

VETERANS TIME TRIALS ASSOCIATION



Featured rider Chris Symonds (East Anglian VTTA and North Road CC) competing in Flanders for Ghana in the 2021 UCI Elite Men's World Championship Time Trial

The Veteran

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THE VETERAN

The quarterly magazine of the
Veterans Time Trials Association

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

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• NATIONAL EXECUTIVE 2023 •

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THE MARCH EDITORIAL

Welcome to another year of cycling. If you are competing then I hope you wintered well and your training is going to plan - a few hardy souls will have already begun racing. If you are organising an event then thanks for taking it on and I hope you get plenty of support, it can be hard work but your efforts are much appreciated.

2023 sees the rolling out of the Age Adjustments system in preference to standards; a lot of work has gone into this, especially at national level, and we expect it to be beneficial for the membership. More about this in the following pages and if you are organising you really must read the 'Guidance for Organisers', which details how the interface with CTT will work and how to apply age adjustments in the CTT templates.

Inevitably most of the magazine content is reports of group and national award presentations - there are plenty of photos from around the country of proud recipients, but now it is back to work again.

I saw a media report after the 2019 World TT Championships about 'veteran rider' Chris Symonds, British born but of mixed race with Ghanaian dual nationality. Checking the national membership list I saw that he was a member of the VTTA and the seeds of a feature for The Veteran were born. I then followed his international representation, which he supplements by riding the club 10 and other UK time trials and it became obvious that there was fascinating story waiting to be told. Thanks to Tony Farrell for picking up the baton and running with it, that story is now told in this edition. And what better person to write it as both Tony and Chris have competed to a very good level at middle distance track athletics before transitioning to cycling (in Chris's case via triathlon).

Chris's is a great story but it contained an unexpected shock for this editor when he talks about a 'silent racism' at domestic time trials - it's strong stuff from a strong character. Is he correct? Could we do more to welcome outsiders into our sport, whatever their race or background may be?

Mike Penrice

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Mike Penrice was presented with the Ted Bricknell Award by National President Tony Farrell at the VTTA Yorkshire lunch

PRESIDENT'S PIECE

So here we are into another year. I hope all have had a pleasant and healthy start to 2023.

Groups will have held their annual awards in some form or other. Billie and I attended the Yorkshire Group lunch in January and enjoyed an afternoon of good company and food. I know how difficult it is to organise and arrange all the issues surrounding such events: venue, caterer, trophy engraving. A great deal of credit is due to Mike Williams for hosting a well-run and sociable occasion.

Staying with the culinary theme, Manchester held their award lunch in February, a date much later than our traditional November occasion. Our esteemed National Chair, Andrew, was guest of honour accompanied by Sara. Andrew opened his chat with a witty and humorous series of questions regarding riders' involvement in time trialling before moving on to a slightly more serious reference to the state of time trialling.

An interesting point regarding our lunch: forty-two people attended down on the fifty-six from last year. Both lunch attendances were much below the pre-covid attendances of sixty-five plus.

Whilst one of the reasons for the decrease in numbers is the natural course of life; we are aware that there are members who do not have transport, live alone, and require support to attend functions that could be a very positive element of their lives.

It would be interesting to hear from groups how they address this issue.

The weather has been kind in our area, and it is encouraging to see so many bike riders out on the roads. Groups large and small, across a wide range of ages, casual and focused, but riding a bike.

The potential for increasing our membership is obvious to all; flyers and chats at café stops might reap surprising rewards.

I found the AGM a positive and open experience, very indicative of the current developments within the VTTA. We enjoy a sport that may be in decline for several reasons, but we can each do more to ensure the current situation is addressed. Groups are in the vanguard to bring about a change of fortunes.

Recruitment, retention, and the organisation of Group led well-presented events are key to the future development of our sport.

And finally, the next National Forum is scheduled for March starting another series of these online meetings. Please take the opportunity to contribute to, share, comment and support the initiative.

Stay safe and enjoy the riding.

Tony Farrell

CHAIRMAN'S PIECE

VTTA and CTT – A New Chapter

While the VTTA depends on the CTT to provide the organisational framework and infrastructure of events and their insurance, our National Executive Committee has had only limited contact with the CTT Board. However with the election of Andrea Parish as the new CTT Chair, an opportunity opened up for Tony Farrell and me to meet with her over Zoom and we had two such meetings in early January. Andrea comes across as very open to new ideas and willing to work with other people to take our sport forward.

We invited Andrea to our AGM and she gave a thought provoking talk about the challenges facing time trialling in the UK and her initial ideas on how to address them. The key challenge is to reverse the decline in participation of recent years, partly caused by the pandemic but a result of several other factors as well. There are ideas on the table such as promoting more closed circuit events, and offering more road bike events, which the NEC agrees can help draw new people into time trialling. The CTT also has the resources to do more to market and publicise the sport.

It is in the light of the need to draw new people that our AGM passed a series of motions to enable the fuller use of 'Age Adjusted Times', what we previously called Veterans Handicap Result (VHR). While 'Standards' have been the hallmark of the VTTA, results on 'plus' and 'minus' are a mystery to outsiders and indeed to many new members. Age Adjusted Times use exactly the same statistical formula as standards, and produce a result in the same order, but the age adjusted time gives a much more meaningful and comparable result. I can say I rode an age adjusted 52 minute '25' rather than I got a plus of 14 minutes. We are asking all VTTA organisers to use Age Adjusted Times in preference to plusses in 2023.

It may be that CTT would be open to providing age adjusted times on all result sheets loaded to the CTT site. This would be helpful to all over 40 riders, help to publicise the method and may draw people to join the VTTA! There is indeed a large potential market of new VTTA members. Andrea has shared statistics with us that show only around 25% of over 40s who rode at least one time trial in 2022 were VTTA members. The better news is that while non-VTTA members only averaged 3 open events in the season, VTTA members averaged nearly 10. So we are obviously doing something to encourage participation.

Could you recruit a new member to the VTTA in 2023? Personal invitations and encouragement are always the most effective means in recruiting members to the Association and something we can all do to help grow our sport.

Andrew Simpkins

THE MONEY COLUMN

That's Q1 gone, many thanks to all Group Treasurers in providing a prompt response and payments for the Q1 Returns.

The AGM went well, it was good to catch up with attending Group Treasurers. Most people agreed the venue and location were good and The Limes staff were very helpful and attentive. This, and with Andrew at the helm steering us through, all helped to make the AGM run as smooth as possible. A good shout out must go to all the attending Prize Winners plus Rachael who introduced them, each with a personal welcome on their achievements, and Ian G, for organising the medals and cups.

From the specification, Xncreations are working on updating the website to reflect the change to Age Adjusted Time (AAT) and Age Adjusted Distance (AAD). We have the estimated cost for this work and will be asking Groups to proportionally contribute to this non-budgeted upgrade.

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

Ian Pritchard

I. T. MANAGER'S UPDATE

Besides being the VTTA IT Manager I have another role as the Standards Secretary. The main responsibility of this job is to ensure our standards, last issued in 2021, are up to date and meeting the Association's need for a fair method of adjusting results for age, gender, and machine.

The standards are produced by analysing the CTT results and generating the tables of standards and age adjustments that event organisers use to calculate results.

In January, I acquired the CTT result data for the years 2021 and 2022 and added it to the data from 2013 to 2020 which I had used for the 2021 standards. The same criteria for selecting data for analysis were applied as in 2021: the fastest 10 % of results over the standard distances and time on each category: male/female solo bike/trike. The numbers of results are in the table below. We now have considerable size data sets for both men and women with even more up to date data.

Item	Number of results
Initial data set from 2020	133578
CTTdata for 2021 and 2022 added to the analysis data set	68333
CTTdata from before 2013 removed from the data set	33857
Data set for selection	168054
Elite (top 10%) male solo bike results for standard events	11772
Elite (top 10%) female solo bike results for standard events	1594

The new data set shows interesting changes, detailed in the table below. Under age 60 men have got faster but over that age they have got slower; women have also got slower in all age groups, although the latter fact is not obvious to men who have seen some very quick women pass them in races in the last year! Remember these are average speeds of elite riders, not podium finishers.

Average speeds (mph) of elite riders over 25 miles		40-49	50-59	60-69	70-79	80-89
2021	Male	29.25	28.06	26.52	24.48	21.68
	Female	26.1	24.99	23.52	21.47	18.57
2023	Male	29.63	28.22	26.5	24.29	21.36
	Female	26.01	24.88	23.41	21.41	18.62
Percentage speed change 2021 to 2022	Male	+1.30%	+0.58%	-0.10%	-0.76%	-1.47%
	Female	-0.32%	-0.46%	-0.46%	-0.28%	+0.26%
Change in male to female speed differential		+1.62%	+1.04%	0.37%	-0.48%	-1.72%

I then calculated new standards by fitting the data to the Lockwood formula, which relates the speed of a rider to his or her age and the distance of the event. The best fit solution was calculated for the male solo bike data. The solution improved by 0.5% from 98.4% fit in 2021 to 98.9% fit in 2023. In contrast, in 2021 the solution improved by 0.7% with respect to 2019. As this change is smaller than in 2021 and we are introducing Age Adjustments this year, I recommended to the NEC

to postpone updating the standards until 2024, so that riders can compare like with like as they transition from understanding results on plus to results on age adjusted time and distance. No change will happen this year. I described the standards review at the AGM and the full presentation is appended to the minutes of the meeting.

The change from standards to age adjustments and pluses to age adjusted times and distances has required many changes to the website. I expect these to have been released by the time you read this. If you spot anything we may have missed please let me know at itmanager@vttta.org.uk. Have a good season.

Jon Fairclough

USE OF AGE ADJUSTMENTS IN VTTA EVENTS GUIDANCE FOR EVENT ORGANISERS

Traditionally VTTA members have benefited from the age handicapping system known as standards. At the recent National AGM a series of regulation changes were approved which now gives preference to using 'Age Adjusted Times' (AAT) rather than 'plusses and minuses' in all VTTA events and competitions.

AAT was previously termed 'Veteran's Handicap Result' (VHR) and this was successfully piloted in National Championships and other VTTA events over the last couple of years. Group delegates to our VTTA National Forum and the AGM have strongly supported the move to using AAT, primarily because it makes vets' result much easier to understand and compare.

The statistical basis for AAT is the same as for standards and AAT will produce a result with exactly the same finishing order and time gaps as standards; we are just modernising the way in which results are shown. For this year it's not a mandatory change, but one which we would encourage all event organisers to adopt in line with the decisions at the National AGM.

We are working to have the VTTA Standards web page <https://vttta.org.uk/standards> updated soon, but until that happens you can access the Age Adjustment tables by downloading the PDF or Excel versions from the 'Documents' section of the website: <https://vttta.org.uk/library>

How Age Adjustments Work

- The standards system subtracted actual times from the standard time giving a 'Plus' or a 'Minus'.
- Under the new system you subtract the age adjustment from the actual time giving an **Age Adjusted Time (AAT)**.

Here's an example of a 25 mile ride done by a 48 year-old male, whose actual time was 52:31:

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

It's much easier to compare an AAT of 51:00 with other riders, and his younger self, than the 'plus' of 15 minutes.

There is a news article on the website here which gives further information:

<https://www.vtta.org.uk/news/678-what-are-age-adjustmentsquestion>

Using Age Adjusted Times in Your Event

You will want to work with whoever is managing the results display at your event in order to present results on age adjustment. There are various options on how to do this:

1. If your results official uses their own spreadsheet they can import the AAT tables in place of the standard tables and just change the calculation from 'Standard MINUS Actual' to 'Actual MINUS Age Adjustment'
2. You can use one of the free easy-to-use software packages which include the ability to present results on both actual and age adjustment. These include:
 - 2.1 TT Event Tool – produced by the VTTA's Jon Fairclough.
Go to <https://www.vtta.org.uk/library> and download 'Guide-to-TT-Event-Tool-Basic-Mode'. This provides a link to download the tool (in Excel) and instructions on how to use the 'Basic Mode' to handle results. This supports results on age adjustment and standard.
 - 2.2 Resultsheet which is a CTT partner product and available at <https://resultsheet.co.uk/>. This also supports results on age adjustment and standard.
3. You can do the calculations manually using the Age Adjustment tables downloaded from the website or as provided in the 2023 VTTA Handbook.

CTT Start and Result Sheets

We are in touch with CTT about making appropriate changes to their start and result sheet templates for age adjusted times. In the meantime we suggest the following:

CTT Start Sheet – there is currently a column for 'vtta_standard' which is optional. You could leave this blank, or enter the standard. It does not affect how you then handle the results on the day

CTT Result Sheet – there is a handicapped time column (hh:mm:ss) which you can use for the age adjusted time. The 'vtta_standard' column can be completed as well but note is a text field which must be entered as '+hh:mm:ss. When the result is transferred to the VTTA site the age adjusted time is automatically calculated for accuracy and will then appear in the Results section of the VTTA site and this time will be used for inclusion in our Season Long Competitions and Standard Awards as appropriate.

If you have any questions please contact the VTTA's Vice Chairman, Mark Bradley on vicechairman@vtta.org.uk, or Jon Fairclough on itmanager@vtta.org.uk.

2023 NATIONAL AGM – SUMMARY REPORT

We held the 2023 National AGM and prize presentation on Saturday 21st January at the Limes Country Lodge Hotel in Solihull. This was our first face-to-face meeting for three years and it was good to meet up in person again with group representatives and prize winners from around the country.

The AGM was preceded by a workshop where Andrea Parish, the new CTT Chair, gave us a very informative and positive presentation. She dealt frankly with some of the challenges facing our sport and the various initiatives she is undertaking to address them. Our National President, Tony Farrell and National Chairman, Andrew Simpkins, have already had two meetings with Andrea (on Zoom) and we believe this is the start of a fresh and constructive engagement with the CTT.

Jon Fairclough gave the workshop on assessment of the impact of the last two years' veterans results on the standards and while there have been a couple of interesting trends the recommendation was not to change the standards for 2023 especially with the proposed move to age adjustments.

Following an excellent lunch we had the national prize presentation with Rachael Elliott giving her entertaining summaries of winners' achievements during the season. A good number of our champions' and medallists were present and it is always a pleasure to congratulate them in person.

The National AGM covered the usual items of the Annual Report and Treasurer's Report and the programme of National Championships for 2023. The motions to change the Rules & Regulations were concentrated on the fuller implementation of the use of 'age adjustments' (previously VHR or Veterans Handicap Result) as the preferred way of reporting results in VTTA events, championships and competitions. The age adjustment method gives a more intelligible and comparable result in terms of an adjusted time for age rather than the mystery that tends to surround the use of 'plusses' and 'minuses'. All the relevant motions were passed with large and in most cases unanimous majorities.

A motion was also passed to confirm the new process for 2023 where VTTA national and group age records will be automatically identified from the CTT results system. All solo road records will be passed to the VTTA website for viewing and ratification saving the task of members making manual claims.

Finally, an East Anglian motion to introduce women's teams in championships and competitions was defeated with delegates indicating a preference to keep mixed teams for both clubs and groups. The view of the meeting was that, contrary to the proposer's intent, due to the relatively small percentage of women competitors, and particularly those with women teammates, they would lose opportunities to win medals as part of a mixed team.

Altogether a positive day at a pleasant and convenient location with good support from the hotel staff.

The Fellowship of Cycling



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Like to read about your cycling contemporaries?*

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

FELLOWSHIP NEWS

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VTTA NATIONAL AWARDS CEREMONY 2023

The Awards Ceremony was held before the National AGM this year, and a total of 17 award winners attending, each exhibiting outstanding achievement over the course of the year, with one attendee claiming more awards and medals than most riders have gears on their bike.

The first rider to be honoured was **Joanna Cebrat (Manchester & North-West)**. Joanna is someone who is winning more and more as the years go by, and this was her year for victories over longer distances. Her event of the year was undoubtedly winning the women's 24 hour championship. Her 425.23 miles was a convincing win in the ladies' championship (+93.96) and eighth overall in the competition. She also won two bronze medals in the 12 hour and 100-mile championships as well as medalling in the BAR.

Andrew Askwith (Yorkshire) was another rider who excels over long distance events (and interestingly hill climbing). His prowess over 24 hours helped to win Yorkshire Group the 24-hour group team championship. **Ian Holbrook (Manchester & North-West)** mirrored Andrew's style, dabbling in hill climbs but coming to the forefront over the distance events. His crowning achievement was the 24 hour where he not only won the silver medal in the VTTA Championship, but was also just one place shy of the overall podium. His strong riding is also evidenced in his overall results this year, where he has enjoyed multiple top five placings in open events.

The awards ceremony was blessed with two tandem pairings, both regulars. The first pair were **Murray Kirton** and **Dave Stockley (Midlands)**. This year they were victorious in the blue riband championship event in Cambridgeshire, the 25-mile event. The pair were not the only award winners who had their performance of the year in the East of England this year. **Colin Lizieri (East Anglian)** has put in some fantastic times across many events this year, but attended the award ceremony to claim his team gold medal with the Cambridge CC.

Another rider who demonstrated her true talent at the 25-mile championships this year was **Arja Scarsbrook (West)**. Arja has put in some incredible performances this year over 10 and 25 miles, often finishing near the top of the overall leaderboard; ahead of men a third of her age. Her ride in the 25-mile championships this year had to be one of the rides of the year and earned her the silver medal in a hugely competitive field. It should also be added that Arja has battled through tremendous personal adversity this year and this ride, coupled with coming second in the women's short distance competition, shows just what an incredible athlete she is.

Andrew Grant (East Anglian) was another attendee from the Cambridge CC dream team and, as another rider from the east of the country, it comes as no surprise that his performances have mostly been on the E and F courses in 2022. Andrew is an exquisite rider for his age and puts in times that make those 50 years his junior quake. This year he has won no less than four awards – and 75% of those were from the 25-mile championships. He took second place in the Men's 25 Championship, he was part of the 25 Group Team Champions with East Anglian Group, and took the Club Team Championship with the Cambridge CC. With his group, he was also a key part of the Short Distance Group Team which earned him a share of the Midlands Shield.

The next riders to feature triumphed over a distance just five miles longer: 30 miles. Everyone regards Levens to be "the fast 10 course in Cumbria" – but the 30-mile version is a far more gruelling challenge. **Sue Cheetham (North Lancs & Lakes)** however made light work of the climbs to take a well-earned silver medal in the women's championship. **Theresa Taylor (North Lancs & Lakes)** also shone on her group's home course: she won the bronze medal in the women's championship, and

also was part of the women's team championship with Springfield Financial RT. The 30-mile podium was completed by **Deborah Moss (North Lancs & Lakes)**, also of Springfield Financial RT. Deborah has had a fantastic year of timetrialling, netting herself a short 21 minute 10, as well as her fastest 25 in three years. This year has been one of her most successful years to date with the VTТА: she not only took gold in the women's 30-mile championship *and* the women's 15-mile championship, but also won gold medals as the 30 Group and 30 Club Team Champions.

Next to receive her awards was a rider who won nearly every award in the London and Home Counties Group Awards. **Joy Payne (London & Home Counties)** frequently wins events on standard in her local region, but also won a national medal this year, taking bronze in the women's three distance competition.

Anthony Jones (South Wales) is a name many outside the VTТА will be aware of this year having put some outstanding times on many a results board: he rode a 25-mile personal best of 48:31, took second place in the hugely competitive Shaftesbury 50 with a time of 1:41:38 but his most eye-opening ride has to be his ride in the national 12-hour championships. He not only won the men's 12-hour championship (winning the Jim Painter Cup), but also took silver in the CTT National Championships in the same event with a distance of 300.95 miles. Elsewhere, he also won the men's three distance championships, and was presented with the Petronella Trophy as winner of the BAR competition.



*Back row: Arja Scarsbrook, Andy Askwith, Theresa Taylor, Ian Greenstreet, Joanna Cebrat, Anthony Jones, Andrew Grant, Sue Cheetham, Colin Lizieri, Joy Payne, Debbie Moss, David Stockley, Ian Holbrook
front row: Rachael Elliott, Angela Carpenter, Claire Emons, Sarah Matthews, Murray Kirton*

The second tandem pair present at the awards event were **Ian Greenstreet and Rachael Elliott (London & Home Counties)**. The pair took part in the 10-mile, 50 mile and 100-mile tandem championships this year, taking the gold medal in all three events.

From the south coast were three exceptional riders from the Wessex Group. First up was **Sarah Matthews (Wessex)** who, despite having an accident during the season, managed to win two bronze medals in the women's 10 mile and women's 50-mile championships – both events which attracted large and competitive fields. She also won the 10-mile group team championship with the Wessex Group.

Claire Emons (Wessex) had one of her most successful years on a national scale, and took two individual silver medals in the three-distance competition and the 50-mile championships. With her Wessex and ...a3crg colleagues, she took an impressive hoard of trophies this year with the three-distance group team award (London Group Shield), the 3-distance club team award (Doreen Hugill Memorial Shield) and the Short Distance Club Team (Brafman Cup). Claire is a rider who puts in exceptional performances during the heat and was perhaps one of only a handful of riders who thrived in the heatwave of last summer.

The final award winner to collect her trophies on the day was in the indomitable **Angela Carpenter (Wessex)**. Angela has been an outstanding performer in many championships across recent years, but her performances during 2022 were nothing short of legendary. The 53-year-old netted a 10-mile personal best of 20:24, a 15 mile best of 32:19 (on a single carriageway course) and a 100 mile personal best of 3:53 in the 100-mile championships this year (on a slow day on the Bentley course, so a true test over the distance). Her list of achievements is long, but need listing to show just how exceptional her year was:

- 10 Mile Group Team Champions (+19:33) member
- 50 Mile Group Team Champions (+111:16) member
- 100 Mile Group Team Champions (3:32:35) member
- 50 Club Team Champions (+111:16) member
- 3 Distance Competition Women's Champion and Overall Winner (+1:07:34), winning the Dick Clarke Cup
- 3 Distance Competition Women's Fastest Speed (27.43 mph), winning the Brambleby Cup
- 3 Distance Competition Group Team (4:50:27) member, winning the London Group Shield
- 3 Distance Competition Club Team (2:51:46), winning the Doreen Hugill Memorial Shield
- Short Distance Competition Overall Winner (+1:29:07), winning the L de Camellis Bowl
- Short Distance Competition Fastest Women's Speed (28.63 mph), winning the Pett Cup
- Short Distance Competition Club Team (3:42:00), winning the Brafman Cup
- Women's 10 mile championship and overall winner (+7:59), winning the Ken Matthews Cup
- Women's 25 Champion and overall winner (+22:41), winning the Charlie Cole Cup
- Women's 50 Champion and overall winner (+44:04), winning the Cecil Paget Cup
- Women's 100 Champion and overall winner (+87:14), winning the Doug Brunwin Memorial Salver.

A stunning list for a stunning year!

MEMBERSHIP MATTERS

During the 12 months January to December 2022 we processed 222 new members. A further 29 have joined in January 2023, to bring our total number of members to 2499, slightly down on the same date in 2021.

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

Comparison with the last three years is as follows:-

	2019	2020	2021	2022	2023
January	61	38	26	31	29
February	41	38	27	23	
March	41	11	78	25	
April	61	7	70	38	
May	57	7	47	22	
June	46	20	53	31	
July	19	41	38	20	
August	23	67	25	11	
September	13	40	16	3	
October	12	15	19	6	
November	9	6	16	4	
December	9	4	5	8	
Totals	392	294	420	222	

Honorary Life Membership

41 Members were 80 in 2022, of which 19 were granted HLM status. This year 33 members will be 80, with their various Groups being advised of this and asked to decide if they will be granted Honorary Life Membership or not. There are now 341 Honorary Life Members, Distinguished Life Members now number 10 . Life Members number 42.

Centenarians

One member will be 100 in 2023, Rodney Walker (DOB 25/8/1923) of East Anglian Group. The Group has been advised and a Certificate will be presented to Rodney.

Merv. Player

REMEMBER...

- Members are reminded that they can change their preference for magazine and handbook format at any time during the year (post to email or vice-versa) by visiting their website member dashboard; there is no obligation to select one over the other.
- If you are a new member or an existing member who has changed clubs, and you wish to enter for Standards Awards and/or the Season Long Competitions your VTTA and CTT accounts must be linked (to permit data sharing) and you must select your competitions at the 'Competitions' tab on your VTTA dashboard.
- If you are a late rejoiner (ie after 28th February) your CTT and VTTA accounts will have become unlinked, so you must re-link them if you intend racing.

WELCOME TO NEW MEMBERS WHO JOINED NOVEMBER/DECEMBER 2022 & JANUARY 2023

East Anglian Group

Stuart Lemanski (Cambridge CC), Matthew Peck (Ipswich Bicycle Club), Matt Donovan (Beds Road Race Team), Darran Bennett (Ely & District Cycling Club B&T Motor Repairs)

East Midlands Group

Elaine Simpson (Sherwood CC), Stuart Bramley (Newark Castle C C), Stafford Armstrong (Velo Club Rutland), Charles Case (VTTA (Notts & E.Mids))

Kent Group

Neill Keaney, Geoff Newsome (both VTTA (Kent))

London & Home Counties Group

Michael O'Keeffe (London Dynamo), Tobias Nilsson (Kingston Wheelers), David Powell (Leighton Buzzard Road Cycling Club), Chris Bean (Harp RC)

Manchester & North West Group

Tim Marshall (Seamons CC), Amanda Lyons (Oldham Century RC)

Merseyside Group

Alan Broadbent, Barry Murphy, Mark Liptrot, Matthew Welsh (all Graham Weigh Racing-Deeside Olympic) Geraint Catherall (Anfield BC), James Powell (North Shropshire Wheelers), Rob Garbett, Dave Moore, Angela Boycott (all Wrekinsport), Jarod Garrington, James Griffiths (both Velotik RT)

North Group

Richard Glennie (Barnesbury CC)

North Lancashire & Lakes Group

Lindsey Styler (Croston Velo), David Gibson (Border City Whs CC), Martyn Smithson (Clayton Velo)

Scotland Group

Wilf Turner (SVTTA), Lorna Breetzke, Jason Roberts (both Vanelli-Project GO), Anne Mitchell (Ross-shire Roads C.C.), Andrew Yule (Deeside Thistle)

South Wales Group

Jon Airey (Ross on Wye and District Cycling Club)

Surrey/Sussex Group

Karl Robertson (Worthing Excelsior), Cris Coxon, Lisa Turret (both Brighton Mitre CC), Ruth Whiddett (Woking CC), Anita Turner (Eastbourne Rovers)

Wessex Group

Gary Tuskin (Poole Wheelers), Ian Knight (Andover Wheelers), Christian Geldard (North Hampshire Road Club), Jonathan Garrow (Didcot Phoenix), Paul Beck (Hampshire Road Club)

West Group

Matt Boulton (Aerocoach), Kev Fowler (VTTA West Group), Paul Newland (Royal Navy Royal Marines Cycling Association), Neil Brooks (Team Zoyland)

Yorkshire Group

Graham Pearce (Ilkley CC), John Ketley (City Road Club (Hull)), Si Petty (Leeds Bradford Triathlon Club), David Hunt (VTTA (Yorkshire))



EAST ANGLIAN

Andrew Grant

2022 saw a post-pandemic return to more-or-less normality, with tea and cakes in the HQs and chat around the result boards, though Covid-19 had certainly not gone away and the consensus seemed to be that 20-odd watts went AWOL after a visit from the affliction.

All E2 courses over 10 miles remained out of action owing to road works – a situation that threatens to continue for 2023 – and following the tragic fatal accident that claimed the life of Cheryl Tye, all the East District courses using the A11 and A14 were also abandoned. Whether any of these will return after the major resurfacing of the concrete section north of Wymondham is, at the time of writing, a decision yet to be taken.

In consequence, the F2 courses on the A428 west of Cambridge were again pressed into extensive use. Unfortunately, a few influential residents of Highfields Caldecote appear to have conducted an informal cost-benefit analysis and concluded that the inconvenience generated by lots of cyclists parking around their village hall, not to mention stress-testing the plumbing and finding it wanting, outweighs the income generated so we shall need to look for alternative, and less convenient, HQ's. We perhaps need to beware of V718 over-use syndrome.

Time Trial Secretary John Golder did his bit to take the pressure off the A428, moving the Leo 30 to a new version of the E33 triangular circuit based at Stetchworth and/or Six Mile Bottom on the strength of his experience promoting the 2020 CTT National Circuit Championship on the 25 course. That was won in 48:50 (but that was John Archibald, so don't go thinking it's a dragstrip). John offered the 2023 event as an inaugural VTTA open-road National Circuit Championship and it was accepted by the national committee as a trial; he will also be offering a tandem championship and a road bike category. It's on Saturday 13 May at 14:00 and is one of two

VTTA National Championships to be promoted by the Group in 2023, the other being Chris Dyason's 15 on the F2/15 on 15 July. Save the dates - we're going to be busy.

Fast though the F2 courses are, the season as a whole, and indeed across the country, was notable for a dearth of really fast conditions, and the number of road records set, Group and National, was lower than in recent years (see below). Peter Horsnell, of course, boldly went where no vet had gone before and the firmness of his decision to retire at the end of 2022 is yet to be tested. If it holds good, it truly will mark the end of an era.

Worthy of particular note, in part for their rarity, were Mike Skillings' (Full Moo Cycling) age 64 national track records of 7:32.2 for 5k; 14:58.3 for 10k; 24:05.9 for 10 miles; 29:59.8 for 20k and 24.58 miles for 1 hour all set – presumably during the same exhausting ride – at Quibell Park.

In National Championships, the Group's chief honours were achieved in the 25-mile Championship held on home roads in Chris Dyason's Cambridge CC promotion on the aforementioned F2A/25. Matt Smith was fastest on actual time; Andy Grant and Keith Dorling were silver and bronze medallists respectively in the men's championship; Cambridge CC won the club team award and East Anglia the Group. East Anglia repeated that team success in the season-long Short-Distance Competition and Jackie Field, despite a radically truncated season, took third place in the women's table.

The destinations of Group trophies are shown in the table below. A number were not awarded owing to event cancellations or shortage of entries.

Long-serving National and Group membership Secretary Merv Player was nominated by the Group for the Bricknell Award for service to the VTTA at national level but came up against a strong field of equally worthy candidates, whilst our own Gordon Irons Trophy went to multiple championship organiser Chris Dyason.

EA VTTA GROUP TROPHIES 2022

GROUP BAR (MEN)

Lionel Lincoln Memorial Shield, awarded annually to the highest-placed male Group member in the National season-long BAR competition .

1st James Wood West Suffolk Whs +40:15

No other qualifiers

GROUP BAR (WOMEN)

Freddie Frost Cup*, awarded annually to the highest-placed female Group member in the National season-long BAR competition .

No Qualifiers

GROUP 3 DISTANCE CHAMPIONSHIP (MEN)

Harry Haynes Shield, awarded annually to the highest-placed male Group member in the National season-long Three Distance Competition .

1st Philip Jones Peterborough CC +38:09

2nd James Wood West Suffolk Whs +34:30

3rd Richard Tullely Elite Cycling +27:31

GROUP 3 DISTANCE CHAMPIONSHIP (WOMEN)

Syd Parkinson Cup, awarded annually to the highest-placed female Group member in the National season-long Three Distance Competition .

No qualifiers

GROUP SHORT DISTANCE CHAMPIONSHIP (MEN)

Group Short Distance Championship Cup, awarded annually to the highest-placed male Group member in the National season-long Short Distance Competition .

1st Andrew Grant Cambridge CC +1:19:31

2nd Keith Dorling Team Bottrill +1:18:15

3rd Matthew Smith Drag2zero +1:15:40

GROUP SHORT DISTANCE CHAMPIONSHIP (WOMEN)

Group Short Distance Ladies' Championship* awarded annually to the highest-placed female Group member in the National season-long Short Distance Competition .

1st Jackie Field CC Ashwell +1:18:09

2nd Louise Robinson Essex Roads CC +1:12:30

3rd Denise Hurren Sole Bay Cycle Sport +1:10:57

GROUP 10 MILE TIME TRIAL POINTS COMPETITION (MEN)

The 10 Miles Time Trial Competition Shield awarded to the male Group member with the most points in the season-long 10 mile Time Trial Competition.

Andrew Grant Cambridge CC

GROUP 10 MILE TIME TRIAL POINTS COMPETITION (WOMEN)

Former **Post Office Trophy**, donated by Mary Horsnell 2011, awarded to the first female Group member in the season-long 10 mile Time Trial Competition.

Jackie Field CC Ashwell

CHARLIE CLIFT SHIELD

Awarded annually to the fastest Group member on standard in the first Group '10'.

Matthew Smith Drag2zero

Jackie Field CC Ashwell

RON FISHER/JACK KING MEMORIAL SHIELD

Awarded annually to the Group member who is best on standard in the last Group '10'.

Keith Dorling Team Bottrill

Denise Hurren Sole Bay Cycle Sport

H F NEVILL 25M CUP

Awarded annually to the fastest Group member on standard in the first Group 25 mile event of the season.

Antony Brown George Fox Cycling Solutions

Susan Triplow CC Sudbury

GERI LANG MEMORIAL CUP

Awarded annually to the Group member who is best on standard in the second Group 25.

Matthew Smith Drag2zero

Louise Robinson Essex Roads CC

H F NEVILL 30M CUP

Awarded annually to the fastest Group member on standard in the Group 30 mile event.

Chris Holmes VC Norwich

Elspeth Knott Colchester Rovers

SYD PARKINSON CUP

Awarded annually to the fastest Group member on standard in the Group nominated 50 mile event.

Andrew Grant Cambridge CC

Sue Chittock Army Cycling

H F NEVILL 12HR CUP

Awarded annually to the Group member with the greatest mileage on standard in either London East or East District courses designated by Cycling Time Trials.

James Wood West Suffolk Whs

No female qualifiers

GORDON IRONS MEMORIAL CUP

Awarded for outstanding services to the Group

Chris Dyason

VTTA East Anglian Group Records Set In 2022			
10 miles			
0:34:27	B		
0:31:56	B	92 male	Peter Horsnell (Chelmer CC)
0:30:18			
15 miles			
0:46:38		92 male	Peter Horsnell (Chelmer CC)
25 miles			
0:53:48	B		
0:53:34		69 male	Andrew Grant (Cambridge CC)
1:18:54		92 male	Peter Horsnell (Chelmer CC)
50 miles			
1:55:38		57 female	Jackie Field (CC Ashwell)
1:48:39		69 male	Andrew Grant (Cambridge CC)
2:32:27		72 female	Elspeth Knott (Colchester Rovers)
2:57:15		92 male	Peter Horsnell (Chelmer CC)
24 hours			
348.07		73 male	Graham Mann (Hainault RC)
B = Record subsequently beaten			

Finally, a reminder to Group members that if you haven't yet renewed your subscription, it's time you did so. Our rates for 2023 are: Single £18; Couples £24; Standards £20.

EAST MIDLANDS

David Herd

Annual General Meeting

The East Midlands VTTA AGM was held on 13th November 2022 at Granby Village Hall. The Group promoted three successful open events and our usual competitions in 2022 and will be running similar in 2023:

VTTA E. Mids. 10 Saturday 22nd April A10/3; organiser David Yarnham. Note course change from previous year.

Ivan Mohan 25 Saturday 3rd June A25/34: organiser Russell Gent

Bert Christian 25 Saturday 19th August A25/34; organiser Roy Oakes

The Jack Watts Trophy will be incorporated into the Melton Olympic 25 on 13th May A25/34.

The Group are also hosting the VTTA National 50 Championship on 10th June on the A50/2 (basically two laps of the Farndon 25 course). Colin Parkinson has kindly offered to organise this event so please put the date in your diary and let Colin know if you can help on the day.

On a general point on helping at events please let Russell Gent know if you are willing to help and be part of a pool helpers for marshalling, catering or assistance at the HQ. On behalf of the Group Russell would like to thank all the organisers for promoting these events in 2022.

Russell Gent expressed his concern that as with the rest of the UK time trialling scene there has been a significant reduction in entries in the past year.

Our treasurer Kath Smith presented the group's income and expenditure account. Generally our accounts are healthy, this is partly because the receipts from two Bert Christian events have been included in this year income as the 2022 event was brought forward.

I am publishing the following National and East Midlands Group Age records, results and prize winners correlated by our Group Recorder Graham Green. This is in order to cover all the achievements of our VTTA competitors and to link in with the Prize Presentation Lunch on the 29th January.

Group Competition Results

2022 VTTA BAR (25 / 50 / 100 / Plus)

1. Kevin Wood (Sherwood CC) 60/61:
52:02 / 1:52:52 / 3:47:09 / +53:45
2. Mick Stevens (Melton Olympic) 72:
57:09 / 2:03:10 / 4:12:22 / +52:25
3. Colin Parkinson (South Western RC) 60:
54:01 / 1:54:28 / 3:65:14 / +47:46
4. Neil Palmer (Spalding CC) 51:
52:04 / 1:49:11 / 3:50:17 / +46:03
5. Neil White (Ambion RT) 54/55:
53:56 / 1:54:51 / 3:56:24 / +42:41
6. Mark White (Mark White Coaching RT) 52:
55:52 / 1:55:21 / 3:51:56 / +39:30

7. Tim Baggs (VC Flintham) 52/53:
57:18 / 2:02:32 / 4:17:08 / +28:41
8. Matt Plews (Welland Valley CC) 47/48:
56:52 / 1:57:09 / 4:19:41 / +26:36
9. Simon Ward (Welland Valley CC) 51/52:
1:01:02 / 2:09:59 / 2:28:59 / +19:39

Senior (Over 70) BAR (10 / 25 / 50 / Plus)

1. Mick Stevens (Melton Olympic) 72:
23:43 / 57:09 / 2:03:10 / +55:27
2. John Quimby (Coalville Whs) 71:
24:31 / 1:01:49 / 2:14:24 / +36:56
3. John Leeming (VC Long Eaton) 72:
25:32 / 1:03:54 / 2:14:24 / +36:48

Ladies BAR (10 / 25 / 50 / Plus)

1. Sarah Soden (Leicester Forest CC) 58:
26:43 / 1:09:44 / 2:26:24 / +20:09

National Four Distance BAR

6. Neil Palmer (Spalding CC) 51:
52:04 / 1:49:11 / 3:50:17 / 255:69 miles
/ +56:39

Prestige Points Competition

1. Ian Guilor - 54
2. Richard Oakes - 52
3. Kevin Wood - 50
4. Mick Stevens - 43
5. Neal Parkin - 40
6. Geoff Platts - 25

VTTA East Midlands Group Records Set In 2022			
10 miles - bike			
0:18:38	BN	53 male	Richard Oakes (Team Ohten Aveas)
0:18:08	N		
0:21:08		67 male	Geoff Platts (Team Bottrill)
0:25:18	B	68 female	Jen Clegg (Team Bottrill)
0:24:36	N		
15 miles - bike			
0:38:08		68 female	Jen Clegg (Team Bottrill)
25 miles - bike			
0:48:39	N	53 male	Richard Oakes (Team Ohten Aveas)
0:52:02		61 male	Kevin Wood (Sherwood CC)
0:53:52		67 male	Geoff Platts (Team Bottrill)
1:18:55		92 male	Ron Hallam (South Pennine RC)
1:03:18	B	68 female	Jen Clegg (Team Bottrill)
1:02:09			
100 miles - bike			
3:47:09		61 male	Kevin Wood (Sherwood CC)
4:12:22		72 male	Michael Stevens (Melton Olympic CC)
B = Record subsequently beaten, N = National record			
In addition Ian Pike (Lincoln Whs) set a tandem trike 25 miles men's record at combined age 123 with Mark Vowells of Kent Group with a time of 0:58:02			



Margaret Gillis presenting the Ivan Mohan Shield to Ian



Robert and Julie Christian presenting the Bert Christian 25 Cup to Richard Oakes



Richard Oakes presenting Hermes Cup to Kevin Wood

Presentation Lunch

The following Trophies were presented at the Lunch Prize Presentation:

Fred Smith	Kevin Wood +31:47
Hermes 100	Kevin Wood +1:14:34
Jack Watts	Ian Guilor +50:19
Ivan Mahon 25 Shield	Ian Guilor
Prestige Trophy	Ian Guilor
Ladies Three Distance Bar	Sarah Soden +20:09
Joe Baines 30	Matt Uttley 1:06:44
Bert Christian	Richard Oakes +19:58
Alan Ashcroft Trophy (Senior Bar)	Mick Stevens +55:27

The Bert Christian Trophy was presented by Robert, Richard and Julie Christian.

The Bloodworthy Trophy was presented to our treasurer Kath Smith who does so much to keep the Group on the right financial track. Well done Kath.

The lunch this year was rather special in many ways. At the AGM back in November 2022 the committee was faced with no one to take charge of running the event as Gail Summerlin, who had done a wonderful job in the past few years, was no longer able carry on the role. Also, as well as having no organiser we had no suitable venue. So the Group are indebted to Pat and Ron Hallam finding the venue and taking charge of organising the event, held in the Stadium Leisure Centre Nottingham. It turned out to a very enjoyable and memorable afternoon.

The Guest of Honour was Richard Oakes who gave an interesting account of his return to time trialing with Team Ohten Aveas, gaining a number of records and winning 10 time trials in the last season. Richard brought his track bike, medals and race suit, all of which were used representing GBR at the UCI World Gran Fondo Championships in Trento Italy and World Masters Track Championships in Los Angeles; these were covered in the September 2022 Veteran report.

Richard also welcomed the guests: Geoff Cooke, champion track cyclist and coach, and also Steve Custance and Dennis Crewe, both time keepers and active members of time trialling. Martin Oakes, Richards brother, was also in attendance.

There were a number new faces at this year's prize giving. Brian Hall took the photographs and Francis Grafton gave an interesting talk on the background to the Ivan Mahon Memorial 25 Shield which was presented to Ian Guilor this year.

David Barry representing the CTT made a surprise presentation of Certificates of Honour to Kath Smith, Russell Gent, Graham Green and Ron Hallam, all of which were awarded for their contribution to time trialling. Congratulations to you all, it is well deserved.

Ron Hallam has asked me to make members aware that he will no longer be Trophy Secretary. So the Group will need a volunteer to collect in the trophies, organise the engraving etc. It's not an onerous task and one to be done once the training and racing is over for the year. We thank Ron for carrying out this role so well in the past.

The Luncheon always seems to draw a line under the past year which means we can now look forward to 2023. Ride Safely and looking forward to this year's events.

KENT Tim Carpenter

The Group's annual lunch on Saturday 4 February was held as usual at the Weald of Kent Golf Club, near Headcorn; it was a great success once again, despite a slightly lower attendance than in previous years. Tom Morton took on the role of Master of Ceremonies for the day and toasted the visitors and guests. Among these we were pleased to welcome National Records Secretary Geoff Perry and Katja Rietdorf, who are now living in Kent. Group Chairman Mark Vowells proposed the toast to the Group, and our President Carole Gandy presented the awards. Among the recipients were David Greenwood (Group BAR and '24' champion), Mark Vowells ('85' competition and '10' champion), Mark Hill ('30' and '50' champion), Martin Brown ('12' champion) and Antony Bee (the Melster trophy for the Wednesday '10' series).

Special presentations were made to Tom Morton and Ian Turner who have recently stood down from their posts of Social Secretary and Recorder/Reporter respectively. Mick Ballard and John Hawkridge were awarded certificates for Honorary Life Membership and finally Tom and Barbara Morton were jointly

recipients of the Sacred Post Trophy for services to the Group, having together organised our annual lunch each year since 2014. We are still looking for a volunteer to organise next year's lunch and anyone willing to take this on is asked to speak to any member of the committee.

The following Wednesday, 8 February, a large group of local cyclists, many having arrived by bike, gathered on a bright sunny morning at the Lou Bathurst Memorial seat at Haffenden Quarter for the unveiling of a plaque in memory of Pat Hill, San Fairy Ann CC, who passed away in July last year. This meeting had been organised by John Longbottom, also San Fairy Ann CC, and was supported by members of the Group and several local clubs, and it was very pleasing to see members of Pat's family in attendance. The Lou Bathurst Memorial seat is located at the start of the old Kent CA 12 hours course, an event Pat was heavily involved with for many years. After the unveiling, many of those in attendance retired to the day's Wednesday Wobblers venue, the Rose and Crown, Mundy Bois, where Pat, as a founder of Wednesday Wobblers, spent many happy hours.

We are very sorry to report that Vic Williams (Medway Velo), Pip McVey (Thanet RC) and John White (formerly Thames RC) have passed away.

After a request from Carole Gandy in the Group's December magazine we have been able to fill several roles.

Tim Carpenter is taking over from Ian Turner as Recorder and Reporter. Tim will be ably assisted by Martin Brown (Martin doesn't realise yet but Tim hates people and the proof is a key fob presented to Tim when he retired) so Martin will probably end up trying to corral all the award winners at the 2024 lunch, which is provisionally booked for the 3 February 2024.



Vic Williams timekeeping

Chris Parker has joined the committee. One wonders how Chris finds time for work with all his cycling activities.

Paul Burrows has agreed to promote the Group '10' on Thanet Way on Sunday 25 June, but at the time of writing, we are still looking for promoters for these five group events:

- Sunday 11 June Group '25'
06.30hrs Chilham
- Sunday 9 July Group '50'
06.30hrs Hamstreet
- Saturday 29 July Group '10'
06.30hrs Hamstreet
- Sunday 10 Sept Group '25'
06.30hrs Hamstreet
- Sunday 8 October Group '15'
08.00hrs Hamstreet

If we don't find anyone to organise these events then they will have to be cancelled. We also need an organiser for the 2024 lunch. So, we still need Group members to step forward if the Group is to continue. Please contact Carole, Mark, or Bob Giles.

Don't forget the Group's 10 @ 10, which runs on Q10/33 throughout the year on the first Wednesday of the month (except November) - 5 April, 3 May, 7 June, 5 July, 2 August, 6 September, 4 October, 20 December (road bikes only).

And finally, we welcome Geoff Newsome as a new member to the Group,



LONDON & HOME COUNTIES

John Hoskins

The London & Home Counties Luncheon was held in late January this year, at our normal venue of Aldenham Golf Club. We had as our chief guest Martyn Roach. This is someone who needs little introduction to most time trialling vets, as he (with back up from the rest of the Hounslow & District Team) so dominated time trialling in the seventies. Martyn gave an interesting speech loosely referring to the recent history of time trialling and how the introduction of aero features (starting with tri-bars and resulting in £10,000 bikes) has made it very much more difficult to come into the sport. It also made it difficult to compare the performances of today's riders with the dominant riders of the sixties and seventies. His memory for dates and times was particularly impressive and warmly received by a very knowledgeable audience – which included the two other members of that BBAR winning team, Jeff Marshall and Kevin Fairhead. Instant recall, not only of some of his own rides, but those of other riders – particularly Beryl Burton, made his speech even more noteworthy. He wasn't too complimentary about what Cycling Weekly has now become, a far different publication to what it was during the second half of the twentieth century.

Martyn's opinions of aero improvements, falls in line with the current discussions taking place regarding road bike events, which of course prohibit such "improvements". Promoters (both of VTTA and other events) across the country are increasingly including road bike categories in their events, but it is of interest that at the CTT AGM in December, the meeting failed to make a more detailed specification of what a "road bike" should and shouldn't have as equipment, as well as not agreeing on restrictions on what the rider could wear. I'm not certain that the entry levels for these road bike events currently justify the extra work required of the organisers. But it may take a few years for effects to take place, as riders become aware of this award category.

Of course Martyn's duties didn't stop with giving a speech, as he presented the Group's long list of prize-winners with their medals, certificates and trophies. It's noteworthy that four of our five open event organisers were in the prize winners' list; Claire Emons, Rachael Elliott and Wolfgang Emmerich were all featured as was the organiser of our first promotion

of 2023, Joy Payne, who was undoubtedly the star of the show. Joy not only won the two major season long trophies – the Jim Burgin Award and the B.A.R on standard, but collected a number of individual event awards. I am very much of the opinion that Joy winning our two major awards on standard (neither of which are women – or men- restricted) show that the last tweak of the standards now produce an even playing field for men and women alike. The standards, or perhaps I should be referring to age adjustments now, remain one of the VTTA's outstanding achievements and should be recognised much more widely.

Among the guests of the Group this year was Jack Williams, who may not be a familiar name to many of you, but he was invited to the Lunch to receive recognition of reaching 100 years old whilst a member. It was a little late (due to Covid), as Jack is now 102! He raced professionally just after the war (1948 – 1950), which was probably the only reason



John Lee receiving the C W Cooke Cup from Martyn Roach

he was never selected to represent his country at the Olympics (strictly an amateur only event at that time). One of his notable achievements was in the late seventies he rode the "Grand Prix De Gentlemen" 2-up in France, achieving second place in partnership with Don McKellow (alas, Don is no longer with us), both of the Hillingdon CC. This was against fierce international competition from across the world! Interesting to note that even back in the late forties Jack was earning £5 a week riding for Dayton Cycles, which would surely compare to current salaries of top professionals when taking inflation into account.

Not a guest, but very much a welcomed member, John Lee attended the Lunch as he nearly always does, and was able to receive the CW Cooke Trophy from Martyn Roach. Awarded by the VTTA nationally, it is in recognition of outstanding rides in the previous season. John achieved this by still setting Track Age records at distances from 5km through to 1 hour at the age of 93. It was felt that this truly represented what the VTTA is all about, "competitive cycling for life" – as printed on the current VTTA badge. The L&HC is proud that this is the second time members have received this award in recent years, following Ian Greenstreet and Rachael Elliott having their names on the trophy for their tandem rides in 2019.

The weekend before our Lunch the VTTA held their AGM at Solihull. They too had a guest, the new Chair of the CTC, Andrea Parish. Her presentation to the AGM was very warmly received and it seems that both the CTT and the VTTA see the advantages of the two bodies working much closer together in the future. The VTTA's experience of individual awards based on improvements and age rather than just times, could help the CTT move away from its present award domination of fastest times, which are of course so dependant of conditions and course choice, rather than ability and indeed, gender. And there is no doubt that the data that the CTT are currently looking at – particularly the age groups of regular riders – could assist the VTTA in addressing its main problem of falling membership. The London & Home Counties committee are very much in favour of the events themselves being made more all encompassing than just the times recorded by the leading riders, and I'm aware that currently (as it happens at the same time as I'm writing this) the VTTA national committee are discussing this very subject.

Of course, promoting better and bigger events is down to the organisers and on reading the reports from other Groups in recent Veterans, it's obvious that many of us are having trouble finding event organisers and other officials. I'm aware that some groups (including the L&HC) are now paying a financial contribution towards the expenses of event organisers and marshals but I'm not sure that it will be enough to ensure a continuing supply of officials. How do other groups attract (and keep) their officials? We all suffer from the problem that the vast majority of our groups' members give priority to their long term first claim club which is entirely understandable. The CTT Districts have a similar problem and presumably so do cycling associations and combines across the country, Can this be lessened by monetary inducements? Are there other ways of persuading people to come forward? Have any of the VTTA Groups reduced the problem by increased awareness of Social Media for example? Should the Groups giving some sort of inducement to the many other officials whose work allows the sport to continue? The L&HC are making a particular effort to make it clear that taking on an event (or a job on the committee) is NOT a job for life. We encourage organisers to do a job for a limited time, which hopefully then makes it easier to find volunteers. Of course we then encourage those same people to do a second stint a few years later.

I would really like to know what other Groups do to alleviate this problem, as we must all pool our knowledge and experiences to help other groups with the same problems.

MANCHESTER & NORTH WEST

Ken Workman

Welcome to the new season, I hope it will be a good one for you. When you read this the first 'J course' open event will have taken place on 4th March. This was Manchester & District TTA '10,' the first event in their Cheshire Points Series. Last season it was held on the Whaley Bridge bypass but was moved to J4/20, starting at Byley. In the next issue I hope to include details of this and other events which our group is involved with

[M&NW Group Events for 2023](#)

18th March 10 miles

M&DTTA and M&NW Group

15th June 10 miles

Buxton CC/Sett Valley Cycles & M&NW Group

1st July 25 miles M&NW Group

15th July 25 miles

Seamons CC and M&NW Group

30th July 50 miles

Congleton CC and M&NW Group

The individual organisers will no doubt be very happy to receive offers of assistance for the remaining events. So as the new season begins in earnest, please give some thought to assisting at your local events. Most of us have benefited from those who stood on corners, and did other tasks so we could enjoy our sport. Organising an event is taxing enough without worrying if you'll have enough helpers, so please try to make it less onerous by volunteering, preferably in advance.

Our Group Recorder David Wright states that there has been an encouraging start to the number of members paying for Standards in 2023, 25 already.

Sadly, the M&DTTA Christmas '10' was the victim of a sudden cold snap, leaving the roads too icy to race on. So once again I missed the enjoyable happy chatter at Goostrey Village Hall during this event. In past years cakes and hot drinks were served up by the jolly M&D ladies and there was standing room only for the prize presentation. But Covid has been the main culprit in stopping it from being the good social event of past years. I do hope that it can regain its popularity as organisers David and Caroline Fearon, plus others have put in so much effort over the years.

Once again, Middlewich Masonic Hall welcomed us for our Group's Prize Presentation Luncheon where 42 members and guests assembled on Sunday 12th February. The date was a departure from our usual December slot so as to avoid the busy Christmas period. A slight change meant buffet style catering, but serving staff brought bowls of hot spicy tomato soup and even refilled them for those who wanted more. There was sufficient main course food to satisfy any hungry cyclist. plus a voucher for a free drink from the bar! With a choice of three tasty desserts then tea or coffee, what more could anyone ask? In view of the huge reduction in the cover price to £16, those who missed this function, really missed out big style.

Tony Farrell opened the proceedings by welcoming our venerable Group President, Jim Ogdon, who missed our last Luncheon through illness. Our Guest of Honour; National Chairman, Andrew Simpkins, gave an excellent, witty, but in part, serious speech concerning the future of time trialling.

Andrew presented the various trophies and awards, with the prize winners introduced by Ian Peacock with humorous comments throughout. Peter Brocklehurst also received his Honorary Life Membership to much acclaim. As a finale, Ian accompanied himself on guitar with a witty ditty about old age pensions, where the assembly sang along to the chorus with gusto.

Two members rode out; Alan Shuttleworth and Joanna Cebat, both prize winners but I know not how Joanna coped with her haul of trophies as she seemed to be on her best TT bike.

Ken Workman presented a cycling themed quiz which seemed to be received well.

Tony Farrell deserves a creditable mention as he obviously put in a lot of work into organising this function.

Our late Group stalwart, Joe Pilling, would indeed be happy that his grandson, Tristan, is performing well in time trials. Tristan currently rides for University of Derby CC and was placed third in the espoirs category in last season's National 10 mile Championship.

Another North West Veteran time triallist has been banned for a drugs offence, but not one of our Group, I hasten to add. In this instance, 55 year old Shaun Leonard (East Lancs. RC) was banned for the Possession and Use or Attempted Use of Prohibited Substances, rather than using them in competition. In August 2018, he was stopped at the Italian border while travelling to the Gran Fondo World Championships to support another rider. Swiss border police searched a car Leonard was travelling in and seized several prohibited substances which he admitted belonged to him. Later, he also admitted to using six other banned drugs while competing in UK events and his results from an event in 2018 and two events in 2019 have been disqualified.

Once again I'm appealing for our M&NW racing folk to advise me of any decent (or even half-decent) rides you've done. I needn't mention where the information came from so it won't be considered as blowing your

own trumpet. Furthermore, it's in the nature of being a vet, that while racing in other areas we tend to strike up acquaintances with other riders, I'm sure they too would like to hear of your exploits. So do try to keep me up to date.

Finally; take advantage of the summer to have a go at your standards and PBs, but whatever your cycling endeavours, please do be careful out there.

MERSEYSIDE **Brigid Night**

We enjoyed our celebration and presentation of prizes on Sunday 15th January 2023 at Cheshire View, at Christleton near Chester, when we were delighted to have Ruth and Bob Williams as our Guests of Honour for the presentations. Earlier this year Ruth and Bob were justly given formal recognition for their many years of outstanding service to time trialling when they were awarded the highest accolade, the CTT Gold Badge of Honour. Our Recorder, Geoff Edgerton (North Shropshire Wheelers) once again did a brilliant job preparing the prizes for our new Recorder: Janet Fairclough. Geoff was himself presented with the George Butler Memorial Cup, for the many years of service he has given to the Merseyside VTTA.

Well done also to our three new Honorary Life Members, Mick Ward, Peter Booth and Keith Nield, seen celebrating here with Ruth.



HLM's Mick Ward, Peter Booth and Keith Nield with Ruth Williams



Tandem pair, Chris Hansen-Jones and Brigid Night, being awarded the Merseyside Most Meritorious Cup

Our Ladies Champions were once again Janet Fairclough (Liverpool Phoenix) and Emma Sarjeant (Oswestry Paragon CC). Janet won on standard and was awarded the Doreen Mahar Rose Bowl. Emma won on actual time and was presented with the Dave Swales Cup. In third place, in both competitions, was Helen Tudor (Oswestry Paragon CC) and in fourth place was Emma Tilston (Chester RC).

Our BAR winner was Arthur Winstanley (Liverpool Phoenix), who was presented with the Tom Johnson Memorial Cup; he was closely followed by Ian Casson (Birkenhead Victoria).

The Three Distance, on standard and on actual time, was won by David Williams (Velotik Racing Team) who was awarded the Bill Taylor Memorial Shield and the Wally Gradden Cup. Second place in these competitions went to Tim Beardmore and Jonathan Mills-Keeling (both Bridgnorth Cycling Club) respectively.

The Short Distance winner was Jonathan Mills-Keeling, who won the Harry Mahar Memorial Shield. Second place in this competition went to Deborah Hutson-Lumb (Wrekinsport CC) and third was Janet Fairclough..

The winners of our group trophies included: Jon Mills-Keeling, Helen Tudor, Deb Hutson-Lumb, Ben Love, Alan Broadbent, David Williams, Arthur Winstanley, Janet Fairclough, Emma Sarjeant and Emma Tilston.



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The Standards Awards were once again keenly sought after with twenty-eight of our group being awarded them. Our tandem pair, Chris Hansen-Jones and Brigid Night, who achieved all 8, were also awarded the Merseyside Most Meritorious Cup for this achievement.

Emma Tilston achieved 6 and Tim Beardmore, David Williams, Alan Broadbent, Emma Serjeant achieved 5 Standards. Five of our group achieved 4 Standards, eight achieved 3 Standards, five achieved 2 Standards and three achieved 1 Standard,

2022 Merseyside VTTA, New Records

VTTA Merseyside Group Records Set In 2022		
10 miles - bike		
0:19:53	50 male	Jonathan Mills-Keeling (Bridgnorth CC)
0:23:29	62 female	Janet Fairclough (Liverpool Phx)
15 miles - bike		
0:32:02	50 male	Tim Beardmore (Bridgnorth CC)
0:35:44	62 male	Andrew Clarke (North Shropshire Wh)
0:46:59	79 male	Keith Nield (Chester RC)
25 miles - bike		
0:49:48	43 male	David Williams (Velotik RT)
0:52:55	49 male	Jonathan Mills-Keeling (Bridgnorth CC)
0:53:06	50 male	Tim Beardmore(Bridgnorth CC)
1:02:33	62 female	Janet Fairclough (Liverpool Phx)
30 miles - bike		
1:05:32	50 male	Tim Beardmore (Bridgnorth CC)
1:19:31	73 male	Gino Trasatti (North Shropshire Wh)
50 miles - bike		
1:52:52	50 male	Tim Beardmore (Bridgnorth CC)
2:08:37	57 female	Deb Hutson-Lumb (Wrekinsport CC)
2:18:19	61 female	Janet Fairclough (Liverpool Phoenix)
100 miles - bike		
4:32:26	66 male	Arthur Winstanley (Liverpool Phx)
12 hours - bike		
225.27	66 male	Arthur Winstanley (Liverpool Phx)
200.87	70 male	Ian Casson (Birkenhead Victoria CC)

Thanks to the work of Janet Fairclough, our Group Recorder, our group records were updated and presented to our group at last year's Prize Presentation Lunch. This gave the extra incentive for several of our group to break records in 2022, as listed on the table here.

Our thanks go to Rob Jones for the posting the photos from the event on [Merseyside VTTA Dinner 2023 | Flickr](#)

As signs of spring appear, we look forward with excitement to what the season brings. We wish everyone all the very best for 2023.

MIDLANDS

Alastair Semple

2023 is set to be an exciting year in the Midlands, with us hosting the VTTA National 10 Mile Championships in September and the RTTC National TTT Championship in May. We also have a number of new courses being used this year, one in particular the K15/10 in early July looks like it could be pretty quick, so it will be interesting to see who this year sets the course records.

VTTA 10 mile Championship

For those of you with an eye on the VTTA National 10 Championships you can do a dress rehearsal on May 20th when Stafford RC will be hosting an open on the K48/10. There are also plenty of club events on a Wednesday night for anyone local to the area hosted by Stone Wheelers and Stafford RC.

VTTA 15m event on 1st April - 'The Welland Trophy' - it's no April fool!

Once again, we're running a 15 mile event on the K47/15 at Welland, which incorporates 'The Welland Trophy' competition between VTTA and BMCR (British Masters Cycle Racing) riders. Best combined scores from 8 members of each group count. So come along and help VTTA to retain 'the ashes' of British veterans' time trialling! There's also a 3-up TTT event if you prefer a team effort (any clubs and any ages can combine). The course on the edge of the Cotswolds is beautiful, so a great day out and a perfect way to start your 2023 season.

Zwift Racing

The Midlands Group has spoken to the NEC and officials at Zwift and with their backing and support we hope this year to run a 10 mile (16km) national

VTTA Zwift time trial event that will be open to all groups. Details are still to be finalised, and once confirmed it will be promoted through the national VTTA website. If there is sufficient interest some longer events may be put on. So if you're a Zwifter keep your eyes peeled.

The Midland VTTA winter Zwift series has been running again this year and Mark Wise (M.I. Racing) set some impressive times before the Christmas break, but he missed a few events in January and it's opened up the competition, so everything still to race for.

Midland Points Series

I am pleased to announce that we are able this year to run the points competition once again with a bounty of prizes for the top 10 finishers at the end of the season. Thanks once again to Tim Wood of [Echelon Cycles](#), who has kindly sponsored this competition for a number of years. It's essential that you have your VTTA account linked to the CTT online results system as this is how points will be allocated. There are 23 events that will be eligible for points this season in the Midlands (K courses), so hopefully something we can all get involved in and which will add another dimension to your 2023 season. Full details of how points are allocated can be seen on the Midlands Group news page.

On behalf of the Midlands VTTA committee we hope you all have a fabulous season this year

Stay Safe, Stay Fit, Stay Fast

NORTH

Gavin Russell

Annual Luncheon

On Sunday 8 Januar, 44 members and guests sat down for the group's annual luncheon and prize presentation. All were welcomed at our usual venue at Hardwick Hall Hotel, which, as always, provided us with good food quality, an excellent function room together with very attentive and exceptional service on the day. The provided three course buffet luncheon, which feedback tells us, was enjoyed by all, was followed by tea, coffee and mints.

With the number of attendees relatively static from last year, it was comforting to not only welcome the regulars, but a number of the new members and their guests.

Our Guest of Honour Paul Kitson, of Stockton Wheelers CC, is known to many of the attendees as he has supported our region for many years as an organizer, timekeeper and course measurer and has served the Teesside Cycling Time Trials district as a committee member for many years. In addition, on the national front, he has refurbished over 30 rev counters for many districts across the time trial fraternity. These devices are used to measure courses accurately, which without his actions would have left the time trial scene across nearly all districts without an approved device to measure new or to check existing courses.

During the afternoon, following the meal, Paul was assisted by group recorder Phil Wright in the presentation of the group awards and the individual standard medal awards. Following on from the VTTA presentations, a number of Teesside District CTT awards were made to those present. It was good to see this year that many of our award recipients were in attendance. With Marcel Schubert requiring security guards to escort him home with all the various trophies, plaques and medals he won, there was tremendous applause for Russell Richardson, who managed to prise one of the trophies from his grasp in one of the points competitions. Congratulations go to all award winners.

In a surprise Stewart Smith, the CTT National Secretary, attended the luncheon, bringing with him the current two BBAR trophies, that were to be presented to the Darlington CC rider, Marcel Schubert, for winning the British Best All Rounder at a national luncheon the following week. It provided to many of those present, the opportunity to see these valuable trophies for the first time and for a photo opportunity for friends, teammates and family of Marcel with the trophies. Unfortunately, although considered by many as an outstanding achievement, Marcel, in his first full year as a VTTA member, and nominated by the group for the national C. W. Cooke Trophy for the most meritorious racing performance of the season, the NEC who determine this award, decided another was more worthy.

The luncheon raffle, with prizes donated by attendees and generously from the hotel, concluded the afternoon's activities, with over £100 raised to support the group and go some way to offsetting the cost of the engraving of medals and trophies. Many thanks go out to those who donated raffle prizes, to the

Dawson family (Janet and Steph) for selling the tickets and to everyone who generously purchased raffle tickets.

The occasion was once again organised by Ruth Crossley, the group's social secretary, to whom our thanks go. Ruth is currently establishing the requirements and making the appropriate arrangements for next year's luncheon. Confirmation of the luncheon details, as agreed at the Saturday 23 February group committee meeting will be published in a future Veteran magazine.

2020 Event Participation Initiatives

The 2023 season will have commenced when you read this, with some of the first events held in hopefully warmer weather than being experienced at the time of writing. In continuing the initiative to try and increase participation (and hopefully gain new group members) together with the Teesside district committee we are gradually moving away from dual carriageway courses and adopting single carriageway roads. New courses (some on smooth roads) introduced in 2021/2022 have encouraged a slight increase in entries from riders who no longer wish to ride on what they perceive as more dangerous

courses. In addition to all group events being open to all ages, all events now have a road bike category incorporated into them.

Croft Closed Circuit 10mile Time Trial Series

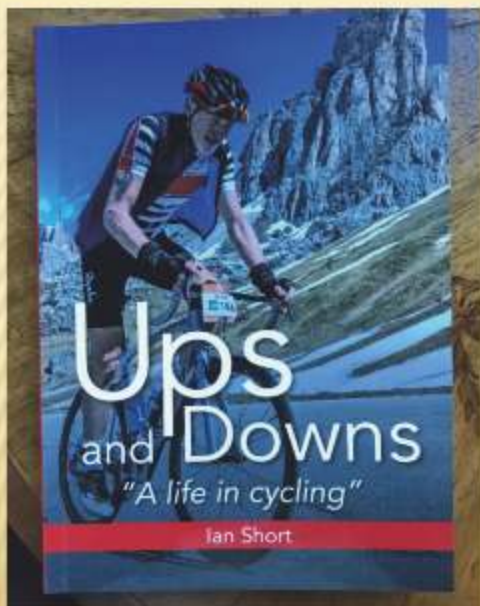
The group members continue to support the Croft 10 mile Time Trial Series, now in its seventh year. Held on the Croft Motor Racing Circuit in North Yorkshire, this is a series of five 10 mile time trials. open to all ages from 6 to 90+. They are based on the "Come and Try It" club event principle. All are Wednesday nights, signing on starting at 5.30pm and riders starting at 30 second intervals, commencing at 6.30pm.

Dates agreed for 2023 are: 12th April, 10th May, 21st June, 19th July and 9th August.

From the previous series, we have been able to introduce a number of "cyclists" to time trials/competitive cycling, with at least one new VTTA member gained.

2023 Group Open Event Calendar

The confirmed open VTTA (North Group) event calendar was included in the last Veteran publication and in the VTTA National Handbook, it can also be



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

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

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

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

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

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

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viewed on both the Cycling Time Trials and VTTA websites.

Also note that the North Group for the third year are organizing the VTTA Closed Circuit North Championship on the Croft Circuit. This is run on Wednesday 21st June in conjunction with the existing time trial series. Entry is only via the CTT web entry system. As this closed circuit is an approved measured 10 mile course and is flat and smooth surfaced, it is an ideal opportunity to achieve or improve on your standard for 10 miles.

Additionally, the Teesside district are organizing the 2023 CTT National Closed Circuit Championship on Croft on Sunday 8th October 2023. This will provide members with an opportunity to win a CTT national age award.

The group's nominated events that feature in the various season long competitions have been expanded from the 5 events in 2022 to 15 in 2023. This increase in numbers includes for the first time for many years four events (a 10, 25, 50 and 100) in the Tyneside area.

A copy of all the competition's conditions together with all the trophies available to win in 2023 are available in the North group handbook. If you require further information regarding the awards to be won, please do not hesitate to contact the group secretary (details below).

Plea for Help

In our annual plea for help we remind all members that without the few souls who each year are prepared to organize and assist at events, then we would not have a programme of events and competitions (increased in number this year) to compete in or for. If you can ride, please do; if not riding please offer to help and volunteer your services, as they will be much appreciated. Without such help events cannot go ahead.

Apology

Outstanding obituaries have now been written and are included elsewhere in this edition of the Veteran. With older members who sadly pass away, it is often difficult and time consuming to find information on their early activities within the group, as most of their close compatriots have also passed away. Please accept sincere apologies for the delay in the writing and publishing of obituaries. The thoughts of the

group and the members who knew them remain with us.

Further Information

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

NORTH LANCASHIRE & LAKES

Richard Taylor

2023 started as always with the Annual Luncheon and Prize Presentation. The demolition of our 'home' for the last 15 years was a stark reminder that nothing lasts forever, with the sobering thought that nursing home is replacing the glorious Crofters. Our new venue at Garstang Best Western Golf Club however, proved to be more than adequate as a successor, with it being rebooked for 2024 on conclusion of proceedings.

Struggling to summon a Guest of Honour, our erstwhile ex-Chairman and current dinner secretary John Leach stepped into the breach and handed out the trophies to a healthy throng of prize winners, of course entertaining the throng beforehand with his unmatchable pithy repartee.

The major recipient was Debbie Moss who this season switched to the increasingly successful Springfield Financial team. After gaining wins nationally at 15 and 30 miles in the VTTA ladies championships, Debbie took the major honours in the North Lancs and Lakes group being the first female to win the Group Championship, namely our BAR. Inevitably, she was also the Ladies Best All Rounder, and also took the 50 mile Paddy Maloney trophy on standard. Five standards were mopped up along the way, four of which were group age records, the highlight being two 50 mile rides under 2 hours within a week.

Team mate Andy Whiteside, another Springfield recruit in 2022, maintained his grip at 100 miles and 12 hours, he finished 3rd overall in the national Vets BAR and was 2nd in the 12 hour championship. Along with a standard award at 15 miles, Andy won the iconic Karrimor Saddle award and the Ken Priestly cup.

Border City Wheeler Rachael Maxwell showed immense improvement over the 2022 season. She collected four standards with personal bests at the respective distances from 10 miles to 100; the 100 in particular gained Rachael the Baxter Trophy for winning the handicap championship. The later part of the season saw her training curtailed whilst nursing husband Bill, who's spill following the open 50 led to broken ribs, he did however claim a standard at 10 miles.

The usual consistent season of Matt Stell saw him receive the Crowther Shield after completing 9 of the 10 GC qualifiers, a great stalwart of the local racing scene. Likewise, Theresa Taylor broke 5 local age records and finished 3rd in the ladies 30 mile championship.

Other prizewinners were Sue Cheetham, Richard Tyson, Paul Fleming, Alan Stark, Brian Moore, Richard Belk, Derek Black and of course, John Leach.

Showing a virtual domination among the recipients, the Springfield Financial Racing Team not only won the team awards in our three promotions and the National 30, but also the Team Shield in the Group Championship with Debbie Moss, Andy Whiteside and Theresa Taylor.

2023 VTTA North Lancs and Lakes Group Championship - Qualifying Events

Wed 12th April	VTTA NL&L 25	L2523A
Sun 30th April	Southport CC/VTTA 15	D33/15
Sat 13th May	West Pennine RC 10	L1015
Sun 11th June	VTTA NL&L 50	L5012
Sun 25th June	Kent Valley RC 25	L2524
Sun 2nd July	VC Cumbria 25	L2511
Sun 23rd July	NLTTA 100	L10010
Tue 15th August	VTTA NL&L 10	L1023
Sun 20th August	Wigan Whs 30	L308
Sun 17th September	NLTTA 50	L5012

Our 2023 promotions show a few different options with the joint event run alongside the West Pennine being dropped and replaced by a new 10 mile event on the afternoon of Tuesday 15th August. This will use a brand new course for open events on the A6

between Milnthorpe and Carnforth, thanks go to Richard Belk and Andrew Barlow for devising and inspiring a new race. Alan Stark is also promoting, along with the Southport CC, a new 15 mile race based on Tarleton near Southport, we wish him well for this event and hope for strong support from the group.

The two 50s on Keswick are both promoted by myself on behalf of the VTTA and NLTTA respectively, and

VTTA North Lancs & Lakes Group Records Set In 2022		
10 miles - bike		
0:19:11	50 male	Jason Bateman (VTTA NL&L)
0:19:12	51 male	Richard Bideau (Pendle Forest)
0:21:29	70 male	Peter Greenwood (Clayton Velo)
0:22:41	77 male	Mike Westmorland (Border City Wh)
0:21:47	52 female	Debbie Moss (Springfield Fin)
0:23:05	62 female	Theresa Taylor (Springfield Fin)
10 miles - trike		
0:30:09	67 male	Brian Moore (TA North West)
25 miles - bike		
0:51:41	50 male	Jason Bateman (VTTA NL&L)
0:56:39	70 male	Peter Greenwood (Clayton Velo)
0:56:40	52 female	Debbie Moss (Springfield Fin)
1:02:36	62 female	Theresa Taylor (Springfield Fin)
30 miles - bike		
1:02:57	51 male	Richard Bideau (Pendle Forest)
1:07:19	57 male	Paul Fleming (Preston Whs)
1:17:04	77 male	Mike Westmorland (Border City Wh)
1:10:52	52 female	Debbie Moss (Springfield Fin)
1:17:56	59 female	Sue Cheetham (North Lancs R)
1:20:44	62 female	Theresa Taylor (Springfield Fin)
50 miles - bike		
2:11:15	77 male	Mike Westmorland (Border City Wh)
1:59:37	52 female	Debbie Moss (Springfield Fin)
2:20:38	62 female	Theresa Taylor (Springfield Fin)
100 miles - bike		
4:37:21	77 male	Mike Westmorland (Border City Wh)
4:50:54	62 female	Theresa Taylor (Springfield Financial)
Note : Age records must be set on L-courses		

LOOKING BACK AT 2022

VTTA NATIONAL 30 MILE CHAMPIONSHIP

ALMOST A CLEAN SWEEP FOR NORTH LANCS & LAKES GROUP

Second woman was the ever dependable Sue Cheetham



Men's silver medallist David Hargreaves



Champions Debbie Moss and Keith Ainsworth



Championship images courtesy of
Kimroy Photography 

Women's bronze medallist Theresa Taylor



The third man - Richard Bideau



as I always remind our group, help is always required, the 11th June event being wrongfully titled as a West Pennine event in the CTT handbook, hopefully some of my clubmates might join me for a weekend in the lakes with some marshalling thrown in?

On that note I shall wish our members a successful and enjoyable 2023.

SCOTLAND

James Skinner

News

An enjoyable afternoon was had by the 62 members, friends, and family who gathered at our usual venue, Mr Q's in Bannockburn, for the SVTTA annual prize-giving lunch. The afternoon saw 24 prize winners receive trophies, standard medals, and age record certificates, all presented by Guest of Honour Rita Montgomery. Thanks go out to Mhairi Laffoley for helping distribute a few of the prizes to the prize winners who could only attend the Fife Cycling prize-giving.

Honorary Life Member Jack McHugh of Glasgow Road Club, having enjoyed his usual walks during the nasty spell of weather without mishap, had a nasty fall in his home and suffered a broken hip resulting him spending a few weeks in hospital. Jack is now back home and on the long road to recovery.

The Scottish group welcomes the following new members who have recently transferring in from the Kent Group, Stephen R. Wilkinson, of Vanelli Project GO Race Team, and Tracy Wilkinson-Begg, of Dundee Thistle C.C.

Standards and Competitions

The following correspondence was received from National VTTA IT Manager and SVTTA Recorder Jon Fairclough.

"In the next SVTTA item for the Veteran please could you include the following advice for members (the first paragraph is probably said elsewhere in the Veteran as it applies to all members, but is probably worth repeating; the second and third paragraphs apply to SVTTA members only).

"If you purchase standards awards this year or wish to participate in the National VTTA Season Long Competitions and Championships, you must link your CTT and VTTA accounts. Once linked, the accounts stay linked unless you let your membership lapse or



Fife's finest - SVTTA President and prolific race organiser Mhairi Laffoly

leave the VTTA. You can login any time check you are linked and review or revise the National VTTA Season Long Competitions you have entered. If you have any problems linking your accounts please contact the IT Manager for assistance.

"If you ride a Scottish Cycling event and want to include the result for the assessment of your standards awards or National VTTA Season Long Competitions, please send details to the Group Recorder. Forms for submitting SC results will shortly be made available on the VTTA website.

"If you wish to participate in any of the Scottish VTTA BAR Championships, then you must complete a form containing your results achieved on Scottish courses and send it to the Group Recorder by 1st November each year. Forms for submitting SVTTA BAR Championship results will shortly be made available on the VTTA website.

Thanks Jon Fairclough."

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

Wishing everyone the best for the upcoming season.

NORTH MIDLANDS

Chris Lea

We start with a big thank you to Ala and Andy Whitehead for organising the North Midlands' Annual Luncheon and Prize Presentation, which was held on Sunday 19th February at the Holiday Inn, Rotherham. (This was after the copy date for The Veteran, so no report, but all would go well with those two at the helm - Ed)

After a six month search for a volunteer for the role of Secretary, and following David Buxton's sterling efforts in that role up until the AGM last October, we are relieved and very grateful to Miles Haslam for taking on the task. The 'Buxton' theme continues, with Buxton CC being Miles' club.

We need a volunteer for Trophy and Medals Secretary to collect-in trophies at the end of the 2023 racing season and to arrange for them to be engraved with the names of our winners, and to also arrange for engraving of standards medals. The other members of the committee help out, so it's not too onerous a job, but one which needs doing. Please contact Chris Lea (01298 256432 / 07731 653019) to find out more. Your help will be much appreciated.

Remember too, that at the North Midlands AGM we agreed that there would be a new competition for 2023: best on standard over combined distances of 10 and 25 miles. We expect plenty of qualifiers and a close finish.

In very late racing news, and with apologies to Yvonne Twelvetree (Sheffield Tri Club), who by accident was omitted from the list of women riders aged over 70 competing in 2022 and published in the December issue of The Veteran. Yvonne was 72 last year, focusing her racing on local hill climbs, but also won the Sheffield Central Cup for ladies best on standard in the VTTA North Midlands Group 10. Chapeau!

We close with recollections from our Chair, Peter McNally (Rutland CC), of his slowest 25, and by a considerable margin: the Holme Valley Classic, V967.

"When I joined the Rutland Cycling Club, age 15, older members told me of local hills with majestic names – Moscar, Monsal, Winnats, Mam Tor, Padley

Woods, Froggatt, Bradwell, Woodhead, The Snake, Victoria, and Jawbone Hill. Apparently, I would be able to ride these in road races and mountain time trials and, over the next few years I did.

I was also told of another hill some distance from home. They said it was long, steep, often cold and windy, wet too, and which was best avoided. Holme Moss. I did - avoid it, that is.

So, what am I doing, 43 years later, in Holmfirth, pinning a number on my back? Yes, I am finally going to ride Holme Moss.

Steep from the start, then looking-up at halfway and seeing the TV mast still way in the distance, grinding out slow pedal strokes, thinking: when will I ever reach the 525m summit?

After an age, I was there, followed by the plummet down the south side (face?), also long and steep, to turn sharp left up the Woodhead Pass. Then down to Flouch.

More sharp hills followed before the descent to the finish just short of Holmfirth.

My slowest ever 25.

Peter McNally, August 17th 1997, age 58."

Unfortunately for us, Peter withholds his time.....

What a course!

SOUTH WALES

Chris Gibbard

I would like to start my tenure as reporter for the South Wales group by thanking Barry Williams for writing this column for many years. I only hope that I can live up to the standards that he has set. I would also like to apologise for a communication failure that led to the last edition of The Veteran going to print without a report from South Wales.

I am writing this column in the second week of February, always a good time of year for myself as a cyclist. The decadence of December is fading into memory and fitness is starting to build. The days are lengthening and rides are starting to feel easier. As a 'young' veteran myself I still have yet to feel the effects of ageing on my performance but I will say that

with each passing year my scales are more and more reluctant to show me numbers that I want to see.

Looking back to last season there were some close battles for the South Wales championships, some new group records plus outstanding performances at a national level.

The Welsh 100 in June was taken by Anthony Jones (VMCC powered by Y Beic) with a plus of 59:09 with Mike Hall (Port Talbot Whs) second and Bob Jones (Cardiff 100 Miles RCC) third.

The 10 in July went to Hugh Davies (Port Talbot Whs) with a plus of 6:48 with myself only 10 seconds back in second and Mike Hall third. For the women Sue Shook (Bush Healthcare CRT) took the win from team mate Claire Greenwood. July also saw the 50 with Anthony Jones again on top with Hugh Davies taking second and Mike Hall completing a hat trick of podiums.

The 25 mile event in August resulted in Hugh Davies taking another win with a plus of 19:09, clubmate John Shehan in second and Dan Kingston (Rowe and King) in third. The same event saw West Group member Conrad Moss recording an astonishing 46:17 for a national age record and a plus of 21:02!

September was the month of the CTT, VTТА, WCA and WTТА 12 Hour Championship, which also featured the South Wales group championship. Amanda Lane took the women's group championship and also fourth in the VTТА event. Tony Jones capped an excellent performance with second in the CTT championship with 300.95 miles. This also won him the WCA championship and with a handicap distance of 312.74 miles the VTТА championship.

Anthony's outstanding rides throughout the season, especially at the longer distance, saw him win the VTТА National BAR and the Three Distance Competition, on both standard and actual average speed! An outstanding result for his first season as a VTТА member.

Numerous Welsh group records were broken in 2022 with the 10 mile record falling at ages 40 (myself with 18:44), 49 (Anthony Jones with 19:34) and 77 (Hugh Davies with 24:12). 15 mile records also fell at 40 (Chris Gibbard 29:18) and Hugh Davies' 35:47 setting a national record for a 77 year old. Records continued to tumble on the super fast R25/7 course in Usk with

a lifetime best for yours truly of 46:38 - this was not enough to take the win as Conrad Moss posted his third national record of the year with 46:12. The same course also saw group records for Tony Jones at 49 recording 48:31 and Hugh Davies beating the hour aged 77 with 59:11. At 30 miles 59:05 became the 40 year old record for myself and the 77 year old record also fell with a 1:14:17 for Hugh Davies. In a rare foray over the border Anthony Jones set an outrageous record of 1:41:39 in the Shaftesbury 50, only 17 seconds slower than my 1:41:22 record for a 40 year old. Other highlights include Anthony's 3:31 in the Welsh 100 championships for an 8 minute personal best aged 49! Also Susan Shook set new records for a woman at 10, 15 and 25 miles.

This season promises to be a great one with Anthony Jones gunning for national honours and a full calendar of great events for South Wales members to ride. The R10/17 and R25/7 are now among the fastest courses in the country, the traffic levels in Wales remaining low as other districts retreat from the faster dual carriageways. Based on last year's performances the R100/9 and the Welsh 12 must also rank as some of the fastest available. The Welsh group championships this year are as follows:

15 miles	1 April	Cardiff 100 Miles RCC R15/5
100 miles	2 July	WCA (Championship) R100/9
10 miles	15 July	Ross-on-Wye R10/17
50 miles	29 July	Cardiff 100 Miles RCC R50/1b
25 miles	13 August	Virtual CC R25/7
12 hours	3 Sept	WCA (Championship) R12/16

Many thanks to all the organisers and the Welsh Cycling Association for putting on such a full and varied calendar. Now I just need to get fit and sort out my bike in time for my first event which is likely to be the popular Port Talbot Wheelers 2-up in March. It's always a great event on an honest course and it's also good to have a clubmate to blame if things don't quite go as you would hope in the first race of the year!

SURREY/SUSSEX

Keith Wilkinson

The Group's prize giving lunch

This took place on Sunday 5th February at our usual venue of The Normandy Centre in Horsham and was organised by Eimear D'Arcy. From the feedback that I have received everyone there thought that the meal was good and they enjoyed the occasion, but the disappointment was how few of the award winners came to receive their awards in person. Please do come next year, even if you only have a single standards medal to collect – the event is put on for your benefit. Fortunately the winner of our Surrey/Sussex BAR competition did join us and Adam Rogers of the Eastbourne Rovers CC adds his name to those already on the Palmer Trophy.

Robin Johnson honoured

Until now in London South District we have only ever had three people awarded the prestigious Gold Badge of Honour for exceptional service to the RTTC/CTT. These are Chris Watts, Mick Kilby and Pete Swetman. I am pleased to report that Robin Johnson joined this elite group when at the CTT National Council meeting in December he was also awarded his Badge of Honour. It came as a complete surprise to him but was well deserved. You probably all know that Robin is a prolific organiser of open events, with 11 more scheduled for 2023, but he actually organised his first event at the young age of 22 and has now run a staggering total of 291. I find it hard work to just run one event in the year so I don't know how he manages it. He keeps depleting the wine stocks at Sainsburys with all the bottles that he buys in bulk to award to the prize winners, timekeepers and marshals in his events. As well as being on our VTTA Surrey/Sussex committee Robin is on the CTT London South Committee, has been a course measurer for about 20 years and is a timekeeper. Wow! His recognition nationally with the award of the CTT badge was duly applauded at our lunch.

The problem of fewer courses

As Robin is responsible for courses and risk assessments in London South he is concerned at the loss of our local courses where new housing estates are being built and says that he cannot see any



Robin Johnson (left) after receiving his badge of honour from CTT director David Barry

options for new fixed distance courses to be introduced. For those who want to ride on dual carriageways we now only have two 25 mile courses with any DC sections in them (G25/55 and G25/93) and only one 50 and one 100 mile course with short sections. It would be impossible now for us to stage a 12 or 24 hour event in the District. We are probably in one of the worst areas for traffic flows and the situation regarding potholes on the roads in Surrey and Sussex is as bad as it has ever been. We also don't appear to have any options for an off road circuit event. If you have any ideas for possible new courses we would like to hear from you.

Breaking News: Surrey/Sussex Group will be the promoters (with ...a3crg) of the Southern Age Group Closed Circuit Championship at Goodwood (West Sussex) on the 10th June, start time 18:00.

An epic charity ride

One of our leading Surrey/Sussex lady riders, Lisa Davis didn't make it to our lunch. She won our ladies' short distance competition and she also won a silver medal for coming second in the VTTA National Women's 100 mile championship in 2022. She sent the following apology to Eimear for not being with us:

"I am going to be away again as I fly to Spain on 28th January for training camps until the end of February; so such a shame I will miss coming along to the lunch to receive the trophy. I will take part in TT's again next season but have also set myself quite a big challenge on my road bike. I am riding the Tour de France route for Cure Leukaemia along with 24 other riders in June this year. The event is looking to raise £1m for Cure Leukaemia by riding the full Tour route one week ahead of the Pros. My Dad was diagnosed with blood cancer 20 years ago and passed away a few years later, so it is a way that I can help fund research in this area via my cycling. I have covered the entry cost myself so that all money raised will go to the charity. Given it is such a high profile event and in partnership with the Tour de France, I wondered if it would be possible to mention it please at the Lunch, it has already been on both the BBC and Capital Radio.

Here is a link to all the information about it which includes my one page summary:
<https://link.ee/lisajdavis>".

Our first event of the 2023 season

The Group's programme of open events begins on Saturday, 15th April at 7:30am with the '10' organised again by Dave Pollard. This is on the G10/87 using the A22, no dual carriageway but only one roundabout to negotiate which is at the turn. It is gently undulating

and you normally get the help of the prevailing wind on the outward leg, but are then also helped by having the last 3 miles slightly downhill into the wind where you are sheltered by trees. It must be reasonably fast as our Group Recorder, James Rix, set the course record of 19:13 in the 2018 event. So if you haven't ridden it before please consider entering this year – we are very unlikely to get a full field! Dave says there is currently a problem with the usual HQ as the East Hoathly Pavilion is undergoing repairs, so he may have to transfer to the Church Hall in the village instead. Make sure that you read the start sheet to find out the correct HQ details.

Is time trialling good for you?

I mentioned James Rix there, who produced some very fast rides pre-pandemic, but he has now given up racing as he says that he is suffering from arthritis in his hips and wonders whether this could have been caused by the extreme position required to go fast on a time trial bike. Steve Dennis, another local fast rider who has also given up racing for a different reason thinks that many veterans will be experiencing back and neck problems in the future as a result of the position that they force themselves into when racing. Discuss!

The Surrey/Sussex Committee

Our Group Committee was already depleted before the death of Mike Morley and by Jon Fairclough leaving us after his move to Scotland, so we urgently need members to volunteer to join us. We need a time trial secretary and press secretary and, as James Rix is stepping down at the end of the 2023 season, we will also need a replacement as recorder. You could also just be a member of the committee so let me know if you can help – keithwilkinson@talktalk.net. None of the positions are particularly onerous but they become so when we have to double up on them. WESSEX David Collard-Berry

There have been a few changes on the Wessex Group Committee. Bob Jolliffe our "reporter" has stepped (Bob has got a lot going on but is still racing) and Alan Sharpen for health reason, both will be missed from the committee. However, our Treasurer Mary Corbett has recruited and we welcome three



Adam Rogers receiving the Surrey/Sussex BAR trophy from Zoe Rix

new members to our management team, Mike Boyce, Andrew Rivett and Matt Doe.

It was a small group that assembled for the Wessex Group Prizegiving and Lunch on the 4th February at the Petersfield Golf Club (a very nice venue), but what lacked in quantity was gained in quality. The local team ...3crg were there to pick up their spoils and came out of it very well. The team took away quite a few national awards a couple of weeks earlier at Solihull, and on this Saturday they were able to show other group members their National spoils as well as receive their Wessex Group awards

Of course, "the star of the show" was Angela Carpenter (...a3crg) who apart from winning her National Championship distance titles this year had also collected her national awards for being the overall winner (plus women's champion) for the National BAR 3-Distance and Short Distance Competition for 2022. Angela led the 6 rider Group team win in the 3-Distance BAR (with Claire Emons, Andrew Rivett, David Shepard, Kevin Baker and Tom Cox (nearly finished that with Old Uncle Tom Cobleby and all). In the Club Team 3-Distance BAR Angela was with Claire Emons and David Shepherd. In the Short Distance BAR Team win Angela was joined by Claire Emons and Virginia McGee. Angela also bundled up five Wessex trophies and five National Record certificates.

David Shepherd (...a3crg) picked seven national medals as well his Wessex awards plus the 50-mile Championship Trophy and Kirsty McSeveney (...a3crg) won the Wessex Ten Championship. Sarah Matthews (...a3crg) was presented with her National Championship awards and Wessex trophies along with Wessex certificates for breaking five age records. Mike Boyce and Ken Rayson (both ...a3crg) also picked up their awards. Rising star from North Hampshire Road Club Rachel Waite was awarded a plaque for beating five distance standards last year and is certainly someone to look out for this year. Also picking up awards were David England (Crabwood CC), Hedley Rhodes (North Hampshire Road Club), Martin Balk (3C Cycles) and Gary Chiverton (Bournemouth Jubilee Wheelers). Claire Newman and Mike Boyce organised the lunch and arranged and presented the prizegiving.

Following the Lunch, one of the new members posed the question, if riders are not turning up for the "Prizegiving" do we need to engrave the Trophies? That's what happens when you let a bit of "fresh air in", it is a good question which I guess our treasurer and a few other treasurers could be asking. One of the questions I have been asked recently is "What is cross-toasting?" It would be a shame to abandon the "social occasions", but perhaps a fresh look at how we do things is needed, a midnight mid-summer rave deep in the New Forest does come at the wrong end of the awards season, so that will have to go on the back of the BBQ burner for now.

WESSEX

David Collard-Berry

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WEST Brian Griffiths

It was good to return to a face-to-face AGM once more and to enjoy the opportunity to speak to other regional representatives as well as watching the annual prize presentation and the reactions of the grateful prizewinners. I have attended these meetings



Wessex award winners (L to R): David Shepherd, Angela Carpenter, David England, Kirsty McSeveney, Ken Rayson, Rachel Waite, (kneeling) Sarah Matthews, Martin Balk, Gary Chiverton, Hedley Rhodes & Mike Boyce.

over many years and it is surprising the number of familiar faces of long standing members who appear year after year, like me just like me.

I still think there is a lot of covid-19 about but I trust that no one went home having caught the bug on this occasion. The meeting will be reported elsewhere so I won't waste my time writing my own report. Suffice to say that it all went off well as far as I am concerned, so I will leave you to read the proper story and not my biased opinion.

In the morning Andrea Parish, the CTT Chair held a most interesting workshop with some really worthwhile ideas for us to consider in an attempt to help resolve the increasing shortfall in time trial entries over the last few years. To me it is satisfying to know that there appears to be good co-operation between CTT and the VTTA at this important time. I think most of us older vets will have noticed how much less sociable our events have become because so much of our communications are made on-line and not face-to-face as they used to be. More events for ordinary road bikes must be made available because there is now no doubt that the riders of the new super streamlined bike do have a distinct advantage. Many people like me believe that cycling is basically a test of athletic ability, not solely a test of mechanical expertise.

I was particularly pleased to see Arja Scarsbrook walk away with so many prizes, in fact an amazing number of prizes many of them for new group records. Obviously this was the result of a well planned and targeted season and a lot of really hard work.

The new season is upon us and we are still looking for new courses, which are becoming more and more difficult to find, as are organisers. Many fear that we will be using closed circuits before long but they all appear to be so expensive to hire. Since the covid lockdown it is noticeable that there are many more cyclists in our age range visible on a Sunday morning who you would have thought could be tempted to try ride time trials. They ride sportives, audax, triathlon and competitive gravel events so why not time trials? It seems to me that we need someone to work on publicity to show off what we have to offer - that can't come soon enough.

I regret to report the loss of two of our most respected members, both long standing members of the Clevedon and District Road Club:

Tony Carrol

Tony was born in Nelson Lancashire in 1940 and joined the Pendle Forest Cycling Club in 1958. In 1962 he commenced working for Ordnance Survey and so he moved to Southampton where he joined the Antelope CC. In 1966 he moved again to Yorkshire and became a member of the Calder Clarion until 1973 when he changed to the Drihlington BC and became a member of a very successful time trial team, setting up a 30 mile record which still stands today.

In the mid eighties he made an important job change and moved to Bristol where he worked for local government. He joined the Clevedon and District RC to ride time trials with some success and indeed he was still racing up to his 70th birthday. His main joy was always cycling, though Tony had many other interests including jazz, steam railways and ornithology. He had a wide range of friends who shared his interests and enjoyed his ready wit.

Tony has a son Neil, a daughter Heidi and grandchildren as well as a long term partner Joan to whom we extend our sincere sympathy. Tony had suffered illness in recent times, which unfortunately turned out to be terminal.

Mike Lawrence

Mike was born in 1937 and was a Portishead lad. He came to cycling time trials late in life, at 50 years of age when he stopped playing football due to knee damage. He was obviously a top class player and as a result he had a really good base level of fitness, so that on joining the Clevedon and District Road Club he was soon using his strength to produce some useful time trial performances. With his natural keenness and willingness to train hard he was soon making an impact on the local time trialing scene. Regular testers began to notice him and were asking where had he suddenly come from. By the end of the season he was getting places and before long he was winning events and setting many West Group records. As the years went by his performances remained consistent and he earned great respect both in the club and in particular the West Group.

He will be a very sad loss to the club and the group. Our thoughts are with Norma his wife and their family.

YORKSHIRE

Chris Goode

The lunch on 29th January was a great success and attended by 61 people; this was due to the hard work of our Social Secretary Mike Williams, Tony Stott who organised the engraving of the trophies and Jymmy Trevor, as our Recorder. Our distinguished guests were National President Tony Farrell and his wife Billie. Surprisingly this was Tony's first group lunch engagement since taking on his current role, but Yorkshire Group can recommend him. Tony gave an eloquent, fascinating and positive speech, in its analysis of how we can all contribute to the development our local groups and the National VTTA, whilst mixing in some of his scouse humour and cycling experiences. I had not realised that he was a top runner in his time, matching strides with Steve Ovet; Tony is also a leading cycling coach, in the north-west and is an architect of his Manchester and North West Group's revival.

Our awards were listed in the December Veteran and Liz Ball, Andy Askwith and Mike Furby received the trophies; standards awards were collected by Chris Goode, Danny Kelly, David Taylor, Sue McFarlane, Sandra Burrows, Jymmy Trevor, Duncan Smart, Stuart Henderson and Liz Ball.

Rightful recognition was given to Mike Penrice with the presentation by the President of the national Ted Bricknell Award. His contribution is multi-faceted as Editor, NEC member, race organiser, timekeeper and sage source of advice within the local group. Nigel and Karen Bennett (Meanwood Wheelers) were given the Linley Shield for meritorious help to the group as clerk and number catcher over many years. Thank you very much and well done to all the prize winners who were listed in the December copy of The Veteran. Karen Taylor responded on behalf of the prize winners.

At the time of the deadline for the last group report, news came in of the death of East Bradford CC's Jim Littlefair, who I always found positive and enthusiastic about the sport. Thanks to some quick work by the editor his obituary appeared in December. Cycling royalty twinned with Hull's Philipsons, West and East Yorkshire cycling dynasties united, similar to the joining of the Houses of Yorkshire and Lancashire in the late fifteenth century when Jim and Brenda

Littlefair's daughter Jean married Mark Philipson, son of the late Ron and Betty (the timekeeper) Philipson.

Sadly, we have also learnt of the passing of Dave Moore, originally of Halifax Imperial Wheelers and latterly of Leeds Westfield CC, on Christmas Eve. May they both Rest in Peace.

Yorkshire VTTA is proud to be promoting the VTTA National 25 in a few weeks time. The V236/1 course is quick and is entirely on the A168 dual-carriageway as it loops twice around Thirsk and with a start at Topcliffe, North Yorkshire; the headquarters will be at the Dalton Village Hall. Please enter or step forward with an offer of help to the organiser, Blair Buss. His email is blairbuss@btinternet.com and further information can be found on the [VTTA Yorkshire facebook page](#). For those travelling from further afield there is a Premier Inn, other hotels, various B&Bs and caravan sites in Thirsk and the surrounding area.

What's the furthest ride you've ever ridden? A 12 hour is the perfect chance to bag your longest ride and see just how far you can go within the time. You don't need a time trial bike or fancy wheels. You just need to ride as much and as far as you can until the clock stops! Fancy a different challenge for 2023? Then read on!

The 12 hour time trial returns to the north of England and Yorkshire in particular on 11th June, courtesy of Vive le Velo who are determined not to allow this once popular local challenge be lost forever. It has gone through various guises over the aeons, from YCF, Otley CC, Elmet CRC and Team Swift and was last held in 2019. The course will be familiar to many of you and is between York and Market Weighton, with the HQ at Melbourne. It is very flat, however there are a number of climbs listed, including the Col de Pocklington Canal! This is a great opportunity to qualify for your VTTA 12 hour standard medal.

Further details can be found on the [event facebook page](#).

By the time you read this our Recorder, Jymmy Trevor will have delivered the Icebreaker 10 mile event on 4th March, offering every conceivable type of race on the Red Wall course, south of Boroughbridge (V212).

Keep those wheels turning.

Chris Symonds at speed in the time trial in Flanders



In his work clothes at the House of Commons



Proud family man - with his two sons at the 2022 Commonwealth TT in Birmingham



Getting the star treatment at the 2021 World Championships in Belgium

CHRIS SYMONDS (NORTH ROAD CC & VTTA EAST ANGLIA) HAS RIDDEN SOME BIG RACES.....

(Writes Tony Farrell and Mike Penrice)

XIX Commonwealth Games Men's Cycling Time Trial in Delhi, October 2010. Winner David Millar (Scotland).

XX Commonwealth Games Men's Cycling Time Trial in Glasgow, July 2014. Winner Alex Dowsett (England).

UCI Cycling World Championships Elite Men's Time Trial in Yorkshire, September 2019. Winner Rohan Dennis (Australia).

UCI Cycling World Championships Elite Men's Time Trial in Flanders, September 2021. Winner Filippo Ganna (Italy).

XXII Commonwealth Games Men's Cycling Time Trial in Birmingham, August 2022. Winner Rohan Dennis (Australia).

These were significant dates in the calendar for VTTA member Chris Symonds, riding as a Ghanaian representative due to his mother's place of birth. It's all a far cry from the roads of Greater London and his role as Doorkeeper at the House of Commons, although maybe opening doors for some of the most high profile politicians in the country has given him the confidence to push boundaries.

Being a vet, and latterly the oldest competitor by some margin in these major events, it has been a long road. Chris showed an early propensity for competition when, at the age of 5, he was racing the older kids who lived on the estate in Edmonton, North London. Somehow that competitive spirit was nurtured, maybe haphazardly, until at age of 12 when he joined his local athletics club, Enfield & Haringey AC, where he blossomed. He won his Middlesex Schools Championships over 400m and 1500m and competed in the English Schools Championships in Blackpool.

The athletes he trained with included several GB middle distance international runners; the sessions undertaken would be brutal and yet everyone would want each other to do well. As a senior he won Middlesex Club Championships in middle distance, and medalled in London Borough Championships over 400m hurdles, 800m, 1500m and 3000m steeplechase.

Building on his successes, Chris tried to break through to international races without any joy. He did the Ghana Olympic Trials in 1996, getting third in the 800m and 1500M in 40-degree heat.

He continued to compete at national level, then progressed to veteran athletics (age 35+), where he has achieved British Masters Athletics Champion and medallist over 800m, 1500m and 3000m in addition to being a Southern Vets Champion and record holder.

Following an operation for a knee injury in 2000 he decided to start competing in triathlons; the operation and personal issues pushed him into this to challenge himself and saw an opportunity to make it to the Commonwealth Games for Ghana. In 2004, prior to the formation of the Ghana Triathlon Union, he had contacted the Ghana Olympic Committee with the view to represent his country in triathlon.

Chris entered at the top in triathlon in terms of coaching. Through his running club contacts he benefitted from coaching for almost 8 years by ex-Enfield and Haringey athlete Steve Trew (which Steve did for free, a point that Chris acknowledges with gratitude). Steve became well known in triathlon for international coaching and competing at the highest level and for his commentating on the BBC. Living locally made coaching much more accessible, to the point they were able to use the same swim facilities.

Success followed and Chris won and medalled in many domestic events such as the Windsor Sprint Triathlon, Herts Triathlon and many others, even abroad.

Chris was the first Ghanaian to compete in a World Triathlon Championship event in 2005 and 2006 in Switzerland. Such was the lack of support for the discipline in Ghana that he paid his own expenses, a consequence of which led to some people in Ghana setting up the Ghana Triathlon Union.

Chris made his Commonwealth Games debut in 2006, racing for Ghana in triathlon at Melbourne, where he placed 26th, a first for Ghana in this sport.

There was no triathlon in Delhi, India, in 2010 so he approached the Ghana Cycling Federation and was selected for the cycling individual time trial. Although he was experienced in the multi-disciplines of triathlon and he was riding UK time trials to supplement his training, this was his first international outing as a cyclist. He finished in 49th place.

The Glasgow Commonwealth Games came around in 2014 and Chris was selected to double-up in the triathlon and the cycling time trial. This situation that did not work as he hoped, when he became ill before the cycling event, although he did still finish in 46th place despite having now become a cycling veteran.

Unfortunately Chris has not been able to continue to race for Ghana in triathlon in the Commonwealths; he was told he was too old even though his times are quick. Chris claims to be better at triathlon than cycling time trials for sure.

He missed out on the Gold Coast Commonwealths in 2018 but was selected in 2022 to race the Commonwealths cycling time trial in Birmingham. Again fate took a hand, his mother became ill and Chris was her main carer. He continued working in the Houses, travelling up and down the M1 prior to the Games; consequently on race day he was tired, struggling to race and suffering a stomach bug, but still finished a commendable 47th.

With an eye on competing at an even higher level Chris has ridden two World Cycling Championships representing Ghana, but has had to fund these participations himself. Unlike riders from richer nations Chris has had to do everything himself, his only help being from his wife who acts as team manager and soigneur. The Ghanaian Cycling Federation have been keen to approve him as their representative as it puts their country on the world stage and sets an example for others to follow. Chris says *"When you look down the line 20 years later there will be someone going much faster than me. It's about providing inspiration. That's what you want, don't you?"*

On (almost) home roads he rode the 2019 World Champs in Yorkshire, a first for Ghana. Unfortunately, he was under prepared and believes he did not do himself justice on the lumpy course.

Two years later and the other side of the pandemic he submitted his results and power files to the Federation to be selected for the Worlds. He went to Belgium and took part again in the World Champs at Bruges, where at age 47 he became the oldest rider ever to compete in his event; he was 8 years older than the next eldest. Thankfully he enjoyed support from clothing manufacturer Endura, who he gratefully thanks. It was at these Champs that he came up against UCI regulations for bike set-ups, because of which his saddle position was altered, thus compromising his performance.

Chris loves competing in these big races in front of enthusiastic supporters. *"It was absolutely fantastic. You're racing so you can't savour it too much, but the crowds were fantastic and really supportive. It was unbelievable"* he said after crossing the line at Bruges.

Chris continues to compete on his local courses but his story of the heady highs of international appearances for his country is set against a background of racism nearer home. At a time when diversity in our society is developing, diversity in some sports is painfully lagging.

It is difficult to accurately account for the number of cyclists "of colour" who take part in our sport but it is significantly lower than athletics. Whilst there is an increasing number of cyclists from different ethnic backgrounds on our roads, very few are evident in competition.

I leave Chris to use his own words to describe his personal experiences.

"Being from a white English father who was from Kings Lynn, a doctor who I met when I was 12, and my mother from Ghana, who works in the House Commons with me and got an MBE, I am of course mixed race. This has led to racism from both black people and white people. But growing up in a church with ex-World War I & II veterans they always showed me love and would inspire me to believe that I could do something in life. Many of them cycled, they would say "Chris, God is good for the Soul and exercise is good for the body".

I have grown up with racism in the UK, whether it be at school, in my job in Parliament, in everyday life, travelling on transport, stopped by the police in public or attacked by white men for my colour, whether it be physical or verbal.

But I never expected it competing in CTT events here in the UK, so it has been a difficult one at times, but I try turn it into a positive. So very often when turning up at a village hall HQ for a time trial event I am made to feel unwelcome by either other riders or those organising and supporting the event. It's a silent racism, a racism where many riders wish to ignore me. But there are some riders who are really kind and friendly to me, who I will never forget. To name a few - Dave Candy, Rob Engers and Roger Sewell.

I have tried to make light of it all, but it's not nice when you smile at other riders or say "hello" and try to talk, but they just ignore you or turn away from you because they don't wish to speak to you or make eye contact, all because of your colour. This has gone on since 2005 when I started doing CTT events - I am used to it now. I now expect other white riders or those running and supporting events to be that way to me. It is one of the reasons why I never hang around after races, I just go home or go for a run as a warm down as I do triathlons.

If more people of colour are to race in CTT events there really needs to be a change in attitude all round otherwise it will stay as the white man's club. I can see that many don't want to be beaten by a person of colour.

My club North Road CC is not like this; they are really warm and welcoming to me, which is why I would not want to ride for another club. I like being around other white riders male or female from the UK and different parts of the world and we have that diversity in North Road CC.”

Strong words expressing strong feelings from a strong character, who is opening doors and creating opportunities through his own example for his fellow countrymen and other riders of colour.

The article is not about prejudice itself, but it cannot be ignored if that is an experience that faces Chris in some aspects of our sport. Much good work is being performed in our sport at many levels in many areas of the country to develop diversity within the cycling community so Chris is, maybe, a pioneer.

Chris is currently in training for the World Championships coming up in Glasgow later this year, riding the elite men's time trial again in Ghanaian colours and he can be sure of some extra roadside support from VTTA members. At approaching age 50 that would be taking 'Competitive cycling for life' to a new level.

We wish him good fortune and God speed in his future competitions.



Chris Symonds in action during the 2019 World Elite Time Trial Championship in Yorkshire

THE TIME TRIAL WARM-UP (AND THE SCIENCE BEHIND IT)

By Alan Chorley

We've all stood in a car park before a TT and looked around to see riders warming-up before their race. Some idly spinning the pedals, others working furiously, whilst some just head out for a ride to the start. We've heard the adage about the shorter the event the harder the warm-up should be, but how hard should it be? How long should it be? When should it start and when should it end? If there was a simply one size fits all answer then we'd all be doing it, and I wouldn't be writing this. Instead, I'll try and explain what's going on in the body, what we want to achieve, and what we don't want to do, and why those things force compromises.

The event distance matters. Different distances have different limiting factors, and that should be foremost in your mind for any warm-up as the event quickly assimilates the warm-up. You should also consider that the warm-up will only beneficially affect a very small part of any race as the race effort itself soon subsumes the warm-up, but it could have negative consequences later. For a 10-mile time trial limiting factors include attainment of VO_2 max and the concurrent depletion of anaerobic stores and accumulation of metabolites (more correctly known as 'W') and rising core temperature. At 25 mile a rise in core temperature can still be limiting. Glycogen ('carbs') shouldn't be exhausted as such, but their gradual depletion does have a fatiguing effect. At 50 miles core temperature shouldn't be limiting for most people unless it's a hot day. Glycogen depletion will certainly have an effect and can become critical, whilst at 100 miles it's all about fuel and preserving those glycogen stores along with hydration.

An ideal warm-up will raise muscle temperature, which facilitates easier blood flow and helps with glycogen breakdown. Blood vessels will dilate around the working muscles allowing oxygen and nutrients to flow easier to the working muscle. The heart will be primed to respond faster to meet the demands of the muscle, allowing oxygen uptake to quickly get up to speed and so cause less depletion of those anaerobic stores. Individual muscle fibres will be activated, making them more sensitive and 'potentiated' for subsequent contractions. The glucagon hormone will be released stimulating the release of glycogen from the liver. Some studies have shown that raised blood lactate levels following a warm-up are beneficial to performance. Although lactate (not to be confused with lactic acid – which does NOT accumulate in the muscle but that's a different story), can be recycled as fuel, the performance benefit is probably not due to the elevated lactate itself, but rather it indicates that sufficient intensity during the warm-up was achieved, given it is a by-product of anaerobic work.

The problem is that to achieve these things requires a warm-up that has negative side effects that we want to avoid. A warm-up that is long enough and intense enough to prime, raise muscle temperature and raise lactate levels, will also raise core temperature, deplete anaerobic stores, and deplete glycogen from the liver and muscle stores. In short it is impossible to get the benefits without incurring the negatives. Which brings us back to the compromises and debates about what the optimal warm-up should be.

Hopefully, you'll now understand why there isn't a one-size fits all warm-up. A warm-up should be tailored for the intensity and duration of the race, the conditions, and your own personal circumstances (have you eaten, do you suffer in the heat, will you be fuelling and/or hydrating during the race etc.). Think about the likely limiting factors for you on that day and try to avoid or minimise their inclusion in your warm-up. Also, leave some recovery time between your warm-up and the start of the race to allow anaerobic stores to replenish and metabolites to clear.

Suggestions for TT warm-ups.....

- 10 & 25 miles: 20-30 minutes progressive warm up, staying under FTP, then either 5 minutes above FTP or 3x 10s low cadence high power 'sprints'. Leave about 15- 20 minutes before race start. Be careful about working too hard and depleting anaerobic stores which will only be partially restored in 15 minutes; and pay attention to keeping cool especially if it's a hot day.
- 50 miles: 20 minutes progressive, staying well under FTP. Followed by 3x 10s low cadence medium power 'sprints', and then 15 minutes recovery before the race start. The aim here is priming the aerobic system and muscle, whilst trying to avoid depletion of carbohydrate stores.
- 100 miles: Consider if you really need a warm-up at all. If your race strategy is to build the power after starting, then you probably don't need a warm-up. If you intend to hold an even pace, then consider a short 10-15 minutes moderate warm up to open the blood vessels and prime the aerobic system. At moderate intensities fuel is mostly coming from fat and not depleting those crucial carb stores.
- 12 hr & 24 hr TTs: Don't be daft, just don't. Any warm-up that will be harder than what you can muster at the end of 12 or 24 hours is taking away from your race distance.

As well as being a member of the Manchester & North West VTTA, Alan Chorley is a highly respected cycling coach and sports scientist with a number of published studies, and is currently completing his PhD in the modelling of cycling performance.

Editor's note - Alan has offered to write a regular performance feature for The Veteran. If you have a question or topic on sports science/exercise physiology that relates to training or racing that you'd like to see addressed in a future edition, please email editor@vtta.org.uk



FIONA SHARP RECALLS HER LONDON-EDINBURGH-LONDON EPIC AUDAX RIDE

The London-Edinburgh-London Audax was held in 2022, over 1500km and with 14500m of climbing. Yorkshire Group member Fiona Sharp rode it and was first lady back by a considerable margin. In 2019 she was VTTA Ladies 15 Mile Champion, but she has obviously now become hooked on endurance events. This is her story.

I did my first ultra-race in 2021, an event called All Points North (1000km) and I was completely hooked after that! Preparations for these events usually consist of riding 300, 400 and 600km audaxes. I think it's just as important (if not more so) to prepare your kit and your mind as it is the body, so I use these events to dial in my kit requirements and just get used to pedalling for a long time and often during the night. The two audaxes I rode in 2022 in preparation for L-E-L were 'The

Old 240' (400km) and The East and West Coasts 600km, both run by Chris Crossland of Calderdale CTC out of Mytholmroyd Leisure Centre. I can highly recommend these events.

My top tips would be:

- 1) Look after your head i.e. don't let yourself get too sleep-deprived. I had 4 hours sleep every night and that was just enough for me. If your head is in a good place then your tired and achy body will almost certainly follow.
- 2) Break the ride up into small chunks - I never thought about anything more than getting to the next checkpoint.
- 3) If, or more like when, you go through a bad patch keep the belief that it doesn't last forever, it will pass. Keep turning the pedals albeit very slowly and eventually you'll start to feel better. I went through some bad patches most afternoons during L-E-L (a bit like ultra endurance cycle racer Emily Chappell on Transcontinental Race (TCR) - yes I have read both of her books and went to see her in conversation in York) but as the sun started to set and with the prospect of some night riding ahead, I got a second wind and was off again.

Highlights of L-E-L - there were many! The enormity of the event; people travelling from Australia, India and many more far-flung places all descending on Debden to take part in this iconic event and the sheer number of volunteers that are required to make this event run smoothly was mind blowing. The volunteers took such great care of all of the riders, nothing was too much trouble and this was very humbling indeed. To be a part of all that was a massive highlight. Another highlight was night riding. I love riding at night and for the four nights I was out there I was treated to an almost full moon. There's something magical about riding by moonlight. Finally, the enormous sense of satisfaction at a job well done and being very humbled by what my body and mind can achieve. I first learnt about L-E-L in 2017 when it passed through my home town of Pocklington and I remember thinking I could never in a million years ride such a crazy distance.

Challenges: The stifling heat on the last two days - I think we recorded 36 degrees in Debden at the finish. Also, the last 100km were torturous! I think because I knew the finish was finally within sight and so close (relatively speaking) it was like my brain stopped blocking out all the aches and pains and they all came flooding through...ouuuuch!

My finishing time was 103hrs 38mins and much to my great surprise this meant I was the first female back by a couple of hours. This was most unexpected as I knew there were a few supported ladies racing it but I was totally unsupported and rode on my own for 99% of the time (I enjoy my own company when the wheels are turning).

2023 events...I can't decide between Race Across the Netherlands GX (gravel) or Race Across France (road), both are in June. I think I'll probably do the gravel event...oh and I'll be doing a few audaxes in preparation.

Editor's note: This article was held over from the December 2022 Veteran magazine due to lack of space.



OBITUARIES



GEORGE WILLIE ('MIFF') MORGAN **VTTA North Group** **1927 - 2022**

In a previous copy of the Veteran publication it was reported that Miff, aged 95 years, had passed away on 9 March 2022, with his funeral held on Wednesday 23 March.

Being a Barnardo's boy, very little is known of him prior to 1952, when he became a founder member (and later a life member) of the Bishop Auckland CC, which originally was named the Bishop Auckland CTC section. As was normal at that time, cycle clubs did a large variety of things which he was actively involved in, whilst also helping out at events and handicapping and timing time trials. Youth hostelling and rough stuff were his favourite activities.

In time trials, he gained many VTTA medals. He always attended club runs (which invariably finished at a pub) where he always appeared to ride at around 50 yards off the front on his machine, which featured a rare, at the time, a type of front fork whose rake was

the opposite way round to that generally used. Miff always enjoyed the annual trip to the Isle of Man, for which the club hired a mini bus to the take members and their bikes to the island, via the ferry.

Miff diligently fulfilled the role of North Group recorder for over 24 years, before relinquishing it in 1993. (It was taken over by the late George Les Dawson.), He then became Group President in 1993. In recognition of his contribution to VTTA cause, he was awarded the Ted Bricknell Award in 1992 by the VTTA National Executive Committee.

Thanks go to June Wison, (who looked after Miff in later years, as he never married and had no known family), Les Buist and Mike Penrice (for copy of group input to March 1993 Veteran publication) for providing the background to this obituary.

Gavin Russell

HUBERT ('BURT') CLAYTON **Teesside RC and VTTA North Group**

Known to friends and colleagues as Burt, he came to live in Darlington in 1949 when his family moved from Lancashire, along with elder brother George and younger sister Jennifer. George and Burt joined the established Darlington club, Spartan Wheelers, and they were soon a force to be reckoned with in time trials around the area on their tricycles, as well as their solos.

The trikes duo soon became three in number, as Colin Grainger joined them; the trio broke many national trike records during the 50's and early 60's, with George and Colin breaking the individual records and Burt backing up the team as third counter. It is believed that one national trike record is still credited to them. In 1958-59, the three of them established the original Nova CC with the highly visible black and

white vests soon seen on the backs of many young testers in the town. The club became very competitive in time trials both locally and in Yorkshire, with Burt beating the "golden hour" for 25 miles in 1970.

In addition to racing, a large part of Burt's cycling activities involved the Youth Hostels Association. As a year-round cyclist, hostels were visited across the country during both the winter months and the racing season. With the Nova CC not having longevity, Burt moved across to the Teesside Road Club and the VTTA North Group. Whilst continuing to ride most days, he did not race in later years, but was seen regularly up the lanes on his beloved fixed wheel machine.

He was married to Pamela (Pam) for almost sixty years and they had one son, Martin. With Pam being a cyclist, she supported Burt throughout his touring, as she always knew where he was. (Burt's words) Sadly, in recent times Pam suffered dementia, with Burt, her loyal husband spending his days caring for her, until she was moved into a care home.

In maintaining his lifelong friendship with the late George Hugill, a former Spartan Wheeler and later a fellow Teesside Road Club member, he became a member, alongside George, of the 300,000 Mile Club. Together they amassed huge mileages, with Burt, at the time of his passing exceeding 500,000 miles. In achieving this mammoth total, Burt, accompanied by

George, completed the John O'Groats and back ride, a total of 1760 miles, all in 16 days. This great friendship continued until tragically in 2016, George passed away, following being involved in a road traffic incident whilst on a cycle ride near Scorton in North Yorkshire.

Burt was always a quiet, humble person and was an inspiration to those around him, with knowledge and advice proffered, coupled with encouragement which was always appreciated by the recipients. As a true gentleman, he will be sadly missed.

By Gavin Russell with thanks to Keith Alderson for the background to this obituary.

BARBARA WELLINGS **VTTA Manchester & North West Group** **18th November 1935 - 8th July 2022**

Barbara was one of our senior members and an Honorary Life Member, she passed away peacefully on 8th July in her 87th year. She was a well liked, spirited lady, although she suffered from deteriorating health in recent years and endured much pain from a recurring shoulder problem, for which she underwent surgery on multiple occasions.

Barbara, who lived in Leek, Staffordshire, joined our group in April 1981 whilst a member of Altrincham Ravens, and was later elected as a member of the Group committee where she was held in very high regard. Cycling was an important part of her life, but due to deteriorating health, sadly she felt unable to contribute as much as she would have liked in recent years. Consequently she became increasingly isolated from the sport she loved, but she was always considerably cheered when Group members kept her in touch with VTTA happenings and the local cycling scene.

Some years ago Barbara donated a copy of Eileen Sheridan's 1956 book, 'Wonder Wheels' as a raffle prize for our Prize Presentation Luncheon; this eventually came into my possession. The author's

handwritten dedication stated; "To Reg, with love and best wishes, to the fastest man I know. Sincerely, Eileen Sheridan". Back in 1956, to me this was obviously addressed to the great Reg Harris so I was intrigued enough to ring Barbara asking how it had come into her possession. She fascinated me even further by replying that she and Reg had been romantic partners and that they lived together for a while. I mentioned above she was a spirited lady!



Barbara's funeral service was held on 11th August at St. Matthew's Church, Meerbrook, followed by interment at Leek cemetery.

Her family has asked that anyone wishing to make a charitable donation in Barbara's memory should consider the Douglas Macmillan Hospice, Barlaston

Road, Blurton, Stoke-on-Trent, ST3 3NZ.

We offer our sincere condolences and thanks to Barbara's family, plus thanks to those of our Group members who also provided the information to help me write this tribute. R.I.P. Barbara

Ken Workman

NORMAN BIELBY

Cleveland Wheelers and VTTA North Group

1936 - 2022

Family, friends and cyclists gathered on a cold day in November at the Middlesbrough Crematorium for Norman's funeral. In celebration, Shaun Joughin, Cleveland Wheelers CC chairman, gave a very moving and informative resumé of Norman's life.

Norman joined the Cleveland Wheelers in 1962, following being a Middlesbrough Co-op member, and almost immediately started a long career as a club and district official. He held many roles within the club ranging from club president, chairman and general secretary. His stewardship was never about himself, but was about the club. Often seen in the distinctive Cleveland Wheelers chevrons, he was always unassuming and was an inspiration to those around him. Norman encouraged riders to achieve their best and was appreciated by many, as a true gentleman

He was a member of the RTTC/CTT district committee for many years and also the chairman and secretary of the Teesside Cycling Association, where he played an important role in establishing the Prissick Cycling Facility, now known as the Middlesbrough Sports Village. He was also a key player, in the transfer of the TCA trophies to the Teesside CTT district, when the TCA disbanded. Norman always attended and supported the VTTA North Group events and functions, being a regular attendee, accompanied on numerous occasions by his wife Pat, at the group's annual award luncheon/dinner.

In the days prior to the development of computers, when event result boards were handwritten on big sheets of paper, Norman would enjoy creating colourful displays in his enigmatic style and then do the maths whilst under pressure, writing the times and results, with a group of tea drinking riders watching over his shoulder; mistakes were rare.

Over the years he organised and helped in the organisation of many British Cycling and

RTTC/CTT events, both club and open events, including a number of National Championships.

Norman's dedication did not go unnoticed, and he received numerous awards and recognition, both personally and on behalf of the Cleveland Wheelers. He was honoured in 1990 for his services to cycling by the Wheelers, by being the first non-founding member to be awarded life membership.

In the mid 1990's amid growing safety concerns, it was recognized that there were fewer events for youngsters. To address this decline, the League 2000 was established in 1997 by Norman and his close friend the late Stephen Binks. Operated in conjunction with Stockton Wheelers, this series has proved over the years to be a great success, with its 25th anniversary just being celebrated. A number of riders have graduated from League 2000 to national and international recognition.

In later years, following a stroke and despite his mobility issues, Norman continued to remain involved in the sport he loved, by greeting every competitor who took part in the League 2000 events.

It is very sad to lose members from the cycling fraternity, particularly those who have given so much over so many years, but it is also a moment to celebrate Norman; he made many friends, shared a passion and enjoyed a lifetime of the sport. Through his guidance and contribution, his club, Cleveland Wheelers, has evolved into a multi-generational cycling club, where parents, children and their grandchildren have, and will, continue to enjoy the opportunities created. In passing, Norman leaves a true legacy – where stories and smiles will still live on.

Norman leaves a wife, Pat, sons and their families, Our thoughts continue to be with them.

By Gavin Russell

FRED NIGHTINGALE

Nova CC and Manchester & North West Group

24th September 1929 - 8th June 2022

Fred Nightingale passed away peacefully in a Northwich nursing home, aged 92. He had been unwell for some time, having been diagnosed with prostate cancer in early 2021, which then spread to his other bones.

Fred was born in Aldershot, Hampshire. When World War Two started he was nearly ten years old and was evacuated to Ronaldkirk, a village near Barnard Castle, County Durham. There he was welcomed into the home of Robert and Priscilla Gowland, an older, childless couple and Fred's passion for cycling began by exploring the surrounding countryside. The Gowlands grew to love him dearly, thinking of him as the cheery, helpful lad they had wished for. When peace returned in 1945, Fred chose to remain with the Gowlands as he loved them so much he considered them as his unofficial family.

After moving to Salford, Fred served a seven year apprenticeship as a plumber and pipe fitter. He remained in this trade until retirement, working for Shell at Carrington and also Matthew Hall, helping with installation work at Salford Royal Hospital.

In 1956, Fred married Patricia Hall. She was not a cyclist but she happily supported Fred in his sport. The couple had two children; Sue and Robert, but sadly Robert passed away in 1997. Sue had emigrated to New Zealand and Fred visited her there, instilling his love of cycling into his two grandsons, Ryan and Shane, who now 'keep the cycling flag flying' down under.

Fred never owned a car so he often rode more than 1000 miles a month. In 1973, he joined the Nova CC, where he enjoyed the camaraderie of club life and often volunteered for marshalling duties. In 1973, he also joined what he referred to as the great VTTA family and often reminisced to his own family about its egalitarian nature, saying he felt deep gratitude for our organisation which promoted

both racing and social events. He said "They came from all walks of life, united in their love of cycling."

Fred's wife, Patricia, suffered from a weak heart due to childhood rheumatic fever, but he selflessly cared for her while working full time. Sadly, she passed away in 1980. Although Fred never remarried, he lived with Ida, the widow of his best friend Johnny Berry, the noted cycle shop owner and frame builder.

Fred's daughter, Sue, fondly recalled the occasion in December 2021 when our General Secretary, Nev Ashman, left our Group Luncheon early to visit Fred to talk about old times. Sue said her Dad looked the happiest she had seen him in a long time.

Fred was a caring, supportive and very modest gentleman; although he was a self professed atheist he was highly respectful of other people's beliefs. As such he didn't have a conventional funeral, but his family held a memorial family blessing at the home of Fred's eldest grandson, in the equestrian and cycling town of Cambridge, New Zealand. That was on 10th June; the same day that Fred was cremated, Sue later took his ashes to New Zealand.

Fred would have wished any charitable donations to go to prostate and/or other cancer research organizations.

On 26th September, two days after what would have been Fred's 93rd birthday, Sue, arranged a memorial dinner with his English friends.

I must thank Fred's daughter, Sue, who provided the information to help me write this tribute. We offer our sincere condolences to Fred's family. R.I.P. Fred

Ken Workman

HOW BICYCLES WERE WEAPONISED DURING WW1

Contributed by Ken Workman with acknowledgement to 'The Oldie' magazine

Some readers may recall my previous mentions of 'The Oldie' magazine, which by definition, all VTTA members will be qualified to read - even those younger vets who don't consider themselves to be oldies! The Oldie magazine has kindly authorised the use here of part of an article which appeared last year. It was entitled 'All cyclists to attention! How bicycles were weaponised during the First World War', written by Ian Davidson. This featured the 25th (County of London) Cyclist Battalion, which was founded in 1888, and where Ian Davidson's grandfather, Alfredo Free, played the violin in the battalion's orchestra. However, Ian stressed that they didn't play their instruments whilst awheel! Alfredo also played in the band of the Cyclist Battalion whilst they were on active service on the North-West Frontier of British India, in 1917. The battalion returned to Blighty in 1919, never having pedalled in anger.

The first Cyclist Battalion was formed in 1887, when Lt-Col. A.R. Savile; a touring 'wheeler' himself, mustered the first parade of what he hoped would become the Army's 'cycling arm.' He thus earned for himself the title 'The Father of Military Cycling.'

By August 1914, with the addition of the new 26th battalion, the strength had doubled and they were all in summer camp. Thereafter, they claimed to have been the first unit of the entire British Army to be ready for action. The 25th and 26th battalions were mobilised to patrol the East coast of England, which they did for three years. In 1917, the two battalions left their bicycles behind when they received orders to serve on the North-West frontier of British India. It was there that H. H. Gayler, the holder of the world unpaced 12-hour amateur record, was killed with other members of his picket.

The 26th Cyclist Battalion of the London Regiment included on their strength Lt. Rucker, the amateur trick rider, and also C.A. Smith, the Bath Road champion. Mounted on his tricycle, Lt-Colonel Savile led the battalion, and, as the men supplied their own bicycles, he was followed by his men on all manner of machines, but each one had a rifle fitted on the front forks. There was even a 'Victoria' tandem which seated 16 men! (Can you imagine the frame tubing? Oldie Editor).

Colour Sergeant Jack Rule was reputed to be able to rise from the firing position, re-mount his machine, advance 100 yards and fling himself down to fire again in 21 seconds. At the Royal Tournament of 1897, Rule performed an amazing feat of picking up a 'wounded' man from the ground while travelling at speed. For public performances such as these, all ranks rode the same gear ratio and thus pedalled 'in step.'

BOB WARD (Norwich ABC and VTTA East Anglian)

The editor was contacted recently by this old-timer. He's 94 now and although struggling with life's demands he wanted to be remembered to his contemporaries and perhaps reminisce with them. He recalls his forebears in the Group, such as Herbie Nevill, Stan Raby (of Colchester Rovers) and his business partner Jack King. Bob served on the Group committee whilst Stan was Chairman and recounts that he was always late for evening committee meetings, so they often ran late, which did not go down well with Bob as he then had a 50 miles journey home, often on a dark winter's evening.

Bob particularly admires Ron Hallam and Peter Horsnell (don't we all?) but would like to hear from anyone who may remember him. If anyone wishes to make contact with Bob his contact details can be gained by firstly contacting Merv Player, National Membership Secretary.

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FRAMES & COMPONENTS**

1920-1990 VINTAGE

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FORTHCOMING VTTA EVENTS CALENDAR - 2023				
Date	Event	Course	Group	
Sat 1 Apr	Cardiff 100 Miles RCC 15	R15/5	S Wls	
Sun 2 Apr	Darlington CC / VTTA (North) 25 (Inc road bike category)	T254/1R	North	
Wed 5 Apr	VTTA Kent 10 (type B event)	Q10/33	Kent	
Wed 12 Apr	VTTA (North Lancs & Lakes) 25 (all categories)	L2523A	NL&L	
Sat 15 Apr	VTTA (inc. Surrey/Sussex Championship) 10 (inc tandems)	G10/87	S/S	
Sun 16 Apr	Mid Shropshire Wheelers 25 (SCCA 4 of 17)(inc tandems)	D25/20	M'side	
Sun 16 Apr	VTTA National Championship 25 (Pref VTTA Members)(inc tandems)	V236/1	Yorks	
Sat 22 Apr	VTTA East Mids 10 (all ages, pref to VTTA Membs)	A10/3	E Mids	
Sun 23 Apr	VTTA Kent 30 (Group Champs)(inc tandems)	Q30/3	Kent	
Sun 30 Apr	Southport CC 15 (inc VTTA NL&L 15 championship)	D33/15	NL&L	
Wed 3 May	VTTA Kent 10 (type B event)	Q10/33	Kent	
Sun 7 May	VTTA London & Home Counties 10 (Pref VTTA members)(inc tandems)	F11/10	L&HC	
Sat 13 May	Leo 30 (inc EA VTTA & VTTA road circuit championship)(inc tandems)	E33/30	E Ang	
Sat 13 May	Melton Olympic CC 25 (inc VTTA East Mids)	A25/34	E Mids	
Sun 14 May	WCTTA&SCCA 30 (WCTTCA 4 of 12)(SCCA 5 of 17)	D30/11	M'side	
Sun 14 May	Zeus CRT 10 (a VTTA North event)	M101	North	
Sun 21 May	Hartlepool CC/VTTA (North) 10 (incl road bike category)(inc tandems)	T102	North	
Sat 27 May	VTTA West 10 (type B event) - Annual awards social to follow	UC861	West	
Sun 28 May	Fife Century RC / SVTTA 50 (Ali Speed Trophy)	WE50/01	Scot	
Thu 1 Jun	East Anglian VTTA 10 (70 riders)(Pref to 40 VTTA members)	E2/10	E Ang	
Sat 3 Jun	VTTA East Mids 25 (Pref. to VTTA members)(inc tandems)	A25/34	E Mids	
Sun 4 Jun	East Sussex CA 50 (inc. VTTA Surrey/Sussex Championship)	G50/90	S/S	
Sun 4 Jun	Chester RC 25 (WCTTCA 6 of 12)(SCCA 9 of 17)	D25/23T	M'side	
Wed 7 Jun	VTTA Kent 10 (type B event)	Q10/33	Kent	
Thu 8 Jun	East Anglian VTTA10 (Pref to 40 VTTA members)	E2/10	E Ang	
Sat 10 Jun	VC Glasgow South 10 (inc tandems)	WW10/02	Scot	
Sat 10 Jun	VTTA National Championship 50 (Pref to VTTA members)(inc tandems)	A50/2	E Mids	
Sat 10 Jun	...a3crg / VTTA Surrey/Sussex - South Closed Circ Champs 10 (TT & road bike events)	P917/10	S/S	
Sun 11 Jun	WCTTCA 50 (WCTTCA 7 of 12)(SCCA11 of 17)	D350/1	M'side	
Sun 11 Jun	VTTA(North Lancs and Lakes) 50	L5012	NL&L	
Thu 15 Jun	VTTA London & Home Counties 10 (Pref to VTTA members)(inc tandems)	H10/3R	L&HC	
Thu 15 Jun	Buxton CC / Sett Valley Cycles 10 (Inc VTTA Manchester & NW)	J10/1	M&NW	
Thu 15 Jun	East Anglian VTTA 10 (Pref to 40 VTTA members)	E2/10	E Ang	
Sun 18 Jun	North Tyneside Riders 50 (Inc N&DCA Champs)(a VTTA North event)	M50	North	
Sun 18 Jun	VC Bristol 25 (inc VTTA West champs)	U17/25	West	
Wed 21 Jun	VTTA North - North Closed Circuit Champs 10 (TT & road bike events)	T10C	North	
Thu 22 Jun	East Anglian VTTA 10 (Pref to 40 VTTA members)	E2/10	E Ang	
Sat 24 Jun	Cambridge CC 50 (The Viking 50)(inc tandems)	F2/50	E Ang	
Thu 29 Jun	East Anglian VTTA 10 (Pref to 40 VTTA members)	E2/10	E Ang	

Richard Oakes' speed weaponry and spoils of his World Masters campaign on display at the East Midlands VTTA lunch



*Photo by
Brian Hall*

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

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