



Number 70

June 2021

# THE VETERAN



# 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.**

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

*Cover photo - Angela Carpenter on her way to winning the 15 Mile Championship  
(Acknowledgement - Kimroy Photography)*

# 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 70

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### CONTENTS

Officials Reports and Notices	4 - 8	Rider Q&A - Dave Hargreaves	37 - 38
National 15 Miles Championship	9 - 13	National 50 Miles Championship	39 - 44
National 100 Miles Championship	14 - 16	Revised Championship Dates	44
Around the Groups	17 - 36	Obituaries	45 - 50

Here's another action packed edition of 'The Veteran', slightly late again but deliberately so in order that we can include championship results not only from the 15, which was held in April, but also the 100 and the 50, both of which were in June. There have been some incredible rides in these events, most notably by Angela Carpenter and she really deserves to be on this edition's cover. Angela was outright winner on standard of both the 15 and the 50 and has also collected a whole raft of age records.

A pleasing aspect of all our championships is the high level of competition which they promote and it is interesting seeing new names emerge and be competitive when most of their age are happy to slip into a sedentary life.. As these events move around the country to different venues it gives all our members the opportunity to participate in what is always a prestige event.

The next quarter will see the 25 and 30 miles and the 12 and 24 hours at venues in Warwickshire, North Yorkshire, Norfolk and Shropshire respectively. Then towards the end of the season the 10 championship, which is always very hard fought over, takes place in South Yorkshire. There will hopefully also be a surprise announcement soon of another late season event to be run as a trial championship. So keep an eye of the website or Facebook for further news.

*Mike Penrice*

### ADVERTISE IN 'THE VETERAN'

The Veteran magazine is posted in print or emailed as a 'pdf' to all VTTA members and also reaches a wider circle of cyclists who share an enthusiasm for time trialling. If you have a product or service which may be of interest to our readership, have you considered advertising?

- Quarter page mono - £70 for 4 insertions
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Please contact the editor, Mike Penrice, to discuss ([editor@vttta.org.uk](mailto:editor@vttta.org.uk) or 01757 291196).

## THE PRESIDENT'S PIECE

Hello to all members

At last I am listening to conversations about competition: “it was cold”, “the wind was bad”, “had a little left” .... the mantra of the time triallist as events get underway this season.

Yes, a welcome return to racing but not without issues: HQs not available until late June, resulting in the postponement of many events across the country, alternative dates clashing with other reorganised races and even local fairs or car boot sales, but on a positive note we are seeing a fuller programme for the season and the resumption of Season Long Competitions.

As of June 21 (*now July 19, following Boris's latest decree - Ed*), we should be as restriction free as possible following fifteen months of lockdowns and the times have changed. Whatever the “new normal” will be, it will be different.

The fact that our sport faced major disruption last season has not daunted the commitment of organisers, riders and helpers from maintaining and developing our very distinct and unique aspect of cycling ..... time trialling for over 40s.

Two National Forums have taken place, and both were well supported by the groups. Discussion has been open, frank and challenging across the various issues.

In my opinion the initiative is proving to be a success; not only in developing group to NEC communication but also inter-group relationships.

High on the agenda for the Forum is the review of the VTTA structures, image, and possible name change. Whatever one's opinion is of the issues raised I believe it would be foolish to dismiss the opportunity to shape the future, just because ‘it has always been done like this’.

Our Association is losing members and failing to recruit sufficient people to ensure that we have a viable financial future.

The apparent focus on a name change should not be seen as a distraction to the other serious issues that lie behind the review. The NEC and co-opted members are very active in exploring what can be done from within the current structure to make the VTTA more attractive to potential members.

Whatever the outcome of the review, the role and commitment of the groups is paramount to the future of the Association.

To emphasise that point I refer you to a previous review in 2006 led by then Chairman George Nowland, its purpose “to discuss the future of the VTTA”.

Groups were asked to consult with members and report back by April of that year. As far as I can ascertain, only one group did so.

The main issues raised back then?

- falling membership,
- fewer younger riders joining

and

- confusion over the standards system.

The last of these is now being addressed in a very positive way, the other two remain and are of a greater priority than in 2006.

At that time the question was raised as to whether the VTTA could remain as a standalone organisation, let alone look to a name change, well, we have retained our niche status so far! But the future?

In 2006 the point was made that the word “cycling” was not prominent enough in the information we display, an important point in an age of digital platforms and Google searches.

The NEC and the Forum have brought us to a repeat of that review; better informed, better equipped but with a greater sense of urgency.

As stated earlier, now as in 2006, group involvement is critical to the outcome of the review. Now we have the Forum to enable delegates to become involved in decision making. Yes, change can be difficult but if we, VTTA, do not manage our future, other issues will conspire to do so.

Best to oversee our own destiny.

*Tony Farrell*

## THE CHAIRMAN’S PIECE

Before reflecting on current VTTA matters, I thought I might share a personal experience on the difference between time trialling and road racing. In late April I rode the Shaftesbury ‘middle markers’ 25 and at the end of May I rode the first BMCR road race for 18 months which happened to be on my local course near Tewkesbury, 44 miles with a few short hills. A comparison of my stats for these two events won’t come as a surprise to those of you who compete in both these disciplines but I found them interesting nonetheless.

	Time	Av. Watts	Normalised Watts	Av. Heart Rate	Max. Heart Rate
Shaftesbury TT	59:43	225	225	154	163
BMCR RR	02:02:40	204	236	136	166

You don’t have to be a physiology expert to see the different demands of these two events even allowing for the road race lasting over twice as long. For much of the road race I felt frustrated that it was cruising along at well below the effort I am used to holding in 25s and 50s. But then there would be attacks and chases that were flat out for a few minutes so that I spent a total of 21 minutes over 300 watts. That helps explain the marked discrepancy between average and normalised watts in the two events and between average heart rate. My conclusion from the above – basing my training on time trials doesn’t really equip me for road racing! (I did come 8<sup>th</sup> out of 36 in the bunch sprint at the end so it wasn’t too shabby a result).

Back to the VTTA and here are some highlights for me in the last few months.

### National Championships

Our thanks to Glen Knight, Rachael Elliott and their Newbury Velo team for a very well run 15 mile championship back in April – an event which saw some particularly good times from the women despite the cold conditions. You will also see the 100 and 50 mile championship results in this edition. The next championships aren’t until July so time to get your entries in!

### Standards Awards Automation Project

Many thanks to all the Groups for their financial contribution to this project. Testing started at the beginning of June so we will be looking to Group Recorders to input members' most recent claims in the next few weeks. By automating the process, we will see a lot more members benefit from the achievement and motivation provided by these awards.

### An 'Open' Vets Championship

One of the ideas for promoting vets' time trialling and attracting new members is to stage a vets' championship open to all over 40s as well as VTTA members. We asked the CTT if they would be interested in jointly promoting such an event with us but they declined. We could run such a championship ourselves or see if other organisations might be interested in a joint promotion (British Cycling, BMCR, TLI?). How do members feel about an open vets' championship? Over what kind of distance? As part of, or separate from, one of our existing national championships? Something to discuss at National Forum.

### Making Better Use of Social Media

Andy Critchlow of Surrey/Sussex provided his professional expertise in giving the NEC a presentation on how we could make better use of social media, such as our Facebook page and a Twitter account. Many members no doubt will continue to enjoy their printed copies of The Veteran but we can reach our younger and potential members and make ourselves better known through these media channels. Watch this space for how we take this forward.

*Andrew Simpkins*

## **THE MONEY COLUMN**

A big thank you to all Groups and Treasurers, firstly for the prompt Q2 returns and the generous contributions towards the website upgrade for Automation of Standards. To remind everyone the XNcreations quote for the expected work is £6,600 (includes VAT). Groups contributed £3,791.50 towards this upgrade. (This was only £33.50 short of the Group target of £3,825.00). XNcreations have started on the work and all groups will see the benefits of this upgrade in due course.

Our costs against budgets for this coming year are pretty much aligned, however our only income is from the membership levy, so the reality is we need to retain members and attract new ones. The NEC are exploring all avenues to make this happen. The organisation is expecting to make another loss this year in the region of £2,000.

I sat in on the last Zoom National Forum meeting, it was very well attended with good input on the topics discussed.

On a personal level I am making steady progress with my back recovery and can manage about an hour on the bike and I have been for a swim. I recently had two physio sessions - but over the phone! The exercises the physiotherapist has given me to strengthen my core are helping, although he advised it will be at least 3 months before I should expect to see real improvement. So slow and steady does it.

Remember stay safe and let's be careful out there.

*Ian Pritchard*

## IT MANAGER'S REPORT

I have been taking advantage of the lowering of pandemic restrictions by trying some Audax permanent rides. You apply at the website, pay a small fee to get the brevet card, route instructions and GPX file and choose a date that suits you. There is a time limit to complete the ride, which in most cases is quite generous unless you have picked one with a lot of climbing. I have done 200km, 300km and 400 km in the last few weeks and am aiming to complete a 600 km later this year to earn my Audax Super-Randonneur award for 2021. It is all good practice for 12 hour and 24 hour time trials.

(Jon commented on his recent 400 km ride "The Audax went fine. Pease Pottage to Chippenham and back 408k. Beautiful route out. The night time ride back was tough. No shops open to buy food and drink. Fortunately I was carrying just enough. I finished well within the time limit." - Ed)

When we decided to give members an extra month to renew, the automated process to lapse members was inadvertently run a month early. While setting lapsed members back to active was easy, there was a side effect. When a member is lapsed, the system is designed to delete the CTT-VTTA link, as permission to share data is presumed to have been withdrawn. Restoring the links has proved to be quite difficult to do. As I write the last few will be restored next week. The effect of this is that we have had to delay the start of the competitions processing; we apologise for this. When you read this the season long competition tables should be displaying on the web site. If you have an issue with a result you expected to be there not showing, please email me with the details. *(I can confirm that the system is now fully restored and functional again - Ed)*

The TT Event Tool that I mentioned in previous issues has now been released. See the news item on the VTTA website. The tool has all the features I can think of that organisers need for preparing start sheets and results. If you can think of any more please let me know. Its future evolution will be driven by user feedback.

The 2021 standards have been published, both in the handbook and also on the website. The website not only gives you the standards at the set distances, but also the capability to calculate a standard for any distance you like. Forget the Strava leaderboard and use it to define a target time for your favourite flat segment!

The project to automate Standards Awards is now entering the testing phase. Look for announcements of its availability in the website news pages and on Facebook. Your group officials will load your baseline times and distances for you and at the end of season the system will tell you whether you have won a standards award. No form-filling! How good is that?

*Jon Fairclough*

### *The Fellowship of Cycling*

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# NATIONAL MEMBERSHIP SECRETARY'S REPORT

The first 5 months of 2021 have been very busy , in sharp contrast to the same period in 2020. 253 members have joined and 1019 have renewed their membership, from January to June. These figures are comprised of the follow stats:-

On 1st June 2021 the website showed that we now have 2494 Active Members, of which 9 are DLMS, 368 are HLMS, 1830 are individual members, 241 are joint members, 40 are individual life members and 7 are joint life members.

	New Members	Renewals
January	30	452
February	28	162
March	77	313
April	71	72
May	47	20
<b>TOTALS</b>	<b>243</b>	<b>1025</b>

*Merv. Player*

## NEW RESULTS TOOL FOR EVENT ORGANISERS

Our former NEC member Glen Knight from Newbury Velo has developed an automated results tool. The tool helps organisers collect, arrange and publish results for open and club events with a number of different configurable options selected through drop down menus.

Once they have uploaded the startsheet to the CTT website, the organiser imports the details to the results tool and is ready to go. Event organisers, or an official at the finish, can then simply enter the rider number and the time recorded on the stopwatch and the rest is done for them.

Results can be displayed on scratch or standard with Group, Club, Male and Female top three positions all automated. Glen has also implemented the experimental Vets Handicap system as well as optional social media integration (using Twitter). The results table is published immediately onto the web so the status can be viewed while the event is running. Results can be accessed on any device using a web browser, such as mobile phones.

The organiser can send an email to riders with a link to the results or has the option of printing QR codes at HQ for participants to scan and use to access results. The live leader board can be displayed at HQ on a big screen.

Glen has made his tool available here: <https://newburyvelo.cc/blog/post.php?s=2021-04-23-time-trial-results-tool> along with a detailed user manual. He's also happy to answer any questions should anyone have any. For security reasons, always download from the link above and not via a third party.

Glen can be contacted at [me@glenknight.co.uk](mailto:me@glenknight.co.uk)

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# VTTA NATIONAL 15 MILE CHAMPIONSHIP

## Sunday 11<sup>th</sup> April 2021

*Report by Glen Knight and Rachael Elliott*

The VTTA National 15 Mile Championships were held on the brand new H15/3 course to the west of Newbury. The event was promoted by Newbury Velo (on behalf of London & Home Counties VTTA Group) where riders were treated to a live results service and cowbell support on course. Even the locals were behind the event, with the farmer agreeing to move his sheep a day early to allow it to be used for car parking!

Although the course has potential for fast times, a stiff arctic breeze from the north made conditions testing, particularly for earlier riders. Nevertheless, the sun quickly came up and did its best to warm things, albeit with limited success.

This year's championship will go down in history as one where female riders dominated: a separate event for women attracted a large field, packed with talent. Their talent was cemented by some impressive performances on veteran standard in the women's event: the four best performances in today's event were all taken by women. Angela Carpenter (...a3crg/Wessex Group) was favourite for the event, and once again was on top form on the day. After winning gold in both the 10 and 25 mile championships last year, Carpenter can now add the 15 mile to her recent tally with her plus of +11:21 (actual time 33:13) earning her the win over teammate Sarah Matthews by 40 seconds. Sarah's actual time of 35:27 was just six seconds from breaking the national age record over the distance. The bronze medal went to local rider Melanie Sneddon (TORQ Performance/London & Home Counties Group) with her time of 33:57 equalling a plus of +9:39.

Amongst the men's fields, there were some very fast times for the conditions and, with the men starting before the women, they faced temperatures little above freezing. Mark Ellis (Mercedes AMG

Petronas CC/East Anglia Group) made the best of the conditions with a plus of +9:20 (actual time: 31:57) winning him the gold medal just six seconds ahead of Neil Mackley (...a3crg/Wessex Group). The bronze medal was won by Gareth Williams (Twickenham CC/London & Home Counties Group) with a plus of +9:06 (actual time 32:02).

Special mentions elsewhere in the field of solo bicycles are to Jennifer George (The Independent Pedaler). Jennifer is not yet a veteran so could not qualify for the VTTA Championship, but she rode the fastest female time of the day (32:52) and also the female course record. The other rider is Ronnie Stone (Islington CC/London & Home Counties Group). Ronnie rode the fastest scratch time of the day (31:10) to finish with a plus of +9:01 - just five seconds from the podium. He can, however, take some solace in the fact his time is a new course record.

Amongst the five-strong field of tandems, it was once again Ian Greenstreet and Rachael Elliott (Newbury Velo/London & Home Counties) who took the gold medal. The pairing were the only riders of the day to break the 30mph average barrier with a time of 29:48 (+10:53). Nevertheless, the VTTA Championships are about standard time, not watch time, and this meant we saw another excellent performance in the tandem event. With a combined age of 151, Mary Corbett and Norman Harvey (Sotonia CC/Wessex Group) turned a hugely impressive 42:42 for +8:32 on their brand new - and very striking - tandem trike, which inevitably added to their age records collection.

The team awards once again went to the indomitable ...a3crg and Wessex Group: the trio of Angela Carpenter, Sarah Matthews and Neil Mackley took both the group and team gold medals with a combined plus of +31:07.

**AWARD WINNERS - 2021 VTТА NATIONAL 15 MILE TIME TRIAL CHAMPIONSHIPS**

Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Mark Ellis	Mercedes AMG Petronas CC	East Anglian	+09:20	Gold
2nd Man on Std.	Neil Mackley	...a3crg	Wessex	+09:14	Silver
3rd Man on Std.	Gareth Williams	Twickenham CC	London & Home Counties	+09:06	Bronze
1st Woman on Std.	Angela Carpenter	...a3crg	Wessex	+11:21	Gold
2nd Woman on Std.	Sarah Matthews	...a3crg	Wessex	+10:31	Silver
3rd Woman on Std.	Melanie Sneddon	TORQ Performance	London & Home Counties	+09:39	Bronze
Group & Club Team Champions	Angela Carpenter	...a3crg	Wessex	+31:06	2xGold
	Sarah Matthews				2xGold
	Neil Mackley				2xGold
Tandem Champions	Ian Greenstreet	Newbury Velo	London & Home Counties	+10:53	Gold
	Rachael Elliott				Gold

First man and first woman on standard also each receive a champion's jersey and cap.

**FINISH ORDER - MEN - 2021 VTТА NATIONAL 15 MILE TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
1	Mark Ellis	Mercedes AMG Petronas	EAng	56	41:17	31:57	4	+09:20
2	Neil Mackley	...a3crg	Wsx	57	41:26	32:12	10	+09:14
3	Gareth Williams	Twickenham CC	L&HC	55	41:08	32:02	5	+09:06
4	Ronnie Stone	Islington CC	L&HC	48	40:11	31:10	1	+09:01
5	Colin McDermott	Festival Road Club	S/S	53	40:50	31:50	3	+09:00
6	James Fawcett	...a3crg	Wsx	55	41:08	32:23	12	+08:45
7	David Shepherd	...a3crg	Wsx	60	41:57	33:15	16	+08:42
8	Chris Dyason	Cambridge CC	EAng	73	45:05	36:25	54	+08:40
9=	Andy Langdown	Atlas Clever Racing Team	Wsx	52	40:42	32:08	9	+08:34
9=	Keith Dorling	Team Bottrill	EAng	62	42:20	33:46	29	+08:34
11	Brett Davis	trainSharp	S/S	48	40:11	31:45	2	+08:26
12	Philip Watts	North Hampshire RC	Wsx	61	42:08	33:44	28	+08:24
13	Jon Simpkins	Drag2Zero	Mids	49	40:18	32:05	8	+08:13
14	Michael Parker	TMG Horizon Cycling Team	L&HC	56	41:17	33:16	17	+08:01
15	Robin Short	Cotswold Veldrijden	West	45	39:50	32:02	5	+07:48
16	Steven Cottington	Bath CC	West	58	41:36	33:49	30	+07:47
17	Jeff Roberts	High Wycombe CC	L&HC	56	41:17	33:39	25	+07:38
18=	Tim May	PDQ Cycle Coaching	Mids	43	39:37	32:03	7	+07:34
18=	Nik Allen	Worthing Excelsior CC	S/S	49	40:18	32:44	15	+07:34
20	Wolfgang Emmerich	London Phoenix CC	L&HC	55	41:08	33:42	26	+07:26
21=	Brendan Reese	Army Cycling	Wsx	43	39:37	32:13	11	+07:24
21=	Paul Winchcombe	Chippenham & District Whs	West	61	42:08	34:44	42	+07:24
23	Jez Willows	Sherwood CC	N&EM	55	41:08	33:54	32	+07:14
24	Andy Sharman	Team Bottrill	L&HC	50	40:26	33:19	18	+07:07
25=	Justin Webb	...a3crg	Wsx	42	39:31	32:27	13	+07:04
25=	James Moss	North Road CC	L&HC	44	39:44	32:40	14	+07:04



Women's silver medallist (2<sup>nd</sup> overall) Sarah Matthews



Mark Ellis took the men's championship



Mary Corbett and Norman Harvey gave the new tandem trike a good workout



Ronnie Stone narrowly missed a medal but had the satisfaction of being fastest on actual time

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
27	Karl Moseley	Stourbridge CC	Mids	57	41:26	34:25	38	+07:01
28	Stuart Gillies	Twickenham CC	L&HC	53	40:50	33:51	31	+06:59
29	Simon Dighton	Beacon Roads CC	Mids	57	41:26	34:30	40	+06:56
30	Andy Tucker	Newbury Velo	L&HC	49	40:18	33:25	20	+06:53
31	Tom Houghton	Team TMC	S/S	49	40:18	33:26	21	+06:52
32=	Matt Fisher	Newbury Velo	Wsx	47	40:04	33:23	19	+06:41
32=	Steven Loraine	Legato Racing Team	Mids	64	42:44	36:03	51	+06:41
34	Tony Ball	Legato Racing Team	L&HC	52	40:42	34:02	35	+06:40
35	Crispin Doyle	VTTA (Wessex)	Wsx	48	40:11	33:32	23	+06:39
36	Jon Pridham	Rule 5	Wsx	48	40:11	33:33	24	+06:38
37	Jon Stroud	NFTO CC	Mids	51	40:34	34:00	34	+06:34
38	Tony Costello	Team Swindon Cycles	West	48	40:11	33:43	27	+06:28
39	Robert Jones	Army Cycling	Wsx	45	39:50	33:27	22	+06:23
40	Ian Slater	VTTA (M&NW)	M&NW	53	40:50	34:40	41	+06:10
41	Rob Vessey	Didcot Phoenix CC	West	57	41:26	35:18	45	+06:08
42	Adrian Talley	Portsmouth North End CC	Wsx	48	40:11	34:07	36	+06:04
43	Stan Nwaka	Verulam CC	L&HC	59	41:46	35:48	50	+05:58
44	Simon Horsley	Legato Racing Team	NL&L	56	41:17	35:28	47	+05:49
45	Gavin Francis	London Dynamo	L&HC	56	41:17	35:32	48	+05:45
46	Mark Stafford	...a3crg	Wsx	45	39:50	34:16	37	+05:34
47	Martin Stanley	Didcot Phoenix CC	L&HC	46	39:57	34:25	38	+05:32
48	Thomas Meir	Newbury Velo	L&HC	41	39:24	33:55	33	+05:29
49	John Marinko	Brighton Mitre CC	S/S	55	41:08	35:41	49	+05:27
50	Paul Townsley	Team TMC	S/S	72	44:46	39:25	63	+05:21
51	Drew Hosie	...a3crg	Wsx	57	41:26	36:09	52	+05:17
52	Andrew Simpkins	Team Echelon	Mids	67	43:25	38:10	58	+05:15
53	Robert Gilmour	Hounslow & District Whs	L&HC	69	43:55	38:46	60	+05:09
54	Billy Dyer	BJ cycling	Wsx	50	40:26	35:19	46	+05:07
55	Cliff Voller	Newbury RC	West	70	44:12	39:08	61	+05:04
56	Ian Braybrook	Basildon CC	EAng	46	39:57	34:56	44	+05:01
57	James Churchard	Reading CC	L&HC	44	39:44	34:46	43	+04:58
58	Rob Waller	Newbury Velo	Wsx	55	41:08	36:12	53	+04:56
59	Malcolm Ash	Aylesbury CC	L&HC	73	45:05	41:13	67	+03:52
60	Jon Fairclough	Woking Cycle Club	S/S	67	43:25	40:03	64	+03:22
61	Paul Rogoll	Salt and Sham Cycle Club	West	64	42:44	39:23	62	+03:21
62	Jason Costello	Team Swindon Cycles	West	50	40:26	37:25	56	+03:01
63	Peter Iffland	Northumbria Police CC	West	56	41:17	38:36	59	+02:41
64	George Turner	VTTA (L&HC)	L&HC	41	39:24	36:44	55	+02:40
65	David Guy	OV CC	L&HC	75	45:45	43:12	68	+02:33
66	Mike Boyce	...a3crg	Wsx	65	42:57	40:36	65	+02:21
67	Richard Jones	VC 10	L&HC	47	40:04	38:07	57	+01:57
68	Brian Jones	Morden CRC	S/S	70	44:12	43:49	70	+00:23
69	Ed Hoskin	Mickey Cranks CC	L&HC	54	40:59	40:56	66	+00:03
70	Chris Lowe	Swindon Road Club	West	62	42:20	43:21	69	-01:01

DNS	Robert Nicholas (Deal Tri), Ben Love (Pirate Juice CC), Simon Collins (Vector Cycling Race Team), Jon Elliott (VTTA (L&HC)), Ian Hope (Team Solo Vinci), Andrew Halliday (Westerley CC), Matthew Durdy (London Baroudeurs CC), David Marshall (Hemel Hempstead CC), Colin Harrison (East Grinstead CC), Mick St Leger (Team Echelon), Colin Parkinson (South Western RC), Gary Chiverton (Bournemouth Jubilee Whs), Martin Balk (3C Cycle Club), Mike Kirby (Banbury Star Cyclists' Club), Randle Shenton (Legato Racing Team), Alan Allcock (Didcot Phoenix CC), Derek Dowdeswell (Gloucester City CC), Frank Anderson (SVTTA), Robert Barrett (FloatAero Race Team), Donald Parker (Brighton Mitre CC), Alan Harvey (Finsbury Park CC), Roger Taylor (Frome and District Whs), Bob Brabbins (VTTA West), David England (Crabwood CC), Brian Lewis (Bicester Millennium CC)
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#### FINISH ORDER - WOMEN - 2021 VTTA NATIONAL 15 MILE TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus	
1	Angela Carpenter	...a3crg	Wsx	52	44:34	33:13	1	+11:21	
2	Sarah Matthews	...a3crg	Wsx	60	45:58	35:27	6	+10:31	
3	Melanie Sneddon	TORQ Performance	L&HC	45	43:36	33:57	3	+09:39	
4	Sally Turner	trainSharp	S/S	41	43:07	33:33	2	+09:34	
5	Helen Roby	Spirit Cycling Club	L&HC	54	44:53	35:40	7	+09:13	
6	Lisa Davis	Drag2Zero	S/S	46	43:43	35:11	4	+08:32	
7	Jayne Paine	Les Filles Racing Team	L&HC	55	45:03	36:45	9	+08:18	
8	Kim Barfoot-Brace	Bath Cycling Club	West	40	42:59	35:11	4	+07:48	
9	Kirsty McSeveney	...a3crg	Wsx	40	42:59	36:05	8	+06:54	
10	Joy Payne	High Wycombe CC	L&HC	64	46:51	40:04	15	+06:47	
11	Teresa Robbins	Reading CC	L&HC	49	44:07	37:49	10	+06:18	
12	Emma Bexson	Stratford Cycling Club	Mids	46	43:43	38:17	14	+05:26	
13	Lucy Mitchell	...a3crg	Wsx	43	43:21	37:56	11	+05:25	
14	Celia Brown	Gorilla Coffee CC	Mids	44	43:28	38:04	12	+05:24	
15	Sonia Laurie	New Forest CC	Wsx	45	43:36	38:16	13	+05:20	
16	Gillian Morgan	Westerley Cycling Club	L&HC	60	45:58	44:52	16	+01:06	
DNS	Katja Rietdorf (Born to Bike - Bridgtown Cycles), Allison Kaye (Verulam CC), Linda Dewhurst (Team Milton Keynes)								

#### FINISH ORDER - 2021 VTTA NATIONAL 15 MILE TANDEM TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Act. Time	Act. Pos.	Plus
1	Ian Greenstreet	Newbury Velo	L&HC	M	57	40:41	29:48	1	+10:53
	Rachael Elliott			F	43				
2	Norman Harvey	Sotonia CC	Wsx	M	88	51:14	42:42	5	+08:32
	Mary Corbett			F	63				
3	Murray Kirton	A5 Rangers CC	Mids	M	80	45:50	40:01	2	+05:49
	David Stockley			M	80				
4	Edric Hobbs	VTTA West	West	M	57	41:40	40:20	3	+01:20
	Caroline Hobbs			F	57				
5	James Avison	Newbury Velo	L&HC	M	49	40:24	41:04	4	-00:40
	Isha Little			F	47				

# VTTA NATIONAL 100 MILE CHAMPIONSHIP

## Sunday 6<sup>th</sup> June 2021

*Report by NEC Rep Andrew Simpkins*

Having gone north last year to Tyneside, this year's 100 mile championship took place at the other end of the country on the Q100 course on the Kent coast. This did not put off Sean Quinn of Scotland Group taking part or last year's winners, Darren Yarwood and Joanna Cebrat also travelling down from 'up north'. The event was organised by Kent Cycling Association and we are grateful to Peter Hayes and his team of helpers for hosting our championship and providing a very well run event on the day with good marshalling and signage keeping everyone on course.

With a 6.00am start, the day started chilly but the sun was shining and it soon warmed up. Riders familiar with the course said it was not the fastest of days, with high pressure and a breeze that seemed to veer around during the event. After the initial 15 mile leg up to Ashford and back to the HQ area there were four laps of a very flat circuit around the Romney Marshes. Not a dual carriageway in sight but a course that can produce surprisingly fast times.



*Jackie Field*

Covid restrictions meant there were no refreshments, result board or presentations at the end. However, times were rung through from the finish timekeeper, so riders were informed at HQ when they signed out as to how they had done. This also made it possible to make a provisional assessment of the men's and women's champions. Jackie Field (East Anglian) with an outstanding time of 4:05:39 was delighted to win her first National Championship jersey after her strong performances in the season long competitions in recent years. The Chairman was able to congratulate her and take her photo at the HQ. The silver and bronze medals went to Fiona Sharp (Yorkshire) and Joanna Cebrat (Manchester & NW) respectively. Emma Bexson (Midlands) was the fourth and final woman finisher.

Andrew Meilak (Kent Group) told me he has ridden this event over the last 25 years, so familiarity with the course may have helped him turn in his winning performance on the day. His actual time of 3:39:09 was just one second faster than Darren Yarwood but Andrew's seven extra years gave him a clear win on standard with Darren taking the silver medal. Another strong contender, David Shepherd (Wessex Group) unfortunately suffered a puncture, but his time was still good enough for third place. The Chairman was also able to congratulate Andrew and have a photo taken of them sharing a fully vaccinated handshake.

The group team prize was won by East Anglian with Jackie Field, Kevin Baumber and Iain Boardman. There was no club team of three or more riders and no tandems. There were 26 VTTA starters all of whom deserve congratulations for tackling the 100 mile championship. It is no mean achievement to race 100 miles whatever time you achieve on the day.



*Andrew Meilak receives congratulations from Andrew Simpkins*



David  
Shepherd

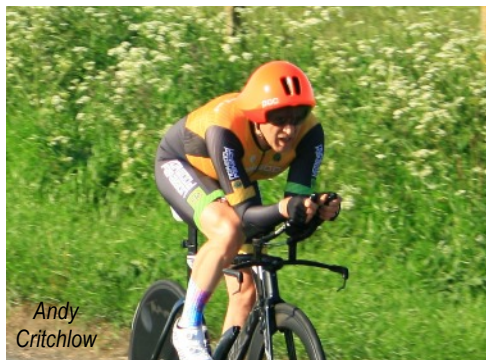


Fiona Sharp



Andrew  
Meilak

Jon Woolrich



Andy  
Critchlow



Iain Boardman



Paul Looke

*All images on this page with acknowledgements to Glen Whittington #aeightbikeco*

**FINISH ORDER (PROVISIONAL) - WOMEN - 2021 VTTA NATIONAL 100 MILE TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
1	Jackie Field	CC Ashwell	EAng	56	5:24:23	4:05:39	1	+1:18:44
2	Fiona Sharp	Chapeau! Vive Le Velo	Yks	42	5:07:59	4:07:06	2	+1:00:53
3	Joanna Cebzat	Bury Clarion CC	M&NW	42	5:07:59	4:14:37	3	+0:53:22
4	Emma Bexson	Stratford Cycling Club	Mids	46	5:12:02	4:20:51	4	+0:51:11



**FINISH ORDER (PROVISIONAL) - MEN - 2021 VTTA NATIONAL 100 MILE TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
1	Andrew Meilak	VeloRefined Rule 5	Kent	54	4:53:34	3:39:09	1	+1:14:25
2	Darren Yarwood	Chapeau! Vive Le Velo	Yks	47	4:46:02	3:39:10	2	+1:06:52
3	David Shepherd	...a3crg	Wsx	60	5:01:43	3:56:58	7	+1:04:45
4	Andy Critchlow	Norwood Paragon CC	S/S	47	4:46:02	3:42:19	4	+1:03:43
5	Jon Woolrich	Velo Sport Jersey	Wsx	40	4:39:47	3:40:09	3	+0:59:38
6	Kevin Baumber	Shaftesbury BC	Eang	47	4:46:02	3:46:50	5	+0:59:12
7	Roger Sheridan	North Devon Whs	Wsx	60	5:01:43	4:02:39	9	+0:59:04
8	Paul Winchcombe	Chippenham & Dist Whs	West	61	5:03:17	4:06:08	10	+0:57:09
9	Iain Boardman	Dulwich Paragon CC	EAng	47	4:46:02	3:55:18	6	+0:50:44
10	Sean Quinn	Law Wheelers	Scot	48	4:47:01	3:59:39	8	+0:47:22
11	Andrew Simpkins	Team Echelon	Mids	67	5:14:15	4:27:43	16	+0:46:32
12	Ian Pike (trike)	Lincoln Whs CC	N&EM	53	5:14:01	4:28:58	17	+0:45:03
13	Jon Fairclough	Woking Cycle Club	S/S	67	5:14:15	4:34:46	18	+0:39:29
14	Simon Bowler	Berkhamsted CC	LH&C	58	4:58:47	4:23:46	12	+0:35:01
15	David Greenwood	Rye & District Whs CC	Kent	56	4:56:05	4:23:52	13	+0:32:13
16	Paul Looke	Shaftesbury CC	EAng	54	4:53:34	4:23:11	11	+0:30:23
17	John Marinko	Brighton Mitre CC	S/S	56	4:56:05	4:26:54	14	+0:29:11
18	Richard Tully	Elite Cycling	EAng	44	4:43:15	4:27:29	15	+0:15:46
19	Colin Ashcroft	West Kent RC	Kent	59	5:00:14	4:45:48	19	+0:14:26
20	Robert Royle-Evatt	Addiscombe CC	S/S	53	4:52:23	4:50:14	20	+0:02:09
DNS	Neil Harrigan (Gemini BC), Alan Grant (VTTA LH&C) , Randle Shenton (Legato RT)							
DNF	Martin Brown (7Oaks Tri Club), Mark Jones (Bury Clarion CC)							

**AWARD WINNERS - 2021 VTTA NATIONAL 100 MILE TIME TRIAL CHAMPIONSHIPS**

Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Andrew Meilak	VeloRefined Rule 5	Kent	+1:14:25	Gold
2nd Man on Std.	Darren Yarwood	Chapeau! Vive Le Velo	Yorkshire	+1:06:52	Silver
3rd Man on Std.	David Shepherd	...a3crg	Wessex	+1:04:45	Bronze
1st Woman on Std.	Jackie Field	CC Ashwell	East Anglian	+1:18:44	Gold
2nd Woman on Std.	Fiona Sharp	Chapeau! Vive Le Velo	Yorkshire	+1:00:53	Silver
3rd Woman on Std.	Joanna Cebzat	Bury Clarion CC	Manchester & NW	+0:53:22	Bronze
Group Team Champions	Jackie Field	CC Ashwell	East Anglian	+3:08:40	Gold
	Kevin Baumber	Shaftesbury CC			Gold
	Iain Boardman	Dulwich Paragon CC			Gold

First man and first woman on standard also each receive a champion's jersey and cap.

Jackie Field also receives the Doug Brunwin Memorial Salver (for one year) as 1st overall on standard



## **EAST ANGLIAN**

### **Andrew Grant**

When an organisation created specifically for veteran athletes is able to say the last twelve months have been the strangest in living memory, it means something, because living memory can go back an awful long way.

At last, however, things are stirring and the 2021 season has restored a vague memory of what used to pass for normality.

Early spring treated us to freezing, wet and windy weather, as well as the news that the E2/25 and parts of the B courses further up the A11 would be out of action until late summer at the earliest, because of roadworks on the A11/14. This at least holds out the promise of immaculately-surfaced courses eventually, and, by next year, even the dreaded Spooner Row – Mulbarton stretch should be billiard-table smooth.

For the time being, the E2/10 is operational and, largely thanks to the ingenuity of Cambridge CC, a new suite of F2 courses up to 50 miles has been devised on the A428, proving a successful substitute.

East Anglia opened the scoring in the 2021 VTTA National Championships, with Mark Ellis, Mercedes AMG Petronas CC, carrying off the men's 15 championship on a freezing morning in April. Social distancing requirements prevented him donning the champion's jersey and hat.

The Group's programme of events got under way on Saturday 10<sup>th</sup> April with the E2/10 in wet, windy and cold mood for the first Group 10 of the year and the Charlie Clift Shield, last competed for in 2019.

As current holder, I was very happy to pass it on to anyone brave (crazy?) enough to ride in those conditions, which a surprising number were. My bike stayed in the car.

Andy Beaman made an excellent job of his debut as an event organiser and I have never seen

marshals so mob-handed at Four Went Ways. You were all heroes and deserve our warmest gratitude - with the emphasis on warmth.

Winner on actual and standard with an indecently quick 19:45 was CC Islington's Ronnie Stone.

The destination of the Charlie Clift Shield, for Best on Standard by an EA Group member in the first Group 10 of the year, was decided, with 44-year-old Louise Robinson (Essex Roads CC) generating a plus of 6:43 from her time of 22:09, an outstanding ride in the conditions. Pity Full Moo Cycling's Mike Skillings, though, with a PB of 21:24 at 62 years of age, falling short of Best on Standard by just one second.

John Golder, as he so often does, conjured up the best weather of the season so far for the East Anglia Group Circuit 25 on Saturday 17th April, with temperatures nudging double figures but a moderate NNE drift depriving the triangular Stetchworth-based E33/25 (euphemistically described as "sporting") of any true tailwind.

Nonetheless, times were swift, with actual fastest on the day going to precocious 20-year-old Sam Painter, (TBW23 Stuart Hall Cycling P/b Trainsharp) in 52:54. It was a day for youth. Fastest woman was VC de Londres' 17-year-old Flora Perkins in 1:1:45.

Victory in the road bike competition, part of the Aerocoach 2021 series, went to Matthew Saward, Athlon CC, in an impressive 57:12, whilst the fastest woman was Judy Brown of Newmarket Cycling & Tri club, who recorded 1:9:03.

The two-up competition was won in 55:45 by Barnabas Purbrook and Kenneth Henning of Nuun-Sigma Sport-London RT Les Filles Racing Team (aren't some club names a mouthful these days?)

Best on Standard and winner of the Stourvale Shield, was Cambridge CC's Andy Grant, (under pressure from his son, who'd earlier done a "58" in the road bike event) with 57:48 at 67 years of age,

which gave him a plus of 15:15 and over two minutes' margin. He also led Martin Reynolds (2nd on standard) and Chris Dyason, to the team award.

John Golder's second 2021 promotion in a row, the fabled Leo 30, incorporating the East Anglian VTTA 30, was banished by roadworks from its regular record-breaking home on the E2. Not to be thwarted, and despite a cold and strong northerly crosswind, it proved the speed potential of the brand-new 30 mile variant of the F2, with a gift downhill start from the flyover above the A428 between Caldecote and Cambourne, before three laps of the fast F2A/10.

In the main event, 27 year-old George Fox, doing a great advertising job for George Fox Cycling Solutions, edged out by just 2 seconds previous winner Matt Smith (Drag2Zero) who was giving him 16 years and was easily fastest veteran on actual.

Ian Greenstreet and Rachael Elliot suffered a rare tandem defeat by Glen Taylor and Mark Arnold, whose 58:28 gave them the win by 20 seconds.

Despite indifferent conditions, youth and age alike set new records.

Bethany Spencer of Kettering CC set a new junior women's record of 1:16:03 and rounding off the list of record-breakers was Chelmer's redoubtable Pete Horsnell, laying down a new mark of 1:37:26 for all

the other 91-year-olds to aim at. Pete didn't, however, make it into the Chelmer CC's team of the Harding twin brothers and Ian Cardy which took team honours.

Fastest woman and fastest overall on standard was Angela Carpenter (...a3crg) maintaining the Leo 30's habit of setting new records with 1:5:57 for a new 52 yrs VTTA age record. Close behind her was East Anglia's Jackie Field (CC Ashwell) with a new 56yrs record of 1:08:59.

The H F Neville 30 mile Cup went to fastest man on standard and fastest East Anglia Group rider on standard, Cambridge CC's Andy Grant, who took his second group trophy in a row with 1:04:38 and, with Martin Reynolds and Chris Dyason, secured a second successive team win on standard for Cambridge CC.

More national age records fell to East Anglia Group members in the ECCA 50 on the brand-new F2/50 with Andy Grant setting a new mark for 68-year-olds in 1:48:45.

In the same event, Jackie set a new 56 yrs record of 1:55:33 and Peter established a first-ever 91-year-olds' time of 2:49:26.

Competition returned yet again to the F2 for the Cambridge CC 15 on 30<sup>th</sup> May and brought yet another clutch of age records.



East Anglian age record breakers Andy Grant (left), age 68 - 15 miles in 31:36, 50 miles in 1:48:45; Peter Horsnell (centre), age 91 - 30 miles in 1:37:26, 50 miles in 2:49:26; Jackie Field (right), age 56 - 15 miles in 33:21, 30 miles in 1:08:59, 50 miles in 1:55:33

Matt Smith got his revenge over George Fox over half the distance at which George had beaten him and set the third fastest time ever at the distance with an astonishing 27:44, a record for 43-yr-olds.

It was the fastest of many, with VTTA National records set by Tim Hood (60) 30:40; Andy Grant (68) 31:36, Jackie Field (56) 33:21, Jennifer Clegg (67) 36:59, tandemists Glen Taylor/Mark Arnold (99) 28:18, Andrew & Catherine Hutchinson (114) 33:02 and John Swanbury/Kate Churchill (136) 35:34 (all subject to checking).

### Departures and Farewells

Sadly, over the last 18 months, we have lost some old friends.

Ted Wells 1927 - 2020. It was with great sadness that we learned in mid-September of the death of Ted Wells, who passed away aged 93. Ted was a stalwart of Cambridge CC and local cycling and was turning out, well into his nineties, to help and timekeep for club tens as late as last year.

Many club members wrote in with memories of how welcoming and supportive he was of new riders to the club. He was a formidable cyclist himself and still holds an East Anglia age record for the 12 hours (set in 1993 when he was 66).

At the time of writing, news has just come in of the passing of Honorary Life Member **Eddie Fone** at the age of 93. Eddie was Records Secretary of our group for many years.

A member of Norwich ABC, in the early 1950s he was a regular top-ten finisher riding in Marlboro' AC colours.

Resident in East Norfolk by the 1980s, he was a frequent breaker of age-records.

In an Essex Roads event in September 1997 he set a VTTA National Age Record for 70 yrs at 25 miles of 58:46 and the following year, defied increasing age to set the 71 yrs mark at the lower figure of 57:35.

*(Thanks to Andy Grant for providing this report from their group newsletter, whilst Mary Horsnell takes a break, although she has since sent me the following short addition - Ed)*

Ken Rising reports that he is now a nonagenarian, thus adding to the list of other notable names. He

is still driving at least as far as the paper shop. One time doyen of the Comrades CC hut, this role is now covered by Dave Nock, following the Essex Roads' takeover. Now turboing and gardening fill his time.

John Aylett, 93, still gets out for walks and Brian Hayes, who lives nearby, keeps an eye on him.

### **KENT**

#### **Ian Turner**

Unfortunately, apart from the first two Wednesday 10 at 10 events, we have been unable to run any open events here in Kent so far this season. The first two events of the season, the 10 mile event scheduled for the 21st March on Q10/1, and the 30 organised by Tom Morton on Q30/2 on 25th April, both had to be cancelled because of Covid restrictions. We are optimistic that future planned events will run as follows:-

Sunday 6 June	100	Q100 (Kent Cycling Association)
Sunday 13 June	25	Q25/8
Sunday 27 June	10	Q10/30
Sunday 11 July	50	Q50/11
Saturday 17 July	10	Q10/22
Sunday 12 Sept	25	Q25/12
Sunday 10 October	15	Q15/20

The leader board for the 10 at 10 series after the first three events from April to June is shown in the table.

These events are 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.

Some results of selected members in various open events follow:-

KCA '10' - Chilham - Sunday April 18  
Andrew Meilak 22:20 - 1st OAS +4:52, 11th actual time  
Mark Vowells (tricycle) 26:18 - 2nd OAS +4:51, 45th actual time  
Mark Hill 22:40 - 3rd OAS +4:27, 14th actual time  
Sussex CA '25' - Steyning - Sunday May 2  
Andrew Meilak 55:08 - 1st on CTT Target Time, equal 10th actual time

VTTA (London/Home Counties) '10' - Tring (F11) - Sunday May 16  
 Mark Vowells (tricycle) 24:25, 86th on actual time, position and OAS not yet known  
 Antony Bee 21:13 (+6:17) 35th on actual time  
 Dave Prom 23:43 +3:13 79th on actual time.

KCA '10' - Betteshanger - Saturday May 22  
 Mark Hill 21:58 - 1st OAS, 4th actual time  
 Simon Henderson 23:06 - 2nd OAS, 9th actual time

High Wycombe CC '25' - Marlow - Sunday May 23  
 Mark Vowells (tricycle) 1:01:37 86th, position OAS not yet known

After some health problems over recent years Shay Giles, rode his first time trial since 2019 in the 10@10 on April 7, clocking 30:22. He improved to 30:01 in the KCA '10' at Chilham, then 27:46 in the West Kent RC '10' at Grain the following Saturday. Since then he has recorded a '25' time of 1:05:54 in the Eastern Counties '25' on May 15, and 2:22:43 in the Eastern Counties '50' on May 22, both on F courses.

Unfortunately, as this edition goes to press, I have just heard that Shay had a cycling accident in the past few days and is being treated in King's College Hospital. Our thoughts are with him and his family.

A warm welcome is extended to the following new members who have joined this year: James Amy,

Pos.	Name	Club	Time	Rides
1	Mark Vowells	SFA CC	13:52	2
2	Antony Bee	Wigmore CC	11:49	2
3	Chris Bax	Thanet RC	09:01	2
4	Ian Pike	Lincoln Whs	08:15	2
5	Mike Perry	Thanet RC	06:46	3
6	Alec Mayes	Ashford Whs	06:35	3
7	Steve Abrey	Big Foot CC	05:38	1
8	Clive Bradburn	San Fairy Ann CC	05:19	2
9	Colin Jarman	Soutborough & D Whs	04:46	1
10	Mike Hawkins	VTTA Kent	04:42	2
11	Ian Turner	Soutborough & D Whs	04:20	1
12=	Les Humphrey	South Eastern RC	03:28	1
12=	Shay Giles	VC Elan	03:28	1
14	Les Hayman	Soutborough & D Whs	01:38	2
15	Stewart King	Ashford Whs	00:53	2
13	Mike Daniels	Soutborough & D Whs	-00:29	2

Paul Burrows, Shay Giles (welcome back Shay), Matthew Lister, David Mercer, Robert Nicholas, Jason Nind, Keith Ramsey and Adrian Stead.

Sorry for the rather truncated report for this edition, and looking forward to better weather and some events to ride. Stay safe out there.

## LONDON & HOME COUNTIES

### *John Hoskins*

Already this season we have seen the London & Home Counties promote two major events, both with rider numbers well into the hundreds, and both promoted by the Rachael Elliott/Glen Knight team, backed up as always by the formidable Newbury Velo promoting and marshalling team. Both events have a full write up in the "news" section on the VTTA website on the L&HC pages if you want a full picture.

On April 11th we put on the VTTA National Championship 15mile, on a new west of Newbury course. Our group featured strongly in the results with Melanie Sneddon (TORQ Performance) taking the bronze in the ladies event with a plus of 9:39, and Gareth Williams (Twickenham CC) also taking bronze in the men's event with his plus of 9:06.

Also from the L&HC star performers was Ronnie Stone who achieved the overall fastest on scratch (and course record) with his 31:10 (+9:01) narrowly missing the podium by finishing fourth on standard. In the tandem event the all conquering Rachael Elliott/Ian Greenstreet pairing (Newbury Velo) were also fastest on scratch and standard (29:48, +10:53). But mention must be made of the Mary Corbett/Norman Harvey pair, regular visitors from Wessex Group and with a combined age 151 yrs, who recorded a plus of 8:32 on the tandem trike!

Then on the 16th May, the same organising team ran the L&HC's Don Byham Ten on the F11 course. Once again the L&HC ladies were well represented in the result, with Melanie Sneddon this time achieving second place with a plus of 7:21 and Danuta Tinn took third place with her +7:04. In the men's event Richard Oakes (Team Ohten Aveas) rode to a brilliant 18:43 with a plus of 8:18, only beaten on

standard by the first lady, Angela Carpenter (...a3crg) with her plus of 8:29. With evergreen Andrew Grant of the Cambridge CC getting second in the men's event with his plus of 8:07 (a 20:51 at the age of 68!!) we had two L&HC members tying for third - Joel Stewart (Team Ohten Aveas) and Jim Moffatt (CC Luton), who both achieved plusses of 7:41 to keep L&HC names in the limelight.

We must be doing something right as the London & Home Counties has received a steady stream of new members, taking our membership up to about 250 current members. We have also welcomed back quite a few who did not renew last year (with some justification) but are now back with us. But a true welcome from us goes out to all of you who have just joined and we hope you can all have a successful racing season with us.

Of course most of those joining, along with those more established members may well be looking at winning one of the many championships and event awards that are on offer from the London & Home Counties. We were unable to run our traditional Prize-Giving Luncheon over the past winter, but we substituted it with an online prize giving event, organised by Katja Rietdorf (with some help from Geoff Perry and Rachael Elliott). We arranged for the celebrated long distance rider Jonathon Shubert to give a short talk about his achievements and to congratulate the various prize winners. Despite the Covid-19 reduced season in 2020 many of our season long championships were competed for by a number of different riders. Our award winners included:

Dick Goodman Cup (Best 10 on std)  
 Claire Emons + 07:35

Russ Cup (best 25 on std)  
 Claire Emons + 18:25

Don Byham Cup (2nd on std May Ten)  
 Melanie Sneddon + 5:35

Arthur Wilkins 25 Cup (fastest 25)  
 Massimiliano Radi 53:29

Tom Drew Medallion (fastest 50)  
 James Churchard 1:49:37

Laurie Dixon Bowl (fastest 100)  
 James Churchard 3:47:22

Members' Cup (best 1000 on std)  
 James Churchard + 58:57

Charlie Cole Cup (best 50 on std)  
 Peter Richards +31:10

B.A.R. Founder's Trophy (10,25,50 &100)  
 Peter Richards (to be confirmed)

Mal Rees Shield (best 12 on std)  
 Jeff Roberts +69.02

Also, Rachael Elliott and Ian Greenstreet received a clutch of National Tandem Records to great acclaim.

As this online event was found to be most enjoyable and (it seems) acceptable to members and prize winners alike (many more prize winners than usually attend the annual lunch) we are currently looking at the possibility of combining an online prize giving with the lunch and hopefully to give extra time for socially mixing at the lunch – Covid-19 allowing at the time of course. The committee are grateful to all of the time trial organisers, across the country, who still managed to run enough events under all of the restrictions during 2020, which allowed us to be able to have a meaningful prize presentation.

To end on another positive note we have made up two of our members to Honorary Life Members. Derek Reynolds (Willesden CC) has worked tirelessly for the Group for far longer than I have been involved, as well as supporting his wife Gill in her prize winning racing exploits and the committee are hugely grateful for his efforts. Alongside his HLM we have also upgraded the membership of Jeff Marshal (Hounslow & District). Jeff needs little introduction, with his contributions to the all-conquering Hounslow & District time trialling team in the early seventies. Jeff is a regular attendee at our annual luncheons as is Derek, and we hope that we can indeed run a real luncheon during the 2021/22 winter where they can both receive the accolade they deserve.

## MANCHESTER & NORTH WEST

### Ken Workman

Even with Covid restrictions being relaxed, our sport has not yet been able to fully return to its pre-pandemic state. Events are taking place but some HQs are not yet available, hopefully our early season postponed M&NW Group events will be welcomed at their usual venues. I haven't ventured out to any events yet, so I can imagine start areas slightly resembling those of my early TT career. Few people had cars then, so it was a case of using the ride to the event as a warm-up, throw the tracksuit in the hedge, a quick slather of wintergreen, attach a frame number and 'go'.

Thankfully, the Covid led restrictions on riding in groups and in competition are now a thing of the past. But compare that to the problems endured by the Hong Kong road cycling team; a local sports journalist informed me in 2016, that due to the island being one of the most densely populated [places](#) on earth, causing the roads to be so overcrowded, their national squad riders are not permitted to train on their own roads. I doubt if the situation has improved since 2016.

In the last few months we have added 11 new members: Thijs Geurts, Brian Pickles, Christopher Dursley, Paul Greenhalgh, Tori Jayne Peter, Stephen Booth, Paul & Gail Lowe (joint), Peter Howarth, Simon Phillips and Stephen Hall.

We can look forward to a full year of racing achievements as records are being broken early in the season; more group members, 35 to date, have paid for standards.

The season's first local event, Manchester Bicycle Club's '10' was held on a cold Easter Monday (5th April). Fastest was super-vet Simon Wilson in 19:39 (+6:27), one of only two to beat 20 minutes. Some M&NW Group members were in action, and despite the wintry conditions they did some creditable times: Alan Chorley 22:20 (+4:26), Ade Hughes 22:41 (also +4:26), Joanna Cebart 25:22 (+3:16), Liz Batt 27:40 (+2:21), Lynsey Astles 28:46 (+0:06). A great start for them, their times will surely improve come the warmer weather. The Group will use that same Whaley Bridge by-pass course (J10/1), for our event on June 17th.

Our Group's roving roadside reporter, Ian Peacock, kindly sent the results of M&NW group members in

the Notts. & East Midlands Group '25' on 15th May, a day when conditions were perfect for time trialling:

Carl King 54:30, Andrew Stokes 55:45, Chris Lea 56:48, Stephen l'Anson 58:46, Ian Peacock 59:51, Barrie Whittaker 1:00:26

Ian thinks his own plus of 14:04 was best in the group, he was pleased with his first result of the year until he saw what fast times had been done. Still, Ian continued; "Like the commentators say of a knackered old racehorse that had come in well down the field, I'll be all-the-better for the outing. Possibly."

Meanwhile, Alan Chorley, Seamons CC, claimed yet another group age record for a 49 year old man with his 11th placed time of 19:28 in the West Pennine RC '10' on the L1015 (Levens) course on 15th May. Alan bettered his own time by 11 seconds set on the same course last August, but he was disappointed at only seeming able to beat his own records.

M&NW members; I'd like to hear of your TT performances, so please advise me of your high spots. Feel free to contact me at: [kenworkman66@gmail.com](mailto:kenworkman66@gmail.com)

We recently heard of the sudden loss of our very popular member, Graham Lawrence. Graham regularly held the watch at local events, particularly for the Manchester & District TTA 'Christmas 10.' We hope to publish a full obituary in the next issue.

Sadly, our Group has also lost two other valued members recently; Kath Biddulph, of Stone Wheelers and ABC Centreville's Gordon Perry. We would like to honour these stalwarts with respectful obituaries, so may I please offer a gentle reminder to these clubs for further details?

Back in the dim and distant when I was an assistant timekeeper and held the watch at 'club' events, one member was a particularly heavy smoker. At the start line, things would proceed as usual until 15 seconds to go, at which point I would need to say "Time to put the cigarette out Tony," then continued the countdown. However, his starting effort, when coupled with the sudden effect of clean, fresh air on his hitherto smoke filled passages, could clearly be heard due to the onset of a rasping coughing fit, the volume of which only receded as he slowly eased his way down the road.



At long last, preparations are in hand for the welcome return of our sorely missed group Luncheon and Prize Presentation. It's date and venue will be confirmed in the next issue.

As food is often a subject dear to the hearts of many cyclists, this set me thinking of a club dinner I once attended. Although tables were laid for ten, at mine, only nine diners were present, but seemingly oblivious of that fact, the waitresses served up ten delicious main courses. Also present was a "built like a racing snake" former club-mate, he 'clocked' this, and after consuming his own meal he promptly scoffed the extra portion. Ten desserts duly arrived and once again this man downed his own portion then polished off the spare. For an encore, when my wife couldn't manage her own dessert, he blissfully munched his way through that. Folks, I have offered several humorous items recently but this is no jest, it actually happened.

The Trevor Bracegirdle/Stretford Wheelers family association:

Trevor reports of reading on the M&NW website of John Thornhill and the remarkable 135 years he and his wife have collectively served Stone Wheelers. This set Trevor thinking about his own family's length of service to Stretford Wheelers; his wife, Cathie, joined in 1953, Trevor in 1954, giving a total of 133 years; 2 years short of the contribution of John Thornhill's family. However, Trevor and Cathie's children, Sandra and Ian, each have 43 years membership. Trevor's brother, who joined in 1954, has been a member for 66 years and still regularly cycles wearing their club kit around the Durham area where he now lives.

Cathie's brother Gordon Pickering, a long time VTTA official, had 66 years membership at the time of his death in 2017, plus Cathie's three sisters and her parents were all members during the 1960's. Cathie's father, Tom, though not quite a founder member, raced for Stretford Wheelers in the 1920's.

So it seems Trevor can not only claim the record for having ridden time trials in 65 consecutive years,

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but can any other family come near the approximately 350+ years membership of one club?

Even though the TT scene is somewhat different than it was, some things never change. One being the need for people to help with events. Most of us have had the benefit of those who stood on corners, and performed many other tasks so we could "enjoy" our sport. Organising an event is taxing enough without worrying if you'll have enough helpers, so please try to make it less onerous by volunteering, preferably in advance.

Time alone will tell how this season will materialize, but whether you're itching to report to a timekeeper or just want to enjoy being out on two wheels, please stay safe by taking care on the road.

## **MERSEYSIDE** **Geoff Edgerton**

I achieved a first in the recently held Nova Raiders 25. No, I didn't win anything, in fact it's a really long time since I have won anything. I remember winning a best improvement when I first took up cycling and a club team award with Bryan Cliff and Eric Reade of the Norths but that too was a long time ago. The first was in fact being the oldest competitor in the Raiders 25. I have been close a few times but finally I made it. I'm not really sure how to take it, I'm glad that I am still competing and trying to fight off father time but at the same time the reality is that the clock is very much ticking. The Nova's 25 was held on the Prees-Battlefield

course which is challenging to say the least. In the past, if you managed to get under the hour, you were in with a chance of winning or in the money, but how things have changed. Out of the seventy-one who competed, forty-three were under the hour, which I thought was pretty impressive. Victor Chetta was first Mersey vet in a time of 54:40 closely followed by Dave Williams in 54:43. Jonathan Mills-Keating recorded 58:24 with Ben Love the final sub-hour Mersey vet in a time of 58:57.

We have managed a couple of group events, not too bad with events being cancelled. The first was the Mid Shropshire Wheelers 50 mile time trial which had twelve Mersey vets competing. Victor Chetta of Pirate Juice again proved the man to beat, recording a time of 1:50:47 for a plus 24:56. As best on standard Victor wins the Dick Corris Cup. Dave Williams of Velotik Racing recorded 1:52:49 (+22:30). With the group operating a one rider, one prize rule, Dave wins the Eddie Graddon Cup for fastest. Nova Raiders' Tim Beardmore had a good morning, finishing in 1:54:38 with plus 23:35, with James Meldrum (Liverpool Phoenix) next finisher in 2:03:29 (+11:27). Newcomer to the group Liam Ferris of Audlem Cycling Club recorded 2:07:17 (+12:21) whilst another new member Emma Serjeant of Hafren CC was first lady in 2:12:12 (+15:26).

Other competing were: Steve Cornish, Mid Shropshire Wheelers, 2.16.35 (+11.19); Janet Fairclough, Liverpool Phoenix, 2.21.23 (+16.40); Martin Sturge, Graham Weigh Racing, 2.21.43 (-1.04); Ian Casson, Birkenhead Victoria, 2.30.50 (-0.18); Les Boughey, North Shropshire Wheelers, 22.32.52 (-9.56); Helen Tudor, Oswestry Paragon, 2:40:13 (-7.19)

Next group event was the West Cheshire 30 mile time trial with seventeen Mersey vets making it to the start line. Victor Chetta's good early form continued with a fine win in a time of 1:04:04 (+15:23) for which he wins the George Hayes Trophy for fastest. Tim Beardmore finished second in 1:05:54 but with a plus 15:42; he wins the John Clucas Trophy for best on standard. Pirate Juice teammates Phil Hill and Ben Love filled the next two place with times of 1:10:21 (+13:36) and 1:11:15 (+8:41). The top five Mersey vets was completed by James Meldrum of Liverpool Phoenix



*Victor Chetta (Pirate Juice CC) is the Merseyside vet currently on top form (Photo by Robert Jones)*

with 1:12:16 (+7:27). Emma Serjeant of Hafren CC was leading lady again with 1:17:36 (+9:37).

Others competing were: Rob Jackson, Wrekinsport, 1:13:10 (+10:27); Gino Trasatti, North Shropshire Whs, 1:18:53 (11:25); Martin Sturge, Graham Weigh Racing, 1:20:14 (+2.45); Dave York, Mid Shropshire Whs, 1:22:28 (+5:07); Eurwyn Parry, VTTA, 1:22:43 (+0:52); Chris Lawson, Graham Weigh Racing, 1:22:58 (+0:39); Jenny York, Mid Shropshire Whs, 1:23:18 (+11:13); Ian Casson, Birkenhead Victoria, 1:24:14 (+4:22); Les Boughey, North Shropshire Whs, 1:24:18 (-0:01); Helen Tudor, Oswestry Paragon, 1:29:45 (+0:29); Dave Smith, Graham Weigh Racing, 1:32:05 (+2.27).

That's it from me. If you are racing or just cycling, stay safe.

## **MIDLANDS**

### **Alastair Semple with help from Steele**

The Midlands Group VTTA season got off to a sensational start in the annual Welland Trophy competition where the British Masters Cycle Racing take on the Midland VTTA members on a picturesque but arguably challenging 15 mile TT course.

This is an event where every year, eight riders from each organisation count towards the team result, and I am very proud to report the Midlands Group VTTA was victorious this time, with our fastest counter being John Howard (Team Echelon) with a +6:35.

The event started in pale sunshine, but this was soon to be followed by strong winds and hail before torrential rain set in. Despite the dreadful conditions, worthy of note is that the outright winner of the event, Ben Healy of Team HUUB, recorded a staggering time of 29:29, which was faster than the winner's time of the National Championship "15" the very next day, held on a brand new, allegedly "superfast" course!

### National VTTA "25" Championship

I am also very pleased to announce that the Midlands Group will be hosting this year's national VTTA 25 championship, the date of which has had to be moved to Sunday 18th July, so we hope you will to join us then.

Event organiser is none other than VTTA National Chairman Andrew Simpkins, and with an overall field of up to 240 riders, now is the time to seize the opportunity to be a part of what is set to be at a great day's racing.

Entries for this event close on 6th July, so don't miss out!

## **NORTH**

### **Gavin Russell**

At the time of writing, we are experiencing warm and sunny weather (recorded as the warmest so far in 2021), so let's hope that it lasts and that we are all able to enjoy some good days out on the bike and gain some personal bests in the programme of events ahead.

### Sick Parade

Our Social Secretary, Ruth Crossley, who unfortunately fell and broke her leg, has now recovered sufficiently enough to return to work. She says she has not yet ventured out on the bike, but is turning the pedals on her turbo. Other previously advised ill fellow cyclists, Don Urwin and Albert Harrison, have either returned to good health or continue to be on the mend.

### 2021 Events

At the time of writing, the North Group have only had one event so far (23<sup>rd</sup> May 2021). This event, organized by Phil Wright of Hartlepool CC had a field of 45, of whom 14 failed to start.

This was the first time that this new course, the T107, has been used for an open event. It runs on roads local to Seaton Carew and Seal Sands. With the course record up for grabs, it attracted World Tour professional, Harry Tanfield, who duly obliged, with a ride of 19min 44secs. Best on standard was Russell Richardson (Teesdale CRC) with a plus of 5:02. Second was Dave Robinson (Tyneside Vagabonds) (+4:28) and third was Nev Martin (Velo Culture) with a plus of 4:23.

Earlier in the season, Russ, in his first ride of the year, secured best on standard (+16:04) by a clear minute in the Yorkshire VTTA 25 on 18<sup>th</sup> April 2021 on the V236/1 course. In the same event Sarah Foulds (Sowerby Sunday Club) managed a plus of 4:10. The Group Chairman & Treasurer, Paul

Dawson (VTTA North) also managed a plus of 18 seconds.

The next group event, the Cleveland Coureurs/VTTA (North) 10, is on the fastest 10 mile course in the Teesside District (T102) but has attracted a field of only 39 riders. With a low entrance fee, albeit with no prizes, it was considered that a few more entries would have been received.

#### Membership Reminder

As a reminder the group 2021 VTTA membership for an individual is: £15, and for couples/partners living at same address £16.50. To date 16 of our 2020 members still have to rejoin.

For those that claimed their standard awards in 2020, the North Group Standard Award fee for 2021 is £12. For those that didn't claim, but paid, the 2020 standard payment has been transferred to 2021. Please note that standards must be paid for, before any qualifying ride is completed.

#### 2021 Group Competitions

It is confirmed that all the group competitions have been re-instated for 2021.

All the competition information and qualifying criteria is listed in the group handbook.

#### 2021 VTTA North Group Events

The North Group in liaison with local clubs are promoting 7 events in 2021, which are open to VTTA members and also welcome non-members, of all ages to all events. Details of all the events are available on the CTT and VTTA websites.

Please be vigilant, and visit the websites regularly, as this is the best way to keep up to date with any event changes.

#### Age Records

Claims for any age records should be forwarded to the group recorder as soon as possible but before the end of season. This will enable all claims to be assessed, reviewed and published for the 2021 season.

#### 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](mailto:gavin_russell@hotmail.co.uk) or by telephone on 01642 654419.

### **NORTH LANCASHIRE & LAKES**

#### **Richard Taylor**

By the time you read this two of our Group's three events will have been completed. The April 25 is reported on in this article, the 'other' 25 run in conjunction with my club the West Pennine, is for the first time, a full field of 60 without a single rider rejected! Hopefully it will be a success on the night. The group 50, also one of my promotions, is on Sunday 4th July at Keswick. The HQ and timekeeper are booked, but I still require marshals and hopefully refreshments operatives as it will hopefully be permitted by that time.

There's nothing more certain in life than death and taxes quoted Benjamin Franklin, he obviously never rode a 25 in Lancashire in April. The dreaded temporary lights appeared as if by magic on the eve of this much maligned event, where amendments to the course or distance of the event have become almost de rigeur. This was the fourth consecutive year with some sort of interruption, but were we beaten? Perish the thought; with the spirit that made Lancashire what it is, the new course was made newer, and a 25 mile event was concocted to fulfil the afternoon's activities. But none of this would have been possible without some serious assistance, especially from Val Leach who oversaw the signing on and off and number distribution. Mike Addis who stepped in at the last minute to perform as start timekeeper. Marshals on course were Bill Lloyd, Harry Haseley and Peter Haigh, with Jamie Carson and Jim Lawley having a trike riders love-in whilst manning Miller Island. Recent new comer to the group John Ward helped me at the finish, whilst son Tom helped with the signs. Many thanks to all. A big welcome to Richard Belk of the Kent Valley, who became our latest new member before the event.

Congratulations to all the prize winners in what has to be one of the fastest events ever run on our local roads. Alf Engers held competition record when I first encountered time trialling in the mid-70s, 51.00 on a fast dual carriageway, so to witness a 19 year

old rider, Sam Watson, come within 27 seconds of that landmark on a totally unremarkable twisting course is truly incredible. I'm sure we'll hear plenty more about GB Academy rider Sam and his Team Inspired colleagues, Rhys Britton and Oscar Nilsson-Julien who incidentally bettered the 1969 team record, in the future, not to mention 19 years old Abi Smith with a magnificent 59.04 and Patrick Casey whose speedy 56.12 was recorded at the tender age of 15.

Debbie Moss created history by being the first female to win the event on standard, beating all the men and women, well done! Manchester and North West member Dan Shackleton led the men whilst Springfield Financial took the team award.

Prize winners in the 25 were:

Fastest - 1st Sam Watson (Team Inspired) 51:27;  
2nd Rhys Britton (Team Inspired) 51:46; 3rd Tony Cullen (Tricentral UK) 52:34

Fastest non-VTTA veteran - Tony Cullen (Tricentral UK) 52:34

Women fastest - 1st Abi Smith (Team Breeze) 59:04; 2nd Debbie Moss (Team Merlin) 1:01:10

Fastest espoir/junior - Sam Watson (Team Inspired) 51:27

On standard - 1st Debbie Moss (Team Merlin) +13:13; 2nd Dan Shackleton (ABC Centreville) +13:06; 3rd David Rundall (Chorley CC) +12:39; 4th Paul Fleming (Preston Whs) +10:57

Women on standard - 1st Debbie Moss (Team Merlin) +13:13; 2nd Sue Cheetham (North Lancs RC) +7:06

Team on standard - Springfield Financial +24:55 (Sean Owens +9:07; Matt Stell +8:16; Greg Plummer +7:32)

As well as Richard Belk, the group also welcomes new member Rachael Maxwell.

We also managed to run a real committee meeting after the 25 where it was agreed to donate £150 to the Standards Automation Project, but our claiming members would have to pre-enter as in the time honoured fashion. The M&DTTA 50 has been selected as a Group Championship qualifier instead of the previous Warrington event. Finally, we are

tentatively preparing to run a group luncheon in January, fingers crossed!

The sad news of the passing of Dot Wood had been announced. A proud Preston Wheeler, she had been a VTTA member for years, most recently as an Honorary Life Member, and was the widow of the stalwart Bev.

As we go to press I have just heard that noted Wigan Wheeler Phil Smith sadly passed away on 25th April, aged 87. He was an HLM of our group and raced in the 1990s including completing the Mersey 24 in 1994. It is hoped to publish a fuller obituary in the next Veteran.

## **NORTH MIDLANDS**

### **Chris Lea**

In early May, time trialling legend Mike McNamara, Rockingham CC President and Honorary Life Member of the VTTA North Midlands, sadly died at the age of 85. This issue of The Veteran has a full obituary.

The weather in the first two months of the racing season was sharply contrasting: unusually dry in April, whilst unusually wet in May. Cold or very cold conditions were also a common feature. In the opening Easter weekend, Mat Ivings (Buxton CC) rode the Manchester Bicycle Club 10 on Easter Monday in three base-layers and winter gloves. Tracy Gregory (Buxton CC) also braved the cold. The temperature? A smidgeon above freezing, just 1°C. Daryl May (Sheffrec CC) has been targeting the Merlin Cycles Classic Series, riding 3 of 4 events thus far, with the most recent round in Cumbria being not only cold but wet too.

Enough of the weather. To the racing:

Sarah Harrison (Sheffield Tri Club) has been under the hour twice already this season, her fastest ride being 59:41 in the South Pennine RC 25 on the A50 at Etwall, for first female vet and third woman overall. In both the VTTA Notts & E Mids 25 and Team Sheffield's 10, Sarah was second fastest woman.

Keith Ainsworth (Sheffrec CC) had a later start to his season than usual, but picked up where he left off in 2020, i.e. by winning. Keith was first vet on

standard in the VTTA Notts & E. Mids 25 whilst also setting a new group record at age 62, of 51:47.

Mike Allen (Team Jewson) found early season form in the VTTA Notts & E. Mids 10 on the Long Bennington course, based on the A1, finishing in 23:12 for a new group record by a single second, at age 74.

Racing over the longest distance of any member of the VTTA North Mids thus far, Mat Ivings recorded a fast 1:51:50 in the Mid Shropshire Whs 50, and that on a slow course.

Andy Newham (Lincoln Whs) has been mixing things up by racing on a solo, trike and tandem trike, setting a new group record on his trike in the Leo RC 30, in 1:14:17, at age 48.

Steve Gibson and Andy Hicklin, of the Peak RC, have been active on time trial bikes and, in what is becoming an increasingly popular category, road bikes. In mid-May, Steve recorded a fine 22:00 on his road bike in the Aerocoach 10 on roads near Alcester, in an event which drew some top road riders past and present: Hayley Simmonds (21:30), Graham Briggs (20:25), Yanto Barker (20:41), Chris Opie (20:41), and all.

Stuart Wells (Lindsey Roads RC) has been consistently fast, with the quickest 10 time in the group so far this season, of 20:22, on the Long Bennington course.

Andrew Stokes (Buxton CC) took almost 3 minutes off his 25 PB by recording 55:45 in the VTTA Notts & E. Mids 25.

Simon Warren (Norwood Paragon CC) has been building form on courses far flatter than his usual speciality of hill climbs with, for example, a 27mph ride in the VTTA Notts & E Mids 10 at Long Bennington, in 22:12.

Stewart Smith (Velo Club Veggies) has been peppering the 26mph mark in 25s and 10s, with fastest times of 57:40 and 22:33 respectively, thus far.

John Martin (Elmsall RC) has been steadily improving as the weeks have ticked by, with 57:25 in the VTTA Notts & E. Mids 25.

Ala and Andy Whitehead (Rockingham CC) have been racing consistently since early April, often overcoming tough conditions.

Karen Brooks (Team Sportslab), Anthony Nash (Lindsey Roads CC), Ady Dench (Team Sheffield), Paul Heggie (Birdwell Whs), Dominic Watts (Veloviewer), Andrew Jackson (Moda RT), Ben Hamilton (Rutland CC), Chris Lea (Buxton CC), Allan Wailoo (7 Hills CC), Rob Barnard (Team Cystic Fibrosis), Gordon Wordsworth (Rutland CC), Richard Lunt (Rossington Whs CC), Patrick Giblin (Rotherham Whs CC), Gary Hibbard (Bolsover & District CC), Martin Bullen (Peterborough CC), Martin Wood (VTTA NM), Richard Brown (Bolsover & District CC), Steve Scott (Elmsall RC) and Paul Ruta (Barnsley RC) have all got their open seasons underway. Apologies if I've omitted anyone.

And, as I write, the weather has finally turned hot and sunny. Here's to more of that for the racing to come!

## **NOTTINGHAM & EAST MIDLANDS**

### **David Herd**

The notes of the VTTA National Forum zoom meeting made interesting reading. Our Secretary Russell Gent was the Notts and East and Midlands representative and has distributed the notes. It is important for the future of the organisation and we need to look for ways to improve what we do and how we do it. If you have any comments please send them to Russell.

The NEM Group ran their early 10 mile TT on the A14/A (Long Bennington - Gonerby Moor) course on April 17th. The 88 riders from an entry of 97 faced quite cool but dry conditions and were helped on the return leg with a slight tail wind. Nine riders went under 20 minutes with senior Oliver Peckover (Upshift Nutrition RT) fastest with 18:54 and junior Joshua Giddings (HMT Hospitals Giant Cycling Team) on 18:58. 71 year old Ben Turner (VTTA Notts and E Midlands) took the handicap prize with 14:35 from an actual of 25:21.

There was some very good overall standard times which made up the Notts and East Midland group of riders. Richard Oakes (Team Ohten Aveas) took first on standard +07:32 from an actual of 19:29, Geoff Platts (Team Bottrill) with +07:08 from 21:31, Ian Guilor (Mapperley CC) +06:52 from 20:15, Mark Ellis Mercedes (AMG Petronas CC) +06:48 from 20:36 and Chris Ward (Spalding CC) +06:45 20:33.

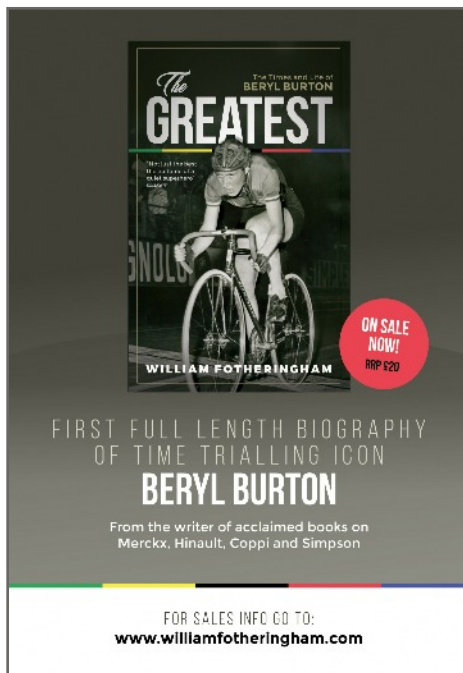
Team Ohten Aveas riders Richard Oakes, Geoff Giddings and Wayne Smith took both team on actual and team on standard.

Jo Corbett (Sherwood CC) was fastest lady had a good early season ride on 25:03 with a plus of 06:12.

The Group's Ivan Mahon Memorial 25 mile TT on 15th May gained permission to extend the field to 150 entries. Whilst the weather forecast had threatened rain it came to very little and it was a reasonably mild afternoon with a westerly wind. Again there were some very good times with Keith Ainsworth (Sheffrec CC) first on standard with +19:24 from and actual of 51:47; other leading times were: Ian Guilor +17:44 actual 50:53, Darren Yarwood (Chapeau! Vive le Velo) +17:41 actual 49:38, Mark Ellis +17:32 actual 51:51 and Geoff Platts +17:24 actual 55:14. The fastest times overall were set by Adam Duggleby (Chapeau! Vive le Velo) 47:18, Oliver Peckover and Josh Giddings (now Z Junior Race Team) 47:31. Female prize winners were Fiona Sharp (Chapeau! Vive le Velo) 56:20 (+16:16) and Sarah Harrison (Sheffield Triathlon Club) 59:58 (+13:42). Team Bottrill were the fastest team on standard with Geoff Platts +17:24, Neal Parkin +16:14 and Jennifer Clegg +15:30. Team Bottrill also set the fastest on actual times with Axel Dopfer 47:40, Neal Parkin 50:08 and Martin Garner 51:57. Ian Guilor won the Ivan Mahon Memorial Trophy.

I was impressed with Bourne Wheelers CC new 10 mile course located on the A52 East of Grantham with the turn at the Osbourneby traffic island intersecting the A15. Part of the course has been used before and occasionally still is for 30 and 50 mile TT. Using close by Ropesly Village Hall as HQ the course fits well with start and finish positions. The course number is C10/29 and uses the A52 road. Although quite undulating there were good times set on their first event on the 9th May when junior Jacob Bush of the promoting club rode a fine 19:59. Well done Bourne Wheelers for trying a new course.

Let's hope that the weather picks up and soon becomes brighter and warmer.



## SCOTLAND

### James Skinner

#### News

Jocky Johnstone is recovering well after a very serious crash whilst out training earlier this year. He spent time in Wishaw General and Monklands hospitals; he is currently wearing a back brace and getting regular physio, but I am sure he will be back out on the roads soon enough giving everyone a hard time.

Alex Munro has been in touch letting us know he had a bit of a kidney issue and is due for a scan, but he is still out on the bike and we will no doubt see him out getting some age related records this season.

It is a few months since Jim Cusick had his hip operation. Although intending to spend more time enjoying the countryside on two wheels, Jim does however, also hope to slip in a few events this season, so it may not be long until we see Jim flying out and back on the Westferry or Eglington courses.



Bill Byth of the Deeside Thistle, like Jim, also intends to resort to a more relaxed season, this due in part to the new courses in his area being a bit of an "undulating" nature and changes to several courses becoming a bit "hairy" due to traffic and road furniture.

### Vets in Mallorca 2022

The following was received from Iain Binning.

*I trust this finds you and yours well.*

*The numbers of who would want to go to Mallorca are at present unknown. What I do know is that the lads and lasses who usually go to the Vets Dinner at Christmas are probably the people who might be interested.*

*Therefore it would be for some, more than a holiday, or a cycling camp or a combination of both. There are others, such as the good lads who start, recorders and who are not on the bike now such as Davy Bruce.*

*There are two scenarios –*

*Jet2.com holidays with flights, transfers and accommodation. This makes it easier for me but what happens is that the transfers could be up to 3 hours to the hotel due to the bus being full and having to go round the hotels from C'an, Picafore or Alcudia.*

*Or If I do it, I can reduce the time as a private transfer, and make the arrangements for the hotel directly. This makes it a bit cheaper.*

*If it is a 'goer' I will letter and email those who are interested. The timetable would be roughly:-*

*Early September – Interested names told*

*Late September - Deposits*

*Early March - Balances*

*Late May - Mallorca*

*As I realise that none of us are getting younger therefore and the last year particularly has been hard this may be an opportunity for meeting up in Mallorca.*

*I say, if it is a goer, great but if not, I have tried.*

*Iain Binning*

### Racing

Thanks to JJ Harris for gathering the early season results, despite having a cataract removed recently.

Jim also notes that any results that SVTTA members record in CTT class B events will not qualify for standard claims or SVTTA (VTTA) competitions.

Most events have taken place south of the border as we go to print with Douglas Watson of GTR Return to Life riding a 19:35 to take third place overall in the Velo Club Cumbria 10. Racing in the same event, Steve Spellacy of Dumfries Cycling Club did 22:28, Christina Murray of the Army Cycling Club finished in 22:48, Ian Elliot of Hawick Cycling Club 23:48 and 2 seconds behind was Brian Morral of Dumfries Cycling Club with a 23:50.

Douglas Watson went under the 20 minutes again on the Levens course riding the West Pennine Road Club 10, recording a 19:45.

It was good to see Gordon Murdoch amongst the results after he rode the Border City Wheelers 33 Mile sporting course L123 south of Carlisle. Gordon (competing for GTR Return to Life) rode a 1:34:16, with Steve Spellacy of Dumfries Cycling Club finishing a couple of minutes quicker in a 1:32:29.

On another sporting course, this time the Derwentside Cycling Club's 40 mile TT on the M40 Allendale circuit in the north Pennines, Alan Manson riding for SVTTA finished in 2:10:40 and Chris Smart of GTR Return to Life achieved 4th place overall and fastest vet with a 1:45:46.

Chris Smart was over the border again in the Tyne & Wear Fire Service Club 12 mile TT winning overall in a 25:37, with Chris Bown riding for SVTTA finishing in 31:54.

As we go to print the Georgetown League is taking online entries for its event number 3. The league seems to be off to a great start with almost 60 riders taking to the line each Wednesday night. Just be sure if you're attending to fit back and front lights as per local regulations.

### New Members

The Scottish group welcomes the following new members: Chris Bown of Menstrie, riding for SVTTA, Ben Dixon from East Lothian, riding for Royal Navy & Royal Marines CA (RNRMCA), George Shanley of Dunfermline, riding for Team Andrew Allan Architecture, Elizabeth Jane Wisdich riding for the Glasgow Wheelers., Fraser Friseal of

Aberdeen currently unattached, Gordon Murdoch of GTR Return to Life, Sonya Drummond and Jonny May of Dundee Thistle, Thomas Fraser from Fife, riding for Royal Navy & Royal Marines CA, William Ryan from Raleigh, North Carolina, USA.

If readers have any information, news, or gossip, get in touch at [jamesmskinner@hotmail.com](mailto:jamesmskinner@hotmail.com) or [INFO@SVTTA.ORG.UK](mailto:INFO@SVTTA.ORG.UK).

## **SURREY & SUSSEX**

**Jon Fairclough**

### Welcome to new members!

A welcome to ten new members: Michael Mergler, Jonathan Baker, Matthew Woods (Eastbourne Rovers CC), Mark Welch (Oxted CC), Peter Bulman, Ricardo Nogare (Canary Wharf CC), Matt Hill (VCGH), Ian Howard (Farnham Road Club), Lucy Hurn (Woking CC) and Russell Thorne-Jones (TrainSharp).

### Awards

As noted in the last issue, we had to cancel the awards lunch. Awards will be distributed separately.

### Recommend the VTTA to a friend!

No awards for this (yet!) but if you have any time trialling friends who are 40 or over, please encourage them to join you in the VTTA. It is absolutely the best way you can help grow the sport. The membership fee is low and the benefits of membership are increasing with the automation of records, competitions and this year, standards awards. Our open events, combined with our handicapping system, level out age and gender differences. There is nothing quite like having a historic trophy, medal or certificate in your possession to mark an achievement. For a more detailed description of what we do and what members can win, point joiners at the VTTA website <https://www.vtta.org.uk/>.

### Records

We have had two new group records already this season. Congratulations to Paul Deen from Epsom CC, aged 50, for 10 miles 19:57 and 30 miles 1:02:25.

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

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

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

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

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

The first '25' will be held on G25/93 on Sunday 15<sup>th</sup> August and is organised by Bec CC.

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

The second '25' will be held on G25/89 on Sunday 19<sup>th</sup> 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 your Strava data with other members send me an email or a join request on Strava.

### Obituaries

An obituary for Surrey/Sussex member Ian Barnett appears elsewhere in this issue.

### Committee News

We welcome new committee members. If you are interested, please contact Keith Wilkinson at [keithwilkinson@talktalk.net](mailto:keithwilkinson@talktalk.net).

### Dates for your diary

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

## **SOUTH WALES**

**Barry Williams**

As I write, the grip of the pandemic is easing, but yet, hardly any recognisable competition has taken place in Wales. Therefore in this quarterly report we have freedom to discuss other matters, so I have written about the name of my club, Cardiff 100 Miles Road Cycling Club, in the box below.

Welcome to the following 6 new members of our South Wales Group: Diane Hynam (Bynea CC), Daniel & Emma Wyatt (Hereford Whs), Daniel Kingston (Cwmcarn Paragon CC), Mike Hall (Port Talbot Whs) and Adrian Brooks (Caerphilly CC).

## **WESSEX**

**Bob Jolliffe**

Records all the way for Angela

Lockdown doesn't seem to have slowed many cyclists, it seems. In fact most riders have begun their season on a high note.

Certainly ...a3crg's Angela Carpenter has hit the ground running, taking 52-year-old national age records at 10, 15, 25 and 30 miles already. And her ...a3crg teammates have also produced some top results given the cold and often windy weather conditions.

## **A South Wales Story – By Barry Williams**

I joined Cardiff 100 Miles Road Cycling Club aged 16 in September 1952 and I remember thinking "How did they come by such a name?" As you might guess, there is some history involved here.

Cardiff 100 Miles Road Cycling Club was formed in summer of 1891 following a competitive ride to Hereford and back via Usk and Monmouth, a route now shown by Google as being 100 miles, but using this 1891 course was probably in the region of 106 miles. After some research in Cardiff archives and fortunately holding an original medal, I can now throw some light on this Cardiff story.

On Wednesday 29<sup>th</sup> July 1891, riders from the Birchgrove and Roath cycling clubs accepted an offer by Mr EF Kennard, cycle dealer of Wordsworth Street, Cardiff, to complete 100 hundred miles in twelve hours.

Contemporary reports taken from The Western Mail state that "Notwithstanding the fact that the weather was far from desirable owing to wet and windy conditions, 32 wheelers started from Wordsworth Street at 7am.

"Arthur Angle was the first to reach Cardiff at 3.15pm. This was 45 minutes longer than he anticipated, owing to the gale blowing on the return journey and the slushy state of the roads, which rendered his pneumatic tyred bicycle almost un-ridable. Newport was done in 37 minutes, it would have been quicker but for the number of sheep and horses he met. Usk, 23 miles was reached in 1 hour and 20 minutes and Hereford in 3 hours 30 minutes. Mr Angle did 77 miles of the journey without a companion and passed the two leading riders on the return journey 4 miles out of Hereford. He dismounted but once on the road out and only a second time after taking the wrong road in Monmouth on the return. Mr Angle's performance was all the more creditable in as much as he had only been riding for four months"

At the time, pneumatic tyres were new and these reports suggest that some competitors experienced tyre bursts. A South Wales Echo report also emphasized that for July, road conditions were poor and the going was very heavy. Therefore, we have to assume that 1891 was a typical wet British summer. The conditions of the competition stated that the first three finishers would receive prizes, no details or amounts found. Medals were given to all who completed the course within the stipulated twelve hours. There were 32 starters and despite weather conditions and a number of bike breakdowns, 25 competitors finished within the

Angela started her record-setting spree in chilly early April with victory in the VTTA National 15 near Newbury which she won on standard with +11:21 and with an actual time of 33:13. Teammate Sarah Matthews was second with +10:31 (35:27) and, with Neil Mackley who was second in the men's competition with 32:13 (+9:14), the trio took both the group award and were top club team too.

Angela's new 30-mile record time of 1:05:57 was done in the Leo Road Club event on F2/30 on May 1, beating but not displacing Jackie Field's 1:07:28 aged 54 in 2019.

A fortnight later, Angela went on to clock 21:06 in the VTTA London and Home Counties' 10 on a blowy F10/11 near Aylesbury. Not her fastest time, which is 20:46 set last season, again beating but not displacing Jackie Field's 21:20 aged 53 in 2018.

That was followed a week later by 54:11 in the High Wycombe CC 25 near Maidenhead which earned her 15<sup>th</sup> place with an average speed of 27.684mph. That took 20 seconds off Jackie Field's record at age 53.

Congratulations to Angela on a super set of spring times.

specified dozen hours and duly received founder medals. As previously stated Mr Arthur Angle finished first followed by Mr Tom Johns (pneumatic) in second place and Mr Long in third. Others who finished the course were: the promoter, EF Kennard, T Williams, Tom John (solid tyres) an awesome feat in such conditions. G Lewis, G Edwards, G Hobbs AE Davey, J Williams, F Cox, W Pedler sen, WW Pedler Jun, H Jones, T Wride, A Richardson, T Hawkins, J Metcalfe, T Gibbons, W Kennard, T Jenkins, W Bird and G Bird.

Attached is a photo of one of the original medals duly inscribed with Tom John's name and dated 29<sup>th</sup> July 1891, the day of the event.

Over the years I have cycled from Cardiff to Hereford many times; I know the route, especially the hilly nature between Monmouth and Hereford. I have also included an 1891 picture of a club meeting outside the Heath Hotel, Whitchurch Road, showing the bikes and the attire that they rode in. No lycra, imagine those old cotton jackets in the rain, all those founder members were heroes on that day.



The 100 Milers Cycling Club was a successful enterprise over the years from its 1891 inception, through to the early 2000s. Members enjoyed a sense of belonging to what they regarded as a special group of athletes. Sadly, now, along with some other older clubs, the Milers are no longer thriving. Just a few older members continue riding bikes and only one veteran member is currently racing in time trials. The on-line digital age of sponsored clubs, together with lack of

young tech trained members has been a contributing factor.



The halcyon days when the Lord Mayor of Cardiff attended annual prize giving dinners and Ken Price was British 24 Hour Champion, are no more than moments from the past. Donated silver trophies for all distances sadly now remain un-engraved since 2000, in storage and awaiting a place in the museum of social history.

Sarah Matthews (also ...a3crg) has also been getting in on the act, setting a new age 61 national age record of 34:54 in the Newbury Velo 15 on Late Spring Bank Holiday Monday.

Crabwood CC's 78-year-old Dave England also rode the Newbury 15 and was pleased to have set a new Wessex age record of 41:03.

### TT TT

A new combined 151 years tandem trike time trial record for 15 miles was set by Sotonia CC's Mary Corbett and Norman Harvey on their recently-built orange and black long barrow in the VTTA National 15. Recording 42:42 on the A4 and B4000 roads they set a new standard of +8:32.

Mary and Norman then followed this up with another record in the Newbury Velo 10 when in very windy conditions they managed 30:04, but will surely put this well inside 'evens' before too long.

### Wessex Group Championships

By the time you read this, the Wessex Group 50-mile Championship will have taken place on P417 to the west of the patch on June 13. Using the eastern section of the 50-mile course, the Group 25 championship will take place on P413/25 as part of the rescheduled Poole Wheelers' promotion on Sunday, July 13.

Meanwhile, a decision has been made regarding the Wessex Group 10-mile championship, which will now be held as part of the Sotonia CC event on the revised edition of P164 on Saturday, July 10.

### Early season results

The season started well for ...a3crg in the Brighton Mitre Hilly 10 on G10/44 at Easter. Neil Mackley was quickest of seven ...a3 riders with 24:03 followed by David Shepherd (24:21), Angela Carpenter (25:25), Kirsty McSeveny (27:23), Sarah Matthews (27:38), Lucy Mitchell (28:28) and Mike Boyce (29:11).

To the west at Easter, Bob Richardson (Bournemouth Jubilee Wheelers) was fastest Wessex vet in the CC Weymouth 10 at Owermoigne with 23:07 followed by Stuart Peckham and Terry Icke (both VC St Raphael) with

25:34 and 27:20, and Dave England (Crabwood CC) 29:20.

The following week in the National 15 ...a3crg added to their success with James Fawcett (32:23), Justin Webb (32:27), David Shepherd (33:15), Mark Stafford (34:16), Drew Hosie (36:09) and Mike Boyce (40:36).

In the Farnborough & Camberley CC 25 on H25/8 at Bentley, Andy Langdown (Atlas Clever Racing) was fastest Wessex Group rider with 52:04. Ian Patterson Utag RT) was next quickest with 53:06, followed by Martin Beale (VC St Raphael) 1:00:10, Stuart Peckham (VC St Raphael) 1:01:14 and Dave England (Crabwood CC) 1:08:08.

Drew Hosie and Mike Boyce (...a3crg) clocked 24:17 and 26:39 respectively on time trial bikes in VC Venta's hilly 10 while teammate Jerry Bromyard did 28:10 on his road bike.

James Fawcett was fifth in the wind-blown Newbury Velo 10 at Kingston Bagpuize with 21:20. His ...a3crg teammates Neil Mackley, Adrian Talley, Kirsty McSeveny and Mike Boyce clocked 21:31, 22:48, 24:45 and 26:03 respectively.

Drew Hosie clocked 1:20:24 in New Forest CC's 32-mile Round the Forest event with Stuart Peckham and Martin Beale recording 1:20:56 and 1:22:11.

Hampshire Road Club's 10 on P881 drew a fast field with James Fawcett leading the ...a3crg team with 20:05. Fellow ...a3 riders Neil Mackley and Mark Stafford were in hot pursuit with 20:09 and 20:22 while team mates Jerry Bromyard and Lucy Mitchell were on form with 23:04 and 23:08.

James Fawcett finished the Newbury RC 25 on the Bath Road at Aldermaston with 52:27 to his credit and Bournemouth Jubilee president Bob Richardson did 54:29.

The first of ...a3crg's 11.9 mile time trials on the Goodwood motor race circuit got under way with home rider Neil Mackley sixth in the tt bike class with 25:15 in the windswept conditions. Teammates James Fawcett, David Shepherd and Jerry Bromyard clocked 25:58, 26:24 and 29:48.

## WEST

### Brian Griffiths

At long, long last we are beginning to see some light and everything shows definite signs of getting back to how they used to be just as long as we all continue to obey the rules for quite a while yet. Or will they ever get back to how they were? Personally I sense a perceptible change.

There definitely is a very noticeable increase in the number of cyclists on the roads at weekends now than there was before the pandemic, many of them on quality bikes. I intend to find out how much they know about the VTTA and hopefully get them interested.

After our national "ZOOM" meetings I trust the groups are buzzing with ideas to publicise our sport so that we gain many more members especially at the younger end. What we really do need is some professional help in this respect to co-ordinate our efforts and make them really effective. We have designed some attractive flyers to hand out around local clubs and it will be interesting to see if they work. Local Cycle Touring Groups are not all tourists and have large numbers of suitable members who might be persuaded to join us.

Our members will be pleased to know that our Secretary Gordon Scott has made a provisional booking for Saturday 2<sup>nd</sup> of October at Goss Croft for our belated group Prize presentation. What good news, when we can all get together once more under the same roof and enjoy each others company for the first time in a long while. I presume we will be having the usual Time Trial and expect more details will appear in the next "WestVet".

I very much miss not being able to get a CTT Handbook this year and I hope this will be restored next year. Probing around on the Internet is not for me, as I can never find what I want.

I seem to get very little news to pass on from our members so we must all lead a very quiet life with nothing exciting or newsworthy that is worth reporting. Just what have you been doing with yourselves?

Our Group Treasurer and indeed our National Treasurer, Ian Pritchard had an

accident earlier this year and badly injured his back. I am pleased to learn that some progress is being made and hopefully he will soon be riding his bike once more.

We should be able to hold our AGM as normal this year, so please make sure you attend if you possibly can and consider if you might offer your services, we are always keen to see new faces with fresh ideas.

With all the recent rain our roads here in the West are in an awfully bad state, as I expect they are in many parts of the country. Deep and dangerous pot holes are left for weeks and when I am out on my trike they are often difficult to avoid apart from lifting one wheel off the road. Many of the road markings are so faded that they are scarcely visible too and when reported never seem to be fixed.

I shall be looking out for results from our members now that there are events to enter and will be out to help marshal where I am needed so please get in touch.

## YORKSHIRE

### Chris Goode

Many thanks to Blair Buss and his team of helpers for organising a successful 25 mile TT on 18<sup>th</sup> April, near Thirsk. Darren Yarwood (Chapeau! Vive le Velo) was fastest vet in 52:03 and won the Oliver Shield for BOS Yorkshire member with +15.04, with Russ Richardson (Teesdale CRC and VTTA North group) gaining the best plus +16.04. TTTA North standard was Otley CC's Tim Garwell, who has



*Sheffield Phoenix 30 mile team champions in 2006 - Mick Blagden, Jim Goodwin and Syd Wilson - with Jim Ogden (National President) and championship organiser John Hatfield (seated)*

newly joined our group. Fastest woman was Abi Smith (Team Breeze) 55:34 and the fastest man Alex Royle (Manchester BC) with a stunning 49:56. Despite the pressures of organising Blair Buss (Halifax Imps) won the medium gear in an impressive 1:01:20, 18 seconds ahead of our recorder Jimmy Trevor (Jam Hadar Racing), both were superb rides.

The awards to the different age groups were:  
40-49 male - 1<sup>st</sup> Matthew Asquith (Team Sportslab), 2<sup>nd</sup> Matt Smith, 3<sup>rd</sup> Greg Elwell; female - 1<sup>st</sup> Sarah Harrison (Sheffield Triathlon Club), 2<sup>nd</sup> Sarah Foulds  
50-59 male - 1<sup>st</sup> Jim Boyle (Sleaford Wheelers), 2<sup>nd</sup> Michael Cross, 3<sup>rd</sup> Sean Sanders; female - 1<sup>st</sup> Karen Taylor (Team Sportslab), 2<sup>nd</sup> Sandra Burrows  
60-69 male - 1<sup>st</sup> David Taylor (Ravensthorpe CC), 2<sup>nd</sup> Christopher Green, 3<sup>rd</sup> Stephen L'Anson; 1<sup>st</sup> female Liz Ball (Valley Striders CC);  
70-79 male only - 1<sup>st</sup> Lee Foster (Border City Wheelers), 2<sup>nd</sup> Peter Macklam, 3<sup>rd</sup> Mike Cole.

Mickie Hornby has been in touch with the committee to let us know that Dave Longbottom has passed away (see obituary).

Many of you will have seen Clive Askwith (Andy Askwith's father) at events and enjoyed chatting with him. Clive died in March, just short of his 91<sup>st</sup> birthday. Other recent sad losses include Pete Smith (Clifton CC, York) who was guest of honour at the VTTA 50 Championship in 2019 and North Midlands member Mike McNamara (Rockingham CC), BBAR Champion and men's competition record holder at 12 hours in 1967, who did many of his finest rides on our V courses

Here are the new members for the group: Richard Poole, Andy Hunter, Andrew Bell, Warren Steele, and Stuart Henderson (all VTTA Yorkshire); David Diston, Muckle CC; Ian Galbraith, Drighlington BC; Simon Loftus, Holmfirth CC; Greg Elwell, James Hewitt, both Halifax Imperial Wheelers; Gordon Kemp, Out of the Saddle CC; Matthew Asquith, Team Sportslab; Caroline Wallace, Moonglu CC; Paul Markey, Tricycle Association (NW); Christopher Yates, Otley CC; Andy Wond, Sowerby Sunday Club and Marjorie Davison, Ravensthorpe CC. We hope that you enjoy your membership for many years. Also returning to membership after a period away are Andy Marshall (VTTA Yorkshire), James Murphy (Vive le Velo) and Michael Cross (Harrogate Nova).

We have an injury to report to our website manager, John Hallas. He was going quite slowly uphill in Kirk Deighton when he hit some gravel, came down and broke his hip and a collar bone. Thankfully, no vehicles were involved. He was 2 miles from home at the end of a 65 mile ride. John is in good spirits and told us that fortunately he enjoys indoor cycling. New member Richard Poole (who lives in Huddersfield) also had a bad spill in early May - not many details but he was in hospital for 7 days with a broken hip and multiple bruising, so that's an inauspicious start to his VTTA membership. Get well soon both.

Our Group Secretary has written to our members in the hope that you may be willing to take on an official post, either CTT District Secretary or Assistant District Secretary (Hull and Coastal). Filling both these jobs will ensure the continued successful running of CTT events in our area from 2022. The current incumbents will both retire in October, which gives those interested time to research the roles in more detail. It is very important to fill these posts to ensure that the Yorkshire time trialling and our Group can function successfully and we are able to continue to run events. Please email Tony Stott (stotta09@gmail.com) and he will then be in touch with the CTT. There must be a vet out there somewhere able to give some time to help our sport function successfully.

Finally, please do not forget that our group is organising the VTTA National 30 Miles Championship on Saturday 21<sup>st</sup> August. It will be two laps of the beloved A168 Walshford-Boroughbridge road with the HQ at Rabbit Hill Park cafe. This is a prestigious event with riders travelling from afar so please let's put on a good show, with plenty of marshals etc. If you do not intend riding please volunteer to organiser Mike Penrice (contact details at the front of this magazine); if you are wanting to ride, how about bringing a family member to help out? Yorkshire Group have organised the 30 championship on several occasions, so the photo is of the Sheffield Phoenix team winners presentation of the 2006 event at Boroughbridge.

Keep pedaling and if you have anything that you would like the members to hear about please contact [cgoode@yorkshire.net](mailto:cgoode@yorkshire.net)

# **RIDER Q & A**

## **DAVID HARGREAVES OF NORTH LANCASHIRE ROAD CLUB**

### **Talking to Jon Fairclough about his 60 years build up to some outstanding rides**

The cyclist answering the questions this month is David Hargreaves of North Lancs and Lakes Group. David started racing at the age of 15 yet still managed to produce his personal best times after 70! He holds the national age record at 30 miles at age 72, the 50 miles at age 73 and 100 miles at ages 73 and 74. His sub-four hour for 100 miles at age 73 is an amazing achievement. Read about how he trains to understand some of the reasons for how he did it.

#### **Q1. When did you start time trialling?**

A1. I started time trialling in 1962 at age 15. I joined the local CTC group in March and began attending club runs then started riding my local evening 10s in May. I rode my first open event, a 25, in July recording 1:05:08 on the Blackpool Road course.

#### **Q2. What are your greatest achievements in your time trialling career?**

A2. I was never a top time triallist as a teenager and young adult. I mainly rode in road races, achieving 1st category status in late 1965 at age 19. I would say I achieved my best TT results in my late 60s and early 70s, recording all my personal best times after the age of 70 thanks to concentrating on TTs rather than veteran road races. I think my sub four hour 100 is my best achievement at age 73. Incidentally, I won the CTT Classic Series Veteran Target Time category in 2016, 2017 and 2019.

#### **Q3. What is your TT bike?**

A3. I ride a Giant Trinity Advanced Pro TT frame with Zipp 808 and Super 9 disc.

#### **Q4. What is your approach to training?**

A4. Around six years ago my training evolved to include two longish (normally around 1:40:00 and 1:50:00) sweet-spot ( 90%+/-2% of FTP) road rides most weeks throughout the year, both followed by a café stop then a 24 or 18 mile ride home. In addition, I get a couple of steady road ride and one or two recovery rides in each week. In pre- and early season, I add in a road based VO2 max interval session. I tend to use my turbo trainer only when I must. I have ridden in light rain on my sweet-spot ride on quite a few occasions. This mix is not conventional but it works for me. I found that the sweet-spot sessions have tended to reduce the drop in my power output to a low annual rate. My training has an endurance rather than a short distance bias. 10 miles is not my best distance and I prefer to concentrate on the VTTA 3 Distance Competition rather than the short distance.

#### **Q5. What have you done (and not done!) to allow you to set some fantastic age records?**

A5. I would say that retaining most of my power output into my 70s by the above training - the sweet-spot sessions require a lot of will power. Up until lockdown I did a weekly



gym session with the most beneficial aspects being leg press and back strengthening sessions. I also use a few upper body machines.

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

A6. I intended to keep going for as long as I can achieve good results. However, this winter/early spring I have had to have time off the bike to recover first from sciatica and then a lower back injury. I have not started racing yet and I am still well below my normal fitness level. It remains to be seen whether I can get back to somewhere near my form of recent years.

**Q7. What is your favourite type of time trialling event?**

A7. I like sporting course events and usually ride my local Spoco series and I particularly like to ride the CTT Classic series events.

**Q8. What do you think about when you are racing?**

A8. When racing I try to concentrate on pedalling smoothly at a pace that I can maintain for the full distance. I glance at my computer from time to time to check my 3s power and average power. I ride based on perceived effort but if I notice my power has dropped significantly below what I think it should be, I ride a bit harder. This can happen if I lose focus.



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

A9. Since cycling is my main pastime, I spend the time I need on it. It does tend to drain my physical and mental energy to some extent so I do not spend as much time on chores as most people might. I have always liked to combine quantity with quality in my training and this provides me with good endurance.

**Q10. What are you aiming to achieve this season?**

10. As mentioned in answer 6, I have had a big setback this season. I have no cycling targets right now. My fitness when I started training again was close to that of a non-cycling 74 year old. I made some quick gains but progress has slowed recently and I am still well below where I was last year on my sweet-spot rides. I am currently taking each week as it comes.

# VTTA NATIONAL 50 MILE CHAMPIONSHIP

## Sunday 13<sup>th</sup> June 2021

*Report by Rachael Elliott*

Angela Carpenter (...a3crg) put in one of the best rides of all time to win the VTTA 50 Mile Championship on the F2/50 course at Cambourne in Cambridgeshire, whilst Andrew Grant (Cambridge CC) took the honours in the men's event.

Race organiser Chris Dyason (Cambridge CC) had gone to huge effort to make sure the traditional "Viking 50" event could still be held as well as the VTTA 50 mile championships. With the E2 currently out of action, the 50 course is now one of the country's fastest and Chris was not short of entries: 180 riders took on the four laps of the F2 course with its mild undulations providing enough variety to make the course interesting, but not so much that fast speeds were ever a problem.

With Cambridgeshire witnessing one of its hottest days of the year, the mercury started to climb from 8am with riders throughout the field battling with the heat.

Nevertheless, despite the hot conditions, the East of England can proudly say it witnessed one of the best time trial rides ever. Angela Carpenter (...a3crg/Wessex Group) regularly takes the crown in VTTA championships, but her ride was on another level. Despite her computer getting sunstroke and misreading at 25 miles (where she admitted to "nearly stopping with frustration" - but realised that was a stupid idea when she saw she was churning out >28mph with ease). Her scratch time of 1:46:34 earns her the sixth fastest time ever by a woman over the distance (faster than the legendary Julia Shaw) and, unsurprisingly, was an age record. Her standard of +46:20 was enough to take the best time on standard in the event by nearly four minutes. As a result of her overall best, she also takes home the Cecil Paget Cup for a year.

Jackie Field (CC Ashwell/East Anglia Group) took the silver medal in the women's event with her 1:53:54 equating to +41:23 on standard (and beating her own age record in the process!). Taking up the final position on the female podium was a shocked Claire Emons (Newbury RC/London & Home Counties Group); her +37:56 (actual time 1:54:58) not only won her bronze, but also a fifth place overall finish.

The men's event also delivered some outstanding performances. Andrew Grant (Cambridge CC/East Anglia) clocked an outstanding 1:47:54 at the age of 68, equating to a standard of +42:38 - and also beating his own age record. Last year's champion, Keith Ainsworth (Sheffrec CC/North Midlands Group) put on a good fight, but had to



Angela Carpenter



Ian Greenstreet & Rachael Elliott



Andrew Grant

settle for silver this year with a plus of +39:08 (actual time: 1:46:28). The bronze was taken by another ...a3crg stalwart - Neil Mackley whose fast ride of 1:44:26 resulted in a plus of +37:34.

In the tandem event, Ian Greenstreet and Rachael Elliott (Newbury Velo/London & Home Counties Group) took the honours with a time of 1:41:34 equating to a plus of +38:02 - and setting a new national age record. Runners up were again the illustrious duo of Norman Harvey and Mary Corbett (Sotonia CC/Wessex Group) who masterfully steered their tandem trike "Bonnie" through the nine roundabouts to go 21 minutes faster than their "hoped for" time with 2:24:39 - and netting another age record in the process!

The team awards were split by a hair's breadth this year! In the group competition East Anglia took the honours by just 15 seconds from Wessex with Andrew Grant, Jackie Field and Ian Hope riding a combined plus of 2:01:20. Wessex could not be too disappointed however, with ...a3crg taking the club

team award with Angela Carpenter, Neil Mackley and a tie for third counter between James Fawcett and David Shepherd; their combined plus of 2:01:05 was nearly six minutes ahead of nearest challengers, Cambridge CC.

A special mention must be made of the ninth man on standard - the legendary Peter Horsnell (Chelmer CC) - who at a sprightly 91 years old recorded 2:37:32. Not only was this a 12 minutes improvement on his existing age 91 record but it was also over 7 minutes better than his age 89 record. The man is just getting better with age!

The VTTA would like to extend their thanks to Cambridge CC and the plethora of helpers from the club, the group - and further afield - for a first class event. We would also like to give the two riders who had accidents our best wishes for a speedy recovery - both are fine and functioning, although unfortunately one rider does need surgery.

AWARD WINNERS - 2021 VTTA NATIONAL 50 MILE TIME TRIAL CHAMPIONSHIPS					
Award	Name	Club	Group	Std.	Medals
1st Man on Std.	Andrew Grant	Cambridge CC	East Anglian	+42:38	Gold
2nd Man on Std.	Keith Ainsworth	Sheffrec CC	North Midlands	+39:08	Silver
3rd Man on Std.	Neil Mackley	...a3crg	Wessex	+37:34	Bronze
1st Woman on Std.	Angela Carpenter	...a3crg	Wessex	+46:20	Gold
2nd Woman on Std.	Jackie Field	CC Ashwell	East Anglian	+41:23	Silver
3rd Woman on Std.	Claire Emons	Newbury RC	London & HC	+37:56	Bronze
Group Team Champions	Andrew Grant	Cambridge CC	East Anglian	+2:01:20	Gold
	Jackie Field	CC Ashwell			Gold
	Ian Hope	Team Solo Vinci			Gold
Club Team Champions	Angela Carpenter	...a3crg	Wessex	+2:01:05	Gold
	Neil Mackley				Gold
	James Fawcett & David Shepherd (tie)				Gold
Tandem Champions	Ian Greenstreet	Newbury Velo	London & Home Counties	+38:02	Gold
	Rachael Elliott				Gold
First man and first woman on standard also each receive a champion's jersey and cap.					
Angela Carpenter also receives the Cecil Paget Cup (for one year) as 1st overall on standard					

**RESULTS - WOMEN - 2021 VTТА NATIONAL 50 MILE TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
1	Angela Carpenter	...a3crg	Wsx	52	2:32:54	1:46:34	1	+46:20
2	Jackie Field	CC Ashwell	EAng	56	2:35:17	1:53:54	2	+41:23
3	Claire Emons	Newbury RC	L&HC	52	2:32:54	1:54:58	6	+37:56
4	Sarah Matthews	...a3crg	Wsx	61	2:38:48	2:03:22	12	+35:26
5	Deborah Sheridan	Warwickshire RC	Mids	64	2:41:17	2:05:57	15	+35:20
6	Naomi De Pennington	Banbury Star CC	Mids	44	2:28:56	1:53:56	3	+35:00
7	Louise Robinson	Essex Roads CC	EAng	44	2:28:56	1:54:22	4	+34:34
8	Kim Barfoot-Brace	Bath CC	West	40	2:27:12	1:54:41	5	+32:31
9	Emma Bexson	Stratford CC	Mids	46	2:29:51	1:58:23	7	+31:28
10	Sue Rust	Kettering CC	EAng	57	2:35:56	2:04:49	13	+31:07
11	Lisa Davis	Drag2Zero	S/S	46	2:29:51	2:00:18	10	+29:33
12	Joy Payne	High Wycombe CC	L&HC	64	2:41:17	2:12:01	17	+29:16
13	Denise Burrows	AeroCoach	Mids	42	2:28:04	1:58:54	8	+29:10
14	Susan Triplow	CC Sudbury	EAng	54	2:34:03	2:05:22	14	+28:41
15	Marianne Holt	Fareham Whs CC	Wsx	40	2:17:12	1:59:01	9	+28:11
16	Kirsty McSeveney	...a3crg	Wsx	40	2:27:12	2:00:27	11	+26:45
17	Ann Shuttleworth	Cambridge CC	EAng	54	2:34:03	2:07:34	16	+26:29
18	Pamela Moore	Coalville Whs	N&EM	53	2:33:28	2:19:37	19	+13:51
19	Claire Davies	Mark White Coaching RT	N&EM	43	2:28:30	2:15:12	18	+13:18
20	Sue Chittock	Ipswich BC	EAng	52	2:32:54	2:25:12	20	+07:42
21	Josephine Rosier	Ipswich BC	EAng	51	2:32:21	2:39:31	21	-07:10
DNS/F	Kerry Tate (Newmarket Cyc & Tri), Chanel Mason (Storey Racing), Virginia McGee (Charlottesville CC)							

**MEN - 2021 VTТА NATIONAL 50 MILE TIME TRIAL CHAMPIONSHIP**

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
1	Andrew Grant	Cambridge CC	EAng	68	2:30:32	1:47:54	24=	+42:38
2	Keith Ainsworth	Sheffrec CC	NMids	62	2:25:36	1:46:28	16	+39:08
3	Neil Mackley	...a3crg	Wsx	57	2:22:20	1:44:46	10	+37:34
4	Nick Dwyer	Lewes Wanderers CC	S/S	57	2:22:20	1:44:49	11	+37:31
5	Ian Hope	Team Solo Vinci	EAng	47	2:17:20	1:40:01	2	+37:19
6=	James Fawcett	...a3crg	Wsx	55	2:21:12	1:44:01	9	+37:11
6=	David Shepherd	...a3crg	Wsx	60	2:24:13	1:47:02	20=	+37:11
8	Colin Lizieri	Cambridge CC	EAng	65	2:27:54	1:50:47	38	+37:07
9	Peter Horsnell	Chelmer CC	EAng	91	3:14:10	2:37:32	102	+36:38
10	Tim Hood	Team Bottrill	Mids	60	2:24:13	1:47:58	26	+36:15
11	Martin Reynolds	Cambridge CC	EAng	58	2:22:56	1:47:02	20	+35:54
12	Mark Ellis	Mercedes AMG Petronas	EAng	56	2:21:45	1:46:12	14	+35:33
13	Chris Ward	Spalding CC	N&EM	55	2:21:12	1:46:00	13	+35:12
14	Mark Smith	Crawley Whs	S/S	47	2:17:20	1:42:25	4	+34:55
15	Darren Yarwood	Chapeau! Vive Le Velo	Yks	47	2:17:20	1:42:38	5	+34:42
16	Jon Woolrich	Velo Sport Jersey	Wsx	40	2:14:34	1:39:57	1	+34:37
17	Adam Bidwell	Kingston Whs CC	S/S	44	2:16:06	1:41:51	3	+34:15

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
18	Dave Green	CC Breckland	EAng	57	2:22:20	1:48:15	27	+34:05
19	Mat Ivings	Buxton CC	NMids	48	2:17:46	1:44:00	8	+33:46
20	Colin McDermott	Festival Road Club	S/S	53	2:20:08	1:46:32	17	+33:36
21	Robert Gilmour	Hounslow & District Whs	L&HC	69	2:31:30	1:58:05	68	+33:25
22	Michael Parker	TMG Horizon Cycling Team	L&HC	56	2:21:45	1:48:24	28=	+33:21
23	Antony Brown	George Fox Cycling Sols	EAng	61	2:24:54	1:51:35	42	+33:19
24	Nick Tarmey	Velo Club Venta	Wsx	43	2:15:43	1:42:40	6	+33:03
25	David Harding	Chelmer CC	EAng	40	2:14:34	1:42:46	7	+31:48
26=	Bryan Long	VTTA (East Anglia)	EAng	55	2:21:12	1:49:26	34	+31:46
26=	Simon Dighton	Beacon Roads CC	Mids	58	2:22:56	1:51:10	39	+31:46
28	Paul Deen	Epsom CC	S/S	50	2:18:40	1:47:03	22	+31:37
29	Donald Parker	Brighton Mitre CC	S/S	72	2:34:39	2:03:15	86	+31:24
30	Wayne Smith	Team Ohten Aveas	N&EM	53	2:20:08	1:48:47	31	+31:21
31	Nicholas Knight	Hart Perf Coaching	EAng	46	2:16:55	1:46:14	15	+30:41
32	Chris Lea	Buxton CC	NMids	59	2:23:34	1:53:04	50	+30:30
33	Robert Golding	Ely & District CC	EAng	47	2:17:20	1:46:55	19	+30:25
34	Grant Orsborn	Bedfordshire Road RT	EAng	60	2:24:13	1:53:50	54	+30:23
35	Nic Pillinger	Team Secret Squirrel	EAng	43	2:15:43	1:45:25	12	+30:18
36	Ed Moss	Beacon Roads CC	Mids	51	2:19:09	1:50:05	36	+29:04
37	Daryl Maffey	CC London	L&HC	43	2:15:43	1:46:43	18	+29:00
38	Jez Willows	Sherwood CC	N&EM	56	2:21:45	1:52:46	48	+28:59
39	Peter Richards	Icknield RC	L&HC	57	2:22:20	1:53:22	52	+28:58



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Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
40	Iain Boardman	Dulwich Paragon CC	EAng	47	2:17:20	1:48:38	30	+28:42
41	Robin Short	Cotswold Veldrijden	West	45	2:16:30	1:47:54	24=	+28:36
42	Steven Loraine	Legato Racing Team	Mids	65	2:27:54	1:59:22	72=	+28:32
43=	Mark Halliday	North Bucks RC	L&HC	58	2:22:56	1:54:28	56	+28:28
43=	Steve Clarke	TMG Horizon Cycling	EAng	66	2:28:44	2:00:16	77	+28:28
45	Tony Ball	Legato Racing Team	L&HC	52	2:19:38	1:51:14	40	+28:24
46	Sean Quinn	Law Whs	Scot	48	2:17:46	1:49:23	33	+28:23
47	John Manlow	Ely & District CC	EAng	52	2:19:38	1:51:37	43	+28:01
48	Bob Richardson	Bournemouth Jub Whs	Wsx	55	2:21:12	1:53:13	51	+27:59
49	Nicholas Coe	Verulam CC	L&HC	63	2:26:20	1:58:28	69	+27:52
50	Ian Cardy	Chelmer CC	EAng	57	2:22:20	1:54:35	59	+27:45
51	Frank Anderson	SVTTA	Scot	69	2:31:30	2:03:47	90	+27:43
52	Andrew Simpkins	Team Echelon	Mids	67	2:29:37	2:02:22	81	+27:15
53	Stephen l'Anson	Buxton CC	M&NW	64	2:27:06	1:59:57	75	+27:09
54	Matthew Reader	Verulam CC	L&HC	51	2:19:09	1:52:08	46	+27:01
55	John Golder	Chelmer CC	EAng	68	2:30:32	2:03:34	89	+26:58
56	Peter Harding	Chelmer CC	EAng	40	2:14:34	1:47:38	23	+26:56
57	Mat Wilson	VTTA (L&HC)	L&HC	42	2:15:19	1:48:24	28=	+26:55
58	Mark Hamer	Stratford CC	Mids	46	2:16:55	1:50:04	35	+26:51
59	Andy Sharman	Team Bottrill	L&HC	50	2:18:40	1:51:51	45	+26:49
60	Carl King	VTTA (M&NW)	M&NW	52	2:19:38	1:52:52	49	+26:46
61	Mark Dearden	Didcot Phoenix CC	L&HC	55	2:21:12	1:54:33	58	+26:39
62	Geoff Reynolds	Hemel Hempstead CC	EAng	55	2:21:12	1:54:41	60	+26:31
63	Robert Bullyment	Chelmer CC	EAng	48	2:17:46	1:51:19	41	+26:27
64	Paul Blamire	Amersham Road CC	L&HC	46	2:16:55	1:50:32	37	+26:23
65	John Leeming	Velo Club Long Eaton	N&EM	72	2:34:39	2:08:28	96	+26:11
66	Michael Edmunds	Verulam Really Moving	L&HC	55	2:21:12	1:55:40	64	+25:32
67	Robert Nicholas	Deal Tri	Kent	40	2:14:34	1:49:15	32	+25:19
68	Chris Tye	Plomesgate CC	EAng	54	2:20:39	1:55:39	62=	+25:00
69	Ed Tarelli	Race Hub	N&EM	49	2:18:13	1:53:25	53	+24:48
70	Martin Bullen	Peterborough CC	NMids	68	2:30:32	2:06:01	93	+24:31
71	Michael Cope	Kettering CC	EAng	61	2:24:54	2:00:31	79	+24:23
72	Jymmy Trevor	Jem Hadar Racing	Yks	49	2:18:13	1:53:51	55	+24:22
73	Barrie Whittaker	Lyme Racing Club	M&NW	64	2:27:06	2:02:46	83	+24:20
74	Alex Garner	VTTA (Notts & E.Mids)	N&EM	45	2:16:30	1:52:28	47	+24:02
75	Philip Jones	Peterborough CC	EAng	62	2:25:36	2:02:16	80	+23:20
76	Mark White	Mark White Coaching RT	N&EM	51	2:19:09	1:55:58	65	+23:11
77	James Wooldridge	Team Milton Keynes	L&HC	41	2:14:56	1:51:46	44	+23:10
78	Andrew Halliday	Westerley CC	L&HC	49	2:18:13	1:55:20	61	+22:53
79	Ian Short	Team Salesengine.co.uk	EAng	47	2:17:20	1:54:29	57	+22:51
80	Carmelo Lugerri	CC Ashwell	EAng	64	2:27:06	2:04:25	91	+22:41
81	Jon Fairclough	Woking Cycle Club	S/S	67	2:29:37	2:07:16	95	+22:21
82	Steve Cornish	Mid Shropshire Whs	Mer	65	2:27:54	2:05:35	92	+22:19
83	John Marinko	Brighton Mitre CC	S/S	56	2:21:45	1:59:37	74	+22:08
84	John J Murphy	Gloucester City CC	West	81	2:47:42	2:26:07	101	+21:35
85	Paul Looke	Shaftesbury CC	EAng	54	2:20:39	1:59:19	71	+21:20

Pos.	Name	Club	Group	Age	Std.	Act. Time	Act. Pos.	Plus
86	Noel Toone	Kettering CC	EAng	60	2:24:13	2:02:57	85	+21:16
87	Murray Kirton	A5 Rangers CC	Mids	80	2:45:55	2:24:43	100	+21:12
88	Michael Townend	Coalville Whs	N&EM	53	2:20:08	1:58:58	70	+21:10
89	Andrew Cross	Velo-One Cycling	Mids	45	2:16:30	1:55:39	62=	+20:51
90	Ian Braybrook	Basildon CC	EAng	46	2:16:55	1:56:16	66	+20:39
91	Adrian Gower	Hitchin Nomads CC	EAng	58	2:22:56	2:03:20	88	+19:36
92	Lee Heron	Banbury Star CC	Kent	40	2:14:34	1:57:08	67	+18:58
93	Tim Baggs	Velo Club Flintham	N&EM	51	2:19:09	2:00:25	78	+18:44
94	Iain Tebbutt	Coalville Whs	N&EM	54	2:20:39	2:03:19	87	+17:20
95	Mark Endersby	Anglia Velo	EAng	47	2:17:20	2:00:10	76	+17:10
96	Nick Burton	Newark Castle C C	Mids	45	2:16:30	1:59:22	72=	+17:08
97	Richard Mellor	Team Bottrill	EAng	52	2:19:38	2:02:31	82	+17:07
98	David Michael-Golden	VTTA (NL&L)	NL&L	61	2:24:54	2:11:13	97	+13:41
99	Chris Sprott	Ratae RC	N&EM	45	2:16:30	2:02:52	84	+13:38
100	Andrew Gibson	Gravesend CC	Kent	52	2:19:38	2:06:59	94	+12:39
101	Jim Robertson	St Neots CC	EAng	64	2:27:06	2:14:35	98	+12:31
102	Alan Morris	Hinckley CRC	N&EM	60	2:24:13	2:16:01	99	+08:12
DNS /F	Richard Parrotte (Shaftesbury CC), Chris Lea (Buxton CC), Adam Laycock (VTTA (EA)), Simon Dighton (Beacon Roads CC), Adam Gorham (Kettering CC), Dominic Whitehead (Cambridge CC), Rob Young (Vision Racing), Scott Povey (Warwickshire RC), Simon Horsley (Legato RT), Wayne Marks (Tri Anglia), Mark Arnold (VTTA (EA)), Bob Quarton (Wolsey RC), Ken Platts (Cambridge CC)							

#### RESULTS - 2021 VTТА NATIONAL 50 MILE TANDEM TIME TRIAL CHAMPIONSHIP

Pos.	Name	Club	Group	Gdr	Age	Std.	Act. Time	Act. Pos.	Plus
1	Ian Greenstreet	Newbury Velo	L&HC	M	57	2:19:36	1:41:34	1	+38:02
	Rachael Elliott			F	43				
2	Norman Harvey	Sotonia CC	Wsx	M	88	2:58:15	2:24:39	2	+33:36
	Mary Corbett			F	63				

## THE REMAINING VTТА NATIONAL CHAMPIONSHIPS

It's not too late to enter any of the remaining VTТА National Championships. You could win a medal, or even a champion's jersey and cap! Awards for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> man and woman, club and group teams of 3 and best tandem - all awards are calculated on standard.

**Saturday/Sunday 17<sup>th</sup>/18<sup>th</sup> July - 24 Hour Championship** incorporated in Mersey Roads Club 24, course D24hr

**Sunday 18<sup>th</sup> July - 25 Mile Championship** promoted by VTТА Midlands & Team Echelon, course K33/25S. (This event was rescheduled due to a probable disruption by a major public event and the clash with the 24 hour is unfortunate but considered of minimal impact.)

**Sunday 1<sup>st</sup> August - 12 Hour Championship** incorporated in Breckland CC 12, course B12/3. (Was to be incorporate in ECCA 12 on 22<sup>nd</sup> August, but this event is cancelled due to roadworks.)

**Saturday 21<sup>st</sup> August - 30 Mile Championship** promoted by VTТА Yorkshire, course V241. (Event is rescheduled from 19<sup>th</sup> June due to HQ/covid issues.)

**Saturday 18<sup>th</sup> September - 10 Mile Championship** promoted by VTТА North Midlands, course O10/1.





# OBITUARIES



## DOREEN LILY MAHAR

**VTTA Merseyside Group - Birkenhead North End CC**

**5th July 1924 - 7th February 2021**

Merseyside Group lost their President and the VTTA a National Vice President, when Doreen Mahar sadly died in February this year at the age of 96 years.

Born and raised in Birkenhead, Doreen, together with late husband Harry, were initially members of the Bebington CC and later the Birkenhead North End CC. They made a formidable couple and played a very active role in organising and promoting time trials and social occasions for their club.

Harry was instrumental in establishing the Merseyside Group of the VTTA in 1962, when it split from the Manchester and NW Group. Even though the VTTA was a male only

organisation in those days, Doreen played a full and active part in supporting Harry and the development of the new Group. In 1971, when women were finally admitted to the Association, Doreen immediately joined the Merseyside Group and remained a member for the rest of her life. She filled a variety of posts within the Group and was elected as President, a position she held since for as long as

anyone can remember. *(According to the editor's archive she was group secretary from 1972 and also treasurer from the following year until 1992 and was group president from 1998 until her death.)*



Her outstanding contribution to the VTTA, both to Merseyside Group and as a member of the NEC, was recognised when Doreen was elected as National President for the period 2000-2004.

Cycling played an enormous part in Doreen and Harry's lives, from club weekends, participating in and organising time trials, cycling holidays in many parts of the world, to latterly over-wintering in Portugal and Mallorca. Their other love was for Scottish country dancing, which they undertook with not a little success. They

were together, all told, for 70 years and raised a family, to whom we send our condolences.

The sea was important in their lives, both brought up alongside the Mersey and Harry in the Merchant Navy, so, when the tide is right and the weather is set fair, their ashes will be scattered together at sea.



## DAVID LONGBOTTOM VTTA Yorkshire Group - VC York 17th June 1929 - 13th October 2020

Dave Longbottom was a time trialling super-  
vet of the 1980s and 90s and a former  
national champion and record holder.  
Christine Longbottom, his second wife, has  
been in touch with Mickie Hornby with the  
sad news that he passed away on 13<sup>th</sup>  
October 2020, aged 91 years old. He was  
a Yorkshire Group honorary life member  
and long time member of VC York.

Dave was born in  
Huddersfield and his first  
bike was lent to him by an  
uncle who was going away  
to war. He eventually got  
his own bike and joined  
Nunbrook Wheelers, doing  
a lot of cyclo-cross and  
road racing. However  
after a bad fall in 1979 he  
turned to time trials,  
preferring not to race in a  
group.

Before concentrating on  
the shorter events he rode  
all distances up to 12  
hours, winning the group  
BAR at age 52 in 1981 with  
56:34, 1:58:45, 4:28:22 and 235.82, good  
enough for 16th from 213 men in the  
national BAR.

He was a very strong rider and achieved a  
national age 54 record for 10 miles in 1983,  
with a time of 21 minutes 42 seconds. He  
won the VTTA National 10 Mile  
Championship in October 1990, run by  
North Midlands group on the A1, by a  
narrow margin from Mary Dawson. The  
following year he became National 30 Mile  
Champion, when riding his Yorkshire group  
event; his 1:11:53 (+20:44) earned him  
fourth place on actual, not bad for a 61 year  
old although he did have the advantage of  
riding very near home on the A1079.



Also in 1991 Dave rode the Dave Orford  
promoted "World Cup Veteran Time Trial  
Championships" at Parwich in the  
Debyshire Peak District, winning his age  
category F. In 1994 he repeated the feat,  
now in category H (307 riders over 10  
categories!) and again in 1995; each time  
he beat his old adversary Brian Haskell.

After retiring from  
competition he got slower  
in the last few years but  
was still enthusiastic about  
all things relating to cycling.

Elaine Ward recalls that he  
was guest of honour at one  
of Scarborough Paragon's  
club dinners at The Park  
Manor Hotel. He was a  
quiet, modest man. When  
Elaine was racing she  
often used to tie with him  
in the results of Yorkshire  
events; they used to  
quietly joke around the  
result board that one or the  
other of us got the edge  
that day, as there wasn't

much in it.

Dave passed away peacefully in his sleep,  
from heart failure. He leaves behind a  
daughter, Kathryn and a grandson, Daniel.  
Dave's first wife, Jean, died in her forties  
and she was an accomplished county  
badminton player. Their son Peter,  
international roadman and accomplished  
time trialist and 25 mile competition record  
holder, was tragically killed whilst cycling in  
February 1998.

Dave Elvin of Team Mirage adds that he  
was "a real nice chap"; nobody could  
disagree with that. Rest in Peace.

*Chris Goode*

# MICHAEL MCNAMARA

## VTTA North Midlands - Rockingham C.C.

### 11th August 1935 - 8th May 2021

Mike McNamara was a hard working family man, whose cycling was such a big part of his life; he also liked a pint at the pub with his friends and club mates.

He was Rockingham CC throughout his entire cycling life and had been club President for as long as anyone can remember.

He supported the club in every way possible, from running events to winning RTTC national championships including both individual and team.

Mac made a modest start to his long cycling career but by sheer determination and hard work he eventually reached the highest level as a time triallist; he was placed in the top twelve of the men's BBAR eleven times.

His first big impact on this competition came in 1964 when he finished third after briefly holding the 50 mile competition record with 1:51:49 (only for it to be subsequently beaten in the same event). He repeated this third place in 1965, then was seventh the following year when also became National 12 Hour Champion.

He eventually achieved his goal by winning the BBAR in 1967 and that same year broke the 12 hour competition record. During these years and into the 1970s Rockingham CC were a force to be reckoned with, winning many BBAR and national championship team awards; in these he was supported by Baz Breedon, John Blacker, John Burnham, Ticker

Mullins, Graham Huck, Graham Barker, Bernard Bennett and Eric Smallwood.

Despite only being eligible to join the VTTA in August of 1975 he was actual fastest in the VTTA BAR that year and again the following year.

He had a long cycling career at a very high level and was very competitive on the bike. He was also happy to advise and assist club mates, especially the younger riders, and encouraged his own son, Michael, also to national level. He ran the Rockingham CC Open 25 for many years, regularly putting himself off number 1 so that he could check if all the marshals were in place, once doing a '53' as first rider off.



Mac finally finished racing and moved to the North of Scotland, on the shores of Loch Eriboll, to be near his son Michael. He and wife Eileen, who had always supported him in his cycling, enjoyed their final years here. Cycling friends used to visit and they were always made very welcome.

He is survived by his son Michael and daughter Elizabeth.

Mac was an absolute gent and will long be remembered in his native South Yorkshire and further afield by friends and rivals. He was a living legend and everyone's friend.

*Graham Barker*

# RICHARD ("DICK") EVANS

## VTTA Wessex Group - Portsmouth North End CC

### 29th October 1930 - 1st May 2021

Portsmouth North End CC members have paid their respects to the man credited with rekindling interest in the South's oldest cycling club in the late 1970s. Richard "Dick" Evans died at the age of 90. He was also an Honorary Life Member of Wessex Group, having joined in February 1976.

Portsmouth North End CC was formed in 1900, but by the 1970s membership had dropped away and Dick successfully decided to do something about it. "Dick was instrumental in the resurrection of PNE in 1979 and was a Northender to the core," stated a post on the club's Facebook page.

His widow, Linda, said Dick had suffered from prostate cancer for about 18 months. His condition had worsened at Christmas but he was well enough to be digging the garden 10 days before his death on May 1.

Dick started racing in 1948, mainly in time trials but also on the track. In addition he was a former club president and long-serving timekeeper with Linda. Members remember a man who was happy to lend an ear, who readily gave advice on cycling issues and kept abreast of what was new in the time trialing world.

He was also a gifted artist, contributed to local history with his memories of Portsmouth after the second world war and was an amateur radio enthusiast, qualified in morse code and often talked over the airwaves, using his call sign GORPX.

One of the stories he told related to his time in the RAF shortly after the World War II. He and his squadron had been based at RAF Colerne near Bath in Somerset which had suited him as he was able to ride home to Portsmouth and back at weekends.

One day he left his bike "on sacred ground" outside the RAF station headquarters and went to retrieve it after dark. But he was caught in the act by the warrant officer who gave him three days in "Jankers" for the offence.

Dick take up the story: "Now, I was due to take off the following day to monitor the radar equipment used by NATO air crew in a twin engine Brigand. So I was replaced on that fatal day in February 1953. The aircraft crashed into Bannerdown Hill Killing all of the crew. Can you imagine how I felt being part of the burial party at the graveside. They say life is a game of chance."

Dick was married to Linda for 54 years. "I still feel that he is very much here with me because of all of his paintings I have here with me," she said.

In addition to his widow, Dick leaves a daughter, Kathleen and son Stephen.

His Hetchins bike, rebuilt by Paul Martin, accompanied the procession to St Philip's Church at Cosham. In addition to family, members of the church, cycling friends, and radio club members were among those who attended the burial at Milton Cemetery.

*Bob Jolliffe*



# LESLIE IAN BARNETT

## VTTA Surrey/Sussex Group - Morden CRC

### 29th March 1931 – 14th February 2021

Ian was always known as such, although his first name was actually Leslie.

In his early days Ian was a very good road rider with the Thames Velo and he took part in the 1955 Tour of Britain in the 'aspirants' team sponsored by the then Claud Butler shop which included John (Jock ) Andrews, a top BLRC 'league' rider, who later rode the Tour de France for the Louison Bobet section of the Mercier team. Ian was the BLRC Southern Division champion of about 1954 held over a gruelling hilly course of 120 miles (Ashdown area plus finish up Tilburstow Hill out of Godstone).

After flirting with professionalism Ian reverted to a normal 1st cat amateur licence and this 'paid' dalliance later earned him a disqualification by the RTTC, when he entered the Bournemouth Jubilee 100 in 1958 or 9. Apparently the RTTC at that time kept a list of riders from League days who might have tainted their sport from involvement in anything like professional status!

Later in his cycling career with a move to the Morden he concentrated on time trials and did very well in the age related VTTA races. In 1981 he finished a creditable 4th in the National VTTA 12 hour championships promoted by North Midlands cycling Federation, setting a group age record for a 50 year old of 244.6 miles in the process. The following year

he was again 4th in the RTTC National 24 hour Championship setting a Surrey/Sussex Group 24 hour time trial age record for a 51 year old and older of 446.77 miles.

Everybody liked Ian, he was quiet but somebody you could turn to for help and advice. He was a great font of knowledge about cycling and racing. He was a wonderful mechanic and engineer and worked for Hawker Siddeley. Graham Hutchings remembers him making a frame to bolt to the rear of his motor bike to take a dismantled racing bike and its wheels, enabling him to travel to races around Southern England. Ian used the latest equipment, riding a 55 or 56 tooth outer chain ring, when 50 - 52 outer rings were considered big. He also was one of the first to buy and race on a titanium frame (a Speedwell), and to have a custom built Raleigh 753 road frame.



Over the years he won many cycling medals. Notable achievements as a veteran were fastest VTTA Surrey/Sussex Group member for a 50 mile TT (1976, 1983) and Best All Rounder VTTA Surrey/Sussex Group (1980).

Ian was awarded Honorary Life Membership of the VTTA in 2013.

*Many thanks to Graham Hutchings, Brian Hone and Elaine Barnett for the information and stories above.*

**PETER HOARE**  
**April 1936 - May 2021**  
**VTTA London & Home Counties - Hillingdon Cycling Club**

Those of us who are part of the cycling time trial sport are free of preconceptions of class; all are equal except, of course, when it comes to speed and performance. But to the bulk of VTTA and club membership, that does not create a division. Once a few years have passed and he or she has taken part in the myriad activities which make up the sport, almost all are friends, however short the acquaintance.

Peter Hoare, who passed away just days after his 85th birthday, exemplified this. His chosen sport was rowing but, about 35 years ago, his son Andy expressed an interest in cycling, which led to both of them becoming members of the Hillingdon Cycling Club.

It was not long before Peter, together with his wife, Anne, joined the club and its activities and, at the turn of the century in the year 2000, he became a member of the VTTA London and Home Counties Group. He quickly became a significant supporter of the organisation and, although a competitor himself, was always ready to help with marshalling and promoting events.

In later years he organised a twice annual luncheon, bringing together much revered members of the past, together with current enthusiasts..

Peter was a gentleman, much liked by all who knew him. He will be missed. We send our sincere condolences to Anne and to Andy.

*Jim Burgin*



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

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Christina Murray GGCC

RRA Cairngorms Circuit  
Record Attempt

~ 214 miles

~ 10,000ft elevation

<12hrs50

NB 8 May 21



Confirmed schedule to follow....

*Christina Murray (Army Cycling & VTTA Scotland) set a record for the gruelling RRA Circuit of the Cairngorms National Park on 7 May. Her time of 11:10:50 was a good beating of the standard time of 12:50:00*



*Meanwhile in greener country Doug Hart (Ilkley CC & VTTA Yorkshire) piloted clubmate Nina Benson to an RRA record for the Circuit of the Yorkshire Dames National Park on mixed tandem. They did this on 1 June to record 6:30:04, beating the standard of 7:50:00. Distance is 142 (very hilly) miles.*

