was yet again ...a3crg riders who represented the Wessex Veterans with Lucy Mitchell (29:35) and Virginia McGee (29:56).

The previous Sunday on the same circuit it was again James Fawcett out in front in the time trial bike category with 24:10 for fifth overall. Andy Langdown (Atlas Clever Racing Team) was next Wessex rider with 24:28 for ninth. Neil Mackley and Mark Stafford were next with 24:44 and 25:51. Ian Patterson (Utah RT) clocked 25:54, Shaun Smart (Southdown Velo) 26:13, Adrian Talley (Portsmouth North End CC) 26:50, Michael Stevens and Nigel Sign (both

Fareham Whlrs) 27:29 and 27:33, Tom Cox (St Piran) 28:39 and David Patten (Bognor Regis CC) 28:48. In the road bike category it was Phil Watts of North Hants RC who was best Wessex vet with 29:32 for 11<sup>th</sup>. Velo Club St Raphael pair Steve Skinner and Stuart Peckham finished with 31:21 and 35:59. Virginia McGee was the only Wessex vet in the women's time trial bike category with 30:04.

The third Glorious Goodwood event was on a hot and steamy Tuesday evening. Junior Thomas Day (Zannata Galloo Team) set the standard with a stunning 22:28. James Fawcett and Neil Mackley of ...a3crg were the best of the Wessex vets with 24:01 and 24:33 respectively. Southdown Velo's Shaun Smart was next best with 26:02 and Adrian Talley (Portsmouth North End CC) 27:05. David Patten and Steve Skinner of Bognor Regis CC were next best Wessex men with 28:04 and 29:51. Bob Jolliffe (New Forest CC), Ken Rayson and Simon Craig-McFeely (both ...a3crg) brought up the rear with 33:26, 33:52 and 33:53. Road racer Jennifer George (Memorial Santos) won the women's TT bike trial with 25:42 with Wessex vet Angela Carpenter (...a3crg) taking



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second place with 26:12 and teammate Lucy Mitchell taking 14<sup>th</sup> with 29:42.

On a foray into Surrey, Angela Carpenter finished the Addiscombe CC 10 on G10/42 with 23:07 for 29<sup>th</sup> place while clubmate Mike Boyce clocked 26:00. The following weekend Bob Jolliffe finished the South Eastern RC 10 on the same course in 28:41.

Velo Club St Raphael's Stuart Peckham travelled up to East Anglia for the Shaftesbury CC 50 and clocked a fine 2:04:10.

That wraps up the open events though, at the time of writing, there are more to come.

### MTB for Claire

As well as clocking up the miles on the turbo trainers and with the aids of Zwift *et al*, other Wessex VTTA Group members have been finding different things to fill time during the Covid crisis. Group recorder Claire Newman took to her mountain bike and penned the following about her experiences for The Veteran:

"I'm an explorer! Not a very intrepid one but I love going to new places. Having had to cancel all my planned trips, and with the guidance to stay 'close to home', like many people I opted for some 'back-door' exploring.

"Over the last few years and especially during the winter's heavy rain, I have been riding the New Forest trails (on my old 1990's Rockhopper – no suspension!).

"Surprisingly, the stony tracks on the whole remain drier than the roads! There are extensive bogs that are impassable in winter, but rideable once they dry out. I found high plains with stunning views, and beautiful glades. For me it is hard to beat the joy of a close encounter with deer, or finding a lovely natural pond with a family of ducklings!

"There are wide open heaths for sunny days, whilst on windy days you can remain sheltered in the woods. The Southern half is fairly flat, whilst in the North provides some steep climbs. As well as the Forest animals (and the odd snake on the path), there are vistas of purple heather in late summer, and brilliant yellow gorse in winter, with an exquisite scent that really lets you know you're alive.

"I found a route to Lymington almost completely off-road (and more direct than the road). There, the miles of elevated sea wall around the lagoons are

open to cyclists (best when it's not too windy) – allowing a spot of bird-watching, with nesting avocets and graceful terns. This leads to Keyhaven and Milford-on-Sea, a 'proper' beach with crashing waves - perfect for a paddle on a hot day, whilst avoiding all the traffic.

"I am so very lucky to have the New Forest 'on my doorstep', and found much more than I had ever seen before."

### Sad Story

Portsmouth North End CC's Dick Evans was another to turn to writing during lockdown. He went back to his days in the RAF in the early 1950s when he was based at Collierne, near Bath.

To set the scene, it was February 1953, Dick had been out cycling, had returned to camp after dark and left his bike "on sacred ground" outside the station HQ.

Later, thinking there was no-one around he went to retrieve it. He was wrong. As he bent to pick it up a pair of highly polished brown boots belonging to the station Warrant Officer appeared. Dick was told to report to the Guard Room Orderly Officer who gave him three days "jankers"; a spell in the nick.

"Now I was due to take off the following day, to monitor the radar equipment used by NATO air crew in a twin engine Brigand," wrote Dick.

Sadly the aircraft crashed into Bannerdown Hill killing all of the crew, including Dick's replacement.

"Can you imagine how I felt being part of the burial party at the grave side," he wrote.

"They say life is a game of chance."

### Routine Went

Like a lot of regular mile eaters Christchurch Cycling Club's Bill Simmons found it difficult to settle into a routine on the bike as lockdown continued, sometimes doing less than 100 miles, mainly solo rides a week, to 850 miles during June.

### Tandem Trike Tales

Wessex Group membership secretary Norman Harvey and Mary Corbett (both Sotonia CC) have formed a "social support bubble" and rode their tandem trike in a club event.

"To our great delight we reduced our previous time by 2:40 down to 32:05, our combined age being 150 years. The previous time was a VTTA national age



record but this new time can't count as it was a club event," said Norman.

They have since gone even faster, clocking 31:42 in a Bournemouth Jubilee Wheelers club event on P311 south of Ringwood in early August.

#### Tom Back on Form

Tom Cox (St Piran) is now returning to full fitness after a serious achilles tendon injury last year.

After Christmas he was back on the bike and jetted off to Spain for a couple of months riding in the sun preparing for 2020. The Spanish Covid lockdown meant he returned home to Britain only to be locked down here, too. Training continued. He rode a Newbury Velo 10 which "proved a real shock to the system"

That was followed by "the superbly organised" Glorious Goodwood event on July 26. "A proper chance to try, and the result was a 25mph ride which I appreciate is nothing spectacular, but for me a hurdle over; a chance to now move forward. The nightmare is over. The fun begins," he said.

Let us all hope the Covid nightmare is soon over and that normality returns.

## **WEST**

### **Brian Griffiths**

Having just received the start sheet and my marshalling details for the CTT National 100 mile Championship, which is being held in the West this year on 16th August, I have to say I have the utmost admiration for the organiser Peter Rogers. With a field of 140 riders and such stringent rules set out by CTT it must be a real test for his organising ability. It is good to know that we are still able to stage such events to give us a chance to decide our National Champions, who must have worked very hard in the current circumstances to achieve peak fitness.

I suppose like me many are unable to see an end to the way things are. Will the pandemic change things forever or will we eventually be able to subdue this raging virus?

I regret to report the passing of one of our most stalwart members; at the age of 92, Gordon Lee from the Severn Road Club has recorded quite an interesting history over many years which I should like to relate. The information I have would not do justice to his contribution over many years to so many aspects of cycling in the West, so I will try to

gather together a more comprehensive tribute for the next edition.

As I mentioned in my last report our prize presentation has been postponed until the present restrictions will permit us to hold it, which of course our organiser and group secretary Gordon Scott is most anxious to do.

On a personal note members will I hope be pleased know that after a four year struggle with Chronic Fatigue Syndrome, more commonly known as "ME", I am at last back on my bike and slowly trying to restore some of my badly wasted muscles. It will be a long tough journey I have no doubt but I have every intention of competing again even if it is only at shorter distances.

It is a delight to see so many new cyclists out on our roads since the beginning of the year. My experience is that we seem to have generated quite a useful intake of born again cyclists who have no problem buying top grade expensive racing machines. Having talked to them on a Sunday cafe break, many seem to have a sporting inclination, so surely this is an opportunity to gain some new VTTA members, especially if we can persuade them that we can give them the opportunity to demonstrate their athletic ability against their friends in competition.

Paul Freegard is still managing to produce an interesting WestVet magazine despite the lack of racing and other current group activities. Please keep sending him your interesting stories and opinions in plenty of time for the next edition.

It is pleasing to know that Bristol is intending to put in physical separation between cyclists and motor cars in the busy centre of the city. In the first two or three weeks of the lockdown the streets were so quiet and safe and the pollution levels were exceptionally low. Cycling heaven! Then suddenly the cars were back with a vengeance and the brand new timid cyclists are now scared to bring their bikes out after being intimidated by aggressive motorists who believe that they pay for the road and that there are far too many cyclists getting in their way. Close overtaking at speed, overtaking on the wrong side of traffic islands and at central reservation strips seem to be common place. However we never see a policeman to witness these incidents and there are far too many to start reporting them. Although they have made a start I very much doubt that the city council will get very far with their plans before the money runs out as usual.



# BOOK REVIEW

## 'MISSPENT YOUTH' & 'MISSPENT DOTAGE' AUTHOR BRIAN JONES

Brian Jones, of Horsham Cycling Club and London & Home Counties Group is a regular competitor at time trials in the London South District and beyond. He will be 70 later this year.

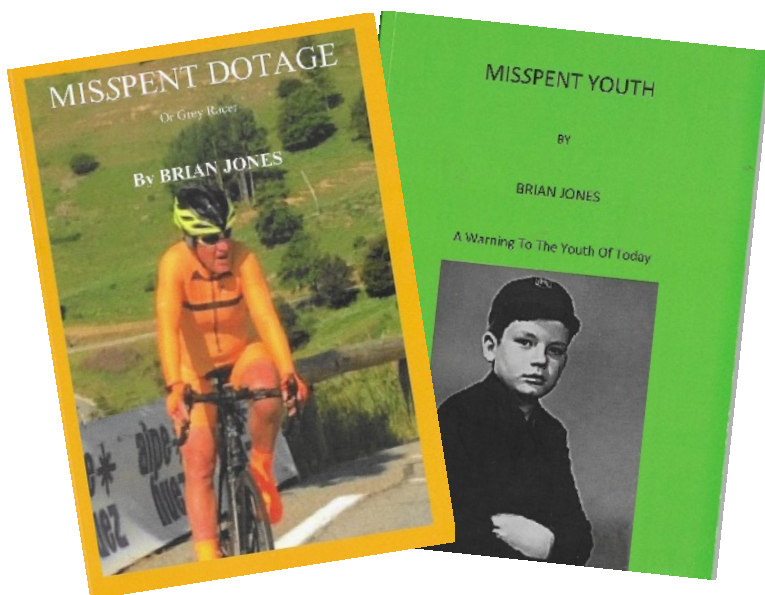
In May he self-published his first book 'MISSPENT YOUTH' which chronicles his (mis)adventures in the 1950s and 60s at primary and grammar schools as an obsession with sport, principally football and cricket in those years before cycling terminally gripped him, put paid to what was a promising academic career.

Written in self-deprecating tones it is a tale of life in those far-off decades and explains why he is not now Prime Minister or Archbishop of Canterbury.

Dame Julie Walters, who is heavily implicated on page one of the book has read it and loved it! A ringing endorsement. Nearer home, Alan Colburn also read it and has provided the following review.

*"I liked the cover of " Misspent Youth" - it sparked my imagination! How on earth did that little lad, proudly wearing his school cap, descend into chaos, confusion and perhaps depravity? I soon realised that I had been bowled a 'googly' and I was starting on a surprising recollection of Brian Jones' youthful sporting and scholastic achievements. What an excellent memory - although the author does confess his addiction with recording facts and figures has helped enormously.*

*I enjoyed reading his accounts of sporting achievements, disappointments and sporting aspirations but especially his enduring friendships on and off the field.*



*Anyone, as involved in sport as Brian, inevitably collects multiple anecdotes involving team mates, opponents and referees and he has managed to relate these with a kindly sense of Black Country humour. I was pleased to note that many of these friendships were maintained throughout the years*

*The author has included the*

*obligatory family, sporting and scholastic photographs which serve to act as pictorial milestones but, regretfully, these have not enhanced an otherwise entertaining read. It has to be said that many photographs from that era were not of the best quality to start with but I am sure that better reproduction could have been achieved by using a specialist printer.*

*To sum up my review of Brian Jones' book - I read it over the course of a couple of days, thoroughly enjoyed his style of writing and content and look forward to receiving his follow-up volume. This book gently reminds me of my own, not dissimilar school days, when reality gradually but inevitably turns into nostalgia."*

Brian's second book 'MISSPENT DOTAGE' followed closely behind, being published in late July. This recounts the author's relationship with the bicycle, which started as he rapidly approached his fifty-seventh birthday in a state of ever increasing obesity. Now he has racked up nearly 600 time trials and has ridden in the UCI World Masters Track Championships.

This book is a pleasant diversion from the plethora of books about the professional peloton and shows what can be achieved by marrying a love of cycling with a liberal dose of willpower. Alan Colburn clearly enjoyed reading this book as much as the first.

*"Having reviewed the author's offering on his 'Misspent Youth' with some awe regarding his dedication to detail and much amusement regarding his escapades on the field, I looked forward to reading his 'Misspent Dotage' - I was not disappointed.*

*Brian Jones writes lovingly, excitedly and occasionally despondently about the sport which we have both enjoyed as we have matured - I just started a bit earlier! The mishaps, upsets and achievements he records illustrate time trialling in its full panoply.*

*Even in the darkest moments, (hitting a car at speed quite often has an unsettling effect) he remembers people cradling him and asking if he was comfortable - "I was spread-eagled across the gutter and the pavement but I don't think I have ever been more comfortable, thank you very much for asking." He recalls another visit to hospital A & E and becoming quite distraught - not with his injuries but because they cut off his brand-new, specially designed gold skin suit!*

*Not content with riding in the UK, Brian has ridden and raced extensively in Europe, becoming a World Champion in his age group and he tells you how he did it!*

*I thoroughly enjoyed this trip down memory lane and being allowed to share some wonderful moments with a dedicated cyclist who still relishes a challenge."*

Both books are in paperback and are available direct from the author at a price of £9.99 each plus ONE PENNY postage (so that's £15.99 including postage for both books). They can be ordered by email to Brian on [bsj219@outlook.com](mailto:bsj219@outlook.com) stating your postal address.

Payment can be either through PayPal using the email address or via online banking utilising:  
Sort Code: 20-42-58

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Not content to rest on his laurels Brian is now working on a book called 'NO ORDINARY JOE', which chronicles the lives and careers of 24 notable cyclists from the world of time trialling, road racing, cycle speedway and track racing. This book will hopefully be published in hardback by the end of September in time for the Christmas market and should give deserved prominence to the amateur cyclists who don't receive anything like the column interest of their professional counterparts.



# OBITUARIES



## KEITH ROBINS 8<sup>th</sup> May 1929 - 21<sup>st</sup> May 2020

Keith Geoffrey Robins died peacefully at his home in Spalding, Lincolnshire on 21<sup>st</sup> May, 2020 aged 91, surrounded by his family. He is survived by Brenda, his wife, and two of their three children, Nichola, and Kevin with Adrian passing away in 1991.

It was always clear from talking to Keith that his marriage was a very strong and happy one, from the day he met Brenda, a few days after he turned 21, until their 65<sup>th</sup> wedding anniversary this year.

But whilst his family was his greatest love, he was also devoted to cycling and was generous in dedicating himself to its success as a sport. He got his start by accident; his father had intended Keith to become an architect and secured a grant for him to travel by bus to art school every day. However Keith had other ideas, and decided to save the money and buy a bike instead. This was the start of a lifelong enthusiasm.

Keith started with local cycling clubs in Kettering, where he was born, and through them learned many aspects of the sport and recreation. As a result he had a very busy life covering all facets of cycling and reached high office in a great many British cycling organisations.

He was a long term member and former President of the world's oldest cycling club, the Pickwick Bicycle Club, as well as the Pedal Club and the Road Records Association. When he was posted to Palestine and Egypt during his national service, he joined the forces club The Buckshee Wheelers. He was also a Trustee of the Bidlake Memorial Trust, a life Vice President of the Veterans Time Trials

Association and received the Gold Badge of Honour presented by Cycling Time Trials.

He assisted on many Road Records Association record attempts including the Land's End to John O'Groats challenge for Roy Cromack, Paul Carbutt and twice, John Woodburn. He was also a life member of the Cyclist's Touring Club and British Cycling.



In addition, Keith was a Freemason of long standing belonging to The Lodge of the Open Road, Chapter of the Open Road, the Pickwick Bicycle Lodge and Welland Lodge.

Keith and Brenda together established Beekay Products in 1962, offering screen-printing services, which they had taught themselves from books. Beekay became a major supplier of screen printed signs, numbers and memorabilia for cycling events all over Britain as well as the Skol 6 Day race at Wembley, the Grand National, the FA Cup, World Athletics Championships

and, for 27 years, the London Marathon.

Keith also managed the Herne Hill Stadium for a period and in 1958 he co-organised the famous "Coppi Meeting", which was the first appearance in Britain of the major Italian cycling superstar Fausto Coppi. Some 12,000 people packed Herne Hill track that day and the event has been talked about for years since. It was also the first example of what might just be possible for the popularity of cycling in the UK. He proved it so.

Rest in peace Keith.

*Alan Rushton*

## JOE PILLING

20<sup>th</sup> April 1929 - 13<sup>th</sup> April 2020

Honorary Life Member Joe Pilling, sadly passed away in a care home in Alderley Edge on Easter Monday, one week short of his 91<sup>st</sup> birthday.

Joe joined the VTTA in 1969, just days after turning 40. He served as a Manchester & North West Group committee member for some years and marshaled in our local events. He was such a regular at Chelford island, the Post Office there always made sure he had a hot drink.

He was also a member of the Cheshire Roads Club, the Fellowship of the Buckshee Wheelers and a Life Member of the Manchester Wheelers' Club.

Joe was born in Manchester and on leaving school, both before and after his National Service, he worked in the newspaper industry, often working overnight in the print hall at Thompson Printers in Manchester.

Due to his printing background, Joe's National Service in the Royal Engineers in Egypt from 1948 to 1950, was spent printing maps. Until then 'Sapper' Pilling had played cricket, football and golf but had not become involved in cycling. Then Brian Haskell, a member of the Buckshee Wheelers, encouraged Joe to join the cycling club for British military personnel serving in North Africa. Joe took to cycling so well he won their Middle East B.A.R.

After returning from army service, Joe supported the Buckshee Wheelers for the rest of his active life. He became their racing secretary, general secretary, and in 1977/8 he was honoured to be elected their president. He regularly competed in their famous 'Bully Beef' time trials;



winning the trophy five times, the first in 1951 when he recorded 1:02:07 for 25 miles, beating his mentor, Brian Haskell into the bargain

Although he married twice, Joe was not blessed with children of his own, however, Dorothy, his second wife of more than 50 years, provided him with a much loved step-family.

After moving to Alderley Edge, Joe installed various items of printing equipment in his garage on which he produced much cycling related work, including start and finishing sheets, plus many thousands of RTTC entry forms.

Joe was probably best known as a consummate time trialist, completing at all distances, including several Mersey Roads Club '24 hour' events. For a ten year period from 1969 to 1978, Joe was also the Cheshire Roads Club B.A.R. champion and held their club records from 25 miles to 12 Hours.

On one weekend during the 1980s, Joe entered a Stafford Road Club '100' - he had also entered the famous Bath Road '100' on the following day. He won the Stafford event with a 4:08, then travelled south to the Bath Road event where he reported to the start timekeeper smoking a cigarette! Joe was a survivor from the golden age of time trialing of the 1950s, when it was purely an amateur sport.

Joe was a real all-rounder; a regular rider at Fallowfield track in the Reg Harris era. He also competed in road racing as part of a strong 1950s Manchester Wheelers team including Ged Horne and Don Murray, riding many races including the Tour of Ireland.

Joe was a kind and generous sporting gentleman who was always willing to help, with the perfect backing from Dorothy. He was always happy to relate some of his many anecdotes, not only from his long experience in cycle racing, but also golf, which he continued to play well into his old age as a member of Prestbury Golf Club.

I knew Joe from the early 1950s and we often rode in the same events; he was a totally one-off character and I cannot ever think of him without it bringing a smile to my face. Surely something we might all aspire to.

Joe's funeral was held on 27th April at Macclesfield Crematorium. Due to the current lockdown it was limited to only ten mourners all of whom were family members, but on that morning I received a call from Dorothy saying one family member was unable to attend, and asking if I would like to go? I gladly accepted this invitation; Joe was a man held in such high regard that in different circumstances, many more of his old friends would have been there and it is hoped there will be an opportunity to hold a memorial for Joe, when we can all join together to celebrate the life of one of Manchester's best.

*Jim Ogden*

## **GEORGE ROGERS - WOOLWICH CC** **26<sup>th</sup> March 1932 - 25<sup>th</sup> April 2020**

George grew up in the Northumberland Heath/Erith area and on leaving school he became an apprentice engineer with Frasers at Erith. During this time he and his friend Derek Purcival joined the Woolwich Cycling Club. At the end of his apprenticeship he decided to join the Merchant Navy, thus missing national service. George was known to take his bike with him and rode it around the deck of the ship to keep himself in shape.

After serving his time at sea he returned to take on a job as an engineer at BICC. Then to Crossness Pumping Station, followed by a new venture of running an off-license shop. During this period he got engaged to Joan and married her in 1965. George and his friends were into caravanning and would often hook up and go away for the weekend, touring through France.

George raced as a member of the Woolwich CC all the way through to the late 1980s, his best year being 1962. He became club champion in this year as best rider in nominated events at 50 miles, 100 miles and 12

hours. In the Kent CA 12 hours event he recorded 227.7 miles to finish second in the event.

On retirement from racing he held office as the club treasurer and time trial secretary. He went on to organise events for the club, KCA and WCA. Also he and son Kevin would carry out marshalling duties around Kent, giving him a thorough knowledge of the area for which he became well known. During these later years the Kent Vets came up with the Wobblers lunches, meeting at pubs around Kent, and he, Joan and son Kevin would often attend.

George became President of the Woolwich CC. in 2013. Having by now given up cycling he took up golf; he joined the Bexleyheath Golf Club and led its vets section until he went down with his illness, diagnosed as Dementia.

George passed away on the 25th April 2020. He will be sadly missed by all who knew him.



*Mike Webster*  
*President Woolwich Cycling Club*

## JACK HILL - CHRYSTON WHEELERS 16<sup>th</sup> November 1930 - 4<sup>th</sup> May 2020

John Hill was known as Jack to most people in his life, but as Jacky to the cycling fraternity. He was the younger of two children, having a sister Jean. He grew up in Shettleston, Glasgow, and did well at school but was not rated as a sportsman by his friends. He told his family he was always last to be picked for group games and teams - mainly football in those days.

On the outbreak of WWII Jack was evacuated to a Perthshire farm, where the kids were used as slave labour. Even in those early days Jack showed his mettle and along with one of his chums organised a strike that resulted in the two of them getting moved to another farm, where they were rewarded with easier work, cool drinks and good food.

Jack married Iris in September 1950 and they initially lived with Jack's parents for a while as housing was then hard to find. However, they were tipped off that a property being occupied by squatters was about to be vacated and they quickly reacted and squatted themselves in this farm cottage, that had an orchard, in the Carmyle district of Glasgow. Jack turned the derelict building into a home for him, wife Iris and their baby son Alan by introducing running water and electricity. Whilst working as a plumber at the new town of East Kilbride, the family moved to a new house there in 1953 and this became the family home, remaining so to this day.

From the age of 14 Jack was a keen cyclist and continued cycling until a few years ago. He gave it up, aged 87, through lack of confidence, not because he wasn't capable of the effort - the roads were getting too busy and he was less steady on the bike. He joined Chryston Wheelers in the early 1950s and that was his club for life.

He was well known in the Scottish cycling racing scene from the 1950s and recent Facebook posts after the announcement of his death show he has never been forgotten. Of the dozens of comments posted the following were repeated again and again - "a gentleman", "hard as nails", "let his legs

do the talking", "great guy to train and race with", "tough guy to race against", "great companion when out for a training session", "took me under his wings when I joined the Chryston", "kept me in check".

His cycling achievements included several wins in mass start races and in 1980 he finished in a small bunch only 200 yards behind the winner after lying in third place for a number of miles approaching the finish in the 80 miles Glasgow to Dunoon Road Race, one of Scotland's top road races, which goes up the side of Loch Lomond and over the Rest and Be Thankful. In road races he did not have a good sprint finish so unless he could break away before the finish he had little chance in the closing stages.

But his forte was in time trials and he joined the VTTA at the start of 1971, having just turned 40. He raced over all distances and regularly won veteran's prizes. In 1980, with clubmate Bob Menzies, they won the first team at the SVTTA 100 miles TT. He also won prizes at the tough Tour de Trossachs, race that included a traverse of the Dukes Pass out of Aberfoyle as part of the 27 miles loop.

His major achievements though were in the Scottish 12 hours time trial and he finished third in the Scottish championship when he was in his early 40s. Each time he took part in this event, six or seven times, he completed over 240 miles and he won the Scottish Veterans Championship. His personal best for this event was 256 miles.

Jack's cycling had helped to keep him healthy for most of his life but since late February his health failed and he spent time in hospital on three occasions; on the third occasion he was not able to keep up his fight and he passed away peacefully. He is survived by three sons, Alan, Les and Scot, three daughters-in-law, eight grandchildren and six great grandchildren with a seventh on the way - that pleased Jack when he heard this news in February.

# FREDERICK ALEXANDER BURRELL

## 12<sup>th</sup> February 1922 - 21<sup>st</sup> March 2020

COVID restrictions put paid to a large gathering at the funeral of two times RTTC National 24-hour Champion Fred Burrell at Poole Crematorium in Dorset on Friday, April 3. In fact there were just ten mourners present, all members of his family.

Riding with the Middlesex Road Club, keen international tourist and regular time triallist Fred won the championship in 1956 with 477.70 miles and again in 1960, amazingly, with the same mileage.

An Honorary Life Member of the VTTA, he died peacefully in Forest Holme Hospice on March 21, just a few weeks after his 98th birthday.

His widow Jean said he had been well and had kept busy until shortly before his death when he simply began not wanting to get out of bed. He was in hospital for a week before being transferred to the hospice where he died shortly after.

Fred, who had lost his right eye as a lad thanks to a catapult accident, started cycling at the age of 14 in 1936. That was when he joined the Cyclists' Touring Club to get out of London, where he lived, into the countryside.

Health issues kept him out of the British Army during the war. Instead he worked on lorries used by the Armed Forces. He continued to work in the same company for more than 40 years.

At first he was a member of the Westerley Road Club but, in the early 1950s, he met wife-to-be Dorothy "Jean" Kelly, a fellow cyclist who, while riding with the Yiewsley Road Club, was a member of the Women's National Championship 25-mile team in 1947 with Sheila Farrell and P D Brock. They recorded 3:30:22, a competition record, the sixth of seven times it would be broken that year.

Marrying Jean in 1953 meant a change of club because the Westerley only allowed male membership. That led to them joining the Middlesex RC which was the club Fred rode for when winning his championship medals.

In 1958 the couple moved out of London to Buckinghamshire from where Fred continued to ride to work, a daily round trip of 36 miles.

After the war Fred had toured in Europe and that continued with Jean and later with their daughter Janice, at first in a trailer, then on a tandem.

Fred retired at the age of 63. With a large number of friends in the South, Fred and Jean moved to Bournemouth in 1987. Their passion for cycling never lessened and they went out with the CTC three times a week on Wednesdays, Thursdays and Sundays until recent years. Fred was still riding a bike at the age of 92.

Fred passed his driving test but never really got on with it. He gave up after his car was hit by another in a supermarket car park.

A cycling friend wrote in a card of condolence: "His modesty prevented him talking about his achievements. Many lesser men would have bragged, not Fred. He was loath to talk about his legendary achievements. He was a gentleman of the old school.

"Fred is a great loss to us cyclists who are old enough to appreciate just how good he was.

"It is the end of an era. He was a truly great and modest man."

In addition to his widow, Fred leaves behind his daughter, two grandsons and six great-grandchildren.





# MICHAEL ANTHONY SMITH

## 14<sup>th</sup> January 1943 - 7<sup>th</sup> August 2020

For many of us Mike Smith was the voice of cycling - a prolific race commentator on TV, radio, live at events and reporting in the press. He was a lifelong enthusiast at this high level, but also a grass roots time triallist, volunteer and official for many of the organisations which keep our sport running. Sadly he suffered a major heart attack from which he died several days later without regaining consciousness.

Mike was originally from South Manchester; he commenced cycling in 1956 and joined the Saxon Road Club (which later merged with other clubs to become Nova CC) and competed on road and track; he soon held

several offices in the Manchester District. He moved to Yorkshire in 1975 (albeit with a brief interlude in the London area) and joined the East Bradford CC, becoming secretary in 1985, achieving life membership in 1999 and being elected President the same year. He later shifted his focus further east in Yorkshire and joined Team Swift.

Working life took Mike into newspaper journalism but he began commentating at the

weekly Fallowfield Track League. He also then became the commentator of choice at the Isle of Man International Cycling Week and other major events, as his ability to elucidate on the nuances of racing and to quickly recall details about rider's past exploits was increasingly recognised.

Inevitably Mike ended up working in the speech media, where he was often in demand. He began reporting for Cycling Weekly in 1965 and worked for both the BBC and commercial local radio, before then also working in TV for both BBC and ITV. In 1991 he joined Eurosport where he became a commentary double act with David Duffield, covering the Olympics, Tour de France and many other major international races. Whilst with

Eurosport he also provided commentary for snooker and darts tournaments.

Mike retired from radio and TV in 2015, although he continued to provide stadium and race finish commentaries for track cycling (Olympics, World Championships, Commonwealth Games, World Cup), road racing (Commonwealth Games, BC Championships and Premier calendar) and CTT championships. He knew no boundaries between cycling disciplines.

At a local level, Mike joined the RTTC/CTT Yorkshire District committee in 1985, serving until 2007; he was District Chairman for three years, an official course measurer and recipient of the RTTC Certificate of Honour. He joined VTTA Yorkshire group in his fortieth year, was Chairman from 1984 to 2008, and was always a willing helper at our group events in any capacity.

He also served on the committee of the Yorkshire Cycling Federation for over 20 years, co-ordinated their points series and acted as MC and quizmaster at the

annual lunch/prize presentation. He was always well researched and knowledgeable, but stunned the attendees at the 2020 function by announcing that he was then switching off his microphone for the very last time.

In 2004 Mike was the emotional recipient of the C A Rhodes Memorial Award, Yorkshire cycling's premier honour, for services to the sport and pastime within the county.

It has to be said that Mike never set the world alight with his time trialling as he was impeded by severe asthma, but he competed frequently at the shorter distances over many years. Highlights of his career were setting VTTA age records at 10, 25 and 30



miles on tandem trike with Cheryl Trueman, both riding for Team Swift. Others remember him for dancing round the car park in delight after finally beating 'evens' for 10 miles on his solo when in his early 70s.

Mike leaves a younger brother, Glen, and a nephew in addition to his partner for over 40 years, Kath, with whom he enjoyed a loving step family of

three children and several grandchildren and great grandchildren. His funeral was on 25th August at Pontefract Crematorium, unfortunately restricted to 14 mourners due to Covid-19. It is hoped to hold a memorial service at some time in the future so that his many friends in cycling and the media can pay their respects. He will be sadly missed by all.

*Mike Penrice*

## ALAN WRAY - CALDER CLARION CC

Alan worked in the coal mining industry and enjoyed a successful racing career and attending National Clarion Easter Meets, with his partner Joan Lister. He died aged 83 years old and leaves Martin and a daughter. He was cremated on 8<sup>th</sup> June, 2020, at Wakefield Crematorium. George Masson attended with Steve Burton, David Smithers, and Ray Smith (all Calder Clarion club members); there were also three Bygone Bike club members, one of whom cycled from Halifax. When the relatives arrived Alan's daughter started crying when she saw the members in their Calder kit, at the entrance of the crematorium. Clearly the club meant a lot to Alan and his family.

He joined the club in 1981 and one of his first races was on 9<sup>th</sup> May 1982, a VTTA 25 mile event at North Cave which he won with 1:00:37 and on 30th June 1982 he won the club's 25 mile championship on the V933 course in 1:01:28 and also won the Otley 12 hour time trial in the early 1980s. He rode on the tandem a lot with other people, including success with George, Joan Lister and Ken Hartley.



He set the following national age records:

Men's tandem with Ken Hartley

10miles in 1982, combined age 104 - 21:20

100 miles in 1982, combined age 104 - 4:25:00

100 miles in 1983, combined age 106 - 4:10:44

100 miles in 1985, combined age 110 - 3:56:50

(and a National Clarion record)

Mixed tandem with Joan Lister

10mi in 1987, combined age 98 - 21:43

50mi in 1987, combined age 98 - 1:59:42

Steve Burton, an active member of the Calder Clarion, has informed me that he had not seen much of him for thirty years. His focus shifted away from racing and more towards being an enthusiastic member of the Bygone Bikes club; he had a large collection of quality bicycles. Some of the older veterans will remember him regularly topping the group lists. May Alan rest in peace.

*Chris Goode*

Copy dates for the next edition of 'The Veteran' is 23<sup>rd</sup> November

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

Contents designed and typeset by the Editor

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

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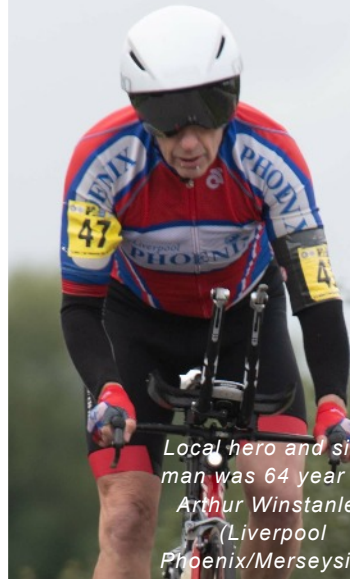
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Third woman was  
Lisa Davis  
(train Sharp/Surrey+  
Sussex)



Local hero and sixth  
man was 64 year old  
Arthur Winstanley  
(Liverpool  
Phoenix/Merseyside)



## THE VTTA 12 HOUR CHAMPIONSHIP

After a high finish in the 50 Mark Smith  
(Crawley Wheelers/Surrey+Sussex took  
third place in the half day event



A veteran for  
only 9 days,  
Carl Donaldson  
(GS Metro  
(North) needed a  
big mileage for  
his fourth place

Championship images  
courtesy of

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