

VETERANS TIME TRIALS ASSOCIATION



Ian Greenstreet and Rachael Elliott on record breaking form again in the VTТА 100 Mile Championship

The Veteran

Number 75 : September 2022

THE VETERAN

The quarterly magazine of the Veterans Time Trials Association

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

Number 75

September 2022

• 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 SEPTEMBER EDITORIAL

I always start work on each edition of The Veteran worrying about how I can possibly fill the requisite number of pages, 56 in this case. However thanks to the great support of our members these concerns invariably prove to be unfounded but are replaced with worries about how can I squeeze everything in.

Despite the very visible reduction in entrant numbers this season, a subject discussed by Chairman Andrew Simpkins in the following pages, there seems to be plenty of racing activity by our members to report on at both group and national level. There follow three sets of championship reports and results - the 100 miles, 24 hours and the 30 miles. (The 30 report is of necessity quite short as it fell after the copy deadline but would have been very old news had it been left until December.) There are also two features about 'vets time trials with a difference' - the VTTA supported Vets Southern Closed Circuit Championship (at Goodwood) and the Tour of Cambridgeshire Chrono, which does not fall within the VTTA scope at all but is supported by many of our members.

Those of you who enjoyed riding the Southern Closed Circuit are welcome to also ride the Northern equivalent at Croft on 23rd October. As both of these promotions are fully open class A events, with approved CTT timekeeping and are on measured 10 mile courses fully in compliance with CTT regulations, then any performances qualify for personal bests, standards awards, competitions, age records etc. The VTTA National Committee are aware of the increasing popularity of these closed circuit time trials on motor racing or airfield circuits and are keen not only to continue with these Northern and Southern Championships, but to expand the series to other areas if possible. So if anyone is interested in putting one on elsewhere we'd love to hear from you.

I already have material held over for December, but please keep sending me your articles and reports. The December and March Veterans do not have the page number restrictions of this edition (technical reason due to postage costs) and thanks to the refreshed relationship with our printer we are now able to publish more colour photos. So Group Correspondents, please feel free to supplement your reports with photos of your members, but please send them as separate files, not embedded in a Word document.

Just one concern about photographs. One of the more demanding tasks in creating The Veteran magazine is ploughing through hundreds of photographs from championships to select those for publication. The difference in riding positions is vast and in some cases alarming. In their quest to save watts and maximise their speed a proportion of riders adopt the 'preying mantis' tribar position and then bury their heads low down behind their hands, looking only at their front wheels!

In the opinion of this editor such riding is unsafe and is an accident waiting to happen. But some riders are happy to put watt saving before personal safety. If you are one of those riders don't ever expect to see an action photo of yourself in The Veteran. But if you think that you are being unfairly judged then please let me know.

For those of you whose 2022 racing is already completed, I hope you had a good year, but for those still hard at it, good luck and may the autumn winds be kind to you.

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Mike Penrice

PRESIDENT'S PIECE

Hello to all. I hope you enjoyed the periods of good temperatures we experienced in recent weeks.

As I write this piece, my thoughts turn to a couple of events that I marshalled on behalf of my Group. A recent 25 mile event saw several riders withdraw after signing on because of the high temperature, 35° plus. Coupled with ongoing reduction in fields, time trialling is facing genuine challenges to bring back those pre-covid riders and attract new members to VTTA.

During the good weather there have been some outstanding performances:

- Richard Oakes set a new 10 mile record at age 53 of 18 minutes 10 seconds, a mere two seconds slower than his record when 52.
- Nick Tarmey won the RTTC and VTTA national championships with an outstanding distance of 516.56 miles, (Vet's handicap result 527.46 miles) and Joanne Cebrat won the women's VTTA championship with 425.23 miles and Vet's Handicap result of 473.90). Both riders were 24 hour first timers and have described their efforts on the following pages and on the web site.
- Out of respect and no little sense of awe, I must mention Peter Horsnell's performances at 10 and 25 miles.....at the age of 92. 10 miles in 30.18 and 25 in 1 hour 18 min 54 seconds, times some club riders would be pleased with; a true reflection of the logo "Competitive cycling for life".
- Finally, a big well done to Conrad Moss achieving an age record at 47 years of 46 min 31 secs for 25 miles.

Now, when the thought or intention of riding any distance in the past week when temperatures have been in excess of 30° might appear to be .. well, silly, spare a thought for Jon Fairclough who undertook the London - Edinburgh - London ride starting on 7th August. 1500 kms and more in 125 hours, unassisted apart from checkpoints. I followed his progress on the L-E-L website and he arrived at the finish comfortably within the 128-hour time limit, despite being one of the oldest competitors. Well done Jon, and any other of our members who completed the ride 'under the radar'.

Away from the competitive side of the VTTA, the NEC still await interest from members to succeed National Chair and Secretary. If one is even remotely considering so, please contact an NEC member to discuss the roles. For the past five years Andrew has done outstanding work in addressing many development areas and moving the Association forward. Following his achievements the VTTA would benefit from a different emphasis and direction, building on the past achievements. Do consider addressing either role, maybe on a time directed basis.

I am very conscious of the current membership total we have, approximately 2500. I have in the past said that Recruitment and Retention should be seen as major issues to be addressed, particularly at Group level. Once again, I ask Groups to look at ways to improve local membership and inform NEC of the successful strategies you have used.

There have been some small successes following national and some local events, when the organiser has contacted over-40 non-VTTA entrants, resulting in additional members. All our events are ideal means of approaching those riders and if organisers wish to look at ideas for enhancing their promotion, please contact members of NEC.

And on that note, I wish you safe rides however you do them.

Tony Farrell

THE THOUGHTS OF CHAIRMAN ANDREW

Many of you will have received the update on the CTT survey sent out to riders back in April asking about their participation in time trials (<https://www.cyclingtimetrials.org.uk/articles/view/797>). The objective was to discover why there was a notable drop in numbers in the early season time trials. Of those who responded, 27% were not planning to compete this year. The reasons given divided about equally between health concerns (including covid), retiring from racing, and pursuing other interests. A small number mentioned cost issues. There were 900 free format comments which CTT managed to analyse into 18 disparate categories. About 100 referred to events but even these seem to have covered a wide range of issues.

NEC members who have had professional experience of conducting surveys did not consider this was a particularly well-designed survey. Free format comments are notoriously difficult to analyse. You don't get a truly measurable response to specific questions from all respondents, only unstructured remarks from those who choose to make a comment. Is the figure of 27% of respondents not planning to compete this year, good or bad? You would need to know that figure over several years to understand if there was a trend one way or the other. What you can glean from the survey is that there is no one reason why cyclists are riding fewer time trials, and no one panacea that would reverse the trend.

Discussions with fellow NEC members have raised various thoughts. First, has the pandemic caused a shift in general social attitudes? People's routines were interrupted and they could not attend their normal social or sporting activities. Has this therefore weakened their commitment to what had been a regular part of life? There are reports from various voluntary associations, gyms/leisure clubs, and sports other than cycling that this is the case. Has the pandemic prompted people to try out other activities? Even for those who considered themselves time trialling cyclists, did the cancellation of club runs and events encourage them to go to Zwift, or get a gravel bike, or move to another sport?

There is always going to be some 'churn' in participation. We see year on year with VTTA membership that several hundred members do not renew and several hundred more join or re-join after a lapse in membership. Reasons often given for not renewing are work and family commitments, and injury or other health related problems.

What can CTT and indeed VTTA do to encourage participation? As indicated above, some important factors are beyond our control. What is within our control are the events and competitions that we organise. Initiatives that I have seen locally that appear to attract people into at least having a go at time trials are closed circuit events, road bike events, and team time trials (on both road and TT bikes). Is there a problem that our season long competitions are focused purely on (age-adjusted) speed which favours those who live near, or are willing and able to travel to, the fastest courses?

What do you think as a VTTA member? Would you like us to conduct our own survey to discover more of our members' preferences and ideas? Why not email me with your thoughts on chairman@vttta.org.uk ?

Andrew Simpkins

Standard Awards 2022– Don't forget there is the new system for Standard Awards. You can see if you can claim an award by going to your account on the website and looking under My Profile and My Standards. See the article under About and Documents – 'How to Claim a Standards Award'. You don't have to complete a form anymore!

WOULD YOU LIKE TO SHAPE THE FUTURE OF THE VTTA?

Do you have experience either professionally or in cycling that you would like to contribute to shaping the future of the VTTA?

If you have experience especially in management, marketing or IT, or you are just good at getting things done, then you could make a difference to the Association by joining the National Executive Committee (NEC).

The NEC is looking to review and revise its membership and structure at the end of this year. At present we have nine members who cover the key areas that are necessary to manage the Association on a national basis. We meet on Zoom for about an hour and a half once a month to plan and review progress across strategy, finance, membership, publications, systems, competitions, events and awards and records. The way we allocate tasks and responsibilities is flexible and reflects members' availability and interests. It is a good team of competent people. We don't do politics. We are here because we love our sport and want to see it flourish. We get a lot of satisfaction out of making things happen.

If you think you have something to contribute, please make contact (without any obligation) with the President or Chairman or any member of the Committee. All our contact details are on page 2. We would be happy to talk about a role that suits your experience and availability and would be something you enjoy doing.



THE MONEY COLUMN

It has been a very busy month for me; this has been due to my other Treasurer's role assisting with the preparation and looking after the finances of the Portishead and District Summer Show. Paying the vast number of invoices, sorting the various incomes and the next task is to prepare the Balance Sheet to see if we have broken even. There was a good article in a Sunday paper this weekend on 'A taste of triumph at my first village show' - entering flower and produce for local traditional village shows. Dare I boast, I did win first prize for the 'Men only fruit cake made from the supplied recipe' class!

The Q3 returns were sent out early July plus each related Group's Contribution to the Automation of the Age Records System. Many thanks to those Group Treasurers who have sent me both payments already. I will be getting back to reconciling where we are at the end of this month. The feedback from the last NEC meeting was that work is progressing well with the Age Records System.

A shout-out must go out to Jon Fairclough on completing the London-Edinburgh-London ride within his target time, during record breaking, searing temperatures and raising lots of money for charity in the process.

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

Ian Pritchard

IT MANAGER'S UPDATE

XNcreations has successfully recruited some extra staff and completed development of the age records claim system. They have also fixed some urgent defects and minor enhancements. As I write I am waiting for a new release for testing. I expect the automated age records claims system to come into operation by the end of September.

My major cycling goal for the season was to complete the London-Edinburgh-London event. To do this I had to ride 1540km and climb 14500m in under 128 hours. I started from Debden at 0800 on Sunday August 7th and finished there on Friday August 12th at 0929, a total time of 121 hours and 29 minutes. It was 5 days of ride, eat, sleep repeat. There were about 1500 starters and about 900 finishers. Fortunately, the weather was good, with no rain and light winds. The weather was hot, but lots of sun cream and drink helped me deal with that.

I trained for LEL mainly by doing the audax super-randonneur series: 200km, 300km, 400km and 600km rides through April to July. I used a Cannondale Topstone Carbon 105 gravel bike with 38mm Panaracer Gravel King tyres. With the rear suspension on the bike and running the tyres at 60psi, I got a very smooth ride. With all the bike bags attached, it was not very light, but with some clip-on bars I could get it up to a good speed on the flat. It had low gears (46/30-11/34), ideal for crawling up the many 10% plus gradients that existed on the route. There was a Son dynamo on the front wheel that charged stuff during the day and powered the 800 lumen Exposure light at night. I also had a Lezyne 1500XL light that I used when it became very dark. The good lights and sturdy bike allowed me to descend with confidence in the dark without worrying about potholes (much!).

People on the ride did not speak much. They had either run out of things to talk about or wanted to conserve their energy, or both. Everyone was focused on finishing.

In 2019 I rode Paris-Brest-Paris and experienced wonderful support from people all along the route. Everyone knew what was going on and were out in their droves to watch and cheer the cyclists on. Public awareness of LEL in the UK is much lower. There were a few people spectating. Some people asked me what it was all about and then would look amazed when I explained what the riders, all from assorted countries around the world, were trying to do.

For me, it was unforgettable experience, going through the full spectrum of highs and lows both mentally, physically and geographically. There were a couple of people born, like me, in 1954 but nobody older, which made me one of the oldest riders in the event. I kept telling myself that age is no excuse. Perhaps that should be the VTTA motto?

Jon Fairclough



The Fellowship of Cycling

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

*Say YES to any of these?
You should certainly be a member of
The Fellowship of Cycling
and read the quarterly
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For details and sample
send address to:
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A WELCOME TO NEW MEMBERS JOINED MAY/JUNE/JULY 2022

East Anglian Group

Adam Fisher (Cambridge CC), Stewart Harrison (Kings Lynn CC), Rory Havis (Ely and Dist CC), Phil Laing (Lea Valley CC), Robert Langley (VTTA (East Anglia)), Graham Mann (Hainault RC), Andrew Nunn (CC Ashwell), Ed Stivala (Team Milton Keynes)

East Midlands Group

Matthew Bagshawe (South Normanton CC), Martin Fisher (Melton Olympic CC), Simon Parkin (Belper BC), James Perkins (Team Ohten Aveas)

Kent Group

Dean Chiddention, Mark Doxey (both Abellio SFA RT), Peter Elms (VC Deal), David Norman (South Eastern RC), Mike Nott (VTTA (Kent)), Keith Walker (Wigmore CC), Natasha Jarman (Southboro' & Dist Whs)

London & Home Counties Group

Deborah Beare (Icknield RC), Mark Bicknell (CC Luton), Andrew Bradley (Hemel Hempstead CC), Victor Campbell (Kenton RC), Alexa Forbes (London Dynamo), Joanne & Jonathan Hooks (Bicester Millennium CC), Marco Lattughi (Bedfordshire Road CC), Alastair Luxford (Full Gas RT), Nick Morgan (Hitchin Nomads), Mark Trevis (Informed Sport - LGC), Sally White (High Wycombe CC), Paul Willcox (North Road CC)

Manchester & North West Group

Stephen Dooley, Richard Shaw (both Seamons CC), Michelle Fairclough (Salford CC), Ian Haddock (Warrington RC), John Storzaker (Bury Clarion)

Merseyside Group

Nick Giles (Pocomotion RC)

Midlands Group

Paul Edwards (Leamington C&AC), Alistair Sponsel (VTTA (Midlands))

North Group

Mark Brownless (Teesdale CRC), Ray Hall (Adept RT), Christopher Lawrence (Cleveland Whs CC), Paul Newman (Richmond CC), Chris Watts (Ilkley CC)

North Midlands

Nicholas Latimer (Team Lifting Gear Products), Tom Thornely (Buxton CC)

Scotland Group

Michael Curran (Ayr Roads CC), Malcolm Evans (Ythan CC), Tom Forbes (VC Astar), Scott Johnston (Bute Whs), Alexander McPhee (Dooley RT), Penny Rother (Edinburgh RC), Stephen Spellacy (Dumfries CC)

Surrey/Sussex Group

Ivor Hewitt (VTTA (Surrey/Sussex)), Gavin Hughes (Kingston Phoenix RC), Simon McNamara (Hunt RT), Paul Thatcher (Brighton Mitre)

Wessex Group

Alison Brashier (North Hampshire RC), Pete Christensen (HART Evolution RT), William Sawyer (VC St Raphael), Matthew White (Fareham Wheelers CC)

West Group

Vincent Douglas (Gloucester City CC), Lee Francis (VC Bristol), Joanne Jago (Performance Cycles), Andrew Parnowski (Plymouth City Cycle Couriers), Greg & Nichola Rorke (Exeter Whs)

Yorkshire Group

Andrew Coulbeck (Selby CC), Paul Cutts (VTTA (Yorkshire)), Andy Lyons (Hull Thursday RC), Richard Sharp, Andrew Miller (both Chapeau! Vive le Velo)

VTTA NATIONAL 100 MILE CHAMPIONSHIP

Sunday 29th May 2022

NEC Representative Ian Greenstreet
Report by Rachael Elliott

The Hounslow & District Wheelers 100 is one of the most historic events on the Cycling Time Trials calendar. Now in its 53rd year, the VTTA was honoured to be able to hold its 100 mile championship within an event held with such prestige.

The H100/88 course is a straightforward 5-lap course based on the A31, Bentley By-pass in Surrey; with its undulations and short, sharp climbs, it can definitely be defined as a true test over 100

miles. Furthermore, on the day of the championship, riders were faced with an unfavourable and rising northerly wind turning previously 30mph+ sections of the course into 20mph grovels. With only a few non-starters riders were clearly undeterred, with a total of 29 VTTA members crossing the finishing line on solos and another two pairs on tandems. For those that did finish, the satisfaction was palpable – although some reported a “rapid fade” in the second half as the wind conditions got up and the hills began to take their toll. Rider times, however, belied the conditions and showed why this course remains one of the most popular in the south.

Angela Carpenter



Angela Carpenter (...a3crg/Wessex Group) continued her unbeaten form. The 53-year old made quick work of the course to cross the line in an age record of 3:53:00, equating to a standard of +1:27:14 and a veterans' handicap time of 3:12:33 (meaning that if Angela was a 40-year old man, she'd have been a minute ahead of Marcin Bialoblocki in his 100 mile competition record ride). Angela finished first on standard overall, which makes her the worthy recipient of the Doug Brunwin Memorial Salver. Interestingly, this is the second year in a row where a woman has topped the standard table: Jackie Field won the salver in 2021.

The silver medal in the women's competition went to Lisa Davis (Drag2Zero/ Surrey/Sussex Group). Despite admitting to struggling in the later stages and considering whether she should continue, she was undoubtedly glad that she did with her standard of +45:52 (VHT 3:53:54) giving her a cushion of almost two minutes to the bronze medal. Joanne Cebrat (Bury Clarion CC/Manchester & NW Group), a previous winner of the women's event, put in a strong performance of +44:09 (VHT 3:55:37) to take the bronze medal. Whilst



Lisa Davis

the more difficult course does need to be taken into account, Joanne's standard result was some 34 minutes quicker than when she won the gold medal in 2020 – a stunning improvement!

Amongst the men, David Shepherd (...a3crg/Wessex Group) made it a joint win for the club and group. The 61 year old clocked an age-defying time of 3:45:08, equating to a standard of +1:18:09 and a handicap time of 3:21:37. Mark Smith (Crawley Wheelers/ Surrey/Sussex Group) took the silver medal with a time of 3:40:15 (enough for third overall on actual time in the open-to-all-ages event); this equated to a standard of +1:06:46 and a handicap time of 3:33:00. The bronze medal went to Andy Critchlow (Norwood Paragon CC/ Surrey/Sussex Group) with a time of 3:43:27, equating to a +1:03:34 on standard and 3:36:12 on handicap.

Ian Greenstreet and Rachael Elliott (Newbury Velo/London & Home Counties Group) took the tandem championship with a national age record of 3:40:26, equating to +1:11:46 on standard and a handicap result of 3:16:48. Special mention must once again go to Mary Corbett and Norman Harvey (Sotonia CC/Wessex Group) who, at 64 and 89 years old respectively, smashed their estimated time on their tandem trike by over 20 minutes to finish in 5:29:08 – equating to a handicap result of 3:31:42!

Sadly – and unusually – there were no teams of three to contest the Club Team Award. However, the Group Team championship went to the Wessex Group with Angela Carpenter and David Shepherd (both of ...a3crg) supported by Kevin Baker (VC St Raphael) riding a cumulative plus of +3:32:35.



Joanna Cebrot



David Shepherd

Thanks to Dave Clifford for photographs; the full event gallery is here: <https://adobe.ly/3n5pn4n>

AWARD WINNERS - VTTA 2022 NATIONAL 100 MILES CHAMPIONSHIP					
Award	Name	Club	Group	VH Res.	Medal
1st Man on VH	David Shepherd	...a3crg	Wessex	3:21:37	Gold
2nd Man on VH	Mark Smith	Crawley Wheelers	Surrey/Sussex	3:33:00	Silver
3rd Man on VH	Andy Critchlow	Norwood Paragon CC	Surrey/Sussex	3:36:12	Bronze
1st Woman on VH	Angela Carpenter	...a3crg	Wessex	3:12:33	Gold
2nd Woman on VH	Lisa Davis	Drag2Zero	Surrey/Sussex	3:53:54	Silver
3rd Woman on VH	Joanna Cebrat	Bury Clarion CC	Manchester & NW	3:55:37	Bronze
Group Team Champions	Angela Carpenter	...a3crg	Wessex	10:26:45	Gold
	David Shepherd	...a3crg			Gold
	Kevin Baker	VC St Raphael			Gold
Club Team Champions	No club teams of three entered				
Tandem Champions	Ian Greenstreet	Newbury Velo	London & HC	3:16:48	Gold
	Rachael Elliott				Gold
First man and woman on VHR also each receive a champion's jerseys and cap.					
Angela Carpenter also receives the Doug Brunwin Memorial Salver (for one year) as 1 st overall on VHR.					



Mark Smith



Andy Critchlow

TANDEM FINISHING ORDER - VTTA 2022 NATIONAL 100 MILES CHAMPIONSHIP								
VH Pos	Name	Club	Group	Age	VH Result	Plus	Act. Time	Act. Pos.
1	Ian Greenstreet	Newbury Velo	L&HC	58	3:16:48	1:11:46	3:40:26	1
	Rachael Elliott			44				
2	Mary Corbett	Sotonia CC	Wssx	64	3:31:42	0:56:53	5:29:08	2
	Norman Harvey			89				

INDIVIDUALS FINISHING ORDER - VTТА 2022 NATIONAL 100 MILES CHAMPIONSHIP								
VH Pos	Name	Club	Group	Age	VH Result	Plus	Act. Time	Act. Pos.
1W	Angela Carpenter	...a3crg	Wssx	53	3:12:33	1:27:14	3:53:00	5
1M	David Shepherd	...a3crg	Wssx	61	3:21:37	1:18:09	3:45:08	3
2M	Mark Smith	Crawley Wheelers	S/S	48	3:33:00	1:06:46	3:40:15	1
3M	Andy Critchlow	Norwood Paragon CC	S/S	48	3:36:12	1:03:34	3:43:27	2
4M	Mark Sanders	Mid Devon CC	West	63	3:37:40	1:02:06	4:04:31	9
5M	Roger Sheridan	North Devon Velo	West	61	3:40:10	0:59:36	4:03:41	8
6M	Luke Smith	Bristol South Cc	West	53	3:45:44	0:54:02	3:58:21	7
7M	Stephen Wilkinson	TWB - On Time RT	Kent	56	3:48:25	0:51:22	4:04:43	10
8M	Andrew Simpkins	Team Echelon	Mids	68	3:49:29	0:50:18	4:26:06	21
9M	Martin Brown	7Oaks Tri Club	Kent	61	3:51:38	0:48:08	4:15:09	13
10M	Kevin Baker	VC St Raphael	Wssx	40	3:52:35	0:47:12	3:52:35	4
2W	Lisa Davis	Drag2Zero	S/S	47	3:53:54	0:45:52	4:27:14	23
11M	Adrian Blacker	VTТА (Surrey/ Sussex)	S/S	58	3:54:28	0:45:18	4:13:29	12
12M	Mat Wilson	VTТА (London & HC)	L&HC	43	3:54:55	0:44:52	3:57:30	6
13M	Paul Winchcombe	Chippenham & Dis Whs	West	62	3:55:05	0:44:42	4:20:13	18
3W	Joanna Cebrat	Bury Clarion CC	M&NW	43	3:55:37	0:44:09	4:24:49	20
14M	Mark Dearden	Didcot Phoenix CC	L&HC	56	3:56:02	0:43:45	4:12:20	11
15M	James Wood	West Suffolk Wheelers	E Ang	59	3:57:23	0:42:24	4:17:50	16
16M	Cliff Voller	Newbury RC	West	71	3:57:28	0:42:18	4:41:11	26
17M	Daniel Kempe	Bristol South CC	West	56	3:59:13	0:40:34	4:15:31	14
18M	Philip Jones	Peterborough CC	E Ang	63	3:59:25	0:40:21	4:26:16	22
19M	Daryl Stroud	Gloucester City CC	West	57	4:04:04	0:35:43	4:21:42	19
4W	Kate Bradley	Born to Bike	L&HC	44	4:08:40	0:31:06	4:38:52	24
20M	Barrie Whittaker	Lyme Racing Club	M&NW	65	4:08:58	0:30:49	4:39:27	25
21M	Pete Christensen	Hart Evolution RT	Wssx	41	4:14:55	0:24:52	4:15:46	15
22M	George Turner	VTТА (London & HC)	L&HC	43	4:17:33	0:22:14	4:20:08	17
5W	Rachel Waite	North Hampshire RC	Wssx	42	4:29:02	0:10:44	4:57:15	27
23M	Peter Horsfield	Redmon CC	S/S	71	4:45:52	-0:06:06	5:29:35	28
24M	Harry Cowley	Chester RC	M'side	74	04:46:56	-0:07:09	5:38:56	29
DNF	Ian Neville (Hart Evolution Race Team), Michael Parker (TMG Horizon Cycling Team), Marianne Holt (Fareham Wheelers CC), Liam Maybank (Twickenham CC), Robin Short (Cotswold Veldrijden)							
DNS	Howard Waller (Python RT), Jon Woolrich (Velo Sport Jersey), Dean Lubin (Team Vision Racing), Ronnie Stone (Regents Park Rouleurs)							
DNS (A)	Kate Kelland (High Wycombe CC), John J Murphy (Gloucester City CC), Ed Tarelli (Race Hub), Michelle Walter (Bournemouth Arrow CC), Darren Yarwood (Chapeau! Vive Le Velo)							
Full results including under-40s and non-VTТА riders can be downloaded from the CTT website.								

VETS SOUTHERN 10 MILE CLOSED CIRCUIT CHAMPIONSHIP GOODWOOD MOTOR CIRCUIT SATURDAY 2ND JULY 2022



Report by NEC Representative Andrew Simpkins

After the successful trial of a VTTA Closed Circuit Championship at North Yorkshire's Croft motor racing circuit last October, we arranged to have both a 'Northern' and a 'Southern' Championship in 2022. I rode the Southern Championship, which was my first experience of riding a time trial on a closed circuit.

The Championship was kindly organised by David Collard-Berry and his ...a3crg team, who have been running events on the Goodwood circuit for some years now, so there is a lot of experience in how to do things well. The circuit itself is pretty much flat, although somewhat exposed to the wind, and each lap is a little under 2.5 miles. By doing four laps and adding on a bit you get a CTT officially measured 10 mile course, which qualifies for VTTA standards and age records and the season long Short Distance Competition.

Unsurprisingly I found riding the event was just like a road event in terms of the effort you need to put in, but you don't have to worry about traffic or roundabouts or junctions, which was nice. It's a wide circuit with quite sweeping bends so overtaking is not a problem and you don't have to brake if you take the racing line. I have heard concerns as to whether drafting is more of an issue when you are doing multiple laps for a 10 but I did not see this was really a problem. There were a couple of motor cycle marshals patrolling round the circuit so if you were sat on someone's wheel you would be spotted! I would say that times are pretty similar to what you might expect on any reasonably fast 10 course, but not a super fast (dual carriageway, traffic assisted) course.



On his way to a second place silver medal James Fawcett (...a3crg) takes the fast track past William Sawyer (VC St Raphael) (L) and Eamonn Sheridan (Warwickshire RC) (R)

We have made these closed circuit championships open to all over 40s, whether or not they are VTTA members, as a way of promoting the Association. Medals are awarded to the top three men and women in TT and in Road Bike categories. In the Road Bike events there were only 9 men and 3 women, with Crispin Doyle (VTTA Wessex Group) and Celia Brown (Beacon Roads CC) taking the gold medals. In the TT Bike events there were 38 men starters on the day and 10 women. The winners were the well-known faces of Keith Ainsworth (Lindsay Roads CC) and Angela Carpenter (...a3crg) neither of whom seem to be suffering any dip in form at this stage of the season. Silver medals went to James Fawcett (...a3crg) and Deborah Sheridan (Warwickshire Road Club), and the bronze medals to Ronnie Stone (Regents Park Rouleurs) and Lucia Borradaile (CC Weymouth). Full results are shown below with riders listed by VHR (Vets Handicap Result), which gives exactly the same result as on standard but a more meaningfully comparative handicap time.



Angela Carpenter (...a3crg) and Keith Ainsworth (Lindsay RCC) both added to their VTTA gold medal collections with wins in the TT bike events

There was a very positive and social atmosphere at the event helped by the fact of all being together on a dedicated circuit and the free beer at the end to all riders also helped. I hope we can make this a regular part of the VTTA calendar.

If this all sounds attractive the Northern Championship, open to all vets and regardless of where you live, is on 23rd October so will give you a season's last gasp 10.

Acknowledgements to Kimroy Photography, many more images are available [here](#).



Celia Brown (Beacon RCC) was best of the women road bike riders



Deborah Sheridan (Warwickshire RC) rode well for silver in women's TT bikes



Crispin Doyle (VTTA Wessex Group) won the men's road bike event by a minute

VETS SOUTHERN 10 MILE CLOSED CIRCUIT CHAMPIONSHIP - MEN'S TT BIKES										
VHR Pos.		Name	Club	Group	Age	VHR	+ / -	Act. Time	Act. Pos.	
Ev't	O/all								O/all	Ev't
1	2	Keith Ainsworth	Lindsey Roads CC	NMid	63	18:57	07:09	21:05	6	6
2	3	James Fawcett	...a3crg	Wssx	56	19:33	06:33	20:51	4	4
3	4	Ronnie Stone	Regents Park Rouleurs	L&HC	49	19:52	06:14	20:32	2	2
4	5	Howard Bayley	Blazing Saddles	S/S	47	19:54	06:12	20:24	1	1
5	6	Nik Allen	Team TMC	S/S	51	19:59	06:07	20:49	3	3
6	7	Gareth Williams	Twickenham CC	L&HC	56	20:04	06:02	21:22	8	8
7	8	Neil Mackley	...a3crg	Wssx	58	20:07	05:59	21:38	10	9
8	9	Matt Hill	VC Godalming & Haslemere	S/S	61	20:08	05:58	22:00	14	13
9	10	Jon Hughes	VC Godalming & Haslemere		50	20:23	05:43	21:08	7	7
10	11	Julian Lockwood	Primera-Teamjobs		57	20:24	05:42	21:48	12	11
11	12	Bryce Dyer	Bournemouth Cycleworks		47	20:24	05:42	20:54	5	5
12	17	Adrian Talley	Portsmouth NE CC	Wssx	49	21:10	04:56	21:50	13	12
13	18	Mike Anderson	CC Moncontour	Wssx	64	21:27	04:39	23:43	22	19
14	20	Mark Trevis	Informed Sport - LGC	L&HC	41	21:39	04:27	21:43	11	10
15	22	Andrew Simpkins	Team Echelon	Mids	68	21:48	04:18	24:40	29	24
16	23	James Goward	Farnboro' & Camberley CC		51	21:59	04:07	22:49	16	14
17	24	William Sawyer	Velo Club St Raphael	Wssx	57	22:05	04:01	23:29	20	17
18	27	Ian Sherin	3C Cycle Club	Wssx	61	22:45	03:21	24:37	28	23
19	28	Paul Atkinson	Velo Club St Raphael		53	22:45	03:21	23:46	24	21
20	29	Neal Marrin	Finsbury Park CC	EAng	52	22:46	03:20	23:41	21	18
21	30	Chris Wallis	Blazing Saddles		43	22:48	03:18	23:01	17	15
22	31	Gary Chiverton	Bournemouth Jubilee Whs	Wssx	61	22:52	03:14	24:44	30	25
23	33	Graham Harman	Sotonia CC		51	22:55	03:11	23:45	23	20
24	34	Michael Kirkland	RAMcc		42	22:57	03:09	23:05	18	16
25	36	Neil Langley	Hampshire RC	Wssx	47	23:25	02:41	23:55	25	22
26	37	Mike Boyce	...a3crg	Wssx	66	23:42	02:24	26:15	41	30
27	38	Peter Phipps	...a3crg		62	23:43	02:23	25:43	34	27
28	39	Andrew Lovell	Portsmouth NE CC		55	24:08	01:58	25:20	33	26
29	40	Stuart Willis	Farnham RC		58	24:13	01:53	25:44	35	28
30	42	Ben Thomas	South Western RC	S/S	73	24:24	01:42	28:12	50	36
31	43	David Marshall	Hemel Hempstead CC	L&HC	57	24:26	01:40	25:50	38	29
32	45	Nigel Greenfield	...a3crg		59	25:08	00:58	26:46	45	32
33	46	Robert Jolliffe	New Forest CC	Wssx	69	25:09	00:57	28:11	49	35
34	48	John Orridge	VTTA (London & HC)	L&HC	51	25:26	00:40	26:16	42	31
35	49	Paul Beck	Hampshire RC		70	25:50	00:16	29:03	53	37
36	51	David Bew	Hampshire RC		49	26:47	-00:41	27:27	46	33

The Veteran : September 2022

37	52	Ken Rayson	...a3crg		75	27:11	-01:05	31:25	58	38
38	53	David Donald	Fareham Whs CC	Wssx	47	27:15	-01:09	27:45	47	34
DNS (A)		Martin Balk (3C Cycle Club / Wssx), Shaun Smart (Southdown Velo), Declan Logue (Stratford CC / Mids)								
DNS		Peter Blackwell (Birmingham RA&T Club), Kieren Stanley (Addiscombe CC)								

VETS SOUTHERN 10 MILE CLOSED CIRCUIT CHAMPIONSHIP - WOMEN'S TT BIKES

VHR Pos.		Name	Club	Group	Age	VHR	+ / -	Act. Time	Act. Pos.	
Ev't	O/all								O/all	Ev't
1	1	Angela Carpenter	...a3crg	Wssx	53	18:45	07:21	22:20	15	1
2	14	Deborah Sheridan	Warwickshire RC	Mids	65	20:46	05:20	25:55	40	6
3	15	Lucia Borradaile	CC Weymouth	Wssx	64	20:47	05:19	25:47	36	4
4	16	Kym Harvey	Fareham Whs CC		57	21:05	05:01	25:07	32	3
5	26	Kate Kirkland	RAMcc		41	22:24	03:42	24:56	31	2
6	32	Rebecca Pearce	Ridgeway Riders	West	52	22:55	03:11	26:24	44	7
7	35	Ruth Jones	GS Mossa		42	23:16	02:50	25:53	39	5
8	41	Lorna Rowland	Twickenham CC	L&HC	52	24:23	01:43	27:52	48	8
9	50	Pippa O'Brien	RT PODA		61	26:31	-00:25	31:04	56	10
10	56	Caroline Heighton	Ferryhill Whs	Nrth	44	28:16	-02:10	31:02	55	9

VETS SOUTHERN 10 MILE CLOSED CIRCUIT CHAMPIONSHIP - MEN'S ROAD BIKES

VHR Pos.		Name	Club	Group	Age	VHR	+ / -	Act. Time	Act. Pos.	
Ev't	O/all								O/all	Ev't
1	13	Crispin Doyle	VTTA (Wessex Group)	Wssx	49	20:44	05:22	21:24	9	1
2	21	Philip Boarer	Racing Club Ravenna		58	21:45	04:21	23:16	19	2
3	25	Robert Sweatman	New Forest CC	Wssx	60	22:22	03:44	24:07	26	3
4	44	David Smith	...a3crg		54	24:43	01:23	25:49	37	4
5	47	Phil McNamara	Full Gas Racing Team		54	25:14	00:52	26:20	43	5
6	54	George Garratt	Portsmouth Triathletes		55	27:23	-01:17	28:35	51	6
7	57	Martin Pegler	Fareham Whs CC		46	28:16	-02:10	28:42	52	7
8	58	Gordon Richardson	Portsmouth NE CC		58	28:17	-02:11	29:48	54	8
9	59	Eamonn Sheridan	Warwickshire RC		68	28:31	-02:25	31:23	57	9
DNF		Stephen Skinner (Velo Club St Raphael / Wssx)								
DNS (A)		Enwezor Nzegwu (...a3crg)								

VETS SOUTHERN 10 MILE CLOSED CIRCUIT CHAMPIONSHIP - WOMEN'S ROAD BIKES

VHR Pos.		Name	Club	Group	Age	VHR	+ / -	Act. Time	Act. Pos.	
Ev't	O/all								O/all	Ev't
1	19	Celia Brown	Beacon Roads CC	Mids	45	21:38	04:28	24:29	27	1
2	55	Johanna Lovell	Portsmouth NE CC		50	28:14	-02:08	31:32	59	2
3	60	Cath Wallace	Crabwood CC		52	30:39	-04:33	34:08	60	3

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EAST ANGLIAN

Andrew Grant

In the ECCA 50 championship on Saturday 21 May, covering a dizzying 4 laps of the F2/50 based on the A428 near Cambourne, new National Age records were set by four East Anglian Group riders.

CC Ashwell's Jackie Field recorded 1:55:38 for a new 57yrs mark. Peter Horsnell (Chelmer CC) at 92, boldly going where no man has gone before, also went where no standard tables currently go with 2:57:15 (initially recorded as 1:57:15, causing much choking on tea and flapjack around the result board) and Andy Grant (Cambridge CC) recorded 1:48:39 for a new 69yrs mark.

The south-westerly wind was the favoured direction for the course, but there was rather too much of it for truly fast conditions and 6AM Cycling's Sam Brown was left wondering where he might have found two seconds with his winning 1:40:01.

The following month was notable for Matt Smith's purple patch: fresh from recording the only sub-19-minute ride of the evening in the first Group evening 10 on the E2/10 and leading Drag2Zero to the team victory, just two days later in the Viking 50 on the F2/50 he produced a winning 1:39:09 which, in the rising easterly that had everyone grovelling and whimpering their way four times to Madingley, was little short of other-worldly.

The Viking 50 was a particularly piquant win as the newly-crowned VTTA National 50 champion, Chris McNamara (Nuun Sigma Sport/ London RT) was last man off and fastest on LTS and there was a parallel race going on, since the East Anglian VTTA Group 50 was integrated in the Cambridge CC promotion.

That, of course, was decided on standard, and on that basis, Matt's 40-something youthfulness allowed 69-year-old Group Chairman Andy Grant, with 1:53:41, to get the better of both him and indeed Chris in both the Group Championship and the main event. It was close, though, less than a minute's plus (and a 25 year age range) covering the top three veteran men.

In the previous Wednesday's 10, despite Matt's quick time, age had also preceded youth, with 50-something Jackie Field and 60-something Kevin Tye just having the edge on standard.

Only East Anglian Group woman to finish the 50 (yes, conditions were that hard) was Army CU's Sue Chittock, who therefore shares the Syd Parkinson Cup with Andy.

The evening 10 series regularly attracts raiders from neighbouring tribes in search of plunder and a fast time and in the first of the series, warm still conditions and Jubilee weekend traffic had duly delivered.

June 8th was a very different proposition, with a fearsome westerly, recorded by Garmin as 17mph, gusting to 30, doing what it so often does on that stretch of road, turning one of the fastest courses in the country into one of the least hospitable. Jackie Field, again fastest woman, was two minutes back on the previous week.

In such conditions, it tends to be the younger, stronger, riders who prosper and, unsurprisingly, Matt Smith was again fastest on the day with the only ride under 20 minutes. That gave him second on standard and, with his team mate, Mark Jones, third, and them forming two thirds of the winning Drag2Zero team, the theory about the conditions favouring youth and watts appeared to be vindicated. However, 75-year-old Michael Allen of *Team Jewson - MI Racing - Poly Pipe - McCann* (snappy name for a club, that) and a tribesman of North Midlands, seems not to have got the memo. His 23:36 was indecently fast and unbecoming of the dignity of a tribal elder, giving him a five second edge on standard over Matt Smith. Ten seconds on plus and over thirty years in age covered the top four on standard.

For the third in the series on 15th June, the absence of Matt Smith meant that responsibility for delivering the customary sub-19-minute ride fell to VTTA National "10" champion and visiting-marauder-of-the-week Richard Oakes (Team Ohten Aveas) who shouldered the burden manfully and by ten seconds,

leaving Kevin Tye a minute in arrears. Unsurprisingly, such a performance by a 52-year-old was sufficient for the win on standard, with Jackie Field again the leading woman.

The following week, the car park at Westley Waterless resembled a convention of caricature Victorian Farmers spitting in the wind, chewing straws and ruminating on the likelihood of a fine harvest: "Ooh, Arr, there be enough south in tha' wind for a fine crop o' fast times." "Nay, nay, when they turbines on yonder Balsham Down do be a - spinnin' and a - turnin' thataway, 'twas ever a poor lookout."

In the event, the naysayers were – as so often this season – right and conditions flattered to deceive. 6 AM Cycling's Sam Brown, a mere stripling of 38, was fastest with 19:22 whilst Kevin Tye eased home on standard by 15 seconds from Andy Grant who, in turn, had 17 seconds on Jackie Field.

The last event in the series, a bonus extra on July 6th (following a cancellation due to road works the preceding week) saw some big veteran guns being trained on the E2 with the return of Richard Oakes and a visit by Lindsey Roads CC's Keith Ainsworth. In mischievous mood, the course provided an encore of this season's speciality strong crosswinds which kept Oakes' winning time outside 19 minutes. That, though, was enough for second on standard behind the 20-something-minute effort of Ainsworth who was rather wishing he hadn't bothered to drive down in hopes of a fast time. Cambridge CC's Andy Grant was best of the rest on standard and first of the home crowd with Hannah O'Brien (Loose Cannons Conditioning) best woman on standard and claiming domestic bragging rights over Matt, who was one place lower.

Undaunted, Keith Ainsworth made the trek south again for our first Group 25 of the year on what is currently probably the fastest course in the country, the F2/25, based at Hardwick near Cambridge. However, Kevin Tye had made an equal and opposite trek north and had the better of it on standard by four seconds. Kevin may have wondered where he might have saved a handful of seconds when he saw his 50:03 on the result sheet, but maybe not quite as much as East Anglia's Nic Pillinger (St Neots CC), whose 50:00 was actual fastest on the day. Team Milton Keynes' Linda Dewhurst was best woman on standard.

For East Anglian Group, best man on standard was Antony Brown (George Fox Cycling Solutions) whilst Sue Triplow (CC Sudbury) was best East Anglian woman and shares with Antony a year's lease on the H F Nevill 25 Cup.

After the event, the HQ at Caldecote Village Hall became the venue for a very belated distribution of 2021 Group Awards with a buffet provided by Russell Dore of Dore's Kitchen.

Particular thanks are due to Awards Secretary Denese Hallahan who had somehow made sense of the list of award winners over two disrupted years, arranged engraving and individual plaques and medals and united the majority of them with their intended recipients, and also to Davey Jones who, having photographed the event from his usual perilous vantage point of the central reservation at Caxton Gibbet, then stayed to photograph the presentations.



*2021 Group
BAR Philip
Jones
(Peterborough
CC) receiving
his trophy from
Group
Chairman
Andrew Grant
(photo by
Davey Jones)*

EAST MIDLANDS David Herd

It was good to see East Midlands VTTA star Richard Oakes as Men's VTTA National 15 Mile Champion on the **front cover of the June Veteran**, together with women's 15 mile champion Deborah Moss. It was good to read that Richard's Team Ohten Aveas also won the Club Team Award with Mike Twelves and Wayne Smith and also the Group Team Champion with Sherwood CC's Kevin Wood as the third rider. Richard then also won the VTTA National 10 Mile Championship and his Team Ohten Aveas won the team champions award with Mike Twelves and North Group's Adrian Dent. On behalf of the East Midlands VTTA Group a belated congratulations on these successes.

There are also a number of **record breaking performances** from East Midlands VTTA riders to be congratulated.

Ian Pike (Lincoln Whs) with Mark Vowells (Kent VTTA) set a national men's tandem trike record 58:02 for 25 miles at age 123.

Richard Oakes set a group men's solo bike record for 18:38 for 10 miles at age 53. He then beat this with 18:10, which is a national record.

Geoff Platts set group men's solo bike records 21:08 for 10 miles and 53:32 for 25 miles at age 67.

Jen Clegg set national women's solo bike records of 38:08 for 15 miles and 1:16:21 for 30 miles at age 68. She also set a group record of 1:03:18 for 25 miles.

Melton Olympic CC ran their early open 25 on 14 May; this incorporated the VTTA East Midlands and was on the A25/34 Farndon – Stragglethorpe A46 course. The two fastest times were set by seniors Will Perrett (Ward Wheelz) who finished with a remarkable early season time of 46:13 followed by Jack Levick (Rose Race Team) on 47:50. Ian Guilor (Mapperley CC) led a group of East Midlands veterans home with a fine 50:19 (+18:33) followed by Team Bottrill's Neal Parkin on 51:44 (+14:48) and Matthew Stonley on 52:03 (+15:40). Ian Guilor was Best on Standard and takes the Jack Watts Memorial Trophy, Chris Dyason (Cambridge CC) was second with +17:55 from an actual of 58:33 and third was Malcolm Smith (Peterborough CC) with +17:53 from 52:03 actual. Fastest females were Gretchen Zoeller (Ilkeston CC) 1:05:54 and Andrea Winkless (Coalville Whs) 1:09:25.

The **VTTA East Midlands 25** was held on 4 June on the same course as the earlier Melton Olympic event but turned out to be a much more challenging day. Senior rider Grant Bigham (Wattshop) was fastest on 51:43 with Ian Guilor in second place with a nevertheless excellent time of 53:18. Neal Parkin was close behind with 54:15, as was Sean Vincent (Born to Bike) with 54:32. The fastest vet on standard was Tim Hood (Team Bottrill) +16:41 from 54:10 actual, Ian Guilor +15:34 from 53:18 and Joseph Costello (Legato Racing) +14:56 from 56:33 actual.

The fastest three female riders on standard were Jennifer Clegg (Team Bottrill) +12:47 from 1:07:48 actual, Fay Barrington (Banbury Star CC) +11:50 from 1:03:03, with Fay the fastest female overall and

Denise Burrows (AeroCoach) second fastest with 1:04:37 (+8:12).

Finally well done and thanks to Russell Gent and his Melton Olympic CC and VTTA helpers for putting on two excellent events.

Moving over to Lincolnshire and the **LRRA 10** 21 May promoted by Lincoln Wheelers on one of my favourite courses - the C10/28 going along the Lincoln Ridge at Ingham Top/Harpwell. Senior Jack Levick was fastest with 19:32 - an impressive time for what can be a difficult course, Julian Ramsbottom (Team Bottrill) and Stuart Wells (Lindsey Roads) were joint second on 20:56. Andy Thomas (also Lindsey Roads) was 5th with 21:13, his team-mate Keith Ainsworth came in on 21:23. Sean Hunt (Lincoln Whs) 21:44 and Chris Ward (Spalding CC) 21:47. Two more riders from North Midlands for Kiveton Park CC Michael Lamb and Paul Mapletoft came in 22nd and 23rd place with 23:52 and 24:16 respectively. Ex-Witham Wheeler CC John Orridge (now VTTA (London & Home Counties)) made a long trip up north to finish on 25:58. Chris Close (Sleaford Whs) had a good ride with 26:06, with Michael Smalley (Witham Whs) 26:18 and John Scott (Sleaford Whs) with 31:03.

There was a disappointing entry of only 26 for the **Witham Wheelers open 10** on the C10/10 11 June. Stuart Wells (Lindsey Roads CC) set the fastest time with 21:19, with Ian Guilor and Keith Ainsworth joint second on the same time of 21:33. Chris Ward (Spalding CC) 21:55, Martin Fisher (Melton Olympic CC) 22:37, Anthony Nash (Lindsey Roads CC) 23:04 and Gary Ison (Melton Olympic CC) 24:43 filled the next places and are all VTTA members. Other VTTA times were: Martin Lister (Witham Whs) 25:52, Elaine Simpson (Sherwood CC) 25:56, Michael Smalley (Witham Whs) 26:09, Rod J Weston (Sleaford Whs) 26:50, his team-mate Chris Close 27:09, John Scott (Sleaford Whs) 31:02 and finally Midlands trike riding visitor Wayne Baker (Team Echelon) 31:06. As it is my club event I was so disappointed for those involved, but low entry levels appear to be the current trend. So thanks to all the workers that put this event on and all those who rode it.

The **BDCA open 25** event held on the A25/11 12 June had a reasonable amount of entries but much lower than there would have been a few years ago, although there were a number of DNS's. Richard Bideau (Pendle Forest / NL&L) was fastest with 50:12, then our own Neal Parkin (Team Bottrill) second with

50:52. The following are the East Midlands VTTA members times: Nick Cave 55:56, Ian Wroblewski 56:02 and Michael Wills 56:52 (all Team Lutterworth), Colin Parkinson (South Western RC) 58:30, Mick Stevens came in just over the hour in 1:00:02, slightly slower were Michael Wilkinson (South Normanton CC) and Tim Baggs (VC Flintham) with 1:00:37 and 1:00:50 respectively, South Pennine's Russell Carter had a good ride with a 1:02:46 as did Jo Corbett (Sherwood CC) on 1:04:53. Next came John Leeming (VC Long Eaton) 1:05:03 and Gillian Campbell (Born to Bike) 1:05:23. Pam Moore (Coalville Whs) rounded off the groups competitors with a 1:22:41.

Senior Jacob Storey was fastest rider by almost 3 minutes in 51:08 in Witham Whs 25 held on the C25/22 Silk Willoughby - Donnington 2 July. Chris Ward (Spalding CC) was third place on 54:37 and other East Mids times were: Sean Hunt 54:53, Sean Vincent 55:13 and Anthony Nash 57:94. Martin Lister 1:05:03, Michael Smalley 1:07:53 and Chris Close 1:08:59.

During searching for information for the events I was notified by Russell Gent that three members of Melton Olympic, Brian Fenwick his wife Maureen and Norman Portess were **injured recently** in a serious car crash; whilst Brian and Maureen have been discharged from hospital Norman had been kept in for further observation. I am sure on your behalf we would like to wish all three a speedy recovery.

Well that's it for now. It has been a very hot summer and for the first time in my involvement in cycling my club cancelled their evening club 10 because of high temperatures.

KENT Ian Turner

It is with great sadness that I have to report the passing of two very long standing and dedicated members of the Kent Group: Tony Peachey on 8 June 2022, and Pat Hill on 31 July 2022. Full obituaries appear elsewhere in this issue.

Thanks to Bob Giles for the following results report.

30 mile Time Trial on 24th April.

Well done to all the riders who turned up and completed what turned out to be a shortened event (24.69 miles). When doing the risk assessment and erecting the signs it was found that the level crossing

between the Brenzett and Brooklands roundabouts had been closed for maintenance works.

The vets standard times were adjusted for the actual course length:

VTTA (Kent) Awards – Veteran Riders

Standard: 1st Mark Hill (VeloRefined Rule 5) +12:22; 2nd Steve Gooch (Rye & Dist Whs) +11:40; 3rd Julian Fussell (Southboro' & Dist) +08:14; 4th Dave Hampton (Ashford Whs) +07:52
Fastest female veteran on actual time: Joy Payne (High Wycombe CC) 1:05:38
Fastest male veteran on actual time: Mark Hill (VeloRefined Rule 5) 55:38
First team of two on standard: Ashford Whs (Andy Robinson & David Hampton) +16:31

Non-Veteran Awards

Fastest male rider: Chris Fennell (The Independent Pedaler-NopinZ) 50:01.
Fastest female rider not awarded

25 mile Time Trial on 12th June

Another new organiser, whose name may be familiar, Nik Fennell. On a course the surface of which is actually improving at long last!

VTTA (Kent) Awards – Veteran Riders

Standard: 1st Simon Henderson (Thanet RC) +11:58; 2nd Ian Braybrook (Basildon CC) +7:55; 3rd Mark Thomas (Bigfoot CC) +7:38; 4th Michael Newman (Ashford Whs) +03:43
Fastest female veteran on actual time: Lesley Newman (Ashford Whs) 1:19:59
Fastest male veteran on actual time: Dean Chiddenton (Abellio - SFA RT) 55:37

Non-Veteran Awards

Fastest male rider: Peter Robinson (Back Pedal) 54:43
Fastest female rider not awarded

10 mile Time Trial on 19th June

A very hot day with little wind did not provide really good conditions for this course. A lot of fast times and PBs, but no records broken!

VTTA (Kent) Awards - Veteran Riders

Standard: 1st Mark Vowells (San Fairy Ann CC) +6:29; 2nd Mark Hill (VeloRefined Rule 5) +5:48; 3rd Martin Jones (Colour Tech RT) +5:16;
Firstst team of two on standard: San Fairy Ann CC (Mark Vowells & David Prom) +9:17

Fastest female veteran on actual time: Fiona Howarth (VC Deal) 27:52
 Fastest male veteran on actual time: Paul Burrows (Thanet RC) and Mark Hill (VeloRefined Rule 5) 21:24 (tie)

Non-Veteran Riders

Fastest male rider: Nik Fennell (Thanet RC) 20:07
 Fastest female rider not awarded

50 mile Time Trial on 10th July (combined with Tricycle Association event)

What, no wind on Romney Marsh! Put that in your diary. Strangely without a light south-westerly breeze the course wasn't as fast as it could have been. Again some good times, but nothing spectacular

VTTA (Kent) Awards – Veteran Riders

Standard: 1st Nik Wilson (Rye & Dist Whs) +27:40; 2nd Mark Hill (VeloRefined Rule 5) 26:22; 3rd Keith Walker (Wigmore CC) +24:58

First team of two on standard: Abellio SFA RT (Mark Doxey & Dean Chiddention) +48:59

Fastest female veteran on actual time: Fay Barrington (Banbury Star CC) 2:10:45

Fastest male veteran on actual time: Dean Chiddention (Abellio SFA RT) 1:52:40

Non-Veteran Riders

Fastest male rider: Nik Fennell (Thanet RC) 1:45:09
 Fastest female rider not awarded

10 mile Time Trial on 30th July Q10/1

VTTA (Kent) Awards – Veteran Riders

Standard: 1st Kevin Tye (VeloRefined Rule 5) +08:40; 2nd Stuart Hourigan (VeloRef'd Rule 5) +06:42; 3rd Kate Thomas (Lewes Wanderers) +06:02

First team of two on standard: VeloRefined Rule 5 (Kevin Tye & Stuart Hourigan) +14:46

Fastest female veteran on actual time: Kate Thomas (Lewes Wanderers) 22:45

Fastest male veteran on actual time: Kevin Tye (VeloRefined Rule 5) 19:47

Non-Veteran Riders

Fastest male rider: Chris Fennell (The Independent Pedalar-NoPinz) 20:07

Fastest female rider: Hannah Graveney (AWOL O'Shea WORX) 24:31

VTTA Wednesday 10@10 series 2022

This is the overall position after event 5 (6th July). Event 1 on 6th April was cancelled due to poor weather. Best 4 events to count.

	Name	Club	Std +/-	Events
1	Antony Bee	Wigmore CC	+24:51	4
2	Steve Avery	Big Foot	+18:24	3
3	Mark Vowells	San Fairy Ann CC	+14:54	2
4	Colin Jarman	Soutborough & D Whs	+09:35	2
5	Mike Perry	Thanet RC	+08:10	4
6	Ian Pike	Lincoln Whs	+07:38	2
7	Les Humphrey	South East RC	+04:13	3
8	Clive Bradburn	San Fairy Ann CC	+03:16	1
9	Alec Mayes	Ashford Whs	+03:06	1
10	Roger Hetchings	VC Merlin	+02:36	1
11	Les Hayman	Soutborough & D Whs	+01:32	2
12	Keith Walker	Wigmore CC	+00:32	1
13	Chris Parker	Hastings & St Leonards	+00:08	3

Events are held on course Q10/33 on the first Wednesday of each month from April to October with a road bike event on 8th December. Entry fee is £5 on the line. The overall winner each year wins the Melster Shield.

LONDON & HOME COUNTIES

John Hoskins

We have already had three successful promotions this season, with our second mid-week event happening just after the closing date for this article. Here are some details. The results on standard are now being processed and displayed using the Vets Handicap Time (VHT) which are easier to understand if you are new to vets racing and standards. I doubt if it makes much difference to the chat around the result board with the riders themselves usually well informed regarding both systems.

The first of our promotions this year was the Ten on the F11 course near Tring, based on the A41 dual carriageway. In the medals from the L & HC Group were Joel Stewart (Team Ohten Aveas) who was the 2nd actual fastest man with 19:22; Danuta Tinn (Maidenhead & Dist.) and Joy Payne (High Wycombe CC) who tied as 2nd ladies on VHT, both only a handful of seconds behind the winning lady on VHT, Lisa Davis of Drag2Zero. Interestingly this means a tie for the Don Byham Trophy (for 2nd L & HC rider on standard in this event). In the tandem event Richard May and David Shannon (Islington CC) were second on VHT as well as being fastest tandem with 21:51. The event was organised by Geoff Perry very successfully, with a new HQ at Tring and had well over 100 riders. Although this was a smaller entry than for most of our promotions on this very fast course it was still very high compared with many other open time trials across the country.

The next event was our mid-week event on the relatively new H10/3r course starting in Hungerford and turning just west of Newbury (all on the A4). Alan Murchinson of Wattshop was both fastest overall and winner on VHT. Only eight seconds separated the first two men on VHT with Chris Loake (Aerocoach) 2nd and Andy Tucker (Newbury Velo) 3rd (all from L & HC). L & HC stalwarts Joy Payne (High Wycombe) and Claire Emons (...a3crg) came in 1st and 2nd on VHT in the ladies result with Arja Scarsbrook (Team Echelon) 3rd. Technically Claire is no longer L & HC but she is organising our second mid-week event on the same course in August having switched to join club mates in the Wessex Group, so still an honorary member. This course is well to the west of our area, but with traffic levels making more centralised courses unavailable, and the committee's wish to support a very healthy part of our membership that is thriving amongst our more westerly clubs, it made sense. It was also good to have back Stuart Stow as an event organiser after a break of a few years.

Then we had David Guy's promotion in July, once again on the much favoured F11. This event was hugely oversubscribed, with well over 200 entries for the event. However, with 150 riders on the start sheet, plus fifteen reserves it was always destined to be the success it turned out to be. Richard Oakes of Team Ohten Aveas was clearly the rider of the day, recording the fastest time(18:10) by nearly a minute and won on standard by 35 seconds as well with a plus of 08:57. Anthony Turner (Mickey Cranks CC)

and Nick Morgan (Hitchen Nomads) were 2nd and 3rd on scratch with 18:54 and 19:00 respectively. Both Anthony and Nick are L & HC riders, as is Linda Dewhurst (Team Milton Keynes) who was second on standard with plus 07:57, a handful of seconds behind the ladies winner on standard Arja Scarsbrook (Team Echelon) who recorded a plus of 08:05. Sally Turner of Trainsharp recorded the fastest lady's time of 20:52, also coming in as 3rd lady on standard. There was no surprise in the tandem event when Rachael Elliott and Ian Greenstreet of the Newbury Velo and L & HC recorded 18:34 (+08:33) beating the other tandem pair Christopher and Joanne York (Maldon & District) in both the scratch and standards result. To the credit of the L & HC group, we mustered 18 marshals and helpers, with numerous riders congratulating us on the depth and efficiency of the marshalling.

The next two events are well in hand, both with experienced organisers, and both will have happened by the time you read this. In a few days time (17th August) we will be promoting our second mid-week event and it has (for a mid-week event) a large field of sixty solos and one tandem. Organised by Claire Emons I'm sure it will all happen just as it should. Then next month with Rocco 25 on the ski-slope H25/2, once again under the organisation of Wolfgang Emmerich (along with the rest of the London Phoenix CC) on London West's fastest 25 course.

Entries for events in the Home Counties area have been well down this season, but for us at least the entries have climbed back to 2021 levels – if not higher. I hope that is being repeated across the country. CTT are concerned about event entry levels so I suspect it isn't. Apart from the racing the committee is just starting to look at the prize giving luncheon, which will probably be in late January next year and probably at the normal venue of Aldbury Golf Club. Details of that event will follow soon. The organiser of the luncheon has changed, with the event being taken over by relatively new group member Simon Bowler – although he will be getting advice from Katja Rietdorf no doubt as she has run the event for the past five years.

Although as a group we seem to be able to get members to promote events and fulfil the important committee positions we sometimes struggle to get some of the ancillary work carried out. Our group recorder (Geoff Perry) not only produces all of the

results for events and season long group championships, but he also arranges for all of the engraving of medals and trophies – and now is also finding himself responsible for getting the trophies to the prize-giving lunch and distribution of all uncollected medals. So if anyone could help with this the committee would be very grateful. Otherwise it would be pleasant if we could get some new members onto the committee (without any specific responsibilities to help provide a wider spread of opinions and ideas). Just contact me on 07717 086689 for any further information.

MANCHESTER & NORTH WEST

Ken Workman

I hope those still competing have enjoyed their sport in this heatwave. But oh, the perversity of our British climate! Statistics show July was the driest on record, yet the Mersey RC 24 Hour which incorporated both VTTA and CTT National Championships on 23rd-24th July, was subject to some awful weather, causing 40% of the field to abandon!

Our Bury Clarion lass, Joanna Cebrat, rode mainly to sponsor Rossendale Hospice, particularly her good friend Charlotte. The gusty wind and rain overnight played its part in Joanna having such a bad time she reports that but for riding for this cause she would have climbed off. Joanna wasn't aware that on entering the final circuit she was head to head with the female race leader, and says had she known that, she would have probably tried harder.

However, in Joanna's first full day event, a VTTA gold medal, plus 8th place overall ain't too shady. She covered 425.23 miles, earning her a plus of 93.96 miles. She also set a new M&NW Group record, in fact it was exceedingly close to being a national record. Joanna took the CTT ladies silver medal for good measure. Well done that girl!

Another cause for M&NW celebration was that Ian Holbrook (Stone Wh), gained the men's silver medal by covering 469.25 miles, earning his plus of 126.92 miles. Ian's ride created another very creditable M&NW group record, although sadly he missed out on the CTT bronze medal by less than 3 miles! We look forward to Ian improving on that placing next season. Great work!

Even finishing a '24' is something to be celebrated. I know from personal experience as a helper what a

vital part each riders' backup team play, so a big thanks to them also.

After reading the June issue, our group secretary, Nev Ashman, realised he could have claimed an age record for his ride in the Championship '15' even though he had two 'mechanicals' and was further delayed by traffic. Nev estimated he lost a total of 90 seconds, but this might be on the low side for three hold ups! Nevertheless, Nev's claim has been accepted by our recorder.

The Warrington Road Club/M&NW Group '50' on 21st May was competed for Warrington's Harry Barker Trophy. The obligatory road works caused a reduction to 47 miles, so everyone got a PB! The organiser, our recorder, David Wright, held a separate road bike event with 11 on that card, but only 7 finished. Fastest in this section recorded a creditable 1:44:00.

In the TT bike section, local 'apprentice' vet, Alistair Ribbands, (Congleton CC), was fastest with 1.41.50. Interestingly, the first four fastest men all set off within 5 minutes of each other. These included 'our' Alan Chorley, (Seamons CC) in 4th with 1:44:33, while Ade Hughes came 8th with 1:46:26. Dan Shackleton of ABC Centreville finished in 10th place with 1:48:33.

Our new member Lucy Rogers of Congleton CC, rode to a plus of 28:52, securing our ES Ward Memorial Championship Cup. Alan Chorley took second place on standard with a plus of 25:29.

Tim Smith organised our group's combined '25' promotion with the Janus RC on 4th June. Once again, Alistair Ribbands (Congleton CC), beat all comers with 53:29. Ian Holbrook (Stone Wh.), just a few years older, took 54:58 for 4th fastest and was fastest vet. Alan Chorley's, 55:46, saw him placed 5th, while Bury Clarion's Kevin Blades gained sixth with 56:44. Matt Stephenson (Congleton CC) was 11th fastest with 59:39 while Matt's club mate Mick Hutchins was close on his heels (or even wheels) with 59:50, completing those who got under the hour. Claire Harrison (Congleton CC), 1:02:59 was the fastest lady vet.

Our Group 10 mile co-promotion with Buxton CC/Sett Valley Cycles on 16th June saw Alistair Ribbands (Congleton CC) yet again topping the list with 19:50. What a great spell of form this man has had, we relish the not too distant time when he'll be old enough to join our ranks. Perhaps our Congleton members can even begin to advise him on the benefits!

Ian Holbrook (Stone Wh) was fastest M&NW Group member with 20:50 - with a 6:17 plus. Ian, along with Ade Hughes (Seamons CC), whose 21:12 even outperformed the redoubtable Dame Sarah Storey (Storey Racing), who rocked up with 21:21 for a new ladies' course record.

Our husband and wife duo Jon and Liz Batt of the promoting club, took 21st and 22nd with 24:08 and 24:12 respectively. But Liz had the satisfaction of taking home the ladies' veterans' prize. Interestingly, organiser Mat Ivings included a £15 'lantern rouge' prize won by Merseyside Group member, Nigel Gleeson. That might just cover his petrol?

The Seamons CC '25' on a hot Saturday, 16th July, was our final combined group event of the season and five of the fastest 10 were M&NW members. The promoting club was well represented by Alan Chorley, its 3rd fastest with 54:26, less than a minute shy of Congleton CC's Alastair Ribbands. Other Seamons men were 5th, 6th and 7th fastest due to new group member Richard Shaw's PB of 55:13, another new member Stephen Dooley's 56:07, and Ade Hughes' 56:19. Claire Harrison (Congleton CC) and Alan Chorley each received a VTTA gilet for being winners on standard. Our thanks are due to Charles Carraz for promoting. Sadly, last season's event resulted in the death of the very popular Darren Maironis.

Since the last edition we have enrolled 9 new members, but as they are all now listed on a dedicated page, you can find their names there, but we do welcome them anyway. At least one joined due to perusing our group's bespoke recruitment leaflet and speaking to Nev Ashman and myself at an event.

Derek Hodgins is still experiencing pain after his accident, but our group stalwart seems to be getting back to his normal cheerful self. Amazingly, he suffered over 100 fractures after his front wheel encountered a speed hump while he was riding at a very slow speed. To add insult to his many injuries, he then contracted covid in hospital. Derek can now receive visitors at home and wishes to thank the many people who sent letters, cards and telephoned with get well wishes. All these were much appreciated and are helping him greatly in his recovery.

We regret to report that Barbara Wellings passed away in July. She had been in a lot of pain and her family were not sorry when she was finally released from her suffering. She was in her 87th year.

Sadly, we must also report that another long term group member, Fred Nightingale, has passed away aged 92. We hope to include obituaries on both of these stalwarts in a future edition.

Sunday 20th November has been confirmed for our Group Annual General Meeting at Goostrey Village Hall, starting at 1000am.. It's a little earlier this year, nearer our usual Sunday. Last year's attendance was reduced due to bad weather, so please make every effort to be there.

The Group still have a number of handsome VTTA gilets which bear the new logo. They come in a range of sizes and are on sale at £35.80 each. See our group section on the website for more details.

M&NW members; when you read this the season will be in its final stages, but your colleagues would still like to hear of your TT high spots. They might even sympathise with any low spots, so please advise me on: kenworkman66@gmail.com

MERSEYSIDE

Phil Guy

As I sit in the relative cool of my office-cum-turbo-room to write this piece, searching for inspiration, my mind drifts towards tomorrow's West Cheshire 12 hour. The weather forecast is for baking temperatures in the mid thirties. It has been many years since I have ridden a 12, but I always dreaded this type of weather as I could not handle the heat. It will be hard enough marshalling.

Tomorrow's event will be notable for a number of reasons. It will be the last West Cheshire 12 to be organised by Mersey Roads' Ruth Williams, the Matriarch of Merseyside cycling. (*def. (Oxford Dictionary) matriarch - an older woman who is powerful within a family or organisation*). This will be her 30th and final year and will be an almost impossible act to follow. If you're reading this, Ruth, Thank you so much.

It will also be notable because, for two Merseyside Group members, tandem pair Brigid Night and Chris Hanson-Jones of Frodsham Wheelers, this will be the final hurdle in their mission to gain standard awards at all eight distances. Their most recent success was in the Mersey Roads 24 hour. Chris was recovering from covid, in fact he only tested negative the day before, and suffered greatly on the hilly course in wet

and windy conditions. They displayed an extraordinary level of determination to finish. Chapeau!

An unusually small 12 hour field of 23 riders includes some half a dozen Mersey Vets and the event will be a major factor in determining the outcome of the Group BAR. Good luck everybody.

Of course, by the time you get to read all this it will all be over.

Group Trophy Events

Three events to report this time, all well supported by group members. This part of the season has seen Wrekinsport's Deb Hutson-Lumb starting to take a tight grip on the group's stock of trophies.

The Chester RC 25 on 29th May hosted the Colin Rutter Cup for best on standard and the WJ Smith Rose Bowl for fastest time. Winners were Deb Hutson-Lumb and Dave Williams respectively. The full result is:

Deb Hutson-Lumb, +15:05 (1:01:13); Tim Beardmore, +14:50 (53:06); Dave Williams, +14:31 (52:01); Arthur Winstanley, +12:41 (59:57); Jonathan Mills-Keeling, +12:28 (55:15); Gino Trasatti, +12:12 (1:03:11); Alan Broadbent, +12:07 (55:24); Emma Serjeant, +11:06 (1:01:30); Janet Fairclough, +10:51 (1:06:48); Ben Love, +9:05 (57:27); James Meldrum, +7:55 (58:27); Brian Woods, +7:55 (59:48); Steve Aston, +7:20 (59:35); Helen Tudor, +7:12 (1:07:57); Geoffrey Edgerton, +6:09 (1:10:19); Ian Casson, +4:58 (1:08:57); Martin Sturge, +4:29 (1:04:38); Paul Edwards, +4:11 (1:03:59); Les Boughey, +2:44 (1:07:30); Chris Lawson, +1:48 (1:07:51); Mark Jones, +1:19 (1:07:48); Emma Tilston, -0:08 (1:16:08); Peter Norman, -13:57 (1:38:02)

The second event was the West Cheshire 50, held on the Prees course, on June 12th. Winner of the Dick Corris Cup for best on standard was Deb Hutson-Lumb, Wrekinsport CC, her actual time of 2:08:37 giving a plus of 27:19. The Eddie Gradden Cup for fastest time went to Tim Beardmore, Bridgnorth CC with a personal best of 1:52:15 (+26:25).

A good turnout of Group members completed the event, as follows:

Jonathan Mills-Keeling, +24:10 (1:54:03); Arthur Winstanley, +22:47 (2:05:57); Alan Broadbent, +21:53 (1:55:53); Janet Fairclough, +20:29 (2:18:19); Liam Ferris, +17:18 (2:02:50); Ben Love, +16:14 (1:59:29); John Westhead, +14:00, (2:13:54); James Meldrum,

+10:28 (2:04:51); Ian Casson, +8:42 (2:22:48); Martin Sturge, +4:33 (2:16:39)

Three trophies were up for competition in the SCCA 10 on the 6th August. Prolific group trophy winner Tim Beardmore generously took on the organisation of this event following the withdrawal of the previous organiser. Thanks Tim.

Winner of the Oscar Dover Cup for best on standard and also the Hilda Dover Cup for best woman on standard, was Deb Hutson-Lumb, Wrekinsport CC with plus 6:17 (act 23:51), whilst Dave Williams, Velotik RT, won the Derek Ireland Cup for fastest time with 20:07 (+6:12), just missing out on a 30mph ride on Shropshire roads.

Merseyside Vets provided almost a third of the finishers for this event, which like so many in 2022 suffered a disappointingly low entry. The full result was:

Deb Hutson-Lumb, +6:17 (23:51); Dave Williams, +6:12 (20:07); Alan Broadbent +4:43 (21:58); Stuart McCormick +4:01 (23:11); George Aldridge, +3:36 (25:43); Helen Tudor, +3:30 (26:11); Nigel Gleeson, 2:59 (25:50); Geoff Edgerton, +2:58 (27:09); Ian Casson, +2:43 (26:34); Ben Love, +2:21 (23:58); Les Boughey, +1:32 (26:12); Linda Beckett, -0:48 (30:30)

Future dates

I know we are still in the middle of the season, but there are a couple of dates for you to look forward to:

Friday, November 18th, Group AGM, Waverton Village Hall

And something for you to really look forward to:

Sunday, January 15th, 2023, Annual Lunch and Prizegiving, Cheshire View, Christleton.

More details in due course. In The meantime, thanks for reading, keep training and stay safe.

MIDLANDS

Alastair Semple

We've seen some exciting racing this summer, not only in the professional peloton but on our local Midlands courses too.

With the Commonwealth Games (CWG) being hosted in our region we saw a number of appearances at local open events by CWG riders wanting some final preparation before the games. Not to be out shone,

our VTTA members rose to the challenge and we saw several new 'regional age records' being set.

Simon Dighton (Beacon Roads CC) set new 10 and 25 mile records; Steve Loraine (Legato Racing Team), Joe Costello (Legato Racing Team), Jon Howard (Team Echelon), Mark Wise (Team Jewson - MI Racing~Poly Pipe~McCann), and Mark Hamer (Stratford Cycling Club) all set 10 mile age records.

Due to a number of event cancellations only one Midlands VTTA trophy has been awarded so far this year and that was the Birks Cup, which went to Joe Costello (Legato Racing Team) when he finished best on standard on the K11/10 on 14th August with +6:27. Our final Midlands VTTA competitions for the 50 mile trophies and the district 10 mile will be decided in our September events.

We were very pleased to hear that the NEC has chosen the Midlands VTTA to host the 10 mile national championships in 2023. This will take place in September on our newly surfaced K48/10 course on the A51 road near Stafford. It's an out and back 10 with a bit of elevation mid-way which makes it a little more technical.

Don't miss the opportunity for a trial run on this very course next month. Get your entry in for the Midlands VTTA (open to all ages) event on 17th September, closing date 6th September.

Enjoy the ride.

NORTH

Gavin Russell

With another heatwave upon us, I hope those that can are getting out and about and experiencing the enjoyment this type of weather brings.

2022 Group Events:

Following on from the last North Group report, a number of North Group events have now taken place. Whilst not experiencing large fields, this did not deter from some keen competition. Although all results have been published on the Cycling Time Trials and VTTA websites, highlights from each of the events is as follows.

22/05/22 Hartlepool CC/VTTA North 10, T102 - organized by Phil Wright. With a field of 47 riders, 44 took to the start line. Marcel Schubert took the VTTA Jubilee Cup as fastest on standard (+06:25). In

addition he was also fastest on actual time.(19:41). In 2nd spot on standard, Russell Richardson maintained his good form with a plus of 5:35. In third spot on standard (05:35) and on actual time was Keith Murray.

05/06/22 VTTA North/Cleveland Coureurs CC 10, T102 - organized by Gavin Russell. Of the 30 starters on the day from a field of 33, the first 7 fastest on standard were from the North Group membership. Leading the way, and reversing the placing from the previous VTTA North event, was Russell Richardson, with a plus of 06:23. Super-fast man, Marcel Schubert, scooped second spot with a plus of 05:58. Long time time trialist making a serious comeback, 70 year old Dave Nichol, came home with an impressive plus of 05:23. Fastest visitors from Yorkshire on standard took the 8th & 9th place with Sarah Foulds (+2:20) and Peter Macklam (+2:11). Fastest on the day went to Marcel Schubert with a time of 20:08.

31/07/22 VTTA North/Cleveland Coureurs CC 25, T252/3 – organized by Gavin Russell. Due to heavy rain and the corresponding dangerous spray from passing vehicles, it was agreed by all attending officials and those riders present, that the event be postponed to another date. As the organizer, I have established that **the new date for the event would be Sunday 25th September**. This has been communicated to all those who had entered the original event, with invitations extended to any new riders who may find they are now available to enter.

Still to be held:

28/08/22 Darlington CC/VTTA North 50, T504 - organized by Marcel Schubert. This is a new course based on the A6005 single carriageway road running adjacent to the A1(M) in North Yorkshire south of Catterick. Older members will remember most of the road being used on this new course, from the epic battles that took place in the 60's through to the 80's, where it formed one of the carriageways of the old T254, where the 25 national record was broken numerous times.

25/09/22 Cleveland Wheelers CC H/c, THC33, Ingleby Greenhow Bank – organized by Steve Tilly. This event includes the North Group Hill climb championship.

VTTA North/Veteran North 10 Mile Closed Circuit Championship, T10C, Croft Motor Racing Circuit

- organized by Gavin Russell. This 2022 championship event is being organized as an open event this year, so now attracts a higher entrance fee of £13 (£8 in 2021 when it was a Type B "club" event). It is open to both VTTA members and non-members. All are eligible to win championship medals.

In a plea for help, if you do not intend to or cannot ride an event, please ask if you can volunteer your services. It would be most appreciated by the organizers and riders alike.

Achievement:

Every so often, the North Group, are blessed with the appearance of an individual rider who exceeds expectations and makes a mark on the Cycling Time Trial national stage. In late season 2021, on reaching the age of 40, Marcel Schubert, Darlington CC joined the group. In his first full season as a vet, he has achieved recognition at a national level by finishing in silver position in the RTTC national 50 mile championship. (held on Teesside and officiated by many of the group's members). To add to this accolade, Marcel then went on to finish 4th in the RTTC national 100 mile championship held in the Cockermouth area, Cumbria. By mid-August it is reported that he has won 12 events. Congratulation Marcel and continue flying the flag.

Health Update:

With the pandemic now, in many people's eyes, moved down the national agenda, it is worth remembering that a number of our group riders and supporters continue to experience the long covid symptoms and are suffering with raised pulse rates and/or breathing difficulties. Please keep them in your thoughts and please offer support where appropriate. We wish them well in their recovery process and very much look forward to seeing them out and about on their bikes again.

It is with immense sadness that I need to report the passing of a group stalwart, Bert Clayton, on the 26th July 2022. Bert, from the Darlington area, was a very well-known time trialist both in the area and further afield. I believe that, along with his brother George, he still holds some National trike records at various distances. Along with his wife, Pam, they rode, organized and supported events over many decades, including the thankless task of organizing the Groups annual prize presentation dinner. Sadly, in recent years, both have suffered from health issues. Bert

was a quiet person, with never a bad word for anyone and was respected and admired by all who came into contact with him. In respect to Bert's last wishes, a very private family crematorium service was held, with no attendance from the core of cyclists who knew and wanted to pay their respects to a fine gentleman. Hopefully a full obituary will be produced by the next issue.

2023 Annual Luncheon and Prize Presentation:

Our luncheon co-ordinator, Ruth Crossley, has been exploring various alternatives and venues, and following consultation with the Group committee and officials, a way forward was agreed. Embracing feedback from the 2022 attendees, we are to return to the Hardwick Hall Hotel at Sedgefield, Co., Durham, on Sunday 8th January 2023. Instead of a formal set menu, it has been agreed with the hotel to provide a hot buffet. Ruth will be contacting members nearer the date with all the information to make a booking.

Standards:

Please remember that standards can only be achieved in open events in any of the 21 CTT districts (including the closed circuit 10 mile Croft Championship in October). Times recorded in club events do not qualify. Please be mindful that standards must be paid for before any qualifying ride can be considered for an award.

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.

At the time of writing, (mid August) with the time trial season in full swing, may we wish members a continuing successful and safe season of racing. For those who no longer compete, please stay safe and enjoy riding the bike.

NORTH LANCASHIRE & LAKES

Richard Taylor

With the hill climb season unlikely to be troubled by the majority of our membership, the 2022 racing calendar starts to taper off this month. A strange one in ways, good fields in some events whilst others have

struggled for numbers, even evening 10 series have been cancelled in the north west area. Our two summer events were typical of this trend, the first barely worth the effort, the second, better than normal.

The Open 25 run in conjunction with the West Pennine RC only attracted 31 entrants on a lovely June evening and a few early starters even had to contend with the largest agricultural implement seen in these parts for many a year, costing minutes trying to extricate themselves from the ensuing congestion on a non-too-wide Cockerham road. The faster lads at the rear of the field were unimpeded, but had to suffer some banter from the locals outside the Patten Arms start point. The results were:

Fastest - 1st Andy Wright (Total Tri Training) 53:15; 2nd Nick Rose (Total Tri Training) 55:45 :3rd Andy Whiteside (Springfield Financial) 55:51

Woman - 1st Debbie Moss (Springfield Financial) 1:1:59; 2nd Carol Westmorland (Border City Whs) 1:7:16

Best on standard - 1st Peter Greenwood (Clayton Velo) +14:19; 2nd Mike Westmorland (Border City Whs) +13:29; 3rd Dave Hargreaves (North Lancs RC) +12:57

Woman on standard - 1st Debbie Moss (Springfield Financial) +12:54; 2nd Sue Cheetham (North Lancs RC) +8:33

Team on standard - Springfield Financial (Deb Moss, Andy Whiteside, Matt Stell) +34:40

Other group riders times were, Matt Stell 56:38, Peter Greenwood 1:0:04, Richard Tyson 1:1:05, David Rundall 1:3:27, John Bunting 1:3:35, Dave Hargreaves 1:4:07, Stephen Moorhouse 1:4:28, Mike Westmorland 1:4:51, Dave Hilditch 1:6:12, Sue Cheetham 1:8:24, Peter Haigh 1:9:03, John Leach 1:18:52, Alan Stark 1:20:03, Derek Black 1:20:52 and Brian Moore on his barrow, 1:29:41. Brian's missus did the honours on the watch.

Open 50

The 50 with a healthy 77 riders, was once again a success despite inclement weather and the lack of an event HQ. Braithwaite Hall, the usual venue, was occupied and eleventh hour attempts at an alternative rendered fruitless. But the quiet lane adjacent to the start and a hastily erected gazebo proved successful against the elements. There were some very fast rides, with Si Wilson breaking the event record.

1st Si Wilson (Ribble Weldtite) 1:38:17; 2nd Liam Beatty (Hawick CC) 1:41:49; 3rd Doug Watson (GTR Return to Life) 1:42:35; 4th Alex Royle (Manchester BC) 1:45:41

Woman - 1st Lizi Brooke (Wahoo Endurance) 1:57:49; 2nd Debbie Moss (Springfield Financial) 1:59:37; 3rd Joanna Cebrat (Bury Clarion) 2:06:02

Best on standard - 1st Debbie Moss (Springfield Financial) +33:17; 2nd Peter Greenwood (Clayton Velo) +32:41; 3rd Ian Elliot (Hawick CC) +31:46; 4th Mike Westmorland (Border City Whs) +29:52

Woman on standard - 1st Debbie Moss (Springfield Financial) +33:17; 2nd Joanna Cebrat (Bury Clarion) +22:28; 3rd Sue Cheetham (North Lancs RC) +19:07

Team on standard - Springfield Financial (Debbie Moss, Derek Parkinson, Andy Whiteside) +90:45

Derek Parkinson and Andy Whiteside renewed their rivalry once again, even though now being team mates, Derek's 1:48:22 being just too good for Andy's 1:49:16. Other group riders were: Paul Fleming 1:55:02, Matt Stell 1:56:42, Simon Horsley 1:57:12, Peter Greenwood 1:59:49, Paul Russell 2:1:44, Martin Horrobin 2:2:43, David Rundall 2:4:58, Mike Westmorland 2:11:15, Stephen Moorhouse 2:12:26, David Hilditch 2:13:15, Bill Maxwell 2:14:32, Sue Cheetham 2:18:12, Rachael Maxwell 2:18:48, Clifford Degraff 2:21:24 and Willie Armstrong 2:21:37.

Debbie Moss looks odds on to take the group's ladies championship once again with the overall award also within her grasp. This was her second sub 2 hour 50 in a week, so congratulations are in order. Commiserations to Bill Maxwell who came off after finishing and returning to his car. He ended up in hospital with a broken collar bone and 7 broken ribs; we wish him a speedy recovery.

Of course the event would never be possible without the kind help given, especially in the wet conditions. Thanks go to timekeeper and gazebo supplier Tracy Moore, and husband Brian who marshalled the top turn with Peter Haigh. Peter Briscoe and Richard Belk manned Keswick Island, whilst wife Margaret was spotter at the finish. Julia Moorhouse oversaw the numbers and sign on/off. Denis Thompson pushed off.

NLTTA 100

Since the demise of the Vets 100, way back when, the NLTTA event has been the focal point for 100 milers in the north west of England. This year it was also the RTTC National Championship and took place on the A66 Keswick to Cockermouth road as used in the previous weeks' group 50. Just short of a full field gave the event a successful feel even before the first rider left the timekeeper. And so it proved, a gloriously warm summer day, a new ladies competition record and several excellent rides from our members. Andy Whiteside was our fastest rider and also best on standard, his 3:42:25 gave him a plus of 64:36. Teammate and of course rival from the previous week's 50, Derek Parkinson, recorded 3:45:39 for 3rd on standard (+61:22). Sandwiched between with a plus of 64:12 was 77 year old Mike Westmorland whose 4:37:21 beat the previous group age record by an hour and 43 minutes! That will certainly take some beating.

Other rides were Matt Stell 4:4:02, Paul Russell 4:12:48, David Rundall 4:25:34, Theresa Taylor 4:50:54 also a group age record, Dave Hilditch timed 4:52:32 and Rachael Maxwell improved over half an hour to record 4:57:24 and win the handicap trophy, still no clipless pedals nor toe clips! Jake Sargent of FTP was Men's Champion in 3:23:39, whilst Joanna Patterson of Wahoo destroyed the women's old record by over 5 minutes to take the title in 3:36:31. Many thanks to member Nigel Clementson for organising the event, with our group providing the timekeepers and much of the marshalling.

Finally

A welcome back to our new old member Ian Cox (Fogarty's Insurance Tri Team).

The Annual General Meeting will take place at Winmarleigh Village Hall on Sunday 13th November at 10.15am. The slightly earlier start than normal is due to several attending the TA North west dinner later in Garstang. Join us, attend both!

Bye for now, enjoy the social season.

NORTH MIDLANDS

Chris Lea

Picking out a few highlights of racing news for the Group from mid-May to mid-August:

Birdwell Whs promoted their 10 on the O10/1 at Hatfield Woodhouse on Saturday 14 May. Steve

Gibson (Peak RC) was 4th in 21:31, Mick Allen (Team Jewson) rode over 25 mph at age 75, with 23:59. Also riding was Gordon Wordsworth (Rutland CC), finishing in 24:29. In the road bike event, Dominic Watts (Veloviewer) finished in a rapid 24:03.

There was a strong turnout from the Lindsey Roads CC in Lincoln Whs 10 on the following Saturday. The event ran on the B1398 on top of the ridge north of Lincoln; course code C10/28. Stuart Wells (Lindsey Roads CC) placed 3rd overall, with 20:56. Club mates Andy Thomas and Keith Ainsworth rode 21:13 and 21:23, for 5th and 8th spot respectively, whilst Anthony Nash (also Lindsey Roads CC) did 22:31. Andy Newham, from the promoting club, was a little quicker, with 22:18. Paul Mapletoft (Kiveton Park CC) rode 24:16 and Ben Hamilton (Rutland CC) 27:22.

Saturday 28 May saw Keith Ainsworth riding the Northampton & District CA 25 over a sporting course near Cambridge. Keith did 55:25, 9th and just a few seconds slower than his 2021 time of 55:19. At that rate he'll still be under the hour on this course at age 108. We look forward to 2067's report.

Meanwhile Andy Hicklin (Peak RC) tackled Richmond CC's mountainous 23.5 mile event, including the long and steep climb across Grinton Moor - relabelled 'Cote de Grinton Moor' for the 2014 Tour de France, over which Jens Voigt led the way solo. The T243 is to be sought out or.....avoided. Andy was 8th in 1:03:47 at an average speed of just over 22 mph.

Miles Haslam (Buxton CC) became the first North Mids vet to complete a 100 this year, recording a PB of 4:34:12 in the classic Anfield 100. Starting early morning on Friday 3 June it escaped the worst of the weekend's wind, but the tough Shropshire course was as demanding as ever.

The following day there was a fresh to strong easterly wind for the Cambridge CC 50 on the F2/50. This made for a stern test, with a 6 mph and 4 tooth difference out and back. Chris Lea (Buxton CC) and Trevor Mayne (Birdwell Whs) finished in 1:59:11 and 1:59:19, respectively.

Also afflicted by the wind that day was VTTA East Midlands 25 on the A25/34 on the A46 near Newark. As with the F2/50 there is little shelter, consequently Stuart Wells was exactly three minutes slower than his last outing on this course, recording 55:21. Club mate Andy Thomas did 56:22. Sheehan Quirke (VC Veldrijden) rode 58:30, Anthony Nash was

uncharacteristically over the hour in 1:00:19, whilst Sarah Harrison (Sheffield Tri Club) was four minutes or so down on her usual times on this course, in 1:04:22.

Thursday evening 16 June was the Buxton CC 10 on the J10/1 Chapel-en-le-Frith bypass, Andrew Stokes of the promoting club had a fast ride, with 21:27. Chris Lea also rode, recording 22:19, along with Alan Cooke (Peak RC) 22:43, and Tracy Gregory (Buxton CC) who took 2½ minutes off her PB, with 26:15. The weather was perfect!

Despite mixed weather conditions in the Manchester & District TTA 50 on the J4/9 course – 4 laps of a testing circuit in Cheshire – Mat Ivings (Buxton CC) was 1st vet and 5th overall in 1:52:09.

On the same afternoon but further south, for Hemel Hempstead CC's 10 the weather was much the same. This event used the fast F11/10 but delivered frustration for Stuart Wells with 20:00 and for Ady Dench (Team Sheffield) with a similarly fast 20:06.

On 25 June, North Mids vets were busy in Salford CC and MDLCA 25 on the J2/9 in Cheshire. We shall say no more about the road surface. It was another windy one. In the women's event Anne Haslam (Buxton CC) did 1:13:57 in this her 2nd 25, whilst Tracy Gregory rode 1:15:39. In the men's race it was close between Mat Ivings and Keith Ainsworth who finished in 54:42 and 54:55, respectively, with Mat 1st vet overall and Keith 1st vet on standard.

Keith Ainsworth won the newly introduced Vets Southern Closed Circuit Championship on 2 July evening at the Goodwood Motor Circuit, see full report elsewhere. Will he go on to claim the double by also winning the Northern Championship at Croft on 23 October?

That same day Chris Lea rode the Finsbury Park CC 50 on the quick roads of the F2/50 south of Cambridge. With again a fresh wind but from the south west, which allowed for some decent shelter at times, he recorded 1:55:18.

Ady Dench won Saturday 9 July's Bossard Whs 10 on the F15/10E course, based on lanes to the south west of Bedford, in 21:04. Always a significant achievement - to win an open event.

On Sunday morning, Simon Warren (Norwood Paragon CC) became the fastest North Mids vet over 100 miles this season thus far, with 4:14:54 in the

National Championships at the north west edge of the Lake District.

The following weekend it was back to F2/50 for the Shaftesbury CC 50, relocated from the E2 due to roadworks. It was a hot one, with 15 riders DNF. Keith Ainsworth posted an excellent 1:45:34 for 9th place. Chris Lea finished in 1:57:28, whilst Martin Bullen (Peterborough CC) got his covid-delayed season underway with a 2:15:27.

The top event of the 23/24 July weekend was the National 24 Hour Championship, promoted as usual by the Mersey Roads on a sporting course in North Shropshire. See full report elsewhere. Well done to Miles Haslam, who battled through to record 377.7 miles and 18th place.

On the Saturday, Sherwood CC held their 10 on the popular A10/3 course, based on the A46 DC near Newark. It's a fast road, but is exposed to the wind, and on the day it was stronger than expected. Steve Gibson had a cracking ride, with 20:29 for 10th place. Andy Thomas and Andy Hicklin rode strongly to finish with 21:11 and 21:29, respectively. Trevor Mayne, Anthony Nash and Andy Whitehead (Rockingham CC) were only a little slower, in 22:01, 22:14 and 22:15. Mike Allen did 24:49 and Paddy Giblin (Rotherham Whs CC) recorded 28:37.

In the Pendle Forest CC 10 on 'Levens' on Saturday 30 July, Ady Dench was so close to breaking the 30 mph barrier again, finishing in 20:04.

Saturday 6 August saw North Mids riders in Tickhill Velo's 10 at Hatfield Woodhouse. It was close between Keith Ainsworth and Ady Dench, who rode 20:59 and 21:04, respectively, finishing 5th and 6th.

Both Mike Allen and Keith Ainsworth have been making trips down to the mid-week events on the rapid E2/10 on the A11 at Newmarket and have been 'noticed' in the East Anglian report.

Nick Latimer (Team Lifting Gear Products) has done some fine rides in hilly events, whilst Paul Heggie (Birdwell Whs) has been going faster in every 10 he has ridden this year.

In other news Mat Ivings left London at 5am on Sunday 7 August, was north of Edinburgh late on Monday, and completed the 945 mile route of the London-Edinburgh-London Audax at 11.15pm on the Wednesday, including crossing the Pennines four

times. An average of 250 miles a day for 3¼ days. It's nuts, but hats-off!!

David Buxton (Rotherham Whs CC) has done a sterling job as our group secretary. However, he will be stepping down from the role at the end of this year due to a growing list of family commitments. Thank you David! We now need a new volunteer for this role as we cannot function without a Secretary. To enquire about what's involved, please speak to David on 07751518488 or via rotherhamlad1@hotmail.com

Stay safe and happy riding,

SCOTLAND

James Skinner

News

Willie Cuthbert of Inverclyde Velo, a past member of the group from 1994 until 2012, died aged 96 on 18th May. Willie held three 10 mile group age records at ages 72, 81 and 83. At age 71 he held the 30 mile group age record, and the 50 mile group age record at age 72. At age 71 he collected the Pinky Williams 30 Mile Trophy. The following year also proved to be a good one for Willie, as he won the Jim & Betty Train 10 Mile Trophy and the Ben Smith Trophy on standard.

His service was held at Greenock Crematorium and was well attended by many friends.

Honorary life member Jock Millan of Stirling BC has been recovering at Forth Valley Hospital after a setback in health. However, it is pleasing to report that he is making good progress.

John Edwards, SVTTA, from Measham, although having taken a step back from competitive cycling due to a duff knee, is now, after a successful operation, getting in some easy miles in preparation for an operation to his other one. We wish him well and trust his pending operation will meet with the same success.

The Scottish group congratulates our new SVTTA member, recently transferred from Surrey/Sussex, Jon Fairclough of Kelso Wheelers Cycling Club on a successful London-Edinburgh-London charity ride. Jon completed the 1540km distance in 121 hours 29 minutes. As we go to print Jon has currently raised over £1800 for Dyscover, which is a charity that provides long term support and opportunities to people with aphasia (communication difficulty usually caused by a stroke) and their families.

Following the recent sad passing of Jim Harris (obituary elsewhere) Jon has also taken over as our group recorder, a position he previously held in his former group..

Racing

Many thanks go out to Aberdeen Wheelers and supporters for organising the Scottish Cycling 100 mile TT championships incorporating the SVTTA Jim Sharpe and Jim Reilly trophies. The overall winner, and Scottish 100 mile TT champion and new Scottish record holder, is senior Lee Rosie of Spokes Racing Team with a 3:34.10.

The Jim Reilly Trophy was won by Robbie Mitchell of Auchencrow Thistle whose 3:44:47 earned best on standard and overall second place. The Jim Sharpe Handicap Trophy was won by Christina Mackenzie of Stirling BC with an actual time of 4:19:20 and a handicap time of 3:41:52 from an allowance of 37:28.

St Christopher CC hosted the John Cramb handicap trophy and the Ben Smith trophy during the very well attended 25 mile TT on the Westferry course. The conditions did not disappoint, with 63 riders going under the hour and 3 riders under 50 minutes. Joanna Patterson set a new ladies Scottish record with a 52.31.

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

SOUTH WALES

Barry Williams

July 2022 was the hottest and driest for many years and I start this letter on the last day of this record breaking month. Strangely, it's raining as I drive to Raglan for marshalling duty at the Cardiff 100 Miles RCC 50 - an event the club have promoted since the early days of the last century. Sadly only 37 entries were received, down from the more usual 70 plus of recent years. Taking up my post at the junction to the old Monmouth Road, I watched the early starters, octogenarians Pete Wilson (Bath CC) and John Howells (Corinium CC), both friends and rivals during my own racing days. They finished the course, way slower than in their pomp, but still showed everyone that riding a 50 mile TT is a great way to stay young and healthy.

There was no rain at Raglan, conditions were dry, warm and breezy, good for PBs; the event winner, Anthony Jones from Carmarthen, posted an awesome 1:43:29. With covid no longer an issue we were able to meet at the Abergavenny headquarters. I chatted with Anthony about today's performance and his many other great rides, including his 150 miles a week of fast interval training. Entry numbers were down, probably due to the crazy cost of travel, Robin Field (District Secretary), Tudor Thomas (timekeeper) and promoter Bill Pring all agreed that cost of travel was hurting our sport! The event was also for the VTTA South Wales Cup to be decided on standard between Anthony Jones, Mike Hall of Port Talbot Wheelers, 1:57:03 Hugh Davies also PTW, 2:10:30, brilliant at age 77 and Bob Jones from the host club recording 2:18:07. In fairness to Bob it was good that he finished in spite of feeling unwell. *(Bob's that sort or rider. If he starts then he always finishes. - Ed)*

Browsing through recent results, I was impressed by Iain Bell's performance in the Mersey RC 24 on 23/24 July. Understandably Iain missed the Milers "50", needing to re-charge batteries after clocking 392.67 miles in such an exhausting event.

Another week earlier, July 17th, members produced fast times in the Virtual CC "15" on R15/5: winner, Chis Gibbard 29:18, 4th Mike Hall 33:05, 10th VTTA National Chairman Andrew Simpkins 35:28, 11th Marco Marletta 35:36, 13th and 77 year old Hugh Davies 35:47. This latter was a VTTA national age record, so congratulations Hugh, well deserved after producing great rides over many years. Not forgetting long time female racers from Bush Health Care, who joined in the fun, Sue Shook posting 37:05 and Clare Greenwood 38:24.

Saturday July 9th saw Ross on Wye "10" in the heatwave on R10/17, almost perfect conditions for that distance. Chis Gibbard duly obliged by winning with 19:28, followed by Dan Wyatt 21:12 for 14th spot, just 3 seconds back, but in the B event, Dan Kingston posted 21:15 followed by other members filling 8 places in the first 12, as follows Iain Bell 22:15, Hugh Davies 23:47, Sue Shook 25:01, Clare Greenwood 25:22, Bob Jones 25:37 and Bob Ibell 38:05.

The beginning of July saw the WCA Welsh Championship 100 on the Abergavenny-Monmouth course with another special performance from Anthony Jones, 3:31:04. The forecast that day was a light breeze with showers, which accounted for the

many fast times posted. Mike Hall 3:56:57, Iain Bell 4:10:16. It was nice that my friend from Gloucester, Garry McGarr is still moving well 4:31:41 and finally Bob Jones would have been more than happy with 4:39:25.

This event had been a follow up to the West Wales 100 held three weeks earlier on June 12th. I know both courses from personal experience and the West Wales course definitely asks more questions. This year's winner Ben Jones, Cycling Specific, 3:44:13 showed that fast times can be posted whatever the terrain. Anthony Jones also went well, passing the timekeeper in 3:47:52. Mike Hall continued his good form with 4:17:15, finally our secretary, Bob Jones completed the course in 5:08:14. The West Wales course between Brecon and Carmarthen is scenic with some long drags but, naturally the Abergavenny – Monmouth course will always produce faster times hence we saw 16-to-30-minute improved times in the Monmouthshire event.

A message from our Secretary, Bob Jones, who asked me to pass on congratulations to Iain Bell for not just riding the Mersey 24 hour, which is a big organising challenge, but also to his support team having to stay awake overnight. South Wales group have to go back to 2006 when Cardiff Byways RCC Paul Robinson, Mike Pain and Dave Lewis all passed 400 miles in the 24 Championship of that year. Iain Bell's ride will hopefully rekindle the desire to try long distance challenges among our South Wales group.

I have contributed quarterly articles to The Veteran for almost 20 years and it has been a pleasure to write about my cycling hobby. I joined Cardiff 100 Miles RCC in 1952 when the club was thriving, 20+ on club runs and successes on road, track and time trials. We had empty roads in the 1950s, now 70 years on with crowded roads, we are happy to ride in the farm lanes. However, our sport has benefited from population obesity, cycling has become fashionable again, which is great! I rode my last time trial in 2018 and therefore I am no longer so fully acquainted to report on time trial results. I understand that one of the stars of South Wales cycling, Chris Gibbard has agreed to take over this column, hopefully current cost of living issues will be resolved and cycling time trials will flourish in the future.

On those final words another old timer unhitches his trusty steed, eases himself into the saddle and slowly rides off into the setting sun. Thanks for all your hard

work over the years Brian and for keeping us entertained and informed. May you have many more years awheel. - Ed

SURREY/SUSSEX

Keith Wilkinson

New members to the Group

As new members of the VTTA are now listed elsewhere in the magazine I will just offer a welcome to those of you who have joined through the Surrey/Sussex Group.

Group 15 mile Championship

This was part of the Sussex CA event held on Saturday 11th June on course G15/92 and was organised by Robin Johnson. The top 10 Surrey/Sussex members on standard were:

1st Mark Smith (Crawley Whs) +8:46 (31:25); 2nd Nik Allen (Team TMC) +8:34 (31:52); 3rd Cris Coxon (Brighton Mitre CC) +8:33 (31:17); 4th Chris Lord (Brighton Excelsior CC) +8:02 (35:53); 5th Adrian Blacker (VTTA Surrey/Sussex) +6:18 (35:18); 6th Kevin Plummer (Team TMC) +5:56 (35:21); 7th Tom Houghton (Team TMC) +5:50 (34:36); 8th Karl Robertson (Worthing Excelsior CC) +5:39 (34:25); 9th John Marinko (Brighton Mitre CC) +4:28 (36:58); 10th Tracey Williams (Brighton Mitre CC) +4:13 (40:30)

Mark Smith is awarded a VTTA medal to be presented at our annual lunch in Horsham on Sunday, 5th February 2023. The three Team TMC members are awarded VTTA team medals.

Group 50 mile Championship

This was part of the East Sussex CA event held on Sunday 12th June organised by Chris Parker. There were only 26 entries so we were pleased that the event went ahead, but it was not without its problems. The usual HQ for the listed course G50/90 wasn't available so there was a change to G50/89 and then there were roadworks that looked as though they would result in a cancellation. Peter Moon worked hard to set up an emergency course only for the roadworks to be finished early, so removing the problem. The five Surrey/Sussex members that finished in order of standard times were:

1st Cris Coxon (Brighton Mitre CC) +26:24 (1:49:06); 2nd Matthew Woods (Eastbourne Rovers CC) +25:51 (1:53:18); 3rd David Clark (Eastbourne Rovers CC)

+24:52 (1:55:16); 4th Adam Rogers (Eastbourne Rovers CC) +18:26 (1:58:54); 5th Peter Baker (Lewes Wanderers CC) +15:17 (2:11:49)

Cris Coxon is awarded the Aldershot Cup and a VTTA medal to be presented at our annual lunch as above. The three Eastbourne Rovers members are awarded VTTA team medals.

Group 30 mile Championship

This was to have been part of the Lewes Wanderers event held on 19th June organised by Gavin Richards. Unfortunately it was cancelled due to a lack of the required number of marshals for the risk assessment rather than a lack of entries, although I suspect that this was also a contributory factor. Our prolific local event organiser Robin Johnson stepped in and said that we could transfer our Championship to the Sussex CA '30' event that he was running on course G30/91 on 24th July, so we accepted his offer and notified our members of the change. There were only 31 entries but 18 of them were our members, so the notification clearly helped with the numbers. Robin assured us that he never cancelled any event that he was running but then Sod's Law came into operation and there were last minute roadworks on the course. It was impossible to get anything like the full distance so the event was run at a reduced distance of 13.55 miles. The top five Surrey/Sussex members on actual times were:

1st Chris McNamara Nuun Sigma Sport) 26:50; 2nd Cris Coxon (Brighton Mitre CC) 27:43; 3rd Simon McNamara (HuntBikeWheels.com) 27:50; 4th Nik Allen (Team TMC) 28:10; 5th equal Conall Yates (Team Solo Vinci) and Mark Smith (Crawley Wheelers) 28:52

In view of the non-standard distance regrettably no awards on standards were made, including the award of our Mick Burgess Cup.

Group 100 mile Championship

This was part of the East Sussex CA event on Sunday 7th August organised by Mark Gidney on course G100/861. There are only two 100 mile events in CTT London South District and as the Southern Counties event on 17th July had only attracted 18 entries with just 8 of them finishing we hoped for an increased number taking part in the later event. There was an improvement with 30 entries of whom 24 finished. The five Surrey/Sussex finishers in order of standard times were:

1st Christopher McNamara (Nuun Sigma Sport) +1:10:25 (3:35:47); 2nd Paul Thatcher (Brighton Mitre CC) +49:19 (4:10:55); 3rd David Pollard (VTTA Surrey/Sussex) +46:40 (4:23:36); 4th Adam Rogers (Eastbourne Rovers CC) +35:09 (4:10:53); 5th Peter Baker (Lewes Wanderers CC) +25:45 (4:42:39)

Christopher McNamara is awarded a VTTA medal to be presented at our annual lunch as above. This was an exceptional ride in his first ever '100' and he beat the second placed rider, non-vet Pat Wright (Paceline RT) by more than 10 minutes. It came after he had recorded 1:39:54 to win the VTTA 50 mile Championship on 14th May. Asked whether he would be riding a 12 hour event this year to compete for the BAR he said he wouldn't so perhaps he is saving that until he is older.

Other results

Other results that I have seen for our members are that Andy Critchlow (Norwood Paragon CC) won the Sussex CA '50' with 1:48:32, Paul Thatcher (Brighton Mitre CC) was 5th with 1:57:41 and Kevin Plummer (Team TMC) 6th with 2:00:57.

Chris and Simon McNamara have also been appearing regularly at the top of result sheets.

I was pleased to see that after some health problems in the last couple of years Tim Miles of Hastings & St. Leonard's CC was back racing in the Kent CA '10' 2nd July. His time may have been a modest 29:44 but it means that he can be included in our end of year list of members over the age of 70 who are still racing.

If you have any notable results in open events please let me know so that they can be included in future reports.

The Harry Featherstone Trophy

Riders are reminded that to be eligible to win the Group's Short Distance Competition and the new Harry Featherstone trophy they must ride either the Group's 10 or 25 mile open events. With the '10' having already taken place in April, that just leaves the '25' on 18th September on the G25/89 for your qualifying ride. We are hoping that this will give us some extra entries for our last Group event of the season; it will be organised by Andy Critchlow.

Committee positions

In the past couple of magazines I have mentioned that with changes in positions at the AGM we have

vacancies on the committee for a new open events secretary to take on the running of the group's early season 10 mile event and also someone to become press secretary to write these reports. 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. We would like to get back to having a full committee with each member only holding one position.

Dates for your diary

The Group AGM will be on Sunday, 13th November 2022 at Handcross Parish Hall, starting at 10:30am but tea and coffee available from 10:00am so that we can aim to get a prompt start to the meeting. The next group prize giving lunch will be in Horsham on Sunday 5th February 2023.

WESSEX Bob Jolliffe

Two down, two to go in the Wessex Group Championship events. The 50 took place in mid-June on P417 west of Poole as part of the Wessex Road Club promotion and the 10 was staged by Sotonia CC on the fast P612 course near Andover on July 10.

Andy Rivett of VC St Raphael tore around the 50 in a fine 1:48:05 to take first overall and first in the championship, while his teammate Kevin Baker was fourth overall and second fastest Wessex vet in 1:52:53. Dave Shepherd (...a3crg) was third vet and fifth overall in 1:53:25, whilst Terry Belbin (Poole Whs) was fourth in the championship event with 2:23:55 and rounded off the veteran entry in what was a small field of just 26.

There were not many more competitors in the 10 which was won by ...a3crg's Kirsty McSeveney in 22:06, which gave her a plus of 6min 32sec. Adrian Talley of Portsmouth North End CC was second with a pus of 6:21 (20:25 actual) and Kevin Baker was third with +6:19 from a rapid 19:47. David Phillips (New Forest CC) was fourth with +5:27 (23:22) and David Welling (Farnham CC) was fifth with +5:18 (23:40).

Others: Peter Perrin (Bournemouth Arrow CC) +4:54 (22:24), Dave England (Crabwood CC) +4:50 (26:32), Gary Chiverton (Bournemouth Jubilee Whs) +4:49 (23:09), Mike Boyce (...a3crg) +3:53 (24:46), Bob

Jolliffe (New Forest CC) +3:12 (25:56) and Chris Summers (Sotonia CC) +2:38 (26:41).

Spare a thought for Bournemouth Arrow's Peter Wilson who missed the turn and carried on to the 25 turn at Popham. He eventually passed the timekeeper after clocking 55:23 and then continued to the 25 finish which he got to in 1hr 4min.

Unfortunately the 10 only attracted a total entry of 32. There were less than 40 entrants in both the Reading CC 10 and Oxonian 10 in late July which I rode, and I noticed a similarly low entry for a 50 in Wales. As is widely known, the issue of low entries is causing consternation in CTT circles.

By the time you read this, the Wessex Group Championship 15, incorporated in the Newbury Velo event on H15/3, and the 25, to be hosted by Southdown Velo on P901, will have taken place. Hopefully numbers will have increased for these events.

Meanwhile, it seems the only time trials in the South generally that attract large fields are those on the traditionally "fast" courses such as those on the P courses on the A3 road, or on the F11/10 course near Aylesbury. Certainly in South DC there are some yawning gaps in the calendar which do not make for continuity of competition for those who do not want to travel. I suspect that one of the major issues these days is the cost of travel and inflation, neither of which appear to be easing anytime soon.

Maybe for some of us lesser lights, the speed at which we are passed nowadays, not just by the "stars" but by middlemarkers (who are doing 21 or 22min rides!), makes us feel somewhat diminished and less inclined to compete. But we must cast those concerns aside and get out there or the sport we know and love will eventually dwindle away to nothing. There is still a lot of fun and companionship to be enjoyed, not to mention the physical and mental benefits of exercise.

Writing of fun and companionship, Bournemouth & District Women's Cycling Association has rebranded itself to cover a wider area, that is, the whole of South DC, hence it is now South District Women's CA. Under its new banner it has now staged two events: one a club event for tandems (and a few solos) and more recently its open Petit Prix des Dames, which is not a new event, but attracted a good field of 11 teams and two tandems.

The club event was won by Guernsey's Sam Culverwell, who is currently based in Southampton, in a course record 19:29. He went on to take ninth place in the Commonwealth Games Road Race after a sterling performance which saw him break away with England's (Yorkshire's? Ed) Sam Watson and put him, for a while, in contention for a medal.

The 10-mile Petit Prix on P311 was won by Jamie Whitcher (Bournemouth Cycleworks) and Isabel Sharp in 20:40 from Phill Brown and Maddie Verdegaal (New Forest CC and Brother UK/Team OnForm respectively) 22:42 and Paul Morris and Kym Harvey (Fareham Whlrs) 23:33. Wessex Group members were Claire Newman who was partnered by her Crabwood CC clubmate Simon Hall to 26:45 and Sue and Glenn Longland (Antelope RT) 29:17.

Fastest tandem was ridden by Emma and Joe Shepherd (New Forest CC) in 22:50 while Mary Corbett rode with 82-year-old Sotonia CC teammate Dave Crocker in 36:08. Respected timekeeper Dave does not ride a bike nowadays and it was his first time trial since 2009 and "very brave of him", said Mary.

South District WCA secretary Paula Miller said the two events "were a lot of fun and might encourage people to ride more."

Congratulations

Well done Nick Tarmey of Winchester's VC Venta on his terrific 516.56-mile ride to take gold in the 24hr championship, and also to Angela Carpenter of ...a3crg who has continued her winning ways in the VTTA championships by taking the 100 crown in 3:53:00 to add to the 50 she won in mid-May. Her teammate David Shepherd did well to finish with 3:45:08 and VC St Raphael's Kevin Baker 3:52:35. More on these championships will be found elsewhere in this edition of The Veteran.

Commiserations

Sympathy goes out to Kathy Collard-Berry, wife of Wessex Group chairman David (otherwise known as DCB), who suffered a broken wrist and bruising in a fall. Cathy is now out of hospital and will soon be back holding the watch at Southern time trials. In addition to her timekeeping, Cathy does a magnificent job as CTT South DC secretary.

Long barrow specialists

Tandem tricyclists Mary Corbett and Norman Harvey have been busy setting age records again this season.

They started their campaign with a combined age of 153 years in the Farnborough & Camberley CC 10 on March 5 with 30:39. A month later they rode the Cardiff 100 Miles RCC 15 in 43:06 and then improved their 10 time in the VTTA National 10 on U7b to 28:35. They tackled the VTTA National 100 on H100/88 on May 29 and clocked 5:29:08. There was another 10 improvement in Poole Wheelers' Gary Dighton Memorial event on P415 to 27:40 and to finish the age 153 records they rode the Finsbury Park CC 50 on F2/50 on July 2 and were pleased to finish in 2:26:21.

Mary then had a birthday so they set off east again to clock 1:11:39 at combined age 154 in the East Anglian VTTA 25 on F2/25 on July 24.

Well done to both.

Rivetting performances

VC St Raphael's Andy Rivett became CTT South DC 50 champion in the Wessex RC promotion on P417 west of Poole. Andy, a Wessex Group member took the crown after recording a quick 1:48:05. His clubmate Kevin Baker, also a Wessex Group member, was fourth overall in 1:52:05 and ...a3crg's David Shepherd was fifth with 1:53:25.

Andy also produced a quality 20:20 to take sixth place in the Poole Wheelers' 10 on P415 and was third overall in the South DC 25 Championship on P413 with 52:21.

Glorious Goodwood

The Goodwood motor racing circuit has been producing some fast bike rides this season. David Collard-Berry has reduced the distance from a five full laps which is 11.9 miles, down to a four-and-a-bit and 10 miles in a bid to make the event more interesting to us testers who like the standard distances.

In the most recent event, Wessex member Andy Langdown (...a3crg) clocked a fast 20:58 followed closely behind by teammate James Fawcett with 21:06. Petersfield Tri Club's Peter Younghusband did 21:18, Adrian Talley (Portsmouth North End CC) 21:39, Graham Harman (Sotonia CC) 23:11 and Ian Sherin (3C Cycle Club) 23:20. Angela Carpenter was fastest Wessex Group member in the women's competition with 22:03.

The venue also hosted the South DC Circuit Championship. Again it was Andy Langdown who was

best Wessex vet in equal 11th overall with 21:00. Others: Kevin Baker (VC St Raphael) 21:25, Graham Harman 23:26, Neil Langley (Hants RC) 23:35, Ian Sherin 24:15 and Tom Cox (St Piran) 25:21.

On July 2, ...a3crg and Wessex VTTA promoted the Vets Southern Closed Circuit Championship there. Crispin Doyle of VTTA Wessex won the road bike event in a fine 21:24, while James Fawcett was best group member in the time trial bike category with 20:51. Neil Mackley finished with 21:38 and Adrian Talley 21:50. Angela Carpenter did a fine 22:20.

More ...a3crg events

More top times have been recorded in the ...a3crg 30- and 50-mile time trials on courses based on the A3 road.

The 50 was won by VTTA National 50 Champ Christopher McNamara in a rapid 1:36:07. Andy Rivett was best Wessex Group member in eighth with 1:42:39. Peter Younghusband was next in 1:44:02, promoting club riders Neil Mackley and Claire Emons did 1:44:31 and 1:56:29 respectively and VC St Raphael's Stuart Peckham did 1:59:13.

Chris McNamara also won the 30, in 57:02. James Fawcett did 1:2:13, David Shepherd 1:2:50, Sarah Matthews and ...a3crg clubmate Lucy Mitchell 1:11:30 and 1:14:44.

Apologies if I've missed any fine rides by my Wessex compatriots. You can always bring me up to date if you see me at an event or, of course, telephone or email me. Details in the VTTA Handbook.

Keep fast but more importantly, keep safe.

WEST

Brian Griffiths

I'm sure that many of us are becoming seriously concerned about the increasing lack of time trial entries and the number of events, especially the lack of distance events like 100's and 12 hours. Will it be worthwhile having a BAR competition in years to come? Just a few years ago when I was racing it was often a job to get into club evening "10's" but I understand even these are being very poorly supported. Is it because we have lost interest in distance events, lack of suitable courses or lack of promoters willing to organize them? In recent times I have often expressed some of my views on the

possible causes of this fall off but it must be something we should all tackle at this early stage if we are to save our sport and then begin to take steps to enhance its appeal.

It's nearly time to put applications in for 2023 events so lets get our heads together and start planning, Covid should not be a problem now so it cannot be used as an excuse.

This situation affects me too as I have very little to report to you from the West as so little appears to be going on. I'm sure Cycling Weekly magazine could do much better for us than the rather miserable coverage they give us at the moment.

I have noticed a few events that have set aside awards for so called road bikes and it will be interesting to see if they attract as many entries as the ones ridden on the current time trial specific machines.

Paul Freeguard, our WestVet editor, produced a really interesting selection of articles for the July edition, but he assured me it was a bit of a struggle to find enough material. We all have interesting and worthwhile stories to tell so please let him have them. If you need assistance just get in touch and I will help you. Our old timers Tuesday group has endless years of cycling adventures which they can relate in detail and that's the sort of stuff he needs.

As usual I went to help out at the Mersey Roads "24" in July. Now there you see enthusiasm both from riders and organisers. Days before the event was due to take place the local council decided to re-surface an important part of the course making it unavailable. The whole course had to be re-designed and measured with absolutely no time to spare. Full marks to Jon Williams and his dedicated team as well as due sympathy for the riders who suffered a pretty wet event

Let me know any WestVet news, your views, your results, and your complaints so that I can satisfy our editor with a little bit more page filling material next time.

**YORKSHIRE
Chris Goode**

Our group's most recent promotion was the Open Ten for the Stan Chadwick Cup. It took place on 7th

August on the V210, in the Dishforth/Thirsk area and was ably organised by Blair Buss.

A difficult day with a headwind finish up the Dishforth drag resulted in only one 30mph+ ride - Marcel Schubert (Darlington CC / North group), his 19:26 actual fastest also gave him best on standard with +6:44. Second fastest was Darren Yarwood (Chapeau! Vive le Velo) with 20:25 and his 6th on standard +6:16 also earned him the Stan Chadwick Cup for best Yorkshire group member. Matt Hill (VC Godalming & Haslemere / Surrey/Sussex group) was second on standard with +6:42 (21:24 actual) and Russ Richardson (Teesdale CRC / North group) was third on standard +6:40 (21:50 actual). Liz Ball (Valley Striders CC) was best of the women on standard with +6:14 (actual time 25:44), in second place Karen Taylor (Team Sportslab) +4:43 (25:18) and in third, and fastest woman, was Sue McFarlane (Army CC) with +4.38 (24:04). All are Yorkshire group members.

Thanks are due to Mike Penrice and Steve Brown for timekeeping, Hazel Stott and Catherine Buss for refreshment and to Will Trevor (Jem Hadar Racing) in 24.16) for helping Blair with putting the signs out. Will then went on to record 24:16 as fastest junior and is still in his first season. His dad Jimmy Trevor (our Yorkshire Recorder) did a very respectable 22:44 from an early start number then rushed back to the HQ to provide an excellent results display. In addition many thanks are due to the marshals for their help in making the race possible.

Blair has not finished organising yet. His next promotion is our 25 on 18th September on the Topcliffe course (V236/1) so he needs another good turnout of helpers; please get in touch with him. Locals know the speed potential of this course, which will be used for the 2023 VTTA National 25 next Easter (still subject to CTT approval of course).

The RTTC and VTTA National 24 Hour championship faced tough conditions and extra climbing due to a change in the course. Best of the women was Steph Mottram (Vive le Velo) who recorded an impressive 445.82 miles. Nick Tarmey was the only rider to go above 500 miles, with 516.56 miles (+147.51 miles). Second overall was Ilkley CC's Doug Hart on 475.52 miles and a plus of 120.78 miles; this was third on standard. The Yorkshire team of Doug Hart, Greg Elwell (Halifax Imperial Whs) and Andrew Askwith (Vive Le Velo) were group champions with total plus of 280.93 miles. Andy was riding his debut 24 hour

race and was tenth overall, with 421.29 miles; a great achievement that was a product of some determined training. Greg achieved a superb 453.42 miles and sixth place overall with + 67.61 miles. Sean Sanders (Drighlington BC) was 13th with a great ride of 407.25 miles (+61.72). Doug and Sean were also part of the group champion team in 2021. Congratulations to all those that took part and thanks to the large group of helpers.

Our thoughts are with Lynn Hanson's husband Nick and their family following her brave battle against cancer. Please see her obituary elsewhere.

Many members will remember top performer Joel Wainman, who joined VTTA Yorkshire on his 40th birthday in 2014, and they may have noticed his disappearance in recent years. It was recently announced that Joel has contracted motor neurone disease; this is incurable and as he becomes increasingly disabled his two sons are caring for him. To help financially Joel's long time friend and team

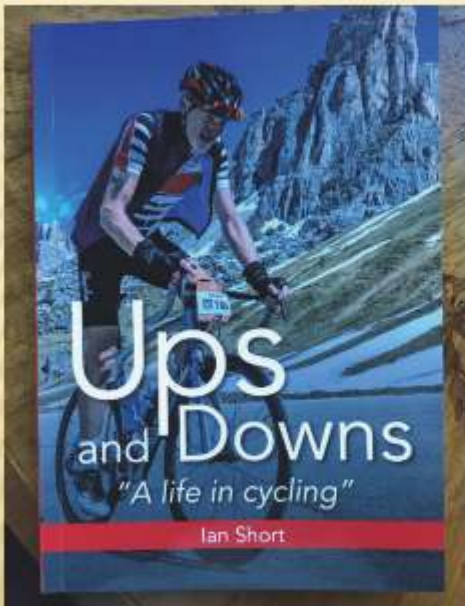
mate Jon Surtees organised a Just Giving collection, which has so far raised over £7600; Jon's target was £2500.

Well done to Hull Thursday RC for organising the Big J sportive on 21 August to further boost the fund for Joel. It took in some of the iconic climbs in the Yorkshire Wolds, including Hanging Grimston, and will help support Joel and his family. Have a look at their website www.htrc.co.uk

The Yorkshire Group has its AGM at Collingham Memorial Hall on Saturday 12 November, start 10am, and an email will be sent to all members. Many thanks are due to all officials for their work during the year. If you have any news for the next group report please send it to cgoode@yorkshire.net and please make every effort to attend the AGM.

Looking further ahead our group luncheon will be on Sunday 29 January 2023 at the Bridge Inn, Walshford.

Keep those wheels turning.



'Ups and Downs' chronicles my life in cycling. I wanted to capture what the sport has given me since childhood to the present.

We've all witnessed the transition from village hall obscurity to mainstream popularity in recent times and I wanted to try and make sense of that and how that's changed the sport, or not?

But for the most part, I like to write and what better subject than cycling?

This book was a three-year project and I'd like to thank so many people who along the way have helped in its creation, most of whom get a mention.

It's 162 pages of cycling interest, with 40000 words and 25 colour pictures....

Available to buy direct from the author at www.openskyprojectmanagement.co.uk priced at £12.99 including postage.

VTTA NATIONAL 24 HOURS CHAMPIONSHIP

Saturday/Sunday 23rd/24th July 2022

Report by NEC Representative Jon Fairclough

The Mersey Roads 24 hour is always a tough event, and it lived up to its reputation this year. Fifty-four riders started, including two tandems, and thirty-five finished after battling cold, wet, and windy weather overnight. The course was more hilly than usual, with no street-lights on the night circuit.

Nick Tarmey not only won the VTTA National Championship with a plus of 147.51 miles (Vet's Handicap Result of 527.46 miles), but he also won the RTTC National Championship. With a result of 516.56 miles, he was the only rider to exceed 500 miles. Second and third in the Men's VTTA Championship were Ian Holbrook (+126.92/506.87) and Doug Hart (+120.78/500.73). Nick wins the C. W. Cooke Cup.

Joanna Cebrat (+93.96/473.90) was the Women's VTTA Champion with Rebecca Wilson (+72.94/452.88) in second.

The Yorkshire team of Doug Hart, Greg Elwell and Andrew Askwith were Group Champions with a total plus of 309.05 and VHR of 1448.88 miles.

Donald Mclean and Mark Leadbetter won the Tandem Championship (+53.73/447.87).

Many thanks to the organiser Jon Williams and his support team for running the event, which is the only 24 hour TT still being run in the UK; it has a long history going back to 1937. Participation was down this year. If you have never done a 24 hour, you will perhaps understand from the stories below how challenging and satisfying it is to just finish, let alone win. I hope these stories inspire some riders who have never considered riding for 24 hours to give it a try next year.

AWARD WINNERS - VTTA 2022 NATIONAL 24 HOUR CHAMPIONSHIP

Award	Name	Club	Group	VH Res.	Medal
1st Man on VH	Nick Tarmey	Velo Club Venta	Wessex	527.46	Gold
2nd Man on VH	Ian Holbrook	Stone Wheelers CC	Manchester & NW	506.87	Silver
3rd Man on VH	Doug Hart	Ilkley CC	Yorkshire	500.73	Bronze
1st Woman on VH	Joanna Cebrat	Bury Clarion CC	Manchester & NW	473.90	Gold
2nd Woman on VH	Rebecca Wilson	Rye & District Whs CC	Surrey/Sussex	452.88	Silver
3rd Woman on VH	No third woman finisher				Bronze
Group Team Champions	Doug Hart	Ilkley CC	Yorkshire	1420.76	Gold
	Andrew Askwith	Vive Le Velo			Gold
	Greg Elwell	Halifax Imperial Whs			Gold
Club Team Champions	No club teams of three entered				Gold
Tandem Champions	Donald McLean	Flying Kippers	Scotland	447.87	Gold
	Mark Leadbetter				Gold

First man and woman on VHR also each receive a champion's jerseys and cap.

Nick Tarmey also receives the C W Cooke Cup (for one year) as 1st overall on VHR.

INDIVIDUALS FINISHING ORDER - VTTA 2022 NATIONAL 24 HOUR CHAMPIONSHIP								
VH Pos.	Name	Club	Group	Age	VH Result	Plus	Act. Dist.	Act. Pos.
1	Nick Tarmey	Velo Club Venta	Wssx	44	527.46	147.51	516.56	1
2	Ian Holbrook	Stone Whs	M&NW	53	506.87	126.92	469.25	3
3	Doug Hart	Ilkley CC	Yks	49	500.73	120.78	475.52	2
4 (1W)	Joanna Cebrat	Bury Clarion CC	M&NW	43	473.90	93.96	425.23	5
5	David Greenwood	Rye & Dist Whs	Kent	57	473.52	93.58	422.33	6
6	Andrew Askwith	Vive Le Velo	Yks	57	472.48	92.54	421.29	7
7	Stuart Edwards	RN&RMCA	West	57	471.50	91.56	420.31	8
8	Graham Mann	Hainault RC	E Ang	73	469.80	89.85	348.07	14
9 (2W)	Rebecca Wilson	Rye & Dist Whs	S/S	57	452.88	72.94	366.54	13
10	Miles Haslam	Buxton CC	N Mids	63	451.96	72.02	377.70	11
11	Greg Elwell	Halifax Imps	Yks	48	447.56	67.61	425.30	4
12	Sean Sanders	Drighlington BC	Yks	52	441.67	61.72	407.25	9
13	Iain Bell	Abergavenny RC	S Wls	50	420.89	40.94	392.67	10
14	Roger Squire	Wrexham RC	M'side	53	411.06	31.11	373.44	12
15	Chris Shaw	Fenland Clar	E Ang	59	386.78	6.84	328.29	15
DNS-A	Harry Cowley (Chester RC)							
DNF	Adam Rogers (Eastbourne Rovers CC), Amanda Lane (North Dock Dredgers Tri), Bob Richards (RN&RMCA), Dean Lubin (Team Vision Racing), Jim Henderson (Southport CC), Robbie Mitchell (Auchencrow Thistle CC)							

TANDEM FINISHING ORDER - VTTA 2022 NATIONAL 24 HOUR CHAMPIONSHIP								
VH Pos.	Name	Club	Group	Age	VH Result	Plus	Act. Dist.	Act. Pos.
1	Donald McLean	Flying Kippers	Scot	62	447.87	52.73	388.38	1
	Mark Leadbetter			55				
2	Brigid Night	Frodsham Whs	M'side	57	399.34	4.20	334.88	2
	Chris Hanson-Jones			53				

MEN'S 24 HOUR CHAMPION NICK TARMEY TELLS HIS STORY

"It is hard to believe, but it all came together perfectly on the day. With amazing support from my dad, wife and kids - all the training, kit, pacing, and nutrition worked beautifully. Despite some very wet and windy conditions, the plan proved resilient and we made it through without any major issues. Reflecting on it now, I think I've learned two things: firstly, if

you can get a great team around you, figure out the components of a good performance then really work to optimise everything, it's amazing how close someone with fairly average talent can get to a top-level performance; secondly, part of the beauty of sport is its unpredictability. It is hard to account for chance, weather and variable performances, and there will often be an unexpected winner. I just feel extremely grateful that, this time, it could be me. Since the event, I have enjoyed answering a lot of

questions from family and friends about how it went on the day. Here are some of them.”

How often did you stop? What did you do in your stops?

“The course was multiple loops of about 35-80 minutes, each returning to a central roundabout where most support teams were camped. My dad, my wife and my two teenage kids all took turns supporting me from a simple base we set up from our camper van.

We had a well-drilled routine which worked very well on the day. Every 2 hours I stopped at our base and we worked concurrently for the quickest possible pit-stop. The whole process took less than 90 seconds so we averaged about 40 seconds of stops per hour overall.”

What did you eat and drink all that time?

“I had spent a lot of time on training rides figuring out and testing the most reliable way for me to manage 75-90g per hour of carbohydrates, along with electrolytes and plenty of fluid. For the carbs, I took something every 15 minutes. For the water, I kept sipping from a bottle on my TT bars. For the electrolytes, I aimed to get about 500mg of sodium per hour from the drink mix and salty sandwich fillings. In total, I took in 1,900g carbs (7,600 kCal) while burning about 15,000 kCal.”

How did you pace yourself?

“In the first 8 hours, I tried to be strict about always keeping my HR below 145 and keeping my normalised power below 210W (67% FTP). The route was quite hilly and it was tempting to push a bit harder on the climbs, but I kept reminding myself of the need to save energy.

In the middle 8 hours (overnight, from 21:30 to 05:30), fatigue started to build and I no longer had to hold myself back. When it became very wet and windy in the middle of the night, it was difficult to judge effort – everything felt like hard work. I tried to ignore any thoughts or sensations and just ride to my target, knowing my body could cope. I had factored in a drop in power of 0.5% per hour, so this meant aiming for 200W overnight.



Towards the end of the ride, and particularly on the bumpy finishing circuit, I stopped looking at power and focused instead on just sustaining the highest effort I could without feeling too sick or wasted. Eventually, I changed the computer display to just show total time and distance, focusing on racking up as many miles as possible while the clock ran down.”

Did it hurt?

“I had told myself beforehand that of course it was going to hurt, so it was no surprise when it did. Because I felt so motivated, and because I had expected the discomfort, it did not really bother me when my neck and backside became sore. The only thing that troubled me about sore muscles was that this might mean they would fail on me before the end.”

Didn't you just want to stop and sleep?

“I expected to feel strong urges to ease up or stop as the ride went on. Actually these were never very strong, probably because I always felt my ride was going well. I definitely felt the impact of being awake for a long time, but more

in terms of slow and clumsy thinking rather than a strong urge to sleep.”

When did you realise you were in the lead?

“I had no idea until 5 hours from the end when my wife shouted, “you’re winning!” from the side of the road as I passed. I could not believe it so I guessed I had either mis-heard her or she was just speaking figuratively. It was 40 minutes later, when I passed her again, that I could check what she meant. From that point on, I had an extra boost of motivation and tried my best to

push as hard as possible, telling myself I must not throw away this opportunity by giving any less than 100% to the end.”

How did you feel at the end?

“I did not realise it at the time but my 13 year-old son, Will, decided to “interview” me at the finish and record the answers on his phone. You can read the answers in the full story at <https://fullgas.uk/>



Flying Kippers' Donald McLean and Mark Leadbetter on their way to becoming Tandem Champions

Doug Hart took bronze in the men's VTTA champs and silver in the RTTC



Championship images courtesy of
Kimroy Photographs 



Women's silver medallist Rebecca Wilson



Men's silver medallist Ian Holbrook

THE STORY OF WOMEN'S CHAMPION JOANNA CEBRAT IS EQUALLY INSPIRING

"Having ridden three 12 hr TTs in the past years and having achieved good results I decided to challenge myself this year and give 24 hr TT a go. Conveniently this year the 12 and 24 hr TT national RTTC/VTTA championships were five weeks apart, leaving the long-distance racers more time to recover and re-train in between. This should be the case every year.

I did not train for it at all. My season has been spoilt by sciatica issues - anyone who has ever had this knows my pain. One day you are fine then another day you are in agony and unable to walk, let alone cycle. I was really concerned the symptoms may occur during the 24h TT. On entering the race, I had two aims in mind – have a "test ride" and learn as much as I can, and also to raise money for Rossendale Hospice who currently look after one of my cycling friends Charlotte Louise who is fighting cancer. I sympathise with her because I was in a similar situation in November 2020. I was extremely lucky though, but I did go through an emotional hell. I was joking with Charlotte that they probably had her diagnosis wrong too but unfortunately, they didn't.

If it hadn't been for the charitable cause I would have abandoned the race overnight together with the 40% of the field who decided to pull out. Long distance time trialists are tough cookies so you can only imagine what conditions we must have dealt with if almost half of the field retired. As the course was changed due to roadworks, we ended up doing the "Battlefield Leg" instead of the usual Ternhill section. The Battlefield segment is much hillier, and has got no street lights, which I was not prepared for it at all. I was having to run my "basic" lights on full setting and having to swap them whenever I was passing my crew in Prees Heath who were charging them constantly – it slowed me down considerably. I also wasn't brave enough to descend fast on the dark and wet road so it felt like constant climbing.

I was in rather a poor mental state around 6:30 am when I stopped for my breakfast. I was shivering and feeling sick, luckily my wonderful



club mates who were supporting me took good care of me. I was forced to put dry clothes on and have a lot of caffeine to wake up. It did help the morale and I was rolling again. The stretch of road between Prees Heath and the final circuit was a bit of a nightmare – it felt extremely hilly after riding for 22 hours, and when I saw the 18% sign I nearly cried. It totally killed me and I had nothing left on the final circuits. According to my Garmin I climbed 4200m over 425.23 miles. It is about 1000m more than on last year's course. I had a massive saddle rash too that caused agony during the last few hours. I didn't know that on entering the final circuit I was also head to head with the female race leader. If I had known I would probably have tried harder. My crew and I were relaxed about placing well and so did not time me against the competitors, so I had no clue where I was in comparison. Our only aim was to finish, raise money for charities and get some experience for next year.

I really enjoyed it in a weird way and I am looking forward to next year already. I also learnt that long distance TTs are team events. The crews deserve official medals or certificates of some kind for sure! So big thanks to my crew from 360 Cycling and Bury Clarion CC who were taking shifts, and Mersey Roads 24 who organised the amazing event. See the video at <https://www.youtube.com/watch?v=MW6mV6nlpc>

VTTA NATIONAL 30 MILE CHAMPIONSHIP

Sunday 21st August 2022

NEC Representative Tony Farrell

Last year's silver medallists, Keith Ainsworth and Debbie Moss, both moved up one place for 2022, being best on Vets Age Handicap (and Standard) in their respective categories; Keith also won the Overall Competition, and the Fred Thorpe Trophy, by a healthy margin.

Richard Bideau was fastest overall with 1 hr 2 min 57 seconds on a dry, cool, and breezy morning. Keith recorded 1hr 4min 15 sec in fourth place behind two non-vets, giving him an excellent VHR of 57:32. Debbie had a comfortable win against the women with a ride of 1hr 10 min 52 secs, this gave her a VHR of 1:00:08, good enough to beat all the other men. Sue Cheetham in second woman on actual and on VHR, 1:04:42.

After very heavy rain the previous evening resulting in the cancellation of the 10-mile event, the Sunday was very pleasant.

Keith Ainsworth was the only visiting rider to take any spoils, all other awards going to North Lancs and Lakes members. The overall competitions were

essentially a local event with Springfield Financial Racing Team winning the club championship - Debbie Moss, Andrew Whiteside and Theresa Taylor posting a total VHR of 3:08:34. The group championship stayed with the home group when North Lancs and Lakes achieved 3:00:42 with Debbie, David Hargreaves and Richard Bideau. David had a very successful morning, he finished third on overall VHR and second in the men's' VHR result.

50 riders faced the starter, two DNF, from a total field of 59 entries of which 44 were VTTA members.

Mention is made of Chris Dyason who made the long journey from Cambridge to compete, and the riders from the Midlands group, including Steve Lorraine who mid-race suffered the misfortune of a snapped saddle pin and consequent DNF.

Thanks to Nigel Clementson and Wigan Wheelers for organising the event. All results are on the VTTA website and that of the CTT and photographs will be in the December Veteran.

AWARD WINNERS - VTTA 2022 NATIONAL 30 MILES CHAMPIONSHIP

Award	Name	Club	Group	VH Res.	Medal
1st Man on VH	Keith Ainsworth	Lindsey Roads CC	N Mids	0:57:32	Gold
2nd Man on VH	David Hargreaves	North Lancashire RC	NL&L	1:00:14	Silver
3rd Man on VH	Richard Bideau	Pendle Forest CC	NL&L	1:00:20	Bronze
1st Woman on VH	Deborah Moss	Springfield Financial RT	NL&L	1:00:08	Gold
2nd Woman on VH	Sue Cheetham	North Lancashire RC	NL&L	1:04:42	Silver
3rd Woman on VH	Theresa Taylor	Springfield Financial RT	NL&L	1:06:12	Bronze
Group Team Champions	Deborah Moss	Springfield Financial RT	NL&L	3:00:42	Gold
	David Hargreaves	North Lancashire RC			Gold
	Richard Bideau	Pendle Forest CC			Gold
Club Team Champions	Deborah Moss	Springfield Financial RT	NL&L	3:08:34	Gold
	Andrew Whiteside		NL&L		Gold
	Theresa Taylor		NL&L		Gold
Tandem Champions	No tandem entrants				

First man and woman on VHR also each receive a champion's jerseys and cap.

Keith Ainsworth also receives the Fred Thorpe Trophy (for one year) as 1st overall on VHR.

INDIVIDUALS FINISHING ORDER - VTTA 2022 NATIONAL 30 MILES CHAMPIONSHIP								
VH Pos	Name	Club	Group	Age	VH Result	Plus	Act. Time	Act. Pos.
1	Keith Ainsworth	Lindsey Rds CC	N Mids	63	0:57:32	+21:58	1:04:15	3
2(1W)	Deborah Moss	Sp'field Finc'l RT	NL&L	52	1:00:08	+19:22	1:10:52	14
3	David Hargreaves	North Lanc RC	NL&L	75	1:00:14	+19:16	1:13:42	20
4	Richard Bideau	Pendle Forest CC	NL&L	51	1:00:20	+19:11	1:02:57	1
5	Joseph Costello	Legato RT	Mids	63	1:01:03	+18:27	1:07:46	7
6	Mike Westmorland	Border City Whs	NL&L	77	1:02:03	+17:28	1:17:04	25
7	Peter Greenwood	Clayton Velo	NL&L	70	1:02:09	+17:22	1:12:20	17
8	Andrew Whiteside	Sp'field Finc'l RT	NL&L	48	1:02:14	+17:16	1:04:04	2
9	Chris Dyason	Cambridge CC	E Ang	74	1:02:16	+17:14	1:15:01	22
10	Paul David Fleming	Preston Whs	NL&L	57	1:02:53	+16:38	1:07:19	5
11	Simon Horsley	Legato RT	NL&L	58	1:02:57	+16:33	1:07:44	6
12	Simon Dighton	Beacon Rds CC	Mids	59	1:03:03	+16:27	1:08:11	10
13(2W)	Sue Cheetham	North LancS RC	NL&L	59	1:04:42	+14:49	1:17:56	27
14	Ian Cox	Fogartys Ins' Tri Team	NL&L	52	1:05:09	+14:21	1:08:03	9
15	Paul Braithwaite	Pendle Forest CC	NL&L	46	1:05:19	+14:11	1:06:40	4
16(3W)	Theresa Taylor	Sp'field Finc'l RT	NL&L	62	1:06:12	+13:18	1:20:44	28
16	Paul Shallicker	Coveryourcar.co.uk RT	M&NW	51	1:06:28	+13:03	1:09:05	11
18	Alastair Semple	Stafford RC	Mids	54	1:06:44	+12:46	1:10:13	13
19	Matt Stell	Sp'field Finc'l RT	NL&L	45	1:06:55	+12:35	1:08:02	8
20	Simon Phillips	Stockport Tri Club	M&NW	61	1:07:00	+12:31	1:12:53	18
21	Andrew Simpkins	Team Echelon	Mids	68	1:07:04	+12:26	1:16:09	24
22	Paul Russell	Sp'field Finc'l RT	NL&L	55	1:07:10	+12:21	1:10:57	16
23	Mike Furby	Valley Striders CC	Yorks	51	1:08:19	+11:12	1:10:56	15
24=	Stuart Henderson	VTTA (Yorkshire)	Yorks	47	1:08:30	+11:01	1:10:05	12
24=	Steve Burrows	Vive Le Velo	Yorks	63	1:08:30	+11:00	1:15:13	23
26	Richard Durham	VTTA (Yorkshire)	Yorks	68	1:08:50	+10:40	1:17:55	26
27	Peter MacKlam	Yorkshire Road Club	Yorks	79	1:09:55	+09:35	1:26:40	34
28	Richard Tyson	Rock to Roll CC	NL&L	55	1:10:41	+08:50	1:14:28	21
29	Jymmy Trevor	Jem Hadar Racing	Yorks	50	1:11:13	+08:17	1:13:34	19
30	Richard Belk	Kent Valley RC	NL&L	71	1:11:52	+07:38	1:22:39	31
31(4W)	Sandra Burrows	Vive Le Velo	Yorks	56	1:12:30	+07:00	1:24:35	33
32	William Armstrong	Velo Club Cumbria	NL&L	68	1:13:25	+06:05	1:22:30	30
33	Phil Wright	Hartlepool CC	North	67	1:15:41	+03:49	1:24:15	32
34	Clifford Degraff	Velo Club Cumbria	NL&L	57	1:17:12	+02:19	1:21:38	29
35	Alan Shuttleworth (Trike)	Weaver Valley CC	M&NW	75	1:17:50	+01:40	1:38:23	35
DNF	Steven Loraine (Legato RT)							
DNSA	David Hilditch (Ribble Valley C&RC), Derek Parkinson (Sp'field Finc'l RT), Daryl May (Sheffrec CC), Rachael Maxwell (Border City Whs), Joanna Cebrat (Bury Clarion CC)							
DNS	Peter Haigh (VTTA (NL&L))							

TOUR OF CAMBRIDGESHIRE CHRONO - AN UNMISSABLE TIME TRIALLING EXPERIENCE

By Deborah Sheridan, Warwickshire Road Club

I did the very first Tour of Cambridgeshire time trial, 16.4miles, in 2015. That year I came second in my age group, qualified and went to the World Championships in Denmark. Since then I have been doing ToC most years. I have only missed the age group podium once; I have had three wins including this year and I'm off to Trento in search of a rainbow jersey and an Italian adventure. I have already entered for next year. It's worth adding that my husband Eamonn, also a VTTA member, enters, rides his road bike, doesn't qualify for anything but has a great time. It's that kind of event.

Tour of Cambridgeshire is part of a group of races that I try and target. This year I have done the VTTA National 10, the VTTA National 50 (a bit of a disaster with my seat post), VTTA Goodwood a fantastic event thanks to the efforts of David Collard-Berry and ...a3crg and I'll do the CTT National 10. The VTTA 25 is whilst we are in Trento so I'll miss that. I have been coached by Joe Beer, www.coachjoebeer.com, since my days as a triathlete and we like to target races like National Championships where there is an age group element, so ToC fits right in.



The Tour of Cambridgeshire is not under CTT regulations so is different to other events in a number of ways - firstly, entry is first come first served, so you simply enter, pay and get in; LTS is of no importance. Sometimes this can involve a bit of organisation as you have to be aware of when entry opens as they sell out quickly. Secondly it is on closed roads, a major attraction, with the whole pro start ramp experience and chip timing. Qualification for the UCI Grand Fondo World series final is a big draw, with age group world championship jerseys to race for. With only three from each category to go forward qualification is not easy, especially in the younger age groups. Finally there is the whole experience of the weekend with multiple races, sportives, family rides and a great atmosphere and meeting up with racing friends. Next year I have entered the road race as well.

This year it was hot and sunny but also windy. I'm always nervous before the start of an event and I



©Sportograph



used my own turbo to warm up on instead of riding in the warm up area for turbos is well organised and Eamonn used it for about 20 minutes. The start interval is 20 seconds. I have done the A3crg summer series which is 30 second starts so I am used to those sort of gaps and it doesn't seem to be an issue. As I wait in the start area there is a podium ceremony taking place for the younger age group. I exchange a wave with Aerocoach rider Jessica Rhodes-Jones as she is about to take the podium in her UCI Grand Fondo World Series Rainbow

Jersey. I'm called to the start.

Off the ramp and it's out of the show ground and into the countryside and a serious head wind. The lack of traffic and the noise from it is immediately obvious, emphasising my breathing and the sound from my rear wheel. I catch the woman in front of me and I feel like I'm going well. ToC has a climb to a telecom tower and this year there was a tail wind up it but it is still a grind to the top of the hill. The climb is followed by a fast sweeping descent. At 9 miles the moment we both knew was coming happens, I catch Eamonn on his road bike. He'd started 5 minutes before me and actually looks like he's trying. He shouts encouragement but I'm focused and gone. He will finish 9 minutes behind me but he loves the event as much as me. The last 6 miles have a tail wind back to the show ground and back into the barriers with cow bells and cheering spectators and I'm done. 46:43 not a PB (that was 44:04 in 2019), the headwind out had seen to that. I wait for Eamonn on the grass and he appears with an alcohol free beer, perhaps he wasn't trying after all.

I go back to the van and clean up. There are showers but we use our own in the camper van. We pack the bikes and then check our phones. Results are in and I have won the age group. Eamonn isn't last and he's pleased with that. It's a while to the podium ceremony so we go and grab a real beer/cider, from the bar, some food from a catering stall, chat to Blake from Nopinz and examine the Cadex bike Matt Bottrill rode for SUB7 Ironman and then I jump on a demo Canyon gravel bike. This trip might be more expensive than I thought.

The Podium ceremony is special and I'm slightly embarrassed by the fanfare and the ceremony. I zip up my winner's jersey and put the medals around my neck. There is a tricky post-covid



moment when we can't decide whether to shake hands, photos are taken and it's over.

Tour of Cambridgeshire is one of my highlights of the year but it is also one of a kind. Some say it's expensive but currently there is nothing else like it in the UK. I love the atmosphere and it feels inclusive, anyone can get in if they take the opportunity and although some of the best time trialists and triathletes in the UK compete there is also room for Eamonn and his road bike.

You can enter here if it's not sold out, but be quick:

<https://www.tourofcambridgeshire.com/time-trial>

The following are to the best knowledge of the Editor the performances of VTTA members in the Tour of Cambridgeshire who have qualified for the UCI Grand Fondo World Championships.

Category	Cat. Pos.	O/all Pos.	Participant	Club/Company	Finish Time
(F) 40-44	1	79	Sally Turner	Trainsharp	0:39:41
(F) 40-44	3	146	Kate Thomas	Lewes Wanderers CC	0:42:37
(F) 45-49	1	114	Naomi De Pennington	Banbury Star	0:41:08
(F) 45-49	2	135	Celia Brown		0:41:54
(F) 55-59	1	162	Melissa Dowell	North Essex Velo	0:43:21
(F) 55-59	2	222	Stephanie Cousins	Qn Racing	0:51:29
(F) 60-64	2	202	Linda Honess	Newmarket Cycling & Tri	0:47:11
(F) 65-69	1	197	Deborah Sheridan	Warwickshire Road Club	0:46:43
(M) 40-44	1	2	Matthew Smith	Drag2Zero	0:33:47
(M) 45-49	1	3	Ian Hope	Team Solo Vinci	0:34:24
(M) 45-49	5	15	Howard Bayley	Blazing Saddles	0:36:22
(M) 50-54	1	7	Richard Oakes	Team Ohten Aveas	0:35:23
(M) 50-54	3	29	Mark Jones	Drag2Zero	0:37:04
(M) 50-54	4	30	Brett Davis	Drag2Zero	0:37:10
(M) 50-54	5	36	Graham Winstone	Oxonian	0:37:20
(M) 55-59	2	31	Philip Kennell	GS Metro	0:37:10
(M) 55-59	3	32	Gareth Williams	Twickenham Cycling Club	0:37:11
(M) 55-59	4	33	James Fawcett	...a3crg	0:37:12
(M) 55-59	6	46	Jeff Roberts	High Wycombe CC	0:37:55
(M) 55-59	7	47	Sean Hunt	Lincoln Wheelers	0:37:55
(M) 60-64	=1	27	Kevin Tye	Velorefined Aerosmiths	0:36:56
(M) 60-64	=1	25	Tim Hood	Team Bottrill	0:36:56
(M) 60-64	3	51	Keith Dorling	Team Bottrill	0:38:08
(M) 60-64	4	64	Antony Brown	Kettering CC	0:38:47
(M) 60-64	5	77	Mark Sanders	Mid Devon CC	0:39:36
(M) 65-69	1	66	Jim Moffatt	CC Luton	0:38:51
(M) 65-69	3	141	Nigel Walsh	North Norfolk Whs CC	0:42:19
(M) 70-74	1	124	Peter Tibbitts	Ford Cycling Club	0:41:29
(M) 70-74	2	145	David Rundall	Chorley Cycling Club	0:42:32
(M) 70-74	3	168	Ian Elliot	Hawick	0:43:36



OBITUARIES



JIM HARRIS (SVTTA) 1935 – 2022

Early in his cycling career and at age 17, Jim had the misfortune to fall foul of tram lines with the result he was struck by a bus. Unfortunately, this was to see him on an operating table with the surgeons debating whether to amputate his leg or otherwise. As fortune would have it, one of these had a daughter that was married to another cyclist with the result that Jim's leg was spared. Having undergone extensive surgery, and after almost a year of recovery, he was back on his bike and soon after, became a life long member of the West of Scotland Clarion. He soon became competitive and quickly a rider of some merit among the "fast men"; so much so that at age 19 won the Clarion Cup and continued to improve on his earlier performances.

However by no means a boastful person, he took a great delight when in such company of informing the hot air brigade that he held an Open 25TT record at Stirling that has never been beaten, although he never mentioned the reason why - which was that the local council had altered the road layout.

Having spent a great deal of his youth in the 26th Boys Brigade, Glasgow, Jim carried the tenets learned at this time into adulthood and this was reflected in his family life and cycling likewise. When a timely finish to his competitive career was reached, one of these principles came into being, which was, that it was time to put back into cycling some of the effort others had made in allowing him to enjoy the sport. To this end, Jim had long standing service with the Glasgow Centre as Time Trial secretary and a timekeeper, and was also to be found timekeeping at Mid Scotland club events as well as the West courses. Needless to say, like all timekeepers he encountered his fair share of "I did a faster time than that" only to disprove these claims in a tactful manner.

Upon reaching his 40th birthday, and by this time was better known as JJ, Jim joined the SVTTA in January 1976, and although a proactive member prior to taking office, his official service to the group began 9 years later when he took up the positions of Recorder and Time Trial secretary, until taking time out after an operation for cancer of the tongue in 2003.

After taking some time out to recover, he was again reading out the results at the Tour de Trossachs in October 2004 – an event he organised for over 30 years, before retiring in 2016. During this same period he remained very active at committee level before returning to his previous position in 2005, and continued in the Recorder's position throughout. As before, he compiled all members' standard results and the various championship winners in preparation for the group's annual presentations.

Apart from his committee role, Jim was very active in encouraging non-members to join the group and expounding on the merits of standards awards. He was very generous with his time, but an aspect that remained unknown until of late, his generosity also extended to financial aid to a number of clubs with the aim of providing a good prize list.

JJ was to meet his future wife Jean through cycling and they were both keen youth hostellers. It was to take three and a half years of courting before they finally tied the knot in 1961; after several years, their family consisted of daughters Lesley and Lindsey and finally son John.

Jim's family would like to thank everyone that visited or phoned him during his illness, and in particular, his GP Clare, his consultant, and hospital staff for the measures taken to ensure his comfort.

Gordon Goldie and SVTTA, on behalf of Jean and family

SYDNEY (SYD) WILSON

Sheffield Phoenix CC and VTTA North Midlands Group

21st October 1928 - 24th May 2022

Tall, with craggy features and a weathered complexion from a lifetime in cycling Syd exuded a hard man image; he was widely known and well respected through having competed over many years. After completing his National Service in 1948 Syd returned to Sheffield and joined his 10 years older brother Jim in Sheffield Phoenix Cycling Club. That same year Jim opened his J. F. Wilson Cycles shop and his entrepreneurial spirit soon saw him create and manage various pro teams for BLRC road racing; Syd was always a part of these racing teams. Over 70 years later the shop continues still, now run by Jim's son Nigel.

With about twenty clubs in Sheffield the city was a hot-bed of road racing in the 1950s BLRC days; races were held every week, with sometimes three events to cater for the large number of riders. Both Syd and Jim thrived in this scene, with Jim riding the first Tour of Britain in 1951 and Syd following two years later.

Syd was not just into road racing however, he was on the start list for my first time trial (a 25) in October 1955. From November 1955 Syd and Jim also rode the Rutland CC (of which I was and still am a member) roller racing winter league. As I was still a junior I was not able to compete against them until late 1957, when Ron Coe and Tom Simpson also rode.

From 1953 to 1959 Syd raced as a pro in teams sponsored and managed by Jim - BSA (1954-56), Wilson Cycles (1957), Elswick Hopper (1958) and O'Brien-Wilson (1959). He rode all the top domestic

road races of that period - Tour of Britain in 1953, 1957 and 1958 (5th on stage 5), Lincoln GP (3rd), Tour of the Peak (3rd), Sheffield Anniversary GP (1st), Welsh National Trophy (1st). In 1959 the Isle



of Man Week held a pro road race over 100 miles, when all the top British riders were joined by continental riders who made up almost half the 78 rider field. He rode against stars such as Bobet, Darrigade, Geminiani, Anquetil, Walkowiak, Shay Elliott, Brian Robinson and Il Campionissimo, the great Fausto Coppi.

After his 'big-time' years Syd continued racing; he joined VTTA North Midlands Group in 1983, eventually becoming an HLM. He set 15 national age records between 2016 (age 87) and 2019 (age 90) over distances of 10, 15, 25 and 30 miles.

In 2005 Syd joined me in riding the Velo 99 Veterans Handicap Road Racing League, at age 76, and he rode these until 2016, aged 87.

Whilst out riding Syd met Sybil who at the time was a member

of Beighton Wheelers and they married in 1954. They had three daughters, Beverley, Lynne and Tracy, who all rode for Phoenix. Syd was very much a family man and they would take holidays with the caravan (and bikes) at home and on the continent.

Syd's funeral was held on 7th June at Hutcliffe Wood Crematorium, Sheffield, attended by his family and a very large gathering of his many cycling friends.

By Peter McNally

LYNN HANSON

Seacroft Wheelers and VTTA Yorkshire Group 8th June 1967 - 1st June 2022

21st August 1983 proved to be a life changing day for 16 year old Lynn Varley, when she completed her first club run with Seacroft Wheelers, which was from Leeds to Clumber Park in Nottinghamshire. It was over 100 miles and she had to crawl upstairs on all fours when she got home; she was immediately hooked on cycling for life and from then on hardly missed a club run or time trial. Although she was quiet and reserved she had massive determination and stamina.

In 1986 she began going out with fellow Seacroft Wheeler Nick Hanson and they married in 1989. She stopped racing for a couple of years but came back by riding a 12 hour race in 1992, sponsored for a charity and in remembrance of her recently deceased mum, and she did 218,549 miles. Training for this challenge involved an Easter cycle camping trip to the Lake District and then a long summer tour of the Alps taking in all the famous TdF climbs.

Over a long racing career Lynn rode all the usual distances and earned PBs of 22:59, 58:55 and 2:00:54, although she was happiest just riding her bike with Nick - but he never got over being impressed with her ability to keep riding all day and how she could drop him on those never ending Alpine passes.

When their young family of Ben, Joe and Emma came along they all joined in the cycling life and summers were spent on long and mountainous European holidays, interspersed with camping trips nearer home and time trials for mum and dad - a busy life and one which Lynn revelled in. She raced as recently as 2019, riding on V, A and E courses.

In 2020 and with racing curtailed due to the pandemic there was a wider family trip to the Alps and as expected Lynn was first to the top of

Galibier. Later that same year Nick and Lynn cycled the epic Scottish North Coast 500 with full camping gear and although in much worse weather she loved it. It was 6 months after this trip when Lynn became ill and she confided in Nick that she had enjoyed the NC500 so much that she had thought "What's going to go wrong?"

People talk about bucket lists but this couple didn't really have any. If they fancied going somewhere then they went and it invariably involved cycling. Although as a lover of classical music Lynn did take Nick to see the opera in Verona and later a classical piano concert in Nottingham, which he grudgingly appreciated.

Lynn was initially diagnosed with cancer in early 2021 and treatment returned quite positive results; unfortunately the disease subsequently spread. Lynn and Nick still rode as much as they could, and the couple were

able to turn up at the club's Evening League in Tadcaster for a catch-up with old friends. She was eventually admitted to Wakefield Hospice, and passed away on 1st June 2022. Her funeral was held a few days later and was attended by family and a massive gathering of cycling friends, some from quite far afield and many in their club colours, and the cortege was led into the crematorium grounds by an orderly peloton of Seacroft Wheelers.

Lynn was 54 when she passed away. She had won many club competitions, had served on the committee, helped out at many club racing and competitive events, and been a reliable attendee at many social occasions.



*By Mike Penrice
Photo by Bernard Marsden*

PAT HILL

San Fairy Ann CC and VTTA Kent

4th March 1933 - 31st July 2022

We are very sorry to report that Pat Hill, a VTTA Honorary Life Member and past President of both the San Fairy Ann CC and VTTA Kent Group, passed away, following a period of ill-health.

After marrying in 1956, Pat and her husband Ted moved from South London to Cranbrook, Kent, in 1964, settling at their dream home, Oak Acre in Biddenden, a few years later. By this time Ted had been a member of the Finsbury Park CC for many years, and Pat had been Brentwood RC ladies' champion and one of thousands at the Royal Albert Hall national prize presentation concerts as the Brentwood's Vic Gibbons was crowned British Best All-Rounder. These experiences must have helped to shape her love of club life and time trial competition.



Pat and Ted first made contact with the San Fairy Ann CC in 1972, and they both joined the Saturday afternoon club runs at that time. After a mix-up and cancellation of a booking one Saturday at a nearby public house, Pat laid on a tea for the club run in a matter of minutes at Oak Acre. The club would carry on going back there for the next 17 years! Members also enjoyed barbecues, firework parties and committee meetings at what became almost an unofficial club country headquarters.

Pat became club Treasurer in 1976, before swapping to Magazine Editor, a job she would take on for a much longer second stint some years later. Pat was a brilliant writer and also co-edited the Kent Vets News for a number of years with Ruth Brown.

In 1978 Pat took on the role of Kent Cycling Association Secretary. She revitalised the Association in her 22 years in the role, and was then President up until 2021. She also became a regular timekeeper and promoted a number of open time trials for her club. In recognition of her outstanding services to time trialling, Pat was awarded Cycling Time Trials' Gold Badge of Honour in 2017.

For many years Pat, together with Therese Mason, ran a tea bar at open time trials in Kent. Pat was also a founder member and regular at the Wednesday Wobblers. Pat and Ted regularly went on an annual Spring Training Camp in Majorca where she took part in the social rides. And they always maintained their links with the Finsbury Park CC.

Pat became Kent Group Social Secretary in the 1980s, transforming the annual lunch into the premier social occasion in Kent. She was also in great demand as a speaker at club dinners and lunches, and always produced many of the funniest and best cross-toasts at these same functions!

It is almost impossible to cover all of Pat's involvement with Kent cycling – she gave it everything for nearly 50 years, despite the sad loss of Ted in 2015 and her own failing health. We offer our deepest condolences to Pat's family and friends. This is truly the end of an era.

Mark Vowells

KEN ROBERTSON

Mid Devon CC - former VTТА West Group

Paignton community champion and well known to all cyclists in the west for his achievements, Ken died while out cycling with his club mates in his favourite Devon cycling lanes. A year earlier on his 84th birthday, during lockdown, he rode up and down the Teign valley to complete 84 miles and later that year when racing resumed he squeezed in three open time trials.



Mid Devon Chairman Mike Gratton, wrote, "Ken was a legend in the cycling community having spent more than 50 years competing in and organizing races, including National Championships. He was an inspirational man, someone with so much knowledge and passion for the sport. He was also a gentleman who acted with dignity and honour.

Cyclists from all over Devon had one last chance to ride alongside this legend on the day of his funeral when they rode behind the hearse around Torbay Velopark in Clennon Valley, Paignton

Ken was born in London and was evacuated to Brixham during the Second World War. He later served in the RAF during his National Service. He joined Mid Devon Road club in 1957 and was a time trial specialist he enjoyed 100 mile and 12 hour events the most.

Over the years he inspired dozens of young riders and was proud to mentor professional rider Harrison Wood. He will be much missed for so many reasons for years yet to come.

Brian Griffiths

CHRISTINE PAUL

Greenock CC - VTТА Scotland

Christine was born on 16th March 1931 in Greenock and followed her big brother into the world of cycling at around 15 years of age, joining the Greenock Paragon Cycling Club.

Like many other youngsters in the 1940s Christine's family home was destroyed in the blitz; they took refuge in Glebe School, where unbeknown to Christine and her parents at that time, and although not of the Catholic Faith, they had been given the Last Rites during their stay due to the life threatening conditions prevailing.

Thankfully, with this episode behind her and now actively cycling, she met her husband to be, Harry, at the Paragon Cycling Club; within a short time they began courting until Harry was conscripted into the army, serving in Edinburgh and Hong Kong for the next two years. During this time Christine was taken ill with pleurisy and spent a year convalescing in hospital, but as she slowly regained her strength she was back in the saddle in time for Harry's return from Hong Kong. On his return, the romance blossomed and they would cycle together 2 or 3 evenings a week and followed this by youth hostelling with the club at weekends; they also took part in racing events. With many miles, and a few years courtship behind them, they married in 1954.

Family life took over with the arrival of their son Steven in 1960. However, both always had time for some recreational activities and Christine became a member of the Scottish Swimming Teachers' Association, and at age 58, completed her first mini-marathon. She also held the position of President of the local Speakers Club and was involved with the Barrs Cottage Library writers group.

When they reached the age of 40 they both joined the Scottish Veterans Time Trials Association and continued their enjoyment of competitive cycling. As longstanding members and in recognition of their continued support, both Harry and Christine were eventually accorded VTТА Honorary Life Membership.

The family would like to take this opportunity thank those friends and neighbours that expressed their condolence at the loss of Christine.

The Paul Family

• FORTHCOMING VTТА EVENTS CALENDAR - 2022/23 •

Date	Event	Course	Dist.
Sun 11th Sept	VTТА (Kent Group) (Kent Group Champs)	Q25/12	25
Sun 11th Sept	Cambridge CC (Inc VTТА National Championship)(Pref to VTТА members)	F2A/25	25
Sun 11th Sept	Kennoway RC (Grand Prix de Gentleman 2up TTT) (Boomerang Trophy)	WE13/01	13
Sat 17th Sept	Midlands VTТА (VTТА 2023 champs course)	K48/10	10
Sun 18th Sept	VTТА - London & Home Counties Group	H25/2	25
Sun 18th Sept	VTТА (inc. VTТА Surrey/Sussex Championship)	G25/89	25
Sun 18th Sept	Yorkshire VTТА (Pref to VTТА members) (VTТА 2023 champs course)	V236/1	25
Sat 24th Sept	East Anglian VTТА (Pref to East Anglian VTТА Members) Course changed	F2A/25	25
Sun 25th Sept	SVTTA (Speed Trophy)	WM15/01	15
Sun 25th Sept	Cleveland Whs CC	THC33	H/c
Sun 25 th Sept	Cleveland Coureurs / VTТА (North) Rescheduled from 31st July	T252/3	25
Sun 25 th Sept	Epsom CC (Wessex Group Champs) Group Champs was Southdown Velo on 28th August	H25/88	25
Sun 2nd Oct	Vanelli Project Go (Tour of the Trossachs)	WW28/01	26.5
Sat 8th Oct	Leo 30 (Inc East Anglian VTТА Championship) Course changed	E33/30	30
Sun 9th Oct	VTТА (Kent group)	Q15/1	15
Sun 23rd Oct	VTТА (North Group)(Veterans North Closed Circuit Championship)	T10C	10
Sat 29th Oct	East Anglian VTТА (solo and 2-up)	E33/25	25
Sat 12 th Nov	Yorkshire Group AGM (Collingham Memorial Hall - 10am)		
Sun 13 th Nov	Surrey/Sussex Group AGM (Handcross Parish Hall - 10.30am)		
Sun 13 th Nov	North Lancs & Lakes Group AGM (Winmarleigh Village Hall - 10.15am)		
Fri 18 th Nov	Merseyside Group AGM (Waverton Village Hall)		
Sun 20 th Nov	Manchester & NW Group AGM (Goostrey Village Hall - 10am)		
Sun 8 th Jan	North Group Lunch/Presentation (Hardwick Hall, Sedgfield)		
Sun 15 th Jan	Merseyside Group Lunch/Presentation (Cheshire View, Christleton)		
Sat 21 st Jan	National AGM (The Limes Country Lodge Hotel, Solihull B94 5JZ) Other details to be announced and may incorporate National Presentation		
Sun 29 th Jan	Yorkshire Group Lunch/Presentation (Walshford)		
Sun 5 th Feb	Surrey/Sussex Group Lunch/Prize Presentation (Horsham)		

Copy date for the next edition of 'The Veteran' is 22nd November 2022

WHEN RESPONDING TO ADVERTISERS PLEASE MENTION 'THE VETERAN' AND THE VTТА

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Cycling accident claims can be complex.

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Partner and competitive cyclist



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