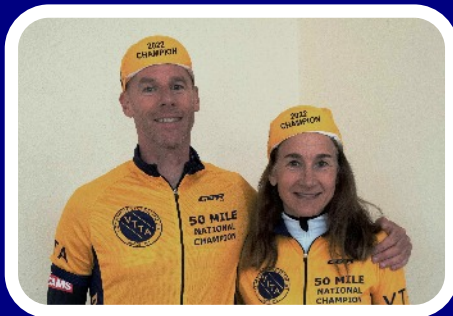




Veterans Time Trials Association



2023 HANDBOOK

THE VTTA - A SHORT CHRONICLE



E H Strevens September 1945

E H Strevens (initials were *de rigueur* in the past) established in the North London area in 1939 an organisation (indeed he was that organisation), by the name of Nor-0-Lon for the promotion of Veteran Time Trials and these he both ran, financed and developed until by his inspiration and enterprise there was formed, in the spring of 1943, the Veterans Time Trials Association with Mr Strevens as its first Secretary. The inaugural meeting was held at The Old Sal, Barnet, on Monday 7th March 1943 to which prominent veteran riders of the day were invited to attend and forty-five of whom did.

The VTTA, at its inception, visualised “a nation-wide organisation offering congenial membership and road competition for all over-40 cyclists, no matter where they may reside”.

It remained an all male organisation until 1971 when London Group finally managed to effect a change of rules which allowed applications from women to be accepted.

An early edition of the magazine contained the following proclamation:

“As we ‘grow up’ we discover that life is a series of revelations, each more attractive than the last. We call ourselves ‘Veterans’, but only the under 40s regard the word as meaning ‘has beens’. We know that the most

satisfying feature in life’s continuous approach to maturity is the stuff called experience and the wiser expertness that solidly emphasises the worthiness of achievement. Only the misguided folk who stop natural bodily exercise unwind from early middle age to decrepitude. The fit man blossoms as he takes on years.

One thing only we lose as we grow older – whip cord fleetness. But there still remains the competition, the club companionship and rivalry, the grand enjoyment of cycling and – The Game”.

By September 1944, membership was 157.

In June 1947 a ‘Special Luncheon’ was held which was attended by thirty people and the whole affair was paid for by the President, E H Strevens.

Much has changed since then. Membership rose rapidly in the post-war boom, and has steadied at around 3000 today.



VETERANS TIME TRIALS ASSOCIATION

HANDBOOK 2023

Containing details of National and Group Officers

Rules and Regulations

Event Programme for 2023

Results of 2022 Championships

Current National Age Records

Past Champions

Guide to Standard Awards

Age Adjustments Tables

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VETERANS TIME TRIALS ASSOCIATION

*Competitive Cycling for Life
Since 1943*

NATIONAL EXECUTIVE COMMITTEE 2023

President		Tony Farrell (Manchester & North West) Lealtad, Brookledge Lane, Adlington , Cheshire, SK10 4JU 01625 820210 : f.t.a.1@icloud.com
Chairman		Andrew Simpkins (Midlands) 13 Lupin Drive, Walton Cardiff, Tewksbury, GL20 7FT 07767 835004 : chairman@vtta.org.uk
Vice Chairman		Mark Bradley (West) Address withheld 07890 583253 : vicechairman@vtta.org.uk
National Secretary		Rachael Elliott (London & Home Counties) 6 Pindar Place, Newbury, RG14 2RR 07931 722817 : secretary@vtta.org.uk
Treasurer		Ian Ptitchard (West) Doverscourt, 21 Channel Road, Portishead, Bristol, BS20 6LZ 01275 845779 : i.pritchard@sky.com
Membership Secretary		Merv Player (East Anglian) 18 New Close, Knebworth, Herts, SG3 6NU 01438 814154 : mervplayer33@gmail.com
Road Records Secretary		Geoff Perry (Kent) Gramist, Hillcrest Road, Kingsdown, Kent, CT14 8EB 07808 905879 : geoffreyperry@aol.com
Editor & Advertising Secretary		Mike Penrice (Yorkshire) Tawnylands, South Duffield Road, Osgodby, Selby, YO8 5HP 01757 291196 : editor@vtta.org.uk
Track Records & Awards Secretary		Ian Greenstreet (London & Home Count) Davandy, Long Lane, Shaw, Newbury, RG14 2TH 07980 301321 : iangreenstreet@gmail.com
IT Manager		Jon Fairclough (Scotland) Address withheld 01573 963125 / 07976 558616 : itmanager@vtta.org.uk

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

Vice Presidents

Eddie Green, Jim Burgin

Website : vtta.org.uk and Facebook

PAST AND CURRENT NATIONAL OFFICIALS

President

E H Strevens	1945 - 1952	Mrs D Mahar	2000 - 2004
H G Gibbs	1953 - 1956	J P Ogden	2005 - 2009
E H Bricknell	1957 - 1970	A Colburn	2010 - 2014
R H Clarke	1971 - 1994	Carole Gandy	2015 -2020
Mrs E Brambleby	1995 - 1999	A. Farrell	2021 -

Chairman

C W Cooke	1943	I Jones	1985
L F Dixon	1944 -1948	Mrs E Brambleby	1986 - 1994
A E Lang	1949 - 1959	E A Green	1995 - 2004
M C Rees	1960 -1962	G Nowland	2005 - 2010
W G Knight	1963 - 1980	J Burgin	2011 - 2016
S Harvey	1980 -1984	A Simpkins	2017 -

Secretary

E H Strevens	1943	S E Hayward	1965 - 1995
G Hibbs	1944	M J Ellis BEM	1996
H Webb	1945	W G Pickering	1997 - 2007
C W Cooke	1946 - 1948	Ann Butterworth	2007 - 2013
J C Ballard	1949	Rachael Elliott	2014 -
H L Lincoln	1950 - 1964		

Treasurer

E H Strevens	1943	T N Anderson	1996 - 2000
C A Sturt	1944 - 1945	G Smart	2001 - 2005
E W Harman	1946 - 1948	J D Gresty	2006 - 2010
L S Davis	1949 - 1952	C Grant	2011 - 2014
A E Tester	1953 - 1956	W J Gladwin	2014 - 2016
H L Lincoln	1957 - 1964	Mary Corbett	2017 - 2019
S E Hayward	1965 - 1995	I Pritchard	2021 -

Editor

R H Gayter	1945 - 1946	Miss I Leget	1985
J C Ballard	1947 - 1949	S E Hayward	1986
C A Sturt	1950 - 1951	H Dixon	1987 - 1991
J C Ballard	1952 - 1953	B Rosen	1992 - 1997
H L Lincoln	1956 - 1963	D Humphreys	1998 - 2003
W S Lewis	1965 - 1975	J Burgin	2004 - 2016
F Wells	1976 - 1981	M Penrice	2017 -
F Cowling	1982 - 1984		

GROUP OFFICIALS FOR 2023

EAST ANGLIAN GROUP OFFICIALS

Chairman & Press Editor	Andrew Grant	Address withheld	01638 741433 chairman@vttaea.co.uk
General Secretary	Christine Golder	19 Old Silk Mill, Glemsford, Sudbury, Suffolk, CO10 7FX	07850 468341 gen.sec@vttaea.co.uk
Membership Secretary	Merv Player	18 New Close, Knebworth, Herts, SG3 6NU	01438 814154 mem.sec@vttaea.co.uk
Treasurer & Luncheon Organiser	Keith Dorling	Address withheld	07714 937777 treasurer@vttaea.co.uk
Recorder & Age Records Secretary	Ken Platts	Address withheld	01223 870963 records@vttaea.co.uk
Awards Secretary	Denese Hallahan	Address withheld	01945 583852 denese.hallahan@btinternet.com
Time Trial Secretary	John Golder	19 Old Silk Mill, Glemsford, Sudbury, Suffolk, CO10 7FX	07709 328113 tt.sec@vttaea.co.uk
Webmaster & Group Administrator	Noel Toone	Address withheld	01832 274369 webmaster@vttaea.co.uk

EAST MIDLANDS GROUP OFFICIALS

President	David Herd	2 Meadows Close, Long Bennington, Newark, Notts, NG23 5EQ	01400 281116 davidherd63@gmail.com
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'Veteran' Reporter	David Herd	2 Meadows Close, Long Bennington, Newark, Notts, NG23 5EQ	01400 281116 davidherd63@outlook.com

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Social Secretary	Post vacant		
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Time Trial Secretary	Robert Giles	91 Park Way, Coxheath, Maidstone, Kent ME17 4EX	07905 086613 robertggiles@icloud.com
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Trophy Secretary	Position vacant		
Time Trials Secretary	David Guy	2-5 Warwick Court, London, WC1R 5DJ	07711 697900 ovcyclingclub@hotmail.co.uk

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SOUTH WALES GROUP OFFICIALS

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Treasurer	Barry Williams	34 Millbrook Road, Dinas Powys, Glamorgan, CF64 4DA	02920 514751 / 07833 786132 bazspeed@gmail.com
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Secretary	Andy Critchlow	Rose Cottage, Cockshot Hill, Reigate, Surrey, RH2 8AN	07970 352994 andycritchlow@me.com
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Recorder	James Rix	10 Barry Drive, Haywards Heath, West Sussex, RH16 4UD	07739 542543 ss.vtta.recorder@hotmail.com
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Press Secretary	Position vacant (Send correspondence to Keith Wilkinson)		
Committee Member	Robin Johnson		

WESSEX GROUP OFFICIALS

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Recorder & Webmaster	Claire Newman	31 Main Road, Totton, Southampton SO40 7EP	02380 667394 recorder@wessexvtta.org.uk
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Trophy Secretary	Mike Boyce	12 The Leys, Fernhurst, Haslemere GU27 3JY	07817 793282 toni_scott@btconnect.com
Social Sec.	Position vacant		
Committee	Andrew Rivett, Matt Doe		

WEST GROUP OFFICIALS

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Vice Chair	Paul Winchcombe	4 Farmhouse Court, Melksham, SN12 6FG	07792 372309 paul@winchcombe.net
Secretary	Gordon Scott	Rosemarie, West Stafford, Dorchester, DT2 8AB	01305 264076 westvetsec@gmail.com
Treasurer	Ian Pritchard	21 Channel View Road, Portishead, Bristol, BS20 6LZ	01275 845779 i.pritchard@sky.com
Recorder	Rob Hutchinson	Mill Lodge, 1 Kingsmill, Stoke Bishop, Bristol, BS9 1BZ	01179 681105 rob.hutchinson8@btinternet.com
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'Veteran' Contact	Brian Griffiths	27 Hobhouse Close, Henleaze, Bristol, BS9 4LZ	01179 622589 bricyclehenleaze@mypostoffice.co.uk
Webmaster	Position vacant		

YORKSHIRE GROUP OFFICIALS

Chairman & Press Sec.	Chris Goode	56 Raleigh Street, Scarborough, North Yorkshire, YO12 7LQ	01723 341050 cgoode@yorkshire.net
Secretary & Social Media	Karen Taylor	5 Thompson Lane, Baildon, West Yorkshire, BD17 7LZ	07812 144508 mrs_karen_taylor@hotmail.com
Treasurer	Sue McFarlane	3 Halifax Close, Full Sutton, York YO41 1NU	07788 255364 sue.mcfarlane@sky.com
Racing Secretary	Blair Buss	6 Bramley View, Lightcliffe, Halifax HX3 8ST	01422 202957 blairbuss@btinternet.com
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Awards Secretary	Tony Stott	6 Damson Garth, Lund, Driffield, E Yorkshire, YO25 9TH	01377 790554 stotta09@gmail.com
Social Secretary	Mike Williams	10 Manor Garth, Skidby, Cottingham, Hull HU16 5UF	01482 849264 mikettbike@hotmail.com
Website Admin.	Mike Penrice	Tawnylands, South Duffield Road, Osgodby, Selby, YO8 5HP	07598 168709 mike@mrpenrice.plus.com

VTTA NATIONAL CHAMPIONSHIPS FOR 2023

Event Date	Distance	Course	Organising Club	NEC Rep.
Sunday 16 th April 2023	25 Miles	V236/1	VTTA Yorkshire	Mike Penrice
	Blair Buss, 6 Bramley View, Lightcliffe, Halifax, HX3 8ST Tel. 01422 202957 Eml. blairbuss@btinternet.com			
Saturday 10 th June 2023	50 Miles	A50/2	VTTA East Midlands	Ian Greenstreet
	Colin Parkinson, 12 Collingham Road, Leicester, LE3 2BA Mobile 07971 090461 Eml. cdp@lineone.net			
Sunday 2 nd July 2023	100 Miles	D100/8	Shropshire CA	Tony Farrell
	David Drew, 4, Pantulf Road, Wem, Shropshire, SY4 5LT Mobile 07306 317343 Eml. drew5lt@btinternet.com			
Saturday 15 th July 2023	15 Miles	F2/15	VTTA East Anglian/Cambridge CC	Rachael Elliott
	Chris Dyason, 2 Prime's Corner, Histon, Cambridge, CB24 9AG Tel. 01223 236239 Eml. cdyason@hotmail.com			
Saturday / Sunday 22 nd / 23 rd July 2023	24 Hours	D24HR	Mersey Roads Club (CTT Champs)	Jon Fairclough
	Jon Williams, 6 Balfour Road, Prenton, Merseyside, CH43 4UD Mobile 07753612619 Eml. oggy_merseyroads@hotmail.com			
Sunday 30 th July 2023	30 Miles	WM30/02	VTTA Scotland	Jon Fairclough
	Mrs. M. Laffoley, 22 Frankfield Place, Dalgety Bay, Fife KY11 9LR Mobile 01383 822349 Eml. mhairlaffoley@gmail.com			
Sunday 20 th August 2023	12 Hours	E2/12HR	ECCA (CTT Champs)	Geoff Perry
	Leonard Gordon, 7 Cambridge Close, Langdon Hills, Basildon, Essex, SS16 6UW Mobile 07807 839204 Eml. lengordon55@gmail.com			
Sunday 17 th September 2023	10 Miles	K48/10	VTTA Midlands	Andrew Simpkins
	Alastair Semple, 76 Ascot Road, Baswich, Stafford, ST17 0AQ Mobile 07955 032010 Eml. ascoaching@outlook.com			

ALL NATIONAL CHAMPIONSHIPS INCLUDE A TANDEM CHAMPIONSHIP.

VTTA REGIONAL CLOSED CIRCUIT CHAMPIONSHIPS FOR 2023

Event Date	Distance	Course	Organising Club	NEC Rep.
Wednesday 21 st June 2023 (evening)	Northern Closed Circuit 10 Miles	T10C Croft	VTTA North	Mike Penrice
	Gavin Russell, 2 Antrim Avenue, Fairfield, Stockton-on-Tees, TS5 8LY; Tel. 01642 654419 Eml. gavin_russell@hotmail.co.uk			
Saturday 10 th June 2023	Southern Closed Circuit 10 Miles	P917/10 Goodwood	...a3crg / VTTA Surrey/Sussex	Mark Bradley
	David Collard-Berry, 59 Midhurst Road, Fernhurst, Haslemere, Surrey, GU27 3EN Tel. 01428 651843 Eml. dcb@a3crg.co.uk			

OPEN TO ALL VETERANS, NOT JUST VTTA MEMBERS. INCLUDES ROAD BIKE CATEGORIES.

GROUP EVENTS FOR 2023

EAST ANGLIAN GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 13 th May	Leo 30 (inc VTTA road circuit champs & group 30)	30	E33/30	14.00	#T, #R	John Golder : 07709 328113 : jgolder66@outlook.com
Thur 1 st June	Group 10 (70 riders)	10	E2/10	19.30	#P40	Michael Martin : 07873 707826 : mwmartin_actuary@hotmail.co.uk
Thur 8 th June	Group 10 (70 riders)	10	E2/10	19.30	#P40	Michael Martin : 07873 707826 : mwmartin_actuary@hotmail.co.uk
Thur 15 th June	Group 10 (70 riders)	10	E2/10	19.30	#P40	Gary Boyd : 07729 250305 : gary@hub-velo.co.uk
Thur 22 nd June	Group 10 (70 riders)	10	E2/10	19.30	#P40	Harry Moore : 07885 736383 : harry_louise@btinternet.com
Sun 24 th June	Cambridge CC (Viking 50) (inc Group 50)	50	F2/50	13.00	#P, #T	Chris Dyason : 07970 093019 : cdyason@hotmail.com
Thur 29 th June	Group 10 (70 riders)	10	E2/10	19.30	#P40	Keith Dorling : 07714 937777 : krd51@icloud.com
Thur 6 th July	Group 10 (70 riders)	10	E2/10	19.30	#P40	Keith Dorling : 07714 937777 : krd51@icloud.com
Sun 9 th July	CC Breckland (inc Group 100)	100	B100/8	6.00	#T	Mark Fairhead : 01953 600497 : markfairhead@btinternet.com
Sat 15 th July	VTTA National Championship (Cambridge CC)	15	F2/15	13.00	#P, #T	Chris Dyason : 07970 093019 : cdyason@hotmail.com
Sun 23 rd July	Group 25	25	E2/25	6.00	#P, #T	Gary Boyd : 07729 250305 : gary@hub-velo.co.uk
Sun 20 th Aug	ECCA (inc CTT/ VTTA National Champs & Group 12hr)	12hr	E2/12hr	5.00	#T	Len Gordon : 07807 839204 : lengordon55@gmail.com
Sat 2 nd Sept	Group 10	10	F2A/10	14.00	#P, #T	Dominic Whitehead : 07504 439362 : berylodom@yahoo.co.uk
Sat 23 rd Sept	Group 25	25	E2/25	14.00	#P, #T	Michael Martin : 07873 707826 : mwmartin_actuary@hotmail.co.uk
Sun 1 st Oct	ECCA (inc Group circuit champs)	25	E33/25	9.00		Len Gordon : 07807 839204 : lengordon55@gmail.com

#P = Preference to VTTA members, #P40 - Preference to 40 VTTA members,
#R - Includes road bike event. #T - Includes tandem event.

The 10 league consists of the above 7 events with best 4 to count.

EAST MIDLANDS GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 22 nd April	VTTA E Mids	10	A10/3	14.00	#P	D Yarham : 01778 343077 : yarhamd@msn.com
Sat 13 th May	Melton Olympic (VTTA E Mids Jack Watts Memorial)	25	A25/34	14.00	Slowest 120 riders	KR Gent : 07802 541082 : rwgent@btinternet.com
Sat 3 rd June	VTTA E Mids	25	A25/34	14.00	#P, #T	KR Gent : 07802 541082 : rwgent@btinternet.com
Sat 10 th June	VTTA National Championship	50	A50/2	14.00	#P, #T	C Parkinson : 07971 090461 : cdp@lineone.net
Sat 19 th Aug	VTTA E Mids	25	A25/34	14.00	#P	Roy Oakes : 07849 638529 : maggieandroy@icloud.com
#P = Preference VTTA members. #T = Includes tandem event.						

KENT GROUP EVENTS						
Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 25 th March	VTTA Kent	10	Q10/24	15.00		David Mackey : 07913 658336 : d.mackey1971@outlook.com
Sun 23 rd April	VTTA Kent	30	Q30/3	7.00	#G	Simon Henderson : 07813 085640 : simonhenderson44@btinternet.com
Sun 11 th June	VTTA Kent	25	Q25/8	7.00		Robert Giles : 07905 086613 : robertggiles@icloud.com
Sun 18 th June	VTTA Kent	10	Q10/30	6.30	#G	Paul Burrows : 07973 666443 : paulburrows604@gmail.com
Sun 9 th July	VTTA Kent	50	Q50/11	6.30	#G	Robert Giles : 07905 086613 : robertggiles@icloud.com
Sat 29 th July	VTTA Kent	10	Q10/1	6.30		Robert Giles : 07905 086613 : robertggiles@icloud.com
Sun 10 th Sept	VTTA Kent	25	Q25/3	7.30	#G	Robert Giles : 07905 086613 : robertggiles@icloud.com
Sun 8 th Oct	VTTA Kent	15	Q15/1	8.00		Robert Giles : 07905 086613 : robertggiles@icloud.com
#G = Group championship event. All events include tandem section.						

VTTA KENT CLUB 10@10 SERIES	
Wed 5 th April, Wed 3 rd May, Wed 7 th June, Wed 5 th July, Wed 2 nd Aug, Wed 6 th Sept, Wed 4 th Oct, Wed 20 th Dec (road bikes only)	All events are 10 miles, on course Q10/33 and start at 10.00. £5 entry at the event.

LONDON & HOME COUNTIES GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 7 th May	VTTA L&HC (Don Byham)	10	F11/10	7.00	#P, #T	Joy Payne : 07979 083227 : joypayne27@gmail.com
Thur 15 th June	VTTA H&HC	10	H10/3r	14.00	#P, #T	Rachael Elliott : 07931 722817 : rachael.elliott@gmail.com
Sun 16 th July	VTTA L&HC	10	F11/10	8.00	#P, #T	David Guy : 07711 697900 : ovcyclingclub@hotmail.co.uk
Wed 16 th Aug	VTTA L&HC	10	H10/3r	14.00	#P, #T	Claire Emons : 07733 272826 : fambafamba@yahoo.co.uk
Sun 17 th Sept	VTTA L&HC (Rocco 25)	25	H25/2	8.00	#P, #T	Wolfgang Emmerich : 07887 930345 : we@acm.org

#P = Preference VTTA members. #T = Includes tandem event.

MANCHESTER & NORTH WEST GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 4 th March	M&DTTA / VTTA M&NW	10	J4/20	14.00	#T #72	David Clayton : 07879 602821 : davidcl1964@gmail.com
Thur 15 th June	Buxton CC / VTTA M&NW	10	J10/1	19.00		Mat Ivings : 07967 621448 : mat@ivings.co.uk
Sat 1 st July	VTTA M&NW (inc Janus RC & Warrington RC)	25	J2/9	14	#R #T	Tony Farrell : 07901 528646 : f.t.a.1@icloud.com
Sat 15 th July	Seamons CC / VTTA M&NW	25	J2/9	14.00		Charles Carraz : 07789 747116 : seamonsstsec@hotmail.co.uk
Sun 30 th July	Congleton CC / VTTA M&NW	50	J4/9	8.00	#T	Bob Norton : 07854 839254 : nortonbob4@gmail.com

#R = Includes road bike event. #72 = Includes 72" gear event. #T = Includes tandem event

MERSEYSIDE GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 1 st April	Liverpool Braveheart	10	D10/1	14.00	#R, #2	Richard Gadsden : 07800 818263 : gaggy15@hotmail.co.uk
Sun 16 th April	Mid Shropshire Whs	25	D25/20	8.00	#T, #2	Simon Evans : 01743 353671 : ruralwales@gmail.com
Sun 14 th May	West Cheshire TTCA	30	D30/11	8.00		Paul Modern : 07932 509409 : p.modern@yahoo.co.uk
Sun 4 th June	Chester RC	25	D25/23T	7.30		Paul Modern : 07932 509409 : p.modern@yahoo.co.uk
Sun 11 th June	West Cheshire TTCA	50	D350/1	7.00		Peter Catherall : 07773 587793 : anfieldbc@gmail.com

Sat 1 st July	Port Sunlight Whs	10	D10/25	14.00	#T	Kevin Larmer : 07711 448609 : larmer.kevin@gmail.com
Sun 27 th Aug	North Shropshire Whs	25	D25/23T	8.00		Elaine Beckett : 07721 767991 : elainebeckett567@gmail.com
#T = Includes tandem event, #R = includes road bike event, #2 = includes 2-up TT						

MIDLANDS GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 1 st April	VTTA Midlands (Welland Trophy)	15	K47/15	14.00		Mike Amery : 07494 587464 : mikeamery58@gmail.com
Solo and 3-up. Joint competition between VTTA and BMCR						
Sun 17 th Sept	VTTA National Championship	10	K48/10	9.00	#P #T	Alastair Semple : 07955 032010 : ascoaching@outlook.com
#P = Preference VTTA members. #T = Includes tandem event.						

OTHER VTTA (MIDLANDS) GROUP TROPHY EVENTS

25 mile group trophy event to be determined

Sat 10 th June	VTTA National Championship	50	A50/2			
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NORTH GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 2 nd Apr	Darlington CC / VTTA (North)	25	T254 /1R	10:00	#R	Malcolm Steer : 07908 524659 : malcolm.steer@redcentaur.com
Sun 14 th May	Zeus CRT / VTTA (North)	10	M101	8:00		Gary Wright : 07917 020121 : gwwright@btopenworld.com
Sun 21 st May	Hartlepool CC / VTTA (North)	10	T102	8:00	#R #T	Phil Wright : 07702 244922 : jagryk@aol.com
Sun 18 th Jun	North Tyneside Riders / VTTA North	50	M50	7:30		Ian Gallon : 07828 900383 : galnufc@msn.com
Wed 21 st Jun	VTTA Northern Closed Circuit Championship	10	T10C	19.00	#R	Gavin Russell : 01642 654419 : gavin_russell@hotmail.co.uk
Sun 25 th Jun	VTTA (North) / Hartlepool CC	25	T252/3	8.00	#T	Phil Wright : 07702 244922 : jagryk@aol.com
Sun 2 nd Jul	VTTA (North) / Cleveland Coureurs	10	T102	9.00	#R #T	Gavin Russell : 01642 654419 : gavin_russell@hotmail.co.uk
Sun 16 th Jul	Stockton Whls CC / VTTA (North)	25	T252/3	8:00	#R #T	J Corcoran : 07557 762202 : jcz9980@gmail.com
Sun 23 rd Jul	Barnesbury CC / VTTA(North) (Group Nouveau Shield)	25	M259	8:00	#T	Sharon Dyson : 07837 607219 : sharonmdyson@gmail.com

Sun 6 th Aug	Cleveland Coureurs/ VTTA (North) Teesside District Championship	25	T252/3	9.00	#T	Gavin Russell : 01642 654419 : gavin_russell@hotmail.co.uk
Sun 13 th Aug	Darlington CC/VTTA (North)	50	T504	8.30	#R #T	Marcel Schubert : 07412 102735 : Marcel.Schubert@gmx.net
Sun 27 th Aug	Tyneside Vagabonds CC /VTTA (North)	100	M100/10	7.00	#T	Nick Wild : 01670 519122 : drnickw@gmail.com
Sun 17 th Sept	Darlington CC /VTTA (North)	10	T104/3	10.00	#R #T	Marcel Schubert : 07412 102735 : Marcel.Schubert@gmx.net
Sun 24 th Sept	Cleveland Wheelers CC (incorporating Group and Teesside Hill Climb Championship)	1	THC33	10.00	#T	S Tilly : 07982 255809 : secretary@clevelandwheelers.com

#T = Includes tandem event, #R = includes road bike event

NORTH LANCASHIRE & LAKES GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Wed 12 th Apr	VTTA NL&L	25	L2523A	13.00		Richard Taylor : 07533 679101: rtaylor023@aol.com
Sun 30 th Apr	Southport CC (inc VTTA NL&L)	15	D33/15	8.00	#G	Alan Stark : 07904 385683 : alstark@blueyonder.co.uk
Sun 11 th June	VTTA NL&L	50	L5012	7.00		Richard Taylor : 07533 679101: rtaylor023@aol.com
Tues 15 th Aug	VTTA NL&L	10	L1023	13.00		Richard Taylor : 07533 679101: rtaylor023@aol.com

#G = Group championship

NORTH MIDLANDS GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 2 nd Sept	VTTA N Mids	10	O10/1	14.00		Gordon Wordsworth : 07942 318223 : gc.w@btinternet.com

Preference to VTTA members. Also includes tandem event

SCOTLAND GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sun 28 th May	Fife Century RC (SVTTA H Roberts Trophy)	50	WE50/01	8.00	#CTT, #T	Mrs. M. Laffoley : 01383 822349 : mhairilaffoley@gmail.com
Sat 10 th June	VC Glasgow South (SVTTA J & B.Train Trophy)	10	WW10/02	10.00	#CTT, #T	Allan Maxwell : 07501 506775 : allanmaxwell1127@gmail.com

Sun 18 th June	Dundee Thistle (SVTTA Reilly & J Sharp Trophies)	100	WE100/01	6.00	#CTT, #T	A Simpson : 07387 073101 : ajwilson1972@hotmail.com
Sun 30 th July	VTTA National Championship (SVTTA Pinky Williams Trophy)	30	WM30/2	8.00	#CTT, #T	Mrs. M. Laffoley : 01383 822349 : mhairilaffoley@gmail.com
Sun 20 th Aug	St Christopher's CC / SVTTA (J Cramb Hcp Trophy)	25	WM25/01	8.00	#CTT, #T	Andrew Wilson : 01355 232832 : telemarker@live.co.uk
Sun 10 th Sept	Kennoway RC GP de Gents (SVTTA Boomerang Trophy)	13 (2up TTT)	WW13/01	9.00	#CTT	Dave Bean : 07811 463640 : dave_bean@btinternet.com
Sun 24 th Sept	SVTTA (SVTTA Speed Family Trophy)	15	WM15/01	9.00	#CTT	George McLaughlan : 01698 374201 : george.mclaughlan@blueyonder.co.uk
Sun 1 st Oct	Tour de Trossachs (SVTTA Bill Lennon Trophy)	28	WW28/01	10.00	#CTT	Jason Roberts : 07717747645 : jrdc@doctors.org.uk

#CTT = Enter via CTT, #SC = Enter via British Cycling, #T = Includes tandem event

SOUTH WALES GROUP CHAMPIONSHIP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 1 st Apr	Cardiff 100 Miles RCC	15	R15/5	2.00	#T #R #2	Robert Jones : 07873 353207 : robert.jones33@virgin.net
Sun 2 nd July	Welsh CA Championship	100	R100/9	6.00		Martyn Heritage-Owen : 07786 067819 : realteamcycling@gmail.com
Sat 15 th July	Ross-On-Wye & Dist CC	10	R10/17	2.00	#SW	Will Bevan : 07591 559275 : will_bevan@hotmail.com
Sat 29 th July	Cardiff 100 Miles RCC	50	R50/1b	2.00	#T #R	Robert Jones : 07873 353207 : robert.jones33@virgin.net
Sun 13 th Aug	Virtual CC	25	R25/7	8.00	#R	Simon Kinsey : 07491 900923 : virtualcyclingclub@gmail.com
Sun 3 rd Sept	Welsh CA Championship	12 hrs	R12/16	6.00	#T #R	Robin Field: 07753 603098 : robin.field@cyclingt看timetials.org.uk

#T = Includes tandem event. #R = Includes road bike event.
#2 = Includes 2-up TTT. #SW = South Wales VTТА members only

SURREY/SUSSEX GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 15 th April	VTТА Surrey/Sussex	10	G10/87	7.30	#T	David Pollard : 07973 420003 : davepollard294@gmail.com

Sun 4 th June	East Sussex CA	50	G50/89	6.00		Bob Harber : 07979 836259 : chrisparkerpett@aol.com
Sun 23 rd July	Sussex CA	30	G30/91	7.00	#T, #R	Robin Johnson : 07733 132043 : mr_rjohnson@outlook.com
Sun 30 th July	East Sussex CA	100	G100/861	6.00		Mark Gidney : 07775 024661 : markgidney2002@hotmail.com
Sat 12 th Aug	Sussex CA	15	G15/92	7.00	#T	Robin Johnson : 07733 132043 : mr_rjohnson@outlook.com
Sun 20 th Aug	Bec CC	25	G25/93	7.00	#R	Tony Truepenney-Phillipson : 07512 356505 : fac19tpt@gmail.com
Sun 17 th Sept.	VTTA Surrey/Sussex	25	G25/89	8.00	#T	Andy Critchlow : 07970 352994 : andycritchlow@me.com

#T = Includes tandem event. #R = Includes road bike event

WESSEX GROUP CHAMPIONSHIP EVENTS

Date	Event Name	Dist.	Course	Start	Note	Event Secretary
Sun 21 st May	...a3crg	25	P881/ 25	7.00	#PW	Mike Boyce : 07817 793282 : toni_scott@btconnect.com

#PW = Pref to VTTA Wessex group members

WEST GROUP EVENTS

West Group 10 mile Championship, for the Harry Marsh Cup, will be on Saturday 27th May 2023. The course is UC861 with the HQ being Goss Croft Hall at Upper Seagry, SN15 5HD. The annual prize presentation will follow at the HQ.

West Group 25 mile Championship, the Jack Gray Memorial, 1st male on Standard and The Rook Shield awarded to the 1st female rider on standard. To be incorporated into VC Bristol 25 on Sunday 18th June on course U17/25.

Group 50 mile Championship The Arthur Wilcockson Trophy – as with previous seasons it was agreed that any 50 mile event held within CTT districts that represent the vast majority of VTTA West Group members, i.e. West DC (U courses) or South West DC (S courses) would count as qualifiers for the Championship.

YORKSHIRE GROUP EVENTS

Date	Event Name	Dist.	Course	Start	Notes	Event Secretary
Sat 4 th Mar	VTTA Yorks	10	V212	14.00	#T	Jymmy Trevor : 07970 966458 : DS09ODO@gmail.com
Sun 16 th April	VTTA National Championship	25	V236/1	8.00	#P, #T	Blair Buss : 07936 146533 : blairbuss@btinternet.com
Sun 16 th July	VTTA Yorks	10	V210	8.00	#P, #72	Blair Buss : 07936 146533 : blairbuss@btinternet.com

#P = Pref to VTTA members. #72 = Includes 72" medium gear event

VTTA CONSTITUTION, RULES AND REGULATIONS

(As updated 21st January 2023)

The VTTA is the National Authority promoting Time Trialling for cyclists who are 40 years of age and older.

All VTTA events are open to any cyclist of 40 years of age and older and shall be conducted in accordance with Cycling Time Trials (CTT) or the Scottish Cyclists' Union (SC) Regulations.

2. RULES

2.1 The Association

2.1.1 The name of the Association shall be the VETERANS TIME TRIALS ASSOCIATION. Membership shall be open to all cyclists who are 40 years of age and older.

2.2 Management of the Association

2.2.1 The management of the Association shall be vested in an elected National Executive Committee (NEC) consisting of a President, Chairman, Treasurer and such other officials as are necessary to conduct the work of the Association. The NEC will be supported by a National Forum comprising a representative from each of the groups. The National Forum will be consulted on, and may advise on and assist with, significant changes to the Association.

2.2.2 A National Secretary may be appointed at the discretion of the NEC to manage the day-to-day business of the VTTA in accordance with the instructions of the NEC.

2.3 National Executive Committee Meetings

2.3.1 The NEC shall meet quarterly, or as required, to transact the affairs of the VTTA. Five members shall form a quorum. In the absence of the Chairman, an officer of the Committee shall be elected to take his/her place on the day. Any member of the Committee who is absent from three consecutive meetings without prior arrangement shall be deemed to have resigned from the committee who shall have the power to fill the vacancy.

2.3.2 Any VTTA member may attend and speak at NEC meetings, but may not vote. (The Chairman may decide that agenda items are not appropriate for open discussion and these

items will be taken in private session with only NEC members in attendance.)

2.4 Powers of the National Executive Committee

2.4.1 The NEC shall have the power to appoint/dismiss a National Secretary and to determine the remuneration required. The National Secretary shall be co-opted as a member of the NEC and have full voting rights but need not be a member of the Association.

2.4.2 The NEC shall have the power to co-opt additional members in order to carry out tasks necessary for the smooth running of the Association. These members will have the same voting rights as other NEC members.

2.4.3 The NEC shall have the power to appoint sub-committees that shall prepare minutes of their proceedings. Minutes of NEC and sub-committee meetings will be copied to all NEC members.

2.4.4 The NEC shall have the power to take such steps as may be deemed necessary to carry out the programme of events for the current or following season.

2.5 NEC Expenses

2.5.1 NEC members may claim reasonable expenses (as agreed by the Committee) for attending meetings, for attending national championships as the NEC representative and for reimbursement of administrative expenses. Expenses claims must be approved by 3 members of the NEC.

2.6 Duties of National Officers

2.6.1 The National Secretary shall take, or cause to be taken, minutes of all National meetings. The National Secretary shall carry out the duties defined in the National Secretary Job Description. The contents of the National Secretary Job Description may be amended as necessary by the NEC.

2.6.2 The National Treasurer shall keep, or cause to be kept, proper Accounts of the monies of the VTTA. Such monies shall be kept in the name of the VTTA in a Joint Stock Bank. No

monies shall be withdrawn except with the sanction of the NEC. All cheques must be signed by any two of the current officers as follows: the National Treasurer; the National Secretary; the Chairman; the Editor. For online payments written authorisation must be provided to the National Treasurer by two of these other officers.

2.7 Financial Year

- 2.7.1 The VTTA's financial year shall commence on 1st November and end on 31st October, after which date the National Treasurer shall prepare a Balance Sheet and Accounts for the year. An Auditor elected at the previous AGM will audit these. The Balance Sheet and Accounts shall be submitted to the NEC for approval and subsequent presentation to the AGM for ratification.

2.8 Formation of Regional Groups

- 2.8.1 The VTTA shall be divided into Groups as may be necessary.
- 2.8.2 The minimum number of members to form a Group shall be ten. The NEC shall have the authority to sanction the formation of a Group with fewer than ten members if they consider the circumstances are justified.
- 2.8.3 A member shall have the right to choose the Group to which he/she wishes to be attached. A member wishing to change from one Group to another shall give notice to the Group Secretaries concerned and the change shall be effected as soon as possible.
- 2.8.4 All Groups shall affiliate to their local District Council of CTT.
- 2.8.5 Each Group shall elect its own officials for the purpose of local administration and the observance of the National Rules and Regulations.
- 2.8.6 All Group officials shall act in accordance with the instructions of the NEC.
- 2.8.7 Where Groups are not self-supporting the NEC may, when it is deemed necessary, afford financial support.
- 2.8.8 Each Group shall be run as a club, hold an AGM and make such extra rules and arrangements for the running of the Group as may be considered necessary, provided they

do not conflict with the National Rules and Regulations of the VTTA.

- 2.8.9 In the event of the dissolution of a Group, monies and assets held by that Group should be distributed to such cycling organisations or charities as the Group's membership think fit.
- 2.8.10 Each Group Committee shall have the authority to suspend and/or expel a member for conduct considered detrimental to the VTTA. Such suspension/expulsion to be confirmed or reversed by a subsequent general meeting of the Group Membership.
- 2.8.11 Copies of the Minutes of all meetings (signed by the Group Chairman and Secretary) shall be available for submission to the NEC.
- 2.8.12 Each Group shall consider the Agenda of the National AGM, as issued by the National Secretary, in order to mandate its delegates on proposals on the Agenda.

2.9 Subscriptions

- 2.9.1 The annual subscription shall consist of two parts, payable together.
- (a) A National subscription which shall include the cost of *The Veteran* and will be determined by the NEC and advised to Groups by 31st August for the coming year. Subscriptions will be ratified at the National AGM.
- (b) A Group subscription which will be advised to the NEC by Group Committees by 30th September for the coming year.
- 2.9.2 The combined subscription for any member is payable on application and on 1st January of each year thereafter. New members applying after 30th September in any year will be entitled to membership until 31st December of the following year. Similarly, members renewing after 30th September will be entitled to membership until 31st December of the following year.
- 2.9.3 An applicant for membership must complete the prescribed form and submit it with the appropriate subscription to the Secretary of his/her chosen Group or join using the VTTA website. If the applicant is declined, the subscription will be returned.
- 2.9.4 Where one member of a household is a member, a second member resident at the

same address may join at a reduced rate to be determined annually at the National and Group AGMs as appropriate. The second member will have the same rights and privileges as the primary member but will not receive personal copies of VTТА publications. They will be referred to as 'primary' and 'secondary' members in a 'joint membership'.

2.9.5 A member who has not paid his/her subscription by 28th February in any year shall forfeit all rights and privileges of membership.

2.9.6 At the end of each quarter the National Treasurer shall send to Group Treasurers a statement of all national subscriptions due from their group according to the National Online Membership System during the last quarter. Group Treasurers should then make the required payment within four weeks of receiving the statements. For the purposes of this rule, quarters shall consist of the three month periods ending 31st March, 30th June, 30th September and 31st December.

2.10 Categories of Life Membership

There are three types of Life membership: Life Membership; Honorary Life Membership; and Distinguished Life Membership.

2.10.1 Life Membership

Note - This category of membership is discontinued with effect from 27th January 2018. Existing Life Members retain their benefits and must continue to pay for the Veteran at a rate to be determined by the NEC that reflects current production and postage costs.

2.10.2 Honorary Life Membership

Honorary Life membership will be granted to any member of 80 years of age (or over) who, in the opinion of their group committee, has made a significant contribution to the VTТА. HLM Membership will include receiving copies of *The Veteran* and the VTТА Handbook free of charge.

Where a joint member becomes an Honorary Life Member, Group committees will have the discretion to allow the other partner to remain a member in his/her own right without paying an annual individual subscription. They will

not receive an additional copy of *The Veteran*. In the event of the death of the Honorary Life Member, Group committees will have the discretion to continue the partner's membership (if they so wish) and to send them VTТА publications as appropriate, with no subscription payable (in effect continuing the Honorary Life Membership).

2.10.3 Distinguished Life Membership

Distinguished Life Membership may be awarded to members who, in the opinion of the NEC, have rendered singular and meritorious services to the VTТА. Distinguished Life Members will receive copies of *The Veteran* and the VTТА handbook free of charge.

Where a joint member becomes a Distinguished Life Member, Group committees will have the discretion to allow the other partner to remain a member in his/her own right without paying an annual individual subscription. They will not receive an additional copy of *The Veteran*. In the event of the death of the Distinguished Life Member, Group committees will have the discretion to continue the partner's membership and to send them VTТА publications as appropriate, with no subscription payable (in effect continuing the Distinguished Membership).

2.11 National Annual General Meeting

2.11.1 All VTТА members are entitled to attend the National AGM where they may speak, but they are not entitled to vote unless they are delegates for their Groups.

2.11.2 Those entitled to vote at the National AGM shall be:

Two delegates representing each Group plus a further delegate for every 100, or part of 100, members in excess of 200; and two delegates representing the NEC. Membership numbers will be taken as at the previous 30th September on the membership system.

2.11.3 Voting at an AGM shall be by a show of hands unless the meeting demands that a ballot is taken. The Chairman shall have only a casting vote.

- 2.11.4 When a Group is not represented, any proposal tabled by that Group on the Agenda can be taken up by any Group who would have supported the motion if they so wish.
- 2.11.5 The National AGM shall elect annually a President, who may hold office for not more than five years. Nominations for President must be submitted to the National Secretary not later than 21st November for inclusion in the Agenda and publication in *The Veteran*. The AGM shall also elect the NEC for the ensuing year.
- 2.11.6 Not less than 14 days' notice of the AGM shall be given in *The Veteran*, on the website and sent to Group Secretaries who shall furnish the names of their delegates to the National Secretary as soon as they have been appointed. A copy of the agenda of the meeting shall be published in the current issue of *The Veteran* and also sent to Group Secretaries and delegates. Fifteen delegates and/or ex-officio members shall form a quorum.
- 2.11.7 Motions for the National Annual General Meeting can be submitted only by:
- (a) the NEC
- (b) Groups – providing the motion has been agreed by a majority at the Group AGM or if the Group AGM falls after 21st November by the Group Committee if they so agree.
- (c) the National Forum
- Such motions must reach the National Secretary not later than 21st November of the respective year.
- 2.11.8 Any matter not on the National AGM Agenda may be brought forward without notice provided that it does not involve the alteration of any rule or regulation and subject to the consent of two-thirds of those present and voting.
- 2.11.9 A special meeting may be called by the NEC or, alternatively, by the National Secretary on receiving a request signed by 25 members. All members entitled to attend shall receive 14 days' notice of the special meeting with a copy of the agenda stating the special business to be transacted.

2.12 Alterations to Rules and Regulations

- 2.12.1 No alteration or addition to these Rules shall be made except with the consent of not less than two-thirds of the members present and voting at the AGM or at any special meeting for this purpose. Alterations or additions to Regulations at such meetings will be decided by a simple majority.

3. REGULATIONS

3.1 Time Trials Regulations

- 3.1.1 All VTTA time trials shall be run in accordance with the rules and regulations of CTT or SC. VTTA time trials will be Type A events: either 'Open', 'Semi-open' or 'Association', as defined in the CTT regulations.
- 3.1.2 Any member wishing to enter a time trial shall submit to the Event Secretary a standard CTT entry form, properly completed, or enter via the Cycling Time Trials Entry System. Any member wishing to enter a time trial held in Scotland shall enter via the Cycling Time Trials or Scottish Cycling entry system as appropriate.
- 3.1.3 In all VTTA events, only VTTA members will be eligible for any of the awards made on Age Adjustment (or on Standard).
- 3.1.4 Only first-claim members of a club are eligible for team awards in events promoted by the VTTA.
- 3.1.5 Overall prizes in all VTTA events shall be decided on the basis of the official VTTA Age Adjusted Tables (or Standard Tables). Other prizes may be awarded at the discretion of the organiser.
- 3.1.6 12 hours and 24 hours distances should be calculated in miles to two decimal places.

3.2 Regulations for Standard Awards

- 3.2.1 Standard Medals will be awarded for rides at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours based on the VTTA Age Adjusted Tables. Riders' improvements on the website will be shown on both age adjusted time (or distance) and also on plus (or minus) using the Standard Tables. Groups may allow standard medals to be engraved with actual times, age adjusted times, or plus.

- 3.2.2 Any VTТА member may attempt to gain VTТА standard medals in any Open, Semi-Open or Association event authorised by CTT or the SC. Events that are eligible for Standards shall also be eligible for Records, Best All Rounder Competition (BAR), Three Distance Competition, Short Distance Competition and Trophies.
- Scotland Group may allow its members to claim standard awards in Scottish Cycling club events and CTT 'B' type events. Such events must be run on type 'A' classified courses and with due timekeeping and recording requirements. Results from such events will not be recognised for VTТА Season Long Competitions or Records.
- Note to above: Scotland members would need to submit a documented result to the Group Recorder, eg an image of club facebook/website page or an image/copy of the paper result. The Group Recorder would verify the result as adequately documented and manually upload claimed results onto the national website for the purpose of standards claims only.*
- 3.2.3 Applications for standards may be made as follows:
- Any number of attempts per season at all distances or times on one type of machine.
- 3.2.4 Members competing for Standards must have linked their CTT and VTТА accounts, so their improvements can be notified on the website. (Members without IT access may approach their Group Secretary or Recorder for assistance.) The Standards automation system will show baselines and improvements for all members with linked accounts.
- 3.2.5 Members' applications and payments for Standards must be made online or by post prior to any event for which they subsequently claim a standard.
- 3.2.6 Each Group shall be allowed to determine its own standard ride entry fees. Payment of one fee does not cover two types of machine.
- 3.2.7 Only one award for a ride at each distance will be made during any one year, but there is no limit to the number of attempts that may be made.
- 3.2.8 Claims for Standards must be submitted via the website at the end of the racing season or not later than 31st October. (Members without IT access may approach their Group Secretary or Recorder for assistance to process their claim.) Successful claims will be rewarded with medals or plaques as determined by each Group.
- 3.2.9 Each VTТА Group may elect to have either Standard or Actual times engraved on Standard Medals/Plaques.
- 3.2.10 Once a rider has won a Standard Award, the rider must improve their previous best plus or minus against Age Standard in order to obtain another award in a later age group. However, a rider may elect not to count any rides done more than three years before if they have not received a Standard Award on that machine at that distance during that period.
- 3.3 Regulations for Age Records**
- 3.3.1 Road record rides will be recognised only when achieved in events authorised by CTT or the SC, timed on watches complying with the requirements of those bodies and run in conformity with their regulations.
- 3.3.2 Record Certificates are awarded for rides at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours to riders of solo bicycle, solo tricycle, tandem bicycle or tandem tricycle (Men, Women and Mixed) in any Open, Semi-Open or Association event authorised by CTT.
- 3.3.3 The VTТА also recognises Indoor and Outdoor Track records on solo bicycle and tandem bicycle at the following distances: 5, 10 and 25 miles; 1 hour; 5, 10, 20, 50 and 100 km. Records in the VTТА Handbook are as at 31st October of the previous year. Indoor track records must be set on a track (fixed wheel) bike. Outdoor track records may be set on a track (fixed wheel) bike or on a road/time trial bike.
- 3.3.4 A claimant for any records must be a paid-up member of the VTТА at the time of the ride.
- 3.3.5 No record will be considered if a better time or distance has already been achieved by a record holder of a greater age.

3.3.6 Provisional road time trial record claims from 2023 are automatically identified from CTT results once they have been loaded to the CTT website and transferred to the VTTA system. Provisional claims are notified to both the provisional record holder and to the relevant Group Recorder for a group age record and to the National Road Records Secretary for a national record. Once ratified by the Group and/or National Recorder, the holder is notified automatically and the record is marked as ratified.

Claims for national track records must be made manually using the form available on the website. Track record attempts should be notified in advance to the National Track Records Secretary. The National Track Records Secretary will ratify a record claim, and if approved, will enter it onto the Age Records system. Track records claims must be made not later than 31st October of the current year giving full details of the record together with a detailed hard copy or electronic version of the lap timings.

Note on records claimed in Scottish Cycling events – a group or national record claimed in a Scottish Cycling event must continue to be submitted manually on a claim form to the Group Recorder and National Road Records Secretary if applicable.

3.4 Regulations for National Championships

3.4.1 National Championships will be promoted on behalf of the NEC at 10, 15, 25, 30, 50 and 100 miles, 12 hours and 24 hours. The dates of all National Championships will be published in the VTTA Handbook.

3.4.2 To be eligible for Championship awards, riders must be paid-up VTTA members at the closing date for entries and have linked online VTTA and CTT accounts (so their membership can be automatically verified). Riders who are aged 39, but who will be aged 40 by the day of the Championship, may apply to the Championship organiser to be included on condition that they will have completed an online membership application prior to the day of the championship which the organiser can check.

3.4.3 Each of the Championships will incorporate men, women, bicycles and tricycles. Where the event is run by a VTTA Group and it is oversubscribed, acceptance of entries shall be in order of fastest Age Adjusted performance at the time or distance, or on best on Standard with preference given to VTTA members.

3.4.4 The male and female riders with the fastest Age Adjusted Time (or Age Adjusted Distance for 12/24 hours) will be declared National Champions and will each receive a championship jersey.

3.4.5 Medals will be awarded to the first three male riders and to the first three female riders overall on fastest Age Adjusted Time (or distance). The first will receive a gold medal. The second will receive a silver medal. The third will receive a bronze medal.

3.4.6 Club teams shall consist of three first-claim members of the same club. Group teams shall consist of three members of the same Group. In each case, the Team with the biggest aggregate Age Adjusted Time (or distance) shall be the Championship Team and a medal will be awarded to each member of the team.

3.4.7 Tandem Championships will be run in conjunction with the solo Championships and the pair with the fastest Age Adjusted Time (or distance) will be the Tandem Champions and will receive VTTA gold medals.

3.4.8 All VTTA awards will be made regardless of the number of entries and irrespective of any prizes given by the promoting Group.

3.5 Regulations for the BAR Competition *Qualifying events must be Type A events approved by CTT or approved SC events.*

3.5.1 A Best All Rounder competition is promoted annually by the VTTA and is open to all its members. Riders must be paid up members at the date of all their eligible rides. They must also, prior to any eligible ride, have linked online VTTA and CTT accounts and registered in their website Member Profile the competitions they wish to enter. Eligible rides must be done in events authorised by CTT or SC and shall be over 25, 50 and 100 miles and 12 hours.

- 3.5.2 The closing date for eligible events to count will be 31st October.
- 3.5.3 The BAR competition will be based on the rider's average 'Age Adjusted' speed across 25, 50, 100 miles and 12 hours.
- The rider's average speed will be calculated by adding together the 'age adjusted' speed for their best performance at each of the four events and dividing by 4.
- For 25, 50 and 100 miles the average speed is the distance divided by the 'age adjusted' time.
- For the 12 hour the average speed is the 'age adjusted' distance divided by 12.
- The four average speeds are added together and divided by 4, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the BAR Competition.
- Age adjusted times and distances will be calculated using the Age Adjustment Tables for gender and type of machine.
- 3.5.4 The status of the competition is reported on the website throughout the season. At the end of the season members should check their reported performances. In the event of any query or omitted result they should report the amended or additional performance, appropriately evidenced, to their Group Recorder. If the Group Recorder accepts an amended or additional result, they should update the website results, and also notify the IT Manager of the change. Any amendments must be notified by 31st October of the current year.
- 3.5.5 BAR Certificates shall be presented to all riders completing the four distances. Tandem riders who complete all distances with the same partner are eligible for certificates, but not for any other awards. Medals will be awarded to the first three male riders and to the first three female riders on age adjusted average speed. The first will receive a gold medal. The second will receive a silver medal. The third will receive a bronze medal.
- 3.5.6 Club teams shall consist of three first-claim members of the same club. Group teams shall consist of six members of the same Group.
- Medals will be awarded to each member of the winning teams.
- 3.6 Regulations for the Three Distance Competition**
- 3.6.1 A Three Distance Competition will be promoted annually over 25, 50 and 100 miles.
- 3.6.2 The Three Distance competition will be based on the rider's average 'Age Adjusted' speed across the three events comprising 25, 50 and 100 miles. The rider's average speed will be calculated by adding together the 'age adjusted' speed for their best performance at each of the three events and dividing by 3.
- For 25, 50 and 100 miles the average speed is the distance divided by the 'age adjusted' time
- The three average speeds are added together and divided by 3, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the Three Distance Competition.
- 3.6.3 All other conditions of qualification to this competition shall be those of the BAR Competition. Awards shall be the same as for the BAR Competition.
- 3.7 Regulations for the Short Distance Competition**
- 3.7.1 The Short Distance competition will be based on the rider's average 'Age Adjusted' speed across the four events comprising two 10 mile and two 25 mile events. The rider's average speed will be calculated by adding together the 'age adjusted' miles per hour for their best and second best performances at 10 miles and at 25 miles and dividing by 4.
- For 10 and 25 miles the average speed is the distance divided by the 'age adjusted' time.
- The four average speeds are added together and divided by 4, calculated to 3 decimal places rounded down. The rider with the highest 'age adjusted' average speed will be the winner of the Short Distance Competition
- 3.7.2 All other conditions of qualification to this competition shall be those of the BAR Competition. Awards shall be the same as for the BAR Competition.

3.8 Entry to, and Claims for, the BAR, Three Distance and Short Distance Competitions

- 3.8.1 There are no entry fees for the BAR, the Three Distance and the Short Distance Competitions. Members will be automatically included in the Competitions if they have linked VTTA and CTT accounts and are registered for one or more of the Competitions.
- 3.8.2 In the three season long competitions riders can only make one solo claim and/or one tandem claim.

3.9 Meritorious Award

- 3.9.1 The C. W. Cooke trophy is awarded annually to the rider whose performances are considered by the NEC to be the most meritorious during the season. Nominations from Groups should be received by the National Secretary no later than 21st November.

3.10 Bricknell Memorial Award

- 3.10.1 This award was created to perpetuate the memory of former President Ted Bricknell and provides for the presentation of an annual prize, new each year, in recognition of outstanding services to the VTTA. Nominations from Groups should be received by the National Secretary no later than 21st November each, following which the NEC shall decide the name of the recipient.

3.11 Return of Trophies

- 3.11.1 Should there be a time when a trophy or trophies is/are no longer required for presentation (e.g. the demise of the VTTA or abandonment of events at specific distances) then all reasonable measures will be taken to return them to the original donors or their heirs. In the event that they cannot be traced they shall be offered to such cycling organisations as the NEC think fit.

Note to the Age Adjustments Tables

Whilst the Age Adjustments Tables are not included within the regulations their basis and inter-relationships along with their review and modification process is noted here in order that it is formally documented.

The Tables were formally introduced for all VTTA competition for the 2023 season but are based directly on the same performance data as the previously adopted Standards Tables. Whilst the numbers may appear different they provide exactly the same positional result but in a more readily understood format.

The Tables may be revised at intervals to be determined by the NEC. The last major revision was introduced for the 2019 season, with solo and tandem trikes further revised for 2021. The Men's Tables are based on a formula derived from a large database of men's veteran's results. The Women's Tables are determined from the database so as to produce a percentage adjustment to the men's standards. The men's trike adjustments are based on age records and comparative results for those riders who use both bike and trike, due the limited results information, so as to produce a percentage adjustment to the men's solo standards. Tandem adjustments are calculated as an adjustment to the two combined individual adjustments. These adjustment factors are currently as follows:

- a) The Age Adjustments for women are set at 89.05% of the equivalent speed for men.
- b) Trike Age Adjustments are set at 91.28% of solo equivalent speed.
- c) Tandem Age Adjustments are set at 104% of the average of the equivalent solo speeds of both riders.

The Age Adjustments for women, trikes, tandems and tandem trikes are calculated as a percentage adjustment of speed that then adjusts the relevant Age Adjustment Time (or Distance).

The VTTA may change its Age Adjustments before the start of a new season. The current Age Adjustments are posted on the VTTA website. Users of this document should check which standards are current before using the values in this document.

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2023 CHANGES TO THE REGULATIONS FOR 'AGE ADJUSTMENTS' AND 'STANDARD AWARDS'

Following a successful trial of using what was initially called 'Vets Handicap Result' (VHR) in various national championships and other events in the last couple of years, the 2023 AGM approved various changes to the Regulations to enable this method, which we have now termed 'Age Adjustments', to be the preferred method for calculating vets' results. This method will now be applied in national championships, season long competitions, other VTTA group events and also will be how standard awards are calculated.

In contrast to the traditional Standards system of 'plusses', Age Adjustments provide an adjusted actual time, which gives a more easily understood result for comparison to other riders. Age Adjustments are based on exactly the same statistical database of results and the same formulae as the standards tables and produce results in the same finishing order and with the same time gaps between riders. What changes is the presentation of the results.

Below you can read more about Age Adjustments and also the process for claiming Standard Awards. Standard Awards are essentially unchanged but can be shown in terms of age adjusted performances and the claim process for awards is now fully supported on the website.

AGE ADJUSTMENTS - A SHORT EXPLANATION

In keeping with the VTTA ethos of 'Competitive Cycling For Life', when you ride a VTTA time trial (and some others) your actual finishing time is adjusted to compensate for age and gender and whether riding a bike or trike. The Age Adjusted Time (or Distance for 12/24 hours) therefore identifies the best overall performances regardless of these differentiating factors. Age adjustments work in principle just like 'standard plusses' in the past but provide a more intelligible and comparable adjusted actual time.

- The old system compared your time with a set of 'standard' times. The result was known as a 'Plus' or a 'Minus' depending on whether you beat the standard.
- The new system takes an age adjustment off the time you actually rode, giving you an **Age Adjusted Time (AAT)**. This lets you compare your performance more easily with younger and older riders, and with yourself as you age.

A comparison of old and new will help to show what has changed. For example, a 25 mile ride done by a 48 year-old, whose actual time was 52:31.

- Old system - Actual time: 52:31. VTTA Standard: 01:07:31. Result = 'Plus' of 15:00 (01:07:31 minus 52:31)
- New system - Actual time: 52:31. Age Adjustment: 01:31. Result = AAT of 51:00 (52:31 minus 01:31)

This 48 year old will find it much easier to evaluate and compare his AAT of 51 minutes with other riders, and his younger self, than the somewhat mysterious 'plus' of 15 minutes. It also makes a key feature and benefit of the VTTA more accessible and attractive to all over 40 riders.

The Age Adjustment tables are kept under periodic review to take account of the latest performances and up-to-date equipment and training methods. They are based on a sophisticated statistical analysis of over 100,000 rides in CTT events in recent years.

The Age Adjustments are shown in full in tables on pages 60 to 67 of this handbook and on the VTТА website. The website also provides a calculator to provide Age Adjustments for non-standard distances.

For solo bikes and trikes this is all you need to know:

- For **fixed distance** events (10 to 100 miles)
Age Adjusted Time EQUALS Actual Time MINUS Age Adjustment
- For **fixed time** events (12 and 24 hours)
Age Adjusted Distance EQUALS Actual Distance PLUS Age Adjustment

For tandem bikes and trikes this is all you need to know:

Combined Age Adjustment EQUALS Rider 1 Age Adjustment PLUS Rider 2 Age Adjustment

- For **fixed distance** events
Age Adjusted Time EQUALS Actual Time MINUS Combined Age Adjustment
- For **fixed time** events
Age Distance EQUALS Actual Distance PLUS Combined Age Adjustment

The traditional standards times are still available on the VTТА website, but can also be derived from the handbook tables by **adding the age adjustment time** for the age/gender/machine to the baseline standard below for 10 to 100 miles or **subtracting the age adjusted distance** for 12 and 24 hours:

10 Miles 26:06	15 Miles 39:18	25 Miles 1:06:00	30 Miles 1:19:30
50 Miles 2:14:34	100 Miles 4:39:47	12 Hours 221.55	24 Hours 379.95

VTТА STANDARDS AWARDS – WHAT THEY ARE AND HOW TO CLAIM

For many years the VTТА has had a system of annual Standard Awards which are popular with many of our members. A standard award can be claimed for improving on one’s previous best ‘plus’ at the distances and times of 10, 15, 25, 30, 50, 100 miles and 12 and 24 hours. Plusses were calculated by deducting one’s actual time from the ‘standard’ time for your age and gender as published in the Standard Tables.

In 2023 the VTТА is moving to the use of Age Adjusted Times in preference to Standard Times as explained in the previous article. This will not change the system of standard awards – it’s only the way your improvements are displayed that will be different. You don’t have to worry about this because all the relevant information will be available in your membership account on the website (www.vtta.org.uk) under your profile and ‘My Standards’. In 2023 this will show your target times and your improvements in terms of both age adjustment and plus to help members navigate the transition. It is important to note that both methods result in you having to achieve exactly the same actual time to achieve an award. We will still use the term ‘Standard Awards’ because the Standard in the title refers equally to the standard distances and times - 10, 15, 25, 30, 50 and 100 miles and 12, 24 hours.

How to Enter for and Achieve a Standard Award

Firstly you have to **make a payment for Standards** to your Group before the start of your season in order to take part in Standard Awards. Most members make this payment at the same time as their annual membership subscription to their Group.

Secondly you must have **linked your CTT and VTTA accounts** – if you have not done this already then follow the simple instructions in the ‘Guidance Note for Linking VTTA and CTT Accounts (2021)’ which you can find on the website in the Document section at <https://www.vtta.org.uk/library>

To gain your Standard Award you have to achieve the ‘Target Time/Distance’ shown in the ‘My Standards’ section of your membership profile. These targets are set on the basis of the previous best performance for which you claimed an award, adjusted for your age. If you have not previously claimed an award at a particular distance you can claim your best performance in your first year to get you started. If you have not claimed an award at a time/distance in the previous three years you can start again with your best performance in the current year.

For each target you achieve you will receive an engraved medal. If you achieve multiple targets (typically 3 but depending on your Group) you will receive a plaque showing all your achievements. Your targets are then reset for the following year with the adjustment for being a year older to make them challenging but achievable.

How to Claim your Standards Awards

You use the same ‘My Standards’ section of your profile to make your actual claim for Standard Awards. This makes it quick and easy to claim your awards. The website system knows if you have already made a standards payment.

The My Standards page has two sections:

1. **My Baselines:** This shows your Target for all events to win an award in the current season.
2. **Improvements on Baseline:** This section will be populated with your results for the current season, which improve on your baselines, taken from the CTT website.

The Claim button: You will see a ‘Claim’ button after each improvement. If you have improved in more than one event at a distance (or 12/24 hours) then all improvements will be shown and you can select which one to claim for. You can claim at any point in the season but members usually wait to the end of the season when they can see all their improvements. Most members claim their best improvements, others may claim a lesser improvement as this will make their target easier the following year!

Order placed: Once you have clicked on a claimed improvement, you will see that your baseline is updated with the new performance. You then click on the ‘Order’ button next to the updated baseline to notify your Group Recorder that you want to receive your Standard award. Your Group recorder will then arrange for you to be presented with your medal or a plaque.

If you need further guidance you can read the full regulations as set out in Section 3.2 of the Constitution included in this handbook or the ‘About’ section of the website or you can contact your Group Recorder. If you have any problems viewing baselines, claiming improvements and/or ordering medals, please contact the itmanager@vtta.org.uk.

NATIONAL COMPETITIONS EXPLAINED

There are three National Competitions held each season. During the season you have to complete the necessary qualifying rides for each competition. You can have as many attempts as you wish at any distance (or time for 12 hours) but they must be in open events (those listed on the CTT website or a Scottish Cycling event).

Entry to competitions is free. To enter you should go to your membership profile on the website and link your CTT and VTTA accounts and also register for each competition you wish to participate in. Your results will then get transferred to the VTTA website, where the competition results are displayed and updated automatically throughout the season. At the end of the season the final results are shown for the riders who have completed all the qualifying rides for the competition.

For more information on linking your accounts, see the website download "Guidance Note for Linking VTTA and CTT Accounts". To register for competitions you should log in to the VTTA website, go to 'My profile' then click the 'Competitions' tab. You will be then presented with a screen with three tick boxes for the current season's competitions and you should tick these according to distances which you expect to ride.

The full details for these national season long competitions are in sections 3.5 to 3.8 of the Regulations.

Best All Rounder (BAR) Competition

The BAR Competition is an annual season long competition in which competitors have to complete events at 25 miles, 50 miles, 100 miles and 12 hours. Rider's performances are taken as their Age Adjusted performance at each of these distances.

For each of the Age Adjusted Times and Distance the average speed is calculated. For 25, 50 and 100 miles the average speed is the distance divided by the 'age adjusted' time. For the 12 hour the average speed is the 'age adjusted' distance divided by 12. The four average speeds are then added together, divided by 4, then rounded down to 3 decimal places.

All qualifying riders are then listed in order of their average of Age Adjusted Speeds with the Champions (both male and female) having the highest speeds. It sounds complicated but basically all you have to do is ride as fast as you can! The competition calculations just allow riders of different ages and both men and women to compete on a level playing field.

All qualifiers receive a Certificate of Achievement and VTTA medals are awarded to first, second and third male and female, to best club team of 3 and to best group team of 6.

A similar process occurs using actual times, so you can see how fast you have gone in real terms, and an 'actual fastest' award is made to both best male and best female.

Three Distance Competition

This works the same way as the BAR competition but riders only have to complete rides at 25 miles, 50 miles and 100 miles. Rider's performances are again taken as their Age Adjusted performance at each of these distances. All qualifying riders are then listed in order of their average of Age Adjusted speeds with the Champions (both male and female) having the highest speeds.

Short Distance Competition

Again the same principles apply as for the BAR and 3 Distance but for the Short Distance Competition competitors must complete two rides at 10 miles and two rides at 25 miles. Rider's performances are again taken as their Age Adjusted performance at each of these distances. All qualifying riders are then listed in order of their average of Age Adjusted speeds with the Champions (both male and female) having the highest speeds.

NATIONAL TROPHIES & 2022 RECIPIENTS

Best All Rounder (25, 50, 100 and 12)	PETRONELLA TROPHY	1st man or woman on plus	Anthony Jones (VMCC powered by Y Beic) +1:16:35
	H LIONEL LINCOLN SHIELD*	1st man on actual	Anthony Jones (VMCC powered by Y Beic) 28.49 mph
	SOUTHCOTT BOWL*	1st woman on actual	Christina Murray (Army Cycling) 23.81 mph
	RALEIGH SHIELD	Best group team (6 riders) on plus	No qualifiers
	JOHNSON SHIELD	Best club team (3 riders) on plus	No qualifiers
3 Distance Competition (25, 50 and 100)	DICK CLARKE CUP	1st man or woman on plus	Angela Carpenter (...a3crg) +1:07:34
	DON HACKING TROPHY*	1st man on actual	Anthony Jones (VMCC powered by Y Beic) 29.62 mph
	BRAMBLEBY CUP*	1st woman on actual	Angela Carpenter (...a3crg) 27.43 mph
	LONDON GROUP SHIELD	Best group team (6 riders) on plus	Wessex (Angela Carpenter, Claire Emons, Andrew Rivett, David Shepherd, Kevin Baker, Tom Cox) +4:50:27
	DOREEN HUGILL MEMORIAL SHIELD	Best club team (3 riders) on plus	...a3crg (Angela Carpenter, Claire Emons, David Shepherd) +2:51:46
Short Distance Competition (2 x 10, 2 x 25)	L DE CAMELLIS BOWL	1st man or woman on plus	Angela Carpenter (...a3crg) +1:29:07
	STREVS MEMORIAL TROPHY*	1st man on actual	Conrad Moss (Primera Teamjobs) 32.17 mph
	PETT CUP*	1st woman on actual	Angela Carpenter (...a3crg) 28.63 mph
	MIDLANDS SHIELD*	Best group team (6 riders) on plus	East Anglian (Andrew Grant, Keith Dorling, Jackie Field, Matthew Smith, Chris Dyason, Darran Bennett) +7:38:21
	BRAFMAN CUP*	Best club team (3 riders) on plus	...a3crg (Angela Carpenter, Claire Emons, Virginia McGee) +3:42:00
National Championships	KEN MATTHEWS CUP	1st on standard in 10 Mile	Angela Carpenter (...a3crg) +7:59
	CHARLIE COLE CUP	1st on VHR in 25 Mile	Angela Carpenter (...a3crg) 43:19
	FRED THORPE TROPHY	1st on VHR in 30 Mile	Keith Ainsworth (Lindsey Rds CC) 57:32
	CECIL PAGET CUP	1st on standard in 50 Mile	Angela Carpenter (...a3crg) +44:04
	DOUG BRUNWIN MEMORIAL SALVER	1st on VHR in 100 Mile	Angela Carpenter (...a3crg) 3:12:33
	JIM PAINTER CUP	1st on VHR in 12 Hour	Anthony Jones (VMCC powered by Y Beic) 312.74 miles
	C W COOKE CUP	1st on VHR in 24 Hour	Nick Tarmey (VC Venta) 527.46 miles
Merit Awards	C W COOKE TROPHY	Most meritorious racing performance of the season, nominated by Groups	John Lee (Icknield RC) for establishing a series of VTTA outdoor track age 93 records.
	TED BRICKNELL MEMORIAL AWARD	An annual award, retained permanently by the recipient, for outstanding services to the Association.	Mike Penrice (VTTA (Yorkshire)) as editor of The Veteran magazine and other VTTA publications.

Trophies marked * were re-assigned commencing with 2021 competitions

SEASON LONG COMPETITIONS AWARD WINNERS 2022

2022 NATIONAL BEST ALL ROUNDER (25, 50, 100 AND 12)					
1 st overall on plus	Anthony Jones	VMCC powered by Y Beic	S Wls	+1:16:35	Petronella Trophy
1 st man on plus	Anthony Jones	VMCC powered by Y Beic	S Wls	+1:16:35	Gold medal
2 nd man on plus	Marcel Schubert	Darlington CC	North	+1:07:46	Silver medal
3 rd man on plus	Andrew Whiteside	Springfield Fin'c'I RT	NL&L	+1:05:20	Bronze medal
1 st woman on plus	Christina Murray	Army Cycling Union	Scot	+0:57:12	Gold medal
2 nd woman on plus	Joanna Cebrat	Bury Clarion CC	M&N W	+0:49:52	Silver medal
3 rd woman on plus	Michelle Fairclough	Salford Cycling Club	M&NW	+0:13:52	Bronze medal
1 st man on actual	Anthony Jones	VMCC powered by Y Beic	S Wls	28.49 mph	H Lionel Lincoln Shield
1 st woman on actual	Christina Murray	Army Cycling Union	Scot	23.81 mph	Southcott Bowl
Best group team (6 riders) on plus	No qualifiers				Raleigh Shield and gold medals (6)
Best club team (3 riders) on plus	No qualifiers				Johnson Shield and gold medals (3)

2022 NATIONAL THREE DISTANCE COMPETITION (25, 50 AND 100)					
1 st overall on plus	Angela Carpenter	...a3crg	Wssx	+1:07:34	Dick Clarke Cup
1 st man on plus	Anthony Jones	VMCC powered by Y Beic	S Wls	+56:45	Gold medal
2 nd man on plus	Douglas Watson	GTR - Return to Life	Scot	+56:11	Silver medal
3 rd man on plus	Kevin Wood	Sherwood CC	E Mids	+53:45	Bronze medal
1 st woman on plus	Angela Carpenter	...a3crg	Wssx	+1:07:34	Gold medal
2 nd woman on plus	Claire Emons	...a3crg	Wssx	+55:44	Silver medal
3 rd woman on plus	Joy Payne	High Wycombe CC	L&HC	+50:39	Bronze medal
1 st man on actual	Anthony Jones	VMCC powered by Y Beic	S Wls	29.62 mph	Don Hacking Trophy
1 st woman on actual	Angela Carpenter	...a3crg	Wssx	27.43 mph	Brambleby Cup
Best group team (6 riders) on plus	Angela Carpenter	...a3crg	Wssx	+4:50:27	London Group Shield and gold medals (6)
	Claire Emons	...a3crg			
	Andrew Rivett	VC St Raphael			
	David Shepherd	...a3crg			
	Kevin Baker	VC St Raphael			
Best club team (3 riders) on plus	Tom Cox	Saint Piran	Wssx	+2:51:46	Doreen Hugill Meml. Shield & gold medals (3)
	Angela Carpenter	...a3crg			
	Claire Emons				
	David Shepherd				

2022 NATIONAL SHORT DISTANCE COMPETITION (2 X 10, 2 X 25)

1 st overall on plus	Angela Carpenter	...a3crg	Wssx	+1:29:07	L De Camellis Bowl
1 st man on plus	Kevin Tye	VeloRefined Rule 5	Kent	+1:22:34	Gold medal
2 nd man on plus	Conrad Moss	Primera Teamjobs	West	+1:21:07	Silver medal
3 rd man on plus	Keith Ainsworth	Lindsey Roads CC	N Mids	+1:20:15	Bronze medal
1 st woman on plus	Angela Carpenter	...a3crg	Wssx	+1:29:07	Gold medal
2 nd woman on plus	Arja Scarsbrook	Team Echelon	West	+1:22:35	Silver medal
3 rd woman on plus	Jackie Field	CC Ashwell	E Ang	+1:18:09	Bronze medal
1 st man on actual	Conrad Moss	Primera Teamjobs	West	32.17 mph	Stevens Meml. Trophy
1 st woman on actual	Angela Carpenter	...a3crg	Wssx	28.63 mph	Pett Cup
Best group team (6 riders) on plus	Andrew Grant	Cambridge CC	E Ang	+7:38:21	Midlands Shield and gold medals (6)
	Keith Dorling	Team Bottrill			
	Jackie Field	CC Ashwell			
	Matthew Smith	Drag2zero			
	Chris Dyason	Cambridge CC			
	Darran Bennett	Ely & District CC			
Best club team (3 riders) on plus	Angela Carpenter	...a3crg	Wssx	+3:42:00	Brafman Cup and gold medals (3)
	Claire Emons				
	Virginia McGee				

CHAMPIONSHIP AWARDS 2022

10 MILES

30th April 2022 - West Group - Course U7B (Stone, Gloucestershire)

Men's Champion	Richard Oakes	Team Ohten Aveas / East Midlands	+07:40
2 nd Man	Kevin Tye	VeloRefined Rule 5 / Kent	+06:53
3 rd Man	Mike Twelves	Team Ohten Aveas / East Midlands	+06:18
Women's Champion	Angela Carpenter	Team Ohten Aveas / East Midlands	+07:59
2 nd Woman	Deb Hutson-Lumb	Wrekinsport CC / Merseyside	+05:58
3 rd Woman	Sarah Matthews	Team Ohten Aveas / East Midlands	+05:30
Group Team Champions	Wessex	Angela Carpenter (...a3crg), Peter Younghusband (Petersfield tri Club), Sarah Matthews (...a3crg)	+19:33
Club Team Champions	Team Ohten Aveas	Richard Oakes, Mike Twelves (both East Midlands), Adrian Dent (North)	+19:11
Tandem Champions	Rachael Elliott Ian Greenstreet	Both Newbury Velo / London & Home Counties	+07:19

15 MILES			
16th April 2022 - Manchester & NW Group - J15E (Chelford Circuit)			
Men's Champion	Richard Oakes	Team Ohten Aveas / East Midlands	28:56
2nd Man	Joseph Costello	Walsall RCC / Midlands	30:15
3rd Man	Mike Twelves	Team Ohten Aveas / East Midlands	30:37
Women's Champion	Deborah Moss	Springfield Financial RT / North Lancs & Lakes	30:30
2nd Woman	Paula Fisher	Born to Bike / Yorkshire	33:34
3rd Woman	Jan Scotchford	North Lancs RC / North Lancs & Lakes	33:50
Group Team Champions	East Midlands	Richard Oakes, Mike Twelves (both Team Ohten Aveas), Kevin Wood (Sherwood CC)	1:31:25
Club Team Champions	Team Ohten Aveas	Richard Oakes, Mike Twelves, Wayne Smith (all East Midlands)	1:32:07
Tandem Champions	No tandem entrants		
25 MILES			
11th September 2022 - Cambridge CC for East Anglian Group - Course F2A/25			
Men's Champion	Keith Ainsworth	Lindsey Roads CC / North Midlands	45:30
2nd Man	Andrew Grant	Cambridge CC / East Anglian	45:39
3rd Man	Keith Dorling	Team Bottrill / East Anglian	46:21
Women's Champion	Angela Carpenter	...a3crg / Wessex	43:19
2nd Woman	Arja Scarsbrook	Team Echelon / West	45:53
3rd Woman	Linda Dewhurst	Team Milton Keynes / London & HC	46:26
Group Team Champions	East Anglian	Andrew Grant (Cambridge CC), Keith Dorling (Team Bottrill), Matthew Smith (Drag2Zero)	2:18:30
Club Team Champions	Cambridge CC	Andrew Grant, Chris Dyason, Colin Lizieri (all East Anglian)	2:23:14
Tandem Champions	Murray Kirton & David Stockley	Both A5 Rangers CC / Midlands	47:45
30 MILES			
21st August 2022 - Wigan Wheelers - Course L308 (Levens)			
Men's Champion	Keith Ainsworth	Lindsey Roads CC / North Midlands	0:57:32
2nd Man	David Hargreaves	North Lancs RC / North Lancs & Lakes	1:00:14
3rd Man	Richard Bideau	Pendle Forest CC / North Lancs & Lakes	1:00:20
Women's Champion	Deborah Moss	Springfield Financial RT / North Lancs & Lakes	1:00:08
2nd Woman	Sue Cheetham	North Lancs RC / North Lancs & Lakes	1:04:42
3rd Woman	Theresa Taylor	Springfield Financial RT / North Lancs & Lakes	1:06:12
Group Team Champions	North Lancs & Lakes	Deborah Moss (Springfield Financial RT), David Hargreaves (North Lancs RC), Richard Bideau (Pendle Forest CC)	3:00:42
Club Team Champions	Springfield Financial RT	Deborah Moss, Andrew Whiteside, Theresa Taylor (all North Lancs & Lakes)	3:08:34
Tandem Champions	No tandem entrants		

50 MILES			
14th May 2022 - Bike Pace / VTТА South Wales - Course R50/1B			
Men's Champion	Christopher McNamara	Nuun-Sigma-London RT / Surrey/Sussex	+37:26
2nd Man	Keith Ainsworth	Lindsey Roads CC / North Midlands	+37:12
3rd Man	David Shepherd	...a3crg / Wessex	+36:55
Women's Champion	Angela Carpenter	...a3crg / Wessex	+44:04
2nd Woman	Claire Emons	...a3crg / Wessex	+30:17
3rd Woman	Sarah Matthews	...a3crg / Wessex	+28:16
Group & Club Team Champions	Wessex & ...a3crg	Angela Carpenter, David Shepherd, Claire Emons	+1:51:16
Tandem Champions	Rachael Elliott Ian Greenstreet	Both Newbury Velo / London & Home Counties	+35:51
100 MILES			
29th May 2022 - Hounslow & District Whs For London & Home Counties - H100/8			
Men's Champion	David Shepherd	...a3crg / Wessex	3:21:37
2nd Man	Mark Smith	Crawley Wheelers / Surrey/Sussex	3:33:00
3rd Man	Andy Critchlow	Norwood Paragon CC / Surrey/Sussex	3:36:12
Women's Champion	Angela Carpenter	...a3crg / Wessex	3:12:33
2nd Woman	Lisa Davis	Drag2Zero / Surrey/Sussex	3:53:54
3rd Woman	Joanna Cebrat	Bury Clarion CC / Manchester & NW	3:55:37
Group Team Champions	Wessex	Angela Carpenter, David Shepherd (both ...a3crg), Kevin Baker (VC St Raphael)	10:26:45
Club Team	No entrants		
Tandem Champions	Ian Greenstreet Rachael Elliott	Newbury Velo / London & Home Counties	3:16:48
12 HOUR			
4th September 2022 - Welsh Cycling Association - R12/16			
Men's Champion	Anthony Jones	VMCC powered by Y Beic / S Wales	312.74
2nd Man	Andrew Whiteside	Springfield Financial RT / N Lancs & Lakes	309.02
3rd Man	Marcel Schubert	Darlington CC / North	300.40
Women's Champion	Christina MacKenzie	Stirling BC / Scotland	294.21
2nd Woman	Christina Murray	Army Cycling / Scotland	293.48
3rd Woman	Joanna Cebrat	Bury Clarion CC / Manchester & NW	287.83
Group Team Champions	Scotland	Robbie Mitchell (Auchencrow Thistle CC), Christina MacKenzie (Stirling BC), Christina Murray (Army Cycling)	885.40
Club Team	No entrants		
Tandem Champions	Mary Corbett Norman Harvey	Both Sotonia CC / Wessex	281.88

24 HOUR			
23rd/24th July 2022 - Mersey Roads Club - Course D24hr			
Men's Champion	Nick Tarmey	Velo Club Venta / Wessex	527.46
2nd Man	Ian Holbrook	Stone Wheelers CC / Manchester & NW	506.87
3rd Man	Doug Hart	Ilkley CC / Yorkshire	500.73
Women's Champion	Joanna Cebrat	Bury Clarion CC / Manchester & NW	473.90
2nd Woman	Rebecca Wilson	Rye & District Whs CC / Surrey/Sussex	452.88
3rd Woman	No third woman finisher		
Group Team Champions	Yorkshire	Doug Hart (Ilkley CC), Andrew Askwith (Vive Le Velo), Greg Elwell (Halifax Imperial Whs)	1420.76
Club Team	No club teams of three entered		
Tandem Champions	Donald McLean Mark Leadbetter	Both Flying Kippers / Scotland	447.87

SOUTHERN CLOSED CIRCUIT CHAMPIONSHIP			
2nd July 2022 - ...a3crg / VTTA Wessex - P917/10 (Goodwood)			
1st Man - TT Bike	Keith Ainsworth	Lindsey Roads CC / North Midlands	18:57
2nd Man - TT Bike	James Fawcett	...a3crg / Wessex	19:33
3rd Man - TT Bike	Ronnie Stone	Regents Park Rouleurs / London & HC	19:52
1st Woman - TT Bike	Angela Carpenter	...a3crg / Wessex	18:45
2nd Woman - TT Bike	Deborah Sheridan	Warwickshire RC / Midlands	20:46
3rd Woman - TT Bike	Lucia Borradaile	CC Weymouth / Wessex	20:47
1st Man - Road Bike	Crispin Doyle	VTTA (Wessex Group) / Wessex	20:44
2nd Man - Road Bike	Philip Boarer	Racing Club Ravenna	21:45
3rd Man - Road Bike	Robert Sweatman	New Forest CC / Wessex	22:22
1st Woman - Rd Bike	Celia Brown	Beacon Roads CC / Midlands	21:38
2nd Woman - Rd Bike	Johanna Lovell	Portsmouth NE CC	28:14
3rd Woman - Rd Bike	Cath Wallace	Crabwood CC	30:39
NORTHERN CLOSED CIRCUIT CHAMPIONSHIP			
23rd October 2022 - VTTA North - T10C (Croft)			
1st Man - TT Bike	Douglas Watson	GTR - Return To Life / Scotland	20:45
2nd Man - TT Bike	Marcel Schubert	Darlington CC / North	20:54
3rd Man - TT Bike	Ray Hall	Adept Cycling / North	21:13
1st Woman - TT Bike	Liz Ball	Valley Striders CC / Yorkshire	21:22
2nd Woman - TT Bike	Angela Hannon-Flaherty	Seacroft Whs / Yorkshire	21:40
3rd Woman - TT Bike	Lucia Borradaile	CC Weymouth / Wessex	21:44
1st Man - Road Bike	Nick Giles	Pocomotion RC / Merseyside	22:00
2nd Man - Road Bike	Shaun Tyson	Protech Velo / North	22:23
3rd Man - Road Bike	Keith Storey	Seacroft Whs / Yorkshire	25:14

PAST NATIONAL CHAMPIONS

(All on plus or Age Adjusted Result except where noted)

BEST ALL ROUNDER

1943 Ernest H Strevens
 1944 No winner
 1945 Jock Austin
 1946 E W Miles
 1947 Jock Austin
 1948 Charlie Cole
 1949 Charlie Cole
 1950 C G Baxter
 1951 Charlie Cole
 1952 Charlie Cole
 1953 Charlie Cole
 1954 Charlie Cole
 1955 Charlie Cole
 1956 T H Henderson
 1957 Harry Aspden
 1958 Arch Harding
 1959 Arch Harding
 1960 Arch Harding
 1961 Arch Harding
 1962 Arch Harding
 1963 Arch Harding
 1964 Arch Harding
 1965 R B Smith
 1966 R Waters
 1967 Arch Harding
 1968 R G H Deering
 1969 Arch Harding
 1970 K J Brooker
 1971 Harry G Shawyer
 1972 Harry H Hill
 1973 Harry H Hill
 1974 Charles Holland
 1975 Charles Holland
 1976 Harry G Shawyer
 1977 Harry H Hill
 1978 Harry H Hill
 1979 John Woodburn
 1980 John Woodburn
 1981 D Kellaway
 1982 Arthur C Boutell
 1983 Harry H Hill
 1984 D Kellaway
 1985 John Woodburn
 1986 Gerry Poole
 1987 John Woodburn
 1988 Paul Bennett
 1989 John Woodburn

1990 Harry Featherstone
 1991 Harry Featherstone
 1992 Don Hacking
 1993 Peter Crofts
 1994 Len Benton
 1995 Jim Bailey
 1996 Jim Bailey
 1997 Jim Goodwin
 1998 Owen Blower
 1999 Brian Haskell
 2000 Ken Platts
 2001 T W Coging
 2002 Brian Sunter
 2003 Brian Sunter
 2004 Ian Cammish
 2005 Mike Shacklock
 2006 Mike Shacklock
 2007 Ken Platts
 2008 Ken Platts
 2009 Jim Gresty
 2010 Ken Platts
 2011 Ken Platts
 2012 Nick Bowdler
 2013 Ken Platts
 2014 Adam Topham
 2015 Peter Horsnell
 2016 Richard Bideau
 2017 Richard Bideau
 2018 Jackie Field

BEST ALL ROUNDER - MEN

2019 David Shepherd
 2020 David Shepherd
 2021 David Shepherd
 2022 Anthony Jones

BEST ALL ROUNDER - WOMEN

1971 Mary Horsnell
 1972 Wyn Maddock
 1973 Irene Southart
 1974 L Campbell
 1975 Ethel Brambleby
 1976 Ethel Brambleby
 1977 Ethel Brambleby
 1978 Ethel Brambleby
 1979 Mary Dawson
 1980 Mary Dawson
 1981 Mary Dawson
 1982 Mary Dawson

1983 I Campbell
 1984 Mary Dawson
 1985 Mary Dawson
 1986 Mary Dawson
 1987 Mary Dawson
 1988 Mary Dawson
 1989 Mary Dawson
 1990 Mary Dawson
 1991 Mary Dawson
 1992 Mary Dawson
 1993 Mary Dawson
 1994 Mary Dawson
 1995 Janet Wilson
 1996 Janet Wilson
 1997 L Creese
 1998 Christine Gasgoigne
 1999 Janet Wilson
 2000 Gil Henshaw
 2001 Christine Roberts
 2002 Janet Wilson
 2001 Christine Roberts
 2002 Janet Wilson
 2003 C Smerdon
 2004 K M Smith
 2005 A Bath
 2006 C Colquhoun
 2007 K Smith
 2008 Christine McLean
 2009 Christine McLean
 2010 Christine McLean
 2011 Christine McLean
 2012 Christine McLean
 2013 Ann Shuttleworth
 2014 Sharon Clifford
 2015 Lynne Biddulph
 2016 Katja Rietdorf
 2017 Katja Rietdorf
 2018 Jackie Field
 2019 Christina Murray
 2020 Lisa Davis
 2021 Patricia Baird
 2022 Christina Murray

BEST ALL ROUNDER (ACTUAL MPH)

1956 Arch Harding
 1957 Arch Harding
 1958 Arch Harding
 1959 Arch Harding

1960 Arch Harding
 1961 Arch Harding
 1962 Arch Harding
 1963 R Murgatroyd
 1964 Arch Harding
 1965 J C Park
 1966 R Waters
 1967 Eric Grocock
 1968 Nim Carline
 1969 Nim Carline
 1970 W H Griffiths
 1971 Nim Carline
 1972 Nim Carline
 1973 Nim Carline
 1974 Robin W Buchan
 1975 Mike McNamara
 1976 Mike McNamara
 1977 John Byers
 1978 John Byers
 1979 John Woodburn
 1980 John Woodburn
 1981 E C Holloway
 1982 J Dixon
 1983 Peter Spowage
 1984 Roger Iddles
 1985 John Woodburn
 1986 Shay Giles
 1987 Shay Giles
 1988 Paul Bennett
 1989 Eddie Adkins
 1990 Shay Giles
 1991 John Woodburn
 1992 Derek Hatton
 1993 Terry Icke
 1994 George Nowland
 1995 George Nowland
 1996 John Blacker
 1997 Glen Longland
 1998 Geoffrey Platts
 1999 P Smith
 2000 Ian Cammish
 2001 N Portess
 2002 Ian Cammish
 2003 G Robinson
 2004 Ian Cammish
 2005 N Skellern
 2006 N Skellern
 2007 Ken Platts
 2008 Ian Cammish
 2009 Nick Bowdler
 2010 Julian Jenkinson

2011 Nick Bowdler
 2012 Nick Bowdler
 2013 J Dewhirst
 2014 Adam Topham
 2015 Adam Topham
 2016 Richard Bideau
 2017 Richard Bideau
 2018 Matt Ivings
 2019 Andy Jackson
 2020 Mark Smith

BAR ACTUAL MPH - MEN

2021 Darren Yarwood
 2022 Anthony Jones

BAR ACTUAL MPH - WOMEN

2021 Joanna Cebrat
 2022 Christina Murray

BAR GROUP TEAMS

1959 London & Home Counties
 1960 London & Home Counties
 1961 London & Home Counties
 1962 London & Home Counties
 1963 London & Home Counties
 1964 London & Home Counties
 1965 London & Home Counties
 1966 London & Home Counties
 1967 London & Home Counties
 1968 London & Home Counties
 1969 London & Home Counties
 1970 London & Home Counties
 1971 London & Home Counties
 1972 London & Home Counties
 1973 Manchester & North West
 1974 Manchester & North West
 1975 Manchester & North West
 1976 London & Home Counties
 1977 London & Home Counties
 1978 Manchester & North West
 1979 London & Home Counties
 1980 London & Home Counties
 1981 Yorkshire
 1982 Manchester & North West
 1983 Manchester & North West
 1984 West
 1985 London & Home Counties
 1986 Yorkshire
 1987 London & Home Counties
 1988 London & Home Counties
 1989 Surrey & Sussex
 1990 Surrey & Sussex

1991 Surrey & Sussex
 1992 East Anglia
 1993 Surrey & Sussex
 1994 Yorkshire
 1995 North Lancashire
 1996 London & Home Counties
 1997 North Lancashire
 1998 Yorkshire
 1999 Yorkshire
 2000 East Anglia
 2001 Yorkshire
 2002 Yorkshire
 2003 Yorkshire
 2004 Yorkshire
 2005 Yorkshire
 2006 Manchester & North West
 2007 North Lancashire
 2008 East Anglia
 2009 Manchester & North West
 2010 East Anglian
 2011 East Anglian
 2012 East Anglian
 2013 Yorkshire
 2014 No team finished
 2015 East Anglian
 2016 East Anglian
 2017 No team finished
 2018 No team finished
 2019 Yorkshire
 2020 No team finished
 2021 No team finished
 2022 No team finished

BAR CLUB TEAMS

1959 Lancashire RC
 1960 Leicester Forest CC
 1961 Addiscombe CC
 1962 Middlesex RC
 1963 Middlesex RC
 1964 Middlesex RC
 1965 Glasgow Regent
 1966 West Scotland Clarion
 1967 Middlesex RC
 1968 Leicester Forest CC
 1969 Middlesex RC
 1970 Luton Wheelers
 1971 Verulam CC
 1972 Luton Wheelers
 1973 Oldham Century RC
 1974 Norwood Paragon CC
 1975 Addiscombe CC
 1976 Rockingham CC

1977 Addiscombe CC
 1978 Derby Mercury RC
 1979 East Midlands CC
 1980 East Midlands CC
 1981 Birkenhead North End CC
 1982 Altrincham Ravens CC
 1983 Farnboro' & Camberley CC
 1984 Farnboro' & Camberley CC
 1985 Tees-Side RC
 1986 Otley CC
 1987 Farnboro' & Camberley CC
 1988 Farnboro' & Camberley CC
 1989 Norwood Paragon CC
 1990 Norwood Paragon CC
 1991 Norwood Paragon CC
 1992 Farnboro' & Camberley CC
 1993 Tees-side RC
 1994 Long Eaton Paragon CC
 1995 Rockingham CC
 1996 Rockingham CC
 1997 Otley CC
 1998 San Fairy Ann CC
 1999 San Fairy Ann CC
 2000 East Anglian CC
 2001 East Anglian CC
 2002 Yorkshire RC
 2003 Yorkshire RC
 2004 Yorkshire RC
 2005 Otley CC
 2006 Congleton CC
 2007 Congleton CC
 2008 Chelmer CC
 2009 Team Swift
 2010 Yorkshire RC
 2011 Chelmer CC
 2012 Chelmer CC
 2013 Chelmer CC
 2014 No team finished
 2015 No team finished
 2016 Hounslow & Disttict Wh
 2017 Born to Bike
 2018 Born to Bike
 2019 Vive le Velo
 2020 No team finished
 2021 No team finished
 2022 No team finished

BAR CLUB TEAM - WOMEN

1998 Airedale Olympic CC
 1999 Airedale Olympic CC
 2000-2005 No team finished
 2006 Kingston Phoenix RC

2007 Kingston Phoenix RC
 2008 Kingston Phoenix
 2009 - 2011 No team finished
 Discontinued

3 DISTANCE COMPETITION

1995 Jim Bailey
 1996 Jim Bailey
 1997 Brian Haskell
 1998 Eric Marsh
 1999 George Steers
 2000 Eric Marsh (T)
 2001 Derek Hodgins
 2002 G Les Dawson (T)
 2003 G Les Dawson (T)
 2004 Jim Goodwin
 2005 Jim Goodwin
 2006 Ron Hallam
 2007 Derek Hodgins
 2008 Frank Kerry
 2009 Frank Kerry
 2010 Frank Kerry
 2011 Ron Hallam
 2012 P Greenwood
 2013 Ken Platts
 2014 Peter Horsnell
 2015 Peter Horsnell
 2016 Peter Horsnell
 2017 Peter Horsnell
 2018 Peter Horsnell

3 DISTANCE COMP. - MEN

2019 David Hargreaves
 2020 David Hargreaves
 2021 David Shepherd
 2022 Anthony Jones

3 DISTANCE COMP. - WOMEN

1995 Mary Dawson
 1996 Carole Gandy
 1997 Carole Gandy
 1998 Carole Gandy
 1999 Carole Gandy
 2000 Carole Gandy
 2001 Carole Gandy
 2002 Carole Gandy
 2003 Mary Dawson
 2004 Carole Gandy
 2005 Carole Gandy
 2006 Arja Scarsbrook
 2007 Arja Scarsbrook
 2008 Arja Scarsbrook
 2009 Carole Gandy

2010 Carole Gandy
 2011 Christine McLean
 2012 Competition Discontinued
 2019 Angela Carpenter
 2020 Jackie Field
 2021 Jackie Field
 2022 Angela Carpenter

3 DISTANCE (ACTUAL MPH)

1995 George Nowland
 1996 Shay Giles
 1997 Glen Longland
 1998 Geoffrey Platts
 1999 P Smith
 2000 Ian Cammish
 2001 Ian Cammish
 2002 Ian Cammish
 2003 Ian Cammish
 2004 Ian Cammish
 2005 Ian Cammish
 2006 Ian Cammish
 2007 P Holdsworth
 2008 Barry Charlton
 2009 Nick Bowdler
 2010 Julian Jenkinson
 2011 Nick Bowdler
 2012 Nick Bowdler
 2013 J Dewhirst
 2014 Adam Topham
 2015 Adam Topham
 2016 Richard Bideau
 2017 Richard Bideau
 2018 Andy Jackson
 2019 Andy Jackson
 2020 Mark Smith

3 DIST. ACTUAL MPH - MEN

2021 Darren Yarwood
 2022 Anthony Jones

3 DIST. ACTUAL MPH - WOMEN

2021 Jackie Field
 2022 Angela Carpenter

THREE DISTANCE - GROUP

1995 North Lancashire
 1996 North Lancashire
 1997 North Lancashire
 1998 Nottingham & East Mids
 1999 Nottingham & East Mids
 2000 Nottingham & East Mids
 2001 Nottingham & East Mids
 2002 Nottingham & East Mids

2003 Yorkshire RC
 2004 Nottingham & East Mids
 2005 Nottingham & East Mids
 2006 North Lancashire
 2007 North Lancashire
 2008 North Lancashire
 2009 North Lancashire
 2010 North Lancs & Lakes
 2011 East Anglian
 2012 East Anglian
 2013 East Anglian
 2014 East Anglian
 2015 East Anglian
 2016 North Lancs & Lakes
 2017 East Anglian
 2018 East Anglian
 2019 Wessex
 2020 Nottingham & East Mids
 2021 East Anglian
 2022 Wessex

THREE DISTANCE - CLUB

1995 Altrincham Ravens CC
 1996 Altrincham Ravens CC
 1997 Altrincham Ravens CC
 1998 Altrincham Ravens CC
 1999 Altrincham Ravens CC
 2000 Rutland CC
 2001 Tees-side RC
 2002 Tees-side RC
 2003 Tees-side RC
 2004 Yorkshire RC
 2005 Yorkshire RC
 2006 Lancashire RC
 2007 Yorkshire RC
 2008 Yorkshire RC
 2009 North Shropshire Wheelers
 2010 Yorkshire RC
 2011 Yorkshire RC
 2012 Chelmer CC
 2013 Chelmer CC
 2014 Chelmer CC
 2015 Chelmer CC
 2016 Chelmer CC
 2017 Born to Bike
 2018 Born to Bike
 2019 ...a3crg
 2020 No team finished
 2021 Chapeau! Vive le Velo
 2022 ...a3crg

**THREE DISTANCE - CLUB
 TEAMS - WOMEN**

1995 Wolsey RC
 1996 San Fairy Ann CC
 1997 San Fairy Ann CC
 1998 San Fairy Ann CC
 1999 San Fairy Ann CC
 2000 San Fairy Ann CC
 2001 Lancaster CC
 2002 San Fairy Ann CC
 2003 Wolsey RC
 2004-2005 No team finished
 2006 Kingston Phoenix RC
 2007 Kingston Phoenix RC
 2008 Kingston Phoenix RC
 2009 Nil
 2010 Born to Bike
 2011 Nil
 2012 Competition discontinued

SHORT DISTANCE COMP.

2013 Terry Icke
 2014 Terry Icke
 2015 Ron Hallam
 2016 Ron Hallam
 2017 Ron Hallam
 2018 Ron Hallam

SHORT DIST. COMP. - MEN

2019 Ron Hallam
 2020 Keith Ainsworth
 2021 Andrew Grant
 2022 Kevin Tye

SHORT DIST. COMP. - WOMEN

2019 Angela Carpenter
 2020 Angela Carpenter
 2021 Angela Carpenter
 2022 Angela Carpenter

SHORT DIST. ACT. MPH - MEN

2021 Matthew Smith
 2022 Conrad Moss

SH. DIST. ACT. MPH - WOMEN

2021 Angela Carpenter
 2022 Angela Carpenter

**SHORT DISTANCE COMP. -
 CLUB TEAM**

2013 South Pennine RC
 2014 South Pennine RC
 2015 South Pennine RC
 2016 Cambridge CC

2017 North Lancs RC
 2018 Cambridge CC
 2019 ...a3crg
 2020 ...a3crg
 2021 ...a3crg
 2022 ...a3crg

**SHORT DISTANCE COMP. -
 GROUP TEAM**

2013 Notts & East Midlands
 2014 Notts & East Midlands
 2015 Notts & East Midlands
 2016 North Lancs & Lakes
 2017 Notts & East Midlands
 2018 East Anglian
 2019 East Anglian
 2020 East Anglian
 2021 East Anglian
 2022 East Anglian

10 MILES CHAMPIONS

1977 Arthur C Boutell
 1978 Arthur C Boutell
 1979 A L Wilkins
 1980 Harry H Hill
 1981 Arthur C Boutell
 1982 Arthur C Boutell
 1983 ADwyer
 1984 Arthur C Boutell
 1985 J E Sibun
 1986 Harry H Hill
 1987 Harry H Hill
 1988 J E Sibun
 1989 D McKellow
 1990 Dave Longbottom
 1991 D McKetlow
 1992 J R McKellow
 1993 George Steers
 1994 Eric Marsh (T)
 1995 L King
 1996 Eric Marsh
 1997 K Biddulph
 1998 G Les Dawson (T)
 1999 Brian Haskell
 2000 G Les Dawson (T)
 2001 G Les Dawson (T)
 2002 G Les Dawson (T)
 2003 Brian Haskell
 2004 Eric Marsh
 2005 Dennis Milsom
 2006 Dennis Milsom
 2007 Dennis Milsom

2008 Dennis Milsom
 2009 Dennis Milsom
 2010 Ron Hallam
 2011 Ron Hallam/Dennis Milsom (tie)
 2012 Rob Pears
 2013 Rob Pears
 2014 Rob Pears/Derek Stewart (tie)
 2015 Derek Stewart
 2016 Ron Hallam
 2017 Ron Hallam
 2018 Ron Hallam
 2019 Keith Ainsworth (M)
 Angela Carpenter (W)
 2020 Richard Oakes (M)
 Angela Carpenter (W)
 2021 Richard Oakes (M)
 Angela Carpenter (W)
 2022 Richard Oakes (M)
 Angela Carpenter (W)

10 MILES TEAM CHAMPIONS

1977 VC Slough
 1978 VC Slough
 1979 Calder Clarion CC
 1980 Birkenhead N E CC
 1981 Altrincham Ravens CC
 1982 VC Slough
 1983 San Fairy Ann CC
 1984 VC Slough
 1985 VC Slough
 1986 Otley CC
 1987 North Lancs Clarion
 1988 Polytechnic CC
 1989 Farnboro' & Camberley CC
 1990 Altrincham Ravens CC
 1991 Tees-side RC
 1992 Birkenhead N E CC
 1993 Sheffield Phoenix CC
 1994 San Fairy Ann CC
 1995 Altrincham Ravens CC
 1996 Stevenage RC
 1997 Altrincham Ravens CC
 1998 Aitrincham Ravens CC
 1999 San Fairy Ann CC
 2000 Altrincham Ravens CC
 2001 Rockingham CC
 2002 PCA Ciclos Uno
 2003 Huddersfield RC
 2004 PCA Ciclos Uno
 2005 Stourbridge CC
 2006 Stourbridge CC
 2007 Icknield RC

2008 South Pennine RC
 2009 PCA Ciclos Uno
 2010 South Pennine RC
 2011 Team Swift
 2012 Westmead Team 88
 2013 Cambridge CC
 2014 Cambridge CC
 2015 Team Swift
 2016 Notts & East Midlands
 2017 Notts & E Midlands (group)
 Vision Racing (club)
 2018 Notts & E Midlands (group)
 Team Bottrill (club)
 2019 Wessex (group)
 ...a3crg (club)
 2020 Wessex (group)
 ...a3crg (club)
 2021 Notts & E Midlands (group)
 Team Ohten Aveas (club)
 2022 Wessex (group)
 Team Ohten Aveas (club)

15 MILES CHAMPIONS

2017 Ron Hallam
 2018 Ron Hallam
 2019 Ron Hallam (M)
 Fiona Sharp (W)
 2020 Keith Ainsworth (M)
 Deb Hutson-Lumb (W)
 2021 Mark Ellis (M)
 Angela Carpenter (W)
 2022 Richard Oakes (M)
 Deborah Moss (W)

15 MILES TEAM CHAMPIONS

2017 North Lancs & Lakes (group)
 Cambridge CC (club)
 2018 London & Home C (group)
 Drag2Zero (club)
 2019 North (group)
 GS Metro (club)
 2020 Merseyside (group)
 Pirate Juice CC (club)
 2021 Wessex (group)
 ...a3crg (club)
 2022 East Midlands (group)
 Team Ohten Aveas (club)

25 MILES CHAMPIONS

1959 Charlie Cole
 1960 A L Wilkins
 1961 J E Brownhill
 1962 J E Brownhill

1963 H A Wenman
 1964 J E Brownhill
 1965 A L Wilkins
 1966 Charlie Cole
 1967 Charlie Cole
 1968 Charlie Cole
 1969 Charlie Cole
 1970 Harry H Hill
 1971 A L Wilkins
 1972 R Goodman
 1973 B W Bentley
 1974 Harry H Hill
 1975 Harry H Hill
 1976 Charles Holland
 1977 Harry H Hill
 1978 R Webber
 1979 Harry H Hill
 1980 Harry H Hill
 1981 Harry H Hill
 1982 Harry H Hill
 1983 Arthur C Boutell
 1984 Len Dexter
 1985 J E Sibun
 1986 Gerry Poole
 1987 J E Sibun
 1988 P G Smith
 1989 E G Smith
 1990 P G Smith
 1991 D McKellow
 1992 Eric Marsh
 1993 J Brownhill
 1994 W B Chapman
 1995 V H Palk
 1996 V H Palk
 1997 R H Little
 1998 Brian Haskell
 1999 Jim Goodwin
 2000 G Les Dawson (T)
 2001 Eric Marsh
 2002 Jim Goodwin
 2003 Jim Goodwin
 2004 Jim Goodwin
 2005 John Woodburn
 2006 Dennis Milsom
 2007 Dennis Milsom
 2008 Dennis Milsom
 2009 Ron Hallam
 2010 Ron Hallam
 2011 Derek Stewart
 2012 Kevin Tye
 2013 Rob Pears

- 2014 Eric Marsh
- 2015 Derek Stewart
- 2016 Brian Sunter
- 2017 Peter Horsnell
- 2018 Simon Beldon
- 2019 Kevin Tye (M)
Angela Carpenter (W)
- 2020 Ron Hallam (M)
Angela Carpenter (W)
- 2021 Richard Oakes (M)
Angela Carpenter (W)
- 2022 Keith Ainsworth (M)
Angela Carpenter (W)

25 MILES TEAM CHAMPIONS

- 1959 Middlesex RC
- 1960 Viking RC
- 1961 Glasgow Regent
- 1962 Southport RC
- 1963 Merseyside VTTA
- 1964 Sheffield Phoenix CC
- 1965 No team finished
- 1966 Luton Wheelers CC
- 1967 Luton Wheelers CC
- 1968 Stretford Wheelers CC
- 1969 Luton Wheelers CC
- 1970 Law Wheelers
- 1971 Verulam CC
- 1972 Luton Wheelers CC
- 1973 Luton Wheelers CC
- 1974 Walton C & A C
- 1975 Verulam CC
- 1976 Cwmcam Paragon Wheelers
- 1978 Cheshire Roads Club
- 1978 Glasgow Wheelers
- 1979 Luton Wheelers CC
- 1980 Oldham Century RC
- 1982 Calder Clarion C & A C
- 1982 Derby Mercury RC
- 1983 V C Slough
- 1984 Vegetarian C & A C
- 1985 Hillingdon CC
- 1986 Mapperley CC
- 1987 Famboro' & Camberley CC
- 1988 Tees-side RC,
- 1989 Tees-side RC
- 1990 Tees-side RC
- 1991 Altrincham Ravens CC
- 1992 Norwood Paragon CC
- 1993 Birkenhead N E CC
- 1994 Altrincham Ravens CC
- 1995 Altrincham Ravens CC

- 1996 Lindsey Roads CC
- 1997 Altrincham Ravens CC
- 1998 Altrincham Ravens CC
- 1999 Altrincham Ravens CC
- 2000 Altrincham Ravens CC
- 2001 Ciclos Uno
- 2002 PCA Ciclos Uno
- 2003 Team Clean
- 2004 Huddersfield RC
- 2005 Huddersfield RC
- 2006 Stourbridge CC
- 2007 M I Racing
- 2008 M I Racing
- 2009 South Pennine RC
- 2010 South Pennine RC
- 2011 PCA Ciclos Uno
- 2012 Datateam Allstars
- 2013 Kingston Wheelers CC
- 2014 Chelmer CC
- 2015 Bynea CC
- 2016 Yorkshire
- 2017 East Anglian (group)
Cambridge CC (club)
- 2018 Yorkshire (group)
Team Bottrill (club)
- 2019 East Anglian (group)
Cambridge CC (club)
- 2020 Notts & E Mids (group)
Lincoln Whs CC (club)
- 2021 Notts & E Midlands (group)
Team Ohten Aveas (club)
- 2022 East Anglian (group)
Cambridge CC (club)

30 MILES CHAMPIONS

- 1967 T McGuiness
- 1968 J E Brownhill
- 1969 A L Wilkins
- 1970 Charlie Cole
- 1971 A L Wilkins
- 1972 C W Hill
- 1973 B W Bentley
- 1974 B W Bentley
- 1975 Harry H Hill
- 1976 E Davie
- 1977 Charles Holland
- 1978 A L Wilkins
- 1979 John Baines
- 1980 A L Wilkins
- 1981 A L Wilkins
- 1982 Harry H Hill
- 1983 Len Dexter

- 1984 Gerry Ashley
- 1985 Len Dexter
- 1986 J E Sibun
- 1987 John Baines
- 1988 P G Smith
- 1989 J Brownhill
- 1990 J Brownhill
- 1991 Dave Longbottom
- 1992 A Smith
- 1993 V H Palk
- 1994 Don Hacking
- 1995 Brian Haskell
- 1996 K Biddulph
- 1997 R Longstaff
- 1998 Jim Goodwin
- 1999 George Steers
- 2000 G Les Dawson (T)
- 2001 Derek Hodgins
- 2002 G Les Dawson (T)
- 2003 Brian Haskell
- 2004 G Les Dawson (T)
- 2005 Eric Marsh
- 2006 Jim Goodwin
- 2007 Ron Hallam
- 2008 Eric Marsh
- 2009 John Woodburn
- 2010 Derek Hodgins
- 2011 Peter Crofts
- 2012 Rob Pears
- 2013 Rob Pears
- 2014 M Woods
- 2015 Brian Sunter
- 2016 Kevin Tye
- 2017 Terry Icke
- 2018 Andrew Grant
- 2019 Gavin Hinxman (T) (M)
Patricia Baird (W)
- 2020 Event cancelled
- 2021 David Hargreaves (M)
Angela Carpenter (W)
- 2022 Keith Ainsworth (M)
Deborah Moss (W)

30 MILES TEAM CHAMPIONS

- 1967 Regent CC
- 1968 Yorkshire RC
- 1969 Luton Wheelers CC
- 1970 Luton Wheelers CC
- 1971 Calder Clarion C & AC
- 1972 Verulam CC
- 1973 Merseyside VTTA
- 1974 Verulam CC

1975 Clayton Velo
 1976 Regent CC
 1977 Luton Wheelers CC
 1978 Hounslow & Dist Wheelers
 1979 Leicestershire Road Club
 1980 Norwich ABC
 1981 Altrincham Ravens CC
 1982 Altrincham Ravens CC
 1983 Bramley Wheelers
 1984 Chelmer RC
 1985 N Lancashire Clarion
 1986 Willesden CC
 1987 Mapperley CC
 1988 Norwich ABC
 1989 Birkenhead NE CC
 1990 Birkenhead CC
 1991 Altrincham Ravens CC
 1992 Altrincham Ravens CC
 1993 Altrincham Ravens CC
 1994 Sheffield Phoenix CC
 1995 Altrincham Ravens CC
 1996 Altrincham Ravens CC
 1997 Altrincham Ravens CC
 1998 Altrincham Ravens CC
 1999 Altrincham Ravens CC
 2000 Glasgow Wheelers
 2001 Birkenhead NE CC
 2002 Otley CC
 2003 Huddersfield RC
 2004 Huddersfield RC
 2005 Huddersfield RC
 2006 Sheffield Phoenix
 2007 South Pennine RC
 2008 M I Racing
 2009 Icknield RC
 2010 North Shropshire Wheelers
 2011 Icknield RC
 2012 Seamons CC
 2013 Team Swift
 2014 Lewes Wanderers
 2015 Hounslow & District Whs
 2016 Kent
 2017 East Anglian (group)
 Cambridge CC (club)
 2018 Kent (group)
 Cambridge CC (club)
 2019 Scotland (group)
 SVTTA (club)
 2020 Event cancelled
 2021 Yorkshire (group)
 Harrogate Nova CC (club)

2022 N Lancs & Lakes (group)
 Springfield Financ'l RT (club)

50 MILES CHAMPIONS

1959 J E Brownhill
 1960 T Crowther
 1961 S Parker
 1962 Charlie Cole
 1963 J E Brownhill
 1964 J W Brooke
 1965 A Williams
 1966 A L Wilkins
 1967 Charlie Cole
 1968 Charlie Cole
 1969 Charlie Cole
 1970 Charlie Cole
 1971 A L Wilkins
 1972 Harry H Hill
 1973 B W Bentley
 1974 B W Bentley
 1975 Harry H Hill
 1976 S E Harvey
 1977 Harry H Hill
 1978 Harry H Hill
 1979 A L Wilkins
 1980 C W Hill
 1981 Eric Grocock
 1982 Harry H Hill
 1983 D Kellaway
 1984 Arthur C Boutell
 1985 Eric Grocock
 1986 Gerry Poole
 1987 J E Sibun
 1988 J Brownhill
 1989 Mary Dawson
 1990 Mary Dawson
 1991 Don Hacking
 1992 A J Smith
 1993 P G Smith
 1994 Jim Bailey
 1995 Jim Bailey
 1996 Jim Goodwin
 1997 Jim Goodwin
 1998 G Les Dawson (T)
 1999 Jim Goodwin
 2000 G Les Dawson (T)
 2001 Jim Bailey
 2002 Eric March
 2003 Brian Sunter
 2004 Jim Goodwin
 2005 John Woodburn
 2006 B Fittes

2007 Derek Hodgins
 2008 Brian Sunter
 2009 Derek Hodgins
 2010 Dennis Milsom
 2011 Dennis Milsom
 2012 Brian Sunter
 2013 Brian Sunter
 2014 Brian Sunter
 2015 Brian Sunter
 2016 Kevin Tye
 2017 Brian Sunter
 2018 Brian Sunter
 2019 Andy Jackson (M)
 Karen Ledger (W)
 2020 Keith Ainsworth (M)
 Sue Cheetham (W)
 2021 Andrew Grant (M)
 Angela Carpenter (W)
 2022 Christopher McNamara (M)
 Angela Carpenter (W)

50 MILES TEAM CHAMPIONS

1959 Sheffield Phoenix CC
 1960 Salisbury R C
 1961 Cheshire Roads Club
 1962 Luton Wheelers CC
 1963 Glasgow Wheelers
 1964 Merseyside VTTA
 1965 Houghton CC
 1966 Luton Wheelers CC
 1967 Luton Wheelers CC
 1968 Luton Wheelers CC
 1969 Luton Wheelers CC
 1970 Luton Wheelers CC
 1971 Luton Wheelers CC
 1972 Addiscombe CC
 1973 Luton Wheelers CC
 1974 Walton C & A C
 1975 Walton C & A C
 1976 Bournemouth Jubilee
 1977 Coalville Wheelers
 1978 Walton C & A C
 1979 Altrincham Ravens CC
 1980 Calder Clarion C & A C
 1981 Altrincham Ravens CC
 1982 Bramley Wheelers
 1983 Farnboro' & Camberley CC
 1984 Hillingdon CC
 1985 Derby Mercury R C
 1986 Otley CC
 1987 Farnboro' & Camberley CC
 1988 Birkenhead NE CC

1989 Tees-Side RC
 1990 Tees-Side RC
 1991 Sheffield Phoenix CC
 1992 Altrincham Ravens CC
 1993 Norwich ABC
 1994 Birkenhead NE CC
 1995 Altrincham Ravens CC
 1996 Altrincham Ravens CC
 1997 Altrincham Ravens CC
 1998 Altrincham Ravens CC
 1999 Altrincham Ravens CC
 2000 Icknield CC
 2001 Rockingham CC
 2002 PCA Ciclos Uno
 2003 Huddersfield RC
 2004 Huddersfield RC
 2005 Huddersfield RC
 2006 Lancashire RC
 2007 Lancashire RC
 2008 Lancashire RC
 2009 Otley CC
 2010 South Pennine RC
 2011 North Lancashire RC
 2012 Bynea CC
 2013 North Lancashire RC
 2014 North Shropshire Wheelers
 2015 GS Stella
 2016 Wessex
 2017 West (group)
 Bath CC (club)
 2018 N Lancs & Lakes (group)
 North Lancashire RC (club)
 2019 Yorkshire (group)
 Team Swift (club)
 2020 Notts & E Mids (group)
 Team Swift (club)
 2021 East Anglian (group)
 ...a3crg (club)
 2022 Wessex (group)
 ...a3crg (club)

100 MILES CHAMPIONS

1959 J E Brownhill
 1960 S E Armstrong (T)
 1961 George Pooley (T)
 1962 C W Hill
 1963 W Harrison
 1964 H A Wenman
 1965 A L Wilkins
 1966 J E Brownhill
 1967 H A Wenman
 1968 A L Wilkins

1969 A L Wilkins
 1970 K Brooker
 1971 H A Wenman
 1972 R Narris
 1973 R Webber
 1974 B W Bentley
 1975 R Webber
 1976 Len Dexter
 1977 J Hatfield
 1978 A L Wilkins
 1979 F H Dale
 1980 F H Dale
 1981 Harry H Hill
 1982 Len Dexter
 1983 B W Bentley
 1984 No event
 1985 F H Dale
 1986 H Wilkinson
 1987 H Wilkinson
 1988 Mary Dawson
 1989 J E Sibun
 1990 Mary Dawson
 1991 Harry Featherstone
 1992 Don Hacking
 1993 Don Hacking
 1994 A J Smith
 1995 Brian Haskell
 1996 D Wright
 1997 Derek Hodgins
 1998 Jim Goodwin
 1999 Jim Goodwin
 2000 Jim Goodwin
 2001 G Les Dawson (T)
 2002 G Les Dawson (T)
 2003 Jim Goodwin
 2004 Jim Goodwin
 2005 Frank Kerry
 2006 Brian Sunter
 2007 Shay Giles
 2008 Derek Hodgins
 2009 Peter Wilson
 2010 Brian Sunter
 2011 No Event
 2012 Brian Camfield
 2013 Jim Gresty
 2014 Shay Giles
 2015 Steve Irwin
 2016 D Hargreaves
 2017 Richard Bideau
 2018 Richard Bideau
 2019 Gavin Hinxman (T) (M)

Katja Rietdorf (W)
 2020 Darren Yarwood (M)
 Joanna Cebrat (W)
 2021 Andrew Meilak (M)
 Jackie Field (W)
 2022 David Shepherd (M)
 Angela Carpenter (W)

100 MILES TEAM CHAMPIONS

1959 Sheffield Phoenix CC
 1960 Addiscombe CC
 1961 North Road Club
 1962 Leicester Forest CC
 1963 Stretford Wheelers
 1964 Sheffield Phoenix CC
 1965 Solihull CC
 1966 Leicester Forest CC
 1967 Bec CC
 1968 Tyne RC
 1969 Notts Castle BC
 1970 Sotonia CC
 1971 Verulam CC
 1972 Farnham RC
 1973' West of Scotland Clarion
 1974 N Lancashire Clarion
 1975 London Clarion
 1976 Bramley Wheelers
 1977 Chippenham & Dist Whs
 1978 London Clarion
 1979 Bournemouth Jubilee
 1980 Derby Mercury RC
 1981 Tees-side RC
 1982 Altrincham Ravens CC
 1983 Birkenhead NE CC
 1984 No event
 1985 Hounslow & Dist Wheelers
 1986 Chelmer CC
 1987 Lewes Wanderers CC
 1988 Tees-side R C
 1989 Hounslow & Dist Wheelers
 1990 Tees-side RC
 1991 Farnboro' & Camberley CC
 1992 Birkenhead NE CC
 1993 Tees-side RC
 1994 Yorkshire RC
 1995 Altrincham Ravens CC
 1996 Medway Velo
 1997 Altrincham Ravens CC
 1998 Altrincham Ravens CC
 1999 Bath CC
 2000 Seamons CC
 2001 Tees-side RC

- 2002 Tees-side RC
- 2003 Lancashire RC
- 2004 Southport CC
- 2005 Lancashire RC
- 2006 Icknield RC
- 2007 Rye & District Wheelers
- 2008 Congleton CC
- 2009 Bath CC
- 2010 Congleton CC
- 2011 No Event
- 2012 Lewes Wanderers
- 2013 Stone Wheelers CC
- 2014 Hemel Hempstead CC
- 2015 North Lancs RC
- 2016 Manchester & North West
Born to Bike (club)
- 2018 North Lancs & Lakes (group)
Born to Bike (club)
- 2019 North Lancs & Lakes (group)
Springfield Financ'l RT (club)
- 2020 Yorkshire (group)
No club team finished
- 2021 East Anglian (group)
No club team finished
- 2022 Wessex (group)
No club team finished

12 HOUR CHAMPIONS

- 1959 J E Brownhill
- 1960 Harry Aspden
- 1961 J E Brownhill
- 1962 A L Wilkins
- 1963 H A Wenman
- 1964 J E Brownhill
- 1965 L Jones
- 1966 H Wilkinson
- 1967 W Griffiths
- 1968 C W Alexander
- 1969 A L Wilkins
- 1970 Not Held
- 1971 C W Hill
- 1972 R Goodman
- 1973 R Goodman
- 1974 J Welsh
- 1975 G E Jones
- 1976 Harry H Hill
- 1977 D H Smith
- 1978 G Thompson
- 1979 G Thompson
- 1980 Mary Dawson
- 1981 C G Robson

- 1982 D Jennings
- 1983 C Smith
- 1984 Don Woodman
- 1985 R J Maitland
- 1986 Shay Giles
- 1987 John Woodburn
- 1988 H Wilkinson
- 1989 Gerry Poole
- 1990 Shay Giles
- 1991 Jim Bailey
- 1992 M W Winter
- 1993 E A Green
- 1994 P D Saynor
- 1995 Jim Bailey
- 1996 B Wood
- 1997 Derek Hodgins
- 1998 Brian Haskell
- 1999 Brian Haskell
- 2000 T W Cogging
- 2001 M Evans
- 2002 Ian Cammish
- 2003 Ray Retter
- 2004 Steve Woodrup
- 2005 Mike Shacklock
- 2006 Jim Gresty
- 2007 Ken Platts
- 2008 Ken Platts
- 2009 David Shepherd
- 2010 Ken Platts
- 2011 Brian Camfield
- 2012 Nick Bowdler
- 2013 Ken Platts
- 2014 Ray Retter
- 2015 David Shepherd
- 2016 Chris Scawn
- 2017 Richard Bideau
- 2018 Steve Williamson
- 2019 David Shepherd (M)
Christina Murray (W)
- 2020 Andrew Whiteside (M)
Christina MacKenzie (W)
- 2021 David Shepherd (M)
Kim Barfoot-Brace (W)
- 2022 Anthony Jones (M)
Christina McKenzie (W)

12 HOUR TEAM CHAMPIONS

- 1959 No team finished
- 1960 Phoenix CC (Aintree)
- 1961 No team finished
- 1962 London Clarion
- 1963 Middlesex RC

- 1964 Bec CC
- 1965 No team finished
- 1966 Stretford Wheelers
- 1967 Middlesex RC
- 1968 London Clarion
- 1969 Walton C & A C
- 1970 Not held
- 1971 Verulam CC
- 1972 Luton Wheelers CC
- 1973 Luton Wheelers CC
- 1974 Long Eaton CC
- 1975 Birkenhead NE CC
- 1976 No team finished
- 1977 Bramley Wheelers
- 1978 Norwich ABC
- 1979 Birkenhead NE CC
- 1980 Tees-side RC
- 1981 Tees-side RC
- 1982 Norwich RC
- 1983 Leicester Forest CC
- 1984 Cardiff Ajax CC
- 1985 Tees-side RC
- 1986 San Fairy Ann CC
- 1987 Verulam CC
- 1988 Oldham Century RC
- 1989 Tees-side RC
- 1990 Leo RC
- 1991 Cleveland & Dist RC
- 1992 No team finished
- 1993 Farnboro' & Camberley CC
- 1994 Thanet CC
- 1995 Otley CC
- 1996 Preston Wheelers
- 1997 No team finished
- 1998 Bath CC
- 1999 Otley CC
- 2000 San Fairy Ann CC
- 2001 Southborough & Dist Whs
- 2002 Icknield CC
- 2003 No team finished
- 2004 Lancashire RC
- 2005 Otley CC
- 2006 North Shropshire Wheelers
- 2007 Kingston Phoenix RC
- 2008 Chelmer CC
- 2009 Chelmer CC
- 2010 Chelmer CC
- 2011 Seamons CC
- 2012 No team finished
- 2013 Chelmer CC
- 2014 Chelmer CC

2015 No team finished
 2016 West
 2017 London & HC (group)
 Born to Bike (club)
 2018 Wessex (group)
 Born to Bike (club)
 2019 Wessex (group)
 Vive le Velo (club)
 2020 Yorkshire (group)
 No club team finished
 2021 Yorkshire (group)
 No club team finished
 2022 Scotland (group)
 No club team finished

24 HOUR CHAMPIONS

1960 H Stan Spelling
 1961 C Smith
 1962 C W Alexandra
 1963 C W Alexandra
 1964 C Smith
 1965 C Smith
 1966 A J Cropper
 1967 C W Alexandra
 1968 C Smith
 1969 C Smith
 1970 L W Mills
 1971 R Griffiths
 1972 C Smith
 1973 S J King
 1974 P E A Carter
 1975 S J King
 1976 Leslie Lowe
 1977 R W O'Dell
 1978 J McAllister
 1979 C Smith
 1980 J Brownhill
 1981 C Smith
 1982 C G Robson
 1983 D Spraggett
 1984 C G Robson
 1985 K Usher
 1986 E Millington
 1987 K Usher
 1988 RC Newport
 1989 J R Crosby
 1990 R Sant (T)
 1991 John Baines
 1992 T Fouldes
 1993 T Fouldes
 1994 T Fouldes
 1995 G Hugill

1996 Jim Hopper (T)
 1997 Dave Brabbin
 1998 Jim Hopper (T)
 1999 K Usher
 2000 Jim Hopper (T)
 2001 Jim Hopper (T)
 2002 David Shepherd
 2003 G Jones
 2004 Graham Barker
 2005 Graham Barker
 2006 Graham Barker
 2007 Graham Barker
 2008 Jim Gresty
 2009 B Fielden
 2010 Graham Barker
 2011 Andy Wilkinson
 2012 P Moon
 2013 Peter Yates
 2014 Edgar Reynolds
 2015 Paul Jackson
 2016 Edgar Reynolds
 2017 J McKenzie
 2018 Andy Jackson
 2019 Paul Jackson (M)
 Christina Murray (W)
 2020 Event cancelled
 2021 Andrew Rivett (M)
 Christina Murray (W)
 2022 Nick Tarmey (M)
 Joanna Cebrat (W)

24 HOUR TEAM CHAMPIONS

1960 No team finished
 1961 Wren Wheelers
 1962 No team finished
 1963 No team finished
 1964 No team finished
 1965 Wren Wheelers
 1966 No team finished
 1967 Balham CC
 1968 Balham CC
 1969 No team finished
 1970 Mersey Roads
 1971 Lea Valley CC
 1972 Farnboro & Camberley CC
 1973 Colchester Rovers CC
 1974 South Lancashire RC
 1975 Bournemouth Jubilee
 1976 Cheshire Roads Club
 1977 No team finished
 1978 Cheshire Roads Club
 1979 No team finished

1980 Abbotsford Park RC
 1981 Spalding CC
 1982 No team finished
 1983 No team finished
 1984 Spalding CC
 1985 Houghton CC
 1986 Edinburgh RC
 1987 No team finished
 1988 No team finished
 1989 No team finished
 1990 Weaver Valley CC
 1991 No team finished
 1992 Cardiff Ajax CC
 1993 No team finished
 1994 No team finished
 1995 Medway Velo
 1996 Prescott Eagle RC
 1997 Medway Velo
 1998 No team finished
 1999 No team finished
 2000 Coventry CC
 2001 No team finished
 2002 No team finished
 2003 No team finished
 2004 Johnstone Wheelers CC
 2005 Seamons CC
 2006 Congleton CC
 2007 Congleton CC
 2008 No team finished
 2009 Edinburgh RC
 2010 Edinburgh RC
 2011 Team Stella
 2012 No team finished
 2013 RN & RM CA
 2014 Lewes Wanderers CC
 2015 RN & RM CA
 2016 Manchester & North West
 2017 Midlands (group)
 Born to Bike (club)
 2018 Yorkshire (group)
 Born to Bike (club)
 2019 Kent (group)
 Dulwich Paragon CC (club)
 2020 Event cancelled
 2021 Yorkshire (group)
 Dulwich Paragon CC (club)
 2022 Yorkshire (group)
 No club team finished

Past Winners of the Ted Bricknell Memorial Award

1973	A Burnet	1990	R Yates	2007	L E Lowe
1974	W S Lewis	1991	A Williams	2008	T Kay
1975	S E Hayward	1992	G W Morgan	2009	Gordon &
1976	R H Clark	1993	Doreen Mahar		Barbara Scott
1977	H A G Keates	1994	K S Waterhouse	2010	R May
1978	F Wells	1995	F H Dale	2011	S Lockwood
1979	W Massie	1996	R Blythe	2012	J Burgin
1980	J Walton	1997	H F Nevill	2013	Ann Butterworth
1981	R Webber	1998	J P Ogden	2014	J Burgin
1982	B Hall	1999	Ethel Brambleby	2015	J Golder
1983	H F Nevill	2000	K J Matthews	2016	J Burgin
1984	H A G Keates	2001	I Morgan	2017	G L Dawson
1985	S Eccles	2002	G Keeble	2018	Rachael Elliott
1986	F Howell	2003	K A Blowe	2019	S Lockwood
1987	J L Armstrong	2004	G Jones	2020	Carole Gandy
1988	J Reaney	2005	D Humphreys	2021	Jon Fairclough
1989	J L Armstrong	2006	G Newsome	2022	Mike Penrice

Past Winners of the C W Cooke Trophy

1943	W C S Harris	1970	L W Miles	1997	E P Marsh
1944	C Cole	1971	F B Wood	1998	J Brownhill
1945	C W Cooke	1972	R Smith	1999	J Pugh
1946	E H Strevens	1973	D Haldane	2000	G L Dawson
1947	F C Bause	1974	J Hurley	2001	D J Hodgins
1948	W J Pett	1975	Ethel Brambleby	2002	W Davidson
1949	J E Ackland	1976	I Jones	2003	P Holden
1950	W J Pett	1977	R Packer	2004	Carole Gandy
1951	A H Wenman	1978	S J King	2005	D Keene
1952	W H Steer	1979	A Boutell	2006	G Steers
1953	W W Brown	1980	J H Trenowden	2007	E Deanne
1954	G E Saunders	1981	H Marsh	2008	D Milsom
1955	R H Harris	1982	J E Sibun	2009	G Steers
1956	E Potter	1983	P Reilly	2010	Peter Horsnell
1957	E F Butt	1984	J Read	2011	Aandy Wilkinson
1958	C A Lovegrove	1985	G A Goat	2012	Ken Platts
1959	C W Alexander	1986	R O'Dell	2013	Peter Yates
1960	C E Green	1987	T E Forbes	2014	Mike Cotgreave
1961	J Brinkins	1988	J E Sibun	2015	Derek Stewart
1962	J W Brooke	1989	H Wilkinson	2016	Lynne Biddulph
1963	J Spencer	1990	W H Swann	2017	Ron Hallam
1964	R H Clarke	1991	D E Cotterell	2018	Kevin Tye
1965	W Gallagher	1992	C Richards	2019	Ian Greenstreet &
1966	No claims received	1993	W Clayton		Rachael Elliott
1967	J A Shuter	1994	G Foulds	2020	Dave Shepherd
1968	J C Park	1995	G Steers	2021	Christina Murray
1969	J McRae	1996	G Steers	2022	John Lee

NATIONAL AGE RECORDS - ROAD TIME TRIAL

(As at 31st October 2022)

Men Solo Bicycle - 10 Miles				89	Ron Hallam	2019	43:45
41	James Rix	2017	17:47	92	Peter Horsnell	2022	46:38
45	Steve Irwin	2016	17:49	Men Solo Bicycle - 25 Miles			
46	Steve Irwin	2017	17:59	43	Matthew Smith	2021	45:59
50	Ian Guilor	2017	18:02	47	Conrad Moss	2022	46:12
52	Richard Oakes	2021	18:08	52	David Langlands	2018	47:01
53	Richard Oakes	2022	18:10	55	Kevin Tye	2017	47:08
56	Kevin Tye	2018	18:44	57	Kevin Tye	2019	47:51
57	Kevin Tye	2019	19:01	59	Keith Ainsworth	2018	48:00
59	Kevin Tye	2021	19:11	60	Keith Ainsworth	2019	49:34
62	Keith Ainsworth	2021	19:23	62	Keith Ainsworth	2021	50:00
65	Roger Iddles	2009	19:51	66	Peter Greenwood	2018	50:36
66	Andrew Grant	2019	20:08	68	Andrew Grant	2021	52:06
68	Andrew Grant	2021	20:15	69	Terry Icke	2013	52:38
73	Terry Icke	2017	20:21	70	Terry Icke	2014	53:11
74	Brian Sunter	2017	21:08	73	Terry Icke	2017	53:13
75	Michael Allen	2021	22:19	74	Terry Icke	2018	54:45
76	Vincent Jenkins	2016	22:26	75	John Woodburn	2012	56:08
77	Frank Kerry	2012	22:31	77	Ron Hallam	2008	57:48
78	Derek Stewart	2015	22:35	78	Ron Hallam	2009	57:58
79	Ron Hallam	2009	22:42	81	Dennis Milsom	2009	59:13
80	Dennis Milsom	2008	22:56	82	Dennis Milsom	2010	1:00:38
82	Dennis Milsom	2010	23:20	83	Dennis Milsom	2011	1:00:52
85	Ron Hallam	2015	23:46	85	Eric Marsh	2015	1:03:06
86	Ron Hallam	2016	24:24	86	Ron Hallam	2016	1:04:03
88	Ron Hallam	2019	26:12	87	Ron Hallam	2017	1:06:54
89	Peter Horsnell	2019	27:25	88	Ron Hallam	2019	1:07:19
91	Peter Horsnell	2021	27:49	89	Ron Hallam	2019	1:09:47
92	Peter Horsnell	2022	30:18	90	Ron Hallam	2020	1:11:42
Men Solo Bicycle - 15 Miles				91	Peter Horsnell	2021	1:13:16
43	Matthew Smith	2021	27:44	92	Peter Horsnell	2022	1:18:54
55	Michael Ellerton	2016	28:27	Men Solo Bicycle - 30 Miles			
56	Kevin Tye	2018	29:08	42	James Rix	2018	55:35
57	Kevin Tye	2019	29:14	47	Stephen Irwin	2018	56:17
59	Kevin Tye	2021	30:00	55	Kevin Tye	2017	58:19
66	Andrew Grant	2019	31:07	57	Kevin Tye	2019	58:39
68	Andrew Grant	2021	31:36	59	Keith Dorling	2018	59:36
69	Michael Allen	2016	32:03	60	Keith Ainsworth	2019	59:53
71	Chris Nudds	2014	33:52	62	Keith Ainsworth	2021	1:01:36
74	Chris Roberts	2019	34:44	63	Ken Platts	2015	1:02:21
75	Michael Allen	2022	35:19	65	John Woodburn	2002	1:02:53
77	Hugh Davies	2022	35:47	66	Ken Platts	2018	1:02:59
78	John Smith	2016	36:23	68	Andrew Grant	2021	1:03:01
79	Vincent Jenkins	2019	38:12	70	Chris Dyason	2018	1:04:02
80	Ron Back	2019	39:09	72	David Hargreaves	2018	1:04:39
82	Peter Baumber	2013	39:38	73	Terry Icke	2017	1:07:45
86	Ron Hallam	2017	41:15	74	Peter Crofts	2012	1:08:37
87	Ron Hallam	2018	42:01	77	Leonard Benton	2015	1:10:06

78	Ron Hallam	2009	1:11:42	Men Solo Bicycle - 12 Hours		
79	Ron Hallam	2010	1:13:18	43	Tim McEvoy	2021 313.91
83	Eric Marsh	2013	1:13:51	47	Adam Topham	2015 313.87
85	Eric Marsh	2015	1:16:05	49	Anthony Jones	2022 300.95
88	Peter Horsnell	2018	1:24:28	60	David Shepherd	2021 300.26
89	Peter Horsnell	2019	1:28:37	61	Derek McMillan	2021 280.21
91	Peter Horsnell	2021	1:37:26	65	John Golder	2018 265.00
Men Solo Bicycle - 50 Miles				66	Owen Blower	1998 260.26
47	Conrad Moss	2022	1:34:07	71	Michael Stevens	2021 254.39
54	Dave Green	2018	1:39:14	72	Ray Retter	2018 243.61
56	Kevin Tye	2018	1:40:39	74	Brian Haskell	2003 227.84
59	Keith Ainsworth	2018	1:42:05	75	Jim Goodwin	2007 227.22
62	Keith Ainsworth	2021	1:42:56	76	Peter Wilson	2010 218.30
65	Andrew Grant	2018	1:43:35	77	Peter Horsnell	2007 217.82
67	Andrew Grant	2020	1:45:56	81	Peter Horsnell	2011 212.96
68	Andrew Grant	2021	1:47:54	85	Peter Horsnell	2015 207.37
69	Andrew Grant	2022	1:48:39	86	Bob Loader	2019 135.43
70	Terry Icke	2014	1:50:56	Men Solo Bicycle - 24 Hours		
72	Brian Sunter	2015	1:50:57	47	Andy Wilkinson	2011 541.17
73	David Hargreaves	2020	1:52:24	48	Eamonn Deane	2007 501.04
74	Derek Hodgins	2008	1:58:28	50	Mick Potts	1991 486.65
75	Jim Goodwin	2007	2:01:43	53	Paul Jackson	2019 485.21
76	Ron Hallam	2006	2:02:13	56	Graham Barker	2006 465.25
78	Ron Hallam	2009	2:04:02	57	Robert Newell	1993 457.77
80	Ron Hallam	2011	2:05:24	60	Cliff Smith	1981 450.60
83	Ron Hallam	2014	2:15:12	68	Ray Retter	2014 440.62
86	Ron Hallam	2017	2:15:45	70	Tony Fouldes	1996 393.25
88	Ron Hallam	2019	2:18:57	73	Graham Mann	2022 348.07
91	Peter Horsnell	2021	2:37:32	75	W H Swann	1985 347.82
92	Peter Horsnell	2022	2:57:15	80	Peter Yates	2013 343.04
Men Solo Bicycle - 100 Miles				Women Solo Bicycle - 10 Miles		
46	Richard Bideau	2017	3:18:54	53	Angela Carpenter	2022 20:24
47	Adam Topham	2015	3:22:40	56	Jackie Field	2021 21:26
53	Dave Green	2017	3:30:34	58	Sarah Matthews	2018 21:33
54	Rob Pears	2017	3:32:58	59	Lindsay Clarke	2021 22:01
60	David Shepherd	2021	3:34:21	61	Carole Gandy	2005 22:09
65	Peter Greenwood	2017	3:43:16	66	Carole Gandy	2010 22:21
66	Andrew Grant	2019	3:49:03	67	Carole Gandy	2011 22:28
68	Chris Nudds	2017	3:57:54	68	Carole Gandy	2012 23:51
73	David Hargreaves	2019	3:58:46	70	Arja Scarsbrook	2018 24:18
74	David Hargreaves	2020	4:03:52	71	Arja Scarsbrook	2019 24:42
75	Derek Hodgins	2009	4:14:11	74	Arja Scarsbrook	2022 24:46
76	Derek Hodgins	2010	4:28:36	79	Gill Henshaw	2013 26:02
77	Ron Hallam	2008	4:29:03	80	Gill Henshaw	2014 26:35
78	Ron Hallam	2009	4:32:39	82	Gill Henshaw	2016 27:05
80	Ron Hallam	2011	4:33:53	83	Gill Henshaw	2017 27:30
81	Peter Horsnell	2011	4:55:07	84	Mary Dawson	2012 29:39
84	Peter Horsnell	2014	4:55:36	85	Connie Tapper	2014 30:09
85	Peter Horsnell	2015	5:09:55	86	Mary Dawson	2014 30:26
87	Peter Horsnell	2017	5:11:47	Women Solo Bicycle - 15 Miles		
89	Peter Horsnell	2019	5:19:45	43	Karen Ledger	2016 31:47

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53	Angela Carpenter	2022	32:19	61	Mary Dawson	1989	2:01:37
56	Jackie Field	2021	33:21	68	Carole Gandy	2012	2:01:39
58	Sarah Matthews	2018	33:35	70	Mary Dawson	1999	2:19:26
59	Sarah Matthews	2019	34:10	75	Mary Dawson	2003	2:20:39
61	Sarah Matthews	2021	34:54	76	Mary Dawson	2005	2:30:02
62	Joy Payne	2019	35:21	77	Mary Dawson	2005	2:30:09
65	Joy Payne	2022	36:15	78	Mary Dawson	2007	2:31:53
67	Jen Clegg	2021	36:59	Women Solo Bicycle - 100 Miles			
68	Jen Clegg	2022	38:08	46	Michelle Lee	2019	3:48:23
70	Gillian Reynolds	2019	38:12	53	Angela Carpenter	2022	3:53:00
71	Cheryl Trueman	2016	39:25	54	Jackie Field	2019	3:53:46
79	Gill Henshaw	2013	41:28	55	Jackie Field	2020	3:59:37
80	Gill Henshaw	2014	42:10	56	Jackie Field	2021	4:05:39
81	Gill Henshaw	2015	42:58	57	Carole Gandy	2002	4:13:52
85	Mary Dawson	2014	46:26	60	Carole Gandy	2004	4:15:03
Women Solo Bicycle - 25 Miles				61	Mary Dawson	1990	4:15:25
52	Angela Carpenter	2021	51:12	66	Carole Gandy	2010	4:20:26
53	Angela Carpenter	2022	52:28	67	Mary Dawson	1995	4:45:15
54	Jackie Field	2019	54:32	68	Liz Ball	2022	4:51:24
56	Jackie Field	2021	54:42	69	Isobel Campbell	1983	4:56:46
58	Sarah Matthews	2018	55:24	75	Mary Dawson	2003	4:58:31
64	Carole Gandy	2009	56:30	77	Brenda Littlefair	2013	6:01:59
68	Carole Gandy	2012	57:09	Women Solo Bicycle - 12 Hours			
74	Arja Scarsbrook	2022	1:03:15	40	Kimberley Barfoot-Brace	2021	277.90
78	Gill Henshaw	2012	1:07:54	53	Jackie Field	2018	273.38
79	Gill Henshaw	2013	1:10:11	56	Patricia Baird	2021	246.03
82	Gill Henshaw	2016	1:12:40	59	Mary Dawson	1988	241.11
83	Gill Henshaw	2017	1:13:49	65	Mary Dawson	1994	232.53
84	Mary Dawson	2012	1:20:02	69	Isobel Campbell	1983	213.71
86	Mary Dawson	2014	1:25:05	70	Isobel Campbell	1984	212.85
Women Solo Bicycle - 30 Miles				71	Brenda Littlefair	2007	203.60
49	Angela Carpenter	2018	1:03:23	73	Brenda Littlefair	2009	195.29
50	Angela Carpenter	2019	1:05:31	77	Brenda Littlefair	2013	179.66
52	Angela Carpenter	2021	1:05:57	Women Solo Bicycle - 24 Hours			
56	Jackie Field	2021	1:06:46	44	Christina Murray	2021	490.28
67	Carole Gandy	2011	1:10:51	46	Sheila Simpson	1991	426.18
68	Jen Clegg	2022	1:16:21	47	Lynne Biddulph	2016	418.07
70	Connie Tapper	1998	1:18:18	50	Lynne Biddulph	2019	404.42
72	Connie Tapper	2001	1:19:57	52	Mary Horsnell	1983	394.15
73	Connie Tapper	2002	1:21:40	54	Rebecca Wilson	2019	392.21
74	Connie Tapper	2003	1:25:18	59	Janet Wilson	1993	386.04
80	Gill Henshaw	2014	1:26:01	63	Ann Bath	2012	327.36
82	Mary Dawson	2010	1:35:56	70	Janet Tebbutt	2006	313.46
Women Solo Bicycle - 50 Miles				Men Solo Tricycle - 10 Miles			
52	Angela Carpenter	2021	1:46:34	49	Gavin Hinxman	2017	20:49
53	Angela Carpenter	2022	1:47:20	50	Gavin Hinxman	2018	21:10
55	Jackie Field	2020	1:51:27	59	Eric Marsh	1989	22:23
56	Jackie Field	2021	1:53:54	60	Eric Marsh	1990	22:27
57	Jackie Field	2022	1:55:38	68	Eric Marsh	1998	22:56
58	Carole Gandy	2002	1:56:42	69	Mark Vowells	2022	23:09
60	Carole Gandy	2004	1:59:47	71	Eric Marsh	2001	23:18

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73	Les Dawson	1999	23:31	84	Les Dawson	2010	1:32:35
74	Les Dawson	2000	24:37	Men Solo Tricycle - 50 Miles			
77	Les Dawson	2003	25:20	49	Gavin Hinxman	2017	1:49:08
80	Eric Marsh	2010	25:35	50	Gavin Hinxman	2018	1:50:30
81	Les Dawson	2008	26:55	51	Gavin Hinxman	2019	1:54:04
82	Les Dawson	2008	27:23	53	Pete Etheridge	1982	2:03:48
83	Les Dawson	2009	28:04	54	Pete Etheridge	1983	2:04:43
84	Les Dawson	2010	29:03	62	Eric Marsh	1992	2:05:09
85	Eric Marsh	2015	29:14	65	Mark Vowells	2018	2:05:41
86	Les Dawson	2012	30:05	66	Mark Vowells	2019	2:06:35
88	Les Dawson	2014	30:22	68	Eric Marsh	1998	2:07:51
Men Solo Tricycle - 15 Miles				70	Eric Marsh	2000	2:09:53
50	Gavin Hinxman	2018	32:41	73	Eric Marsh	2003	2:10:18
51	Gavin Hinxman	2019	33:13	76	Les Dawson	2002	2:12:14
65	Mark Vowells	2018	37:18	77	Les Dawson	2003	2:15:51
66	Mark Vowells	2019	37:38	79	Les Dawson	2005	2:22:34
69	Mark Vowells	2022	38:50	80	Les Dawson	2006	2:26:27
72	Bernard Lamb	2015	41:15	81	Les Dawson	2007	2:26:38
74	Geoffrey Booker	2022	41:26	82	Les Dawson	2008	2:31:53
88	Les Dawson	2014	47:22	Men Solo Tricycle - 100 Miles			
Men Solo Tricycle - 25 Miles				50	Gavin Hinxman	2018	3:56:33
49	Gavin Hinxman	2017	53:17	51	Gavin Hinxman	2019	4:11:39
50	Gavin Hinxman	2018	54:33	55	Pete Etheridge	1984	4:16:34
51	Gavin Hinxman	2019	55:38	58	Eric Marsh	1988	4:28:34
53	Nick Wood	2008	58:06	61	Cliff Tremaine	1996	4:37:36
59	Eric Marsh	1989	58:08	62	Ken Usher	1997	4:38:13
66	Mark Vowells	2019	58:24	64	Cliff Tremaine	1999	4:39:38
68	Eric Marsh	1998	1:00:00	67	Cliff Tremaine	2002	4:40:49
69	Mark Vowells	2022	1:00:47	68	Eric Marsh	1998	4:40:53
71	Eric Marsh	2001	1:01:03	69	Cliff Tremaine	2004	4:49:17
74	Eric Marsh	2004	1:02:48	77	Les Dawson	2003	4:49:47
75	Les Dawson	2001	1:03:48	Men Solo Tricycle - 12 Hours			
77	Les Dawson	2003	1:05:55	48	Howard Waller	2012	255.71
80	Eric Marsh	2010	1:06:24	65	Ken Usher	1999	239.23
81	Les Dawson	2007	1:09:22	67	Cliff Tremaine	2002	223.30
82	Eric Marsh	2012	1:11:48	69	D A Wright	1999	191.35
85	Les Dawson	2011	1:15:14	70	Ellis Smith	1993	189.96
86	Les Dawson	2012	1:20:02	71	Jack Smith	1985	182.61
87	Les Dawson	2013	1:25:13	75	Ellis Smith	1998	172.33
Men Solo Tricycle - 30 Miles				76	Vernon Lilley	1988	171.19
45	Carl Saint	2010	1:06:22	Men Solo Tricycle - 24 Hours			
51	Gavin Hinxman	2019	1:07:21	41	Eric Tremaine	1983	447.02
53	Ian Pike	2021	1:09:31	54	Jim Hopper	1996	417.30
62	Eric Marsh	1992	1:11:14	59	Jim Hopper	2001	408.56
66	Mark Vowells	2019	1:13:28	64	Jim Hopper	2006	393.24
71	Eric Marsh	2001	1:13:40	65	Ken Usher	1999	381.77
72	Bernard Lamb	2015	1:17:16	68	Jack Smith	1982	345.56
75	Eric Marsh	2005	1:19:26	Women Solo Tricycle - 10 Miles			
77	Les Dawson	2004	1:23:52	48	Pauline Graystock	1989	26:48
81	Les Dawson	2007	1:25:09	59	Christine Minto	2000	27:09
82	Les Dawson	2008	1:31:03	61	Christine Minto	2002	27:58

64	Mary Corbett	2022	30:22	141	Jeff Bowler & Dave Bates	2017	34:09
65	Mary Corbett	2022	30:29	157	Murray Kirton & David Stockley	2019	36:21
71	Jacqueline Davey	2005	36:46	160	Murray Kirton & David Stockley	2021	40:01
80	Greta Spiers	2017	53:41	Men Tandem Bicycle - 25 Miles			
Women Solo Tricycle - 25 Miles				92	Mark Arnold & Glenn Taylor	2017	44:50
61	Christine Minto	2002	1:12:21	94	Mark Arnold & Glenn Taylor	2018	48:22
62	Christine Minto	2003	1:20:08	109	Tim Humphries & Richard Dixon	2018	48:54
Women Solo Tricycle - 30 Miles				115	Jeff Bowler & Dave Bates	2004	50:16
60	Christine Minto	2002	1:28:48	123	Eric Beauchamp & J Evans	1997	50:58
62	Christine Minto	2004	1:35:31	127	Jeff Bowler & Dave Bates	2010	51:00
Women Solo Tricycle - 50 Miles				131	Jeff Bowler & Dave Bates	2012	53:12
58	Christine Minto	1999	2:26:28	135	Jeff Bowler & Dave Bates	2014	53:17
61	Christine Minto	2002	2:34:16	139	Jeff Bowler & Dave Bates	2016	54:07
Women Solo Tricycle - 100 Miles				140	John Swanbury & Alistair Banks	2021	54:58
59	Christine Minto	2000	5:30:28	141	Jeff Bowler & Dave Bates	2017	56:03
61	Sian Charlton	1994	6:56:39	154	Murray Kirton & Michael Ives	2017	1:00:16
Women Solo Tricycle - 12 Hours				156	Murray Kirton & David Stockley	2019	1:01:57
46	Jane Swain	2013	188.12	161	Murray Kirton & David Stockley	2021	1:02:12
54	Sian Charlton	1987	171.58	Men Tandem Bicycle - 30 Miles			
55	Sian Charlton	1988	162.06	108	Dean Lubin & John Iszatt	2018	57:50
59	Sian Charlton	1992	157.18	113	Roy Manser & Laurie Broad	1991	58:48
61	Sian Charlton	1994	144.46	126	Kevin Gill & Vic Haines	2011	1:02:50
Women Solo Tricycle - 24 Hours				131	Jim Bailey & Geoff Hick	1997	1:03:17
45	Jane Swain	2012	333.63	134	Alistair Banks & John Swanbury	2018	1:04:36
54	Sian Charlton	1987	316.27	137	Martyn Winter & Ray Dare	1998	1:06:53
55	Sian Charlton	1988	309.60	141	Terry Anderson & Joe O'Herlihy	2008	1:10:22
56	Sian Charlton	1989	297.65	152	Arthur Thackray & Brian Musson	2007	1:20:20
61	Sian Charlton	1994	282.99	160	Murray Kirton & David Stockley	2021	1:20:53
Men Tandem Bicycle - 10 Miles				Men Tandem Bicycle - 50 Miles			
87	Mark Arnold & Glenn Taylor	2015	17:36	92	Mark Arnold & Glenn Taylor	2017	1:35:02
89	Mark Arnold & Glenn Taylor	2016	17:42	115	Jeff Bowler & Dave Bates	2004	1:44:23
93	Mark Arnold & Glenn Taylor	2018	18:06	127	Jeff Bowler & Dave Bates	2010	1:45:50
103	Neil Dowie & Glenn Taylor	2019	18:24	128	Alistair Banks & John Swanbury	2015	1:54:28
107	Martyn Winter & Eddie Green	1987	19:07	139	Jeff Bowler & Dave Bates	2016	1:54:35
109	Martyn Winter & Eddie Green	1988	19:08	140	John Swanbury & Alistair Banks	2021	1:57:26
118	Simon Beldon & Cliff Beldon	2017	19:28	143	Ken Hartley & Ronnie Bailey	1990	2:08:51
129	Shaun Walsh & Dave Driver	2010	19:45	144	Joe Summerlin & Russ Elliott	2003	2:16:56
131	Jeff Bowler & Dave Bates	2012	20:39	156	Murray Kirton & David Stockley	2019	2:19:48
135	Jeff Bowler & Dave Bates	2014	20:42	Men Tandem Bicycle - 100 Miles			
137	Martyn Winter & Ray Dare	1998	21:09	88	Tim Bayley & Adam Broyad	2019	3:29:35
139	Jeff Bowler & Dave Bates	2016	21:20	95	Roy Manser & G Hodgson	1986	3:37:40
141	Terry Anderson & T J O'Herlihy	2008	21:23	105	R W Smith & Gordon Irons	1986	3:49:57
150	George Steers & Alan Steward	2009	21:56	127	Jeff Bowler & Dave Bates	2010	3:50:04
154	Murray Kirton & David Stockley	2018	22:39	130	Ron Murgatroyd & Robert Newell	1994	4:04:02
161	Murray Kirton & David Stockley	2021	23:23	141	Ken Hartley & Ronnie Bailey	1989	4:22:14
Men Tandem Bicycle - 15 Miles				Men Tandem Bicycle - 12 Hours			
90	Mark Arnold & Glenn Taylor	2016	26:53	90	Adam Broyad & Tim Bayley	2020	300.11
101	Ian Marshall & Kevin Stokes	2016	29:37	104	R W Smith & Gordon Irons	1985	263.96
105	Kevin Stokes & Geoff Perry	2014	30:13	118	Ken Hartley & Maurice Jones	1990	251.20
111	Kevin Stokes & Geoff Perry	2017	32:23				
134	Alistair Banks & John Swanbury	2018	33:13				

Men Tandem Bicycle - 24 Hours

94	Les Lowe & Pat Kenny	1982	430.51
109	Mark Leadbetter & Donald McLean	2018	427.97
132	Philip Jurczyk & George Berwick	2009	371.31
142	Philip Jurczyk & George Berwick	2014	340.25
146	Philip Jurczyk & George Berwick	2016	332.23
152	Philip Jurczyk & George Berwick	2019	312.28

Women Tandem Bicycle - 10 Miles

82	Gwen Cook & Lea Marshall	2010	20:33
84	Gwen Cook & Lea Marshall	2011	21:43
119	Sarah Matthews & Mary Corbett	2018	22:54

Women Tandem Bicycle - 25 Miles

82	Gwen Cook & Lea Marshall	2010	51:33
84	Gwen Cook & Lea Marshall	2011	57:08

Women Tandem Bicycle - 30 Miles

84	Gwen Cook & Lea Marshall	2011	1:06:26
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Women Tandem Bicycle - 50 Miles

82	Gwen Cook & Lea Marshall	2010	1:53:06
84	Gwen Cook & Lea Marshall	2011	1:56:09
90	Lindsay Clayton & Jane Swain	2013	2:32:11

Women Tandem Bicycle - 100 Miles

84	Gwen Cook & Lea Marshall	2011	4:04:15
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Women Tandem Bicycle - 12 Hours

95	Rachel Crowther & Christine Bell	2016	187.02
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Mixed Tandem Bicycle - 10 Miles

100	Ian Greenstreet & Rachael Elliott	2021	18:20
104	Richard Dixon & Alex Deck	2017	18:22
106	Vic Haines & Sue Fenwick	2010	20:23
116	Paul Bennett & Nikki Hunt	2000	20:24
119	Jeff Bowler & Ann Staley	2007	20:45
121	Phil Barnes & Sharon Clifford	2018	21:14
127	Terry Anderson & Connie Tapper	1998	21:28
132	Bev Chapman & Wynne Clarke	1987	21:46
140	Les & Mary Dawson	1997	21:54
144	Les & Mary Dawson	1999	22:10
146	Peter & Janet Wilson	2007	23:00
150	Les & Mary Dawson	2003	23:03
152	Les & Mary Dawson	2003	23:12
154	Les & Mary Dawson	2005	23:55
158	Vin Fitzgerald & Wynne Clarke	2002	26:44
161	Bob Loader & Maryse Chapman	2018	31:58

Mixed Tandem Bicycle - 15 Miles

96	Ian Greenstreet & Rachael Elliott	2019	27:55
98	Ian Greenstreet & Rachael Elliott	2020	28:29
100	Richard Dixon & Alex Deck	2016	28:58
102	Ian Greenstreet & Rachael Elliott	2022	29:02
114	Andrew & Catherine Hutchison	2021	33:02
136	John Swanbury & Kate Churchill	2021	35:34
150	Mike & Barbara Penrice	2016	38:17
152	Mike & Barbara Penrice	2017	41:54

Mixed Tandem Bicycle - 25 Miles

96	Ian Greenstreet & Rachael Elliott	2019	47:09
100	Ian Greenstreet & Rachael Elliott	2021	47:39

102	Ian Greenstreet & Rachael Elliott	2022	48:45
113	Paul Bennett & Nikki Hunt	1999	51:50
115	Maurice Jones & Christine Minto	1997	53:09
119	Jeff Bowler & Ann Staley	2007	53:11
138	Terry Anderson & Connie Tapper	2004	55:29
139	Les & Mary Dawson	1997	1:00:15
149	Les & Mary Dawson	2002	1:00:31
152	Les & Mary Dawson	2003	1:05:32
156	Les & Mary Dawson	2005	1:07:57

Mixed Tandem Bicycle - 30 Miles

96	Ian Greenstreet & Rachael Elliott	2019	56:54
100	Ian Greenstreet & Rachael Elliott	2021	57:02
115	Maurice Jones & Christine Minto	1997	1:03:13
117	Maurice Jones & Christine Minto	1998	1:05:27
122	Brian Foran & Nikki Hunt	2015	1:05:46
130	Terry Anderson & Connie Tapper	2000	1:06:34
132	Terry Anderson & Connie Tapper	2001	1:09:24
138	Terry Anderson & Connie Tapper	2004	1:10:23
139	Les & Mary Dawson	1997	1:13 40
149	Mike & Barbara Penrice	2015	1:15:45
150	Les & Mary Dawson	2003	1:19:05

Mixed Tandem Bicycle - 50 Miles

98	Ian Greenstreet & Rachael Elliott	2020	1:37:47
100	Ian Greenstreet & Rachael Elliott	2021	1:38:54
102	Ian Greenstreet & Rachael Elliott	2022	1:39:57
114	Paul Bennett & Nikki Hunt	1999	1:47:03
115	Maurice Jones & Christine Minto	1997	1:55:53
116	Mike & Barbara Penrice	1999	1:56:15
120	Norman & Sylvia Powell	1999	1:59:04
138	Peter & Janet Wilson	2003	2:01:01
139	Terry Anderson & Connie Tapper	2004	2:03:16
146	Peter & Janet Wilson	2007	2:09:06
148	Peter & Janet Wilson	2008	2:15:54
149	Mike & Barbara Penrice	2015	2:22:25

Mixed Tandem Bicycle - 100 Miles

102	Ian Greenstreet & Rachael Elliott	2022	3:40:26
114	Robert & Noreen Newell	1992	3:59:40
116	Robert & Noreen Newell	1993	4:05:23
118	Norman & Sylvia Powell	1998	4:22:16
120	Norman & Sylvia Powell	1999	4:23:10
128	Norman & Sylvia Powell	2003	4:23:21
138	Peter & Janet Wilson	2003	4:29:12
142	Peter & Janet Wilson	2005	4:39:09
146	Peter & Janet Wilson	2007	4:41:55

Mixed Tandem Bicycle - 12 Hours

90	Dave & Eileen Brabbin	2002	263.91
116	Robert & Noreen Newell	1993	257.94
122	Norman & Sylvia Powell	2000	241.93
125	Mike & Barbara Penrice	2003	225.34
137	Mike & Barbara Penrice	2009	219.93

Mixed Tandem Bicycle - 24 Hours

90	Dave & Eileen Brabbin	2002	464.92
95	Colin Knapp & Ruth Crossley	2009	403.52

99	Simon Hall & Mary Corbett	2013	369.47
116	Norman Harvey & Mary Corbett	2003	366.92
Men Tandem Tricycle - 10 Miles			
87	Dave Keene & Barry Charlton	2006	20:00
89	Ralph Dadswell & David Johnson	2006	20:32
90	Ralph Dadswell & David Johnson	2006	21:05
98	T Heron & T Graystock	1989	21:14
111	Bernard Lamb & L Colella	1991	22:22
119	Bernard Lamb & L Colella	1995	22:36
134	Peter Hopkins & Colin Bunnett	2011	23:31
145	John Nicholson & Vin Fitzgerald	2005	25:29
146	John Nicholson & Vin Fitzgerald	2005	25:55
149	Les Dawson & Peter Hopkins	2010	26:39
157	Ellis Smith & Vin Fitzgerald	2003	32:15
Men Tandem Tricycle - 15 Miles			
121	Ian Pike & Mark Vowells	2021	33:32
Men Tandem Tricycle - 25 Miles			
87	Dave Keene & Barry Charlton	2006	50:13
90	Ralph Dadswell & David Johnson	2006	51:29
100	Ian Pike & David Mason	2021	53:02
104	Alan Jones & Graham Jenkins	1998	57:57
123	Mark Vowells & Ian Pike	2022	58:02
136	Peter Hopkins & Colin Bunnett	2012	1:04:12
137	Ellis Smith & John Nicholson	1999	1:07:46
138	Ellis Smith & John Nicholson	2000	1:09:01
139	Ellis Smith & John Nicholson	2000	1:09:40
140	Ellis Smith & John Nicholson	2001	1:10:05
144	Ellis Smith & John Nicholson	2003	1:11:18
148	Ellis Smith & Wilf Fullwood	1993	1:19:24
Men Tandem Tricycle - 30 Miles			
87	Dave Keene & Barry Charlton	2006	1:02:42
103	Alan Jones & Graham Jenkins	1998	1:11:34
109	Bernard Lamb & Leo Colella	1990	1:11:44
134	Peter Hopkins & Colin Bunnett	2011	1:13:39
138	Ellis Smith & John Nicholson	2000	1:23:18
144	Ellis Smith & John Nicholson	2003	1:28:08
Men Tandem Tricycle - 50 Miles			
89	Dave Keene & Barry Charlton	2007	1:43:46
94	Colin Knapp & John Carr	2003	1:57:42
103	Alan Jones & Graham Jenkins	1998	2:02:10
136	Peter Hopkins & Colin Bunnett	2012	2:05:25
142	Ellis Smith & John Nicholson	2002	2:30:10
Men Tandem Tricycle - 100 Miles			
83	Ralph & Tim Dadswell	2008	4:22:01
99	Les Lowe & William Ithell	1985	4:25:13
105	Les Lowe & William Ithell	1988	4:32:25
128	Ellis Smith & John Nicholson	1995	4:56:53
131	Ellis Smith & John Nicholson	1996	5:01:13
136	Ellis Smith & John Nicholson	1999	5:05:03
Men Tandem Tricycle - 12 Hours			
99	Les Lowe & William Ithell	1985	237.71
133	Ellis Smith & John Nicholson	1997	205.32

Men Tandem Tricycle - 24 Hours			
87	Ralph Dadswell & David Johnson	2005	466.72
97	Les Lowe & Jim Hopper	1985	419.15
109	Pete Holland & Brian Richards	1998	390.84
Women Tandem Tricycle - 10 Miles			
134	Greta Spiers & Gwyneth Holland	2006	39:22
Women Tandem Tricycle - 50 Miles			
90	Lindsay Clayton & Jane Swain	2013	2:32:11
Women Tandem Tricycle - 24 Hours			
91	Arabella Maude & Jane Swain	2013	349.60
Mixed Tandem Tricycle - 10 Miles			
92	Carl Saint & Ruth Crossley	2010	20:10
93	Colin Knapp & Ruth Shorter	2008	21:41
94	Colin Knapp & Ruth Shorter	2009	21:42
118	Dave & Eileen Keene	2009	21:52
119	Dave & Eileen Keene	2009	22:29
120	Les Lowe & Greta Spiers	1994	27:39
153	Norman Harvey & Mary Corbett	2022	27:40
Mixed Tandem Tricycle - 15 Miles			
96	Colin Knapp & Ruth Crossley	2019	39:05
154	Norman Harvey & Mary Corbett	2022	41:55
Mixed Tandem Tricycle - 25 Miles			
92	Carl Saint & Ruth Crossley	2010	53:36
94	Colin Knapp & Ruth Crossley	2009	55:45
95	Colin Knapp & Ruth Crossley	2009	56:34
118	Dave & Eileen Keene	2009	58:34
152	Norman Harvey & Mary Corbett	2021	1:10:07
154	Norman Harvey & Mary Corbett	2022	1:11:39
Mixed Tandem Tricycle - 30 Miles			
92	Carl Saint & Ruth Crossley	2010	1:07:00
95	Colin Knapp & Ruth Crossley	2009	1:07:33
96	Colin Knapp & Ruth Crossley	2010	1:13:53
105	Charles & Christine Willmets	2007	1:17:24
132	Peter Hopkins & Nikki Hunt	2011	1:25:18
154	Norman Harvey & Mary Corbett	2022	1:34:57
Mixed Tandem Tricycle - 50 Miles			
94	Colin Knapp & Ruth Shorter	2009	1:59:09
96	Colin Knapp & Ruth Crossley	2010	2:09:47
97	Charles & Christine Willmets	2003	2:16:57
103	Charles & Christine Willmets	2006	2:19:28
105	Charles & Christine Willmets	2007	2:21:41
151	Norman Harvey & Mary Corbett	2021	2:24:39
153	Norman Harvey & Mary Corbett	2022	2:26:21
Mixed Tandem Tricycle - 100 Miles			
89	Colin Knapp & Ursula Betterton	2003	4:27:48
99	Tom & Pauline Graystock	1986	4:31:22
153	Norman Harvey & Mary Corbett	2022	5:29:08
Mixed Tandem Tricycle - 12 Hours			
103	Mark Brooking & Jane Moore	2016	215.22
104	Jim & Vera Staines	1996	209.94
152	Norman Harvey & Mary Corbett	2021	182.67
154	Norman Harvey & Mary Corbett	2022	177.50
Mixed Tandem Tricycle - 24 Hours			
103	Mark Brooking & Jane Moore	2015	347.95

NATIONAL AGE RECORDS - TRACK(As at 31st December 2022)

Men Indoor Solo Bicycle - 5 Miles			
55	Ian Greenstreet	2019	10:25.83
64	Robert Gilmour	2015	10:44.498
65	Robert Gilmour	2016	10:48.780
68	Brian Newton	2007	11:26.82
70	Mike Cotgreave	2014	11:47.00
72	Ray Retter	2017	12:02.239
73	Ray Retter	2018	12:18:035
75	Trevor Fenwick	2005	12:32.45
80	Harry H Hill	1996	12:43.758
85	Walter Fowler	2019	13:24.40
Men Indoor Solo Bicycle - 10 Miles			
48	Steve McCaw	2011	21:25.09
64	Robert Gilmour	2015	21:34.618
65	Robert Gilmour	2016	21:39.728
68	Brian Newton	2007	22:43.58
70	Mike Cotgreave	2014	23:30.23
72	Ray Retter	2017	24:22.141
75	Trevor Fenwick	2005	24:56.45
80	Harry H Hill	1996	25:25.808
85	Walter Fowler	2019	27:37.70
Men Indoor Solo Bicycle - 25 Miles			
64	Robert Gilmour	2015	54:24.553
65	Robert Gilmour	2016	54:26.671
68	Brian Newton	2007	57:36.78
70	Mike Cotgreave	2014	58:35.36
75	Trevor Fenwick	2005	1:02:09.84
80	Harry H Hill	1996	1:04:15.378
Men Indoor Solo Bicycle - 1 Hour			
64	Robert Gilmour	2015	27.556 mi
65	Robert Gilmour	2016	27.509 mi
68	Brian Newton	2007	26.012 mi
70	Mike Cotgreave	2014	25.645 mi
72	Ray Retter	2017	24.352 mi
75	Trevor Fenwick	2005	24.129 mi
80	Harry H Hill	1996	23.352 mi
85	Walter Fowler	2019	21.500 mi
Men Indoor Solo Bicycle - 5 Km			
50	Andrew Langdown	2019	6:17.45
55	Ian Greenstreet	2019	6:20.80
64	Christopher Davis	2019	6:27.94
65	Robert Gilmour	2016	6:44.13
68	Brian Newton	2007	7:14.00
70	Mike Cotgreave	2014	7:21.41
72	Ray Retter	2017	7:26.938
73	Ray Retter	2018	7:37.268
75	Trevor Fenwick	2005	7:52.13
80	Harry H Hill	1996	7:55.613
85	Walter Fowler	2019	8:18.61
Men Indoor Solo Bicycle - 10 Km			
55	Ian Greenstreet	2019	12:55.34
64	Robert Gilmour	2015	13:20.92
65	Robert Gilmour	2016	13:27.430
68	Brian Newton	2007	11:26.82
70	Mike Cotgreave	2014	11:47.00
72	Ray Retter	2017	12:02.239
73	Ray Retter	2018	12:18:035
75	Trevor Fenwick	2005	12:32.45
80	Harry H Hill	1996	12:43.758
85	Walter Fowler	2019	13:24.40
Men Indoor Solo Bicycle - 20 Km			
48	Steve McCaw	2011	26:38.754
64	Robert Gilmour	2015	26:54.27
65	Robert Gilmour	2016	26:56.084
68	Brian Newton	2007	28:16.89
70	Mike Cotgreave	2014	29:10.43
72	Ray Retter	2017	30:24.388
75	Trevor Fenwick	2005	30:57.27
80	Harry H Hill	1996	31:40.138
85	Walter Fowler	2019	34:26.80
Men Indoor Solo Bicycle - 50 Km			
54	Peter Horton	2021	1:11:17
Men Outdoor Solo Bicycle - 5 Miles			
44	J A French	1997	10:59.680
48	Steve McCaw	2011	11:06.37
60	Paul Bennett	1999	11:15.
61	Derek Hodgins	1995	11:24.890
63	Robert Gilmour	2014	11:46.400
68	Leslie King	1995	12:02.500
69	Leslie King	1996	12:24.000
70	Leslie King	1997	12:41.900
72	Leslie King	1999	13:25.99
77	John M Lee	2006	13:40.2
79	John M Lee	2008	13:51.9
80	John M Lee	2009	14:01.9
84	John M Lee	2013	14:32.010
87	John M Lee	2016	15:34.5
90	John M Lee	2019	16:28.4
93	John M Lee	2022	18:56.3
Men Outdoor Solo Bicycle - 10 Miles			
48	Steve McCaw	2011	22:14.78
60	Paul Bennett	1999	22:36.3
61	Derek Hodgins	1995	23:07.240
63	Robert Gilmour	2014	23:25.380
64	Mike Skillings	2022	24:05.9
68	Leslie King	1995	24:38.700
69	J P A Howell	2000	24:45.15
70	R Venis	1998	26:38.230
75	Trevor Fenwick	2005	27:14.05
77	John M Lee	2006	27:27.2
80	John M Lee	2009	27:52.8
84	John M Lee	2013	28:55.345
87	John M Lee	2016	31:04.8
90	John M Lee	2019	32:52.9
93	John M Lee	2022	37:49.0

Men Outdoor Solo Bicycle - 25 Miles

44	J A French	1997	56:11.380
48	Steve McCaw	2011	56:20.19
53	Peter Horton	2020	57:24.52
63	Robert Gilmour	2014	58:33.670
67	Leslie King	1994	1:02:50.100
68	Leslie King	1995	1:04:00.000
79	John M Lee	2008	1:11:28.9

Men Outdoor Solo Bicycle - 1 Hour

44	J A French	1997	26.694 mi
48	Steve McCaw	2011	26.608 mi
53	Peter Horton	2020	26.14 mi
63	Robert Gilmour	2014	25.612 mi
64	Mike Skillings	2022	24.58 mi
67	Leslie King	1994	23.920 mi
68	Leslie King	1995	23.330 mi
75	Trevor Fenwick	2005	22.380 mi
80	John M Lee	2009	21.381 mi
84	John M Lee	2013	20.433 mi
87	John M Lee	2016	18.819 mi
90	John M Lee	2019	18.060 mi
93	John M Lee	2022	15.70 mi

Men Outdoor Solo Bicycle - 5 Km

44	J A French	1997	6:47.580
48	Steve McCaw	2011	6:55.58
60	Paul Bennett	1999	7:04.160
61	Derek Hodgins	1995	7:04.670
63	Robert Gilmour	2014	7:22.710
64	Mike Skillings	2022	7:32.3
69	Leslie King	1996	7:41.500
70	Leslie King	1997	7:52.200
72	Leslie King	1999	8:17.37
73	Leslie King	2000	8:19.700
74	Leslie King	2001	8:28.180
77	John M Lee	2006	8:33.6
79	John M Lee	2008	8:37.8
80	John M Lee	2009	8:43.4
84	John M Lee	2013	9:03.700
87	John M Lee	2016	9:39.4
90	John M Lee	2019	10:13.8
93	John M Lee	2022	11:46.9

Men Outdoor Solo Bicycle - 10 Km

44	J A French	1997	13:42.830
48	Steve McCaw	2011	13:48.800
60	Paul Bennett	1999	14:04.3
61	Derek Hodgins	1995	14:14.400
63	Robert Gilmour	2014	14:34.770
64	Mike Skillings	2022	14:58.3
68	Leslie King	1995	15:06.500
70	R Venis	1998	16:36.400
72	Leslie King	1999	16:49.560
77	John M Lee	2006	17:02.4
79	John M Lee	2008	17:17.8
80	John M Lee	2009	17:25.3
84	John M Lee	2013	18:01.640
87	John M Lee	2016	19:23.6

90	John M Lee	2019	20:27:05
93	John M Lee	2022	23:24.5

Men Outdoor Solo Bicycle - 20 Km

48	Steve McCaw	2011	27:41.99
53	Peter Horton	2020	28:23.91
61	Derek Hodgins	1995	28:48.930
63	Robert Gilmour	2014	29:08.970
64	Mike Skillings	2022	29:59.8
68	Leslie King	1995	31:00.000
75	Trevor Fenwick	2005	33:40.73
77	John M Lee	2006	34:31.7
80	John M Lee	2009	34:51.4
84	John M Lee	2013	36:27.350
87	John M Lee	2016	39:26.235
93	John M Lee	2022	47:14.7

Men Outdoor Solo Bicycle - 50 Km

53	Peter Horton	2020	1:11:45.28
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Men Outdoor Solo Bicycle - 100 Km

53	Peter Horton	2020	2:29:10.51
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Women Indoor Solo Bicycle - 5 Miles

43	Melanie Sneddon	2019	10:56.980
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Women Indoor Solo Bicycle - 10 Miles

40	Auriel Forrester	1998	23:53.412
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Women Indoor Solo Bicycle - 25 Miles

40	Auriel Forrester	1998	59:20.589
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Women Indoor Solo Bicycle - 1 Hour

40	Auriel Forrester	1998	25.297 mi
63	Carole Gandy	2007	24.373 mi

Women Indoor Solo Bicycle - 5 Km

43	Melanie Sneddon	2019	6:49.938
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Women Indoor Solo Bicycle - 10 Km

43	Melanie Sneddon	2019	13:40.392
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Women Indoor Solo Bicycle - 20 Km

40	Auriel Forrester	1998	29:41.124
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Women Outdoor Solo Bicycle - 5 Miles

54	Nikki Hunt	1999	13:16.
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Women Outdoor Solo Bicycle - 10 Miles

52	Karen Taylor	2018	26:49.93
54	Nikki Hunt	1999	26:52.

Women Outdoor Solo Bicycle - 25 Miles

52	Karen Taylor	2018	1:07:34.14
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Women Outdoor Solo Bicycle - 1 Hour

52	Karen Taylor	2018	22.229 mi
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Women Outdoor Solo Bicycle - 5 Km

54	Nikki Hunt	1999	8:13.
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Women Outdoor Solo Bicycle - 10 Km

54	Nikki Hunt	1999	16:38.
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Women Outdoor Solo Bicycle - 20 Km

52	Karen Taylor	2018	33:26.88
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Women Outdoor Solo Bicycle - 50 Km

52	Karen Taylor	2018	1:24:16.17
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Women Outdoor Solo Bicycle - 100 Km

52	Karen Taylor	2018	2:49:50.40
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Men Outdoor Tandem Bicycle - 5 Km

132	Paul Bennett & Leslie King	1999	6:52.69
59 144	G H Edmonds & Leslie King	2000	8:13.1

VETERAN'S AGE ADJUSTMENTS - MEN SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	00:00	00:00	00:00	00:00	00:00	00:00	0:00	0:00
41	00:04	00:06	00:11	00:13	00:23	00:51	1:26	2:71
42	00:08	00:13	00:22	00:26	00:46	01:43	2:52	5:42
43	00:13	00:19	00:32	00:39	01:09	02:35	3:80	8:15
44	00:17	00:26	00:44	00:53	01:33	03:28	5:08	10:90
45	00:21	00:32	00:55	01:07	01:57	04:23	6:38	13:68
46	00:26	00:39	01:07	01:21	02:21	05:19	7:70	16:50
47	00:30	00:46	01:19	01:35	02:47	06:16	9:04	19:35
48	00:35	00:53	01:31	01:50	03:13	07:15	10:40	22:26
49	00:40	01:01	01:43	02:05	03:39	08:15	11:79	25:21
50	00:45	01:08	01:56	02:21	04:07	09:17	13:20	28:22
51	00:50	01:16	02:10	02:37	04:35	10:22	14:65	31:28
52	00:55	01:24	02:23	02:54	05:04	11:28	16:12	34:42
53	01:01	01:32	02:37	03:11	05:34	12:37	17:63	37:62
54	01:06	01:41	02:52	03:29	06:06	13:48	19:18	40:89
55	01:12	01:50	03:07	03:47	06:38	15:02	20:76	44:24
56	01:18	01:59	03:23	04:06	07:12	16:18	22:39	47:67
57	01:24	02:08	03:39	04:26	07:46	17:38	24:06	51:19
58	01:31	02:18	03:56	04:47	08:23	19:01	25:77	54:80
59	01:38	02:28	04:14	05:08	09:00	20:27	27:53	58:49
60	01:45	02:39	04:32	05:30	09:39	21:57	29:34	62:28
61	01:52	02:50	04:51	05:53	10:20	23:31	31:20	66:17
62	02:00	03:02	05:11	06:18	11:02	25:08	33:11	70:16
63	02:08	03:14	05:31	06:43	11:46	26:51	35:07	74:26
64	02:16	03:26	05:53	07:09	12:32	28:37	37:09	78:47
65	02:24	03:39	06:15	07:36	13:21	30:29	39:17	82:78
66	02:33	03:53	06:38	08:04	14:11	32:26	41:30	87:22
67	02:43	04:07	07:03	08:34	15:03	34:29	43:50	91:77

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	02:52	04:22	07:28	09:05	15:58	36:37	45:76	96:44
69	03:02	04:37	07:55	09:38	16:56	38:52	48:09	101:23
70	03:13	04:54	08:23	10:11	17:56	41:14	50:49	106:16
71	03:24	05:11	08:52	10:47	18:59	43:43	52:95	111:21
72	03:36	05:28	09:23	11:24	20:06	46:20	55:49	116:40
73	03:48	05:47	09:55	12:04	21:16	49:05	58:10	121:73
74	04:01	06:07	10:28	12:45	22:29	52:00	60:79	127:19
75	04:14	06:27	11:04	13:28	23:46	55:04	63:56	132:81
76	04:29	06:49	11:41	14:13	25:07	58:20	66:42	138:57
77	04:44	07:11	12:20	15:01	26:33	1:01:46	69:35	144:48
78	04:59	07:35	13:02	15:52	28:04	1:05:26	72:38	150:54
79	05:16	08:01	13:45	16:45	29:40	1:09:19	75:49	156:77
80	05:33	08:27	14:31	17:42	31:21	1:13:27	78:70	163:16
81	05:52	08:55	15:20	18:41	33:09	1:17:52	82:01	169:72
82	06:11	09:25	16:12	19:44	35:03	1:22:35	85:42	176:44
83	06:32	09:57	17:07	20:52	37:05	1:27:38	88:93	183:35
84	06:54	10:30	18:05	22:03	39:14	1:33:03	92:56	190:43
85	07:17	11:06	19:07	23:19	41:33	1:38:54	96:29	197:70
86	07:42	11:44	20:13	24:41	44:01	1:45:13	100:15	
87	08:08	12:25	21:24	26:08	46:41	1:52:03	104:12	
88	08:37	13:08	22:40	27:41	49:32	1:59:29	108:23	
89	09:07	13:55	24:02	29:21	52:37	2:07:37	112:47	
90	09:40	14:45	25:30	31:09	55:58	2:16:31	116:85	
91	10:15	15:39	27:05	33:07				
92	10:53	16:38	28:48	35:14				
93	11:34	17:41	30:40	37:33				
94	12:19	18:51	32:43	40:05				
95	13:08	20:07	34:58	42:52				2021 version

VETERAN'S AGE ADJUSTMENTS - WOMEN SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	02:27	03:42	06:12	07:28	12:39	26:18	26:33	41:56
41	02:32	03:49	06:24	07:43	13:04	27:15	27:45	43:92
42	02:37	03:56	06:36	07:58	13:30	28:13	28:57	46:29
43	02:41	04:03	06:49	08:13	13:56	29:12	29:70	48:67
44	02:46	04:10	07:01	08:28	14:23	30:12	30:84	51:08
45	02:51	04:18	07:14	08:43	14:50	31:13	31:99	53:51
46	02:56	04:25	07:27	08:59	15:18	32:16	33:16	56:97
47	03:01	04:33	07:40	09:15	15:46	33:20	34:34	58:46
48	03:07	04:41	07:54	09:32	16:15	34:26	35:55	61:00
49	03:12	04:50	08:08	09:49	16:45	35:34	36:78	63:58
50	03:18	04:58	08:23	10:07	17:16	36:43	38:04	66:21
51	03:23	05:07	08:38	10:25	17:48	37:56	39:32	68:90
52	03:29	05:16	08:53	10:44	18:20	39:10	40:63	71:64
53	03:35	05:25	09:09	11:03	18:54	40:27	41:97	74:44
54	03:42	05:35	09:25	11:23	19:29	41:47	43:34	77:31
55	03:48	05:45	09:42	11:44	20:06	43:10	44:75	80:25
56	03:55	05:55	10:00	12:05	20:43	44:36	46:19	83:26
57	04:02	06:06	10:18	12:27	21:22	46:06	47:67	86:34
58	04:09	06:17	10:37	12:50	22:03	47:39	49:19	89:51
59	04:17	06:28	10:57	13:14	22:45	49:16	50:75	92:75
60	04:25	06:40	11:17	13:39	23:29	50:56	52:36	96:08
61	04:33	06:53	11:39	14:05	24:15	52:42	54:01	99:50
62	04:41	07:06	12:01	14:32	25:02	54:31	55:70	103:01
63	04:50	07:19	12:24	15:00	25:52	56:26	57:44	106:62
64	05:00	07:33	12:48	15:30	26:44	58:26	59:24	110:32
65	05:09	07:48	13:13	16:00	27:38	1:00:31	61:08	114:12
66	05:19	08:03	13:39	16:32	28:34	1:02:43	62:98	118:03
67	05:30	08:19	14:07	17:06	29:33	1:05:00	64:93	122:04

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	05:41	08:36	14:35	17:40	30:35	1:07:25	66:94	126:16
69	05:52	08:53	15:05	18:17	31:40	1:09:56	69:01	130:40
70	06:04	09:11	15:37	18:55	32:47	1:12:36	71:14	134:75
71	06:17	09:30	16:09	19:35	33:58	1:15:23	73:34	139:22
72	06:30	09:50	16:44	20:17	35:13	1:18:19	75:59	143:81
73	06:43	10:11	17:20	21:01	36:31	1:21:25	77:92	148:53
74	06:58	10:33	17:58	21:47	37:53	1:24:41	80:31	153:37
75	07:13	10:56	18:38	22:36	39:20	1:28:08	82:77	158:35
76	07:29	11:21	19:19	23:27	40:51	1:31:47	85:31	163:47
77	07:46	11:46	20:03	24:20	42:28	1:35:40	87:93	168:72
78	08:03	12:13	20:50	25:17	44:10	1:39:46	90:62	174:12
79	08:22	12:41	21:39	26:17	45:57	1:44:08	93:39	179:67
80	08:41	13:11	22:31	27:20	47:51	1:48:46	96:25	185:37
81	09:02	13:43	23:25	28:27	49:52	1:53:44	99:20	191:22
82	09:24	14:16	24:23	29:38	52:00	1:59:01	102:24	197:23
83	09:47	14:52	25:25	30:54	54:17	2:04:42	105:37	203:41
84	10:12	15:30	26:30	32:14	56:43	2:10:47	108:60	209:75
85	10:38	16:10	27:40	33:40	59:18	2:17:21	111:94	216:27
86	11:06	16:52	28:55	35:11	1:02:05	2:24:26	115:38	
87	11:35	17:38	30:14	36:49	1:05:04	2:32:07	118:93	
88	12:07	18:27	31:39	38:33	1:08:16	2:40:28	122:60	
89	12:41	19:19	33:11	40:26	1:11:44	2:49:36	126:39	
90	13:18	20:15	34:50	42:28	1:15:29	2:59:36	130:31	
91	13:57	21:16	36:37	44:39				
92	14:40	22:22	38:32	47:02				
93	15:26	23:33	40:38	49:38				
94	16:17	24:51	42:56	52:29				
95	17:12	26:17	45:28	55:36				

2021 version

VETERAN'S AGE ADJUSTMENTS - MEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	01:54	02:52	04:49	05:48	09:49	20:25	20:88	32:96
41	01:59	02:59	05:01	06:02	10:14	21:21	22:02	35:39
42	02:03	03:06	05:13	06:17	10:39	22:17	23:18	37:82
43	02:08	03:13	05:25	06:31	11:05	23:15	24:33	40:28
44	02:13	03:20	05:37	06:46	11:31	24:13	25:50	42:75
45	02:18	03:27	05:49	07:01	11:57	25:13	26:69	45:25
46	02:22	03:35	06:02	07:17	12:24	26:14	27:88	47:78
47	02:28	03:43	06:15	07:33	12:52	27:17	29:10	50:35
48	02:33	03:50	06:28	07:49	13:20	28:21	30:34	52:95
49	02:38	03:58	06:42	08:06	13:49	29:27	31:60	55:61
50	02:43	04:07	06:56	08:23	14:20	30:36	32:89	58:32
51	02:49	04:15	07:11	08:40	14:51	31:46	34:20	61:08
52	02:55	04:24	07:26	08:59	15:23	32:59	35:55	63:90
53	03:01	04:33	07:41	09:18	15:56	34:14	36:92	66:78
54	03:07	04:42	07:57	09:37	16:30	35:32	38:33	69:73
55	03:13	04:52	08:14	09:57	17:05	36:53	39:77	72:75
56	03:20	05:02	08:31	10:18	17:42	38:17	41:25	75:85
57	03:27	05:13	08:49	10:40	18:20	39:44	42:77	79:02
58	03:34	05:23	09:08	11:02	19:00	41:15	44:33	82:27
59	03:41	05:35	09:27	11:26	19:41	42:49	45:93	85:61
60	03:49	05:46	09:47	11:50	20:24	44:28	47:58	89:03
61	03:57	05:58	10:08	12:15	21:08	46:10	49:27	92:54
62	04:05	06:11	10:29	12:42	21:55	47:57	51:01	96:15
63	04:14	06:24	10:52	13:09	22:43	49:49	52:80	99:85
64	04:23	06:38	11:15	13:38	23:34	51:46	54:64	103:66
65	04:32	06:52	11:40	14:08	24:26	53:49	56:53	107:56
66	04:42	07:07	12:05	14:39	25:21	55:57	58:48	111:57
67	04:52	07:23	12:32	15:11	26:19	58:11	60:48	115:69

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	05:03	07:39	13:00	15:45	27:19	1:00:32	62:54	119:93
69	05:14	07:56	13:29	16:21	28:22	1:03:00	64:66	124:28
70	05:26	08:14	14:00	16:58	29:28	1:05:35	66:84	128:74
71	05:38	08:32	14:32	17:37	30:37	1:08:18	69:09	133:33
72	05:51	08:52	15:05	18:18	31:50	1:11:10	71:41	138:04
73	06:04	09:12	15:40	19:01	33:07	1:14:12	73:79	142:89
74	06:18	09:34	16:17	19:46	34:27	1:17:23	76:24	147:86
75	06:33	09:56	16:56	20:33	35:51	1:20:45	78:77	152:97
76	06:49	10:20	17:37	21:23	37:20	1:24:19	81:37	158:21
77	07:05	10:45	18:20	22:15	38:54	1:28:05	84:05	163:60
78	07:22	11:11	19:05	23:11	40:34	1:32:06	86:81	169:14
79	07:40	11:39	19:53	24:09	42:19	1:36:21	89:66	174:82
80	07:59	12:08	20:43	25:11	44:10	1:40:53	92:59	180:66
81	08:19	12:39	21:37	26:16	46:08	1:45:43	95:61	186:66
82	08:41	13:11	22:34	27:26	48:13	1:50:53	98:72	192:82
83	09:03	13:46	23:34	28:39	50:26	1:56:25	101:93	199:14
84	09:27	14:23	24:37	29:58	52:48	2:02:21	105:24	205:64
85	09:53	15:02	25:46	31:21	55:20	2:08:46	108:66	212:31
86	10:20	15:43	26:58	32:50	58:03	2:15:40	112:19	
87	10:49	16:28	28:16	34:25	1:00:57	2:23:10	115:82	
88	11:20	17:16	29:39	36:08	1:04:05	2:31:19	119:58	
89	11:53	18:07	31:08	37:57	1:07:28	2:40:13	123:47	
90	12:29	19:02	32:45	39:56	1:11:08	2:49:58	127:48	
91	13:08	20:01	34:29	42:04				
92	13:49	21:05	36:22	44:24				
93	14:35	22:15	38:25	46:56				
94	15:24	23:31	40:39	49:42				
95	16:18	24:54	43:07	52:46				

VETERAN'S AGE ADJUSTMENTS - WOMEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	04:35	06:55	11:37	13:59	23:40	49:13	45:61	72:05
41	04:41	07:03	11:50	14:15	24:08	50:16	46:62	74:17
42	04:46	07:10	12:03	14:31	24:36	51:19	47:64	76:31
43	04:51	07:18	12:17	14:48	25:05	52:24	48:67	78:46
44	04:56	07:26	12:30	15:04	25:34	53:30	49:71	80:62
45	05:02	07:35	12:44	15:21	26:04	54:37	50:76	82:81
46	05:07	07:43	12:59	15:39	26:34	55:45	51:82	85:03
47	05:13	07:51	13:13	15:57	27:05	56:56	52:90	87:28
48	05:19	08:00	13:28	16:15	27:37	58:08	54:00	89:57
49	05:25	08:09	13:44	16:34	28:10	59:22	55:12	91:90
50	05:31	08:19	14:00	16:53	28:44	1:00:39	56:26	94:28
51	05:37	08:28	14:16	17:13	29:19	1:01:58	57:43	96:70
52	05:43	08:38	14:33	17:33	29:55	1:03:20	58:62	99:18
53	05:50	08:48	14:50	17:54	30:32	1:04:44	59:84	101:71
54	05:57	08:59	15:08	18:16	31:10	1:06:12	61:09	104:31
55	06:04	09:10	15:27	18:39	31:50	1:07:42	62:37	106:96
56	06:12	09:21	15:46	19:02	32:31	1:09:17	63:69	109:68
57	06:19	09:33	16:06	19:27	33:14	1:10:55	65:04	112:47
58	06:27	09:45	16:27	19:52	33:59	1:12:37	66:42	115:33
59	06:36	09:57	16:49	20:18	34:45	1:14:23	67:84	118:27
60	06:44	10:11	17:11	20:46	35:33	1:16:13	69:31	121:29
61	06:53	10:24	17:34	21:14	36:23	1:18:09	70:81	124:38
62	07:03	10:38	17:59	21:44	37:15	1:20:09	72:35	127:56
63	07:12	10:53	18:24	22:17	38:09	1:22:14	73:94	130:83
64	07:22	11:09	18:50	22:47	39:06	1:24:26	75:58	134:18
65	07:33	11:25	19:18	23:20	40:05	1:26:43	77:26	137:63
66	07:44	11:41	19:47	23:55	41:07	1:29:07	78:99	141:17
67	07:55	11:59	20:17	24:32	42:12	1:31:38	80:77	144:81

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	08:07	12:17	20:48	25:10	43:19	1:34:16	82:60	96:44
69	08:20	12:36	21:21	25:50	44:30	1:37:02	84:49	101:23
70	08:33	12:56	21:55	26:31	45:44	1:39:56	86:43	106:16
71	08:47	13:17	22:31	27:15	47:02	1:43:00	88:43	111:21
72	09:01	13:39	23:09	28:01	48:24	1:46:13	90:49	116:40
73	09:16	14:02	23:48	28:49	49:50	1:49:37	92:61	121:73
74	09:32	14:26	24:30	29:40	51:20	1:53:11	94:79	127:19
75	09:49	14:51	25:13	30:33	52:55	1:56:58	97:04	132:81
76	10:06	15:18	25:59	31:29	54:35	2:00:58	99:35	138:57
77	10:24	15:46	26:47	32:28	56:20	2:05:13	101:74	144:48
78	10:44	16:15	27:38	33:30	58:12	2:09:43	104:20	150:54
79	11:04	16:46	28:32	34:36	1:00:10	2:14:29	106:73	156:77
80	11:25	17:19	29:29	35:45	1:02:14	2:19:35	109:34	163:16
81	11:48	17:54	30:29	36:59	1:04:27	2:25:00	112:03	169:72
82	12:12	18:30	31:32	38:16	1:06:47	2:30:48	114:81	176:44
83	12:37	19:09	32:40	39:39	1:09:17	2:37:01	117:67	183:35
84	13:04	19:50	33:51	41:07	1:11:57	2:43:42	120:62	190:43
85	13:33	20:34	35:08	42:41	1:14:47	2:50:53	123:67	197:70
86	14:04	21:21	36:29	44:21	1:17:50	2:58:39	126:81	
87	14:36	22:11	37:56	46:08	1:21:06	3:07:04	130:06	
88	15:11	23:05	39:30	48:02	1:24:37	3:16:13	133:42	
89	15:48	24:02	41:10	50:06	1:28:24	3:26:12	136:89	
90	16:28	25:04	42:58	52:19	1:32:31	3:37:10	140:47	
91	17:12	26:10	44:55	54:43				
92	17:58	27:22	47:02	57:20				
93	18:49	28:41	49:20	1:00:10				
94	19:44	30:06	51:51	1:03:17				
95	20:45	31:39	54:37	1:06:43				version

VETERAN'S AGE ADJUSTMENTS (PER RIDER) - MEN TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	00:00	00:00	00:00	00:00	00:00	00:00	0.00	0.00
41	00:02	00:03	00:05	00:06	00:11	00:24	0.66	1.41
42	00:04	00:06	00:10	00:13	00:22	00:49	1.31	2.82
43	00:06	00:09	00:16	00:19	00:33	01:14	1.98	4.24
44	00:08	00:12	00:21	00:25	00:44	01:40	2.64	5.67
45	00:10	00:15	00:26	00:32	00:56	02:06	3.32	7.11
46	00:12	00:19	00:32	00:39	01:08	02:33	4.00	8.58
47	00:15	00:22	00:38	00:46	01:20	03:00	4.70	10.06
48	00:17	00:26	00:44	00:53	01:32	03:29	5.41	11.57
49	00:19	00:29	00:50	01:00	01:45	03:58	6.13	13.11
50	00:22	00:33	00:56	01:08	01:58	04:28	6.86	14.67
51	00:24	00:36	01:02	01:15	02:12	04:58	7.62	16.27
52	00:27	00:40	01:09	01:23	02:26	05:30	8.38	17.90
53	00:29	00:44	01:16	01:32	02:41	06:03	9.17	19.56
54	00:32	00:48	01:23	01:40	02:56	06:37	9.97	21.26
55	00:35	00:53	01:30	01:49	03:11	07:13	10.80	23.01
56	00:38	00:57	01:37	01:58	03:27	07:50	11.64	24.79
57	00:41	01:02	01:45	02:08	03:44	08:28	12.51	26.62
58	00:44	01:06	01:53	02:18	04:01	09:08	13.40	28.49
59	00:47	01:11	02:02	02:28	04:19	09:49	14.32	30.42
60	00:50	01:16	02:11	02:39	04:38	10:32	15.26	32.39
61	00:54	01:22	02:20	02:50	04:58	11:17	16.22	34.41
62	00:57	01:27	02:29	03:01	05:18	12:04	17.22	36.49
63	01:01	01:33	02:39	03:13	05:39	12:53	18.24	38.62
64	01:05	01:39	02:49	03:26	06:01	13:44	19.29	40.80
65	01:09	01:45	03:00	03:39	06:24	14:38	20.37	43.05
66	01:14	01:52	03:11	03:52	06:48	15:34	21.48	45.35
67	01:18	01:59	03:23	04:07	07:14	16:33	22.62	47.72

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	01:23	02:06	03:35	04:22	07:40	17:35	23.80	50.15
69	01:28	02:13	03:48	04:37	08:08	18:39	25.01	52.64
70	01:33	02:21	04:01	04:54	08:37	19:47	26.25	55.20
71	01:38	02:29	04:15	05:11	09:07	20:59	27.54	57.83
72	01:44	02:38	04:30	05:29	09:39	22:14	28.86	60.53
73	01:50	02:47	04:45	05:47	10:12	23:34	30.21	63.30
74	01:56	02:56	05:02	06:07	10:47	24:58	31.61	66.14
75	02:02	03:06	05:19	06:28	11:25	26:26	33.05	69.06
76	02:09	03:16	05:36	06:50	12:04	28:00	34.54	72.05
77	02:16	03:27	05:55	07:13	12:45	29:39	36.06	75.13
78	02:24	03:39	06:15	07:37	13:28	31:24	37.64	78.28
79	02:32	03:51	06:36	08:02	14:14	33:16	39.26	81.52
80	02:40	04:04	06:58	08:30	15:03	35:15	40.93	84.84
81	02:49	04:17	07:22	08:58	15:55	37:22	42.65	88.25
82	02:58	04:31	07:46	09:29	16:49	39:38	44.42	91.75
83	03:08	04:47	08:13	10:01	17:48	42:04	46.25	95.34
84	03:19	05:03	08:41	10:35	18:50	44:40	48.13	99.02
85	03:30	05:20	09:11	11:12	19:57	47:28	50.07	102.80
86	03:42	05:38	09:42	11:51	21:08	50:30	52.08	
87	03:54	05:58	10:16	12:32	22:24	53:47	54.14	
88	04:08	06:18	10:53	13:17	23:47	57:21	56.28	
89	04:23	06:41	11:32	14:05	25:16	1:01:15	58.49	
90	04:38	07:05	12:14	14:57	26:52	1:05:32	60.76	
91	04:55	07:31	13:00	15:54				
92	05:13	07:59	13:49	16:55				
93	05:33	08:29	14:43	18:01				
94	05:55	09:03	15:42	19:14				
95	06:18	09:39	16:47	20:34				

VETERAN'S AGE ADJUSTMENTS (PER RIDER) - WOMEN TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	01:11	01:46	02:59	03:35	06:04	12:37	13.69	21.61
41	01:13	01:50	03:04	03:42	06:16	13:05	14.27	22.84
42	01:15	01:53	03:10	03:49	06:29	13:33	14.86	24.07
43	01:17	01:57	03:16	03:56	06:41	14:01	15.44	25.31
44	01:20	02:00	03:22	04:04	06:54	14:30	16.04	26.56
45	01:22	02:04	03:28	04:11	07:07	14:59	16.63	27.82
46	01:25	02:07	03:35	04:19	07:20	15:29	17.24	29.10
47	01:27	02:11	03:41	04:27	07:34	16:00	17.86	30.40
48	01:30	02:15	03:48	04:35	07:48	16:32	18.49	31.72
49	01:32	02:19	03:54	04:43	08:02	17:04	19.13	33.06
50	01:35	02:23	04:01	04:51	08:17	17:38	19.78	34.43
51	01:38	02:27	04:08	05:00	08:32	18:12	20.44	35.83
52	01:40	02:32	04:16	05:09	08:48	18:48	21.13	37.25
53	01:43	02:36	04:23	05:18	09:04	19:25	21.82	38.71
54	01:46	02:41	04:31	05:28	09:21	20:03	22.54	40.20
55	01:50	02:45	04:40	05:38	09:39	20:43	23.27	41.73
56	01:53	02:50	04:48	05:48	09:57	21:25	24.02	43.29
57	01:56	02:56	04:57	05:59	10:16	22:08	24.79	44.90
58	02:00	03:01	05:06	06:10	10:35	22:52	25.58	46.54
59	02:03	03:06	05:15	06:21	10:55	23:39	26.39	48.23
60	02:07	03:12	05:25	06:33	11:16	24:27	27.23	49.96
61	02:11	03:18	05:35	06:46	11:38	25:18	28.08	51.74
62	02:15	03:24	05:46	06:59	12:01	26:10	28.96	53.57
63	02:19	03:31	05:57	07:12	12:25	27:05	29.87	55.44
64	02:24	03:38	06:09	07:26	12:50	28:03	30.80	57.37
65	02:28	03:45	06:21	07:41	13:16	29:03	31.76	59.34
66	02:33	03:52	06:33	07:56	13:43	30:06	32.75	61.37
67	02:38	04:00	06:46	08:12	14:11	31:12	33.77	63.46

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	02:44	04:08	07:00	08:29	14:41	32:22	34.81	65.60
69	02:49	04:16	07:15	08:46	15:12	33:34	35.89	67.81
70	02:55	04:25	07:30	09:05	15:44	34:51	36.99	70.07
71	03:01	04:34	07:45	09:24	16:18	36:11	38.13	72.39
72	03:07	04:43	08:02	09:44	16:54	37:36	39.31	74.78
73	03:14	04:53	08:19	10:05	17:32	39:05	40.52	77.23
74	03:21	05:04	08:37	10:27	18:11	40:39	41.76	79.75
75	03:28	05:15	08:56	10:51	18:53	42:18	43.04	82.34
76	03:35	05:27	09:16	11:15	19:37	44:04	44.36	85.00
77	03:43	05:39	09:38	11:41	20:23	45:55	45.72	87.74
78	03:52	05:52	10:00	12:08	21:12	47:53	47.12	90.54
79	04:01	06:05	10:23	12:37	22:03	49:59	48.56	93.43
80	04:10	06:20	10:48	13:07	22:58	52:13	50.05	96.39
81	04:20	06:35	11:15	13:40	23:56	54:35	51.58	99.43
82	04:31	06:51	11:42	14:14	24:58	57:08	53.16	102.56
83	04:42	07:08	12:12	14:50	26:03	59:51	54.79	105.77
84	04:54	07:26	12:43	15:28	27:13	1:02:47	56.47	109.07
85	05:06	07:45	13:17	16:09	28:28	1:05:56	58.21	112.46
86	05:20	08:06	13:53	16:53	29:48	1:09:20	60.00	
87	05:34	08:28	14:31	17:40	31:14	1:13:01	61.84	
88	05:49	08:51	15:12	18:30	32:46	1:17:02	63.75	
89	06:05	09:16	15:56	19:25	34:26	1:21:24	65.72	
90	06:23	09:43	16:43	20:23	36:14	1:26:13	67.76	
91	06:42	10:13	17:34	21:26				
92	07:02	10:44	18:30	22:35				
93	07:25	11:18	19:30	23:49				
94	07:49	11:56	20:37	25:11				
95	08:15	12:37	21:49	26:41				

VETERAN'S AGE ADJUSTMENTS (PER RIDER) - MEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	00:55	01:23	02:19	02:47	04:43	09:48	10:86	17:14
41	00:57	01:26	02:24	02:54	04:55	10:15	11:45	18:40
42	00:59	01:29	02:30	03:01	05:07	10:42	12:05	19:67
43	01:01	01:33	02:36	03:08	05:19	11:10	12:65	20:94
44	01:04	01:36	02:42	03:15	05:31	11:38	13:26	22:23
45	01:06	01:40	02:48	03:22	05:44	12:06	13:88	23:53
46	01:08	01:43	02:54	03:30	05:57	12:36	14:50	24:84
47	01:11	01:47	03:00	03:37	06:10	13:06	15:13	26:18
48	01:13	01:51	03:06	03:45	06:24	13:37	15:78	27:54
49	01:16	01:54	03:13	03:53	06:38	14:08	16:43	28:92
50	01:18	01:58	03:20	04:01	06:53	14:41	17:10	30:32
51	01:21	02:02	03:27	04:10	07:07	15:15	17:79	31:76
52	01:24	02:07	03:34	04:19	07:23	15:50	18:48	33:23
53	01:27	02:11	03:41	04:28	07:39	16:26	19:20	34:73
54	01:30	02:16	03:49	04:37	07:55	17:03	19:93	36:26
55	01:33	02:20	03:57	04:47	08:12	17:42	20:68	37:83
56	01:36	02:25	04:05	04:57	08:30	18:22	21:45	39:44
57	01:39	02:30	04:14	05:07	08:48	19:04	22:24	41:09
58	01:43	02:35	04:23	05:18	09:07	19:48	23:05	42:78
59	01:46	02:41	04:32	05:29	09:27	20:33	23:88	44:52
60	01:50	02:46	04:42	05:41	09:47	21:20	24:74	46:30
61	01:54	02:52	04:52	05:53	10:09	22:10	25:62	48:12
62	01:58	02:58	05:02	06:06	10:31	23:01	26:52	50:00
63	02:02	03:04	05:13	06:19	10:54	23:55	27:45	51:92
64	02:06	03:11	05:24	06:32	11:18	24:51	28:41	53:90
65	02:11	03:18	05:36	06:47	11:44	25:50	29:39	55:93
66	02:15	03:25	05:48	07:02	12:10	26:51	30:41	58:02
67	02:20	03:33	06:01	07:17	12:38	27:56	31:45	60:16

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	02:25	02:06	06:14	07:34	13:07	29:03	32:52	62:36
69	02:31	02:13	06:28	07:51	13:37	30:14	33:62	64:62
70	02:36	02:21	06:43	08:09	14:09	31:29	34:76	66:95
71	02:42	02:29	06:58	08:27	14:42	32:47	35:93	69:33
72	02:48	02:38	07:15	08:47	15:17	34:10	37:13	71:78
73	02:55	02:47	07:31	09:08	15:54	35:37	38:37	74:30
74	03:02	02:56	07:49	09:29	16:32	37:09	39:65	76:89
75	03:09	03:06	08:08	09:52	17:13	38:46	40:96	79:54
76	03:16	03:16	08:27	10:16	17:55	40:28	42:31	82:27
77	03:24	03:27	08:48	10:41	18:41	42:17	43:71	85:07
78	03:32	03:39	09:10	11:08	19:28	44:12	45:14	87:95
79	03:41	03:51	09:33	11:36	20:19	46:15	46:62	90:91
80	03:50	04:04	09:57	12:05	21:12	48:25	48:15	93:94
81	04:00	04:17	10:23	12:37	22:08	50:45	49:72	97:06
82	04:10	04:31	10:50	13:10	23:09	53:13	51:34	100:26
83	04:21	04:47	11:19	13:45	24:13	55:53	53:01	103:55
84	04:32	05:03	11:49	14:23	25:21	58:44	54:73	106:93
85	04:45	05:20	12:22	15:03	26:34	1:01:48	56:50	110:40
86	04:58	05:38	12:57	15:46	27:52	1:05:07	58:34	
87	05:12	05:58	13:34	16:31	29:15	1:08:43	60:23	
88	05:26	06:18	14:14	17:20	30:46	1:12:38	62:18	
89	05:42	06:41	14:57	18:13	32:23	1:16:54	64:20	
90	06:00	07:05	15:43	19:10	34:08	1:21:35	66:29	
91	06:18	07:31	16:33	20:12				
92	06:38	07:59	17:27	21:19				
93	07:00	08:29	18:26	22:32				
94	07:23	09:03	19:31	23:52				
95	07:49	09:39	20:42	25:19				

2021 version

VETERAN'S AGE ADJUSTMENTS (PER RIDER) - WOMEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	02:12	03:19	05:34	06:43	11:22	23:38	23:72	37:46
41	02:15	03:23	05:41	06:50	11:35	24:08	24:24	38:57
42	02:17	03:27	05:47	06:58	11:49	24:38	24:77	39:68
43	02:20	03:30	05:54	07:06	12:02	25:09	25:31	40:80
44	02:22	03:34	06:00	07:14	12:16	25:41	25:85	41:92
45	02:25	03:38	06:07	07:22	12:31	26:13	26:39	43:06
46	02:27	03:42	06:14	07:31	12:45	26:46	26:95	44:22
47	02:30	03:46	06:21	07:39	13:00	27:20	27:51	45:39
48	02:33	03:51	06:28	07:48	13:16	27:54	28:08	46:58
49	02:36	03:55	06:35	07:57	13:31	28:30	28:66	47:79
50	02:39	03:59	06:43	08:06	13:48	29:07	29:26	49:03
51	02:42	04:04	06:51	08:16	14:04	29:45	29:86	50:29
52	02:45	04:09	06:59	08:26	14:21	30:24	30:48	51:57
53	02:48	04:14	07:07	08:36	14:39	31:04	31:12	52:89
54	02:51	04:19	07:16	08:46	14:58	31:46	31:77	54:24
55	02:55	04:24	07:25	08:57	15:17	32:30	32:43	55:62
56	02:58	04:29	07:34	09:08	15:37	33:15	33:12	57:04
57	03:02	04:35	07:44	09:20	15:57	34:02	33:82	58:49
58	03:06	04:41	07:54	09:32	16:19	34:51	34:54	59:97
59	03:10	04:47	08:04	09:45	16:41	35:42	35:28	61:50
60	03:14	04:53	08:15	09:58	17:04	36:35	36:04	63:07
61	03:18	05:00	08:26	10:12	17:28	37:30	36:82	64:68
62	03:23	05:06	08:38	10:26	17:53	38:28	37:62	66:33
63	03:28	05:13	08:50	10:41	18:19	39:29	38:45	68:03
64	03:32	05:21	09:03	10:56	18:46	40:32	39:30	69:77
65	03:37	05:29	09:16	11:12	19:15	41:38	40:17	71:57
66	03:43	05:37	09:30	11:29	19:44	42:47	41:07	73:41
67	03:48	05:45	09:44	11:46	20:15	43:59	42:00	75:30

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	03:54	04:08	09:59	12:05	20:48	45:15	42:95	77:25
69	04:00	04:16	10:15	12:24	21:22	46:35	43:93	79:25
70	04:06	04:25	10:31	12:44	21:57	47:58	44:94	81:30
71	04:13	04:34	10:48	13:05	22:35	49:26	45:98	83:42
72	04:20	04:43	11:07	13:27	23:14	50:59	47:05	85:59
73	04:27	04:53	11:26	13:50	23:55	52:37	48:15	87:82
74	04:35	05:04	11:45	14:14	24:38	54:20	49:29	90:11
75	04:43	05:15	12:06	14:40	25:24	56:09	50:46	92:47
76	04:51	05:27	12:28	15:07	26:12	58:04	51:66	94:90
77	05:00	05:39	12:52	15:35	27:03	1:00:06	52:90	97:39
78	05:09	05:52	13:16	16:05	27:56	1:02:16	54:18	99:95
79	05:19	06:05	13:42	16:36	28:53	1:04:33	55:50	102:58
80	05:29	06:20	14:09	17:10	29:52	1:07:00	56:86	105:29
81	05:40	06:35	14:38	17:45	30:56	1:09:36	58:26	108:07
82	05:51	06:51	15:08	18:22	32:04	1:12:23	59:70	110:93
83	06:04	07:08	15:41	19:02	33:15	1:15:22	61:19	113:87
84	06:17	07:26	16:15	19:44	34:32	1:18:34	62:72	116:90
85	06:30	07:45	16:52	20:29	35:54	1:22:01	64:31	120:01
86	06:45	08:06	17:31	21:17	37:21	1:25:45	65:94	
87	07:01	08:28	18:13	22:08	38:56	1:29:47	67:63	
88	07:17	08:51	18:57	23:04	40:37	1:34:11	69:38	
89	07:35	09:16	19:46	24:03	42:26	1:38:59	71:18	
90	07:54	09:43	20:38	25:07	44:25	1:44:14	73:05	
91	08:15	10:13	21:34	26:16				
92	08:38	10:44	22:35	27:31				
93	09:02	11:18	23:41	28:53				
94	09:29	11:56	24:53	30:23				
95	09:58	12:37	26:13	32:01				



Front cover photos

- Top left - Ian Greenstreet & Rachael Elliott - 10 mile tandem champions with chairman Andrew Simpkins
- Top right - 100 mile champions David Shepherd & Angela Carpenter
- Centre left - 30 mile champions Debbie Moss & Keith Ainsworth
- Centre right - 15 mile champions Richard Oakes & Debbie Moss
- Bottom left - 50 mile champions Chris McNamara & Angela Carpenter
- Bottom right - 25 mile men's 1-2-3 Andrew Grant, Keith Ainsworth & Keith Dorling



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