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THE VETERAN





*Tony Farrell (Westmead Team 88), new National President
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VETERANS TIME TRIALS ASSOCIATION

National Association for the 40 years old and over racing cyclist

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**The National Executive is supported by the National Forum,
comprising delegates from each of our 16 groups
and is chaired by the President.**

Vice Presidents

Eddie Green, Jim Burgin

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THE VETERAN

THE QUARTERLY MAGAZINE OF THE VETERANS TIME TRIALS ASSOCIATION

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

Number 69

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With spring comes an air of optimism, the long dark days are now behind us and more significantly the gloom of 2020 is slowly easing. We are all looking forward to the commencement of racing throughout the UK.

Despite the difficulties of last year we continued as best possible with time trialling and ran most of our championships very successfully. However it was necessary to find new ways of doing things to promote our events and this also extended to the close season when we were unable to hold a national prize presentation and to give our championship medal winners their well deserved applause. Which is why as you browse through this edition of The Veteran you will find photographs of our award winners proudly displaying their champion's jerseys and/or medals. Almost all of the winners have participated in this photographic extravaganza, so thank you all and congratulations on your season's successes.

Whilst some parts of the cycling world have been dormant the VTTA pushed on last year with developing and testing the new automated competitions system. Thanks primarily to Jon Fairclough and Andrew Simpkins this is now fully operational, so we hope that the expected full season of racing is possible and that these competitions enjoy a high level of engagement. Remember, you will be able to monitor your own and others' progress in these competitions throughout the season.

This magazine gives updates on all the upcoming projects intended to improve the VTTA's offer to our membership. Not least of these is the newly introduced National Forum, which will work alongside a reduced size of National Executive Committee in order to improve dialogue with the regional groups. This has become a practical reality only possible due to the pandemic encouraging us to adopt online meetings. In the time trialling world the VTTA has been at the forefront of exploiting this technology.

The downside to all these meetings and upcoming changes is that there is always something else to inform our members of. To this end this March Veteran has suffered from a delayed publication date so that it can report on our inaugural National Forum meeting. This follows in our Chairman Andrew Simpkins' report on the next pages.

Talking of changes, here is a surprise for our members - all the standards tables have been revised for 2021 and you should now refer to these latest ones, published in the 2021 Handbook and on the website, for all purposes. This change was made following completion of analysis of the latest CTT results data and was a recent ad hoc decision supported by the majority of the NEC, influenced by a straw poll of group recorders and certain other group officials.

Enjoy your magazine, which is packed with variety as always, but we all look forward to getting out into the real world of cycling this year.

Mike Penrice

CHAIRMAN'S PIECE

IMPORTANT NEWS FOR 2021

First National Forum Meeting

A major initiative for the Association this year is the formation of the National Forum as agreed at the AGM. We had the first National Forum meeting on Saturday 13th March. The two main items were a discussion on marketing the VTTA and presentations on the Standard Awards Automation project. There was a lively and positive discussion about how we could better market the VTTA with many helpful suggestions and observations from members of the Forum. Lots to think about and carry forward in the next few months! There is now a working group that will help develop ideas for further discussion at the Forum. The Standards Awards Automation project is agreed and will be getting underway. Further details below.

Working Groups

We have established two working groups comprising both NEC members and group representatives. One of these is looking at Marketing and Communications and the other at how we might develop ideas with the CTT on improving the offering to veteran age time triallists. A spur to setting up these working groups was the presentation I gave at the AGM on the participation of riders by age band in CTT open time trials in the last two years. We have been able to relate these numbers to VTTA membership and this has shown that while a very large percentage of active time triallists over 60 are VTTA members, we are only attracting about 20% of riders in their 40s and 40% of those in their 50s. There are of course multiple factors involved here and it may be that the more active riders are the ones likely to join the VTTA. But there is clearly an opportunity to better market the VTTA and to work with the CTT to promote championships and competitions that will attract younger vets.

Standards Automation Project

Jon Fairclough gave a presentation at the AGM on the proposal to automate the process for claiming standard awards. This would build on last year's successful project to automate the results of the season long competitions. Jon gave an updated presentation to the National Forum and there were many supportive remarks that the project will raise the profile of what is a unique VTTA offering. We have also conducted a survey of group committees on the proposals and this confirmed their support including help to fund the project. We will be going ahead to implement the project this year. Updates will appear in the Veteran and see the news page on the website for further details including the presentation.

Revised Standards for 2021

We conducted a major review of the standards in 2018 and new standards tables were issued for 2019. Since then, Jon Fairclough has further enhanced the statistical model and the database that creates the standards tables. We now have the ability to import all annual race results for veterans from the CTT website. This means standards can be reviewed much more easily against latest performance data, and we can accommodate regular justified changes to keep the standards up-to-date. We received the 2019 and 2020 results data in January this year (unfortunately not in time for the AGM) and in the last few weeks this has been added to the database. A Zoom meeting was held with Group Recorders on 7th March where the new information was presented together with options for implementing some recommended changes. The Group Recorders were all of the view that we should implement these for 2021 and so revised tables will appear on the website and in the annual handbook before the end of March.

The changes are relatively modest with the main impact on trike standards. Other changes will help level the playing field across the ages particularly for our national championships and competitions.

The 'Rudyard' Method and 'Vet's Handicap Times'

At the 2020 AGM Geoff Perry gave a presentation on a different way of producing results using the Standard Tables – known as the 'Rudyard' method. A report on this approach appeared in the March 2020 Veteran (see pages 48-49); there was positive support and it was hoped to pilot this process in 2020 but the pandemic forced a delay, with only one such trial occurring. However, we will be looking to report results using this method at National Championships in 2021 in parallel to the usual results on actual and 'plus'. We are also encouraging Groups to pilot the approach in one or more of their events this season.

In essence the Rudyard method uses the standard tables to report a 'Vet's Handicap Result' rather than a 'plus'. There are two basic and quite simple steps involved. First the standard tables are presented in a different way as an age adjustment or handicap rather than a standard time. For example, the 2020 10 mile standard (solo bike) for a 40 year old man is 26:02 and for a 50 year old man is 26:49. Under the Rudyard method the 40 year old has a handicap of zero minutes and seconds (i.e. is on 'scratch') and the 50 year old has a handicap of 47 seconds (26:49 minus 26:02). When it comes to calculating a race result the handicap is simply deducted from the actual time to give the 'Vet's Handicap Result (VHR)'. So, if the 40 year old rode 22:00 his VHR would be 22:00 but if the 50 year old rode 22:40 his VHR would be 21:53. This would create exactly the same result of a 7 second difference as using plusses (a 4:02 plus against a 4:09 plus). But the key advantage is seen as producing a result that is more easily comprehended and comparable than the 'mystery' that 'plusses' present to newer vets (and indeed still to some older vets!)

We will be proving further details about the Rudyard method during the season together with examples of actual results to help members get the hang of the idea and to ask for feedback on how we take the concept forward.

Finally, my best wishes to you all as we begin to navigate a hopefully more normal and successful 2021 season.

Andrew Simpkins

POST SCRIPT

We have now reallocated the Pett, Brafman and Strevens trophies, formerly awarded at various group events according to a rota; this has proved difficult to administrate and was often overlooked by event organisers. The trophies will now be awarded for the national Short Distance Competition, our youngest and by far the most popular competition, which had only one trophy for overall winner on standard.

In making this reallocation it became apparent that there was some gender inequality in trophy allocations for the BAR and 3 Distance Competition. The current standard tables provide equality between male and female riders, so it was possible for a woman to achieve best overall and best woman on standard (which happened in 2018). Additionally there are trophies for fastest on actual mph for both these competitions - these are always going to be won by a man.

The solution adopted has been to reallocate the two women's trophies from best on standard to fastest actual mph and to make the two existing fastest mph trophies men only. In so doing we have achieved equality and raised the profile of these fastest mph awards, which will be of interest specifically to the younger vets. These competition rankings will be added to the website in due course.

THE PRESIDENT'S PIECE

Becoming President of the Association is an honour and privilege and I thank those who have expressed their confidence in me for the next five years. It is a pleasant occasion considering the dreadful year that we have experienced.

Fortunately, Billie and I were able to get away in June to visit family in Dordogne and travel on to Spain. Later in the year we returned to Spain where we experienced a much stricter lockdown than was current in U.K. A great deal of cycling was completed in very warm weather but no coffee stops were available.

In essence most of the road cycling I did last year was in France or Spain and at the moment I cannot see that being repeated this year.

It has been a strange and challenging time for our countries over the past twelve months, a situation that will continue into the forthcoming months. The pandemic has brought the most serious restrictions into all our lives, let alone sadness and grief to many families.

At a much less serious but pertinent level, Covid has restricted our sport at a time when the NEC was looking to develop and promote the VTTA's profile across Scotland, England and Wales. Issues originally raised in the working groups that met late last year were subsequently shared with Groups and have opened a fruitful discussion. It is a dialogue that will continue and develop through the newly formed National Forum.

A major aspect of the President's role, my responsibility, is to chair the Forum and I am eagerly looking forward to the first meeting in March. I believe there is a great energy within the NEC and amongst the Groups to consider change in open discussion and agree outcomes in a transparent manner. Maybe we keep in mind that where we come from is less important than where we are going. I am confident that the Forum will bring together skills, expertise and members in order to drive and direct the VTTA in a way that will raise our profile for the benefit of current and potential members across our age spectrum.

I look forward to meeting colleagues within the various Groups in our more natural habitat of event HQs, marshalling tasks and maybe, even competing.

In the meantime, please take care, stay safe.

Tony Farrell

THE MONEY COLUMN

I am now getting into the swing of things and paying the related VTTA Invoices as they come in. The first Quarterly Group Invoices were sent out in January and all groups have paid their Invoices - so thanks to all Group Treasurers. My next task is to get a handle on the budgets for this year and keep a close eye on the expenditure.

The Zoom AGM went very well and had full input from all groups. The National Forum proposal was well received and heading towards their first meeting in mid-March. The NEC meetings on Zoom do work well.

I had a bit of a disaster in the first week of January and fell out the tree I was pruning (the branch I was stood on suddenly snapped). I fell approximately 3m and fractured my spine (L1 Burst Fracture), I spent one night in hospital and now recovering at home. I was very lucky as things could have been much worse, I can move around – slowly but must not do anything until after Easter. I am feeling a little better each week, so progress is being made. The NHS did a great job looking after me and were there when I needed them

Stay Safe, protect the NHS, and let's be careful out there

Ian Pritchard

IT MANAGER'S REPORT

Although I am into IT, I must admit I am not a Zwift racer. I like competing on the road but not in virtual reality. When I am on the turbo trainer, I watch cycle racing on Eurosport. I like the track racing – when the pro's sprint I try and follow. Good interval training! Watching cyclo-cross in the snow makes me feel glad that I am indoors. I sometimes watch a football match, which is great endurance training. You are on the bike for 100 minutes, and there is no half-time.

During the third lockdown and the very cold weather, opportunities to ride outside have been limited, so I read most of a 700 page book on Microsoft Excel programming. Armed with this new knowledge I wrote the code for a modern user interface for the race day event tool I described in the last issue. This new version will be released in March in time for organisers to adopt it for the 2021 season. See the last Veteran issue for a summary of what the tool does and look out for a news item on the website announcing its release.

The project to automate Standards Awards is moving forward. An overview of the project was made at the AGM and was well received. The requirements have been refined and mock-ups of screens prepared. The funding of the project is now being discussed with the new National Forum.

Last month we received the CTT results for events in 2019 and 2020. These 37,000 results have been added to the database of 96,000 CTT results for the period 2010 to 2018 that were used to calculate the 2019 standards. Using the suite of tools that I described in the September issue, I generated new standards. The work took one day and resulted in standards that had a superior correlation to the data. This new capability to keep our standards up to date year on year using the latest data presents the VTTA with some important decisions to make about how frequently we update the standards. The first set of standards were in use for decades, the next set (2013) for five years, and the current set (2019) have been in use for two years. My own view is that it is better to have regular small, almost imperceptible, changes rather than accumulate data and make a large change infrequently. Such large changes are disruptive of rider's best plus expectations. One might argue that frequent changes are also disruptive for people who must calculate the results on plus. I think the answer to that is to provide an IT solution for such calculations on the website and software such as the event tool described above. The discussion of the strategy for standards changes is being discussed with the new National Forum and groups. Watch this space.

Jon Fairclough

NATIONAL MEMBERSHIP SECRETARY'S REPORT

The number of new members received during January are considerably down on previous years, only 26 compared with 38(2020), 61(2019), 44(2018) and 53(2017). The monthly numbers for 2020 were of course distorted by the pandemic, with more joining later in the year, this situation is expected to be repeated in the current year.

The decision by new members to receive their Handbook and Veterans by e-mail has increased over the past months, making a considerable saving in printing and postage costs

During the 12 Months, January – December 2020, 294 new members were received.

	2016	2017	2018	2019	2020
January	45	53	44	61	38
February	43	67	58	41	38
March	55	60	69	41	11
April	72	59	71	61	7
May	53	63	57	57	7
June	43	51	64	46	20
July	49	29	51	19	41
August	19	30	36	23	67
September	15	6	23	13	40
October	21	3	16	12	15
November	11	10	20	9	6
December	14	9	31	9	4
Totals	440	440	540	392	294

Current Membership On the 31st January 2021 the Website indicated that 2581 members were Active (31/1/20 - 2437).

Honorary Life Membership 39 Members were 80 in 2020. Of these 22 were granted HLM status. This year 32 members will be 80, with their various Groups being advised of this and asked to decide if they will be granted Honorary Life Membership or not. There are now 376 Honorary Life Members, Distinguished Life Members now number 9. Life Members number 48.

Centenarians Two members reached the age of 100 in 2020, with another two in 2021. They are, Frank Syned (Kent Group) DOB 3/10/20, Jack Williams (London & Home Counties Group) DOB 25/11/20, John Crossley (North Lancs. & Lakes Group) DOB 11/2/21 and Sidney Roberts (Nottingham & East Midlands Group) DOB 26/9/21. The Groups have been advised and in normal times a Certificate would be presented to each Centenarian and a photo published in the Veteran. Hopefully these may be accomplished this year.

Merv. Player

NATIONAL AGM HIGHLIGHTS

A Successful Meeting on **ZOOM!**

Organising a successful AGM under the restrictions of the pandemic raised some challenges, but the meeting went ahead as scheduled on 23rd January and we all met online using Zoom. Chairman Andrew Simpkins had already honed his Zoom meeting chairmanship skills at recent NEC meetings and raised his game with consummate ease to work through the agenda and debates from a full turnout of group delegates, all sitting in the comfort of their own homes.

All the agenda motions had been distributed prior to the meeting; delegates were enabled to vote on these motions and elections prior to the AGM by completing an online voting form using the Survey Monkey tool. This allowed the results to be presented clearly at the meeting by National Secretary Rachael Elliott.

In a very close vote Tony Farrell was appointed the new President of the Association. Congratulations to Tony! The current National Executive Committee officials were re-elected, except for Glen Knight, who has withdrawn in order to focus his energies on his recent election to the CTT Board. The VTTA role undertaken by Glen is currently under review by the NEC.

The motion on a name change had been withdrawn prior to the meeting, following consultation with Groups and the varied responses received. The meeting noted that this proposal was part of a larger aspiration to increase the attractiveness of VTTA membership amongst the over-40 time trialists by 'improving the offer'. This subject was returned to in AOB as part of the wider consideration of competitions and marketing.

All other motions proposed by the NEC were passed. The main changes are:

1. The NEC is restructured to comprise only the officials with specific responsibilities and will be supported by the new National Forum comprising a representative from each of the groups. The National Forum will be consulted on, and may advise on and assist with, significant changes to the Association.
2. With the successful implementation of the project to automate the results of the season long competitions the regulations were revised to remove the need for claim forms. To participate in the competitions in future, riders must have linked their VTTA and CTT accounts and 'ticked' the competitions in which they wish to participate. A sizeable majority of racing members have already done this. If members have not yet linked their accounts, please see the 'Guidance Note for Linking VTTA and CTT accounts' in the Documents section of the website.
3. Members who wish to participate in National Championships must also have linked their VTTA and CTT accounts. This enables the championship organisers to validate members on the CTT entry list for championships. (Failure to link accounts may also affect a rider's entry into their group competitions.)

West Group's proposal that we implement a national season long competition covering a number of 25 mile events was considered. More details would be necessary and probably for this reason, there was a mixed reception. 7 in favour, 13 against and 18 votes to defer the idea to the wider competitions review.

Jon Fairclough gave a presentation on the NEC proposal to automate claims for standard medals. There was a very large majority in support of this proposal but further work is needed to confirm a specification with the Groups, determine the budget and to decide how the project would be funded. These points will be addressed via the National Forum.

Another IT project for consideration came from the Midlands, that all time trial results for members should be accessible through the website and with an ability to filter, search and download by group officials. This was also received favourably, subject to budget and funding.

Following the earlier consultation with groups on marketing of the VTTA, East Anglia's Andrew Grant had asked if data was available to confirm the perception that there were a large number of 40-50 year old time triallists who were not VTTA members and who in many cases did not even know about our organisation. He was of the opinion that we were drawing our new 40-50 year old members from lifelong cyclists and were perhaps missing those new to the sport at that age or having been away for many years due to family commitments. He also believed that veterans, being the majority group in time trials, were funding CTT for the benefit of younger riders and that the CTT should actively encourage riders to join the VTTA. Age group medals in CTT championships were a sop to the veterans and they would be better working more closely with the VTTA in our promotion of veterans championships.

Chairman Andrew Simpkins was aware of these views and was able to give a presentation on VTTA membership amongst all time triallists over 40 competing in CTT open events. This was based on CTT data on riders who have competed in at least one open time trial in the last two years. (It was noted that we could not identify riders who have only competed occasionally in this period). The data showed that while the VTTA is strongly represented amongst riders over 60 years of age, only 40% of 50-59 year old and only 20% of 40-49 year old riders were VTTA members. There was a discussion on the reasons why this may be the case and a recognition that the VTTA needs to do more to recruit younger vets. It would also be advantageous to the CTT in terms of encouraging greater participation in the sport.

The salient points of this participation presentation are presented here:

CTT Rides and Riders in 2019 and 2020

66% of all rides in open events were by those aged over 40.

Over half (51.6%) of all rides were by those aged 40-59.

79% of the over 40 riders were in the 40-59 age band.

Within the men the proportion of VTTA members of all riders in each category was:

Age 40-44: 118 from 1065 (11.1%)

Age 45-49: 253 from 1328 (19.1%)

Age 50-54: 273 from 1203 (22.7%)

Age 55-59: 303 from 776 (39.0%)

Within the women the proportion of VTTA members of all riders in each category was:

Age 40-44: 28 from 222 (12.6%)

Age 45-49: 26 from 210 (12.4%)

Age 50-54: 62 from 224 (27.7%)

Age 55-59: 65 from 117 (55.6%)

For higher age groups the total number of riders declines, but a larger proportion of them are VTTA members e.g. around 80% of the 60-69 year olds

The questions that arise

How can the VTTA do better at recruiting younger vets?

What are the reasons why younger vets do not join the VTTA and what can we do about that?

Action

The NEC is to form a sub group to investigate further and to discuss with the National Forum.

Two small items concluded the proceedings:

1. It was announced that an adjustment was to be made to trike standards from 2021 in response to member concerns and results evidence. The new standards were derived using comparative results of a number of riders who race on both bikes and trikes and are slightly less generous to our 3- wheeled brethren than were the previous standards.
2. The Chairman reminded the meeting that the NEC remains keen that groups should trial the veterans age handicap system ('Rudyard' proposal) in at least one of their events as they still believe there are merits in its adoption instead of pluses. Yorkshire trialed the system in a 10 in late 2020 and reported favourably. The proposal has lost some impetus due to the pandemic.

The online AGM concluded in 2 hours and it was a pleasant change not to have a long dark drive home but simply to pop into the kitchen and make a coffee! Everyone agreed that it had been a very successful meeting.

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RIDER Q & A - DAVID SHEPHERD SHARES SOME OF SECRETS

With thanks to Jon Fairclough

The cyclist answering the questions this month is David Shepherd, who won the VTTA Best All Rounder Competition in 2019 and finished top of the leader board in the 2020 Best All Rounder competition. He won the Cooke Trophy for the most meritorious racing performance last season, which was at the Breckland 12 where he set a new national age record of 293.76 miles for a 59 year old, surpassing the previous record by a considerable margin, and the fifth furthest at any age by a VTTA member. David also holds eight group age records at a range of distances.

Q1 When did you start time trialling?

A1 My first race was in 1993, a Bognor Regis evening club 10. Took me 24 minutes. It was due to my Dad and brother Chris that I took up the sport. Sadly, neither are here now but if it wasn't for them, I might never have taken up racing.

Q2 What are your greatest achievements in your time trialling career?

A2 Winning the 24 hour National Championship twice in 1999 and 2002. The second time I also won the VTTA title becoming the first person to do the double. Winning the vets BBAR, breaking the 12 hour team comp record with a3crg teammates Charlie Mitchell and Steve Williamson. Several 12 hour National age records including last year's 293.76 age 59 and the oldest person ever to go over 290 miles. I rate that as one of my best rides. The only downside on that day was the bearings going in one of my pedals, so I had to listen to a horrible clicking noise for about 8 hours! That was the Breckland 12.

Q3 What is your TT bike?

A3 Pinarello Montello. It's a 10 year old model with external cables so not as aero as most of the modern day bikes! Zipp disc and

Hed tri spoke both with tubs are my race wheels.

Q4 What is your approach to training?

A4 My approach to training is very serious, but still way behind the times. No coach or wind tunnel testing etc. I only got a power meter 3 years ago and it probably took a good 12 months to see the benefits. It changed the way I train. The bulk of my training over the years was riding to work, but lately I have stopped doing that and get on the turbo in the evening. My endurance training is still done on long road rides at the weekend. I recently upgraded to a smart trainer and ride on Zwift, something I never thought I would do but love it now.

Q5 What have you done (and not done!) to allow you to keep getting so many trophies?

A5 The key thing for me is that I still love riding a bike and to push myself to the limit. I'm still very motivated and driven and learning how to go faster, which is crazy at my age and the time I have been racing. All the little things add up and nothing should be overlooked. My position is not great so that's something I am working on. I find it difficult to tuck my head down and still see where I am going. Doing it on the turbo is easy, but on the road it's not



for me. I am very anti heads down riding but too many people are doing it these days.

Q6 How many more years do you plan to keep racing?

A6 I am not sure how much longer I will race, but I still love it, so I have no plans to retire just yet. It's not just about the racing, it's all the post-race banter and all the wonderful people I have met over the years. That's what makes it such a great sport to be part of.

Q7 What is your favourite type of time trialling event?

A7 If I had to pick one event it would be the 12 hour. If I target one in August, then training normally starts over the Christmas break. I work for myself, so I take two weeks off and get some 5 hour rides in my legs. It's 6 months of training and racing and backing off a few weeks before to be fresh on the day. I always enjoy those long rides but by the same token it's always a feeling of relief when the last long one is done! People have said to me that they think riding a 100 is in some ways harder, as it's pretty much full on all the way, but I don't agree. The suffering can be intense in both events but goes on a whole lot longer in the 12 hour. It is both physically and mentally tough and has taken me to some very dark places. I like the struggle between mind and body. If it goes well and you achieve your goal, it is incredibly satisfying. I also love the early and late season hilly events.

Q8 What do you think about when you are racing?

A8 I try not to think of anything outside of performance when racing. In shorter events it is just about staying in the zone and putting the power down. Staying focused and keeping fully concentrated. In longer races I would be thinking about fuelling regularly and not missing a feed. In the 12 hour, sometimes you do not feel like eating, so it's a case of forcing it down. I always suffer particularly in the 12 hour and then it is all about mental strength. The body is amazing and can take a lot of punishment but when it tires the mind is what keeps me going. Positive thoughts are so important. Once negativity creeps in with a tired body you are in trouble. I will tell myself to keep

pushing regardless of the pain. It's like a mantra! In the 2012 National 24 hour it did not work out and I had to stop at 18 hours. Been second for some time and took the lead from the eventual winner during the night. Both my calf muscles became very painful after 9 hours and slowly got worse and worse. I rode the last hour like a zombie and in the end just could not continue. That stayed with me a long time and is without doubt the darkest moment of my cycling career. I ended up in Chester Hospital on a drip after winning my second 24 hour in 2002!

Q9 What sacrifices do you make to perform so well in time trialling, especially long distance?

A9 I don't really consider I make too many sacrifices when it comes to racing as it's just part of my life. That said it can put a great deal of strain on a relationship! I probably enjoy it more than I ever have and feel lucky that I can still do it.

Q10 How has the pandemic affected your training and racing?

A10 The pandemic has not really affected my training that much. Last year it was a case of sticking to the rules and carry on training. No one knew when or how much racing would take place, so I just prepared as normal and hoped we got the green light. There was never a time when I was out on a long ride that I thought "What's the point". We need to stay positive at times like these. Too much negativity isn't good for anyone.

Q11 What are you aiming to achieve this season?

A11 I guess I will do another 12 hour and would like to improve on my 100 mile personal best of 3 hours and 40 minutes. Brian Sunter has the 60 year old record and I remember when he set it back in 2003. I couldn't believe someone of that age could go so fast - 3:39! Here I am about to turn 60 so will have a shot at that if we get the opportunity. I will never be as good as Brian, but that record is within my reach if I am at the top of my game and we get a good day. And to carry on enjoying the freedom of riding my bike!

THE HUMBLE INNER TUBE

By Mike Cotgreave

I was asked to write a piece for The Veteran and after reading "Mind is the Ride" by Jet McDonald I put the following together.....

Perhaps the most important part of a bike ride is.....Air.

"Air is like freedom- when you have it - you don't notice it." (Boris Yeltsin)

Air and the inner tube, a ring of rubber.

A soft pliable doughnut - when full of air, protected by a tyre.

A small volume of air inflated to a high pressure.

And on that air we ride.

As the inner tube inflates, the tube gets thinner. It is porous and like a party balloon loses air. Small molecules permeate the rubber and so we need to replace them.

Replace it with CO2 and as the molecules are now smaller it may leak even more.

Butyl inner tubes are more penetrable than latex - the latter is more porous and also more puncture resistant. (But beware, just as the condom, they can leak, apparently there is a 2-3 % chance - perhaps with greater implications!)

Too much air and you may slow down as you bounce and vibrate over the rough surface. Too little air and you may also slow down.

But when the air has gone, and the inner tube is flat, we despair - but McDonald suggests that rather than a curse, we should regard a puncture as part of the ride, a pause and a chance to review our progress.

The ride, the repair, the turning wheel all give us time to reflect - we have freedom to discover. To travel, to independently experience the elements. Riding through our own reality.

We breathe in air in time with our cadence, our speed relative to the rotation of the wheel. A hypnotic tempo, breath uniting the mind, stimulating our body and thus the brain.

Like people, no two rides are the same. There is a relationship to the ever changing scene. Cycling allows us to understand nature. Regardless of age we can be proud of our achievement, ride or course completed - perhaps the satisfaction of a hill climbed, transported by our own effort. The feeling of power as those cranks are turned.

On our own, or in communion with the group with whom we ride - give thanks to the inner tube and the air it contains. No matter how expensive the bike - air comes free!!

Ride out, put air into your inner tubes and then let air blow in your face!

"I just put my feet in the air and move them around." Fred Astaire

.....

The editor admits to being quite bewildered by this missive, but Google helped, as always. "Mind is the Ride" is a book written by Jet McDonald and published in early 2020; it chronicles the author's cycle ride to India and back and mixes his experiences with intellectual and philosophical thoughts using components of a bike as metaphors.



EAST ANGLIAN

Mary Horsnell's musings

Start the day, start the year, with a smile, and that is what we did on seeing the excellent photo of Ron Hallam in Cycling Weekly - and more so when we read the accompanying article. First thoughts were that the cunning old fox had laid a false trail to put his rivals off the scent, but later investigation revealed that he had been misquoted after a phone interview. There is room for a press liaison officer here to see that the VTTA is thoroughly explained - it might help recruitment.

I recently received my copy of Fellowship News, the quarterly magazine of the Fellowship of Cycling, where another of our more famous members, Ken Platts, appears as the central figure in a rather charming group of 12 year old schoolboys. The illustration is in a lengthy 8 page article by their former sports master in Leicestershire, Peter Hopkins, who introduced many lads to cycling by organising youth hostelling trips. He details Ken's later very impressive academic and racing achievements but again no mention of the VTTA.

Moving to our own group, there appears to be little movement, so little in fact that our Chairman/Editor Andrew Grant has not got enough material for the group newsletter, even if he had the time. His wife Hillary had a cycling mishap recently, when dazzled by the low sun. She hit the kerb and fell, breaking her arm near the shoulder - a very awkward place. It will be at least another three months before things will, hopefully, return to normality. Meanwhile Andrew has a lot of extra duties...

Still with the Cambridge CC, a name often seen on prize lists is that of Peter Baumber, who unheralded and unsung, qualified for the illustrious list of nonagenarians in 2020. He has been off his bike for some time now when his TT machine was wrecked first time out, as he ventured on to a spoco

type course in Suffolk. He has at long last managed to have a very successful hip replacement. Their timekeeper son, Alex, has now retired to be a full time carer for Peter and Rosemary. All send their good wishes from lockdown.

Not so fortunate is Mick Gambling, but he has not lost his sense of humour, as in his Christmas card he stated "I am collecting operations at present." Further investigation revealed that two operations are being considered, but Mick can still raise a smile. For 20 years Mick was a regular contributor to Cycling (now Weekly) magazine, where he became a firm favourite, with his amusing weekly features. These were subsequently published in a book, still cherished by lucky owners, and he is still able to raise a smile today.

There is not much to smile about as the season hopefully draws nearer. A full programme is planned but already pruned, even the National 50 is in doubt, but most are keeping fit just in case. Officials are working hard behind the scenes, but as always need more support from the rank and file.

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2020 ended on a sad note when Colchester Wheelers lost a great clubman in Maurice McDermott. 'Mac' was not only a top racer for the vets in his day, but also organiser of the annual luncheon and prize giving long ago, as well as organiser of the very popular mid-week 10s on the old Raydon Airfield, near Hadleigh, of which Bob Bush may well be the only active survivor. Mac had been suffering, albeit cheerfully, from Alzheimer's for some years, forcing him to drop out and so he faded from the scene.

Another cheerful smile missed by older Rovers members is that of Sylvia Keeble, renowned as a cook and especially happy when catering for committee meetings held at their home. Husband Geoff was a club official, culminating in a record

number of years as President and still counting. Geoff Keeble has been a name on so many thousands of start and result sheets as a timekeeper for Colchester Rovers and the Combine, then graduating to opens and finally established as the main timekeeper for the ECCA 12, up to his retirement. It cannot have been easy looking after her husband when he was out all hours at events, but Sylvia managed this in her always capable way. Geoff is the first to acknowledge that he could not have done it without her, so well done to both!

Geoff has kept precise records and has written of our Group's first 11 years, including Peter Horsnell and Mick Pepper as newly qualified winners - but not on age standard! He has 69 years yet to cover, which should make interesting reading.

PRESENTATION OF 2020 VTTA NATIONAL CHAMPIONSHIPS AWARDS

We have all had to find different ways of doing things during the pandemic and with the usual national presentation unable to be held, distribution of the championship awards was no exception. Thanks to Royal Mail all the awards are now with their rightfully proud owners and most have mailed the editor a photograph and can enjoy a spell in the spotlight.

Naturally the photo quality varies widely, but they are all good bike (or trike) riders, so thanks to everyone who has contributed to this photo feature. Thanks also to Ian Greenstreet for processing and distributing the awards.

Follow the blue pages for the other award winners.



Antony Brown (Kettering CC and East Anglian Group)
3rd Man in 15 Championship



Mark Vowells
(CC Bexley and Kent Group)
2nd Man in 10 Championship

Ian Mackenzie would have been so pleased to hear of the revival of his old club, Lowestoft Wheelers. We don't hear much news of them as they are on the periphery of our area, which is the eastern most point of the British Isles. Ian, always a civil servant, is remembered there patrolling the docks with HM Customs and Excise, from their office by the swing bridge.

He was keen to join the vets just two days after his 40th birthday, and was soon to make his presence felt. Connie Tapper takes up the story, "We met at the Ipswich Holiday Inn for the AGM, prior to the annual prize giving. The regulars were, as usual, safely seated at the back of the room, but at the front - who was that ginger haired chap, smartly dressed, navy blue suit and highly polished shoes? No one could see, until the chairman called for nominations for a new lunch organiser. As expected, this met with stony silence, until the stranger rose and, half turning to address all, announced in a loud and authoritative voice that he had "come to this meeting with the sole intention of taking over this role"! Stunned silence was then followed by a round of applause.

Ian and his wife Vivienne, not always in the best of health herself, nevertheless derived much pleasure from working together to promote these very jolly get-togethers. Fast forward 19 years to the same 'do' but a different venue on the other side of the county. Ian made no secret of the fact that he was not happy with the change and had become disenchanted with the TT scene. In the same firm voice he announced his retirement, having already told us that he hoped to do more long rides and Audax events, but it was not to be.....

The message is - keep smiling, keep safe, keep cycling if you are able, and commiserations to those not so lucky.

KENT

Ian Turner

Our Kent contribution to the Spring issue of the Veteran usually contains a report on our Annual Lunch and Prize Giving which takes place around this time. Alas, not this year, for obvious reasons –

we all sincerely hope that it will take place again next February.

With regard to events for this season, a full programme is planned and the necessary paperwork has been submitted by Bob Giles, our long suffering Time Trial Secretary. I say long suffering, because organisers for the events have gradually dwindled, and it has left Bob organising most of the open events this year. We desperately need Kent members to come forward to take on some of these events to share the load – it is unreasonable to expect one person to shoulder most of it.

Bob is going ahead provisionally with the first 10 mile event scheduled for the 21st March on the Q10/1 course based at Hamstreet; he is also hopeful of running the first Wednesday '10 at 10' event on the morning of 7th April on course Q10/33 near Tenterden. Later, on 25th April, there is the 30 organised by Tom Morton on Q30/2, again at Hamstreet. Other events for the season are as follows:

Sunday 6 June	100	Q100 (Kent CA)
Sunday 13 June	25	Q25/8
Sunday 27 June	10	Q10/30
Sunday 11 July	50	Q50/11
Saturday 17 July	10	Q10/22

CTT South East Club Events

Kent Group members are now able to access the list of all club events in CTT South East District. Simple instructions for finding these events are available in these two documents:

Guide to Finding South East District Club Events on CTT National Website

Guide to Finding Club Events on CTT South East District Website

Both of these documents can be downloaded from the VTTA website by following this link:

<https://www.vtta.org.uk/library>

Sunday 12 Sept 25 Q25/12

Sunday 10 October 15 Q15/20

Entry fees are £14 solo, £28 tandem.

The Wednesday 10 at 10 series will be held on the first Wednesday of each month from April to October with a Road Bike event on 8 December. Entry fee is £5 on the line.

The reminder for subs renewals is delayed for 2021 and you will not be lapsed until 31st March if unpaid. However members should be aware that when the restrictions are lifted and racing can commence then if you want to take part in vets events then you will have to make sure you have paid your 2021 subs.

A warm welcome is extended to the following new members who have joined this year: Ian Dickenson (CC Bexley), Neil Harrigan (Gemini BC), Antony Lockyer (VTTA Kent) and Matt Bristow (VC Deal).

Our very best wishes go to Val and Tony Peachey who have moved to a new home on the Isle of Skye to be near their daughter and son in law. Tony and Val have made a massive contribution to the Kent Group and the Kent Cycling Association over many years.

Last but certainly not least, our warmest wishes go to Maurice and Rita Wilkins. Maurice is recovering from injuries sustained in an accident last year. Get well soon Maurice.

As with most other parts of the country, weather is severely cold here at present and roads treacherous with potential ice: personally, I'm not venturing out on the bike which means the turbo trainer is coming into its own. I have yet to be converted to the pleasures of smart trainers and Zwift etc, but I have definitely resolved to look into them for next Winter.

LONDON & HOME COUNTIES

John Hoskins

Once again the start of the season is blighted by the pandemic, but the London & Home Counties Group is still hoping that we will be allowed to run virtually all of our promotions this season. The first promotion (organisers Glen Knight & Rachael Elliott) is the VTTA 15m National Championship in April. At the time of writing there is an outside chance that we will run it on the designated date, but it's more likely that it will be postponed until later in the season. The remainder of our program we



Ian Greenstreet and Rachael Elliott
(AeroCoach and London & Home Counties Group)
Tandem Champions in 10, 15, 25 and 50



Melanie Sneddon (TORQ Perf. and
London & Home Counties Group)
2nd Woman in 10 Championship

are hoping will go ahead as planned. A full list is at the end of these notes, with the organisers.

The program has been tweaked a little this season. The late season 25 (now the Rocco 25), promoted on the first Sunday in October for as long as I can remember has been brought forward into September in the hope of getting better weather and also as some members have club championships of various types that end on 30th September, thereby excluding the Rocco.

Otherwise we have neatly fitted one event into each month, hoping to spread the marshalling and organising load as best we can. On that subject we once again will need more volunteers to come forward to offer their services, and generally L&HC offers a fee to all volunteers against expenses and time spent with events. The L&HC committee is very grateful to the two new organisers who came forward to promote two of our events this season – and the committee is anxious to offer them all the help they may need.

Of course in the end we didn't run any events last season, with the exception of the VTTA Ten Mile Championship (thanks to huge work done by Glen Knight at short notice at the end of the season), so there are no awards for the individual events. But there have been season long championships that members have qualified for, and the awards have been prepared. We are currently looking at the possibility (in the absence of any form of prize giving luncheon) of having an online presentation ceremony. We will of course keep all of our members informed of any such event.

The National Committee has decided that the final cut-off date for subscription renewals will be put back a month to the end of March, rather than the end of February as in the last few years. For those who find it simpler you can of course renew on the VTTA website but if any member prefers I am still available to receive cheques (£20 for solo membership, £24 for joint membership) made out to London & Home Counties VTTA, or you can transfer the same amount directly into our account, number 73251837, sort code 20-45-45.

The National AGM made a major change to how the VTTA will be decision making from now on, with the formation of the National Forum. The L&HC is very much behind this idea and believes that it will improve communications between the NEC and the various groups to a huge extent. The first meeting – which will be held before you read this, but after I've written these notes – will concentrate on the possibility, at some time, of a name change for the VTTA. This was an item that was withdrawn from the AGM agenda to allow it to be discussed over this year, a decision much appreciated by our Group committee. As the L&HC delegate to the Forum I would much appreciate any members getting in touch with me if they have views on this matter which I can pass on. The easiest method for me is an email to secretarylahc@btinternet.com but I'm always happy to speak to members by phone (07717 086689).

So as we all look forward to at least most of a full season, I'm glad that the group is producing two very different type of events this year. Two mid-week tens on a "sporting" local roads circuit near Thame, and two somewhat faster ten mile events on the dual carriageway based F11 course near Aston Clinton. We welcome all VTTA members to sample both of these delights. When we asked members what events they wanted us to promote there was an even split between "fast" courses and "sporting" courses being favoured, so please support us this season whichever type of event you prefer. We don't know yet how sociable any of our events will be allowed to be within possible Covid-19 restrictions, but we will promote as grandly as the rules/guidelines allow at the time.

And the full list of events, as at mid-February and subject to change

Sun 11th April VTTA Championship 15
Men/Women/Tandems - H15/3

Sun 16th May Don Byham 10
Men/Women/Tandems -F11/10

Thurs 17th June Mid Week 10 Longwick circuit -
HCC178

Sun 18th July 10 (150 riders) - F11/10

Wed 18th Aug Mid Week 10 Longwick circuit - HCC178

Sun 19th Sept Rocco 25 - H25/1

MANCHESTER & NORTH WEST

Ken Workman

My first pleasant duty is to bring to the attention of those who were unaware, that M&NW's Tony Farrell has been honoured by being elected to the position of VTTA National President. Tony's sterling work in holding our Group together when it's future was bleak, plus his contribution over the years to the VTTA has been recognised nationally. During his five years as President, Tony will be part of a team tasked with revitalising the organisation. All our Group members will surely join me in congratulating Tony.

With the Covid restrictions still in place there is some speculation regarding a 'resumption of time trialling hostilities'. But what is clear in the M&NW Group is that our '10' planned for 20th March has been postponed until 23rd October. In fact all our events scheduled for March have been postponed and found dates later in the year. It is also likely some, or all of the April events will be postponed, but this needs to be confirmed.

Sadly, our Group has lost Kath Biddulph of the Stone Wheelers. She was an HLM who passed away recently, but at the moment we are unable to establish any of the circumstances of her death, not even the date and location. We hope to publish a more comprehensive obituary later.

Along with most, if not every other group, due to the current lockdown the M&NW committee have been obliged to hold their meetings via Zoom. However, the recent meeting on 15th February prompted a suggestion of welcome optimism as we discussed not only some racing, but the return of our 'live' AGM plus the annual Luncheon/Prize Presentation. Bearing in mind we are subject to the respective venues re-opening, we hope to hold the AGM on Sunday 21st November, at Goostrey as before, and the Luncheon on Sunday 5th December, again at Middlewich. But watch this space. Note; the AGM has been moved from its usual Remembrance Sunday slot.

While surfing the web I came upon this quotation: "Nobody expects to trust his body overmuch after the age of fifty." The author of this was none other than Alexander Hamilton (1755-1804), one of the Founding Fathers of the United States and the subject of an award-winning Broadway and West End musical play. In Hamilton's era his statement probably held more than a ring of truth, but as he did not attain his own half century due to losing a pistol duel with a political rival, he obviously didn't have the prescience to state that which today's Veterans would certainly scoff at.

The bicycle as we know it had not been invented until around 80 years after Hamilton's death. But so completely do most of our members become absorbed in the red mist of the pain brought on by athletic endeavour, that even old Will Shakespeare's 'slings and arrows' suddenly seem to be little more than minor pinpricks when the 'race face' is in place.

Tongue-in-cheek humour; it is rumoured that last year one of our members underwent a dope test. To his great relief, it proved he wasn't! A dope, that is!

Ancient time trial joke: Two very ancient Vets were reminiscing about their former time trialling careers when one mused "I wonder if there's time trialling in heaven?"

After pondering on this, his friend replied "I don't know, but let's agree that whichever one of us gets there first, he'll come back to let the other know."

Sadly, after a few months one of them succumbed to anno domini. A short time later the remaining old timer was sat at home thinking of his lost pal when he felt 'a presence' and heard a familiar voice say: "I've got some good news and some bad news, which do you want first?"

"Err, tell me the good news first." came the excited reply.

"Well, there certainly is time trialling in heaven, the bikes are fabulous, the roads are a dream and the weather is always fine - I'm doing better times than when I was young."

"That sounds great, but what's the bad news?"



Joanna Cebrat (Bury Clarion CC and Manchester & North West Group)
Women's 100 Champion
2nd Woman in 50 Championship

wheels, take care on the road. And please stay safe!

(Editor's note: Ken has divulged three longstanding cycling after dinner jokes to the vast VTTA readership here, so any after intending speakers had better dig a bit deeper for some new jokes to end their performance!)

MERSEYSIDE Geoff Edgerton

I have to report the sad news of the passing of our Merseyside Group President Doreen Mahar, aged 96. Doreen had also been National President of the VTTA and was currently a vice president; she had been a member of the Association for fifty years. Our condolences to her family. A full obituary will appear in the next edition of the Veteran.

Usually at this time of year, I am providing a full report of our annual prize presentation and dinner,

"You're riding the Pearly Gates Wheelers 25 next week."

Also some slightly adult humour, but in this magazine there shouldn't be a problem with minors reading this.

Time Triallist: Darling, if I died, would you get married again?

Wife: Well, it's possible I would.

Time Triallist: Would you sleep in the same bed as him?

Wife: Well yes, I suppose I would.

Time Triallist: Would you make love with him?

Wife: Err, well, yes I suppose so, he would be my husband after all.

Time Triallist: You wouldn't give him my best carbon fibre TT bike would you?

Wife: Oh no . . . he's a mountain biker.

Time alone will tell how the 2021 season will materialize, but whether you're itching to report to a timekeeper or just want to enjoy being out on two



Deb Hutson-Lumb (Nova Raiders CC and Merseyside Group)
Women's 15 Champion
15 Championship Group Team



Tim Beardmore (Nova Raiders
CC and Merseyside Group)
15 Championship Group Team



Philip Hill (Pirate Juice CC and
Merseyside Group)
15 Championship Club Team



Paul Grindley (Liverpool Century
RC and Merseyside Group)
15 Championship Group Team



Stuart McCormick (Pirate Juice CC
and Merseyside Group)
15 Championship Club Team



Susan Semple (Stafford RC and
Midlands Group)
3rd Woman in 15 Championship



Victor Chetta (Pirate Juice CC and
Merseyside Group)
15 Championship Club Team



Lynne Biddulph (Born to Bike -
Bridgtown Cycles and
Midlands Group)
2nd Woman in 12 Hour Championship

but sadly like many organisations these have been literally wiped off the calendar. This leaves a bit of a void to fill. I could talk about Covid but I think everyone has heard it all before so I shall push on and try to keep a mention of it to a minimum.

Probably, the highlight of the year so far for me has been the AGM of the VTTA. I know, a pretty sad existence, but in my defence it is only the beginning of February. What made it different this year was the fact that it was held on Zoom and was my first introduction to this format. We had voted on the agenda previously so just a general discussion really. I have to say that it started off pretty well with Chairman Andrew Simpkins holding centre stage, ably assisted by Secretary Rachel Elliott. What made it such a good start was Andrew hitting the mute button leaving the rest of us to sit in front of our laptops and listen to him going through the agenda and how we had voted. Then it started to go downhill a bit when a general discussion was had and delegates found the unmute button down in the left hand corner. And I have so say one or two did go on a bit and one or two had gained confidence and were making more than one contribution, It was just about OK but I did check that I still had the Samaritans on speed dial. By now it was getting close to three o'clock and, if you are not aware, I am a fervent supporter of Shrewsbury Town FC. Previous years I have had to decide whether to watch the Town if they were at home or go to the AGM. No pressure from Phil but the AGM it was. However, a bit different this year, no crowds at the football matches but through the Amazon fire stick I can download the match. Town are on a bit of a good run at the moment and an away match at Sunderland was too good to miss, any match would be good to miss. I did try to watch both with very limited success, we all know men are not particularly good at multitasking. But, with the AGM finishing at half time, the match had my undivided attention for the second half. Sadly, the Town lost 1-0 but gained revenge two weeks later in the reverse fixture.

The main talking point of the AGM, or would have been had it not been withdrawn for further discussion, was the name change to the Masters Time Trial Association. We sent an email to

members canvassing their opinion on the name change and we did get a response from certain members which was pleasing. Early indications from those that responded is that there is no real appetite for a name change. From a personal point of view, when I was a mere youngster starting off at Junior School I was referred to as a master, Master Geoffrey Edgerton. As I am heading towards infancy from the wrong end, I am not enamoured by the thought of being a master again. I quite like being a vet.

Like everybody in the cycling fraternity, I am still training, not sure now whether I am training to race or just to stay fit. Mid-February and at the time of writing, I cannot see an early start to the season. I just hope that the powers-that-be make the right decisions in this regard. Sometimes we need to be protected for our own good. And talking of protection, I have just received my first vaccination. Not too many advantages in older age but this is definitely one of them. Stay safe everybody and hope to see you in the coming months.

MIDLANDS

Alastair Semple with help from Steele

Spring is just around the corner, the days are gradually lengthening, and the TT event calendar now has a bounty of events every weekend in the Midlands this year, which is of course great news.

Firstly therefore, I would like to extend a big thank you to all the event organisers and helpers who despite the trials and tribulations we have all been through, and the uncertain times still ahead of us, your positive approach and planning has given me, and I feel sure most of us, the optimism that we will indeed be able to race again soon.

Speaking of optimism, for those of us who have been motivated to keep 'race fit', and with near enough 18 month base training now in our legs, we will surely be in our prime once more and ready to smash out PB's at every available opportunity. Right ?

Why not? The courses will be the same and apart from maybe a few more potholes here and there,

THE WELLAND TROPHY

Those of you with long memories can probably go back to2015! This was the first running of the Trophy after an agreement had been reached by the NEC to co-promote an event with the LVRC (now the BMCR). Mike Amery and I volunteered to start things off, with the idea of a bit of friendly rivalry between the two associations combined with a decent day out. Some events have been under VTTA standard times and sometimes under BMCR age groups; individual results go towards a Best Team for the Trophy. The course now is the K47/15 which is a rolling course on quiet roads linking Welland, Rye Cross and Longdon situated in the shadow of the Malvern Hills and easily accessible via the M5 or M50.

Last year we had to abandon the event because of Covid restrictions and although the virus is still with us, we are hoping that we can get the event off the ground on Saturday 10th April, starting at 14.00. The HQ will be at Welland Village Hall which has excellent facilities and plenty of parking. We always try and do things a bit differently so this year we are planning to run three sections: solos, trikes (counting event for the TA League) and a Grand Prix des Gentlemen, so something for everyone! For the uninitiated, the Grand Prix is basically a two-up with a pacer and follower – or as we say in the countryside, a tractor and trailer! The trailer has to be 50 or over and remains on the back for 14 miles before being allowed to mix it on the front for the final mile – the time is taken when the trailer passes the line.

Entries online in the usual manner – please keep an eye on Association websites/Facebook for further details in a few weeks time. In the meantime, pencil the date in your diary or tap it into your mobile phone!

Alan Colburn

the roads we race on this year will have not changed, so what could possibly go wrong? (Don't answer that!).

What has changed however is the environment, so we will perhaps, at a distance of 2 metres apart, need to be a bit more imaginative to find new ways to recreate the banter and chat that normally take place in the HQ before and after a race. This is something I have always loved about TT racing, because it does not seem to matter where I am in the country, there will always be a familiar face in the HQ and definitely someone I have never met before to have a friendly chat with (except that old hairy-legged fixed wheel guy in the woollen jersey who caught me, of course!).

So, in the same way that businesses seem to have thrown themselves into the world of Zoom and Teams virtual meetings, and how Zwift has transformed many of our lives as well, I feel sure we will find new ways to stay connected, to celebrate each others achievements, and to enjoy a great 2021 racing season.

To finish, may I offer you a date for your diaries: The Welland Trophy event on the K47/15 is a great way to get your PB quest off to a good start, so why not join us on the 10th April for the first Midlands Championship event of the season.

See you out there, and don't forget to "Enjoy The Ride".

NORTH **Gavin Russell**

At the time of writing, we are currently experiencing many different challenges. Despite low temperatures setting new records, with snow on the ground longer than in past decade, we are all still subject to severe restrictions to our movements, due to the ongoing pandemic. Hopefully by the time you read this most restrictions will have been eased and some form of normality (whatever that will be) will have returned.

For those impacted by the Covid-19 virus, who have either had it or have been affected, either through family or friends, the North Group officials and



Tim Hood (Team Bottrill and Midlands Group)
3rd Man in 25 Championship



Steve Loraine (Team Swift and Midlands Group)
50 Championship Club Team



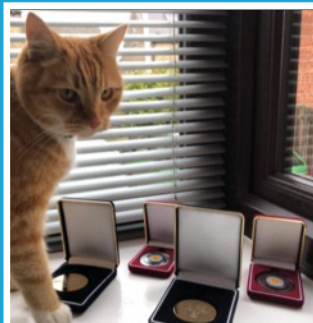
Philip Kennell
(GS Metro and North Group)
2nd in Men's 100 Championship



Sue Cheetham (North Lancs. RC and North Lancs. & Lakes Group)
Women's 50 Champion



Keith Ainsworth (Sheffrec CC and North Midlands Group)
Men's 15 and 50 Champion
2nd in Man's 25 Championship
3rd in Men's 10 Championship



Keith Ainsworth's cat checks out his medals whilst he is away in Mallorca



Andy Whiteside (Bella in Sella Racing and North Lancs. & Lakes Group)
Men's 12 Hour 50 Champion



Deborah Moss (Team Merlin and North Lancs. & Lakes Group)
2nd in Women's 15 Championship
3rd in Women's 25 Championship

members have you in their thoughts; to those who have lost loved ones, please accept the condolences of the group.

Sick Parade

Our Social Secretary, Ruth Crossley, has unfortunately fallen, whilst participating in the dangerous pastime of walking, and broken her leg. She is on the mend and can now walk unaided, albeit only a short distance; whilst living in the countryside she is being supported by neighbours and friends. Don Urwin, of Cleveland Coureurs, although not a member, but who performs timekeeper duties at a number of Teesside VTTA group events each year, fell from his bike on black ice, three days before Christmas. Having spent Christmas in hospital he finally returned home at the end of January and can now walk a few steps unaided. Finally, Albert Harrison, our past president, has been critically ill in hospital with sepsis at the end of 2020. However he has recovered enough to return to his residential home in North Wales. Unfortunately, he left hospital in a wheelchair and unable to walk. I am informed, that with true northern grit, and the competitive mentality of a cyclist, he is challenging himself to walk again. Our best wishes go out to those named and also to any other of our members and families, who have or are experiencing ill health, and wish them a speedy recovery.

Membership

To those members who have renewed their 2021 VTTA membership of the group. Thank you. 2020 members who have not renewed, they will not be receiving the copy of the Veteran, so if you know someone who has not renewed, can you please give them a nudge and remind them of the benefits they can experience as being a member of the VTTA North Group.

We have received the Honorary Life Membership Certificates from the national secretary for our two recipients, Keith Alderson and Norman Beilby. Unfortunately, due to the times we live in we were unable to present these in any personal way, so have had to rely on the Royal Mail. Both recipients

have expressed their thanks on the awarding of these accolades.

As a reminder, the group 2021 VTTA membership subscription for an individual is: £15, and for couples/partners living at same address is £16.50.

For those that claimed their standard awards in 2020, the North Group Standard Award fees for 2021 is £12. For those who paid for 2020 but did not claim, the 2020 standard payment has been transferred to 2021. Please be aware that standards must be paid for before any qualifying ride can be considered.

2021 Group Competitions

At this time, with the timescale for the relaxing of restrictions yet unknown, but with promises on the horizon, it is hoped that all the group competitions will be re-instated for 2021.

All the competition information and qualifying criteria is listed in the group handbook, which is currently in print, with a copy emailed/posted to all current members.

2021 VTTA North Group Events

The North Group in liaison with local clubs is promoting seven events in 2021, which in addition to welcoming VTTA members also welcome non-members, of all ages to all events. Details of the events are all available on the CTT website and VTTA national handbook.

Please be vigilant and visit the websites regularly, as this is the best way to keep up to date with any changes forced onto organizers by covid-19 restrictions, roadworks, etc. Please remember that some event details, especially earlier in the event programme, may change due to outside influences, i.e. headquarters being changed due to pre-bookings not being accepted from outside bodies.

Track Age Records

With an outdoor banked track available at the Sports Village in Middlesbrough, a number of group age records were established in 2018/19 by Caroline and Howard Heighton. Records can be recorded for distances ranging from 5km up to 25 miles and for 1 hour duration. There is now an

interest being shown by some of the older members to not only establish group age records but also to challenge the national ones as well.

To enable members to gain access to the track, they need to undergo an accreditation process, which consists of a number of track sessions, under the guidance of a qualified track coach. When the weather improves and the track is re-opened after the winter bad weather, accreditation sessions are to be arranged. The sessions will be held during the daytime, when the track and the coach are available. You will require a track bike (fixed wheel), which can be hired on the day for a few pounds. If any member is interested in participating in these sessions, please do not hesitate to contact the writer, who will add their name to the list of interested parties.

To achieve a record, you are not restricted to riding a track bike, you can ride your super-duper multi geared time trial machine or a road bike.

Please note that the recorder contact has changed for 2021, as Dave Oliver has relinquished the post

and taken over as President. Phil Wright has taken over the recorder mantle, so all future information requests regarding records and standards should be directed to him. His contact details are contained in the 2021 VTTA Year Book as well as in the North Group Handbook.

Closed Circuit Events

Each year an evening series of 10 mile time trials is organized on the Croft Motor Racing Circuit in North Yorkshire (3 miles south of Darlington, just off A167). After trialling in 2020, the series in 2021 has been extended to include two Sundays. These events have proved very successful, with up to 200 participants taking to the start line. Riders start at 30 second intervals, so there is minimum waiting around. Those taking part range from 6 years up to 80+, with many older riders bringing their grandkids. Club members, who are registered on line with CTT, can enter all the events through the CTT on-line entry system.

As "Come & Try It" club type events, all are welcome on any type of machine, including road bikes, tandems and tricycles. It provides an ideal opportunity to introduce newcomers to time trials in a safe and traffic free environment. If you require any further information regarding dates, etc please do not hesitate to contact the writer,

Closing 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 or by telephone on 01642 654419.

As we start a new season of racing (hopefully) please adhere to the government guidelines, get the vaccine, when offered, and lets all look forward to a better and full season of events.

Stay safe and enjoy riding the bike (weather permitting).

The Fellowship of Cycling

*Over 50 and still keen?
Rode a bike once and would like
to keep in touch?
Like to read about your cycling
contemporaries?*

*Say YES to any of these?
You should certainly be a member of
The Fellowship of Cycling
and read the quarterly*

FELLOWSHIP NEWS

For details and sample send address to:

Adam Pride (Acting Membership
Secretary/Treasurer)

76 Foredown Drive, Portslade
Brighton, BN41 2BE

Email: adampride@talktalk.net

Website: www.fcot.org.uk



NORTH LANCASHIRE & LAKES

Richard Taylor

Firstly I'd like to take this opportunity to wish all our Group members a happy new year and hopefully it won't be too long until we can meet up to chat over a cuppa after an event. With not much to talk about and no new members to speak of, we can at least plan for a season if the powers that be allow us to play out again. These are the events you racing chaps and lassies need to record in your digital diary for the Group Championship.

Qualifying Events

April 14th Weds VTTA NL&L 25 (L2521A)

May 22 Saturday Warrington RC 50 (J4/16)

May 31 Monday Anfield BC 100 (D100/2A)

June 2nd Weds VTTA/WPRC 25 (L256)

June 13th Sunday NLTTA 100 (L10010)
NLTTA Champs

June 20th Sunday Kent Valley RC 25 (L2524)

July 4th Sunday VTTA NL&L 50 (L5012)
NLTTA Champs

July 18th Sunday East Lancs RC 25 ((L2524)

July 24th Saturday Chorley CC 10 (L101)
NLTTA Champs

Aug 22nd Sunday Wigan Whs 30 (L308)

4 events to qualify, one of which must be 50 miles or longer. Members will be notified if changes are needed. 2021 standards applications and membership can now be paid for via vttta.org

Championships 2021

Traders Cup Winner of the Group
Championship

Ladies Championship Leading Lady in GC

Dobson Trophy Best on std in either
VTTA 25 (14th April) or
WPRC/VTTA 25 (2nd June)

CYCLING BOOKS BY VTTA MEMBER BRIAN JONES

BRIAN JONES HAS SELF-PUBLISHED THREE BOOKS:

MISSPENT YOUTH – which recounts how his obsession with sport put paid to a promising academic career (Paperback 200 pages RRP £9.99)

MISSPENT DOTAGE – tells how he lost 9 stone, took up cycle racing at the age of 56 and became World Individual Pursuit Champion for three minutes (Paperback 200 pages RRP £9.99)

NO ORDINARY JOE – which chronicles the careers of 25 iconic amateur racing cyclists in the world of Time Trialling, Road and Track Racing (Hardback 200 pages RRP £19.99)

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COMING IN 2021

NO ORDINARY JOE – VOLUME 2

NO ORDINARY JOE – THE LADIES

NO ORDINARY JOE – USA AND CANADA 1960s – 1980s

Paddy Maloney Trophy	Best on std in VTTA 50 on 4th July
Crowther Shield	7th on std in NLTTA 100 on 13th June
Baxter Rose Bowl	Winner on handicap in NLTTA 100 on 13th June
Karrimor Saddle	Best on std in NLTTA 100 on 13th June
Ken Priestley Trophy	Best 12 hour on std – any event
Team Shield	Team of three in GC

So with no Group Luncheon to celebrate and raise a glass to the victors, we can but hope that normality will soon prevail, where zoom means riding a bike quickly and social distancing means dropping a caught minute man. Until then keep safe and I'll see you down the road.

Further info from Group Recorder: Richard Taylor, 23 Heywood Road, Castleton, Rochdale OL11 3AU 07533 679101 or rtaylor023@aol.com

NORTH MIDLANDS

Chris Lea

In the previous issue of The Veteran we heard how Peter McNally, current Chair of the VTTA North Midlands, joined the Rutland CC in 1955, aged 15, and soon started racing on his Raleigh Lenton, green and single-speed, bought with money saved from countless morning and evening paper rounds. Peter continues his recollection of early racing exploits:

“After riding a few events in the last three months of 1955, I was eager for the next season to start and did not have long to wait, with Roller Racing League in January, then the Rutland CC early season 10 on the Blaxton to Westwoodside course on 28 February (first 10, so a PB). This was followed by a number of 25s and club 10s, in March and April; things were going well. However, on 2nd May, riding the evening 10 on the Todwick to Shireoaks course: DISASTER! Half way back from the turn, on the sharp drop at Lindrick Dale, I saw a car stop

in the road. Unable to swerve in time I hit the car, going over the roof and down the bonnet. Semi-conscious, I was looking at something red appearing on the road. At least my Raleigh Lenton was not damaged. I was taken home in the back of a van. My mother then insisted in taking me (on the tram) to Sheffield Royal Hospital. Still dizzy, I returned home less some of my hair and with a large dressing on my head. Was this the end of my cycling career? Well no.....just four days later I was up early to ride the twenty-five miles to Retford as I was riding a 25 and was off at 7-15am. My time of 1:11:47 remained my slowest ever but at least I was racing (and 20 others were even slower than me). Six weeks later I was at Rotherham Magistrates Court charged with “Riding a pedal cycle furiously to the danger of human life and limb”. The car driver said he stopped to watch the riders go by. Well, he certainly saw me. The charge was dismissed. The season continued with more time trials, with my last event being the Upperthorpe Hill Climb on Winnats Pass in October, six weeks after my seventeenth birthday.”

There is a wealth of information on the Raleigh Lenton, here: <https://on-the-drops.blogspot.com/2016/12/the-raleigh-lentons-1948-1960.html>

In a late result from the 2020 season, the VTTA Brafman Cup was won by the Buxton CC trio of Mat Ivings, Chris Lea and Steve l'Anson, as fastest club team in the Rutland CC and VTTA North Midlands 10.

The Group's 2021 AGM is postponed until we can meet in person. However all post holders are content to continue until the AGM can be held.

Chairman – Peter McNally (Rutland CC)

Secretary & National Forum rep – David Buxton (Rotherham Whs CC)

Treasurer – John Slater (Doncaster Whs CC)

Membership Secretary / Web and Press Secretary / Recorder – Chris Lea (Buxton CC)

Social Secretary – Ala Whitehead (Rockingham CC)

Trophies and Medals Secretary – Position open.
Volunteer(s) sought!



Richard Oakes
Team Ohten Aveas
and Nottingham & E Mids. Group
with his dad Roy
Men's 10 Mile Champion



Ian Guilor (Mapperley CC and
Nottingham & East Mids. Group)
25 Championship Group Team



Geoff Platts (Team Bottrill
and Notts & E Mids Group)
25 Champs Group Team



Ron Hallam (South Pennine RC and
Nottingham & E Mids. Group
Men's 25 Champion
25 Championship Group Team



Jim Boyle (Sleaford Whs and
Notts & East Mids. Group)
50 Championship Group Team



Matthew Bottrill (Team Bottrill
and Notts & E Mids. Group)
2nd in Men's 50 Championship
50 Championship Group Team



Ian Pike (Lincoln Whs
and Notts & East Mids. Group)
25 & 50 Champs Group Teams

Committee members: John Clarke (VTTA North Midlands), Geoff Hague (Rutland CC), Tony Morris (Thurcroft CC), Phil Ragsdale (Rockingham CC), Alan Sides (Rotherham Whs CC), Gordon Wordsworth (Whirlow Whs & Rutland CC)

Thanks are due to Keith Ainsworth (Sheffrec CC) for tracking down and gathering trophies from the 2020 season, ready for engraving.

The Group's Annual Prizegiving Luncheon for the 2020 and 2021 seasons will take place on 8th November 2021 at the Holiday Inn, Canklow Meadows, Rotherham, with more details to follow. Thank you to Ala Whitehead (Rockingham CC), Social Secretary, for making the arrangements.

NOTTINGHAM & EAST MIDLANDS

David Herd

The Covid-19 has caused a change in the normal activities for the group; there was no AGM as such but it was agreed that we continue with the 2020 officers and representatives for 2021. All details are contained on our Russell Gent's 2020 Report. There was no Presentation Lunch for the 2020 season, usually held in January therefore, we will not be able to present the awards. Those members who received trophies for the 2019 season are asked to please return them to Ron Hallam so that 2020 winner's names can be engraved ready for next year.

VTTA member subscriptions are now due, payable online via the VTTA website, or to our treasurer Kath Smith (14 Main Street, Wilsford, Grantham, Lincs NG32 3NP) with cheques made out to VTTA. Subscriptions should be paid by the 31st, March 2021.

Single membership £14

Joint Membership £16

Honorary life members have nothing to pay and get the Veteran free as well.

At the moment the Group's Events for 2021 are as our secretary Russell Gents Annual Report but it is still early days in terms of planning events as to what level of Covid -19 virus restrictions will be in place.

Our treasurer Kath Smith has put forward a simplified set of accounts based on year ending date of 30th September 2020. However, because of Covid-19 several key financial issues and the delay in running the National VTTA 25 these will have to be taken forward into next year. The group has purchased new signs, refurbished and engraved trophies but these will be one off costs. The Group has also made contributions to two air ambulance charities. All in all the group still has a healthy bank balance, which means that the subscription will remain the same for the present year.

Three Distance Bar (25, 50 & 100 miles)

1. Colin Parkinson South Western RC
(54:31 / 1:52:20 / 3:53:52) +47:20
2. Mick Stevens Melton Olympic CC
(58:34 / 2:06:57 / 4:13:48) +43:48
3. Mark White Mark White Coaching
(54:37 / 1:55:06 / 3:56:25) +41:05
4. Ed Tarelli Race Hub
(54:36 / 1:55:25 / 3:56:25) +38:22
5. Jez Willows Sherwood CC
(55:07 / 1:56:47 / 4:28:11) +33:45
6. Claire Davies Hinckley CRC
(1:3:22 / 2:17:16 / 4:28:34) +24:24
7. Michael Wilkinson North Notts Oly
(1:1:38 / 2:17:47 / 4:28:51) +20:58
8. Russell Carter South Pennine RC
(1:9:37 / 2:25:40 / 4:59:11) +00:02

Claire Davies also takes the Ladies BAR award.

Mick Stevens also takes the Senior BAR (over 70)

Group Records

- 26/07/20 Matt Bottrill (Team Bottrill)
50 in 1:42:17 at age 43 on A50/2
- 05/09/20 Mick Stevens (Melton Olympic)
100 in 4:13:48 at age 70 on A100/4
- 20/09/20 Claire Davies (Hinckley CRC)
15 in 39:14 at age 43 on D315/1
- 20/09/20 Jez Willows (Sherwood CC)
15 in 33:56 at age 55 on D315/1
- 20/09/20 Colin Parkinson (South Western RC)
15 in 34:01 at age 58 on D315/1
- 20/09/20 Ken Stevens (South Pennine RC)
15 in 49:07 at age 90 on D315/1
- 17/10/20 Geoff Platts (Team Bottrill)
25 in 53:49 at age 65 on A25/34
- 17/10/20 Ron Hallam (South Pennine RC)

25 in 1:11:42 at age 90 on A25/34

The records set by Ken Stevens and Ron Hallam are also National Records.

Trophies

Ivan Mahon 25 mile Trophy (on standard)	
Ron Hallam	+22:16
Jack Watts 25 Memorial Trophy (fastest)	
Ian Guilor	50:41
Fred Smith 50 Trophy (on standard)	
Matt Bottrill	+34:15
Hermes 100 Trophy (on standard)	
Colin Parkinson	+67:20

I am grateful to Russell Gent and Graham Green for compiling this information.

There were special celebrations in the South Pennine RC camp. Members Ken Stevens and Ron Hallam both had 90th birthdays close to each other and both held 10 mile time trials. Ken's was held on 9th August and Ron held his on the 6th September. Both riders have achieved great success throughout their cycling careers but particularly in the later years, including team wins and individually winning of numerous events on standard. They both have interesting articles printed in the South Pennine RC edition of the Autumn Courier, which I enjoyed reading and I can't help admire both for their commitment to keep on racing. Both Ken and Ron have set a national age records in 2020, details of which is included in this report.

Ken originates from down south, riding in Kent and Essex and knocked out a 55:28 for a 25 when he was able to gain entry on a fast course. He then strayed up the A1 and rode F, N and O2 courses before he moved to this region in 1999. He then joined South Pennine RC and with Ron, Jeff Bowler and the late Dave Bates won a number of team awards.

Ron, however was born locally and when the racing bug took a hold he ventured further afield to find faster courses. He recalls winning a 25 at Thrapston near Corby in 1958, beating a young Alf Engers into second place. During those years Ron won the Chalotteville 50 in 1959 and had his first win in a 100. As a vet Ron set many age records - his best rides are: 10 miles in 22:11, 25miles in

56:30, 15 miles in 41:15, 30 miles in 1:09:20, 50 miles in 1:57:30, 100 miles in 4:10:20 and 251 miles in 12 hours.

Ken's wife Iris and Ron's wife Pat have been supportive in both their cycling achievements and in all aspects of cycling including the VTТА.

One of the good things about having cycling as a sport and hobby is that over Covid lock down and all the other restrictions we can still get out and ride, but the weather has not been good of late, so like you all I am looking forward to warmer dryer conditions. Stay Safe.

SCOTLAND

James Skinner

News

Alex McPhee had a very nasty crash whilst training near Eglington back in August. Having sustained several broken bones he is now on the mend, and managing to get on the turbo, all at the group wish Alex a speedy recovery and hope to see him back racing when all is well.

It is with sadness that we report on the passing of Jackie White, Jackie was a member for 43 years, having joined the group in 1977, and prior to hanging up his wheels was a competitive rider. Although his racing days were over, Jackie remained a staunch member until his passing at the age of 97 after a short illness. He was also a member of the Law Wheelers having joined the club a few years after its foundation in 1935. Then after joining the Shotts CC in 1941 to 1944 he returned to his former club and remained a member for his lifetime.

Upon hearing that group timekeeper George Stewart had recently been the victim of a bike theft, a group led by John Campbell of Royal Albert CC set about sourcing George a replacement bike. With the help of Route 50 Bike Shack and Cafe in Baillieston, the team secured a vintage Raleigh complete with steel mudguards and dynamo lighting. George received the bike a few weeks ago in a covid safe manner and we hope George gets a few miles in the legs this year.



Christina MacKenzie (Stirling BC and Scotland Group)
Women's 12 Hour Champion



Lisa Davis (trainSharp and Surrey/Sussex Group)
3rd in Women's 12 Hour Championship



Derek McMillan (SVTTA and Scotland Group)
3rd in Men's 100 Championship



Angela Carpenter (...a3crg and Wessex Group)
Women's 10 and 25 Championship Club and Group Teams

as listed below, all depending on regulations at the time. Let's hope we get some good racing this year.

16th May - Ben Smith trophy - Scottish District Championship 25mile TT - organised by Glasgow Green CC on the WW25/01 Westferry course.

23rd May - Jim & Betty Train trophy 10 mile TT - organised by Law Wheelers on the WM10/01 Cambusbarrow course.

30th May - Alistair Speed Memorial & SVTTA H Roberts Trophy 50 mile TT - organised by Mhairi Laffoley on the WE50/01 Freuchie course.

8th August - SVTTA Reilly and J Sharp trophy 100 mile TT - organised by Dundee Thistle on the WE100/01 Forfar course.

15th August - John Cramb trophy 25 mile handicap TT - organised by St Christophers CC on the WW25/01 Westferry course.

22nd August - Pinky Williams trophy 30 mile TT - organised by Michael Devlin on the WM30/02 Cambusbarrow course.

12th September - Archie Speed Memorial TTT, including the SVTTA Boomerang trophy - organised by Dave Bean on the 13 mile WE13/01 course at Freuchie.

Races

As no racing has taken place yet we have no results to publish, but the 2021 Scottish group events are



Ken Stevens and Ron Hallam, both of whom recently rode 90th birthday 10s

26th September - Speed Family Trophy including the SVTTA 15 mile Championships - organised by Mhairi Laffoley on the WM15/01 Freuchie course.

All events are listed in the 2021 handbook, and on the Cycling Time Trials or British Cycling website, also visit the Cycling Time Trials website for details of the courses as some may have changed from previous years.

If readers have any information, news, or gossip, get in touch at jamesmskinner@hotmail.com or INFO@SVTTA.ORG.UK



Preparations came to naught for Mary Corbett and Norman Harvey when the Boxing Day Fancy Dress 10 was cancelled

SOUTH WALES

Barry Williams

I am looking out at winter sunshine, but not thinking of cycling in the Vale while the temperature remains below zero. I guess most Welsh winters feature either flooded roads or like today, dry and too cold to enjoy outdoor activity.

We are all hoping to find ways of dealing with the current Covid 19 lockdown. As I write, the Government is getting ever more frantic in its responses. Earlier this month they started a travel ban and yesterday they backed it up with threats of a £10,000 fine or 10 years in prison for anyone attempting to evade rules. What is the future? How long will loss of freedom last? Nobody can answer these questions, not the scientists or the politicians. Therefore, we are where we are, waiting for something good to happen.



Jo Buckland (FTP Racing and South Wales Group)
3rd in Women's 10 championship

It's almost 12 months since the start of the pandemic and the period of severely reduced activity in our sport. Last autumn saw a revival at the professional end with the classics, Milan-San Remo, Tour of Flanders etc. followed by the three grand tours. Unfortunately, Welsh Government restrictions prevented any 2020 promotions on our popular courses. However, some of our members were able to compete under a more tolerant English Covid regime. I mentioned Bob Jones's valiant efforts in my last letter, but omitted to comment on

one of our female member's successes. Jo Buckland lives just beyond our borders, but we are proud that she represented VTTA South Wales in a number of events in 2020. First, I would mention Jo's ride in September 2019 in the WCA Welsh Championship 50 on our Abergavenny-Mitchel Troy course when she posted 2:05:36. I know this course well with its uphill drags and fast dual carriageway sections and in recording that time, Jo showed us that she can hang in when the going gets tough.

Jo started her 2020 season on 15th March in South Wales on R10/17, posting 23:22 in the Sportsmad 10. At that time little did anyone appreciate that this would be the last event of the season in Wales. Whatever, Jo's next ride was the RTTC Championship 10 in late August on the Bath Road, west of Newbury, where she recorded 23:09 finishing a respectable 30th out of 63. The following event was VTTA Home Counties 10 National Championship on the nearby Newbury-Wickham course, which if my memory is correct, has an uphill drag to a bridge over the M4; 23:49 earned Jo a credible third place out of 22 finishers. Jo's good form continued on October 11th in the RTTC

National Circuit Championships at Thruxton Motor Centre with 28:16 for 11.7 miles, placed 30th out of 63 finishers. Jo saved her best performance for the following week at the British Masters National Championship at Newbury where she posted 48:13 to collect third female place on the podium. We all hope that 2021 will see more regular events, but nothing is certain at present, say no more!

For me, at age 84, I would hope to be somewhere warmer in February, like Gran Canaria. Alas, the travel ban prohibits such ventures. We must be patient, get vaccinated and ready to go when Boris lifts the travel ban.

SURREY & SUSSEX

Jon Fairclough

Welcome to New Members

A welcome to two new members: Andrew Bigwood and Sally Turner (Trainsharp).

Annual Lunch and Awards

The VTTA Surrey/Sussex Group has cancelled its annual prize-giving lunch for 2021 due to the pandemic. We were delaying to see if it would be possible for members to meet and congratulate our award winners but it is now clear that will not be possible. We will be considering the arrangements for collecting the trophies from last year's winners and distributing them to the winners as soon as conditions allow.

Surrey/Sussex Open Events

Some dates for your diaries. Go to the CTT website to enter. All these events have VTTA Surrey/Sussex awards.

The '10' will be held on G10/87 on Saturday 17th April and is organised by Surrey/Sussex VTTA.

The '15' will be held on G15/93 on Saturday 12th June and is organised by Sussex CA.

The '50' will be held on G50/90 on Sunday 13th June and is organised by East Sussex CA.

The '30' will be held on G30/88 on Sunday 20th June and is organised by Lewes Wanderers CC.

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The '100' will be held on G100/861 on Sunday 8th August and is organised by East Sussex CA.

The first '25' will be held on G25/93 on Sunday 5th August and is organised by Bec CC.

The 12 hour will be held on Q12 on 5th September and is organised by Kent CA.

The second '25' will be held on G25/89 on Sunday 19th September and is organised by Surrey/Sussex VTTA.

Strava Group News

The Strava Group is called "VTTA Surrey Sussex" and has 24 members both current and past. If you wish to join the group and share you Strava data with other members send me an email or a join request on Strava. I have compiled a leaderboard for 2020 showing the annual totals of distance, time, elevation gain and rides, and average speed. Well done to Peter Baker for being top for distance by a vast margin (23,167 miles) and climbing Everest over 39 times. Adam Bidwell gets the "Big Rides" award for the most elevation (3987 ft) and distance (62 miles) per ride. Ross Vart gets the speed award (20.28 average). You can see the full list at <https://www.strava.com/clubs/332324/posts/14525316>.

Obituaries

Obituaries for Surrey/Sussex members Mike Morley, Sian Charlton and Dave Worsfold appear elsewhere in this issue.

Committee News

We welcome new Committee members. If you are interested, please contact Keith Wilkinson at keithwilkinson@talktalk.net.

Dates for Your Diary

Subject to life being back to normal, our 2021 Group AGM will be on Sunday, 14th November at 10:00am in Handcross and our next annual lunch to present the 2021 Group awards will be on Sunday, 9th February 2022 in Horsham.

WESSEX

Bob Jolliffe

I guess there are a lot of you who, like me, spent an hour or two checking out the newly posted list of CTT events on Monday, January 4, only to be told by PM Boris the whole country was going into Tier 5 lockdown with almost immediate effect. It wasn't unexpected to be honest, but it was a real downer.

Then came the gradual realisation that if the whole population buckled down and did what the Government expected of it, then the new stricter measures might not affect too many events.

I'd already earmarked my first open time trial as the Farnborough & Camberley 10 at Bentley in mid-March, so that gave me 10 weeks to be ready for it, and the government was still allowing us to go out for exercise once a day, and with a partner, too; so all was not lost.

But I knew there would be some eager beavers out there, honed by Zwifting all winter, who would be deeply disappointed to miss out on some really early season races. However, something has to give if we are to beat this horrendous Covid virus; and there's always more on-line racing, I figured.

As I write, March 13's Farnborough & Camberley 10 has still not been cancelled and schools are expected to re-open the previous week, so there is hope it will go ahead; though many other events on the CTT website have been cancelled or postponed.

Sad losses

The winter has taken its toll on Wessex Group members and sadly five old hands are no longer with us.

First, VTTA Honorary Life Member and long-standing Sotonia CC rider Ray Gee died aged 91 after suffering from cancer, and shortly afterwards another HLM, New Forest CC's Chris Gannaway, passed away also aged 91 after several short spells in hospital.

After that came the sad news that Dave Hanbury of Crabwood CC had succumbed to cancer and in January, it was another HLM, Dave Bennett, whose Covid-related death following a long illness was announced by his club, Charlotteville CC.



David Shepherd (...a3crg and Wessex Group)
CW Cooke Merit Award
10 Championship Club and Group Teams



Neil Mackley (...a3crg and Wessex Group)
10 Championship Club and Group Teams

Most recently, in early February, the remarkable Joan Price died at the age of 92 in a rest home in Bournemouth.

Obituaries to all appear elsewhere in this edition of The Veteran.

Christmas racing cancelled

The two festive season 10s in the South were victims of Covid-19. The pre-Christmas Farnborough & Camberley event on H10/8 was cancelled well in advance.

But the New Forest CC Boxing Day had to be pulled at the last minute after the district council area went from Tier 3 to Tier 4. Sensibly, when the autumn tier changes from 2 to 3 were first announced, event organiser Catherine Pascoe had put out information asking for potential riders to hold back on submitting entries until further Government restrictions had been put in place, to save entry fees having to be returned.

The cancellation was a particular shame because the 10 on the "Rumble Strip" P311 course just east of the Hampshire Avon is usually a highlight of the winter season for many Hants and Dorset cyclists and an excuse for a chinwag and catch up with old friends. And this time around Sotonia CC's Mary Corbett and Norman Harvey were really aiming for a win in the fancy dress category on Trixie, their tandem trike.

Now, with the prospect of inoculations ahead of us there is a chink of light at the end of a particularly long dark tunnel so, here we are again, at an admittedly belated start of another season.

Doggone, the blog's gone

For many years now, southern cyclists have been used to checking out former National 24-Hour Champion Eamonn Deane's "Local Riders, Local Races" blog for any information they were missing.

Even when working abroad in a masseurs/soigneur's role for various teams including the British Para Cyclists, Eamonn, who is the Bournemouth Jubilee Wheelers' president, managed to keep a handle on what was happening in the world of cycling in the South and publish it.

During the winter there was cyclo-cross and mountain biking to write about and photograph, occasional pics and finish lists of the much-missed (by me) Calshot Track League, along with his highly descriptive rider's-eye reports on the tough Bournemouth Jubilee Wheelers' reliability trials and even club runs. The road season always started with his pictures and words from Perfs Pedal Race followed by open time trials, then club time trials and the TLI road race series from Wool. On top of that there were various in-depth interviews with event winners and full start and result sheets.

However, this winter, Eamonn decided he was going to give up the blog to allow himself to concentrate on his own cycling, which had been taking a back seat. As his announcement was made, CTT's South DC committee had submissions from various clubs nominating people for the Ray Price Memorial Award, given annually to the person who had contributed most to Southern cycling in the past year. And it was Eamonn who was awarded the most votes by the committee.

So, congratulations to you Eamonn. Many thanks for your wonderful contribution to cycling in the South. Your efforts will be sadly missed, but I'm sure everyone will wish you the very best for your future bike riding.

Challenging Sarah

Sarah Matthews of ...a3crg eventually raised a total of £1,575 for Children in Need through her 60 exercises challenge last autumn.

That set her thinking about the benefits of breaking up her day working behind her desk at home during the winter lockdown with some exercises. "Most days I'll try to get up from behind my desk every hour or so and do some body weight exercises," she said. "The kitchen chairs are perfect for tricep dips whilst waiting for the kettle to boil."

In addition, she took on and completed a January-long on-line yoga challenge and has now signed up to keep doing it "as it's definitely benefitting me" she said.

Age record holder Sarah looks like she's going to get even quicker.

Zooming around

Instead of zooming around on bikes this winter, many of us have been bringing our computer skills up to date and using Zoom to keep up to date with family and friends.

Wessex Group committee members too have joined the Zoom revolution. While we haven't had our usual AGM, any issues have been widely discussed by committee members using email, which has proved a very useful tool.

Then in late January the national VTTA AGM was conducted on Zoom which also proved to be a success and allowed for all delegates, including David Collard-Berry and me, a pretty full discussion on the various agenda items and, incidentally, allowed AGM-newbie me to put faces to names.

WEST

Brian Griffiths

With so little to report from our group, either it's not happening or no one is passing it on to me. Our numbers seem to be shrinking, which has to cause us concern, and we have to try to do something about it, so perhaps I can share some of my thoughts and ideas as to why this is happening.

Before I do that I must say that I very much enjoyed sitting in on the "Zoom" AGM with our secretary Gordon Scott and the new national treasurer who is also our own West Group treasurer, Ian Pritchard. To me it all went off well! It's never as good as a face-to-face but it works as the best compromise we can manage at the moment. There were things to discuss and one of them was the perennial one of how to increase our membership. I have over the years given this a lot of thought as I'm sure many of you have done. We simply must start to come up with some practical answers.

It seems to me that lots of changes have taken place over recent times and we have either not taken them into account or we have been slow to accommodate them.

We have always been a very isolated sport; very few people turn out to watch us competing and even

if they did they would hardly know what was going on with riders flashing past at minute intervals. The roads are getting more dangerous so perhaps we should be considering a few more circuit races perhaps on closed roads. These would attract more spectators because they would be more interesting to watch especially if we had electronic progress screens so that we could see who was doing what.

My view is that events are becoming much less sociable occasions than they used to be. Riders turn up, grab their number, warm up on their rollers, ride the event, hand their number in and go home. Whereas we always used to hang about for a chat and take an interest in the result board. Riders know they can get the result on their computer when they get home.

In days gone past we used to turn up at the clubroom every week to arrange our plans for the next few weeks and find out what else is going on in the club. Now it seems we all use Facebook and Twitter and others such media methods for impersonal chat.

Everybody turns up with the latest and most expensive technology, which without doubt often gives him or her a performance advantage. If I turned up on the bike I raced on ten years ago I would feel very much out of place. I'm sure this has an effect on the numbers who now don't bother to race any more. My wife would have a funny turn if I paid £5000 for a bike to race on and I wonder how many more have the same problem. Our sport has become needlessly expensive and elitist for some because we are not riding on equal terms. We should be competing on our physical ability not on what we can afford technically.

On Sundays I meet lots of young and middle-aged cyclists whilst I am out. They all look very fit and ride expensive kit, but very few of them that I have spoken to know anything at all about time trialling, mainly because they are not in clubs but have formed their own little groups and arrange their rides over the internet. They are bound to see time trials taking place and so it should not be too difficult to interest them in having a go in our evening events and start them off getting to know what is available to them. Take the hundreds of

riders who take part in sportives; whatever you say they often develop into competitive rides so these people ought to be suitable to join us to see how they compare with the experts.

Difficult though it may be we have to publicise ourselves much more and make ourselves more attractive. It's a pity "Cycling" magazine do not help us much more than they do, just like they used to. We have got to introduce our stars to the public so that we make them well known

I know so little about our top riders now compared with how it used to be; everyone knew Ray Booty, Gordon Ian and Frank Colden. We must bombard them with interesting stories, results and pictures. Someone amongst our wide membership must have good marketing expertise to get things moving in the right direction. Could we possibly offer a competitive insurance package for time triallists which could pull in a few new members?

Those are just a few of my feelings and a few suggestions. If nothing else I hope I have stirred up a little grey matter in our members' minds so that we can start to apply a little bit of thought to the problem

Gordon Scott our secretary is keen to restore our annual prize presentation and at last I see a possibility that it might happen later in the year. I Hope so!

YORKSHIRE

Chris Goode

The Yorkshire committee have been adapting to remote meetings, particularly with preparations for the National AGM and discussions about the motions. Andrew Simpkins has been very helpful. It will be good when we have the opportunity to meet up in person over a cup of tea. Our technical maestro is John Hallas so a special thanks to him and to Tony Stott for co-ordinating the meetings. The National Executive of the VTTA is keen to hear from the members and to facilitate this a National Forum has been created which you will be able to read about in this copy of the Veteran.



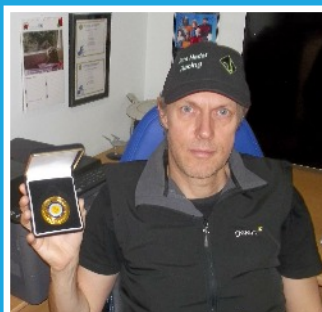
Darren Yarwood (Almerico Vive le Velo and Yorkshire Group)
Men's 100 Champion
100 Championship Group Team
2nd in Men's 12 Hour Championship
12 Hour Championship Group Team



Grant Whiteside (Pontypool RCC and Yorkshire Group)
100 Championship Group Team



Simon Geraci (Team Swift and Yorkshire Group)
50 Championship Club Team



Jimmy Trevor (Jem Hadar Racing and Yorkshire Group)
100 Championship Group Team



Sean Sanders (Drighlington BC and Yorkshire Group)
12 Hour Champs Group Team



Sarah Lewthwaite (Team Sportslab and Yorkshire Group)
2nd Woman in 25 Championship



Mark Burtonshaw (Team Swift and Yorkshire Group)
50 Championship Club Team

Jymmy Trevor, the Yorkshire Recorder, has been busy compiling the list of trophy winners which is shorter than usual because of the cancellation of six events. There was no lunch at the end of January and the following were not awarded: the Oliver Shield, Yorkshire VTTA Shield, the Charlie Rice Cup, the John Pickles Cup, the Ken Hartley Cup and the Fred Bottomley Memorial Cup. Quite a number of riders squeezed a lot of events into a short time with good results such that they won the following trophies:

Stan Chadwick Memorial Cup (BOS group member in VTTA Open Yorks. 10): Mark Wolstenholme +4:51

Harry McKechnie Trophy (Yorkshire Ladies BAR over 10, 25 and 50 miles): Fiona Sharp +44:12

Len Dexter Memorial Cup (Yorks. Ladies short BAR 2x 10 miles and 2x 25 miles): Sandra Burrows +34:00

Ron Bailey Shield (Yorks. Men's short BAR): Sean Sanders +1:02:59

Oliver Cup (Yorkshire Men's BAR over 25, 50, 100 miles and 12 hours): Darren Yarwood +1:05:39

FB Wood Memorial Shield (Yorkshire Men's BAR on fastest speed): Darren Yarwood +27.182 mph

A photograph will be taken of the winner of each trophy and for those getting medals and plaques; these will then be put on the group Facebook page. Standards medals have been won by Dr Liz Ball at 10 and 25 miles, Sandra Burrows at 25 and 50 miles, Dave Nolan at 10 miles and Darren Yarwood at 50 miles. Standards plaques will be awarded to Peter Macklam for success at 10, 25 and 50 miles, Sean Sanders for 10, 25, 50, 100 and 12 hours and the Recorder himself going quickly at 10, 25, 50 and 100 miles. Congratulations.

Thanks are also due to John Hallas for updating our Yorkshire Group section of the national website with these trophies and competitions, with plenty of links to national awards and frequently asked questions on some of the intricacies of being a veteran cyclist.

The C.A. Rhodes Memorial award is Yorkshire premier cycling award, made annually for services to the sport and pastime of cycling. For 2020 an additional special award is to be made

posthumously to Pete Read, well known nationally to time triallists particularly. Pete's sons Julian and Matthew will receive the Award on behalf of their father at the VTTA National 30, in June. Pete revolutionised training for time trialling and was the man behind the successful Pete Read Racing Team and Team Swift. He is sadly missed. Tom Pidcock is the normal annual award recipient and we hope to be writing to him again in 2040 when he reaches veteran status.

Sadly, former Yorkshire Road Club Secretary, President, and Life Member, Dora Linley has passed away on 9th December, at the age of 88 years. She organised the Group Annual Luncheon for many years, as well as many RTTC Time Trials. She was one of the organisers of her club's Centenary Dinner, held at York Racecourse, in 1991, and also event secretary for the RTTC (Men's) National Championship 50, which the YRC organised on behalf of Yorkshire District, in the same year. Dora and her late husband Eric were also timekeepers for the District, and were frequently to be found sat by the roadside somewhere in the county. Dora and Eric donated the Linley Shield to the Yorkshire group, for meritorious service. It is awarded this time to Blair Buss for overcoming all the pandemic restrictions to organise a very successful 10 last September.

Brian Ward was missed from the list of those over eighty still racing in the last issue of the Veteran. He rode quite a number of Scarborough Paragon club events, in 2020, and hopes to be racing again this year. Well done Brian.

Mickie Hornby has been in touch to report that she heard that Bob Tate (Leeds Westfield CC) was in York Hospital. It is not so long ago that Bob was very active in our group as both Chairman and Recorder and even after retiring from these roles he continued to support our activities whenever possible. However Bob has suffered a decline in physical and mental health and is now awaiting arrangements to be put into place for his long term care. We wish Bob well and thank him for his hard work over many years.

Some good news to report is that Mick Philips is recovering well after being knocked off his bike in February 2020. The last time he did not ride an event in a season was in 1962, quite a record. We will look forward to seeing Mick and also to meeting our newest member, Andrew Spittlehouse, from Calder Clarion during the course of the season.

Some more sad news which has just come to my attention is that York's Dave Longbottom passed away last October. We hope to have an obituary in the June Veteran

Thanks for information for this report and Johnny Mapplebeck's obituary to Mike Penrice, Tony Stott, Jymmy Trevor, Phil Hurt, Elaine Ward, Alan and Karen Taylor, John Churchman and Graham Barker. Keep riding whether indoors or out. Please offer to help at Blair's 25 mile time trial on 18th April and the National 30 miles championship on 19th June, with Mike Penrice the organiser.

If there is anything that you would like me to mention at the National Forum meetings, or for the next group report, cgoode@yorkshire.net will find me by email.

A TEAM WITH A VISION - TEAM COGNITIVE

Well, you may ask "Is it not just another Lycra clad bunch of weekend warriors?" Warriors yes! Just weekend? Most definitely no.

After many years of competing in most aspects of our sport, and with a fair amount of success at both local and national level and podiums in masters' national championships, in June 2019 I was in preparation yet again for another track championship. However, this time my life was about to change out of all recognition.

After training in the morning of 27th June on the track at Derby Velodrome, while sitting at home watching the TV, this fit and strong 50 something had a massive stroke. After several days in hospital I was told "I am very sorry but it is extremely unlikely you'll ride a bike again?" due to the stroke damage...

So, after three weeks in hospital whereupon unfortunately, no one could give me any direction as I was not a prime "Stroke Survivor" (their words) I contacted British Cycling for advice and help on recuperation, rehabilitation and information on any clubs or teams registered for that purpose. Someone would surely be able to help me. There was none and no help either other than "We will send you a club registration form and someone will contact you". Many months have passed and still no genuine help...

So, Team Cognitive was formed and will be launched June 2021 for the purpose of creating an awareness around mental health and stroke. I am hoping to grow it throughout the cycling community, and especially the masters/veterans of our beloved sport, so they may have that help and knowledge from other stroke survivors, and those with mental health concerns or problems, and receive guidance and reassurance, safe in the knowledge that others have been in the same place. Yes, you can return or start a different path to health, fitness and maybe even competition.

So VTTA members you will be the first to learn of this new concept of a "Team". Hopefully some out there in Lycra land will want to get involved, join or attract sponsorship. I look forward to seeing some of you soon this year and a community of athletes can do what BC cannot...

Phil Harrison (Team Cognitive) Email: teamcognitivecycling@gmail.com



OBITUARIES



JOHNNY MAPPLEBECK

**Whitaker & Mapplebeck (Pennine) Cycles - VTTA Yorkshire - VC Bradford
16th May 1919 - 23rd September 2020**

John "Johnny" Mapplebeck passed peacefully on 23rd September 2020, aged 101 years old. He lived the last twenty years of his life in Grande Prairie, Alberta, Canada. He was born in 1919 in Huddersfield, and was an only child, raised by his mother and grandma. After they died, Johnny moved to Bradford to live with relatives. His first job was as a butcher's delivery boy.

Johnny was called to serve King and Country in World War Two, at the age of 20. He joined the East Yorkshire Regiment and in October 1941 the Third Battalion and then the Fourth Battalion Parachute Regiment; he served until the end of the war, achieving the rank of sergeant. Johnny was honourably discharged in March 1946 and returned to Bradford to marry his sweetheart, May.

Johnny went into business with Geoff Whitaker in 1946, and they ran it under their name until 1952 when it became Pennine Cycles. They specialised in custom made racing cycles and the firm is still going strong today, under Paul and Sandra Corcoran. May used to hand paint a forest scene at the top of the seat stays, which was a hallmark of the Pennine brand. Johnny was competitive and enthusiastic, being a good 25 miler and superb on the rollers. He passed on his love of cycling to his two children and others. Former VTTA 24 hour champion Graham Barker had a frame built and



Painted in one week in 1973 and similarly a quick repair to a frame that was out of alignment, with a new bottom bracket shell. He gave good advice to his customers, suggesting to Graham to use lighter, Clement tyres. This led to more success.

Alan Taylor recollects: "When me and my mates were 14/15 years old and starting to race, he was the cheapest place to go for quality tackle. He was always keen to pass on advice and he told us if you have a very slow puncture, put some milk in your pump and pump it into the tyre, and that should seal it. Mind you, if you puncture later on it stinks like hell! We used to meet on Sundays at Saltaire roundabout at 9am and often Johnny would fly by; he always let

on to us in his usual way: "All right lads". We always replied "go on Johnny, get stuck in", due to the fact he always looked to be trying. His shop door bell was ace - it just buzzed very loud and drove you mad if you didn't shut the door. Great memories. "

Rob Reynolds-Jones adds: "Johnny" is one of those people you meet in life that have a lasting effect. I rode for VC Bradford/Pennine Cycles when I was around 19, some 25 years ago. Johnny was always great fun, enthusiastic and had a thirst for adventure out on the open road, whether locally, in the Dales or racing abroad. It is key people like Johnny that have put "Yorkshire cycling" on the world map and this has not happened overnight. Trips to the shop

and club meetings in the flat were always an absolute pleasure and I look back on them fondly, as I do of Johnny Map. I have not mentioned Johnny's penchant for story telling; he was a grand-master and we all loved hearing them. We always chuckled as he used his famous catch phrase: "There was this crazy guy...."

Johnny became a committed follower of Christ in 1966 after attending a meeting of the evangelist Billy Graham. He developed a strong desire to serve God in Christian Missions, after May died in 1978. He volunteered with Brother Andrew's organization for several years, smuggling bibles to Communist countries in Eastern Europe. He inspired many people in different capacities, including his daughter, Barbara, who did missionary work in Africa.

He retired at eighty and emigrated to Canada in 2000 in order to join his daughter Barbara and her family. He continued to live an active life in the northern part of Alberta. He moved to Grande Prairie in 2001 and leaves behind his son John Mapplebeck Junior, his daughter, four grandchildren and three great grandchildren. Johnny's life has been long and adventurous, full of memories and blessings.

He is warmly remembered in the Bradford area and by members of the Yorkshire VTTA group, of which he had been a member since shortly after his 40th birthday. He raced right up until going to Canada and even sneaked in a ride on V718 in his 80s on a trip back home.

Chris Goode

RAY GEE

**VTTA Wessex Group - Sotonia CC
July 1929 - December 2020**

Ray took up cycling in his teens, joining the Regent CC. He did track and road racing, but rode mostly time trials. He also rode socially with his wife on a tandem, although I don't think she was as keen on riding as him. He rode through his 20's until just after his son Julian was born and then took 13 years off when work, band and family commitments took over. Upon meeting up with an old cycling friend in 1971 they decided to join a club again and joined Sotonia CC.

Ray bought himself a bright orange Claude Butler to race on at first. He became most proud of his prowess over the long distances and rode and completed ten 24-hour events, with his best performance being a fine third place in the Wessex 24-hour event in 1976 – in heat wave summer where his ability to withstand the heat saw



him through. He was also the club's 12 hour champion on multiple occasions, with the trophy for that event taking up almost permanent residence in our living room. However tough these long events were he never packed.

He was a life member of both Sotonia and the VTTA and competed in time trials up to the age of 80 when he clocked a 24 minute 10 on the tandem.

Ray also became a late convert to running, only taking it up in his 50's after his interest was raised when Julian took part in the New York Marathon in 1982. He decided to have a go and soon became a very good runner, especially in the veteran categories. He ran the London Marathon many, many times and qualified by right as being 'good for

age' and into his 70's he was one of the top ranked runners in this age group in the country, and was the best over 80 year old finisher in 2009.

Before he stopped competitive running in his early 80's, he clocked up over 55 marathons and in doing so raised thousands of pounds for many charities including the Kidney Patients Association, diabetes, ovarian cancer and the Rose Road association. People were always telling of seeing him out running many miles from home and he amazed many people by often riding 20 or 30 miles on his

bike to a marathon, putting in a decent time and then riding home again!

If there was an over 60 or 70's age award in a race, the chances are Ray would win it and his loft was full of awards he had won that he just did not have display space for. He also tried triathlon, where he was fine running and on the bike but he spent too long in the pool as he had never mastered front crawl so had to do the breaststroke which slowed him down a bit!

By Julian Gee (son)

DAVID HANBURY

VTTA Wessex Group - Crabwood CC
17th August 1945 - January 2021

Respected former West Midlands road racer Dave Hanbury sadly died of cancer shortly after Christmas aged 75. Initially when he moved to the Southampton area he retained his Saracen Road Club membership but later he moved to Sotonia CC and in 2017 became a member of Crabwood CC. He was a Wessex VTTA Group member.

Claire Newman of Crabwood CC wrote on the club's Facebook page: "We are very sad to hear of the death of club member David Hanbury.

"David joined the club in 2017 with a long cycling palmares, having been a first-cat roadman in the 60s and 70s before taking a break to concentrate on his career in the motor industry and establishing a successful business.

"David started racing again back in the late 80s and up to 2019, gaining decent results in the veterans' category in time trials.

"He enjoyed travelling with his wife Beryl, especially to Mallorca and to his favourite Greece, often participating in events there.

"Since joining the club David has always been a willing helper at events and will be much missed. We extend our condolences to Beryl and his extended family."

Dave was a CTT South DC committee member for a period and kept bang-up-to-date with his equipment as befits someone with an engineering background.

As Claire Newman wrote, "Dave continued racing until 2019. I remember having a conversation with him at an event at Bentley and the previous year he had soundly beaten me in the CTT National Circuit Championship at Thruxton."

His passing was posted on the West Midlands-based Old Boys and Ex-Bike Racers Facebook group and attracted numerous comments from old friends including this one: "He was not blessed with buckets full of talent but effort, application and dedication were aplenty."

Sounds like Dave to a tee. Rest in peace, Dave.



IAN WILLIAM MACKENZIE

VTTA East Anglian Group - Southend Wheelers
13th May 1946 to 11th December 2020

Ian passed away in December after a period of deteriorating health, resulting in his final 3 months being in hospital, with very few visitors allowed. The service to celebrate his life was held at Southend Crematorium on 4th January

Ian's interest in cycling began when he decided to lose weight, having been bullied at school through weighing 13 1/2 stone at age 13. He started with a bike and a paper round, then as his fitness improved so did his love of cycling and he joined Southend Wheelers. He soon became a lifelong member of the CTC, riding long distances, touring the UK and in 2011 he completed Lands End to John O'Groats to raise funds for the Prostate Cancer Charity.

Ian loved time trialling, particularly the longer, endurance events, either 100 miles or his favoured 12 hours. Always determined to finish, he would trundle his trusty trike through fair weather and foul, as a good TA member should. His racing included the tricycle world championships in Belgium as well as in London's Hyde Park.

He rode over the years with Lowestoft Wheelers, Viking Road Club and Chelmer CC, before the wheel turned full circle and he returned to Southend Wheelers. For the VTTA he was a regular rider and an efficient official, never afraid to speak his mind at meetings. For 19 years he was organiser of the annual prize giving luncheon at Ipswich, always

staunchly backed by his wife Vivienne, who he described as his 'equal partner'.

Upon leaving school Ian became a civil servant. He joined British Transport Police and studied in his spare time, gaining three A-levels then going on to pass his Police Sergeant's then Police Inspector's promotion exams. His work took him first to his Suffolk birthplace of Lowestoft, then to Southend and on to Liverpool Street. After he retired he took on further academic challenges and in 2015 he graduated with a 2.2 in Law from the Open University, after 5 years of hard work and dedication.



Outside of cycling he enjoyed running and pilates; more recently park runs in Hockley Woods, finally marshalling there for as long as he was able. If cycling was his escape, so were his activity holidays. He was particularly proud of completing the Inca Trail, climbing Mount Kilimanjaro,

getting to Everest Base Camp and in 2019 trekking to the Tiger's Nest Monastery in Bhutan, 10,000 feet above sea level.

Vivienne and Ian enjoyed 49 years of happy married life, they had three children (Pauline, Peter and Richard) and a granddaughter (Elizabeth). To them and all the family we extend our deepest sympathy.

Ian's son Richard has the final word: "Just before he was 72 Dad cycled from west to east - St David's to Lowestoft. On the second day he was knocked off his bike, which was a complete write off.

Undeterred, he found a local bike shop, purchased a new touring bike and carried on to complete the journey in four days. This sums up his sheer determination and love of cycling. Dad lived life to the full and did so many things; he believed in being

as active as possible and was a true inspiration to us all."

Compiled by Mary Horsnell with acknowledgement to the eulogy by Ian's son Richard.

CECIL ROBERT TEAGLE HAMBELTON

**VTTA London & Home Counties - Hillingdon CC
21st September 1929 to 7th January 2021**

Cecil's cycling started in his teens and early twenties on the grass tracks around London and on the banked/cinder tracks such as Herne Hill, Paddington and Slough. He was a member of the Ealing Paragon CC, which gave him the opportunity to meet Del, who became his wife and mother to Mark. The Paragon ran many events but with fewer active racing cyclists it eventually folded and the remaining active members formed the Ealing and District Wheelers.

When the Ealing and District eventually also folded, Cecil joined the Hillingdon Cycling Club, and it was here that he met up with Roy May and they both went through their coaches training courses together. Cecil and Roy would arrange spring coaching weekends in and around the Chilterns, starting at 9am and finishing about 4pm on both Saturday and Sunday, for a hard weekend. They would be supported by Pete Spencer and another coach Bill James (another old Paragon man) and they would arrange the schedule, refreshments, back up vehicles and cover some of the costs as well.

Another off-season speciality was the weekly circuit training. It started off with some warm-up and stretching and then followed with jumping on/off benches, weights, running on the spot, star jumps and all manner of torture.

However, Cecil still enjoyed his racing, riding time trials, anything from 10 miles to 12 hours and would appear frequently in the top three on standard in VTTA events. His support crew, consisting of wife

Del and son Mark, would be briefed on his schedule, what drink he wanted, and at which point it was to be handed up - he was that keen to get the best out of himself. Long training rides were the same - he would go out only with a couple of bottles and be gone for most of the day. He would take only a coin for a phone box so if he was really suffering he could phone home, well before the days of mobiles.

He eventually became an Honorary Life Member of the VTTA and in his later years, when racing was dropping off, he started to drive to Burnham Beeches and meet up with Lou Pond and they would have a short ride round and then go for a cuppa; if on his own he would go to Windsor Great Park to ride, which he found it safer as there were fewer vehicles. Cecil also took up golf for outdoor exercise but still had a bike set up in the garage to keep his legs spinning until his mobility stopped him doing that.

In the last few years, he would take himself off to lunch every day, and having eaten would drive back home, sit in his chair, read the paper and complain about the Prime Minister. Since Boris was his MP it is likely he voted for him! Six o'clock was classed as scotch o'clock and a few glasses went with a light supper later, thus ended another day. He said he has had a happy life and was ready to move on, so do not mourn for what has passed, be thankful and see if you can reach 91!

Mark Hambelton

ELIZABETH CLARK

VTTA Scotland - Johnstone Wheelers
3rd March 1943 - 15th December 2020

Elizabeth was a member of the SVTTA since 1984; she set many records that stood for several decades, including those of the Scottish Cycling Union, and in many other aspects of life she was well known and respected.

Elizabeth was often described as having the elegance of movie star Grace Kelly, both on and off the bike, and the adventurous streak of James Bond, and an almost spiritual devotion to charitable work and to helping others less fortunate than herself.

Her zest for cycling, even at the age of 77, saw the former champion road cyclist still pedalling along the country roads of Renfrewshire when, tragically, her life's journey ended after suffering a brain haemorrhage on the way from Kilmacolm to Greenock.

The list of Elizabeth's achievements is long and, as well as being a mother to David, Graeme and Douglas, she lived life to the full. She not only won various Scottish women's cycling championships 38 times as a member of the Johnstone Wheelers but also held SVTTA age records from 10 to 50 miles and she won her last Scottish Championship in 1995 at the age of 52. She also turned her hand to rally driving, mountaineering, sailing, skiing, scuba diving and curling.

It is well known that Elizabeth was an ardent member of the Johnstone Wheelers, but she was also a member of Mensa – the prestigious high IQ club, although such was her nature that she never-

revealed this to anyone. It was only after 25 years of marriage that husband Tom found her Mensa membership card. While the adage intimates that "Behind every successful man there is a woman." Tom, retired business man and Elizabeth's husband, acknowledged the significance of this, and while he would take centre stage readily admits that it was his beloved wife who was the engine of their marriage, making sure things happened.



Tributes to Elizabeth have come from her local community in Bridge of Weir, and many other areas of her life in recognition of many years of charity work at home and abroad.

Although an ardent cyclist, Elizabeth is best appreciated for her charitable work. She was Chairperson of Renfrewshire's Chest, Heart and Stroke charity for more than 20 years; a Trustee at Paisley's Kibble Education and Care Centre; won the Rotary International Paul Harris Award; was President of the SEESTU (Paisley) and Erskine Curling Clubs, and for many years served on the Board of Governors for St Columba's School, in Kilmacolm.

Tom and the family would like to express their thanks to Norman MacDonald and George McLaughlan for the above and for the many kind acknowledgements and well wishes they have received on their sad loss.

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DAVID BENNETT

VTTA Wessex Group - Charlottesville Cycling Club
19th September 1932 - 15th January 2021

Wessex VTTA lost a stalwart of the sport on the death of Charlottesville CC's Dave Bennett at the age of 88.

Dave was a former vice-president and president of the Guildford-based club. He was its president between 2009 and 2014 and was also an Honorary Life Member of his club and the VTTA.

He joined Charlottesville CC in November 1949 and claimed his first piece of club silverware the following year when he won the Novices' Cup at just 17 years old. The event was a 25, unlike the 10-mile distance used today.

His prime racing years however were undoubtedly those in the veterans' categories when his time trialling went from strength to strength. Dave became the Club Veteran TT Champion for the first time in 1983 in his 50th year, taking the title with some extremely fast times. He went on to win the title another 12 times up to 2010.

Not only did Dave ride on the road but also on the track and delivered some fine rides even in later

life. In 1987 his performances at Reading Track League meetings won him that year's Club Track Championship.

His best season was probably 1989 when in winning the veterans' championship he posted times that most younger riders would be extremely proud of with 21:59, 56:39, 1:06:56 and 2:03:56 for 10, 25, 30 and 50 miles respectively. These were all personal best times, recorded at 56 years of age after 40 years of racing. His 30-mile time of 1:06:56 was a national record for age 56 and his 10 a Wessex Veterans' record.



It should also be noted that his best 25-mile time of 1:01:13 in 2002 when nearly 70 years old was remarkably more than a minute faster than his best as a young man some 50 years earlier.

Charlottesville Cycling Club sent its condolences to Dave's wife Mitzi and the rest of his family including son Ian and daughter Nicola. He will be greatly missed but his name will certainly live on in the history of the club.

CHRIS GANNAWAY

VTTA Wessex Group - New Forest CC

New Forest Cycling Club's oldest member Chris Gannaway sadly died just before Christmas at the age of 91.

Chris joined the club in the early 1950s after completing National Service. He married sweetheart Margaret in 1957. They went on to have three children: John, Carol (now deceased) and Sarah, who cared for her father in the last couple

of years of his life. Margaret, who was also a club member and respected timekeeper, died in 2017.

Chris claimed a clutch of club records in the early 1950s and in 1954 claimed the 25 in 1:05:04, the 50 in 2:10:25, the 100 in 4:37:56 and the 12 hour with 239.53 miles. He also took a handful of club veteran records in the 1980s. He joined the VTTA in 1974 and was an Honorary Life Member.

When John and Carol raced, Chris transported them to time trials around the South, sometimes taking me, my brother Chris, or others with them. I particularly remember travelling with them to Devizes for the Chippenham & District Wheelers' 10 in 1979 in his jam-packed Marina estate, seemingly overflowing with young cyclists with bikes firmly lashed to the roof rack. I was able to repay Chris to a limited extent when I picked him up from his Lymington home to travel to CTT annual meetings in Southampton when we were both club delegates.

In later years, Chris and Margaret were enthusiastic members of the Scrumpy Wheelers, a loose and diverse group of older cyclists from the Southampton and Bournemouth areas who meet

up for Wednesday lunch at various hostelrys around the area. Chris would very often ride out to the pub to meet Margaret with the car, who would later drive him home. He would also enjoy the monthly club pub nights at the East End Arms and more recently at the Wheel Inn.

In his working life, Chris was based on the jetties at Fawley oil refinery on Southampton Water, almost always cycling there and often working night shifts.

A grand old man of cycling who will be sadly missed by all he helped over the years and, indeed, by all who knew him.



Rest in peace, Chris.

Bob Jolliffe

DAVID WORSFOLD

VTTA Surrey/Sussex Group - Tricycle Association South East
12th May 1947 - 28th August 2020

Dave Worsfold was a 6 times national Competition Recorder holder for various distances on a trike in the mid 70's and always out and about racing or touring.

Dave was introduced to cycling by his brother Peter, a member of the Epsom CC; a visit to Bill Hens' shop in Sutton would lead him to joining the Redmon CC. He soon achieved a first category licence which he held for many years.

He later joined Norwood Paragon and was one of the riders who kept the club at the

fore during the 80's and early 90's by breaking many National Veteran and Trike records. Dave started riding on the track and became a useful member of the club's team pursuit squad. Although he also carried on riding time trials, he was not a lover of fast courses on main roads, Dave liked the more sporting type of event. His list of personal best rides is impressive; his best ride was probably a sub four hour 100 mile in a Wessex CC event.

Dave had ridden a tricycle for quite a few years. When he



turned his attention to racing on it everything seemed to click, over two seasons he achieved national competition records over 10 miles, 25 miles, 30 miles and 50 miles plus a Southern Road Records 25 mile record. He still competed on his tricycle after he had retired from other forms of racing. As a veteran Dave greatly enjoyed riding the BCF's national veteran series of road races and then became an enthusiastic and successful member of the League of Veteran Racing Cyclists and the VTTA.

Dave lost his 'last race' to myeloma cancer on the 28th August. Our sympathy goes to his wife Alison, his family, and friends. Alison told me "Throughout his diagnosis, treatment and decline in health he never gave up hope that one day he would get back on a bike. Whenever he raced, he never wanted DNF next to his number and this was true to the very end."

MIKE MORLEY

VTTA Surrey/Sussex Group - Kingston Phoenix Road Club
29th October 1941 – 19th January 2021

Mike Morley was a real character. With his feathered hat you could not miss him in a crowd. At the Surrey/Sussex Annual Lunch and Awards he was usually the first person on his feet raising his glass to someone's achievement.

Mike was a member of the Surrey/Sussex VTTA committee for many years and I got to know him well. He was friendly, kind and encouraging to me as I got to grips with the treasurer and press secretary roles. Mike would normally ride to the meetings from his home in Walton-on-the-Hill. Like most of the people reading this, cycling was his passion and he was fond of recalling his achievements. He was still racing in 2018 at the age of 77. Brian Jones included a chapter on Mike's cycling life in his book "No Ordinary Joe" and reproduced below are a few of the stories about him.

"Among his proudest achievements was winning his first open 100 mile time trial at the age of 23 in a time of 4 hours 18 minutes, prompting Cycling Weekly to post a full page spread carrying the headline – MORLEY WINS BURTON 100!"

"I was riding home along the A24 dual carriageway from an evening 10 last year at about 8.30pm. Out of the corner of my eye I caught sight of a rider in an aero tuck on the opposite carriageway, and I thought "That looks like Mike Morley! On checking the next day, I found out that he had announced he would ride the course unofficially after the last competitor had set off." He was 78.



In his later years Mike rode most of the Kingston Phoenix RC's club events and targeted the handicap points trophy, which he won several times. He also organised the SW London CTC section's annual 50km reliability trial and edited their Sou'Wester magazine.

Mike asked his daughter Vanessa on his dying day to tell everyone that it was Covid that claimed him and not the cancer of the liver for which he

was receiving chemotherapy. Our sympathies go to his wife Barbara and family. Please remember him by donating to St Raphael's Hospice using the link <https://www.funeralguide.co.uk/obituaries/85218>.

Jon Fairclough

GEOFFREY ROY DEAKIN

VTTA Manchester & North West Group - Lyme Road Club
26th December 1943 - 14th November 2020

Roy will be remembered by the Group Committee as the quiet, unassuming gentle person from North Staffs. Wheelers. He took on the promotion of the M&NW Group's annual 10 mile event, including one occasion when it was our National Championship event.

Roy proved to be a first class promoter over several years, continuing to organise our events despite course changes, traffic issues and a myriad of farm related problems, each dealt with in a calm and seemingly effortless manner. Roy sat on our Group committee until ill health forced his retirement. It was only at Roy's funeral held at Birches Crematorium in Cheshire on 23 November, that I found out that in his working life he was a bank manager.

His cycling life was as a member of Lyme RC, competing across all distances including 24 hours.

With his wife, Joan, holidays were spent cycle touring in Britain and on the continent, whilst he also engaged in his hobby of photography, with examples of his work being displayed at his funeral.

Roy also rode a trike, and friends would recall that such was his skill on three wheels he could descend faster than they could on two.

Joan and Roy took part in 2-up events, unfortunately curtailed when Joan was struck by a car and suffered serious injury. On a positive note she made a full recovery and returned to time trialling.



Being a member of the Cape Wrath Fellowship is in itself an achievement, but not many cyclists can also claim walking to Everest Base Camp on their palmares.

On a lighter note, Roy was a founder member of the Scone Wheelers, a group of like minded cyclists who twice weekly met up for a ride, always including scones and drinks.

The majority of Roy's club life was before his acquisition of motorised transport, and weekends

were spent touring and racing, using the network of YHA accommodation.

Those fortunate enough to have known Roy will recall him as a quiet, smiling gentle person long to be remembered.

Jim Ogden

SIÂN CHARLTON

VTTA Surrey/Sussex Group - Anerley Bicycle Club
18th December 1932 – 10th October 2020

Siân Charlton was a champion tricyclist. She was the holder of nine current VTТА national women's tricycle age records at 100 miles, 12 hours and 24 hours which were set in the period 1987 to 1994. She set 20 National and 4 Surrey/Sussex Group records over the whole range of distances and times in her cycling career.

Siân was a stalwart supporter of tricycling, representing the Eastern Region for several years at local CTT meetings and ready to turn out to marshal. She was also until recently General Secretary of "The Fellowship of Cycling". People may remember her banging the spoon and cross toasting at Anerley Bicycle Club Dinners. She passed away on 10th October at the Nursing Home that she had been at for a few months.

(Photo Courtesy John Swanbury)



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JOAN PRICE

VTTA Wessex Group - Bournemouth Jubilee Wheelers
13th July 1928 - 7th February 2021

One of the great pillars of the Southern cycle racing scene, Joan Price, has sadly died at the age of 92. She had been timekeeping at time trials in the South seemingly forever, until the last couple of years when her health began to deteriorate and she went into the rest home where she passed away on the morning of February 7.

Joan was the wife of the late Ray Price, mother of Martin and Carol and mother-in-law to road racer Roland Tilley.

She had been a member of Hampshire Road Club, a Life Member of Bournemouth Jubilee Wheelers, a social member of Poole Wheelers and was an Honorary Life Member of the VTТА. She had also been chairman of South DC of the RTTC, chairman of and a fund raiser for Bournemouth and District Women's Cycling Association, a timekeeper at innumerable open and club time trials, most recently with Jacky Prosser and Ros Spencer, and secretary of many open events.

Among Joan's organisational palmares was being event secretary when Bournemouth and District WCA staged the RTTC Women's National Championship 25, organising the Wessex VTТА



Grand Prix de Gentlemen and the Bournemouth Jubilee Wheelers' open 100.

Her late husband Ray had been an auctioneer at the Fordingbridge salerooms and through their links with the town, Joan had become a heavy horse judge at the old Fordingbridge Agricultural Show.

One of the very many tributes to Joan came from Richard Lodge, brother of retired pro cyclist Harry. Like others, he said he had been very sad to hear of her passing.

"As well as many years of service to RTTC she was also hugely involved in BCF events," he wrote. "She was commissaire for some of the very first road races when I was a junior and generally an all round part of the Bournemouth and New Forest cycling scene."

Time trial ace Julia Shaw remembered Joan from the days she started time trialling at a Poole Wheelers' 10 on P415 in 1993 and described her as "a lovely lady".

A view to which all would almost certainly subscribe. Rest in peace, Joan.

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