



Number 73

March 2022

THE VETERAN



Chris Dyason (Cambridge CC)
Competitor and VTТА
Championship
organiser
(Photo by Harry Tweed)

VETERANS TIME TRIALS ASSOCIATION

Competitive Cycling for Life

Since 1943

NATIONAL EXECUTIVE 2022/23

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

Vice Presidents

Eddie Green and Jim Burgin

Website : vtta.org.uk and Facebook

THE VETERAN

THE QUARTERLY MAGAZINE OF THE VETERANS TIME TRIALS ASSOCIATION

Competitive Cycling for Life - Since 1943

Number 73

March 2022

THE LAST PAGE

It amazes me how much is going on in the VTTA even when not much is happening. Without any racing results the March Veteran normally reports, in addition to the usual admin matters, on presentations of national and group awards before looking forward to the rapidly approaching racing season. However due to the lingering effects of the pandemic there was no national presentation and several groups have delayed their local presentations.

Most national IT projects are now 'finished', if that word can ever be applied to IT, with the exception of the ongoing automation of national and group age records. See updates within these pages.

At national level the focus has now switched to our rebranding. In agreement with the National Forum this will be quite subtle - we have a new logo and strapline and adjusted our colours from blue and yellow to navy blue and gold, which is quite understated and classy. There is a short article included about the new logo and how to use it and to adapt it for race document headers, but please feel free to innovate with other ideas.

A new design champion's jersey is also being introduced along with a new clothing range which members may purchase. I had hoped to include details of design, pricing and how to order the new clothing in this edition, but the information is not yet available. Watch the website or facebook page for updates within the next few days - it may even be posted there before you receive your magazine.

We are also purchasing a small number of vertical banner/flags on poles carrying the VTTA logo etc. These will be strategically stored around the country and can be used at events to raise our profile.

After 6 years our Chairman Andrew Simpkins intends stepping down at the next AGM. He will still be involved with the VTTA but wants more time for his growing family of grandchildren and other interests. This also provides the opportunity to consider more widely how we organise tasks on the NEC and where we might benefit from contributions by new members. If you are, or know of someone, who might be interested in a role on the NEC then please contact any NEC member.

Thanks to everyone who has contributed to this edition. I would especially like to thank my wife Barbara for her diligent proof reading and she will be enjoying a very special birthday ending in '0' on 14th March. Although no longer able to ride she is still a cyclist through and through, having ridden her first race in 1956 and last one in 2018, and is very knowledgeable. Congratulations Barbara and thanks for your hard work supporting this editor and cycling generally over very many years.

Mike Penrice

PRESIDENT'S PIECE

Hello and Happy New Year to one and all.

I hope that during the recent festive season people were able to enjoy the closeness of family and friends as Covid restrictions were relaxed across the country. Covid news early in 2022 appears to be more positive - can one finally dare to look forward to a season of "normal" time trialling?

We in the Manchester Group are busy preparing for the VTTA National 15-mile championship which we are hosting on April 16th. Personally, I had forgotten about the issues facing organisers - HQs, marshals, state of roads and appropriate course. As matters stand at this stage of the season, we have been very well supported by Group members and fellow cyclists leaving the only issue outside our control.....the weather.

As I move into my second year in office it is appropriate to thank the NEC for the support, and challenge, I have received. Equally so, the support from Groups via the National Forum. I believe the latter has been a great success, thanks in the main to the contributions from representatives.

The progress made within the VTTA this past year has been significant; a new logo illustrating a fresh approach to a challenging future, a redesign of kit, including championship jerseys and general day to day apparel, and the automation of Standards which has removed an onerous workload from Recorders. Despite the progress we have achieved, serious challenges await us.

The intended retirement of Andrew Simpkins as Chairman at the end of this current year is, in my opinion, a significant issue that we all need to be addressing with some urgency. Seeking a replacement for many positions in the VTTA is always fraught with difficulties, this one more so. Andrew has led the VTTA throughout the past six years with a clear vision, assertive leadership, and an attention to detail that I personally envy.

One is very aware how difficult it is to recruit volunteers and I believe this might be the task that proves the most challenging issue for the forthcoming year.

An equally serious challenge to the Association, and all Groups, is recruitment and in particular the recruitment of more women. It is intended that we revisit the Vision and Values document that was shared during 2021 and recruitment should be a primary aim for the next three years.

No national association can exist and develop without the input of volunteers and their efforts. It is not just event organisers and marshals that can contribute to the future of the VTTA. Without a supporting platform of backroom folk completing the unnoticed, unrecognised tasks, grassroots sports will never prosper.

Moving on, it was good to have our last two group committee meetings face to face at a local cycling "caf" and pleasing to see so many local riders calling in for a brew. Are we eventually returning to a routine that we have missed for so long?

To race or not to race, that be the question. Some time spent on TT bike on Smart trainer made me think yeees, but on the road?

First Pidcock and then Froome point out the dangers of the current search for watt saving positions on time trial bikes. Statistics nationally do not indicate that there is a greater danger to the rider but are we witnessing a return to road bikes for events? Local club events see more road bike competitors, and more open events including a road bike section.

It might well be that I will have gone full circle in my cycling life, and, to paraphrase T. S. Eliot, "to arrive where we started and know the place for the first time".

Take care when hugging those bars.

Tony Farrell

CHAIRMAN'S COUNSEL

Part of the role of being Chairman and a member of the NEC is to ask questions about the strategic future of our organisation and of time trialling more generally. The challenges facing our sport have come home to me in a number of ways recently. Last season I was to promote the VTTA National Championship 25 on a variation of the K33 course, which is also the most popular and well used 10 mile course in the Midlands. You may recall that the championship had to be postponed and moved to Merseyside following a fatal accident in the week before. It has now transpired that following a meeting with the Police the K33 courses have been withdrawn for events this year – a serious blow to Midlands time triallists and a situation that no doubt has parallels around the country.

I also recently read a social media post by Chris Froome following Egan Bernal's near fatal accident on his TT bike. Froome questioned whether professionals should be training on open roads in the extreme aero positions now being adopted and suggested that time trials in grand tours should be undertaken on road bikes instead of TT bikes to avoid the need for such training. He also thought this might create a more level playing field as it would give less advantage to the better funded teams who can afford the latest aero equipment and testing of their riders. It's not difficult to see how these perspectives might translate to our humbler amateur context regarding rider safety and the cost of competing.

Is the future going to be that more and more competition will take place on virtual platforms? The end of February saw the world e-sports road race championships on Zwift. There are several time trial events each week on Zwift for all comers. I am a keen Zwift user myself and find it a valuable training environment but it doesn't seem to me that it can quite replace competition on the open road. The Midlands VTTA Group offered a time trial league on Zwift this last autumn and winter but take-up has been disappointing. So it would seem that Zwift and other platforms are a potential but not preferred alternative for most keen time triallists.

Are more closed circuit events an answer? These are attracting more interest and this year the VTTA is promoting a Northern and a Southern Closed Circuit Championship over 10 miles on the Croft and Goodwood circuits respectively. These will be fully open events to help in attracting new riders to the VTTA. It would be good to see more of these events but there are a limited number of such circuits and there can be challenges, regarding availability and cost, in booking such circuits for events.

What are members' thoughts on these issues? What more could be done on the safety side of things? This year we will have rear lights, and front lights, in CTT events. Will that make a difference? What about views on courses? Here there is the old conundrum of whether fast, flat, open dual carriageways are any less safe than winding 'B' roads? To coin a phrase, are there 'marginal improvements' we could make in the absence of any single and simple panacea?

Andrew Simpkins

IT MANAGER'S UPDATE

Over the last month Andrew Simpkins, Geoff Perry and I have been developing the specification for automating age record claims. What at first appeared to be a simple task of looking up a result in the age records database has turned out to be more complex. What if two or more riders break a record in the same event? What if two more riders break a record at different events but the

organiser of the later event uploads results to the CTT site before the other? Most possible records will be the new current record, but a few may be very short-lived records and some never records at all. Hopefully recognising all these issues at an early stage will result in records being reliably recognised, even if they only last for one second. We hope to release the new system in the summer.

Some of you may have noticed that many 12/24 hour event records were displaying with zero result. Fortunately, the actual result was still in the system - it was a display problem. The software defect that caused them to show as zero results has been fixed and the records manually corrected. If you spot any 12/24 hour event records displaying with zero result, please let me know.

As you plan your rides for the season, use the age records system to look up the age record for the event. You may be surprised to find a record that you might break given a little extra effort!

Also, in your planning make sure you look at your targets, visible in your baseline after logging in. All members will be able to see their standards. Those who have linked their accounts will also be able to see their results compared with their baseline and their best plus. Members who have purchased standards before their races will also be able to claim at the end of the season and set a new baseline for next season.

Already in my plan for 2022 is the London-Edinburgh-London Audax event in August. Held every four years but postponed from last year because of the pandemic, this event attracts thousands of cyclists from all over the world to ride 1500km in 125 hours. I did it in 2017 and got from London to Edinburgh in two days. Unfortunately, my achilles swelled up on the way back and I had to retire as DNF. I didn't like that, so I am going to try again.

Have a good season everyone.

Jon Fairclough

THE MONEY COLUMN

Well, I got through the AGM OK, so I guess I am going in the right direction looking after the finances. I believe the AGM was very positive with good discussions on various issues and a consensus reached. The Survey Monkey returns on the motions sent out prior enabled the meeting to focus on the issues that required some debate. It worked really well.

There were a few IT issues that meant the Q1 return being sent out a little late; thanks to all Group Treasurers for their prompt responses.

I had my first ride out this week after the last few months just taking it very easy. I overdid 'leaf raking' and pulled something in my back. Note to self, don't overdo the gardening. Thankfully it has now settled back down and I have felt able to get back out. A bit sore after but it was good.

On Sunday I went over to the Clevedon and District Road Club - the Big Fry-Up (and it was big!). The plan was to ride there but it was blowing a gale and raining so I took the car. It was held in the Mendip Spring Golf Club House; everyone was well looked after. It was a very good social event of about 40 with a number who braved the elements and ride out. It was good to catch up with old buddies and meet new ones - and that's what it all about.

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

Ian Pritchard

NATIONAL MEMBERSHIP SECRETARY'S REPORT

During the 12 months, January - December 2021 420 new members were processed; a further 31 have joined in January 2022. The decision by new members to receive their Handbook and Veterans by e-mail has increased over the past months, making a considerable saving in printing and postage costs.

Comparison of new members joining with the last five years is as follows :-

	2016	2017	2018	2019	2020	2021
January	45	53	44	61	38	26
February	43	67	58	41	38	27
March	55	60	69	41	11	78
April	72	59	71	61	7	70
May	53	63	57	57	7	47
June	43	51	64	46	20	53
July	49	29	51	19	41	38
August	19	30	36	23	67	25
September	15	6	23	13	40	16
October	21	3	16	12	15	19
November	11	10	20	9	6	16
December	14	9	31	9	4	5
Totals	440	440	540	392	294	420

Current Membership On the 31st January 2022 the website indicated that 2710 members were Active (31/1/21 - 2581), 232 had Resigned (31/1/21 - 204), 189 were Deceased (31/1/21 - 138) and 1118 members were marked as Lapsed (31/1/21 - 891).

Honorary Life Membership 30 members were 80 in 2021; of these 12 were granted HLM status. This year 40 members will be 80, with their various groups being advised of this and asked to decide if they should be granted Honorary Life Membership or not. There are now 352 Honorary Life Members, Distinguished Life Members now number 11. Life Members number 42.

Centenarians One member will be 100 in 2022 - Terry Swift (DOB 4/4/1922) of London & Home Counties Group. The Group will be advised and if possible, a certificate will be presented to Terry and a photo published in the Veteran.

Merv Player



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SUMMARY REPORT ON THE NATIONAL AGM 2022

The National AGM took place on Saturday 22nd January 2022; once again this was by Zoom, resulting in a high number of participants. 38 group delegates had submitted online voting forms in advance so the results could be reported at the meeting. All members had received the agenda, motions, annual report and accounts with their December edition of The Veteran.

Delegates and members were welcomed by the President, Tony Farrell. The Chairman then gave a summary of the Annual Report and commented on the improved racing season in 2021, following the effect of the pandemic in the previous year; whilst membership has improved it was still less than 2019, but with a full programme of championships and competitions the outlook was brighter. He highlighted areas of progress in the last year, particularly the introduction of the National Forum (which met five times) and the implementation of the Standards Automation project. The National Treasurer gave a short report on the accounts and expanded on the need for the subscriptions increase for 2022. Delegates had voted unanimously to accept the report, accounts, subscriptions increase and the programme of national championships for 2022.

The Chairman presented the result of the voting on the motions. Of the eleven motions, nine had been passed by decisive majorities on the voting forms. Two motions, however, had received a significant number of requests for discussion at the AGM before a final vote was taken. The nine motions approved covered:

- Two administrative changes to NEC meeting minutes and NEC expenses.
- The setting of National and Group subscriptions by 30th September for the following year.
- Subscriptions to The Veteran by Life Members to be set by the NEC.
- A requirement for members to link their VTTA and CTT accounts to qualify for standards awards, so their results can be transferred automatically from the CTT website.
- Flexibility has now been given to Groups in how they award medals and plaques for standards. It was noted that whilst some groups reward riders with an abundance of medals and plaques for standards and other group awards won during a season, there are other groups (most notably East Anglian) who give each winner a single plaque covering all performances. It was found that the latter arrangement was appreciated by members and they were more likely to value and display this single plaque.
- National Championship results can now be presented on either 'Plus on Standard' or on 'Vets Handicap Result'. (These give the same result in terms of placings but Vets Handicap Result shows an adjusted actual time and is becoming accepted as a more intelligible way of presenting the results.)
- The latest date for events that qualify for the season long competitions has been extended to 31st October.
- The Scotland Group has been given permission to accept standard claims from club events subject to suitable verification. They explained this was desirable due to the limited number of open events in parts of Scotland and the wide geographical spread of their members. It was confirmed that only events meeting open event course and timing criteria would be accepted.

The two motions that required discussion were:

- The proposal to move payment for standards from prior to any events to when claiming at the end of the season. Several delegates commented on the proposal - "It removes the element of competition to compete against yourself", "Members will cherry pick their awards", "Lay your marker down at the start of the year", "Disagree due to loss of income, loss of competitive element and incentive", "Were previously in favour of this proposal but now better understand the arguments". This was rejected by a large majority after the discussion. The Chairman commented that all groups must adhere to the same (current) system as this is stipulated in the Regulations and our IT system only supports a single system.
- The proposal to extend the permission to accept standard claims from club events to other Groups than Scotland. Some delegates hoped that such a move may increase membership and discourage excessive travelling; however the arguments against ranged from excessive work for Group Recorders having to verify and manually input performances to the IT system and concerns about accuracy of course distances. One area had '10' courses ranging from 9.2 to 9.6 miles and another had a '10' of only 9 miles, because that was where the finish timekeeper preferred to sit. So this was also rejected after discussion. It will be possible to revisit this proposal at some future meeting with the experience of its application in Scotland.

The Chairman then reported on voting for the NEC. All the current members were re-elected unanimously. However, Andrew Simpkins stated that this would be his sixth year as Chairman and he did not wish to stand for re-election at the 2023 AGM. Jon Fairclough expressed his thanks to Andrew for his significant contribution to the development of the VTTA, a sentiment agreed by all delegates.

There followed a brief explanation and discussion on how the Standards Awards system would operate under the new automated system.

- Members must register online and pay for standards before any event for which they may claim a standard award.
- The target times which a member must beat, along with any improvements, are shown on members website information under 'My profile - My Standards' for all members, whether or not they have paid for standards, but in the expectation that it may encourage them to do so.
- Andy Grant noted that more clarification could be given to new members on what is meant by 'beating one's standard'. (Editor's note - This is explained in the Handbook and has been updated to conform to the latest web based system.)
- Further clarification was given that if/when the standards tables are updated corresponding changes will be made to baselines and target times.

An item of Any Other Business requested clarification on the limitation on entries for East Anglian open events by preference to their own group members . On behalf of his group Andy Grant explained that the issue was due to the large number of members in their group and that they felt they were pulling their weight in terms of providing opportunities on fast courses. The Chairman said there was no clear evidence that members are changing groups to access faster courses.

Finally the meeting agreed that the 2023 AGM would be 'face-to-face' and would also include the presentation of national awards; however the online advance voting system as employed in 2020 and 2021 would be retained as it saves time on non-contentious items.

COULD YOU BE A RESEARCH PARTICIPANT?

VENTricular arrhythmia and cardiac fibrOsis in endUrance eXperienced athletes (VENTOUX) Study

The VENTOUX study is a new, exciting study which is being conducted at the University of Leeds, with funding from the British Heart Foundation. This research is the first of its kind and importantly aims to reduce cardiac events in those who exercise frequently. Sudden cardiac death is a tragic event and this research will provide valuable new knowledge in this important preventative area. It involves investigating the structure and function of the heart muscle in endurance veteran athletes and correlating this with abnormal heart rhythms, which can be dangerous.

We are looking to recruit males who:

- Are 50 years of age or older.
- Train frequently for at least 10 hours per week for at least 15 years.
- Regularly compete.

These criteria have been carefully decided based on several factors, to produce meaningful research. We are hopeful future studies will involve different age groups, sex and training history.

The research will involve you having:

- A cardiac MRI: This is an MRI scan of your heart lasting approximately 1 - 1.5 hours.
- A loop recorder implanted: This is a tiny device we implant under your skin allowing it to record every heartbeat so we can detect any dangerous or abnormal heart rhythms, particularly when you are exercising. This will stay in place but you can request for it to be removed after 2 years.
- An exercise test: This will be a maximal ramp test on a Wattbike Pro/Trainer.

These tests will take place under strict medical conditions during a half day visit to Leeds General Infirmary.

You will be provided with a receiver device, which can be plugged in next to your bed and will transmit all your heart rhythm data periodically to the research team. This will continue for 2 years.

We are unfortunately unable to accept those who are:

- Suffering from any known heart disease.
- Unable to have a cardiac MRI scan, either due to a loose metallic implant in the head/eyes or pacemaker or if you suffer with severe claustrophobia.
- Unwilling to provide written consent to the above named procedures.

If you are interested, please contact w.javed@leeds.ac.uk. A detailed information pack will be provided prior to your signing up to participate.

If you are unsure if you can be included, please email w.javed@leeds.ac.uk with as much detail as possible. All your information will be kept confidential.

Your participation will have a hugely positive impact within the scientific community and sporting world.

Participants are entitled to indemnification through both the University of Leeds and Leeds Hospitals NHS Trust indemnification arrangements. Basically, this means they are entitled to the usual compensation that is in place for any NHS care along with additional cover by the University of Leeds.

This request has been made by Dr Wasim Javed, a Cardiology Registrar at LGI for a University of Leeds study. Initially announced on Facebook UK Time Trialling, there has already been a good response, including by VTTA members, but more participants can be accepted.

THE NEW VTTA LOGO

There has been extensive discussion at the National Forum about updating our logo, which has withstood the test of time, almost since the formation of the VTTA in 1943.

The conclusion was that a refreshed design would be welcomed, but that we should preserve our heritage by not creating a radical departure from the traditional roundel or colours. It was also suggested that a new strapline, which could be integrated into the logo, be introduced; **'Competitive Cycling for Life'** was chosen as it succinctly expresses the mission of the VTTA.

The designs shown here were developed by the NEC and agreed by the National Forum; we are now in the rolling out phase. All groups should now be using the new logo as and where appropriate, for example on communications with members and external parties, on event start and result sheets, and on social media such as group Facebook pages. To avoid 'brand confusion' the old logo should be removed from any media used by groups.

Logos and variants can be downloaded from the website by following VTTA > About > Documents, then selecting from:



022 VTTA logo_basic roundel_jpg
2022 VTTA logo_basic roundel_png



2022 VTTA logo_roundel with strapline surround_jpg
2022 VTTA logo_roundel with strapline surround_png

2022 VTTA logo_roundel
with strapline side banner_png



2022 VTTA logo_blank side banner for own text_png

If incorporating these into a design:

- Text is Narkisim
- Navy blue is RGB = 0, 0, 128 or CMYK = 100, 100, 0, 50. Nearest Pantone = 2735 PC
- Gold is RGB = 255, 215, 0 or CMYK = 0, 16, 100, 0. Nearest Pantone = 1235 PC

The blank side banner is the same height as the basic roundel and can be used with it to make a variable width heading banner for start sheets etc. Place it on your document behind the roundel, stretch it horizontally to your desired width then overlay it with your own text (group name, event name, date etc).in a text box.



VTTA ANY GROUP
25 Mile Time Trial
Course Z25/2
Sunday 31st June 2022



INDOOR CYCLE TRAINING APPS

By John Hallas

I have never really enjoyed time trialling. I have now sold my TT bike. Those two sentences are perhaps not the best way to start an article for The Veteran. However, both are true.

I am one of those strange people who enjoys the self discipline of training. Consequently, competing in events was always an end to a means. It added purpose and focus to my almost incessant desire to train. I used to enjoy the solitude and often the misery of competing on the Concept 2 rower, travelling to Manchester, Amsterdam, and Boston USA to compete in 2K events despite not being much good at them, being much stronger the longer the distances I rowed.

Both sports have much in common. Both are totally focused on the short distance ahead, with the timer in your face moving at much too quick a pace. Technique and position are everything, and the more work you put in the better the outcome is likely to be.

Not so many years ago indoor cycle training was often one minute on the small ring and one minute on the big ring, repeated at least twenty times. Crawling out of the garage a sweat-soaked mess thinking “never again”, only to repeat the same effort two days later, having done a 40-minute easy recovery ride on the intervening day, was a common approach.

Indoor cycle training has moved on massively since then, much more so when compared with indoor rowing. With the advent of so many high class apps for training with, plans aplenty available for free on the internet, along with hundreds of hours of cycling content on YouTube, the cyclist has never had so much choice. Indoor rowing support has not moved on to the same extent. True it is now available on Zwift, but only as of a couple of years ago whereas Zwift for cycling was fully released seven years ago.

I now want to quickly look at how the latest technology can assist the home trainer to prepare themselves for race day. The key thing to consider is that an hour on the turbo can be equivalent to much longer outside. There are no stop signs, traffic lights, coasting downhill and most importantly of all it is much safer, although I did once break two ribs when my bike came loose, and I fell sideways onto a paint can. In my defence, I was making a desperate attempt at hitting my peak power, which many readers could reach without even getting out of the saddle.

I know of two local cycling clubs who hold weekly training sessions on Zwift using planned workouts and even do group ramp tests. They also host meet-ups for club members, primarily in winter, which for many of us is considered as half the year now. These seem to be extremely popular and when a Zoom call is involved, this adds a social and interactive dimension to the experience. Check if your club does anything similar or perhaps ask the

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question and suggest it would be a good idea. Hopefully, someone already familiar with the technology may step forward.

Online there are many opportunities to race, especially on Zwift, but RGT and Rouvy offer similar capabilities. Of most interest to TTers wanting to simulate live racing through winter are the TT races held on Zwift which are open to individual and team entries. On Facebook there is a group called ZHR Cycling and Running Club who organise Masters races and their handicapped on age events including leagues and are very welcoming to new members.

I will not go too much into what equipment you need because it depends on both budget and what you have already. If you have a spare bike, then a smart trainer can be acquired for about £500. I would not recommend using the same bike for outside and indoor as the gear indexing may need adjusting each time and it can be quite off-putting to a session to think about messing around beforehand. A Wattbike Atom, which at £2000 seems expensive, provides a full training solution and importantly can be easily used by more than one person in the household and will hold a very good resale value. Stages and Wahoo offer alternative options to the Wattbike but at a higher price point.

Training applications are widely available, and I have mentioned several already. Zwift is the most popular but not everyone gets on with the cartoon style graphics. Personally, I am not a great fan, and this article was composed in my head whilst climbing the Col du Galibier on the Fulgaz cycling app. Fulgaz provides over 1500 rides filmed from a bike across many of the best areas in the world. Trainer Road with its multiple workouts and training plans offers another option. Their recently introduced Adaptive Trainer Adviser and Progression Levels based on machine learning is an excellent option for those looking for serious and more granular training. Something for all interests with these apps and all offer a limited free trial period to help you decide which suits you best.

Nevertheless, despite these software developments, there will always be individuals who consider indoor training an anathema to “proper cycling” and adopt an over my dead body attitude. Each to their own, but for the majority, indoor training offers a welcome alternative particularly when our UK weather is less than welcoming for safe outdoor riding.

The author is a late convert to cycling who is now secretary of VTTA Yorkshire Group and author of the online blog <https://sixtyplustimetrialling.wordpress.com/>. Prior to retirement he held a senior IT post with a major supermarket chain and also had another blog which concentrated on Oracle databases (so he's a bit of a techie).

ARE YOU A 2021 VTTA MEMBER WHO REJOINED FOR 2022 AFTER 28TH FEBRUARY?

If so you are probably reading your downloaded version of The Veteran. More importantly, your VTTA membership has been lapsed, if only for a short time. This means that your link to your CTT account has been lost and must be set up again if you intend competing; the process is exactly as before but must be completed

You can check whether your link exists - if you go to your CTT profile page and if you see a small VTTA logo alongside your name all is good. If it's not there, sorry but you have to re-link.



SURREY & SUSSEX

Keith Wilkinson

New members to the Group

We welcome the following new members who have joined in the last 3 months: Cris Coxon and Lisa Tourret from Brighton Mitre CC, Jeremy and Kendra Hall from Farnborough & Camberley CC, Kate Thomas from Lewes Wanderers, Karl Robertson from Worthing Excelsior CC and Martin Cartwright.

The Group lunch

Having had to cancel our annual lunch for the presentation of awards in 2021 we were pleased that it could go ahead this year. It was on Sunday 6th February at our usual venue of The Normandy Centre in Horsham, with new organiser Eimear D'Arcy. It was disappointing that several of the trophy winners didn't come and have their achievements recognised, but everyone who did attend appeared to enjoy the occasion.

The name of Harry Featherstone is legendary within the Group and he set 41 Group age records with 25 of them still to be beaten. We decided that we should have a trophy in his memory and his club during his years racing as a veteran, the Eastbourne Rovers CC, generously provided one for us – The Harry Featherstone Cup. This is now to be awarded for the Group's Short Distance Competition (see the item below) and it was won in 2021 by Matt Hill of VCGH.

We were delighted that Harry's son David and daughter Linda could come to the lunch along with his granddaughter Louise Lord. Louise told us a bit about what it was like being part of the family of the very competitive Harry, who it seems didn't take it particularly well on the rare occasions when someone beat him.

Standards medals and plaques

If you were due to receive 2021 standards medals or a plaque, or a competition winner's medal, but did not attend the Group lunch to receive your award in



Matt Hill receiving the Group's new Harry Featherstone Cup from Louise Lord



John Fairclough receiving the Palmer Trophy for the Surrey/Sussex BAR from Louise Lord

person then James Rix, our Recorder, says that these will be delivered to you in the next few weeks.

Jon Fairclough has moved

Jon came to our Surrey/Sussex AGM in 2015 at a time when he didn't know any of us and volunteered to take on the position of Treasurer. With his knowledge of IT he took us out of the age of quill pens and double entry bookkeeping ledgers to have a computerised system, which I'm sure makes the job a lot easier. Since then he has also taken on the positions of Membership Secretary and Press Secretary as well as going on the National Executive Committee as IT Manager. He has now, sadly for us, moved to the Scottish Borders and has resigned from our committee as from the date of our lunch on 6th February. As I have lived all of my life in Surrey it is beyond me why anyone would wish to move from here to the cold, dark place that is Scotland, but there it is. (I said this with tongue in cheek so please don't send me hate mail from north of the border!) At our lunch Jon was awarded the Palmer Trophy as our Group BAR for 2021 and the Sportsman of the Year Trophy for his outstanding contribution to the Surrey/Sussex Group. He had already received the Bricknell Award for 2021 from National for his work on the IT systems, so a trophy cabinet will be required in his new house. He leaves with our very best wishes.

Committee positions

From the above you will realise that we now have some vacancies on our Surrey/Sussex Committee. I am pleased to say that Dave Pollard has agreed to take on Jon's roles of both Treasurer and Membership Secretary, but this means that he has relinquished his position as Time Trials Secretary. We therefore need someone to take that on and also someone to become Press Secretary to write these reports as I was trying to reduce my involvement rather than increase it. Please let me know if you are interested in either of these, or in just being on our Committee to help in the running of the Group without a specific position, and I will let you have further information on what is involved – keithwilkinson @talktalk.net .

The Harry Featherstone Cup

As mentioned above this new trophy will be awarded for our Short Distance Competition. The rules were amended at our AGM and it will be for the Group member with the best total plus in 2 x 10 mile and 2 x 25 mile events in the VTTA short distance competition and who has also finished in either our



Harry Featherstone taking a sponge whilst riding a '100'

Surrey/Sussex '10' event on 9th April 2022 or our '25' event on 18th September 2022. Please get your entries in now for the first of those.

Miles and miles

Peter Baker of Lewes Wanderers once again recorded the highest annual mileage in 2021 out of all of the members of the 300,000 Miles Club. He cycled 22,702 miles in the year, taking his lifetime total to 634,158. He achieved his aim of having a daily average of over 100 kms distance with 1,000 metres of climbing throughout the year. He says that all of his rides were recorded on Strava and are available to view if you have an hour to spare! Sue Swetman of the East Surrey Road Club continues to be well ahead of any other ladies on the annual list with a lifetime recorded total of 715,248 miles. The roads in Surrey and Sussex can't be too bad for cycling judging by the achievements of Peter and Sue.

Dates for your diary

The Group AGM will be on Sunday 13th November 2022 and the next Group prize giving lunch on Sunday 5th February 2023. The mid-year Committee meeting will be on Saturday 9th April 2022 after the Group '10' and any prospective new committee members are welcome to attend.

EAST MIDLANDS

David Herd

The AGM of newly named **East Midlands Group** took place on the 21 November at Granby Village Hall. It was well attended and the following is a record of the main points.

Generally the list of officers stays the same but the main change is that after of 16 years service our President Bill Stanley has retired. Bill was much more than just our President and has given years of service in many other roles, notably passing on his guidance and knowledge, which has been greatly appreciated by the Group. I was elected to take on the honorary position of President of the East Midlands Group and look forward to finding out more about the job and helping the Group in any way I can.

A new date for our Luncheon and Prize Presentation has been set for 27 February because of the increase in Covid infections.

Group BAR, Standards and Trophies for 2022:

Standard fees for 2022 are £9 for all distances and can be paid online along with your membership fee/renewal or sent direct to Graham Green (6 Rumsey Close, Thringstone, Coalville, Leics. Tel.01530 224385). If paying via Graham please make cheques payable to VTTA. Please note that BAR and Standard Claims for the 2022 season should be submitted to Graham as soon possible at the end of the season and by 31st October 2022 at the latest.

Graham has noted that several riders who paid for Standards in 2021 have not claimed. In addition a number of riders have been included in the group or National BAR competitions, through failure to follow the new online registration and claiming procedure. Next year if you intend doing the rides and need advice on these procedures then please let Graham know.

These are the events which will count towards the **Prestige Points Trophy Competition for 2022** (best 5 to count):

Coalville Wheelers 10	Sat 26 March
Melton Olympic CC 10	Sat 9 April
VTTA 10	Sat 23 April
Melton Olympic CC (incorporating VTTA) 25	Sat 14 May
VTTA 25	Sat 4 June

Leicester Forest CC 50	Sun 10 July
Sherwood CC10	Sat 23 July
Sherwood CC 25	Sat 13 August
VTTA 25	Sat 20 August
BDCA 100	Sun 4 Sept

East Midlands VTTA Group Events for 2022

VTTA East Midlands 10 A10/14A	Sat 23 April David Yarnham
Ivan Mahon 25 A25/34	Sat 4 June Russell Gent
Bert Christian 25 A25/34	Sat 20 August Roy Oakes
Jack Watts 25 (In assoc.) with Melton Olympic A25/34	Sat 14 May Russell Gent

Other Trophies:

Fred Smith 50	A50/13	Sun 10 July
Hermes 100	A100/7	Sun 4 Sept

I am grateful to Russell Gent for providing the above information.

The December 2021 issue of the Veteran gives an excellent account of the performances of East Midlands Group members in National and also Group records across a wide range of distances. Congratulations to all riders involved; below is the list of records set in the 2021 season.

EAST MIDLANDS GROUP AGE RECORDS SET IN 2021

Men Solo Bike

Dist/ time	Name	Age	Time
10	Richard Oakes	52	0:18:08
10	Ron Hallam	91	0:30:16
15	Jim Boyle	56	0:31:09
15	Geoffrey Platts	66	0:31:33
15	Ron Hallam	90	0:47:04
25	Geoffrey Platts	66	0:53:08
30	Ron Hallam	90	1:39:24
50	Colin Parkinson	59	1:49:25
50	Michael Stevens	71	1:54:44
100	Neal Parkin	42	3:30:30
100	Colin Parkinson	59	3:44:18

100	Michael Stevens	71	4:03:44
12hr	Michael Stevens	71	254.39
Women Solo Bike			
Dist	Name	Age	Time
10	Jen Clegg	67	00:24:42
15	Jen Clegg	67	00:36:59
25	Jo Corbett	65	01:01:32
25	Jen Clegg	67	01:02:23
Men Solo Trike			
Dist	Name	Age	Time
10	Ian Pike	53	0:22:30
15	David Mason	47	0:35:30
30	Ian Pike	53	1:09:31
100	Ian Pike	53	4:28:55
Men Tandem Trike			
Dist	Name	Agg. Age	Time
15	Ian Pike	121	0:33:32
25	Ian Pike	100	0:53:02
25	David Mason	100	0:53:02

I would like to give a belated welcome to the Group to new member Kevin Woods of Sherwood CC. Kevin has recently returned from Zimbabwe where cycling is kept going by a small number of individuals, nevertheless he seems to have not lost his ability to achieve fast times, recording 55:14 in Sherwood's 25 on 14 August.

I would like to congratulate and welcome the new Chair of the CTT, Sue Bowler who is also Chair of East Midlands VTTA. Well done and good luck Sue in your role with CTT. I also noted that Sue's husband Jeff Bowler was awarded the CTT Badge of Honour so well done to Jeff as well.

Well, no doubt all members are looking forward to the new season, so ride fast and safely. Please let me know of any news that you have related to time-trialling, your club or, the individual times you have achieved and finally details of any new members who have joined the East Midlands VTTA. My email is davidherd63@mail.com

Finally it is nice to have my favourite coffee table book (the CTT 2022 Handbook) to browse through again this year.

KENT Ian Turner

The Group's Annual Lunch and Prize Giving was held on 5th February at Weald of Kent Golf Club. The organisation by our social secretary Tom Morten was as usual faultless and the event was enjoyed by all. The Guest of Honour was Paul Tuohy, CEO of Campaign for Better Cycling. Previously, Paul spent six years transforming the CTC into Cycling UK, and he was instrumental in creating the Walking and Cycling Alliance. Paul gave an excellent talk on his experiences in these organisations, which included some amusing anecdotes on the campaign to have the Highway Code updated and which recently became law. MC duties once again fell to Paul Mepham who ensured proceedings, in particular the presentation ceremony, went smoothly. The presentation this year was shorter, as a number of events had been lost to due Covid and roadworks, which meant that the number of trophies awarded was less than usual.

The Group's Committee has now finalised the list of events for the Kent VTTA Best All Rounder (10,25,50, 100 and '12') and our '85' competition for 2022; the qualifying events are as follows:

- All open or association 25s, 50s, and 100s on Q courses
- Southern Counties '50' on Sunday 5 June on the G50/10 (Dial Post);
- East Sussex CA '50' on Sunday 12 June on the G50/90 (East Hoathly);
- Sussex CA '50' on Sunday 26 June on the G50/10 (Dial Post);
- East Sussex CA '100' on Sunday 7 August on the G100/861 (A22 starting at Dicker);
- CC Breckland '12' on Sunday 7 August on the B12/3 (Mid-Norfolk);
- West Cheshire TTCA /Liverpool TTCA '12' on Sunday 14 August, on the D12/1 (Prees);
- Eastern Counties CA '12' on Sunday 21 August on the E2/12hr (Great Chesterford);
- National Championship/Welsh CA '12' on Sunday 4 September on the R12/16 (Raglan).

Safe training out there and all the very best to all for an excellent 2022 season.

MIDLANDS

Alastair Semple with help from Steeleie

After two long years the VTTA Midlands Group was pleased to be able to host its annual award dinner again this year to celebrate the success of its members in the 2021 racing season.

In the morning we enjoyed an inspiring talk from Dr Gordon Wright, a senior Coach with ABCC and BC, about how to reverse the ageing process and ensure your muscles keep firing. **“Long and steady”** on its own will not cut it, but nor will **“Full-on efforts”** every time out as this can impede full regeneration.

We learned that the sweet spot is **“Polarised Training”**, a balance between the two extremes of long steady endurance and hard, high intensity, strength training, backed up with a healthy dollop of protein and Leucine. (But shoosh, don't tell everyone)

At the presentation dinner we heard that 41 standards awards achieved, slightly up on two years ago. Nationally, Simon Adcock (Worcester St Johns) was best placed in the 3 Distance Competition, Joe Costello (Walsall RCC) was best in the Short Distance BAR and Emma Bexson (Stafford CC) was best placed female rider in both the 3 Distance and Short BAR. Emma was our highest placed rider nationally coming ninth in the 3 Distance Competition.

In our own district competitions the trophies went to:

- Fiona Pew (ProVision RT) - Bart Cup BOS Women 10 miles.

- Denise Burrows (Stratford RC) – Bayliss Cup (BOS Women any two open 10 miles plus any two Open 25 miles).
- Joe Costello (Walsall RCC) – Birks Cup (BOS 10 miles) and Godiva Cup (BOS Men Any two open 10 miles plus any two open 25 miles).
- Tim Hood (Echelon Cycles) William Rose Bowl (BOS Men 10 miles).
- For outstanding service to the Midlands VTTA in 2021 Margret Colburn won the Mary White Plate and Steve Jenks was awarded the Martin Ellis Plate.

In 2022 the Midlands will be hosting 26 open events and the Midlands VTTA is pleased to announce that it will once again be able to run the Midland Points Series thanks to the help from the NEC and the automated results system they have made available to districts.

The Midlands VTTA would like to thank all our event organisers and marshals who will giving up their time this year to ensure we can all get out there again and joy the sport we love so dearly.

We hope you all have a fabulous season and the favourable winds while out on the courses, and don't forget - Enjoy the ride



Dr Gordon Wright presenting just one of several trophies won by Joe Costello



Margaret Colburn, looking very pleased with herself, handing the Wooden Spoon to Andrew Simpkins

SOUTH WALES

Barry Williams

Nil report.

EAST ANGLIAN

Andrew Grant

The Group AGM took place at Westley Waterless Village Hall on Saturday 27th November, the very day that the omicron variant arrived on these shores. Since it touched down not far from the dwelling of the Time Trial Secretary, perhaps it was fear of infection that kept attendance down, but I suspect not. It can't have been the difficulty of finding Westley Waterless; members have no trouble finding it when it's the HQ for the E2/10 course.

Whatever the cause, an attendance of 12, of whom 6 were committee, 3 apologies and about 300 no-show/no apologies meant a non-quorate meeting, a democratic deficit and an illegitimate committee clinging, despotically, to its unelected power to keep the show on the road. The annual luncheon and prize presentation having again been deferred due to the pandemic, we may need to call an EGM at a race HQ at one of the Group's events during the season to stand a fighting chance of a quorum to ratify the necessarily provisional decisions taken at the AGM.

Perhaps it might flush out a larger attendance if all future AGM agendas included a standing proposal from the committee to wind up the group and liquidate the assets to fund a holiday in the Bahamas for any committee members present at the AGM.

In the meantime, the committee took the decision to co-opt all event organisers, *ex-officio* onto the committee to try to make sure that, at least remains quorate.

I know, of course, that East Anglia isn't alone in struggling to fill voluntary posts, and in fairness, John Golder has done a great job in persuading established organisers to continue and new ones to come forward. Bravo to him and them. They are vital and very much appreciated.

In other respects, it surely goes without saying that the past two years have been the strangest in living memory and among the strangest in the history of the VTTA, which, given that the VTTA was founded in the middle of the Second World War, is saying something.

For an organisation whose express purpose is to facilitate racing, not to be able to do that deprived us of our *raison d'être* and in 2020 our response in the East Anglian Group was to suspend our trophy competitions and to hold neither the annual luncheon nor the AGM. Want of the latter means that the committee have now been usurpers and imposters for the past two years since the constitution requires them, with the exception of the President, whose three-year term came to an end during lockdown, to be re-elected each year.

We carried over entries for standard awards, on which matter, this strange year also saw the introduction of new VTTA standards. The committee quickly developed serious misgivings about the comparability of men's and women's standards across the age range and responded by introducing a new awards policy for Group events with separate prize lists equal in value and proportional in number to the numbers of entries of men and women.

For the time being, we intend to stand with J K Rowling in continuing to employ those quaintly unwoke terms "men" and "women" (especially given the physiological inappropriateness in an association for older people of some of the LGBTQ+ approved terminology), but for the avoidance of doubt we are currently defining these categories as persons born with either one X and one Y chromosome or two X chromosomes respectively.

I look forward with eager anticipation to being cancelled and/or de-platformed.

We have also made all trophies for individual events male/female dual award. As the Group has for many years had separate season-long competitions dependent on chromosome count this has brought a logical consistency across all our Group awards.

An additional oddity in an already odd year was that in 2021, the two fastest 25 courses and one of the fastest 50 courses in the UK were out of action due to road works, and it reflected well on East Anglia that with the assistance of London North and the particular help of Chris Dyason, to both of whom I want to record our gratitude, we were able to come up with alternatives just as fast if not faster.

At the time of writing, it still looks far from certain that the longer E2 courses will be back in action for 2022 and, given the delay to the resurfacing works on the

A11 in Norfolk, there is a question mark over the A11 based B courses, so the F2 courses on the A428 may have another season in the sun. Not that that would be anything to complain about.

At one end of the age spectrum, on the F2, Group member Matt Smith rode the fastest 25 and 15 ever recorded by an over-40-year-old, while at the other end of that spectrum, Peter Horsnell holds up the record table with the first 25 over 20 mph by a 91-year-old (and on the E2, similar, if not even more impressive feats at 10 miles) whilst on the same road in our final 25 of the year Chris Fennell produced the UK's fastest-ever 25 mile ride by anyone not called Marcin Bialoblocki riding on the R25/3 ski slope.

We won the Group title in both the short distance and 3-distance National season-long competitions and supplied an individual winner in each, with different combinations of chromosomes, as well as a women's 100 and a men's 50 national title.

Against the good news, we took a sad leave of some good friends, among them, Ian MacKenzie, trike exponent and for many years organiser of our annual luncheon; Doug Yareham, stalwart of the Victoria CC and, with Christine, long-time organiser of the 10 series that for a number of years contributed to our 10 competition and Kevin Hallahan, elected at the last AGM to be our Awards Secretary and who sadly

never got the chance to take up office. We were delighted that Denese has taken on the mantle.

As the season drew to a close there were hints of normality returning; for the last 25 of the season Michael Martin provided us with not only a pusher-off at the start, but tea and cakes at the finish, and even a result board, so we could stand around chatting in a super-spreading huddle.

Finally, at the AGM, we had the pleasant duty of congratulating two new Honorary Life Members in Davey Jones and Bill Broadfield and, more unusually, we had the honour to bestow upon two of our members the highest accolade the NEC has to give: the status of Distinguished Life Member to Peter and Mary Horsnell, both of whom have given East Anglian Group great service over many years in addition to their racing achievements.

Peter's tenure as President came to an end during lockdown and Mary was stepping down after many years' service as Press Officer and in response to the thanks and congratulations of those present, shared some recollections of the Group's earlier days.

Destinations of the Group Trophies for 2021 were as the following pages. With luck, we will at last find an opportunity to present them in 2022.



Mary and a less aerodynamic Peter Horsnell before the burdens of high office in East Anglian Group wore them down

EAST ANGLIAN GROUP COMPETITION AWARDS 2022

BAR (MEN)

Lionel Lincoln Memorial Shield

Trophy awarded annually to highest placed male Group member in the National BAR Competition.
Medals awarded to 3 highest placed male Group members.

1st	Philip Jones	Peterborough CC	+53:36
2nd	Chris Shaw	Fenland Clarion CC	+52:53

Only 2 riders qualified

BAR (WOMEN)

Freddie Frost Cup

Trophy awarded annually to highest placed female Group member in the National BAR Competition.

No Qualifiers

3 DISTANCE CHAMPIONSHIP (MEN)

Harry Haynes Shield

Trophy awarded annually to highest placed male Group member in the National 3 Distance Competition.
Medals awarded to 3 highest placed male Group members.

1st	Grant Orsborn	Bedfordshire Road CC	+54:33
2nd	Paul Lunn	Fenland Clarion CC	+50:00
3rd	Kevin Baumber	Shaftesbury CC	+46:39

3 DISTANCE CHAMPIONSHIP (WOMEN)

Syd Parkinson Cup

Trophy awarded annually to highest placed female Group member in the National 3 Distance Competition.
Medals awarded to 3 highest placed female Group members.

1st	Jackie Field	CC Ashwell	+1:01:41
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No other qualifiers

SHORT DISTANCE CHAMPIONSHIP (MEN)

Group Short Distance Championship Cup

Trophy awarded annually to highest placed male Group member in the National Short Distance Competition. Medals awarded to 3 highest placed male Group members.

1st	Andrew Grant	Cambridge CC	+1:25:49
2nd	Matthew Smith	Drage2Zero	+1:23:05
3rd	Keith Dorling	Team Bottrill	+1:21:45

SHORT DISTANCE CHAMPIONSHIP (WOMEN)

Group Short Distance Ladies' Championship

Trophy awarded annually to highest placed female Group member in the National Short Distance Competition. Medals awarded to 3 highest placed female Group members.

1st	Jackie Field	CC Ashwell	+1:24:03
2nd	Louise Robinson	Essex Roads CC	+1:13:11
3rd	Julia Freeman	Easterley Road CC	+1:12:56

10 MILE TIME TRIAL POINTS COMPETITION (MEN)

10 Miles Time Trial Competition Shield

Awarded to the first male Group member in the season-long 10 mile Time Trial Competition.

	Andrew Grant	Cambridge CC	
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10 MILE TIME TRIAL POINTS COMPETITION (WOMEN)

Former Post Office Trophy, donated by Mary Horsnell 2011

Awarded to the first female Group member in the season-long 10 mile Time Trial Competition.

	Jackie Field	CC Ashwell	
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EAST ANGLIAN GROUP AWARDS FOR SPECIFIC EVENTS 2022

Charlie Clift Shield		Awarded annually to the fastest Group member on standard in the first Group '10'.	
F	Louise Robinson	Essex Roads CC	+6:43
M	Mike Skillings	Full Moo Cycling	+6:42
Ron Fisher/Jack King Memorial Shield		Awarded annually to the Group member who is best on standard in the last Group '10'.	
M	Keith Dorling	Team Bottrill	+8:21
F	Jackie Field	CC Ashwell	+8:02
Stourvale Shield		Awarded annually to the Group member who is best on standard in the Group circuit 25.	
M	Andrew Grant	Cambridge CC	+15:15
F	Susan Thriplow	CC Sudbury	+6:57
H F Nevill 25m Cup		Awarded annually to the fastest Group member on standard in the first Group 25 mile event of the season.	
M	Andrew Grant	Cambridge CC	+21:22
F	Jackie Field	CC Ashwell	+19:06
Geri Lang Memorial Cup		Awarded annually to the Group member who is best on standard in the second Group 25.	
F	Jackie Field	CC Ashwell	+21:18
M	Andrew Grant	Cambridge CC	+20:54
H F Nevill 30m Cup		Awarded annually to the fastest Group member on standard in the Group 30 mile event.	
M	Andrew Grant	Cambridge CC	+23:57
F	Jackie Field	CC Ashwell	+22:36
Syd Parkinson Cup		Awarded annually to the fastest Group member on standard in the Group nominated 50 mile event.	
M	Andrew Grant	Cambridge CC	+42:38
F	Jackie Field	CC Ashwell	+41:23
Bob Haworth Memorial Cup		Awarded annually to the fastest Group member on standard in the Group nominated 100 mile event.	
	No award, event abandoned		
H F Nevill 12hr Cup		Awarded annually to the Group member with the greatest mileage on standard in either London East or East District courses designated by Cycling Time Trials.	
M	Philip Jones	Peterborough CC	63.89
	No female qualifiers		
Gordon Irons Memorial Cup		Awarded for outstanding services to the Group	
	Mary Horsnell	Chelmer CC	

LONDON & HOME COUNTIES

John Hoskins

Now that the AGMs (both L&HC and National VTTA) have been completed, it's time to start looking forward to the new season. The Group's promotions are listed at the end of the newsletter and also in the VTTA Handbook, and as always a friendly reminder that if you are available to marshal/help at any of these events please let me know (or contact the organiser directly). We still pay a small honorarium to cover expenses for helpers or alternatively you are welcome to take a free ticket for the Annual Luncheon instead.

Talking of the Lunch, it will be taking place (assuming there will be no further lockdowns between now and then) on Sunday April 3rd at our normal venue, Aldenham Golf And Country Club. I know that this leaves those who are finding out about the Lunch in this article very little time to book, but email Katja, our organiser, on katja.rietdorf@gmail.com or me on secretarylahc@btinternet.com for instant bookings or ring me on 07717 086689. The ticket price will be £25.00 per person. For many of us it will be the first big social occasion we've attended since the start of the Covid crisis – so let's hope it is a great success. This will also be the last lunch that Katja organises so we are actively looking for a new Social Secretary at this time. Could that be you?

At our AGM in November, Katja said that she wished to step down as the Group's Chair, as well as Social Secretary, as soon as we find a replacement; we have now elected Peter Taker (Icknield RC) to the former position. For those of you who don't know Peter, there is a short background history that Peter has supplied in the Group's news pages on the VTTA website. Peter has been a VTTA member since 1978, having come back to time trialling following a few years break, although (his words) "not being able to ride as fast as in my youth" as he didn't have the time to train and get the miles in. In his teens, in the mid-fifties, he achieved a 1hr 2min for a 25 and a short 25 for a 10. During those years he also managed to achieve a 1st cat BLRC licence and a 1st cat NCU licence, riding many major events. Following his comeback with the VTTA he also became chairman of London North CTT and found time to promote five VTTA National Championships on various F11 courses. For a fuller history see the article on the website. We are grateful for the work done by Katja

during her time as Group Chair for three years and Social Secretary for a little longer.

Also at the AGM, David Guy was confirmed as our first Time Trials Secretary, acting as liaison between the event organisers and the L&HC committee. He will also be continuing his work in keeping check on roadworks in our area – something which has been a major help in some of our promotions over the past few years. Advance notice of possible roadworks can be a great help to organisers who may then be able to either get the works postponed, temporarily halted, or make course changes if necessary.

Talking of course changes, you may notice that the venue for our two mid-week events has moved a few miles to the west, now both being held on the H10/3r, which starts near Hungerford and uses the A4 from Hungerford towards Newbury and back. This course has proved popular with both riders and organisers and we hope the events will attract some of the many members from that area of the London & Home Counties who perhaps we haven't provided for enough previously. Other local riders are welcome of course, as it is most unlikely there will be a full field, although we do give preference to VTTA members should that happen. We welcome Claire Emons to the small band of L&HC promoters this season, and welcome back Stuart Stow after a gap of a few years who will be promoting the two midweek events.

So now with two tens being promoted on the fast F11 course, two tens on the popular H10/3r and the Rocco being held on the well-established Marlow based H25/2 (once again being promoted with help from the London Phoenix) we hope we are catering for all of the L & HC members.

Following the guidance we have received from the National Committee that all groups should have an

2022 L&HC EVENTS				
Date	Day / Time	Course	Dist.	Organiser
8 May	Sun 8am	F11/10	10	Geoff Perry
16 Jun	Thur 2pm	H10/3r	10	Stuart Stow
17 July	Sun 8am	F11/10	10	David Guy
17 Aug	Wed 2pm	H10/3r	10	Claire Emons
18 Sept	08:00:00	H25/2	25	Wolfgang Emmerich

online co-ordinator to keep control of our online presence, the group is actively seeking someone who is both able and willing to take over that task. The London & Home Counties committee considers that better communications between the Group and its members is vital, and we recognise that social media is the way forward, be that Facebook, Twitter, WhatsApp, Tik Tok or whatever. The position lends itself to the person doing the job deciding what is necessary and beneficial, both for our members and the committee. Familiarity with all forms of social media would be an asset, but otherwise the position should not be hugely onerous nor time consuming. A simple phone call to me (number above) could start the ball rolling and of course I can happily provide a job description.

Best wishes for the forthcoming season.

MANCHESTER & NORTH WEST

Ken Workman

Happy new season! Probably by the time you read this it will be upon us and Manchester & District TTA will have promoted the first 'J course' open event - their '10' on Saturday 5th March. As the Rt. Hon. Sajid Javid, Minister of Health, has advised me I'm no longer clinically extremely vulnerable, I hope to celebrate by attending this event to cheer on our group members turning their first pedals in anger.

Looking further ahead in the season, the undoubted M&NW Group flagship promotion will be the VTTA National 15 mile Championship for solos and tandems on Saturday 16th April. There's still time for entries as they close on Tuesday 5th April. It has been stated this may do some good in recruiting new members and I hope this will be the case. Now I have raised the subject, I urge M&NW members to contact Tony Farrell on 0790 1528646 to offer their help, so the wider vets community will see how well we can run a title race. *(Editor's note. Looking forward to meeting you there Ken, I'm the NEC Rep so will be doling out the medals and jerseys - Mike)*

Other forthcoming events which M&NW group are either promoting, or are counting events in our various competitions are:

- Saturday 19th March, M&DTTA '10'
- Saturday 21st May, Warrington Road Club '50'

- Saturday 4th June, M&NW Group '25' (Don't forget we also need helpers for this).
- Thursday 16th June, Buxton CC/Sett Valley Cycles '10'
- Saturday 16th July, Seamons CC '25'

We welcome these new members; Paul Basson, Mark Cartwright, Kerry Gleave, Tim Marshall, Natasha Smith.

Our Recorder, David Wright, stated that at this early stage, 24 members had already paid for Standards. He also reminds us that personal TT records, age standards and target standards are now available for all CTT linked members on the VTTA website. He also urged our racing members to link their VTTA and CTT accounts, as some have yet to do so. And while I'm in tub-thumpery mode, please remember that new CTT regulations demand that you must now also show a working **front** light in their events.

If I occasionally comment on subjects that may have been thoroughly aired on internet forums, I do so as some of our members (whether they be aged forty, or ninety-nine), are not internet connected and thus may not be up to date with recent TT happenings. As such, the Covid/Omicron situation caused another casualty as CTT's Champions Night, due on 5th February was cancelled.

Have you noticed that drivers are any more polite to you as a cyclist and pedestrian since the revised Highway Code was published? I have, but purely as a pedestrian I wonder if this was due to the crutches I'm temporarily using due to a knee problem.

Our HLM and former Treasurer, Peter Bell, who joined our group shortly after reaching his 40th birthday in 1972, will celebrate 50 years membership in April. Birthday wishes in advance, Peter from all your old friends and club-mates.

Our group AGM went ahead on Sunday, 28th November, but with fewer members in attendance than expected due to severe overnight weather. Our roadside reporter Ian Peacock reported digging his car out of a snowdrift, while I inched my way past a large fallen tree in Alderley Edge. All the committee were re-elected, plus we have our stalwart, Derek Hodgins, back on the committee. Regrettably, our President Jim Ogden was unable to attend due to suffering an infection - amazingly he then caught

Covid. But I'm happy to report he shook it off and is fine; he has now moved in with his daughter, where he is being looked after very well.

At the back end of last year the Omicron virus seemed to be causing new fears about socialising, and up to the last minute I feared new restrictions might mean our Prize Presentation Luncheon being cancelled. Happily, it went ahead on 5th December at Middlewich Masonic Hall, sadly still without Jim Ogden. However, even though the committee subsidised the ticket price, the attendance was down, possibly caused by the current uncertainty. What also didn't help was that unavoidably, the Luncheon was held just one week after our AGM.

Seamons CC's Ronan O'Cualain even arrived by bike to receive the Lamp Trophy from the previous holder; Ian Peacock, who entertained us with details of the trophy's background.

As before, the food served up was plentiful and tasty with second helpings on offer. Derek Hodgins conducted the raffle in his own humorous way and I presented a new item - a quiz, which due to comments made on the day and afterwards, seemed to be well received.

Some decades ago I recall a headline in *Cycling* stating: "Good morning lawbreakers." Tongue-in-cheek, the magazine castigated cyclists for riding, either socially or competitively, outside their own areas on the Sabbath day. Apparently an ancient law banning such behaviour was still on the statute book. However after the recent Highway Code revisions I'm wondering if the more militant of the anti-cycling lobby will have picked up on the part of Rule 60, which states: At night your cycle **MUST** be fitted with a red rear reflector (and amber pedal reflectors, if manufactured after 1/10/85). Rule 60 is a legal requirement under The Road Vehicles Lighting Regulations 1989. But with the same tongue-in-cheek attitude 'the comic' displayed, might I suggest there are very few bikes ridden by our members which are over 37 years old, thus qualifying them not to have these reflective items.

Sadly, as this newsletter was being finalised we heard of the passing of our member, Alan Jackson (Stretford Wheelers), who had been a joint member with his wife, Pat, since 1983. We believe Alan died at home while training on his turbo - there could be worse

places for a cyclist to expire. We plan to include Alan's obituary in a future edition.

I was at Goostrey for the M&DTTA Xmas '10' on 12th December, hoping to see some of the old crowd for a catch-up. But few had the same idea as for the hour I was in the village hall, other than the stream of riders signing back in, there were only around a dozen people at any one time. If things appeared to be getting back to normal the new Omicron threat put paid to that. However, I did remake acquaintance with Johnny Pardoe (who I first met back in 1964) along with his wife Carole, both of Seamons CC, and also the M&DTTA stalwarts, Ian and Mavis Ross. Our group secretary, Nev Ashman made a brief appearance after dropping in his marshal's checking sheet. The riders in this event, once again organised by Dave and Caroline Fearon were blessed with a mild, but slightly damp day, with a best time of 21:06 from a Juvenile rider; Patrick Casey (Team Lifting Gear Products)! He had a 17 second margin over Alistair Ribands (Manchester Wheelers), while Ben Norbury (Congleton CC), was a further two seconds in arrears.

Our group members fared better in the other sections; astride their tandem, Jon and Liz Batt (Buxton CC), took 2nd place with 26:49. In the Fancy Dress section, Linsey Astles (Congleton CC), attired in a striking Cruella de Ville outfit complete with considerably less than 101 'toy' Dalmatians, came 4th in 32:07. Our octogenarian tricyclist, Vic Trigger (Crewe Clarion Wh), resplendent in his Snowman outfit comfortably avoided being last by over three and a half minutes. Vic will also be pleased to learn that his historical VTTA tricycle records have been submitted and accepted.

You'll need to be one of our oldest members to have memories of the 'League' vs 'Union' conflict. From 1942 to 1959 these two cycling bodies were in conflict until a fragile peace was restored when they merged to form the British Cycling Federation (now British Cycling). As a teenage clubman I was regaled with tales of hostility and even punch-ups between members of rival clubs - I would be glad to learn of any recollections of such antagonism on: kenworkman66@gmail.com

The Editor may further indulge me by including extracts of these at some future date.

M&NW members; although it's early, I'd like to hear of your TT performances this season, so please advise me on: kenworkman66@gmail.com of your high spots.

Finally, take all the pleasure you can from your racing or riding, but please take care and stay safe.

NORTH

Gavin Russell

At the time of writing, (mid-February) we are currently coming out of the restrictions imposed by the government to address the Covid pandemic. Coupled with the number of storms we have experienced during the winter months (3 to date), the appetite to train outdoors has been left to the diehards. Hopefully by the time you read this, some form of normality (whatever that will be) will have returned and we can look forward to better weather and a season of good competition.

For those that have been affected by the Covid-19 virus, either personally or through family or friends, the North Group officials and members have you in their thoughts and to those who have lost ones, please accept the condolences of the group. In addition, we are aware of several members who continue to experience the long covid symptoms and wish them well in their recovery process and look forward to welcoming them again, as competitors at events in the coming season.

With increasing numbers of Covid cases being reported across the region in mid-January, the decision was taken by the group's officials to postpone the annual group award presentation luncheon, organized for late January to a later date. In co-operation with the Hardwick Hall Hotel, the venue used for a number of years, a new date of Sunday 27 February 2022 has been agreed. 45 members, including their wives, partners and siblings are to attend. A number of the group's main competition winners will be in attendance.

In addition to the group presentation, the local Teesside District competition winners, who are VTTA members will receive their awards.

Membership & Standards

Those 2021 members who have not yet renewed their VTTA membership, will not be receiving this edition

of the "Veteran", so if you know someone who has not yet renewed, can you please give them a nudge and remind them of the benefits and comradeship they can experience by being a member of the VTTA North Group.

As a reminder, the group 2022 VTTA membership fee for an individual is: £16, and for joint couples/partners living at same address £18.50. There is no additional membership administration fee for new members or change in status.

The North Group Standard Award fees for 2022 remains as previous years at £12. This is for any number of attempts at any distance on one type of machine. Additional payments require to be paid for each type of machine for which a standard is sought. Please be aware that standards can only be achieved in open events but in any of the 21 CTT districts; times recorded in club events do not qualify. In a recent change, as a special concession, standards can be achieved in the Scotland group by members of that group in Scottish club events. Please also be mindful that standards must be paid for before any qualifying ride can be considered.

2022 Group Competitions

It is the intention of the group to continue with all its competitions in 2022. In an attempt to motivate the group members to achieve greater performances, the following are the 2021 guys and gals to beat to wrench the trophies from their grasp in 2022.

"Joe Jones Memorial Cup" is awarded to the group Best All Rounder - Phillip Kennell

"Team Shield" is awarded to the club/racing team of 3 who finish first on standard in the group Best All Rounder. There were no qualifiers in 2021.

"25 Shield" is awarded to the group member who is actually fastest in the group Best All Rounder - Philip Kennell

"Hill Climb Trophy" is awarded to the first group member on standard in the Hill Climb Championship (held in conjunction with the Cleveland Wheelers CC) - Steve Tilly (who just happens to be the organizer of the event)

"George Siddle Memorial Trophy" is awarded to the first group member on standard in the 3 Distance Competition - Lee J Foster

“Jubilee Cup” is awarded to the group member who finishes first on standard in the Sept VTTA (North Group) 15 mile time trial on the T155 course on 12 September - Not Awarded as event cancelled. In 2022 this award will be made to the group member who finishes first on standard in the Hartlepool CC 10 to be held on 22 May.

“Nouveau Shield” is awarded to the group member who finishes first on standard in the Houghton CC 25 mile time trial on 27th June - Philip Kennell

“Joe Sander Cup” is awarded to group member who finishes first on actual time in the short distance competition - Russell Richardson

“Doreen Hugill Memorial Cup” is awarded to group member who finishes first on handicap in the group points competition - Caroline Ratcliff

“Jim Burton Memorial Cup” is awarded to group member who finishes first on standard in the group points competition - Gary Hunt

“Presidents Cup” is awarded to the group member who finishes first on actual time in the points competition - Gary Hunt

“Lenny Downs Shield” is awarded to the club/racing team of 3 who finish first on standard in the Points Competition - Hartlepool CC

“Tom Charlton Cup” is awarded to the group member who achieves the season best plus at 50 miles (age 40 to 55) - Philip Kennell

“Tom Mathews Cup” is awarded to the group member who achieves the second season best plus at 50 miles (age 56 & over) - Gary Hunt

“Northern Unity Cup” is awarded to the group member who achieves the season best plus at 100 miles - Philip Kennell

All the competition information and qualifying criteria is listed in the group handbook, which is currently available in hard copy or by email to all current members.

2022 VTTA North Group Events

Organised in co-operation with local clubs, North Group are promoting six events in 2022. In addition to welcoming VTTA members we also welcome non-members of all ages to all events. Details of the events are all available in the CTT 2022 Handbook and also 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 changes forced onto organizers. Please remember that some event details, may change due to outside influences, i.e. roadworks, installation of permanent or temporary traffic lights, etc.

Track Age Records

With an outdoor banked track available at the Sports Village in Middlesbrough, it was the intention in 2021 to establish new age records by a number of members; unfortunately, this did not happen. However a number of riders did gain accreditation to ride the track, so it is anticipated that once the track becomes available following the winter period, that plans will be put in place to progress to some record attempts

If any member is interested in participating in these record attempt sessions, please do not hesitate to contact the writer, who will add the name to the list of interested parties. To achieve a record, you are not restricted to riding a track bike, you can ride your super-duper multi geared time trial machine or a road bike.

Closed Circuit Events

For 2022, the Wednesday evening series of 10 mile time trials that are organized on the Croft Motor Racing Circuit in North Yorkshire (3mile south of Darlington, just off A167) by Cleveland Coureurs (me) has been extended to six evening events, (April through to September) plus one Sunday event (23 October). First rider off at 6:30pm (except Sunday event 11:00am). These events continue to prove very popular, with up to 200 participants taking to the start line each evening. Riders start at 30 second intervals, so there is minimum waiting around. Those taking part range from 6 years up to 80+, with many older riders bringing their grandkids. Club members, who are registered on-line with CTT, can enter all the events through the CTT on-line entry system.

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

In addition, on Sunday the 23 October, the Northern edition of the VTTA 10 mile Closed Circuit Time Trial Championship will also take place following the “come & try it” event. In 2022, this event, at the request of the VTTA NEC, will be classed as an open event and whilst open to all riders aged 40 years and over, it can only be entered via the CTT online entry system. All relevant details are available via the CTT and VTTA website.

Closing Information

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

As we start a new season of racing, let’s all look forward to a better and full season of events.

Stay safe and enjoy riding the bike.

NORTH LANCASHIRE & LAKES

Richard Taylor

A Happy New Year to all our group members.

It’s said that good things come in small amounts, and in the case of the North Lancs and Lakes annual luncheon, this may be a case in point. Hardly the halcyon days of the Masonic Hall, but nevertheless a healthy turnout of over 40 group members in spite of what the last two years has thrown at us and the subsequent uncertainties that befell this occasion, at least gave some cause for optimism in the future. John Leach welcomed the attendees and treasurer Hazel Matthews presented the prizes. The meal was up to Crofters Hotel usual excellent standard and even the ale was good!

Of the prize winners in attendance, Debbie Moss won the Ladies Shield as BAR champion and claimed second spot in the Group Championship; she also claimed three standard awards. From deepest Cumbria Bill and Rachael Maxwell along with Richard Tyson were presented with standard shields and Southport’s Alan Stark a medal.

It’s not that long since throngs of riders used to attend the Vets dinner on the bike, the first Sunday in the new year being traditionally the date of the ‘do’,

doubling up with the post festive period of getting the miles in. Of course, the return trip was always more lethargic after several hours of bonhomie and half a gallon of Thwaites finest, the darkness and gloomy lighting adding to the occasion, with the faithful reaching home just short of midnight after a refreshment stop or two, and with the prospect of a shift at the industrial workplace a matter of hours away. This year the only recipient who arrived ‘on the wheel’ was Paul Fleming from the Preston Wheelers; he set two new age records during 2021 and was happy to celebrate post dinner with myself and the Wigan Wheelers entourage before disappearing into the gloom along the A6 homeward bound. Some traditions have to be maintained!

Anyone wanting to receive their uncollected awards get in touch with me on 07533 679101, and I will arrange delivery.

On receipt of the CTT handbook, closer inspection showed that group members had a successful season in 2021. Congratulations to Steve Wilkinson and Mike Smith who are North DC Chair and Secretary respectively, both were awarded the esteemed Badge of Honour for service to the Council. They join the much respected previous recipients namely Cyril Dixon, Brenda Jackson, Jack Roughley, Bunny Jones and Mike Westmorland from this group.

Other CTT award winners were Andy Whiteside who took the 45-49 age group 12 hour with his incredible 311 mile effort, he also finished in the top 12 of the BBAR with a fine tenth place. In the national 25 on the A66 in Cumbria, Debbie Moss took the 50-54 women’s award and Theresa Taylor won the 60-69 category. Dave Hilditch won the 60-69 men’s group. Congratulations to all.

Qualifying events for the 2022 Group Championship are:-

- Wed 13th April VTTA NL&L 25 L2523A
- Sat 16th April N Lancs RC 10 L101
- Sat 14th May West Pennine RC 10 L1015
- Wed 1st June VTTA/WPRC 25 L2523A
- Sun 3rd July VTTA NL&L 50 L5012
- Sun 10th July National Champs 100 (NLTTA) L10010
- Sun 17th July East Lancs RC 25 L2524

- Sun 7th Aug Border City Whs 25 L2511
- Sun 21st Aug VTTA National 30 L308
- Sun 18th Sept NLTTA 50 L5012

As always, FOUR events to qualify, ONE being 50 miles or longer.

Again, there are a number of championships within the group to compete for, they are:-

Traders Cup

Winner of the Group Championship

Ladies Championship

Best woman in Group Championship

Dobson Trophy

BOS in either of our 25's (13th April or 1st June)

Paddy Maloney Trophy

BOS in our VTTA 50 on 3rd July

Crowther Shield

7th on std in the NLTTA 100 on 10th July

Baxter Rose Bowl

Winner on Handicap in NLTTA 100 on 10th July

Karrimor Saddle

BOS in NLTTA 100 on 10th July

Ken Priestley Trophy

Best 12 hour on std in any event

Team Shield

Team of three in GC

Our open events this year follow the time honoured fashion and are of course included in the above Championship. Both 25 mile events are on the Winmarleigh to Miller Island and back course for the first time, whilst the 50 remains on the A66 Keswick to Cockermouth course. All help of course much appreciated.

SCOTLAND

James Skinner

News

Due to concerns about covid, our 70th Anniversary Prize Giving Lunch at McQs was postponed until Sunday 27th February. As we go to print the numbers confirmed to attend are just over 50 with a couple of

weeks to go. I will report in the next issue with numbers and details from the event.

Racing

With no racing and very little to report over the last couple of months, it is with great delight and relief that I recently received an end of season report, from the one racing man that has never been short of something to say. I present to you the cross border age record raider that is Alex Munro.

"Thanks for a boost to my morale with a mention on the same page as two tremendous SVTTA lady riders, I know the Lejog record must have stood for 15 years. I did cross the border during the season, but my cycling life has been controlled by the NHS so I never had a great year results wise.

"In the Kenneway 10 at Freuchie I did my slowest time of the year, a 31.25 giving a plus of 3.18. Keeping the faith was big Jim (Harris), noting the 88 years age record the big man quoted "Whoever goes for the record has to first reach 88 years, and that itself is a target for the young guys in their 70s."

"My 1:19.39 at the Srt Christophers/SVTTA 25 mile TT at West Ferry was fairly slow, as I only got four hours sleep, but it was 71 years nearly to the day in August 1951 when at 17 years old I won the Glasgow Road Club 25 with a 1:07.00 and one another event with a 1:05.15 so I've definitely slowed up a big bit.

"My best 10 for the year was a 29.21 +5.22 but the VTTA won't allow that as it was a Southport club confined event, but I did get the over 80s in their open event with a 30.24 +4.19. I could not repeat the 29 minute ride, trying again over another four 10s on the same course riding a steady 30 minutes and a few seconds each time. All round not too bad, but without the health worries I would have gone better.

"So I only gained a medal in the Melton Olympic/East Midlands VTTA 25 with a 1:17.08 for +11:32. Mr Hallam, who is a bit older, only beat me by one minute anyway.

"Thanks for the mention and regards to you and yours, Alex Munro."

Transfer News

I don't have any information yet on new members yet, but when I receive some you will be mentioned.

However the red hot news from the transfer market is that VTTA IT Manager Jon Fairclough has just relocated from sunny but traffic infested Surrey to the beautiful Tweed Valley with its quiet roads and much longer summer daylight. Accordingly he has switched his allegiance to Scotland Group and will race for Kelso Wheelers CC. Not only is he an IT wizard but he races over all distances including 24 hours and in 2019 he completed the legendary Paris-Brest-Paris Randonneur in under 80 hours for its 1200km. Jon is also the most recipient of the national Ted Bricknell Award for his work on the VTTA IT system.

We look forward to welcoming Jon to our SVTTA events and social activities.

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

WEST

Brian Griffiths

We are now well into the New Year and things are looking good with the easing of Covid restrictions, lots of events lined up and I detect a new enthusiasm in the air.

As far as we are concerned the National AGM went off very well, but as it will be reported in some detail elsewhere I won't be duplicating stuff you might have already read. It is plain to see that the committee have worked hard over the close season and we should all begin to appreciate the results in due course.

Rob Hutchinson, our recorder secretary, has done a remarkable job keeping the statisticians happy. In the latest West Vet he brings us all up to date with the current seasons results and an update of all the records that were broken during the past season, Quite an impressive list and an extremely useful reference that we can refer to, all neatly tabulated in an easily readable form even for people like myself. What caught my eye and impressed me most were the new records attributed to our three oldest members - John Murphy, Brian Lewis and Peter Wilson, whose ages are 81, 83 and 87 respectively. At the other end of the scale Tim McEvoy and Conrad Moss did what to most of us are pretty mind boggling times during the season, which will be hard to beat in the year ahead. It puzzles me as to what has happened to produce these improved times so markedly in recent times? Perhaps one of

you could write Paul our WestVet editor an article for us all to read.

We have just heard the very sad news that Tony Emery, our talented Web Coordinator, has passed away. Quite a shock for us all! He had asked at the recent AGM if he could stand down and we have very fortunately found a replacement. No doubt we can find someone to write an obituary for the next issue.

April 30th is now not too far away. For those who need reminding that is the day that West Group are promoting the VTTA National 10 mile Championship. The U7B course is nice and central and easily accessible from the M5 junction 14, near the Michaelwood service station. Although West DC do not have any dragstrips it is one of the faster courses in the area and uses the A38 road, also used for Lejog record rides; it has been mostly re-surfaced with new smooth tarmac so let's be fair and say that it will be the same for everyone. The course records currently stand at 19:19 for males (David Janes / FTP Racing), 21:34 for females (Megan Dickerson / University of Bristol CC) and 21:15 for tandems (Jon Wiggins and Chris McDonald / PDG Cycle Coaching). Some top vets and serious competition can lower these times.

We intend to put on a first class event with good headquarters, good parking and a warm welcome for everyone, so what more encouragement do you want. Finally, I'm sure the event secretary Gordon Scott would very much appreciate as many volunteers as possible to help out on the day.

I have just been trying to purchase a copy of this years CTT handbook, but so far it has proved impossible; they want a password which I haven't got and don't know how to obtain one. If we are to be kept up to date with records, rules and regulations what other source is there? I would have thought they would have actually been keen to sell me one, as the information it contains is not private and confidential any more.

What do you think of the proposed new Highway Code, which will be available to purchase in April? I believe that there are some useful additions, which should be of benefit to cyclists but some are to my mind a bit controversial. I understand that a last minute Government tweak says that if a group of cyclists hold up a line of traffic they should stop, move over and let them pass. On a busy narrow road this could be every few minutes.



Victor Chetta was the main trophy recipient at the Merseyside Presentation (Photo courtesy of Rob Jones)

**MERSEYSIDE
Phil Guy**

The Group Lunch and Prize Presentation was held on January 16th, 2022 at Cheshire View, Christleton, near Chester. This was a special day, as it was our 60th annual get together. Forty-two members and friends, including the vast majority of prize winners, were able to celebrate, not only our racing achievements, but our 60th birthday. Having missed our 2021 Lunch, it was a real pleasure to see the magnificent display of trophies, courtesy of Recorder Geoff Edgerton, and hear the applause as members came up to collect their rewards.

Victor Chetta, Pirate Juice CC, took the lion’s share, including the Tom Johnson Memorial Trophy for the Group BAR, the Wally Gradden Cup and the Bill Taylor Shield for the Group 3 distance competition on standard and actual.

The Doreen Mahar Rose Bowl, for the Ladies’ Championship on standard was won by Janet Fairclough, Liverpool Phoenix CC, whilst the Ladies Championship on actual time was won by new member this year Emma Serjeant, Hafren CC, who took the Dave Swales Cup.

The Harry Mahar Memorial Salver for the short distance competition was won convincingly by Deb Hutson-Lumb, Nova Raiders CC, from Jonathan Mills-Keeling and Tim Beardmore, both Bridgnorth CC and both first time prize winners this year.

Trophies for specific events were collected by Ben Love, Victor Chetta, Tim Beardmore, Dave Williams, Chris Lawson, Kevin Larmer and Deb Hutson-Lumb.

The competition for standard medals has always been very strong within the Merseyside Group and this year was no exception. Despite a delayed and disjointed season, some 28 members achieved standard medals and plaques for 71 rides, the big hitters being Rob Jackson, Wrekinsport CC, and James Meldrum, Liverpool Phoenix, who achieved plaques for six distances apiece.

The Group Meritorious Trophy was awarded to Deb-Hutson Lumb, in recognition of her achievements in VTTA National Championships over the last two years - 15 mile champion in 2020 and runner up in both the 10 and 25 mile championships in 2021.

Excellent performances from all concerned and many congratulations to Social Secretary Brigid Night on

organising a splendid occasion, complete with a huge inflatable "60" to celebrate our birthday.

I had the pleasure of meeting up with Honorary Life Member and National Age Record holder Dennis Milsom the other day, at the funeral of a mutual, lifelong cycling friend. I was delighted to see Dennis appearing so sprightly as he looks forward to his 94th birthday later this month. He still gets out a couple of times a week on his e-bike and still remains the only rider to beat the hour at 80 (and again at 81) years of age. Such gatherings amongst the cycling fraternity, whether they be funerals, weddings, birthdays, whatever, always seem to finish up with groups sitting round tables reminiscing about the old days. Our memory for trivia is unbelievable. We can clearly remember what we all did in the Anfield 100 in 1972, but not when our next hospital appointment is.

At the time of writing, in mid-February, we are looking forward to another season which is due to start in just a few weeks time. CTT event dates are out. Seasons are being planned. Targets are being identified. Our winters have passed either outdoors getting the hard, but necessary, miles in, or indoors on the turbo, doing the quality stuff. Whether we are targeting National Championships or going for standard medals, whether we are in the early years of our racing career or have been racing for decades, the level of enthusiasm, excitement and anticipation is sky high. This is going to be the season.

Well, don't let your resolve be dimmed by any early season disappointments. Keep your eye firmly on the main objectives and I look forward to reading about your successes as the year unfolds.

In the meantime, stay focused, stay healthy and stay safe.

NORTH MIDLANDS

Chris Lea

We congratulate the winners of the VTTA North Midlands competitions and trophies, 2021, and also all those who participated and raced last season: The full results of all our competitions follow, as do the lists of or the top 15 riders on plus over 10 and 25 miles.

Finally, just to note that the Annual Luncheon and Prize Presentation is on Sunday 27th March 2021 at the Holiday Inn, Canklow Meadows, Rotherham, S60

2XL. Kindly organised by Ala Whitehead, Rockingham CC, who can be contacted for tickets at: alaj2005@gmail.com or 07887 409 239.

Brian Beardsley Memorial Cup, 12 hour, BOS				
Pos	Rider	Club	Age	Plus
1	Martin Bullen	Peterboro CC	69	71.81
2	Chris Lea	Buxton CC	59	69.53
3	Miles Haslam	Buxton CC	62	51.40
Unity Cup, 100, BOS				
1	Chris Lea	Buxton CC	59	1:06:21
2	Martin Bullen	Peterboro CC	69	0:48:51
3	Miles Haslam	Buxton CC	62	0:22:25
Sid Sharman Cup, 50, BOS				
1	Keith Ainsworth	Sheffrec CC	62	0:42:40
2	Mat Ivings	Buxton CC	48	0:33:46
3	Chris Lea	Buxton CC	59	0:30:30
4	Martin Bullen	Peterboro CC	69	0:28:45
5	Ady Dench	Team Sheffield	52	0:25:02
6	Steve Scott	Elmsall RC	62	0:21:06
7	Miles Haslam	Buxton CC	62	0:15:15
8	Andy Whitehead	Rockingham CC	55	0:14:10
Meersbrook Trophy, Short Distance BAR (10, 25 50), BOS				
1	Keith Ainsworth	Sheffrec CC	62	1:04:19
2	Mat Ivings	Buxton CC	48	0:48:12
3	Ady Dench	Team Sheffield	52	0:45:54
4	Martin Bullen	Peterboro CC	69	0:43:15
5	Chris Lea	Buxton CC	59	0:42:05
6	Steve Scott	Elmsall RC	62	0:34:06
7	Andy Whitehead	Rockingham CC	55	0:33:37
8	Miles Haslam	Buxton CC	62	0:24:20
Colin Bell Cup, Middle Distance BAR (10, 25, 50, 100), BOS				
1	Chris Lea	Buxton CC	59	0:58:40
2	Martin Bullen	Peterboro CC	69	0:55:28
3	Miles Haslam	Buxton CC	62	0:29:56

Ethel Scothern Cup, BAR (25, 50, 100, 12), BOS				
1	Chris Lea	Buxton CC	59	1:00:39
2	Martin Bullen	Peterborough CC	69	0:57:17
3	Miles Haslam	Buxton CC	62	0:33:54
Susie Denham Cup, Ladies BAR (10, 25, 50), BOS				
No rider completed all three distances				
Watson Trophy, Tandem 10, BOS				
No tandem ride completed at 10 miles				
Sheffield Central Cup, Ladies BOS in Group 10				
	Yvonne Twelvetree	Sheffield Tri Club	71	0:01:29
Cleethorpes Shield, BOS in Group 10				
	Keith Ainsworth	Sheffrec CC	62	0:06:44
Ron Blythe Trophy, Over-70 BOS in Group 10				
	Mike Allen	Team Jewson	75	0:05:42

Rider	10 plus	10 time	10 age
Keith Ainsworth	08:43	19:23	62
Mike Allen	08:00	22:07	74
Sheehan Quirke	07:19	20:11	57
Mark Greenwood	07:05	19:27	46
Ady Dench	07:02	19:59	52
Stuart Wells	06:55	19:51	49
Andy Newham (trike)	06:31	22:08	48
Robert Gibson	06:04	20:28	46
John Martin	06:02	21:42	59
Karl Caton	06:00	21:12	54
Mat Iving	05:59	20:42	48
Andy Hicklin	05:38	21:40	55
Gordon Wordsworth	05:37	23:21	68
Sarah Harrison	05:33	23:34	47
Steve Gibson	05:32	21:40	54

Rider	25 plus	25 time	25 age
Keith Ainsworth	21:11	0:50:00	62
Mike Allen	20:46	0:56:18	75
Mat Iving	16:21	0:51:10	48
Andy Newham (trike)	16:01	0:56:27	48
Ady Dench	15:48	0:52:35	52

Stuart Wells	15:41	0:52:02	49
Anthony Nash	15:39	0:53:28	55
David Robinson	15:27	0:56:26	64
Sheehan Quirke	15:21	0:54:02	56
Paul Ruta	15:20	1:01:08	74
Martin Bullen	15:05	0:58:50	69
Karl Caton	14:37	0:54:15	54
John Martin	14:33	0:55:41	59
Andrew Stokes	14:28	0:54:24	54
Sarah Harrison	14:08	0:59:32	47

YORKSHIRE Chris Goode

Our most recent gathering was the Annual Lunch and Prize Presentation, organised successfully by Mike Williams at the Bridge Inn, Walshford. (For those with long memories this was formerly the landmark which marked the start of the final dash to the finish at Cowthorpe Lane on the legendary Boro' 50 and 100 mile courses.) Fifty-five members attended and it was good to meet up again after last year's cancellation. Guests of honour were Gavin Russell and wife Barbara; Gavin is a stalwart of the VTTA North Group and CTT Teesside District and has only very recently retired from 10 years service on the CTT National Board. He gave an informative and engaging speech, highlighting his lifetime involvement in the sport as organiser, administrator and competitor. Other guests included Elaine Ward and Mick Storey from Scarborough Paragon CC and Margaret Allen and Graham Barker, Bas and Sandra Breedon and Phil and Janet Ragsdale, all from Rockingham CC.

It was disappointing that Mandy and Chris Parker had to give their apologies due to her testing positive for covid only the day before. Mandy was selected by the C. A. Rhodes Trustees to have contributed significantly to cycling in Yorkshire through her involvement as an organiser and coach, primarily for children, for the White Rose League, grass track racing and road racing. She is also a board member for British Cycling in Yorkshire and has organised the last two editions of the Scarborough Cycling Festival, with her son, Joe Parker. This award is totally deserved for her dedication, attention to detail and enthusiasm and alternative arrangements for the presentation must now be made. Mike Penrice wrote the citation and selected the wonderful photograph of



Darren Yarwood with his collection of Yorkshire Group trophies

Mandy, with youngsters in the background. Congratulations to Mandy and her family. Hopefully some of Mandy's protégés will become VTTA members in 30 years time!

Mike Williams was delighted to see so many standard winners receive their plaques and medals, giving well deserved recognition to their season long performances. Tony Stott organised the trophies and medals, alongside Jimmy Trevor our Recorder and it was pleasing that so many of our trophy winners were present.

Our main winner of trophies was Darren Yarwood, who secured a complete table of them thanks to an outstanding season. However in announcing Darren, Mike Williams said his greatest achievement of 2021 was in taking over as group treasurer from George Young, who had served 16 years in the post.

Fiona Sharp also achieved great success in 2021 and Liz Ball (Valley Striders CC) was third in the Short Distance BAR and second in the Yorkshire Special BAR, won by Fiona with Sandra Burrows (both Vive le Velo) third and Susan Saunders (Drighlington BC) fourth. Sandra Burrows replied on behalf of the prize winners and thanked all those that make the races possible.

The list of trophy winners:

It was sad to hear at our lunch of the passing of one of our well liked HLMS, Derrick Milner of Ravensthorpe CC. He died last April but Yorkshire is a big area and unfortunately the news had not spread, probably due to covid and the stifling of social chats after races. Derrick joined the vets in 1982, shortly before turning 50, and was a regular time trialling competitor in the 80s and 90s; he kept his interests in the VTTA and attended our last pre-pandemic luncheon in January 2020. He was respected in the Ravensthorpe and although no longer able to ride as he approached age 90 he still kept on touch socially and organised cafe meets.

We have two new members to welcome this quarter - Stephen Broadley of Otley CC and Graham Pearce of Ilkley CC.

I also see that Mark Symons and Cheryl Quigley of Hull Thursday RC have recently tied the joint membership knot, with Cheryl now blooming as new member Cheryl Symons, so congratulations to both.

Our next race is over 25 miles on V731/1 organised by Blair Buss on Sunday 10 April; please get in touch if you are able to help via blairbuss@btinternet.com

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Stan Chadwick Memorial Cup	VTTA Yorkshire Open 10 - BOS	Darren Yarwood	+6.19
Oliver Shield	VTTA Yorkshire Open 25 - BOS	Darren Yarwood	'+15:04
Bill Broadley Memorial Shield	VTTA Yorkshire (National Championship) 30 - BOS	Liz Ball	'+17:09
Yorkshire VTTA Shield	YCF 50 - BOS	Blair Buss	+20:37
Charlie Rice Cup	YCF 100 - BOS	Darren Yarwood	+55:23
John Pickles Cup	National 12 hour - BOS	Darren Yarwood	+92.84
Ken Hartley Cup	National 24 hour - BOS	Doug Hart	'+112.42
Fred Bottomley Memorial Cup	YCF 100 - fastest	Darren Yarwood	3:50:39
Ron Bailey Shield	Yorks. Men's Short BAR	Darren Yarwood	+1:09:30
Len Dexter Memorial Cup	Yorks. Ladies Short BAR (2x 10 miles and 2x 25 miles)	Fiona Sharp	+1:04:05
Harry McKechnie Trophy	Yorkshire Ladies BAR (10, 25 and 50 miles)	Fiona Sharp	+49:19
	3 Distance BAR - highest man	Darren Yarwood	'+55:34
	3 Distance BAR - highest woman	Fiona Sharp	'+49:19
Oliver Cup	Yorkshire Men's BAR (25, 50, 100 miles and 12 hour)	Darren Yarwood	,+1.15
	Yorkshire Ladies BAR (25, 50, 100 miles and 12 hour)	No qualifier	
FB Wood Memorial Shield	4 Distance Yorkshire BAR on speed	Darren Yarwood	28.583 mph
Linley Shield	Meritorious Service Award	Mike Penrice	

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

The snowdrops are out and soon the race bikes will be dusted down. Have a great season and enjoy your cycling in God's own county.

WESSEX **Bob Jolliffe**

Shining a light on safety

Has everyone intending to race this coming season got their front light sorted? I located a nice little Moon Aerolite on line and forked out a few quid, a bit less than the cost of a tyre, which should help keep me a little safer than I was before.

I have been increasingly concerned about being seen by drivers ever since I rode into the side of a car that pulled out on me at a roundabout a few years ago. The injuries sustained led to me missing a ride in what would have been my one and only 10 on the famed V718 course before it was discontinued. After I slid

from the bonnet in an untidy heap the apologetic driver simply came out with the classic words, "Sorry, I didn't see you". At that early hour of the morning there was not another vehicle in view. That set me thinking about my own safety and more and more often now I have been setting out on rides with a front light as well as a rear.

In addition, there seems to be a fashion for wearing dark, or even black, clothing.

CTT's Manchester District delegates shone a light on this safety issue when they distributed photos of a rider virtually unseen in shadow to delegates at the organisation's AGM. Another photo showed the same rider with a front light, which, unsurprisingly, showed up the rider rather well. After some discussion, a substantial majority agreed front lights are the way forward.

Judging by the immediate reaction on social media it was going to be the end of time trialling as we know it. However, I think the one thing that will happen is there will be fewer accidents, which will be a benefit. Even if just one life is saved, it will be worth it.

Unseasonably quick

The H10/8 course at Bentley is never ever really slow but it was unseasonably rapid on December 11 when Farnborough & Camberley CC held its annual festive 10. Top honours went to junior Mattie Dodd (Team Backstedt Bike Performance). He clocked 19:29, a full half-minute faster than Henrik Persson of FTP RC who took second place, just beating 30mph.

Wessex Group member Andy Langdown (...a3crg) was in third place with a storming ride of 20 minutes exactly. His ...a3crg teammates Neil Mackley and Kirsty McSeveny also turned in some good times. Neil was ninth in 20:59 and Kirsty 24th and fastest woman with 24:12.

Other VTTA members' times: Martin Beale (VC St Raphael) 24:10, Ian Sherin (3C Cycle Club) 24:47, Virginia McGee (Charlottesville CC) 25:08, Cliff Voller (Newbury RC) 25:44 and Mike Boyce (...a3crg) 25:53

As if all that wasn't enough, Mary Corbett (Sotonia CC) and Nigel Sign (Fareham Wheelers) claimed a tandem trike combined age (129 years) record of 27:41. Well done to them - an age record in December must be a first!

In New Forest CC's Boxing Day 10, Mary teamed up with regular tandem partner Norman Harvey and won the fancy dress class after pedalling around the P311 course south of Ringwood in wedding dress and top hat and tails in their interpretation of "Daisy, Daisy". Unsurprisingly considering their garb, their time of 38:47 was somewhat slower than in the Farnborough & Camberley 10. Contrary to certain rumours, they did not get married, nor are there any plans to do so.

Another Wessex member, Julian Gee won the tandem race with daughter Bethany. They clocked 31:33.

Over-70 riders

Group recorder Clair Newman has noted that in addition to Norman Harvey, who has just celebrated his 89th birthday, there were four Wessex members competing at the age of 70-plus.

They are her Crabwood CC clubmate Dave England who gained three Group records last year, Terry Icke (one record), Brian "Sid" Hygate (standard medal for a 25) and Tom Woollard who at age 75 did a 24:49 10 and a 1:01:23 for 25 miles.

"A few more members turned 70 in late 2021 or will do in 2022 (Bob!)," Claire pointedly wrote in her mail to me.

Course improvement

Re-measurement of the P164 course following road safety improvements at Ipley Crossroads, a noted accident blackspot for cyclists and other road users, has thrown up an unexpected benefit. The left turn at the crossroads has been moved 50 yards south to stagger the junction to stop drivers from crossing without looking properly. This has improved the angle of the junction from around 120 degrees to about 90 degrees. With widened splays it will mean competitors will be able to corner faster and more safely.

In addition to numerous club events over 10, 15 and 25 miles, the course is used for open 10s.

Injured

Wessex Group member, Dr Andy Langdown, a hip surgeon at Portsmouth's Queen Alexandra Hospital, is recovering after being involved in a collision with a car. It appears he will be off the bike for several months. Another rider facing a period of recovery is Jerry Bromyard who suffered facial and other injuries in an "off" in January. Wishing them both a speedy recovery as is possible.

Group 25 Champs

Back in the late 1960s and early 70s when I started competing, a keen time triallist could ride a 25 virtually every weekend of the season on a "P" course somewhere in the South. Most open courses were based at Ringwood to the west of the district, or Chichester to the east; or at Bentley if one stayed in Hampshire but ventured across to Surrey and into London West territory.

Now high traffic counts have put paid to use of the A31 at Ringwood and further west. The only reasonably rapid 25 mile course to the west of the patch is P413 on the Upton Bypass, which looks like the course which will be used for the Wessex Group Championship event. As I write, this has yet to be confirmed. However the Poole Wheelers' event on May 22 is the only open 25 listed for the whole of the South DC, though there are rumblings there could yet be a hilly one organised for the east of the area. It does make sense to run the Group championship as part of the Poole event because it will also host the South DC championship.

A TALE OF A HISTORIC CYCLING TROPHY RESCUED FROM JUNK SHOP OBSCURITY

By Mike Jupp of West Group

As you may recall I have contributed on occasions to complement our Editor's articles about the past from my collection of cycling memorabilia. I thought members might like to see and know about the pride of my collection and how I came own it. A friend saw it in a Paris antique shop and I was lucky, for the company I worked for had a branch office there, so I got a colleague to go and have a look. I was overjoyed for him to tell me it was the large silver BBAR Trophy that was won in 1931 by no less a person than the great Frank Southall. It was soon purchased and brought home, back to the UK where it belonged.

I had also just bought a large collection of items from cycle historian Harold Scott, which included many club history documents going back to the 1880's and so I told him about the trophy. He was very interested because he had a collection of Frank's bronze medals. He had heard Frank's stepson was disposing of the medal collection but sadly by the time Harold managed to see him he found to his consternation that he had sold all the gold and silver medals for scrap and all that was left were the bronze. About the trophy being in France, Harold had no idea, so it remained a mystery until a month or so later.

When I travelled to see my mother in Chester I often broke my journey by visiting George Nightingale (the first 25 rider under the hour) and his wife Stephanie for a chat and so I took the trophy to show them. I found they knew

Frank quite well and having told me a few stories they then solved the mystery of how it had most likely ended up in Paris. They said his stepson was a pianist and they knew he had played in Paris, so it was likely he had taken and sold it there, riddle solved!

The trophy itself is solid silver, 20 inches high and quite ornate. It was provided by "Cycling" magazine, who promoted the BBAR prior to the formation of the RTTC some years later. The only problem with it is the time it takes to clean the intricate design!

Frank Southall had burst onto the time trialling scene in the mid-1920s, breaking the 50 mile record (for the first of several times) and went on to ride the World Road Championships and the Olympic Games. In those days these two championships were run off as long time trials and he was controversially awarded silver at the 1928 Games in Amsterdam only after it was alleged that the subsequent winner had mysteriously overturned a large time deficit in mid-race, with the suspicion that he



had gone off course - an allegation unable to be proved.

Frank won the inaugural BBAR in 1930 and the following three and most likely could have won more had he not turned professional in 1934 to attack RRA records for Hercules Cycles. Whilst I cannot be sure I suspect my trophy is most likely the only one of his trophies still left for us to appreciate his past brilliance. When he retired

he carried on with Hercules and organised many record attempts by various riders, including Ken Joy and that remarkable diminutive lady, Eileen Sheridan. I have been privileged to meet and talk to many famous riders from the past in my travels when collecting their autographs and had the great pleasure of meeting both of them and hearing stories of their exploits and experience with Frank, some good, some bad!

A POETIC TIME TRIALLING REMEMBRANCE

(Taken from 'The Gazette,' the magazine of the Ashton Road Cycling Club (1923 - 1942), with thanks to Ken Workman)

November, 1936:

The Comeback

*He lay by the road near Astle, his breathing was wheezy and pained,
He wondered whatever happened to the form that he never regained.
He thought of his former glories; he was at one time, a "crack"
Who'd retired for a time, then decided he'd make a "come back."*

*To bother himself about training, had never once entered his head,
Train to beat them kids? Not Likely! Then off round the course he sped.*

*Meaning to catch early starters, his face very soon grew grim,
'cos before he could properly settle, someone flashed right past him.
He didn't worry unduly, thought the lad wouldn't keep up that pace,
Then another young fellow went past him, saying "Come on lad, it's a race."*

*He tried to catch this young upstart, but his temper it didn't improve
When he found he just couldn't do so 'cos that young chappie really could move.
Along those straight bleak stretches, that seemingly were without end,
They scrapped till the one-time scratchman put up signs of "Bellows to mend."*

*For a time they kept together; the miles they fairly "Mopped,"
Then lack of training told its sad tale, when the "fallen star" got dropped.
"Dropped" by a blooming infant! It fair broke his heart, poor old soul,
He just collapsed where he finished at the thirteenth telegraph pole.*

*Alas, he did never recover, he lies buried right by the track,
He really should have known better, 'cos they never, **but never**, come back!*

Editor's comment- Not much has changed in the 86 years since this was penned, other than the language of course, although the sentiment of never coming back in older age no longer holds true. Since written the VTTA came into existence to provide an opportunity to compete despite the debilitating effects of an ageing body.

HOW DO YOU COPE WITH AGE?

By Brian Griffiths

It seems to me that many of our members are beyond the age of fifty and might have begun to notice small changes, which they perceive are the result of ageing. They may be right of course but I think that this process can be slowed up and controlled to a certain extent. Your racing performance can often be maintained by careful application of some of the knowledge that you have gained over the years. I often think that we are besieged by modern products and methods and tend to lose sight of the basic principles we learned over the years and know with certainty and common sense will work.

Whatever the modern thinking is we all know that there is no real substitute for miles. Regular consistent miles, which come in two categories, in simple terms, speed miles and endurance miles. Get some good long steady, comfortable miles in first and then start adding the speed ingredient.

Perhaps I am moving too fast. First of all you want a plan. You need to decide where you are and where you want to go before you can establish a starting point. If you are not a regular rider you need to work out and establish a routine that you can cope with, bearing in mind your ambitions and the amount of time you can dedicate to your cause. Set realistic targets, move towards them in small increments and only then set your sights higher.

If you are a regular rider look at your present routine and decide if there are improvements that you can make. Over the years we all tend to develop bad habits, which, even if we are aware of them, we tend to overlook. Re-access yourself, make a few notes and then make the small changes that may be necessary.

It is important to recover fully from a training session before we start on the next one, but by the same token, if we leave the next one for too long we have lost even our small gains. Improvement is incremental.

How do we know that we have recovered? Make a habit of checking your pulse and your body temperature every day on waking. With a little practice you will soon know what to expect. If either is out by more than a small margin there is probably something wrong and you will have to decide what to

do. Obviously you would not set out on an arduous training ride but would be well advised to err on the safe side and have an easy day.

Whilst cycling is often considered to be a balanced exercise, in itself it uses only a limited range of muscle movement and so you could become stiff and you could lose power. To combat this stretching is most important.

I have also found it useful to use weights and resistive exercises to build and retain strength.

.Have you done an accurate check of your position recently? For some reason it does seem to change with age. A bike fit might help here. Also if you have started doing your stretching exercises they can make quite a difference too.

If you have been off the bike for a while, though I can't imagine any of our members doing that unless they have problems, or if you have any reason to doubt your fitness, it would be wise to have a full medical examination by someone who is familiar with sporting performance.

A massage given by a competent person can be very revealing for tight spots and muscular weakness. Self-massage is not a difficult thing to learn and will prove useful in many instances.

All sorts of little ailments overtake us as age advances. Many I believe can be treated and this should be done without delay. Keep your weight in check, ride your bike as often as you can to maintain a strong heart and lungs and keep yourself supple and flexible in all departments. I like to take my heart gently up to 60% of maximum for at least 6 minutes each day.

It seems that we all start to deteriorate at around seventy years of age often more rapidly than we might have expected. Our strength and therefore our performance will start to diminish though this may be caused by medication so if you have a prescription look carefully at the small print that comes with it.

Finally, I believe that old age is to some extent an attitude of mind. Keep alive your interests, mix with all sorts of people and really live life.

NUTRITIONAL AND EXERCISE STRATEGIES TO PROTECT AND STRENGTHEN AGEING SKELETAL MUSCLE

Notes from a Talk by Dr Gordon Wright

The Midlands VTTA Group organised a seminar prior to their annual lunch and prize giving where they invited the well-known British Cycling coach, Dr Gordon Wright, to give a talk on strategies that would help maintain muscular strength in older athletes. Here are notes that I made of his interesting and helpful talk.

A basic challenge facing older people is that muscles shrink with age. This can be as much as 50% in our late 70s, especially if we do little exercise and eat insufficient protein. Many thousands of elderly people end up in care homes due to this muscular weakness as well as other conditions. On the other hand, a 70 year old who has continued as an athlete, and understands some simple training and nutritional strategies, can preserve muscle mass similar to a 40 year old athlete. Their muscles won't be quite as strong and fast as the younger athlete but they can still be very well preserved. This will enable them to continue to perform to a high standard in their sport, as well as enjoying a better quality of life for themselves and indeed their families.

The key nutritional strategy for the older athlete is to increase what is termed 'muscle protein synthesis' in order to build and maintain their muscular strength. One particularly beneficial way of doing this is to consume a whey protein recovery drink containing 25-30 grams of protein within 20 minutes of an exercise routine or training ride. This will be rapidly digested and stimulate protein synthesis or growth in the muscles.

In addition, the older athlete needs to ensure they are consuming sufficient protein on a daily basis. NHS guidelines recommend insufficient protein for the older person who has an active lifestyle. A competitive older cyclist needs at least 1.2 to 1.6 grams of protein per kilogram of body weight each day. That is 84 to 112 grams for a 70kg rider. With more intense and higher volume training this may increase to as much as 2.0 to 2.5 grams per kilogram of body weight. We therefore need to give attention to the protein content of the foods we eat throughout the day starting with breakfast. Food labelling allows us to calculate the protein content of our food and to work out if there is sufficient protein in our diet. We should also avoid long hours between eating unless we are deliberately having a 24 hour fast that can have other benefits. One helpful protein supplement is leucine which can be added to a recovery drink.

The second strategy recommended by Dr Wright is resistance training. Riding up steep hills is a form of resistance training as are short full-on sprint intervals at a low cadence. But the older athlete will particularly benefit from weight training to strengthen and protect their muscles. A mixed routine of about 40 to 60 minutes, two or three times a week in the gym, or at home if you have the equipment, would produce real benefits. In the gym you can do leg presses and leg extensions but if you have a barbell and dumbbells at home you can do various types of squats, dead lifts and presses.

For cyclists, resistance training should be a 3 to 4 month focus during the winter but maintained with a once a week session during the racing season. Start with 4 sets of 10-15 reps with moderate weights and after 3 weeks move to 4 sets of 8 to 10 reps with heavier weights. Heavier weights will produce greater muscular adaptation. Allow a recovery time of a few minutes between sets.

Weight training should be supplemented with core exercises to strengthen those muscles which are important for cycling but not developed by cycling as a form of exercise. Sit-ups, press-ups, planks, and leg raises for example can be added on to a weights routine. The British Cycling website's Insight Zone has examples of strength conditioning exercises.

Overall, a 12 weeks resistance training programme has been shown to increase the power and endurance of muscle fibres by over 20% - a significant improvement. Dr Wright's final word of advice is 'You owe it to yourself and your family to stay as strong as possible for as long as possible and enjoy yourself on the way.'

Andrew Simpkins



OBITUARIES



TREVOR BRACEGIRDLE

**Stretford Wheelers Cycling Club and VTTA Manchester & North West
24th January 1939 - 8th October 2021**

Trevor was brought up in the family chip shop in Cheetham Hill, Manchester, partly on a diet of free chips on the condition that when business was slow, he ate them outside the shop so their aroma lured in passers-by. The chip shop was situated next door to a sweet shop, which introduced Trevor and his brother Ken to Stretford Wheelers as the proprietors were members.

In a hand knitted yellow jersey Trevor went on his first Stretford Wheelers club run in October 1954. It is a testament to the friendships formed on the bike that five riders from that first club run were at his funeral 67 years later. Trevor and brother Ken alternated club rides for a year as they only had one bike between them, but once equipped with a bike each they participated in, then organised many Stretford Wheelers touring holidays through the fifties and sixties.

After learning the time trialling basics by marshalling, on 12th July 1955, Trevor rode his first event, completing the 10 miles in 27:40 on a 76" fixed gear. He progressed to become his club's BAR Champion for three consecutive years, competing in everything from hill climbs, tandem events and at 12 hours, 40 of them as a member of the VTTA. He was justly proud that he competed in time trials for 65 consecutive seasons until Covid caused the suspension of the 2020 season.

He was also a regular rider at Fallowfield track and competed in road races, particularly during Isle of Man week. In 1996 at the age of 57 and in his 42nd season of racing he achieved the Holy Grail of Time Trialling; 25 miles in under one hour, recording 59:04. "At Last!" he said. In May 1991, Trevor was part of a relay team that set the then record of 43:35:26 for riding from Lands End to John O'Groats.

Off the bike Trevor was a dedicated administrator and timekeeper. In addition to carrying out a multitude of

club roles, he promoted many events including several National Championships. He served on the Manchester District Council of the RTTC/CTT and for many years on the RTTC/CTT National Committee. While serving on the National Committee in 1990, Trevor was the first rider to use tri-bars in an event during their evaluation, prior to them being allowed in domestic time trials. After retirement from a career in local government he took up the position of RTTC Assistant National Secretary in 1994 until 2001.

Trevor became one of the country's most respected timekeepers, working at the 2002 Manchester Commonwealth Games, many Track World Cup events, World Championships, Hour Record attempts and the London 2012 Olympic and Paralympic Games.

Trevor also was invited to join, and eventually became Chair of The F.T. Bidlake Memorial Trust, comprised of a handful of the great and the good of the sport who annually make an award to an individual who has served the sport of cycling in an outstanding way.

Trevor married Cathie Pickering in 1963 and was proud of his family connection with Stretford Wheelers. Cathie's parents had been members since the early 1920's; then Cathie, their children Sandra and Ian, Trevor's brother, Ken, Cathie's brother Gordon Pickering and assorted in-laws - the family had several centuries of combined club membership.

Trevor was still very active and was regularly riding 60 to 70 miles on Stretford Wheelers club runs, along with other club 'legends' up to his admittance to hospital, where he died unexpectedly after a short illness. His funeral was held at the Blackley Crematorium, Manchester on Thursday 28th October.

By Ken, Sandra and Ian Bracegirdle

JANET PRESTON
Leicestershire Road Club and VTTA East Midlands
10th January 1945 - 27th October 2021

It was sad to hear of the death of Leicestershire RC's Jan Preston, a club Honorary Life Member and long time VTTA member, on October 27 after a short illness.

Following Dave Binks original Facebook post, memories of Jan's enormous contribution to Leicester RC's club life and all those people she came into contact with is exemplified in the wide range of tributes to Jan on Facebook from individuals and Midlands cycling clubs.

Jan joined the club in 1950's and will always be remembered as a very active participant and committee member. Jan was also a very active supporter and committee member of the Central District Ladies Cycling Association (CDLCA), as well as the Leicestershire Cyclist Association.

She also worked with the results service team at Saffron Lane Track, particularly during the National

Championships during the 70's, 80's and 90's up until the time it moved to Manchester.

Jan's funeral was held in Borrow-upon-Soar Church and was very well attended by an estimated 200 people paying their respects to a lovely person. There were members of the Leicester Road Club, people from Rainbows (the local children's hospice where Jan attended the garden) and people from her tap dancing club, together with members of other groups who wanted to show their respects. She was a very active, cheerful and well liked lady and the attendance proved that.

The lovely picture of Jan shows her how most people will remember her in Leicestershire Road Club top, sitting at the table with teapot ready and a warm smile on her face.

My thanks to Gary Coltman and Dave Binks for compiling the information on this tribute to Jan.

David Herd

ALLAN RENYARD
Guernsey Velo Club and VTTA Wessex
11th March 1942 - 23rd December 2021

A stalwart of cycling on the Channel Island of Guernsey died in December after a long illness, at the age of 79.

Allan Renyard will be best remembered as a representative of the island in its Edinburgh Commonwealth Games squad in 1970 and later as the organiser of the Guernsey Easter Cycling Festival, which attracted numerous competitors from time trialling and road racing from across the South of England.

Allan joined Wessex VTTA in December 2011 when he started travelling to the mainland to compete in various championship events.

He started cycling in 1958 and later left the island to work in London about the time Guernsey Cycling Club folded. When he returned 10 years later he became one of the six founder members of

Guernsey Velo Club, won its first event and went on to become its first secretary and was president at various times. He only stepped down from his committee duties in 2015 when his health worsened.

Gary Wallbridge joined Guernsey Velo Club shortly after it was formed. A former president himself, he described Allan Renyard as "the father of cycle racing in Guernsey". He told the Guernsey Press: "There was only one Allan Renyard – there's never been anyone like him and he just absolutely loved cycling. If anyone in Guernsey cycling deserved an MBE, it was him."

Allan leaves his wife Jean, adult children Paul, Monique, Nicola and Miles plus grandchildren and great-grandchildren.

Bob Jolliffe

GEORGE BAXTER

Otley Cycle Club and VTTA Yorkshire Group

26th May 1930 — 22nd December 2021

It is with great sadness that I have to report the passing of George peacefully at home on 22nd December 2021. He had not been well for some time but despite this he was always good company and as recently as three weeks before he died he enjoyed a Christmas meal and an odd pint or two with old cycling mates at a local pub.

He is survived by Pam, his wife of 62 years, two sons Graham and Jonathan, and four grandchildren.

George's interest in cycling goes back for over 70 years when he joined the Otley Cycle Club in 1946. He was found to have considerable ability at the sport and soon moved to the Yorkshire Road Club, then the biggest and most successful club in Yorkshire, to achieve his potential. This he did, riding in time trials with the like of Eric Britton and being a member of the winning team in the RTTC 100 miles Championship in 1954. He also shone in road races, riding against such riders as "Tiny" Thomas and the Robinson brothers; he was in the Olympic team shortlist for the 1952 Games at Helsinki but punctures and mishaps in selection races upset his aspirations to a great extent.

When Pam and he started courting they built their home in Pool-in-Wharfedale and lived in it for all their married life. George did the building and Pam the labouring, carrying breezeblocks for him two at a time.

After their wedding cycling returned and George and Pam joined "The Otley". George raced all distances from 10 miles to 24 hours, breaking the 24 hours club record in 1969 with 429 miles - a record which he held for over 45 years.

George and Pam also enjoyed social cycling with Sunday club runs and trips away, especially to the "Isle of Man week", long weekends in North Wales at Easter and "mature men's weekends" for the lads in the Lakes. They also had great times with club members and other cycling friends on holidays organised by "Audrey" in Majorca once or twice a year and cycling from their holiday home in Brittany.

Despite getting so much out of cycling, George put much more into the sport.

He was Treasurer for Otley CC for something like 30 years and was instrumental in the club getting its own clubroom with an extension at Station Top, Otley, resulting in the club making great strides forward in the 1960's and beyond to become one of the leading clubs in the county.

Also, when the YCF was in danger of collapse, George was one of a few stalwarts who resurrected the organisation and in 1970 became President for 15 years. He was also organiser of the prestigious YCF 100 miles time trial and the YCF Combined Clubs 50 event for a number of years.

Way back in the early 1960's he was keenly involved in the organisation of the famed Otley CC Mountain Time Trial ridden by stars such as Stan Brittain and Bill Bradley and when the Otley 12 Hour commenced he worked tirelessly with the organisation from the first event in 1967, famed for "Beryl's ride", until 1994 when the event was taken over by the Elmet CRC.

He also became a Trustee of the CA Rhodes Memorial Award, becoming the President in 1993 for 14 years.

George had other interests as well, being Worshipful Master of Lascelles Lodge of Masons in 1993. Having gained his qualifications he worked in Local Government as a building inspector and became Chairman of the Yorkshire Branch of The Association of Architects and Surveyors from 1979 to 1981.

He also enjoyed a pint and a game of dominoes at the local. He was a true gentleman and had a full, rewarding and satisfying life, a happy 62 years marriage with Pam and a close and loving family to whom we offer our sympathy and support.

John Churchman - Otley CC

JAMES WILLIAM YORK
Ratae Road Club and VTТА East Midlands
2nd January 1925 - 21st November 2021

Members of Ratae RC, friends and family have sadly lost a very supportive member of their community. A devoted family man, he was known as Jim and was married to his wife Thelma for 76 years. He leaves two sons David and Andy and he loved to spend time with his grand children.

Jim was an Honorary Life Member of East Midlands VTТА, and was a founder member, the first secretary and a life Member of Ratae Road Club. He was a keen racing cyclist and became time trial secretary and a noted organiser of time trials, road racing, track and cyclo cross events.

He was also very active on the social side of the cycling club, organising club nights, meetings, quizzes and raffles and he became a humorous after dinner speaker.

Jim joined the Home Guard during the Second World War, before then joining the RAF and serving in Singapore. On his return he became a development engineer, working long hours on flat bed knitting machines. He was well known for his attention to detail, often engaged in trouble shooting, making sure that a machine was running correctly before being delivered to the customer.

As well taking on his Ratae RC duties Jim was busy in lots of other ways, he did his own car maintenance, tended his own garden and did his own decorating. He continued to be a very active person, in recent times he joined an elderly swimming group and organised days out.

Jim was environmentally aware even during times when it was not so fashionable. In the early nineties he became a member of the Humberstone Wildlife Group, working with pupils from the local school creating a woodland area around the school and planting trees in the nearby park.

Like me most testers I will remember Jim with his clip board serving as the start timekeeper at Seagrave at the start of the A10/13 as shown in the photograph above, but as a person he was so much more and gave a lot more to the sport and the community than he ever took out.

His funeral was held at Gilrose Cemetery and the East Midland VTТА Group send their condolences to Jim's family and I would like to thank his son David for helping me write this tribute.

David Herd

KEN PARMENTER
Andover Wheelers and VTТА Wessex
6th July 1938 - October 2021

Tributes have been paid to a respected Wessex VTТА member who died in October last year aged 83.

Ken Parmenter joined Wessex Group when he was a member of New Forest Cycling Club back in 1995. He was noted for two things: his love of "special" bikes and his tandem exploits with Stewart Gossling. But he was good time triallist in his own right with some fast 10s to his name.

Clubmate, cycling journalist and photographer Robin Wilmott said: "He always liked bikes that were a bit special - I lusted after his Serotta, and bought a Cougar frameset from him after I returned from my

travels in 1997. He was always so polite and gentlemanly, but also quite handy in a TT."

Another former New Forest CC clubmate Richard Turner said: "Sorry to hear about Ken. A nice chap. I think he may have invented bike porn as he was always trading bits and bobs. I also remember his time trialling exploits and the tandem with Stewart Gossling."

Personally I remember one summer evening back in the 1990s when Ken and Stewart suffered a front tub blowout on the tandem while riding a club 10 on P311. They careered across the carriageway in Ringwood Road, known for being part of the Poole

Wheelers' 12hr finishing circuit, and crashed headlong into rhododendron bushes. Luckily they escaped serious injury and I ferried them and the tandem back to the race headquarters in two separate journeys in my old Fiat Estate.

I also remember Ken splashing out a substantial sum on a beautiful Zeus track bike in shimmering blue. He simply had to have it, it was love at first sight for Ken.

Ken, a printing machine minder who continued to work beyond retirement, later moved from New

Milton to Gosport and then to Andover, where he and son Gary were members of Andover Wheelers. Then in 2018 he signed up with Crabwood CC, saying he was going to race again; unfortunately he never did.

Last time I saw him was when he was marshalling in an Andover Wheelers' 10 in the summer of 2019. I managed to shout out a greeting as I trundled past; my last words to him. He'll be missed by all who knew him.

Bob Jolliffe

JOHN AND JUNE LAXTON
Rockingham Cycling Club and VTTA North Midlands Group
21st February 1935 - 28th July 2021 (John)
10th December 1936 - 6th December 2021 (June)

It is with great sadness, that the Vets have heard of the passing of John Laxton who passed away on 28 July aged 86 years old and more recently his wife June on 6 December, four days short of her 85th birthday.

John, was a big, kind character, who could talk for England and always encouraged younger members of his club into giving their best at races. He joined his local club, the Rockingham CC when he was 14 and he was its racing secretary for many years.

He raced all distances up to 12 hours and was known for often being in the club's winning team in his younger years. He would ride in all weathers in races all over the country to ensure the team had a chance of winning a prize. John was often part of the winning team in the North Mids Vets BAR. He raced with the club in its heyday and was proud to have done so in support of the best in the country. He continued to race well into his 70's, never missing a season, and kept all his finish sheets for every event he rode as far back as 1959.

John's working life was as an engineering fitter at the Doncaster Rail Works, where he got to work on some famous steam engines including Mallard and Flying Scotsman.

June was originally in the South Elmsall Cycling Club, later joining the Rockingham CC. She often had a smile on her face and a cheeky laugh. Their shared interest and love of cycling helped John and June's relationship blossom and they were happily married for 61 years.

Unlike John, who lived and breathed cycling, June had other interests - she made her own dresses in

her younger years, embroidered, knitted and had a love of baking. Her fruit cake and flapjack were noted as their favourite after race snack. Like most mothers her working life was in distinct parts, firstly as a weaver of tweed cloth, then time out whilst she brought up their daughter Jayne; in later years she made fireworks, before retiring and spending many happy hours caring for grandson Carl.

She rode in time trials from 10 to 100 miles in the North Midlands area and around the country, whilst supporting John with his racing career. She was also a timekeeper for her own club and at other cycling club's events.

The couple would be seen at events from the late 1950's into the 1990's, not only in the North Midlands, but around the country as John pursued a fast time. They had many friends and were well known by members of the Vets, as they regularly attended the North Mids Vets Annual Dinner and cycling club dinner dances around the area.

Later in life, when John could no longer race and June was not able to drive and had herself retired, they daily rode 40 miles around the local lanes. They both would also marshal and help out at the Rockingham club events whenever they could.

They will be greatly missed by their family (daughter and son-in law Jayne and Ian Ambler and grandson Carl) , the Rockingham CC and their many cycling friends.

Jayne Ambler

RECENTLY PASSED AWAY - OBITUARY PHOTOGRAPHS



Trevor Bracegirdle
of Stretford Wheelers CC



Janet Preston
of Leicestershire Road Club



Allan Renyard
of Guernsey Velo Club



James York
of Ratae Road Club



Ken Parmenter
of Andover Wheelers



John & June Laxton
of Rockingham CC

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Jon Fairclough was awarded the Ted Bricknell Memorial Award in 2021 for outstanding services to the Association. In his capacity as VTTA IT Manager he has implemented innovative website based systems for membership, competitions and standards.